

FOREVER PAINLESS - AIRINGS SCHEDULE

(Note: If you don't see your Public Television station on this list, please consult their website for airings.)

| Market | City | State | Channel Full Name | Date | Time |
|----------------|---------------|-------|--------------------|------------|-------------|
| Boise | Boise | ID | KAID HDTV | 2021-02-27 | 8:00:00 AM |
| Boise | Boise | ID | KAID Learns/Create | 2021-03-02 | 7:00:00 PM |
| Bowling Green | Bowling Green | KY | KET HDTV | 2021-02-27 | 4:00:00 AM |
| Charleston, WV | Ashland | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Charleston, WV | Pikeville | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Charlotte | Concord | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Charlotte | Concord | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Charlotte | Concord | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Charlotte | Concord | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Charlotte | Concord | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Charlotte | Linville | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Charlotte | Linville | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Charlotte | Linville | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Charlotte | Linville | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Charlotte | Linville | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Cheyenne, WY | Alliance | NE | NET CREATE | 2021-02-28 | 12:00:00 PM |
| Chicago | Gary | IN | WYINDT | 2021-02-28 | 7:00:00 AM |
| Chicago | Gary | IN | WYINDT | 2021-03-02 | 4:30:00 AM |
| Cincinnati | Covington | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Cincinnati | Owenton | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Detroit | Detroit | MI | WTVS HDTV | 2021-02-28 | 2:00:00 AM |
| Detroit | Detroit | MI | WTVS HDTV | 2021-03-02 | 4:30:00 PM |
| Evansville | Madisonville | KY | KET HDTV | 2021-02-27 | 4:00:00 AM |
| Evansville | Owensboro | KY | KET HDTV | 2021-02-27 | 4:00:00 AM |
| Fresno-Visalia | Fresno | CA | KVPT HDTV | 2021-02-27 | 1:00:00 PM |
| Fresno-Visalia | Fresno | CA | KVPT HDTV | 2021-02-28 | 4:00:00 AM |
| Grand Rapids | Allendale | MI | WGVU Life | 2021-03-03 | 1:00:00 PM |
| Grand Rapids | Kalamazoo | MI | WGVK Life | 2021-03-03 | 1:00:00 PM |

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| Greensboro | Winston-Salem | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Greensboro | Winston-Salem | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Greensboro | Winston-Salem | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Greensboro | Winston-Salem | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Greensboro | Winston-Salem | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Greenville-New Bern | Greenville | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Greenville-New Bern | Greenville | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Greenville-New Bern | Greenville | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Greenville-New Bern | Greenville | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Greenville-New Bern | Greenville | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Greenville-New Bern | Jacksonville | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Greenville-New Bern | Jacksonville | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Greenville-New Bern | Jacksonville | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Greenville-New Bern | Jacksonville | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Greenville-New Bern | Jacksonville | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Greenvll-Spartan | Asheville | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Greenvll-Spartan | Asheville | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Greenvll-Spartan | Asheville | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Greenvll-Spartan | Asheville | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Greenvll-Spartan | Asheville | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Greenvll-Spartan | Canton | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Greenvll-Spartan | Canton | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Greenvll-Spartan | Canton | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Greenvll-Spartan | Canton | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Greenvll-Spartan | Canton | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Idaho Falls | Pocatello | ID | KISU HDTV | 2021-02-27 | 8:00:00 AM |
| Idaho Falls | Pocatello | ID | KISU Learns/Create | 2021-03-02 | 7:00:00 PM |
| Indianapolis | Indianapolis | IN | WFYI Plus | 2021-03-07 | 2:00:00 PM |
| Kansas City | Kansas City | MO | KCPTDT2 | 2021-02-26 | 4:00:00 PM |
| Kansas City | Kansas City | MO | KCPT HDTV | 2021-03-07 | 10:30:00 AM |
| Kansas City | Kansas City | MO | KCPT HDTV | 2021-03-10 | 11:30:00 PM |
| Kansas City | Kansas City | MO | KCPT HDTV | 2021-03-13 | 2:30:00 PM |
| Kansas City | Kansas City | MO | KCPT HDTV | 2021-03-15 | 12:00:00 AM |

