

Name of Program	Air Date	Day	Time In	Length	Title	Description - Synopsis	Issue treated	How issue was treated	Host	Guests
Eastern Sierra News	4/4/2020	Saturday	6am	0:29:50	News From 03/18/20	Episode focuses on the Corona virus, new guidelines, testing locations in Inyo County, the 3/17 business closure order from the state discussed in detail and local supply shortages of protective equipment.	COVID, Health and Safety and Local Economics	News Program	Charles James	
Frente a Frente Spanish	4/5/2020	Sunday	6am	0:29:50	Business	Episode discusses the economy, buisness and finances. The segment begins by discussing affordable housing and housing laws. In California there is a rise in rent and people of low income cannot afford to pay rent. Landlords also contribute to this problem by not complying with affordable housing laws. Guests discuss the highs and lows of starting a business, most emphasized is to follow ones passion as it will be the mental motivational drive to persue their business. Guest John suggests they seek support from family and loved ones as it will provide some confirmation that their buisness may have validity to continue to persue. Guest also informs viewers on obtaining ITIN's, SBA, and various resources to establishing their business.	Business, Education, Economy, Housing laws	News Program	Guillermo Ahumada	John Ismerio, Rose Ismerio
Eastern Sierra News	4/11/2020	Saturday	6am	0:29:50	News From 3/18/20 repeat	Episode focuses on the Corona virus, new guidelines, testing locations in Inyo County, the 3/17 business closure order from the state discussed in detail and local supply shortages of protective equipment.	COVID, Health and Safety and Local Economics	News Program	Charles James	
Frente a Frente Spanish	4/12/2020	Sunday	6am	0:29:50	Advocates	Episode discusses injuries in the work place, workers compensation and seeking new employment. Guest Angie Gonzalez who is a vocational rehabilitation counselor who assists in seeking new jobs and services from insurance and one's state, for instance workers compensation. Additionally discussed is workers compensation as a process that can involve many months to years depending on the injury. Guest also highlights positive experiences she's had with previous clients who were successfully provided with workers compensation. Additionally with her help have found new jobs in other fields of interest from people who can no longer work with their previous employer due to workers comp injury.	Self-help, Wellness, Workers Compensation	News Program	Guillermo Ahumada	Angie Gonzalez
Eastern Sierra News	4/18/2020	Saturday	6:00am	0:29:50	News From 3/18/20 repeat	Episode focuses on the Corona virus, new guidelines, testing locations in Inyo County, the 3/17 business closure order from the state discussed in detail and local supply shortages of protective equipment.	COVID, Health and Safety and Local Economics	News Program	Charles James	

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Frente a Frente Spanish	4/19/2020	Sunday	6am	0:29:50	Taxes	The episode discusses tax season and tax preparations. Guest Edgar Palacios answers questions regarding filing and tax preparations. Host raises the question of situational cases where people have children outside of the US or another country and question if one is allowed to claim that child as a dependent when filing their taxes. The response being that one can claim their child as a dependent if they are providing more than \$300 dollars to said child and if they reside in Mexico, Canada or Puerto Rico only. Finally Edgar Palacios stresses that calls stating they are from Internal revenue, social security, etc. seeking payments for unpaid taxes is false and illegal. Personal information such as banking accounts, home addresses and tax information should never be provided via phone call and is a sure way to determine that the call is not from a legitimate IRS personnel.	IRS, Taxes, Economy	News Program	Guillermo Ahumada	Edgar N. Palacios,
Eastern Sierra News	4/25/2020	Saturday	6:00am	0:29:50	News From 04/08/20	Episode discussing the local social economic situation in Bishop. Opening with a discussion on how April fools has been canceled. Urging viewers to follow CDC COVID guidelines and look to local resources as cases in Mono/Inyo County increase.	Local COVID concerns, Mental Health, Physical Health and Safety	News Program	Charles James	
Frente a Frente Spanish	4/26/2020	Sunday	6am	0:29:50	Singers	Guest panelists are two artistic singers of folk ballads known as 'corridos' which are a form of narrative song or verse, and are largely popular in Mexico and the Southwestern US. Guests discuss evolving the corrido style and creating narratives that 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 lifestyle involving sex and drugs. Ultimately the theme of the episode is discovering and crafting your talent and to pursue ones dream.	Culture, Entertainment, Music Industry, Entrepreneurship	News Program	Guillermo Ahumada	Nancy Rey, Angelica Ramirez
Eastern Sierra News	5/2/2020	Saturday	6:00am	0:29:50	News from 4/8/20 repeat	Episode discussing the local social economic situation in Bishop. Opening with a discussion on how April fools has been canceled. Urging viewers to follow CDC COVID guidelines and look to local resources as cases in Mono/Inyo County increase.	Local COVID concerns, Mental Health, Physical Health and Safety	News Program	Charles James	

