The world is in turmoil and Americans are the unhappiest they've been in 50 years. With millions sickened from COVID-19 and more than 300,000 Americans dead in a global pandemic that brought social isolation, grief, fear, and an economy in tatters mixed with anti-racism protests after the killing of George Floyd and the ongoing political divide, we've been brought to our emotional knees. As a nation, we're feeling so stressed and unhappy, it sparked a dramatic rise in the number of new prescriptions for antidepressants, anti-anxiety medications and sleep aids during and after the pandemic. Depression, the opposite of being happy, tripled in just a few months in early 2020, from 8.5%, which was already up from the prior decade, to a horrifying 27.8%. But you do not have to feel this way even when it seems like the world is crumbling around you. In this program, psychiatrist Dr. Daniel Amen, the author of Your Brain Is Always Listening; and his wife Tana Amen, an ICU nurse and author of The Relentless Courage of a Scared Child will show you how to tame the hidden dragons that cause these problems to help you feel happier, more positive and more in control of your own emotions. (Repeats 3/3 at 3:00pm, 3/4 at 10:00pm and 3/5 at 2:30am)

11:30 PM AMANPOUR AND COMPANY

12:30 AM DOLLY PARTON & FRIENDS: 50 YEARS AT THE OPRY - P
Join the country music superstar to celebrate her 50 years at the Grand Ole Opry. Bringing together five decades of hits into one unforgettable evening, Dolly is joined by special guests including Emmylou Harris, Toby Keith and more.

TUESDAY, March 2, 2021

8:00 PM THIS LAND IS YOUR LAND (MY MUSIC) - P
Take a musical journey through the evolution of modern American folk music, from its roots in bluegrass to San Francisco coffee houses to clubs in Greenwich Village. The Smothers Brothers and Judy Collins host. (Repeats 3/3 at 12:30am)

9:30 PM JOHN SEBASTIAN PRESENTS: FOLK REWIND (MY MUSIC) - P
Join John Sebastian of The Lovin' Spoonful in a special featuring the greatest singers and songwriters of the classic 50s & 60s folk era, with historic footage and new performances. (Repeats 3/3 at 2:00am and 3/4 at 8:00pm)

11:30 PM AMANPOUR AND COMPANY

12:30 AM THIS LAND IS YOUR LAND (MY MUSIC) - P
See March 2 description

WEDNESDAY, March 3, 2021

8:00 PM THE BRAIN REVOLUTION - P
(Repeats 3/4 at 12:30am)

10:00 PM ENERGY PARADOX WITH STEVEN GUNDARY, MD - P
"Why am I so tired all the time?" It's the question on the minds of millions of Americans. In fact, we are struggling with an epidemic of low energy, something no amount of coffee, energy drinks or prescription drugs can fix. But now, in this program, Dr. Steven Gundry, the mega-New York Times bestselling author of The Plant Paradox and The Longevity Paradox, reveals the shocking source of our exhaustion and the simple steps we can take to reclaim our youthful energy in this program. It's called The Energy Paradox. Based on Dr. Gundry's two decades of experience with his patients and from the latest scientific research, The Energy Paradox program unveils a step-by-step approach for tackling constant fatigue with nothing more than simple dietary and lifestyle changes (you'll be amazed by how easy they are!) Dr. Gundry also exposes the sources of our low energy levels and challenges the conventional wisdom that's making this "energy crisis" worse. In The Energy Paradox program, Dr. Gundry shares ground-breaking, life-changing information to help you reclaim your energy to be your active, vibrant best - at any age. Dr Gundry will also reveal the revolutionary biotic that will help you more than probiotics, as well as the BEST practices for promoting more energy in your life - while exposing the worst. Dr. Steven Gundry was the professor and chairman of cardiothoracic surgery at Loma Linda University School of Medicine. In 2000, Dr. Gundry started his own practice dedicated to using diet to reverse and prevent chronic illness. Since then, Dr. Gundry has shown tens of thousands of his patients how dietary and lifestyle changes can dramatically reverse health problems and restore energy levels that traditional medicine could not solve. He's also the host of the Dr Gundry Podcast and author of the New York Times bestsellers "The Plant Paradox", "The Longevity Paradox", "The Plant Paradox Cookbook", and more. (Repeats 3/4 at 3:30am and 3/4 at 4:30pm)

11:30 PM AMANPOUR AND COMPANY

12:30 AM THE BRAIN REVOLUTION - P

THURSDAY, March 4, 2021

8:00 PM JOHN SEBASTIAN PRESENTS: FOLK REWIND (MY MUSIC) - P
See March 2 description

