



NOVEMBER 2009 PREMIERE HIGHLIGHTS

***** DON'T MISS PREMIERES*****

LIVING WITH ED

Wednesday at 9:00 p.m. ET

Living With Ed chronicles the day to day, eco-friendly adventures of actor Ed Begley, Jr. and his wife Rachelle, as they navigate life in Los Angeles with Ed always trying to leave the smallest possible carbon footprint in his wake. This season follows the dynamic couple as they embark on exploits including an unlikely trip to Vegas (yes, Ed in Vegas), a wedding anniversary getaway only Ed could organize and a major home renovation not to be missed. Other new features this season include an "On the Road with Ed" video diary and a host of new companion elements on PlanetGreen.com including original webisodes with Ed and Rachelle, blogs and special interactive events.

<p>Episode Premiere 'For Better or Worse' Wednesday, November 4 9:00 PM (ET)</p>	<p>Ed decides to take Rachelle on a romantic wedding anniversary getaway. Alas, it turns out to be a trip to a facility where manure is made into methane. The factory is in central California, where this form of biomass conversion takes place, and yes, of course, the process interests Ed a great deal. Returning home with "waste" on his mind, Ed decides to clean out his cluttered storage unit, figuring out how to recycle old electronics, clothes and gadgets. He gets so excited about having a neat space that he decides to remodel the garage, including the upstairs area. Rachelle is thrilled that her Pilates studio will now be remodeled. Little does she know that Ed has his sights set on using the expanded green space as an office for him and a guest bedroom. Let the construction AND the arguments begin!</p>
<p>Episode Premiere 'Unplugged' Wednesday, November 11 9:00 PM (ET)</p>	<p>Busy schedules are cutting into quality time with daughter Hayden. The solution: A family camping trip. With Rachelle in charge as the camp director and supplies that include everything but the solar panels, the Begleys hit the trail. Even though the campsite turns out to be dilapidated and near a freeway, the newly reconnected family pitches their tent and a role reversal appears to take place. Rachelle's Pilates training has prepared her to find tranquility even with cars zooming past while Ed is trying to hitch a ride back to his email.</p>

<p style="text-align: center;">Episode Premiere 'Look Into the Future' Wednesday, November 18 9:00 PM (ET)</p>	<p>Ed and Rachelle have very different ideas about what type of energy audit the Begley household needs. Rachelle is having the psychic energy flow assessed, while Ed is measuring the energy efficiency of the Begley home. They are both in for a shock: The psychic tells Rachelle their home is filled with disharmonious psychic vibrations and Ed learns from the energy auditor their home isn't as efficient as he thought. Ed decides to make the home more efficient and Rachelle shows just how clairvoyant she really is.</p>
<p style="text-align: center;">Episode Premiere 'Veto Power' Wednesday, November 25 9:00 PM (ET)</p>	<p>Ed busts Rachelle for wasting water for the umpteenth time using his new web-based monitoring system. He decides to install an elaborate grey water system to make sure she complies once and for all. Rachelle has had enough and escapes to an eco-salon with her gal pals for some long overdue pampering. Meanwhile, Ed continues to flex his muscle as "water cop" by showing Hayden how to raise money for charity with a water-free car wash. Rachelle returns home relaxed until she gets a birthday surprise from Ed.</p>

THE 100 MILE CHALLENGE

Monday at 9:00 p.m. ET

Six families in the town of Mission, British Columbia, accept a challenge to consume only food and drink produced within a 100-mile radius for 100 days in ***The 100 Mile Challenge***. How hard can it be? As the kitchen cupboards are stripped bare, the families begin to panic as they soon discover it is not going to be as easy as it first appeared. Items on the "banned in Mission" list include coffee, tea, chocolate, sugar, beer, pop, rice, pepper, most spices, tropical fruits, peanut butter, and commercial bread and pasta. So, what does that leave? Good question. ***The 100 Mile Challenge*** is a food revolution that documents the 100-Milers' progress, revealing the ups and downs and downright creativity of ordinary citizens as they try to cook three full meals day after day from locally available ingredients.