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| Lansing | East Lansing | MI | WKAR HDTV | 2021-03-02 | 3:30:00 AM |
| Lansing | East Lansing | MI | WKAR HDTV | 2021-03-06 | 3:30:00 AM |
| Las Vegas | Las Vegas | NV | KLVX HDTV | 2021-02-26 | 10:30:00 PM |
| Las Vegas | Las Vegas | NV | KLVX Create | 2021-03-10 | 1:30:00 PM |
| Las Vegas | Las Vegas | NV | KLVX Create | 2021-03-10 | 7:30:00 PM |
| Lexington | Hazard | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Lexington | Lexington | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Lexington | Morehead | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Lexington | Somerset | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Lincoln-Hastings | Hastings | NE | NET CREATE | 2021-02-28 | 1:00:00 PM |
| Lincoln-Hastings | Lincoln | NE | NET CREATE | 2021-02-28 | 1:00:00 PM |
| Lincoln-Hastings | Lincoln | NE | NET Create | 2021-02-28 | 1:00:00 PM |
| Los Angeles | Huntington Beach | CA | PBS SoCal 1 | 2021-02-27 | 4:00:00 AM |
| Los Angeles | Huntington Beach | CA | PBS SoCal 2 | 2021-02-28 | 1:30:00 PM |
| Los Angeles | Huntington Beach | CA | PBS SoCal 1 | 2021-03-02 | 3:30:00 AM |
| Los Angeles | Huntington Beach | CA | PBS SoCal 2 | 2021-03-07 | 3:30:00 AM |
| Los Angeles | San Bernardino | CA | KVCR HDTV | 2021-02-25 | 2:30:00 AM |
| Los Angeles | San Bernardino | CA | KVCRDT3 Desert Cities | 2021-02-28 | 5:30:00 AM |
| Los Angeles | San Bernardino | CA | KVCRDT3 Desert Cities | 2021-03-07 | 4:30:00 AM |
| Louisville | Elizabethtown | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Louisville | Louisville | KY | KET HDTV | 2021-02-27 | 5:00:00 AM |
| Lubbock | Lubbock | TX | KTTZ HDTV | 2021-02-27 | 5:30:00 PM |
| Minneapolis | St. Paul | MN | TPT Life | 2021-03-07 | 2:30:00 PM |
| Monterey-Salinas | Watsonville | CA | KQET | 2021-02-24 | 1:00:00 AM |
| Myrtle Beach | Lumberton | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Myrtle Beach | Lumberton | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Myrtle Beach | Lumberton | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Myrtle Beach | Lumberton | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Myrtle Beach | Lumberton | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| New Orleans | New Orleans | LA | WYES HDTV | 2021-02-28 | 6:30:00 AM |
| Norfolk | Edenton | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Norfolk | Edenton | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Norfolk | Edenton | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |

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| Norfolk | Edenton | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Norfolk | Edenton | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Paducah-Cape Girard | Murray | KY | KET HDTV | 2021-02-27 | 4:00:00 AM |
| Paducah-Cape Girard | Paducah | KY | KET HDTV | 2021-02-27 | 4:00:00 AM |
| Philadelphia | Allentown | PA | WLVT PBS HDTV | 2021-03-06 | 2:00:00 PM |
| Philadelphia | Allentown | PA | WLVT Create | 2021-03-08 | 10:30:00 AM |
| Philadelphia | Allentown | PA | WLVT Create | 2021-03-10 | 1:30:00 AM |
| Philadelphia | Allentown | PA | WLVT Create | 2021-03-13 | 9:00:00 AM |
| Philadelphia | Philadelphia | PA | WPPT PBS39 Extra HDTV | 2021-03-01 | 3:30:00 AM |
| Philadelphia | Philadelphia | PA | WPPT PBS39 Extra HDTV | 2021-03-01 | 8:00:00 PM |
| Philadelphia | Philadelphia | PA | WPPT PBS39 Extra HDTV | 2021-03-04 | 6:30:00 PM |
| Philadelphia | Wilmington | DE | WHYY2 | 2021-02-27 | 12:30:00 PM |
| Phoenix | Phoenix | AZ | KAET AZ PBS HDTV | 2021-03-03 | 2:30:00 AM |
| Providence | Providence | RI | WSBE HDTV | 2021-02-27 | 1:30:00 PM |
| Raleigh-Durham | Chapel Hill | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Raleigh-Durham | Chapel Hill | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Raleigh-Durham | Chapel Hill | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Raleigh-Durham | Chapel Hill | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Raleigh-Durham | Chapel Hill | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Raleigh-Durham | Raleigh Durham | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Raleigh-Durham | Raleigh Durham | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Raleigh-Durham | Raleigh Durham | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Raleigh-Durham | Raleigh Durham | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Raleigh-Durham | Roanoke Rapids | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Raleigh-Durham | Roanoke Rapids | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Raleigh-Durham | Roanoke Rapids | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Raleigh-Durham | Roanoke Rapids | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Raleigh-Durham | Roanoke Rapids | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |
| Sacramento | Sacramento | CA | KVIE HD | 2021-02-27 | 7:30:00 AM |
| Salt Lake City | Richland | UT | KUES | 2021-03-01 | 11:00:00 PM |
| Salt Lake City | Richland | UT | KUES HDTV | 2021-03-01 | 11:00:00 PM |
| Salt Lake City | Richland | UT | KUES | 2021-03-02 | 12:30:00 AM |
| Salt Lake City | Richland | UT | KUES HDTV | 2021-03-02 | 12:30:00 AM |