10:00 PM OVERCOMING ANXIETY, DEPRESSION, TRAUMA, AND GRIEF WITH DANIEL AMEN MD AND TANA AMEN - P
See March 1 description (Repeats 3/5 at 2:30am)

12:00 AM AMANPOUR AND COMPANY

FRIDAY, March 5, 2021

8:00 PM MOUNTAIN LAKE JOURNAL
(Repeats 3/6 at 12:30am, 3/7 at 5:30am and 3/7 at 10:00am)

8:30 PM NEW YORK NOW (NY): MARCH 5, 2021
(Repeats 3/6 at 1:00am and 3/7 at 10:30am)

9:00 PM EAT YOUR MEDICINE: THE PEGAN DIET WITH MARK HYMAN, MD - P
Dr. Mark Hyman is a practicing medical doctor who has been studying nutrition and treating patients for over 30 years. He practices a style of medicine called Functional Medicine which uncovers and addresses the root cause of disease-the only way to actually cure and reverse chronic conditions. One of the most common conditions he treats is FLC syndrome-that's Feel Like Crap syndrome. Unfortunately, FLC syndrome is commonplace among so many of us. But, the good news is, by the end of this 60-minute show, you'll learn all about reversing FLC syndrome, along with many other chronic diseases, using the most powerful drug on the planet. This medicine is available to everyone, and it works faster, better, and is cheaper than any other drug on the market-and all the side effects are good ones. (Repeats 3/6 at 3:00am)

12:30 AM MOUNTAIN LAKE JOURNAL
(Repeats 3/7 at 5:30am and 3/7 at 10:00am)
then, Dr. Gundry has shown tens of thousands of his patients how dietary and lifestyle changes can dramatically reverse health problems and restore energy levels that traditional medicine could not solve. He’s also the host of the Dr Gundry Podcast and author of the New York Times bestsellers "The Plant Paradox", "The Longevity Paradox", "The Plant Paradox Cookbook", and more. (Repeats 3/10 at 3:30am and 3/10 at 4:30pm)

11:30 PM AMANPOUR AND COMPANY

12:30 AM RICK STEVES ISLAND HOPPING EUROPE - P
In RICK STEVES ISLAND HOPPING EUROPE, join Rick on a tour of four of Europe’s most intriguing and surprising islands: Malta, Capri, Orkney, and Skye. This untraditional island-hopping adventure skips the hot sun and tiki drinks, but comes with remote beaches, Crusader castles, pre-historic wonders, windswept slopes, and salty traditional island lifestyles. (Repeats 3/11 at 4:30am and 3/13 at 11:30am)

WEDNESDAY, March 10, 2021

8:00 PM RED, WHITE AND ROCK (MY MUSIC) - P
Join Frankie Valli, The Righteous Brothers, Connie Francis and more for a 2002 patriotic celebration of America and pop oldies music. Featuring a dream lineup of artists from the rock, pop and doo-wop days of the late 50s and early to mid-60s. (Repeats 3/13 at 2:30am and 3/13 at 8:00pm)

10:30 PM LONGEVITY PARADOX WITH STEVEN GUNDRY, MD - P
Have you ever wondered why some people live such long, active lives, while so many of us struggle as we get older? Many people have this question, Dr. Steven Gundry has the shocking answer! In The Longevity Paradox, Dr. Gundry shares informative, life-changing information with us and shows us a step-by-step easy approach to help us all feel better and more youthful today, no matter your age. Dr. Gundry will teach us what is causing faster aging, how and why some people live long active lives well into their 90s. Dr. Gundry will also debunk five of the biggest myths about aging. The Longevity Paradox with Steven Gundry, MD is based on the latest science as well as from experiences of everyday people – people who have suffered from autoimmune diseases, obesity, diabetes, digestive problems, inflammation, heart attacks, joint pain, brain fog, or premature aging. Feeling sluggish, worn out, and ill are all things of the past. Dr. Gundry is here to help save us from the ailments of aging that lurk around every corner. Dr. Steven Gundry was once a professor and chairman of cardiothoracic surgery at Loma Linda University School of Medicine. In the year 2000, Dr. Gundry realized he could save many more lives with prevention rather than surgery so he started his own practice dedicated to using diet to reverse and prevent chronic illness. Since then, Dr. Gundry has shared thousands of his patients how dietary and lifestyle changes can dramatically reverse health problems that traditional medicine could not help. (Repeats 3/11 at 1:00am; 3/12 at 11:00pm, 3/13 at midnight and 3/14 at 3:00pm)