<p style="text-align: center;">Episode Premiere 'Half Way There' Monday, November 2 9:00 PM (ET)</p>	<p>As the challenge reaches the halfway point, the families reflect on their experience thus far and speculate on the road ahead. James shakes things up by turning the tables on the 100-milers, insisting that the non-cooks get kitchen experience. Alex Weremchuk heads off for a lesson in spices from acclaimed Chef Vikram Vij, while Mike St. Cyr works hard to pull off a birthday dinner for his wife Angela. Reluctant cooks Alma Hawes and Alisa band together to make an elaborate dinner for Randy and James. Elsewhere, the 100-milers go back to the land to get their meat. The Weremchuk Williams family goes trout fishing and has to catch and prepare the fish. The Clark Vernons</p>
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	turn their lamb Duncan into “Dunc-links” sausages, using herbs from Johanna Clark’s garden and bartered salt from Angela St. Cyr’s mother Ellen.
<p align="center">Episode Premiere ‘Pushing Limits’ Monday, November 9 9:00 PM (ET)</p>	<p>Heading into the home stretch the challengers are feeling the benefits of local eating, but James and Alisa are intent on pushing them further. Angela St. Cyr is given a rare opportunity to learn from Vancouver-based Raincity Grill’s Executive Chef Robert Clark, while Sherida Peters is tutored by her sister-in-law to help her cook without a recipe. Meanwhile, 14-year-old Cassie Clark Vernon gets in touch with her roots by assisting a First Nations elder in preparing a traditional meal. The Weremchuk Williams family goes fruit picking, pushing Steve’s agoraphobia boundaries even further. Finally, Angela St. Cyr treats some of the 100-milers to an elaborate three-course dinner, while Randy Hawes serves up a 100-mile barbecue meal he auctioned off earlier in the summer.</p>
<p align="center">Episode Premiere ‘Final Stretch’ Monday, November 16 9:00 PM (ET)</p>	<p>Bringing their 100 day experiences into perspective, Mission’s 100-milers feel a mix of relief and gratitude as the challenge comes to a close. How has 100 days of local eating affected the families’ approach to food? What are they eating in the days after the challenge ends? Do they feel healthier and more connected to their food? After the conclusion of the challenge, James and Alisa and the 100-milers gather one last time for a final look back at 100 unforgettable days.</p>

***** PLANET GREEN’S REEL IMPACT PREMIERES*****

U.S. PREMIERE

REEL IMPACT: RECIPES FOR DISASTER

Premieres Saturday, November 7 at 8:00pm (ET)

Filmmaker John Webster is concerned about the world’s addiction to oil and its disastrous environmental consequences, so he convinces his family to go on an “oil diet” for one year to reduce their carbon footprint. *Recipes for Disaster* chronicles Webster’s efforts along with reluctant participants -- his wife and two young sons -- revealing the personal difficulties involved in making such a radical lifestyle change and the surprising extent to which petroleum-based products figure into our everyday lives. The family is confronted with the magnitude of their oil addiction and faces acute withdrawal symptoms, but hopes that by using reason, logic and sound judgment they can overcome their dependence and convince others to find “green” alternatives.

WORLD TELEVISION PREMIERE

REEL IMPACT: COAL COUNTRY

Premieres Saturday, November 14 at 8:00pm (ET)

Coal Country reveals the truth about modern coal mining. The story is told by the people directly involved, working miners and activists, who are battling the coal companies in Appalachia. Tensions are high. Families and communities are deeply divided over mountaintop removal mining (MTR). The tops of mountains are blasted away to expose seams of coal, while debris is pushed into valleys and streams. As a result, residents endure health problems, dirty water in their wells, and dust and grime on their floors. The miners are frightened that without MTR they'll lose their jobs and won't be able to feed their families, but with MTR, the environment suffers irreparable damage.