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Frente a Frente Spanish	5/3/2020	Sunday	6am	0:29:50	The Violence You Cannot See	The episode discusses the side of domestic violence involving verbal, psychological abuse that ultimately harms ones self esteem. Guest Patricia Montero discusses her book "The Violence you cannot see" in which she describes the subtle types of psychological abuse that often are disregarded as abuse by a significant other. Guest describes the types of abuse that range from judgment of ones way of speaking, household tasks, harsh criticisms that come from an aspect of negativity. Ultimately these actions lead to negative views of ones self esteem and cause self doubt. Guest Annette Torres suggests to viewers if one feels they are being abused but unsure to read books on the topic, speak with agencies or women's shelter.	Domestic Violence, Psychology, Mental Health	News Program	Guillermo Ahumada	Patricia Montero, Annette Torres
Eastern Sierra News	5/9/2020	Saturday	6:00am	0:29:50	News from 4/8/20 repeat	Episode discussing the local social economic situation in Bishop. Opening with a discusstion on how April fools has been canceled. Urging viewers to follow CDC COVID guidelines and look to local resources as cases in Mono/Inyo County increase.	Local COVID concerns, Mental Health, Physical Health and Safety	News Program	Charles James	
Frente a Frente Spanish	5/10/2020	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 potential to have a cardiac arrest such as, the elderly, people that have previously had a heart attack,stroke, obesity particularly 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
Eastern Sierra News	5/16/2020	Saturday	6:00am	0:29:50	News from 4/8/20 repeat	Episode discussing the local social economic situation in Bishop. Opening with a discusstion on how April fools has been canceled. Urging viewers to follow CDC COVID guidelines and look to local resources as cases in Mono/Inyo County increase.	Local COVID concerns, Mental Health, Physical Health and Safety	News Program	Charles James	

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Frente a Frente Spanish	5/17/2020	Sunday	6am	0:29:50	FBI Organizations	Episode discusses the recent changes in deportation in Mexico due to President Trump threatening to increase tariffs. Guest informs these incarcerations and deportations are occurring in Mexico where immigrants are then moved into the United States. Also highlighted is a notice among the FBI as well as other agencies applicable to the law in the US on organizations that are pro-immigrant. The FBI has labeled these people as violent extremists or domestic terrorists. Activists that are leading such organizations are first on their list. Panelist expresses his concern on the politics of anti-immigration of our current administration have inspired actual terrorists and white supremacy.	FBI, Immigration, Deportation, Activism	News Program	Guillermo Ahumada	Juan Jose Gutierrez
Eastern Sierra News	5/23/2020	Saturday	6:00am	0:29:50	News From 05/12/20	Like the previous episode, Program starts with looking at local COVID numbers and reviews of safety guidelines. Also, discussing changes in the school district. As the school district continues to provide meals to students. Show also discusses current road conditions in the area and reminders of vehicle safety.	COVID local and global issues, Driver Safety and Community programs	News Program	Charles James	
Frente a Frente Spanish	5/24/2020	Sunday	6am	0:29:50	Singers - Repeat	Guest panelists are two artistic singers of folk ballads known as 'corridos' which are a form of narrative song or verse, and are largely popular in Mexico and the Southwestern US. Guests discuss evolving the corrido style and creating narratives that 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 lifestyle involving sex and drugs. Ultimately the theme of the episode is discovering and crafting your talent and to pursue ones dream.	Culture, Entertainment, Music Industry, Entrepreneurship	News Program	Guillermo Ahumada	Nancy Rey, Angelica Ramirez
Eastern Sierra News	5/30/2020	Saturday	6:00am	0:29:50	News From 5/12/20 - repeat	Like the previous episode, Program starts with looking at local COVID numbers and reviews of safety guidelines. Also, discussing changes in the school district. As the school district continues to provide meals to students. Show also discusses current road conditions in the area and reminders of vehicle safety.	COVID local and global issues, Driver Safety and Community programs	News Program	Charles James	