12:00 AM AMANPOUR AND COMPANY

THURSDAY, March 11, 2021

8:00 PM RHYTHM, LOVE & SOUL (MY MUSIC) - P
Join Aretha Franklin and Lou Rawls along with 20 legends of R&B, Motown and soul, including Gloria Gaynor, The Manhattans, Edwin Starr, Peaches & Herb, The Spinners, Thelma Houston and many more. (Repeats 3/13 at 6:00pm)

10:00 PM SUZE ORMAN'S ULTIMATE RETIREMENT GUIDE - P
Join the acclaimed personal finance expert for essential advice on planning for and thriving in retirement. With empathy, straight talk and humor, Suze provides information about key steps for anyone trying to achieve their "ultimate retirement." (Repeats 3/12 at 3:00am, 3/14 at 11:00pm and 3/15 at
In Lapland, natives and conservation groups work to save an age-old reindeer migration and restore an entire ecosystem in the process. Now, Lapland is witnessing wildlife spectacles return to the land of ice and snow. (Repeats 3/18 at 2:30am, 3/19 at 5:00am and 3/23 at 2:00am)

11:00 PM BBC WORLD NEWS
11:30 PM AMANPOUR AND COMPANY
12:30 AM NATURE: FOX TALES - D
See March 17 description (Repeats 3/18 at 3:30am, 3/19 at 3:00pm and 3/21 at noon)

THURSDAY, March 18, 2021
8:00 PM NEW TRICKS (JMCO): OLD SCHOOL TIES
(Repeats 3/19 at 12:30am and 3/21 at 12:30am)

9:00 PM DEATH IN PARADISE
(Repeats 3/19 at 1:30am, 3/21 at 7:00pm, 3/21 at midnight and 3/25 at 3:00pm)

10:00 PM PROFESSOR T: DIAMOND
A jewelers family is taken hostage while he is on his way to empty the safe at his shop; an accident en route raises suspicion. Professor T goes through a rough patch after he is unable to prevent a death. An accident sends him back to the hospital. (Repeats 3/19 at 2:30am)

11:00 PM BBC WORLD NEWS
11:30 PM AMANPOUR AND COMPANY
12:30 AM NEW TRICKS (JMCO): OLD SCHOOL TIES
(Repeats 3/21 at 12:30am)

FRIDAY, March 19, 2021
8:00 PM MOUNTAIN LAKE JOURNAL
(Repeats 3/20 at 12:30am, 3/20 at 7:00pm, 3/21 at 5:30am, 3/21 at 10:00am and 3/22 at 5:30pm)

8:30 PM NEW YORK NOW (NY): MARCH 19-21, 2021
(Repeats 3/20 at 1:00am, 3/20 at 7:30pm, 3/20 at 10:30pm and 3/22 at 5:00pm)

9:00 PM GREAT PERFORMANCES AT THE MET: RENEE FLEMING IN CONCERT
Experience the beloved American soprano perform arias by Puccini and Massenet to selections by Handel and Korngold from the intimate music salon of Dumbarton Oaks in Washington, D.C. (Repeats 3/20 at 1:30am)

10:00 PM LIVE FROM LINCOLN CENTER: ANDREW RANNELLS IN CONCERT - D
Known for his Tony-nominated, Grammy-winning performance as Elder Price in The Book of Mormon and as Elijah in HBO's Girls, Andrew Rannells brings his signature blend of superb vocal prowess and wry wit to a sparkling set of songs. (Repeats 3/20 at 2:30am)

11:00 PM BBC WORLD NEWS
11:30 PM AMANPOUR AND COMPANY
12:30 AM MOUNTAIN LAKE JOURNAL
(Repeats 3/20 at 7:00pm, 3/21 at 5:30am, 3/21 at 10:00am and 3/22 at 5:30pm)

SATURDAY, March 20, 2021
8:00 PM UNFORGOTTEN SEASON 2 ON MASTERPIECE: EPISODE 1 - D
A waterlogged suitcase holds the remains of David Walker, 25 years after he disappeared. Walker's wife, Tessa, turns out to be a police officer. Cassie and Sunny interview two other suspects, Sara and Coli.

