Name of Program Eastern Sierra News - In English	<b>Air Date</b> 10/5/2019	<b>Day</b> Saturday	Time In 6am	<b>Length</b> 0:29:50	Title News from 9/5/19	Description - Synopsis  In the news, the Taboose Fire is burning southwest of Big Pine, Tesla wants to put charging stations in Bishop, traffic advisory this Saturday's huge event, the Mammoth Gran Fondo Grants help put a weather station in Bishop. An arrest in June Lake after a standoff with law enforcement with two arrested in Bishop on charges including stolen vehicles	Issue treated Fire Safety, Electrical Cars, Local Law Enforcement and Local Environment	How issue was treated News Program	<b>Host</b> Bob Todd	Guests	Contact Information 1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	10/6/2019	Sunday	6am	0:29:50	Covered California	The episode discusses addiction and rehabilitation, and the resources that are available through Covered California and Medical. Guests state there are ways to sign up for healthcare, such as loss of job, pregnancy, moving to another residence or county. Guests also stress the importance of choosing the right medical plan for an individual or family.	Healthcare, Immigration, Social Security	News Program	Guillermo Ahumada	Yurina Melara, Santiago Figueroa	Gahumada@lbimedia.com
Eastern Sierra News - In English	10/12/2019	Saturday	6am	0:29:50	New from 9/12/19	In the news, an update on the Taboose Fire and Sierra Wave Media's Bill Snyder has an interview about the helicopters on the Taboose Fire at Bishop Airport. New green waste disposal in Mono County, Inyo County braces for a possible strain of big Tumbleweeds, a great story on the Carson and Colorado Railway making two successful runs in Colorado and information on the vaping crisis in the United States.	Forrest Fires, Recycling, Local History and Vaping	News Program	Kat Greenman	Bill Snyder	1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	10/13/2019	Sunday	6am	0:29:50	Silvia Aguirre	Episode discusses the children that are currently missing, Immigration Authorities also don't know where they are.  Discussed are the incentive to hold children in private detention centers without proper medical care and living conditions.  Additionally discussed are adults under the permit to work known as Deferred Action for Childhood Arrivals(DACA), protesting for the continuation of DACA or a clear path to citizenship. Also discussed is an agreement for Salvadoreans to obtain work visas for immigrants working in agriculture. The visa duration is valid for 6 months with a cost of one thousand dollars in addition to cost of living.	Immigration, Detention Centers, DACA, Work Visa, Asylum	News Program	Guillermo Ahumada	Silvia Aguirre	Gahumada@lbimedia.com
Eastern Sierra News - In English	10/19/2019	Saturday	6am	0:29:50	News from 9/5/19 - repeat	In the news, the Taboose Fire is burning southwest of Big Pine, Tesla wants to put charging stations in Bishop, traffic advisory this Saturday's huge event, the Mammoth Gran Fondo Grants help put a weather station in Bishop. An arrest in June Lake after a standoff with law enforcement with two arrested in Bishop on charges including stolen vehicles	Fire Safety, Electrical Cars, Local Law Enforcement and Local Environment	News Program	Bob Todd		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329

Frente a Frente - Spanish	10/20/2019	Sunday	6am	0:29:50	Alcance Victoria Ontario	The episode discusses rehabilitation from substance abuse highlighting a center located in Ontario, California named "Alcance Victoria Ontario" which helped guest Jorge Bautista. Jorge describes his history with substance abuse and his ultimate decision to seek help and resolve deep seated issues in his childhood which caused self medicating with drugs. Currently his journey has improved with the strength from God and a positive support system provided by the rehabilitation center. So much so that he is now a mentor to recovering addicts. Additional guest Jose Ramos describes a similar situation where in his early teens began to abuse drugs and generally wandered the streets of his neighborhood doing graffiti and congregating with friends. Additional two guests describe their road to recovery with the assistance of Jorge Bautista and the rehabilitation center. Ultimately the message of the episode is to destigmatize drug addiction, to provide support and most importantly seek help.	Addiction, Mental Health, Prescription drugs, Rehabilitation	News Program	Guillermo Ahumada	Jorge Bautista, Jose Ramos, Cristian Flamenco, Ernesto Velasquez	Gahumada@lbimedia.com