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| Salt Lake City | Richland | UT | KUES | 2021-03-02 | 2:00:00 AM |
| Salt Lake City | Richland | UT | KUES HDTV | 2021-03-02 | 2:00:00 AM |
| Salt Lake City | Richland | UT | KUES | 2021-03-02 | 3:30:00 AM |
| Salt Lake City | Richland | UT | KUES HDTV | 2021-03-02 | 3:30:00 AM |
| Salt Lake City | Richland | UT | KUES | 2021-03-02 | 5:00:00 AM |
| Salt Lake City | Richland | UT | KUES HDTV | 2021-03-02 | 5:00:00 AM |
| Salt Lake City | Salt Lake City | UT | KUED HDTV | 2021-03-01 | 11:00:00 PM |
| Salt Lake City | Salt Lake City | UT | KUED HDTV | 2021-03-02 | 12:30:00 AM |
| Salt Lake City | Salt Lake City | UT | KUED HDTV | 2021-03-02 | 2:00:00 AM |
| Salt Lake City | Salt Lake City | UT | KUED HDTV | 2021-03-02 | 3:30:00 AM |
| Salt Lake City | Salt Lake City | UT | KUED HDTV | 2021-03-02 | 5:00:00 AM |
| Salt Lake City | St. George | UT | KUEW HDTV | 2021-03-01 | 11:00:00 PM |
| Salt Lake City | St. George | UT | KUEW HDTV | 2021-03-02 | 12:30:00 AM |
| Salt Lake City | St. George | UT | KUEW HDTV | 2021-03-02 | 2:00:00 AM |
| Salt Lake City | St. George | UT | KUEW HDTV | 2021-03-02 | 3:30:00 AM |
| Salt Lake City | St. George | UT | KUEW HDTV | 2021-03-02 | 5:00:00 AM |
| San Francisco | San Francisco | CA | KQEDDT2 | 2021-02-24 | 1:00:00 AM |
| San Francisco | San Jose | CA | KQED Plus HDTV | 2021-02-24 | 1:00:00 AM |
| Sioux Falls, SD | Merriman | NE | NET CREATE | 2021-02-28 | 12:00:00 PM |
| Spokane | Coeur d'Alene | ID | KCDT HDTV | 2021-02-27 | 8:00:00 AM |
| Spokane | Coeur d'Alene | ID | KCDT Learns/Create | 2021-03-02 | 7:00:00 PM |
| Spokane | Moscow | ID | KUID HDTV | 2021-02-27 | 8:00:00 AM |
| Spokane | Moscow | ID | KUID Learns/Create | 2021-03-02 | 7:00:00 PM |
| Spokane | Spokane | WA | KSPS HDTV | 2021-03-04 | 12:00:00 PM |
| Spokane | Spokane | WA | KSPS HDTV | 2021-03-07 | 12:00:00 PM |
| Tampa | Tampa | FL | WEDU HDTV | 2021-02-26 | 11:00:00 PM |
| Tampa | Tampa | FL | WEDU HDTV | 2021-02-27 | 11:00:00 PM |
| Tampa | Tampa | FL | WEDU PBS Encore | 2021-03-05 | 2:00:00 PM |
| Tampa | Tampa | FL | WEDQ HDTV | 2021-03-05 | 2:00:00 PM |
| Tampa | Tampa | FL | WEDU PBS Encore | 2021-03-07 | 11:00:00 PM |
| Tampa | Tampa | FL | WEDQ HDTV | 2021-03-07 | 11:00:00 PM |
| Twin Falls | Twin Falls | ID | KIPT HDTV | 2021-02-27 | 8:00:00 AM |
| Twin Falls | Twin Falls | ID | KIPT Learns/Create | 2021-03-02 | 7:00:00 PM |

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| Wilkes Barre | Scranton | PA | WVIA HDTV | 2021-02-23 | 2:00:00 AM |
| Wilmington | Wilmington | NC | UNC-EX | 2021-02-28 | 8:00:00 AM |
| Wilmington | Wilmington | NC | UNC-EX | 2021-02-28 | 11:30:00 PM |
| Wilmington | Wilmington | NC | UNC-EX | 2021-03-02 | 7:00:00 PM |
| Wilmington | Wilmington | NC | UNC-TV | 2021-03-05 | 12:30:00 AM |
| Wilmington | Wilmington | NC | UNC-EX | 2021-03-06 | 5:00:00 AM |