NETWORK PREMIERE

REEL IMPACT: AN INCONVENIENT TRUTH

Premieres Saturday, November 21 at 8:00pm (ET)

Director Davis Guggenheim eloquently weaves the science of global warming with Mr. Gore's personal history and lifelong commitment to reversing the effects of global climate change. A longtime advocate for the environment, Gore presents a wide array of facts and information in a thoughtful and compelling way. "Al Gore strips his presentations of politics, laying out the facts for the audience to draw their own conclusions in a charming, funny and engaging style, and by the end has everyone on the edge of their seats, gripped by his haunting message," said Guggenheim. *An Inconvenient Truth* is not a story of despair but rather a rallying cry to protect the one earth we all share. "It is now clear that we face a deepening global climate crisis that requires us to act boldly, quickly, and wisely," said Gore.

***** PLANET GREEN'S SPECIAL PROGRAMMING *****

NETWORK PREMIERE

THE ALASKA EXPERIMENT

Could you survive in the awesome Alaskan wilderness? Are you tough enough to take on a freezing, brutal environment where your next meal has to be hunted down, killed and then butchered by hand? Follow four groups of ordinary people as they give up the convenience and technology of modern life and attempt to live in the wilds of Alaska.

**Episode Premiere
'Back from the Wild'
Thursday, November 5
9:00 PM (ET)**

Four groups of ordinary people gave up the convenience and technology of modern life to live in the Alaskan wilderness for three months. Now back from the wild, they gather in a special reunion episode hosted by *Survivorman* Les Stroud. Hear stories about what the cameras didn't capture during the treacherous three-month adventure. These intrepid groups discuss encounters with bears and wolves; survival in a white-out blizzard, and the very real psychological effects of cabin fever. Stroud questions the groups about the mistakes they made, how the experience changed them, and what happened when they returned to the modern world.

NETWORK PREMIERE

NATURE'S MOST AMAZING EVENTS

Sunday, November 1 at 8pm (ET)

NATURE'S MOST AMAZING EVENTS highlights the planet's most breathtaking natural events, with never before seen film of vast migrations, huge ocean convergences, powerful weather systems and mighty floods.

<p>Episode Premiere 'Grizzly Wilderness' Sunday, November 1 8:00 PM (ET)</p>	<p>The temperate rainforest of British Columbia, Canada, harbors more life than any other forest in the world. Cloaked by the planet's tallest trees, the last big carnivores of North America roam free - the great grizzly bear and forest wolf. Yet their survival depends entirely on one great event that runs up the forest rivers just once a year. As the rivers teem with spawning salmon, the bears and wolves are drawn together and a deadly conflict unfolds.</p>
<p>Episode Premiere 'Arctic Summer' Sunday, November 1 9:00 PM (ET)</p>	<p>The massive Arctic snow melt triggers a chain reaction causing the dramatic arrival of millions of animals that now must share one habitat. Snow geese swirl across the skies, wolves stalk the tundra, and seals, walrus and narwhals cruise the seas. On the ice, polar bears and foxes search desperately for food and for a caribou and her calf, it will be a struggle of life and death.</p>
<p>Episode Premiere 'Surviving the Serengeti' Sunday, November 8 8:00 PM (ET)</p>	<p>The parched grassland of East Africa's famous Serengeti plain is the arena for bitter rivalries between warring cheetahs, lions and hyenas as they struggle over meager food options. With the arrival of the annual rains the plains momentarily flush green with fresh grass drawing in the greatest concentration of large animals on the planet. Over two million wildebeest, zebra and Thomson gazelle have undergone an epic journey crossing crocodile infested rivers to graze here - but how will they survive the neighborhood of carnivores?</p>
<p>Episode Premiere 'Army of Predators' Sunday, November 8 9:00 PM (ET)</p>	<p>As winter arrives along South Africa's east coast, the inshore waters cool, drawing billions of sardines northwards from the cape to feed in plankton-rich waters. "The Sardine Run" is the greatest marine spectacle on the planet, attracting an awe-inspiring cast of ocean predators. Mega pods of common dolphins, battalions of sharks and greedy Bryde's Whales feast on the sardines as gannets rain down from above. For African penguins and bottlenose dolphins this movement of sardines is the defining moment of their lives.</p>