Eastern Sierra News - In English	10/26/2019	Saturday	6am	0:29:50	New from 9/12/19 - repeat	In the news, an update on the Taboose Fire and Sierra Wave Media's Bill Snyder has an interview about the helicopters on the Taboose Fire at Bishop Airport. New green waste disposal in Mono County, Inyo County braces for a possible strain of big Tumbleweeds, a great story on the Carson and Colorado Railway making two successful runs in Colorado and information on the vaping crisis in the United States.	Forrest Fires, Recycling, Local History and Vaping	News Program	Kat Greenman	Bill Snyder	1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	10/27/2019	Sunday	6am	0:29:50	October Immigration	Episode discusses immigration for those that are within the United States and those that are seeking asylum into the country. Currently several issues have risen regarding immigration, those seeking asylum cannot enter the US but are to remain in their country until asylum is approved. Guests also discuss latinos who have served in the military who have completed the requirements to obtain citizenship. Guest Salvador discusses his organization, The Rescue, a program to assist those who qualify to become an American citizen. Additionally to those that do not have the resources to pay for immigration services for the application of citizenship. To end the segment information was provided for viewers to reach out to their program for assistance in immigration.	Undocumented Immigrants, Asylum, Citizenship	News Program	Guillermo Ahumada	Silvia Aguirre, Salvador Sanabria	Gahumada@lbimedia.com
Eastern Sierra News - In English	11/2/2019	Saturday	6am	0:29:50	News from 8/1/19	In the news, the Navy reported the pilot whose fighter jet crashed in Death Valley National Park is dead, local officials get together for an Opioid Summit, an arrest on felony sexual abuse charges in Mono County and motorists urged to drive safely and be on the lookout for wildlife.	Opioid Crisis, Sexual crimes and driver safety	News Program	Bob Todd		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329

Frente a Frente - Spanish	11/3/2019	Sunday	6am	0:29:50	Trump	The episode discusses President Trump's impeachment, firstly citing the Ukranian call between Trump and Volodymyr Zelensky requesting a favor. Guest also discusses Joe Biden's son, Hunter Biden, employment with a Ukrainian company in which he was receiving between 500 to 900 thousand dollars monthly. Guest states this point as the diversion and justification for demanding Ukraine for a favor to look into Hunter Biden by President Trump. Also discussed is the issue with immigration as there has been no resolution for people that are in the US and people that want to immigrate here. What is currently occuring is immigrants are now sent to Guademala to await asylum. Immigrants currently in the US are held in detention centers and will await their trial communicating with a lawyer by phone only.	Congress, Immigrants, Impeachment, Asylum	News Program	Guillermo Ahumada	Juan Jose Gutierrez	Gahumada@lbimedia.com
Eastern Sierra News - In English	11/9/2019	Saturday	6am	0:29:50	News from 10/31/19	Episode covers the Halloween charity event "Thrill the World" in Bishop. Raising money for local arts programs. Episode also focuses on the restoration of the "Slim Princess," a historic steam train that connect Bishop to Nevada.	Local history and community activism	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	11/10/2019	Sunday	6am	0:29:50	Trump - Repeat	The episode discusses President Trump's impeachment, firstly citing the Ukranian call between Trump and Volodymyr Zelensky requesting a favor. Guest also discusses Joe Biden's son, Hunter Biden, employment with a Ukrainian company in which he was receiving between 500 to 900 thousand dollars monthly. Guest states this point as the diversion and justification for demanding Ukraine for a favor to look into Hunter Biden by President Trump. Also discussed is the issue with immigration as there has been no resolution for people that are in the US and people that want to immigrate here. What is currently occuring is immigrants are now sent to Guademala to await asylum. Immigrants currently in the US are held in detention centers and will await their trial communicating with a lawyer by phone only.	Congress, Immigrants, Impeachment, Asylum	News Program	Guillermo Ahumada	Juan Jose Gutierrez	Gahumada@lbimedia.com
Eastern Sierra News - In English	11/16/2019	Saturday	6am	0:29:50	News from 11/7/19	Episode covers, local changes in the school administration, several local events. With a larger focus on opening weekend in Mammoth. Which will effect the local economy. And a look at the local economic with the closure of Kmart in Bishop.	Local economy and Tourism	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329

