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First Choice - March 2016

WUSF, University of South Florida

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Celtic Thunder: Legacy

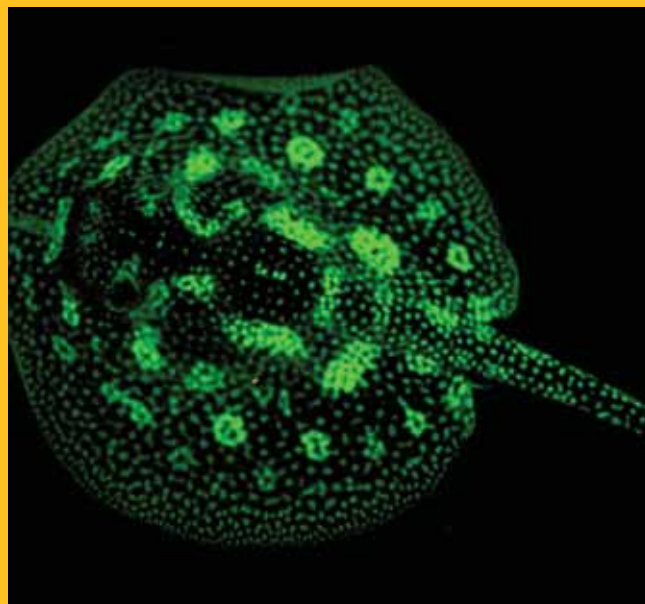
This global Irish singing sensation wows audiences the world over with its crisp vocal harmonies and powerful ensemble numbers. *Legacy* takes the awesome power of world music and live performance to the next level with solo hits and fan favorites.



Saturday, March 5, 8 p.m.



Smart Fats to Outsmart Aging with Dr. Steven Masley Physician and nutritionist Dr. Steven Masley discusses the five major aging accelerators— inflammation, hormone imbalance, loss in muscle mass, and nutritional deficiencies—and offers simple lifestyle changes to stop them in their tracks. Airs Monday, March 7, 8 p.m.



NOVA "Creatures of Light" In the dark depths of the oceans, nearly 90 percent of all species shine from within. Scientists are now starting to decode this fascinating language of light. Join NOVA for a dive to the hidden undersea world where most creatures flash, sparkle, shimmer, and glow. Airs Sunday, March 27, 8 p.m.

Where to Watch

Over the Air

- 16.1 WUSF TV (HD)
- 16.2 WUSF Kids
- 16.3 WUSF Create
- 16.4 WUSF Knowledge

WUSF on Comcast

- 441 WUSF TV (HD)
- 204 WUSF TV
- 205 WUSF Kids
- 206 WUSF Create
- 207 WUSF Knowledge

WUSF on Verizon FiOS

- 516 WUSF TV (HD)
- 016 WUSF TV
- 470 WUSF TV
- 473 WUSF Kids
- 472 WUSF Create
- 471 WUSF Knowledge

WUSF on Bright House

- 1016 WUSF TV (HD)
- 616 WUSF TV
- 617 WUSF Kids
- 618 WUSF Create
- 619 WUSF Knowledge



Catch the new children's series **Bug Bites** Saturdays at 7:30 a.m. and 1:30 p.m. on WUSFKids 16.2!



Wildest Islands This stunningly beautiful series demonstrates that islands can be home to the most extreme examples of life and to some of the most dramatic landscapes. Discover these spectacular island locations and the people and wildlife who call them home. Airs Thursdays, 9 p.m., beginning March 31.



Yanni Live at the Pyramids: The Dream Concert

Yanni and his world-renowned orchestra bring a new show to the Great Pyramids in Giza, Egypt, featuring a career-spanning selection of fan favorites, along with never-before-performed songs and new arrangements of his classic compositions. Airs Sunday, March 6, 8:30 p.m.



Favorite Love Songs (My Music)

The celebrated ballad composer Paul Williams hosts this romantic special devoted to sentimental favorites of the 1960s and 1970s, including "Make it With You" (Bread), "I Honestly Love You" (Olivia Newton-John), and "Put a Little Love in Your Heart" (Jackie DeShannon). Airs Saturday, March 12, 8:30 p.m.