Name of Program	Air Date	Day	Time In	Length	Title	Description - Synopsis	Issue treated	How issue was treated	Host	Guests
Frente a Frente Spanish	5/31/2020	Sunday	6am	0:29:50	CPR - Repeat	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 potential to have a cardiac arrest such as, the elderly, people that have previously had a heart attack, stroke, obesity particular 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
Eastern Sierra News	6/6/2020	Saturday	6:00am	0:29:50	News From 05/26/20	As the COVID epidemic continues, episodes starts with an update on local COVID numbers and efforts. Also, the re-opening of the Paiute Palace Casino. Covering what they are doing as local business to prevent the spread of the Corona Virus. In addition, fire safety is discussed in detail. Focusing on car fire and causes.	COVID local and global issues, Local businesses, Fire Protection, Health and Safety	News Program	Charles James	
Frente a Frente Spanish	6/7/2020	Sunday	6am	0:29:50	Financial Education	Episode discusses finances and consumer spending. Guest educates the public on ways to spend their money wisely and economically such as identifying the aspects in ones life that require saving and planning financial goals. Guest suggests to get together with spouse or partner and make a realistic list of spending that is necessary. Guest also emphasizes to begin saving early not when you need the finances and to be aware of situations that can cause debt such as interests, etc.	Education, Economics, Taxes, Rent	News Program	Guillermo Ahumada	Azucena Gomez
Eastern Sierra News	6/13/2020	Saturday	6:00am	0:29:50	News From 06/03/20	Episode focuses on the opening up of Inyo/Mono County. What to expect based on state guidelines and what precautions should be followed. Episode also discusses local black lives matters protest and the issue in general.	COVID local/state level, local economics and the Black Lives Matter movement	News Program	Charles James	
Frente a Frente Spanish	6/14/2020	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

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Eastern Sierra News	6/20/2020	Saturday	6:00am	0:29:50	News From 05/31/20	Episode covers local political issues in the Inyo/Mono County. Discussions of local economic programs to help business's during Covid, a sales tax increase to help improve local resources, inoment domain cases and the effects on water rights	Local Politics and Local Economic programs	News Program	Charles James	
Frente a Frente Spanish	6/21/2020	Sunday	6am	0:29:50	Singers - Repeat	Guest panelists are two artistic singers of folk ballads known as 'corridos' which are a form of narrative song or verse, and are largely popular in Mexico and the Southwestern US. Guests discuss evolving the corrido style and creating narratives that 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 lifestyle involving sex and drugs. Ultimately the theme of the episode is discovering and crafting your talent and to pursue ones dream.	Culture, Entertainment, Music Industry, Entrepreneurship	News Program	Guillermo Ahumada	Nancy Rey, Angelica Ramirez
Eastern Sierra News	6/27/2020	Saturday	6:00am	0:29:50	News From 06/17/20	Episodes opens with a review of local fire warnings and how dry conditions are a cause for concern. Then episode focuses on what's opening up in Bishop with COVID restrictions lifting, what businesses are still closed and the impact of State Parks/Forest on the local economy.	Fire safety, local/state COVID restrictions and the local economy	News Program	Charles James	
Frente a Frente Spanish	6/28/2020	Sunday	6am	0:29:50	FBI Organizations - repeat	Episode dicusses the recent changes in deportation in Mexico due to President Trump threatening to increase tariffs. Guest informs these incarcerations and deportations are occurring in Mexico where immigrants are then moved into the United States. Also highlighted is a notice among the FBI as well as other agencies aplicable to the law in the US on organizations that are pro-immigrant. The FBI has labeled these people as violent extremists or domestic terrorists. Activists that are leading such organizations are first on their list. Panelist expresses his concern on the politics of anti-immigration of our current administration have inspired actual terrorists and white supremacy.	FBI, Immigration, Deportation, Activism	News Program	Guillermo Ahumada	Juan Jose Gutierrez