Frente a Frente - Spanish	11/17/2019	Sunday	6am	0:29:50	CPR	Episode discusses CPR and educates viewers on how to help someone that is unconscious,had cardiac arrest and establish if CPR is necessary. Guest doctor, educates viewers on how to initiate CPR steps, and stresses a person has 5 minutes to revive the unconscious person. Guest also advises viewers in ones family that has the potentional to have a cardiac arrest such as, the elderly, people that have previously had a heart attack,stroke, obesity particulary with arterial problems. Guest also suggests a person who is administering CPR be in good physical shape. Most importantly educated and trained to effectively administer CPR with successful results. However, a person without training can also successfully administer CPR, providing the compression techniques and air into the mouth.	Health, Fitness, Cardiac Arrest, CPR, Health Education	News Program	Guillermo Ahumada	Dr. Alberto Alonzo	Gahumada@lbimedia.com
Eastern Sierra News - In English	11/23/2019	Saturday	6am	0:29:50	News from 11/14/19	This episode primarily focuses on, "Saline Valley Warm Springs." The Springs are part of Death Valley national park. With the National Park Services looking to revitalize the land. Updating the site since the 1950's. Doing this effects tourism/business in the Bishop area and has an effect on local tribes.	National Park Presivation, Native American rights and Local Economy	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	11/24/2019	Sunday	6am	0:29:50	Supreme Dreamers	Episode discusses Deferred Action for Childhood Arrivals which Trump has labeled these individuals as criminals and gangsters via Twitter. Guest discusses President Trump's indecision to continuing DACA or taking it away as he has not yet made a final decision. Also discussed is the final decision of the Supreme Court in May or June if DACA will remain protected. Finally guest Galvez, states if a viewer believes that they are eligible for citizenship or residency to apply as there will be a a fee of more than one-thousand dollars. Additionally, an immigration lawyer is suggested as applying for residency is most efficient to do once and assistance from a lawyer secures an application. Guest also states there are various organizations that can assist in this process as well.	Immigration, DACA, Supreme Court	News Program	Guillermo Ahumada	Alex Galvez	Gahumada@lbimedia.com
Eastern Sierra News - In English	11/30/2019	Saturday	6am	0:29:50	News from 11/20/19	This episode covers on some local political changes. With a focus on National Smokeout day and updated Inyo county flood maps. The national smokeout day or the "Great American smokeout," is a day to bring awareness to lung cancer and the dangers of smoking. With the updated flood maps supplied by FEMA providing needed emergency information to the community.	Dangers of Smoking and Emergency Preparedness	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329

Frente a Frente - Spanish	12/1/2019	Sunday	6am	0:29:50	Census	This episode discusses the importance of the census and what it provides to local communities from state taxes and where money should be distributed for services such as schools, medicare and various public services. Also provided is information for applying for a census job provided you meet the requirements to apply. Most importantly, guest stresses that no personal information is asked for such as citizenship, but simply counting residents residing in their home. Additionally information remains private and will not be given to Homeland Security. Guest advises if personal information is asked to contact local authorities as they are not census approved workers.	Census Bureau, Dpt. Of Commerce, House of Representatives	News Program	Guillermo Ahumada	Patricia Ramos	Gahumada@lbimedia.com
Eastern Sierra News - In English	12/7/2019	Saturday	6am	0:29:50	News from 11/20/19 - repeat	This episode covers on some local political changes. With a focus on National Smokeout day and updated Inyo county flood maps. The national smokeout day or the "Great American smokeout," is a day to bring awareness to lung cancer and the dangers of smoking. With the updated flood maps supplied by FEMA providing needed emergency information to the community.	Dangers of Smoking and Emergency Preparedness	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	12/8/2019	Sunday	6am	0:29:50	Census - Repeat	This episode discusses the importance of the census and what it provides to local communities from state taxes and where money should be distributed for services such as schools, medicare and various public services. Also provided is information for applying for a census job provided you meet the requirements to apply. Most importantly, guest stresses that no personal information is asked for such as citizenship, but simply counting residents residing in their home. Additionally information remains private and will not be given to Homeland Security. Guest advises if personal information is asked to contact local authorities as they are not census approved workers.	Census Bureau, Dpt. Of Commerce, House of Representatives	News Program	Guillermo Ahumada	Patricia Ramos	Gahumada@lbimedia.com
