

Long Beach Television Charter cable Channel 3 Verizon FiOS channel 21

Schedule effective January 26, 2010
Schedule subject to change without notice

EARLY MORNING

am 12:00 Long Beach: The Source
2:00 Classic Arts Showcase
6:30 Jazzercise
7:00 Sit and Be Fit
7:30 Between the Lines
8:00 You're the Chef
8:30 California's Green

MONDAY

am 9:00 The California Channel
pm 3:30 Sit and Be Fit
4:00 Jazzercise
4:30 Straight from the Tap
5:00 Between the Lines
5:30 California's Green
6:00 Live from Ford Theater
7:30 Pulse of the Port
8:00 Inside Long Beach
8:30 The Reluctant Gardener
9:00 **Harbor Commission meeting**
11:00 California's Water
11:30 Vintage Vehicle

WEDNESDAY

am 9:00 The California Channel
pm 3:30 Sit and Be Fit
4:00 Jazzercise
4:30 Vintage Vehicle
5:00 Impact
5:30 California's Green
6:00 Between the Lines
6:30 You're the Chef
7:00 Letter of the Law
7:30 Pulse of the Port
8:00 Inside Long Beach
8:30 The Reluctant Gardener
9:00 Snapshot: Long Beach
9:30 **Harbor Commission meeting**

Classic Arts Showcase to follow after
conclusion of meeting

TUESDAY

am 9:00 The California Channel
pm 3:30 Snapshot: Long Beach
4:00 Heart of the City
5:00 **Long Beach City Council meeting
LIVE**

Classic Arts Showcase
to follow after
conclusion of meeting

THURSDAY

am 9:00 The California Channel
pm 3:30 LBTV Showcase
4:00 **Harbor Commission meeting**
6:00 Snapshot: Long Beach
6:30 Heart of the City
7:30 **Long Beach City Council meeting
Replayed in its entirety**

Classic Arts Showcase
to follow after
conclusion of meeting

FRIDAY

am 9:00 The California Channel
pm 3:30 Sit and Be Fit
4:00 Jazzercise
4:30 Straight from the Tap
5:00 You're the Chef
5:30 California's Green
6:00 Vintage Vehicle
6:30 Between the Lines
7:00 Impact
7:30 Pulse of the Port
8:00 Live from Ford Theater
9:30 Jazz Notes
10:00 Classic Arts Showcase

SUNDAY

am 9:00 Heart of the City
10:00 Snapshot: Long Beach
10:30 Long Beach: The Source
11:00 Inside Long Beach
11:30 The Reluctant Gardener
pm 12:00 Pulse of the Port
12:30 California's Water
1:00 LBTV Showcase
2:00 **Long Beach City Council meeting
Replayed in its entirety**

Classic Arts Showcase
to follow after
conclusion of meeting

7:00 Pulse of the Port
7:30 Jazz Notes
8:00 Inside Long Beach
8:30 The Reluctant Gardener
9:00 LBTV Showcase
10:00 Classic Arts Showcase

SATURDAY

am 9:00 LBTV Showcase
10:00 **Long Beach City Council meeting
Replayed in its entirety**

Long Beach: The Source
to follow after
conclusion of meeting

pm 3:00 Long Beach: The Source
4:30 LBTV Showcase
6:00 Inside Long Beach
6:30 The Reluctant Gardener
7:00 California's Water
7:30 Pulso Del Puerto
8:00 Heart of the City
9:00 Snapshot: Long Beach
9:30 LBTV Showcase
10:00 Classic Arts Showcase



Connecting you to Long Beach

Watch LBTV on
the Internet at
www.lbtv3.com.

Long Beach Television informs Long Beach residents about what's happening right in their hometown. Through original programming and continuing news and council coverage, LBTV links the city's diverse population with its civic center and neighborhoods. LBTV is committed to informing, educating and entertaining Long Beach residents.

Long Beach City Council LBTV presents full coverage of the Long Beach City Council meeting.

Heart of the City The Mayor and City Councilmembers discuss timely issues with City staff and community leaders.

Snapshot: Long Beach Go behind-the-scenes to meet the people and see the venues that make our city one of the most culturally diverse and exciting cities in the United States.

Inside Long Beach Take a journey Inside Long Beach and uncover how the Redevelopment Agency is building a better Long Beach, how The Long Beach Housing Development Company is providing affordable housing for all and how the Pacific Gateway Workforce Investment Network strengthens businesses and the local workforce.

The Reluctant Gardener Follow the wacky, but fun, design and installation of a new drought-tolerant landscape for a Bixby Knolls home. Watch the show and find out how you too can enter a raffle to win a free demonstration yard — all provided by the Long Beach Water Department!

Pulse of the Port This program, a co-production of the Harbor Department and LBTV, informs viewers of developments at the Port of Long Beach.

Long Beach: The Source All you wanted to know about the City — from important City phone numbers to City events.

The Letter of the Law City Prosecutor Tom Reeves talks about legal issues.

Straight from the Tap This program from the Metropolitan Water District discusses Southern California's water resources and the importance of conservation.

The California Channel The California Channel offers coverage of the state Legislature, as well as other programs of interest to Californians.

Classic Arts Showcase This programs brings the classic arts experience directly to you including ballet, opera, orchestral, and theatre performances.

Jazzercise This fun and effective exercise program combines jazz dance, Pilates, yoga, kickboxing movements and resistance training.

Sit and Be Fit This program provides medically based, safe, and effective exercises that can improve the quality of life of older adults.

Between the Lines Host Barry Kibrick interviews today's famous novelists, celebrity authors, screenwriters, and award winning journalists.

You're the Chef This fun public television cooking series features practical, great tasting recipes made with readily available ingredients.

Live from the Ford Theatre Coverage of music and dance performances from the Ford Amphitheatre in Los Angeles.

Vintage Vehicle Show If you love cars, particularly old ones, you'll enjoy seeing all types of cars and hotrods in this fun series that features not just the vehicles, but also the people behind them.

Jazz Notes Join host Doug McIntyre as he spotlights some of the most respected jazz musicians of our age.

California's Green Host Huell Howser journeys throughout California to introduce us to people and places at the forefront of the "Green" industry.

Impact Students from USC's Annenberg School of Communication produce this award-winning television news magazine.



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program schedule

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