

Channel 12 Programming Schedule

Programming subject to change without notice.

Program Descriptions:

City Council Meetings

Airs live on the second and fourth Thursday of the month at 5:00 p.m., rebroadcast on the second and fourth Thursday at 8:00 p.m. and the second and fourth Friday at 10:00 a.m. See your local City Council as they discuss issues facing the City and make decisions about Sierra Vista policy in City government. Broadcast subject to change, per Council's meeting schedule.

City Council Work Sessions

Airs live on the second and fourth Tuesday of the month at 3:00 p.m., rebroadcast on the second and fourth Tuesday at 8:00 p.m. and the second and fourth Wednesday at 10:00 a.m. See your local City Council as they openly discuss items on the Council Meeting agenda, take a deep dive into strategies, and prepare for the following Council meetings. Broadcast subject to change, per Council's meeting schedule.

Creature Feature

Airs Friday at 8:00 p.m. Join host Vincent Van Dahl, former frontman for the 90s metal band "Prince of Darkness," along with housemate Tangella and his valet Mr. Livingston, in Poulter Manor, a haunted mansion. Program includes guest interviews and the worst "horror" movies they can find. New episodes added weekly.

Eat Well Be Happy

Airs Monday at 10:30 a.m. This cooking show is aimed at bringing back the pleasures of the table with fresh, seasonal, colorful ingredients. New episodes added upon availability.

The Folklorist

*Airs Monday at 4:30 p.m., rebroadcast on Saturday at 1:00 p.m. This Emmy-winning television series offers a captivating look at the stories in history that have forever inspired us. Whether it's a tale of legendary lost cities, forgotten heroes, hoaxes beyond belief, *The Folklorist* brings audiences back to each story's origins, and uncovers what has been left out of text books and what lives on in folklore.*

Silence Hurts

Airs the third Tuesday of the month at 10:30 a.m. Produced by the Sierra Vista Police Department with the Buena High School film and TV production class in 2015, this program helps identify domestic violence and gives victims, and those who will speak out for them, information they need to break from a domestic violence situation.

Spanish – Level 1

Airs Monday and Thursday at noon. From the Center for Accelerated Language Acquisition, these language instruction shows bring you into the classroom to learn Spanish language basics. The series includes 20 lessons.

STEM in 30

Airs Monday through Friday at 7:00 p.m. Geared for elementary aged students, this NASA-produced show delves into science, technology, engineering, and math using displays at the Air and Space Museum in Washington D.C. as a classroom and inspiration. Topics range from space exploration to World War I, the Wright Brothers' airplane, and computers. New episodes added regularly.

The Kamla Show

Airs Tuesday at 6:00 p.m. Host Kamla visits with entrepreneurs, technologists, filmmakers, artists, writers, and others who contribute to the vibrant economic and social landscape of the Bay area, where new ideas and technology about. Meet these innovators and hear how they brought their dreams to fruition. New episodes added upon availability.

Yoga for Health and Joy, with Patricia Becker

Enjoy yoga practice with Patricia Becker, certified Hatha Yoga instructor. Find greater flexibility, mobility, strength, and stamina in this class geared for people of all ages, sizes, and shapes. "If you can breathe, you can do yoga..." New episodes added upon availability.