Eastern Sierra News - In English	12/14/2019	Saturday	6am	0:29:50	News from 11/20/19 - repeat	This episode covers on some local political changes. With a focus on National Smokeout day and updated Inyo county flood maps. The national smokeout day or the "Great American smokeout," is a day to bring awareness to lung cancer and the dangers of smoking. With the updated flood maps supplied by FEMA providing needed emergency information to the community.	Dangers of Smoking and Emergency Preparedness	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329

Frente a Frente - Spanish	12/15/2019	Sunday	6am	0:29:50	Diabetes	The episode topic is on diabetes and related health issues. Guest lbanez stresses to seek medical assistance to varify if you have diabetes and suggests to get checked 3 times a year. Also people that have a genetic predisposition to diabetes should get checked as a preventative measure. Nutritionist Estrada focuses on diabetes in children and what diet is best for an individual as not all diabetics have similar symptoms. Panelists inform viewers on nutrition, cutting back on eating fruit and introducing greens in ones diet. Pregnant women are also prone to diabetes because of the rise in hormones resulting in diabetes transmitted to their child. Panelists suggest if one wants to add bicarbonates into their diet, check if they are safe for human consumption adding only a tablespoon per liter of water.	Health, Wellness, Diabetes, Nutrition	News Program	Guillermo Ahumada	Alba Ibanez, Javier Estrada	Gahumada@lbimedia.com
Eastern Sierra News - In English	12/21/2019	Saturday	6am	0:29:50	News from 11/20/19 - repeat	This episode covers on some local political changes. With a focus on National Smokeout day and updated Inyo county flood maps. The national smokeout day or the "Great American smokeout," is a day to bring awareness to lung cancer and the dangers of smoking. With the updated flood maps supplied by FEMA providing needed emergency information to the community.	Dangers of Smoking and Emergency Preparedness	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329
Frente a Frente - Spanish	12/22/2019	Sunday	6am	0:29:50	Books & Authors	The episodes topic is on the personal experiences of the panelists and how they published those stories into a book. Guest Cacho discusses her book written for the Latin American community regarding anxiety, depression, stress and panic attacks. She provides a compilation of personal experiences regarding these attacks and how she overcame them. Guest Vargas discusses her book about Divorce, where she provides insight, suggestions, and how to process divorce through forgiveness and understanding. The book also serves to help couples currently married as well as people that are single. Guest Rojas discussed her book that provides suggestions, tips, refining ones skill as a writer, and how to publish your work.	Self-Help, Mental Health, Literature	News Program	Guillermo Ahumada	Jackeline Cacho, Elizabeth Vargas, Erika Rojas	Gahumada@lbimedia.com
Eastern Sierra News - In English	12/28/2019	Saturday	6am	0:29:50	News from 11/20/19 - repeat	This episode covers on some local political changes. With a focus on National Smokeout day and updated Inyo county flood maps. The national smokeout day or the "Great American smokeout," is a day to bring awareness to lung cancer and the dangers of smoking. With the updated flood maps supplied by FEMA providing needed emergency information to the community.	Dangers of Smoking and Emergency Preparedness	News Program	Kat Greenman		1280 N. Main St. Suite J · Bishop, CA 93514 · 760- 873-5329

Frente a	12/29/2019	Sunday	6am	0:29:50	Singers	Guest panelists are two artistic singers of folk ballads known as	Culture,	News	Guillermo	Nancy Rey,	Gahumada@lbimedia.com
Frente -						'corridos' which are a form of narrative song or verse, and are	Entertainment,	Program	Ahumada	Angelica	
Spanish						largely popular in Mexico and the Southwestern US. Guests	Music Industry,			Ramirez	
						discuss evolving the corrido style and creating narratives that	Entrepreneurship				
						pertain to love through the lens of a woman's perspective. Guests					
						also elaborate on their individual journey to discovering and					
						refining their skills as singers. Also discussed is Reggaeton which					
						is a mixture of hip hop, dancehall and Caribbean music. Panelists					
						provide their opinion on their distaste of Reggaeton because it					
						lacks substance, variety, degradation of women and portrays a					
						negative lifesyle involving sex and drugs. Ultimately the theme of					
						the episode is discovering and crafting your talent and to pursue					
						ones dream.					