9:30 PM INSPECTOR MORSE: THE DEAD OF JERICHO
(Repeats 3/21 at 1:30am and 3/25 at 4:00pm)

11:30 PM AUSTIN CITY LIMITS: MAGGIE ROGERS
Enjoy an hour-long set from pop singer-songwriter Maggie Rogers. The author of hits "Lights On" and "Alaska" plays songs from her hit album "Heard It in a Past Life."

12:30 AM NEW TRICKS (JMCO): OLD SCHOOL TIES

SUNDAY, March 21, 2021
8:00 PM SECRETS OF THE MANOR HOUSE - D
Exactly 100 years ago, the world of the British Manor House was at its height. It was a world of luxury that has provided a majestic backdrop to a range of movies and popular costume dramas to this day. But what was really going on behind these stately walls and under the servants' stairs? "Secrets of the Manor House," looks beyond the fiction to the truth of how life was in these ancient British houses, and how mounting financial, political and social pressures were about to bring momentous changes to both the wealthy and their servants. The program covers the background of the British titled class in Edwardian times, the realities for servants working in their estates, the concept of the entail that passed estates to the next generation, the growing influence of American wealth in British aristocracy at the beginning of the 20th Century, and the impact of the first world war on the social class system evident at a British country house.

9:00 PM HOWARDS END ON MASTERPIECE: EPISODE ONE
A passionate misunderstanding, a surprise visit and a stolen umbrella set into motion a series of events that unexpectedly intertwine the lives of the Schlegels, the Wilcoxes and the Bast's. (Repeats 3/22 at 2:30am and 3/23 at 4:00pm)

10:00 PM HOWARDS END ON MASTERPIECE: EPISODE TWO
Mrs. Wilcox surprises her family with a final request regarding Howards End. The Schlegels face eviction from their house. The Schlegel sisters take up the cause of Jacky Bast's husband. (Repeats 3/22 at 2:30am and 3/23 at 5:00pm)

11:00 PM INDEPENDENT LENS: MY COUNTRY NO MORE - D
Explore the rise and fall of the recent North Dakota oil boom through the intimate lens of one family fighting to preserve their agricultural way of life, which puts them at odds with relatives and neighbors determined to sell.

12:00 AM DEATH IN PARADISE
(Repeats 3/23 at 3:00pm)

MONDAY, March 22, 2021
8:00 PM ANTIQUES ROADSHOW: VINTAGE LOUISVILLE 2021 HOUR 1
Giddy-up to Derby City for updated Season 12 appraisals including a Dirk Van Erp lamp from around 1910, a J. Falter "Listening to the Sea" illustration and a 1919 Cincinnati Reds championship baseball. One is now valued at $150,000-$200,000. (Repeats 3/23 at 12:30am, 3/26 at 3:30am, 3/27 at
Sea. Now this wonder of the world is dying. Since 1976, its level has declined by more than sixty-five feet. Its coastline is pockmarked with thousands of sinkholes. Can the Dead Sea be saved? After more than a decade of research and debate, scientists, engineers and political leaders have come up with a daring plan, one that could not only save the sea but help bring stability to a region rife with conflict. NOVA follows this unprecedented endeavor - perhaps the world's largest water chemistry experiment ever - as scientists and engineers race to save the Dead Sea and help bring water to one of the driest regions on Earth. (Repeats 3/25 at 1:30am, 3/26 at 4:00pm and 3/31 at 1:00pm)

11:00 PM BBC WORLD NEWS

11:30 PM AMANPOUR AND COMPANY

12:30 AM NATURE: HIPPOS: AFRICA'S RIVER GIANTS - D
See March 24 description (Repeats 3/25 at 3:30am, 3/26 at 3:00pm, 3/28 at 1:00pm)

THURSDAY, March 25, 2021

8:00 PM NEW TRICKS (JMCO): QUEEN AND COUNTRY
(Repeats 3/26 at 12:30am and 3/28 at 12:30am)

9:00 PM DEATH IN PARADISE
(Repeats 3/26 at 1:30am, 3/28 at 7:00pm and 3/29 at 12:30am)

10:00 PM PROFESSOR T: JITSKE
Jitske, a girl with Down syndrome, claims she knows who murdered her mother, but doesn't want to say who did it. When Annelies shows insensitivity toward the girl, John decides it's time for her to meet his daughter, Elke. (Repeats 3/26 at 2:30am)

11:00 PM BBC WORLD NEWS

11:30 PM AMANPOUR AND COMPANY

12:30 AM NEW TRICKS (JMCO): QUEEN AND COUNTRY
(Repeats 3/28 at 12:30am)