*****DON'T MISS RETURNING SERIES PROGRAMMING*****

EMERIL GREEN

Monday at 8pm (ET)

EMERIL GREEN, hosted by Chef Emeril Lagasse, helps real people solve cooking problems by utilizing fresh and organic sources of food to promote a healthier lifestyle. Many of the meals prepared on the show support sustainable fare by choosing ingredients from local sources and fair trade options. Shot mainly on location at Whole Foods Market®, Lagasse works with everyday cooks who have real culinary challenges.

<p align="center">Episode Premiere 'Vegan Soul Cookin' Monday, November 2 8:00 PM (ET)</p>	<p>Choosing a vegan diet can have terrific physical and environmental benefits, but what if you're afraid you'll be stuck eating nothing but steamed carrots and broccoli? Bryant Terry grew up eating southern soul food, meaning fatty meats and overcooked vegetables. Now he wants to find a way to improve his diet without giving up the flavors that he loves. So he decided to write the book on vegan soul food. Chef Emeril will show him how to make dishes like Baked BBQ Black-Eyed Peas, traditional Gumbo Zherbes and satisfying Shitakes and Chanterelles with Stone Ground Grits. You won't miss the meat with these down home favorites!</p>
<p align="center">Episode Premiere 'Pass the Cheese, please' Monday, November 2 8:30 PM (ET)</p>	<p>It's cheese pleasin' recipes tonight on EMERIL GREEN as Chef Emeril visits a Napa Valley artisanal creamery. In the hands of the artisan, raw milk becomes rich, flavorful yogurts and distinctively delicious cheeses while protecting the land and rural economies. Chef Emeril learns first hand from an artisan cheese maker how to make sheep's milk yogurt for a Yogurt Marinated Lamb Kabobs. Chef will serve French Lentil Salad with Carmody Reserve and a Pepato Grilled Cheese. Crescenza Cheese flavors a delicious Fingerling Potato Gratin. For dessert, a Nectarine and Fromage Blanc Tart.</p>
<p align="center">Episode Premiere 'Full Circle Farming' Monday, November 9 8:00 PM (ET)</p>	<p>Longmeadow Ranch has it all - from olive oil to wine to fresh produce to grass-fed beef. The best part about this Napa Valley ranch is that it's based on a system of sustainability. When Chef Emeril has the opportunity to meet the founders of the ranch and see the amazing fruits of their labor first hand, a menu is born using Longmeadow products: Bagna Cauda Drizzled over Heirloom Tomatoes, Blue Cheese and Herb Quiche, Grass Fed Beef Carpaccio with Shaved Celery in a White</p>

