

January 2 & 3, 2015

Duration 25 Minutes

“Valley Air Registration”

Guests: Anthony Presto- San Joaquin Valley Air Pollution Control District

New regulations have been put in place the end of 2014 here in the valley. Anthony Presto informed us on new restrictions for burning. He let us know we now have fewer days in which we can use our fire place during the fall and winter because of the new restrictions. He also discussed now having to register your wood burning stove and how to receive aid if you would like to install a clean burning stove.

January 10 & 11, 2015

Duration 25 Minutes

“Staying Healthy in the Winter Months”

Guest – David Fluitt Pharmacy Supervisor Raleys

Mr. Fluitt gave some helpful tips for staying healthy during the colder months of Winter. The key is staying hydrated both by drinking water and by adding water to the air in your home with the use of a humidifier. Getting the right vitamins and keeping clean also help reduce the chance of catching the flu bug as well as getting a flu shot.

January 17 & 18, 2015

Duration :15 Minutes

“Kidney Disease”

Dr. Ragjit Singh & Dr. Randeep Bajwa

Discussed Kidney Disease and who is at risk, Also informed listeners about a free upcoming event in Stockton to screen for Kidney Disease Nationalkidneyfoundation.org

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February 7 & 8, 2015

Duration :30 Minutes

“Heart Healthy Diet”

Guest: Dave Fluit Pharmacy Supervisor Raleys

Dave gave listeners tips on creating a heart healthy diet and what supplements to take. We also discussed how a person could be at risk of developing heart disease. In addition to diet, Dave also discussed the importance of exercising and getting a regular check up.

February 14 & 15, 2015

Duration :15 Minutes

“Delta Harmony Express”

Guest: Pam Mallot-Jones & Joan Talbet

Delta Harmony Express is an all female acapella singing club. They are currently looking for new members. The group meets once a week and performs at various events in the San Joaquin County Area.

Duration :15 Minutes

“Project YES”

Guest –Dustin Pack

Project YES (youth employment services) is a *federally funded program* under the Workforce Investment Act (WIA) designed to help economically disadvantaged youth overcome barriers to achieving academic success and to find employment. Project YES provides educational support such as assistance with GED preparation/ testing, employment training, resume building, career guidance, assistance with college & financial aid applications, and paid work experience with local employers. A great number of their clients have actually been permanently hired as a result of work experience.

February 21 & 22, 2015

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February 28 & March 1, 2015

Duration :30 Minutes

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March 7 & 8, 2015

Duration :25 Minutes

“Domestic Violence

Guest – Joelle Gomez of the Women’s Center Family & Youth Services

Duration 25 mins

In the wake of the numerous NFL reports of domestic violence, Joelle addressed common problems victims face as well as where they can get help. She also advised listeners about how to help family and friends who may be victims of domestic abuse.

March 14 & 15, 2015

Duration :25 Minutes

“Landlord and Renter’s Rights”

Guest – Darryle & Erica Oakman of Nor Cal Renters Property Associates

Duration 25 mins

Spoke with Darryle and Erica Oakman about the rights landlords have when renting their homes and business properties. We also discussed the rights of tenants and how both sides can get help through their non profit organization.

March 20 & 21, 2015

Duration :25 Minutes

“Office of Traffic Safety Anti-Texting Campaign”

Guest – Chris Cochran

Duration 25 mins

The Office of Traffic Safety is conducting a new campaign in April 2015 in an effort to stop distracted driving. Chris Cochran with the OTS said several days during April law enforcement will have more eyes on drivers who may be texting, talking on the phone, eating or doing other things that reduce their concentration while behind the wheel.

March 28 & 29, 2015

Duration :15 Mins

“Tracy Relay For Life”

Guest – Grace Paget

Tracy’s Relay for Life is taking place in May at the West Valley Mall. The 12 hour event features teams that will continuously walk to fight cancer and raise funds. Teams and vendors are needed for the event. All money raised will be used for the American Cancer Society in the Tracy Area.

March 28 & 29, 2015

Duration :15 Mins

“Crime Stoppers”

Guest – Carla Castro

Crime Stoppers Stanislaus is an anonymous tip line. Crala informed listeners of exactly how the service works. They are also holding a wine stroll to raise money for the non-profit service. The event is being held April 16th. It is attended by over 350 people and consists of food and wine tasting, beverages desserts from local restaurants and vendors.