FRIDAY, March 26, 2021

8:00 PM MOUNTAIN LAKE JOURNAL
(Repeats 3/27 at 12:30am, 3/27 at 7:00pm, 3/28 at 5:30am, 3/28 at 10:00am and 3/29 at 5:30pm)

8:30 PM NEW YORK NOW (NY): MARCH 26-28, 2021
(Repeats 3/27 at 1:00am, 3/27 at 7:30pm, 3/28 at 10:30am and 3/29 at 5:00pm)

9:00 PM AMERICAN MASTERS: TWYLA MOVES - D
Explore legendary choreographer Twyla Tharp's career and famously rigorous creative process, with original interviews, first-hand glimpses of her at work and rare archival footage of select performances from her more than 160 choreographed works. (Repeats 3/27 at 1:30am)

10:30 PM CHARLOTTE MANSFIELD: A WOMAN PHOTOGRAPHER GOES TO WAR
This half-hour program tells the remarkable story of the pioneering military career of Charlotte Dee Mansfield, a photographer and photo analyst in the Women's Army Corps. The film draws from her personal writings, archival film resources, historian interviews, and a conversation with Charlotte's lifelong companion, Chief Master Sgt. Lorraine Caddy, to add context to Charlotte's career and the legacy of women's military service during WWII. The program not only provides a look at how women navigated new roles in
12:30 PM ANTIQUES ROADSHOW: MEADOW BROOK HALL, HOUR TWO
Discover Detroit-area treasures as they are appraised at the historic estate of Matilda Dodge Wilson. Meadow Brook Hall finds include a Keith Haring archive, Harry Bertoia brooches and an 1835 "City of Detroit" map. Which is $40,000-$60,000? (Repeats 3/30 at 1:30am)

10:00 PM MAE WEST: AMERICAN MASTERS: MAE WEST: DIRTY BLONDE - D
Dive into the life and career of groundbreaking writer, performer and subversive star Mae West. Over a career spanning eight decades, she broke boundaries and possessed creative and economic powers unheard of for a female entertainer in the 1930s. (Repeats 3/30 at 2:30am)

11:30 PM AMANPOUR AND COMPANY

12:30 AM ANTIQUES ROADSHOW: VINTAGE LOUISVILLE 2021 HOUR 2
See March 29 description

TUESDAY, March 30, 2021

8:00 PM FINDING YOUR ROOTS: FREEDOM TALES
Host Henry Louis Gates, Jr. delves deep into the roots of two African American guests, actor S. Epatha Merkerson and athlete and television personality Michael Strahan. Both discover unexpected stories that challenge assumptions about black history. (Repeats 3/31 at 12:30am, 3/31 at 3:30am and 3/31 at 3:00pm)

9:00 PM AMERICAN EXPERIENCE: THE BLINDING OF ISAAC WOODARD - D
Discover the 1946 incident of racial violence by police that led to the racial awakening of President Harry Truman and set the stage for the landmark 1954 Supreme Court Brown v. Board of Education decision, jump-starting the civil rights movement. (Repeats 3/31 at 1:30am and 3/31 at 4:00pm)

11:00 PM BBC WORLD NEWS

11:30 PM AMANPOUR AND COMPANY

12:30 AM FINDING YOUR ROOTS: FREEDOM TALES
See March 29 description (Repeats 3/31 at 3:00am and 3/31 at 3:00pm)

WEDNESDAY, March 31, 2021

8:00 PM EXTINCTION: THE FACTS
With 1 million species at threat, David Attenborough explores extinction and how this crisis has consequences for us all, even putting us at greater risk of pandemic diseases. (Repeats 4/1 at 12:30am and 4/1 at 3:00am)

9:00 PM CLIMATE CHANGE - THE FACTS
Scientists explore the impact of climate change and what could happen if global warming exceeds 1.5 degrees. Discover how the latest innovations and technology are posing potential solutions and what individuals can do to prevent further damage. (Repeats 4/1 at 1:30am)

10:00 PM NOVA: MYSTERY BENEATH THE ICE
Dive under the ice to explore Antarctica's under-ice landscape with a team of scientists as they search for the mystery killer that's decimating the population of delicate shrimp-like creatures at the foundation of the Antarctic food chain. (Repeats 4/1 at 2:30am)

11:00 PM BBC WORLD NEWS
11:30 PM  AMANPOUR AND COMPANY

12:30 AM  EXTINCTION: THE FACTS
See March 31 description (Repeats 4/1 at 3:30am)