Tuesday 1st

8:00pm Father Brown "The Judgement of Man"

9:00pm Doc Martin "Control-Alt-Delete"

10:00pm Scott & Bailey

Wednesday 2nd

8:00pm Great Continental Railway Journeys "(France) Lyon to Marseille"

9:00pm Shackleton & Scott: Rivals for the Pole



10:00pm Luther

Thursday 3rd

8:00pm Nature "Moose: Life of a Twig Eater"

9:00pm Great Plains: America's Lingerin Wild "A Long Hard Struggle"

10:00pm Great Plains: America's Lingerin Wild "We Live with the Land"

Friday 4th

8:00pm Antiques Roadshow "Charleston," Part 2

9:00pm Miss Fisher's Murder Mysteries "Murder Most Scandalous"

10:00pm Midsomer Murders "Midsomer Rhapsody," Part 2

Saturday 5th

8:00pm Celtic Thunder Legacy

10:00pm The Forever Wisdom of Dr. Wayne Dyer

Sunday 6th

7:00pm This Land Is Your Land (My Music)

8:30pm Yanni Live at the Great Pyramids

10:00pm Eat Fat, Get Thin with Dr. Mark Hyman

Monday 7th

8:00pm Smart Fats to Outsmart Aging with Dr. Steven Masley

10:00pm This Land is Your Land (My Music)

Tuesday 8th

8:00pm Easy Yoga for Diabetes with Peggy Cappy

9:00pm Doc Martin - Seven Grumpy Seasons

10:30pm On the Psychiatrist's Couch with Daniel Amen, MD

Wednesday 9th

8:00pm Celtic Thunder Legacy

10:00pm Suze Orman's Financial Solutions for You

Thursday 10th

8:00pm This Land is Your Land (My Music)

9:30pm Eat Fat, Get Thin with Dr. Mark Hyman

Friday 11th

8:00pm Josh Groban: Stages Live

9:30pm 30 Days to a Younger Heart with Dr. Steven Masley, MD

Saturday 12th



7:00pm Carpenters: Close to You (My Music Presents)

8:30pm Favorite Love Songs (My Music)

10:00pm On the Psychiatrist's Couch with Daniel Amen, MD

Sunday 13th

6:30pm Burt Bacharach's Best (My Music Presents)

8:00pm Best of 50s Pop (My Music)

10:00pm Suze Orman's Financial Solutions for You

Monday 14th

8:00pm On the Psychiatrist's Couch with Daniel Amen, MD

Monday 14th continued

10:00pm Aging Backwards with Miranda Esmonde-White

Tuesday 15th

8:00pm Father Brown: Saving Souls, Solving Crimes

9:30pm 30 Days to a Younger Heart with Dr. Steven Masley, MD

Wednesday 16th

8:00pm John Denver: Country Boy

9:30pm On the Psychiatrist's Couch with Daniel Amen, MD

Thursday 17th

8:00pm Aging Backwards with Miranda Esmonde-White



9:00pm Celtic Thunder Legacy

Friday 18th

8:00pm - 12:00am Viewer Favorites

Saturday 19th

8:00pm - 12:00am Viewer Favorites

Sunday 20th

8:00pm - 12:00am Viewer Favorites

Monday 21st

8:00pm Rick Steves Special "European Easter"

9:00pm Travelscope "Guatemala's Semana Santa - Easter Week"

9:30pm Travel Detective with Peter Greenberg "How Safe is Your Cruise? & Hidden Gems of Australia"



10:00pm Globe Trekker "Road Trip: Andes"

Tuesday 22nd

8:00pm Father Brown "The Time Machine"

Tuesday 22nd continued

9:00pm Doc Martin "Other People's Children"

10:00pm Scott & Bailey

Wednesday 23rd

8:00pm Great Continental Railway Journeys "Madrid to Gibraltar"

9:00pm History Project "The First Pompeii"

10:00pm Luther

Thursday 24th

8:00pm Nature "Natural Born Hustlers: Staying Alive"

9:00pm Nature "Cold Warriors: Wolves and Buffalo"

10:00pm America's Wildest Refuge

Friday 25th

8:00pm Antiques Roadshow "Charleston," Part 3

9:00pm Miss Fisher's Murder Mysteries "Death Comes Knocking"

10:00pm Midsomer Murders "The House in the Woods," Part 1

Saturday 26th

8:00pm Death in Paradise



9:00pm Saturday Night Movie "Steel Magnolias" (1989)

Sunday 27th

8:00pm Nova "Creatures of Light"

9:00pm American Experience "Space Men"

10:00pm John Glenn: A Life of Service

Monday 28th

8:00pm Rick Steves' Europe "Burgundy: Profound France"

8:30pm Joseph Rosendo's Travelscope "Sault Saint Marie, Canada"

Monday 28th continued

9:00pm Travel Detective with Peter Greenberg "Uncovering Phony Hotel Reviews & Hidden Gems of Valle De Bravo, Mexico"



9:30pm Exploring California: Rob on the Road

10:00pm Globe Trekker "Road Trip: Patagonia"

Tuesday 29th

8:00pm Father Brown "The Standing Stones"

9:00pm Doc Martin "Facts Non Verba"

10:00pm Scott & Bailey

Wednesday 30th

8:00pm Great Continental Railway Journeys "Turin to Venice"

9:00pm History Project "Tulipmania"

10:00pm Luther

Thursday 31st

8:00pm Nature "Natural Born Hustlers: The Hunger Hustle"



9:00pm Wildest Islands "The Caribbean: The Wild Side of Paradise"

10:00pm Ganges "Daughter of the Mountains"