	Wine Vinaigrette and Drizzled with Lemon Infused Oil, Ancho Chili Spiced Steak Salad with Grilled Cebolitas and Lime Vinaigrette and White Sangria.
<p align="center">Episode Premiere 'Feel the Heat' Monday, November 9 8:30 PM (ET)</p>	<p>The heat in a chili pepper can range from mild to wild - but it's not always about the heat. Chili peppers have been used in everything from hangover remedies to insect repellent. Tonight, Chef Emeril will test your chili pepper know-how when he meets Evie and Lee, the owners of Tierra Farms, a farm that showcases many varieties of peppers. Chef gives them some new ways to use chilies in zesty Poblano Chili Stew, a twist on a classic Chili Rellenos, (a favorite in California), Fish Tacos with Roasted Tomatillo Salsa. Last but not least, a Spicy Margarita with Chili Salt to wash it all down!</p>
<p align="center">Episode Premiere 'Pacific Catch' Monday, November 16 8:00 PM (ET)</p>	<p>Join Chef Emeril as he cooks up what's sustainable, fresh and local - directly from Northern California's waters. Chef meets Kenny Belov, of the non-profit <i>Fish or Cut Bait</i>, and together they make a meal inspired by the local catch. They start with Dill and Black Pepper Gravlax with Mustard Dill Sauce and Chive Cream Cheese, move on to Spinach and Arugula Salad with Pan-Fried Oysters and Creamy Fennel Dressing, dig into Herb Crusted Halibut and even take a walk on the wild side with Halibut Cheeks, Galician Style.</p>
<p align="center">Episode Premiere 'A Taste of Honey' Monday, November 16 8:30 PM (ET)</p>	<p>Bees are responsible for an estimated third of everything we eat so it's time to make a meal in honor of all of their hard work. Chef Emeril is joined by Spencer and Helene Marshall of <i>Marshall Honey</i>, Napa Valley's premier artisan honey source. The unusual varieties include Blackberry and Wildflower. Chef will create dishes based on bringing out the unique flavors within the honey by using the golden treat in ways the Marshalls might never have imagined - on paninis, pizzas and even with pork chops!</p>
<p align="center">Episode Premiere 'Liquid Gold' Monday, November 23 8:00 PM (ET)</p>	<p>Think about how much olive oil you use in your kitchen and then imagine how much better for the earth it would be if it were all sourced from environmentally responsible farming. <i>McEvoy Olive Oil</i> has used wind power and farming organically for years and as a result, their olive oil has a clean and distinct flavor recognized by chefs all over the world. Chef Emeril makes a seasonal meal based on</p>

	<p><i>McEvoy Oil</i> and complemented by local and organic ingredients. From Italian style Nicoise salad to Olive Oil ice cream, Chef uses “liquid gold” in ways you might not have imagined.</p>
<p>Episode Premiere ‘Meat Medley’ Monday, November 23 8:30 PM (ET)</p>	<p>Duskie and John Estes really care about the meat they use in their restaurants, <i>Bovolo</i> and <i>Zazu</i>. They source humanely raised meat from a local Community Supported Agriculture program and pair it with vegetables from their restaurant's garden to create dishes their customers adore. Chef Emeril has a sincere appreciation for their philosophy of honoring what you eat and will be cooking items straight from the menus. Including, House Cured Salumi, Bovolo Pickled Grapes, Grilled Pizza, Flatiron Steak with Blue Cheese Ravioli and the Ultimate BLT!</p>
<p>Episode Premiere ‘The Best of Beans’ Monday, November 30 8:00 PM (ET)</p>	<p>Do you know that the average bean was probably harvested over 10 years ago? Steve Sando, of Rancho Gordo Beans, is trying to change that and bring consumers heirloom varieties that are less than 2 years old. Together Steve and Chef Emeril will cook up a feast to remember using a bounty of different types of beans, each more beautiful than the next. The menu features Pozole, Braised Beans with Dinosaur Kale and Heirloom Tomatoes, Heirloom Beans Salad with New Mexican Red Chili Powder Marinated Chicken, Sautéed Duck Breasts with Flageolet Beans and Beurre Rouge.</p>
<p>Episode Premiere ‘Divine Wine’ Monday, November 30 8:30 PM (ET)</p>	<p>Great food is even better when enjoyed with the right glass of wine. But with so many varietals to choose from, how do you know when to choose a Zinfandel instead of a Cabernet? Chef sees how a sustainable winery makes a difference and then talks to the winemaker, John Williams, about the way people are thinking about wine. Pairings include a Sauvignon Blanc for a Cantaloupe, Prosciutto and Arugula Salad; and a lovely chardonnay for Welsh Rarebit and a surprising Zinfandel with a Bouillabaisse with Rouille and Sourdough Croutons. It's all about good food, good wine and good company.</p>

FOCUS EARTH

Saturday at 7pm (ET)

ABC News anchor Bob Woodruff hosts Planet Green's **FOCUS EARTH WITH BOB WOODRUFF** featuring green news and events. Each week, Woodruff covers a variety of subjects ranging from climate impact and environmental policy to political debate and world events. The series includes studio-based roundtable discussions, feature stories, and lively debates, making it the one-stop destination for a deeper perspective on the environment. The program draws upon the global resources of ABC News and its reporting team around the world.

Episode Premiere Saturday, November 14 7:00 PM (ET)
Episode Premiere Saturday, November 28 7:00 PM (ET)

RENOVATION NATION

New episodes premiere Friday, November 6 at 8pm (ET)

Emmy Award® winning host Steve Thomas takes viewers into the exciting world of eco friendly homes on the captivating second season of *Renovation Nation*. Once again, Steve visits renovation sites across the country and meets eco-sensitive homeowners who are making the choice to be environmentally aware. Steve leads the way as he introduces the audience to new and exciting sustainable building materials, technology, techniques and products for the home. Whether it's exploring the latest designs with homeowners to the most innovative technology, Steve brings out the best in home renovations while enjoying the forward-thinking people who are making them a reality.

Episode Premiere 'Portland, OR: Ultimate Bachelor Pad' Friday, November 6 8:00 PM (ET)	Here comes the bride...and she's about to move in to this Portland, OR, fixer-upper! Host Steve Thomas helps the bachelor get his pad in shape for her. But the honeymoon's over when Steve tells the husband-to-be that the rain screen wall is going to be problematic with the way it's been installed. Will they be able to compromise? Or is the homeowner wedded to his original plan? Later, Steve will help two busy architects build an eco-smart playroom for their kids.
Episode Premiere 'Boulder, CO: Smart Home' Friday, November 13 8:00 PM (ET)	Host Steve Thomas helps build a sustainable and practical home for people with disabilities in Boulder, CO. He jumps in on inventive projects like an adjustable oven range and then discovers just how tricky it is when the slate floor he lays won't work for a wheelchair. Later, Steve helps a do-it-yourselfer family install permeable pavers. Then, Steve builds a cabin from trees salvaged from forest fires.
Episode Premiere 'Falls Church, VA: Building Dirt Cheap' Friday, November 20 8:00 PM (ET)	Host Steve Thomas helps a Falls Church, VA, couple build their home out of mud bricks. Steve is skeptical since the materials are dirt cheap, but how strong can the bricks really be?

	He puts his money where his mud is with a highly scientific endurance test: running them over with a truck! Later, Steve will join a father/son team as they restore their San Antonio, TX, home to the highest green standards. Then, Steve checks out the tiniest homes in Texas - all made from recycled materials!
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*****PLANET GREEN'S SHIFTING GEARS*****

PLANET MECHANICS

Dick Strawbridge and Jem Stansfield are engineers with an eye on the environment. Their mission: to Fix the World. This series pits engineering ingenuity and innovation against our planet's most pressing environmental problems.

<p>Episode Premiere 'Heavy Metal House' Tuesday, November 3 9:00 PM (ET)</p>	<p>PLANET MECHANICS, Dick Strawbridge and Jem Stansfield, travel to Liverpool, England, to try to find a solution to Britain's affordable housing crisis. They have been invited by Professor Kronenburg, Head of Architecture at Liverpool University to help turn cheap and plentiful shipping containers into the economical and sustainable homes of the future. There are enough shipping containers in existence to circle the Earth more than twice if laid end-to-end. In just six days, with a budget of \$20,000, Dick, Jem and six architecture students try to transform three 6-metre metal shipping containers into a inhabitable home. The heat and hot water come from a wood burning stove and thermal store, power for the ultra-efficient LED lights comes from solar panels and the electricity for a house computer comes from an old gym exercise bike!</p>
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HIGHLIGHTS NOTE:

Do you have questions about monthly highlights? Contact Janice Sample at 240-662-7504 or Janice_Sample@discovery.com

<p>*This document subject to change. *All series/specials are PG rated unless otherwise noted.</p>	<p>**Denotes Artwork available for download at www.press.discovery.com</p>
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