

Issues and Programs

First Quarter 2023

Community Affairs Programming

KPPF 1040AM Monument, CO

K239CH 95.7FM, Colorado Springs - K2253AH 98.5, Colorado Springs

ISSUES

1 Health

2 Social Issues

3 Military

1 Health

The Cerebral Edge Show with Coach Kris discuss topics regarding athletic and physical fitness and interviews local community guests with regards to their fitness activities			
Date	Time	Title	Description
1 Jan	10:30 – 11:00	EP 34 with Johnny Joy	In this episode of The Cerebral Edge Show Coach Kris speaks on motivation. What motivation is and some and strategies you can use to build it. Coach Kris also goes into how he has helped older adults build muscle and stay healthy. You are never too old to grow. Stay Strong!
7 Jan	13:00 – 13: 30	EP 29 with Kevin Hays	In this episode of The Cerebral Edge I go over 10 pitfalls I see all the time that causes people to not see the progress they are looking for. I have been a trainer for over 10 years and have seen a lot of fads come and go, trust me there are a lot. If you are trying to make a better version of yourself and are getting frustrated with progress; listen in and see if you are making some of these mistakes.
8 Jan	10:30 – 11: 00	EP 28 with Dr Higgins Pt2	Dr. Grove Higgins and I sit down and talk about metabolic syndrome, the devastating effects it is having on our nation, and how we can combat it. Dr. Grove Higgins has worked in the health field

			for nearly 30 years. He started as a physical therapy assistant in the early 1990's. Since he earned his doctorate in Chiropractic medicine with a private practice and is a successful corporate consultant, helping companies avoid loss from repetitive strain disorders. Dr. Higgins's goal has always been to help his patients achieve more than they thought possible.
14 Jan	13:00 – 13: 30 10:30 – 11: 00	EP 27 with Dr Higgins Pt1	Dr. Grove Higgins and I sit down and talk about metabolic syndrome, the devastating effects it is having on our nation, and how we can combat it. Dr. Grove Higgins has worked in the health field for nearly 30 years. He started as a physical therapy assistant in the early 1990's. Since he earned his doctorate in Chiropractic medicine with a private practice and is a successful corporate consultant, helping companies avoid loss from repetitive strain disorders. Dr. Higgins's goal has always been to help his patients achieve more than they thought possible.
15 Jan	10:30 – 11: 00	EP 25 with Joe Ruggiero	In this episode I sit down with Joe Ruggiero and discuss how modern comforts are creating more pain and discomfort than you think. We also discuss ways to help make your body less fragile and more resilient. Joe Ruggiero is a Holistic Strength and Life Coach with a Different Kind of Strong. He helps people find their own path toward fitness and a better life.
21 Jan	13:00 – 13: 30	EP 25 with Nathan Cragg	Nathan Cragg is the owner of Red, White, and Blue Fitness. Nathan is an experienced fitness coach who is very steeped in the tactical community. He trains first responders as well as the general population. In this episode Nathan goes into his move, fight, recover method and gives tips on how to implement this in your everyday life.
22 Jan	10:30 – 11: 00	EP 24 with Joe Ruggiero	In this episode I sit down with Joe Ruggiero and discuss how modern comforts are creating more pain and discomfort than you think. We also discuss ways to help make your body less fragile and more resilient. Joe Ruggiero is a Holistic Strength and Life Coach with a Different Kind of Strong. He helps people find their own path toward fitness and a better life.

28 Jan	13:00 – 13: 30	EP 20 Kristin Gordley	<p>In this episode I sit down with Kristin Gordley as she goes over tips and mistakes we often make with our nutrition. If you are interested in loosing your gut this episode is for you. Kristin is a Master Certified Health and Wellness Coach and owner of Steps Toward Health! She helps others learn about nutrition, and find a healthy lifestyle that works for them as they reach their goals. Kristin also specialize in helping clients overcome the dieting mindset, uncover their strengths, and achieve their health dream – one small change at a time.</p>
29 Jan	10:30 – 11: 00	EP 19 Rob Decker	<p>In this episode I sit down with Rob Decker who is a certified personal trainer with extensive experience working privately with clients as well as for major high end establishments such as Equinox and Lifetime Fitness. Rob is also a CCAR (Center for Addiction Recovery) Coach. CCAR focuses on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Rob's unique skills and compassion for kids has made him an excellent youth mentor, as well. He is a published author and public speaker who has appeared on numerous podcasts speaking about his faith and his commitment to fitness. This episode dives into Robs personal story from being an addict to speaking and helping those in recovery through his non profit Rise as Lions. He also owns the softball team Recovery Rebels which is a team that brings those in recovery together.</p>
4 Feb	13:00 – 13: 30	EP 16 Joe Ruggiero	<p>Joe Ruggiero is owner of A Different Kind of Strong, a holistic health coaching company based in Colorado Springs, CO. He works with clients locally and virtually to help them find their style of strong, making their health goals a lifestyle. Through non-judgemental, encouraging accountability he helps individuals on their path to living a quality life. Joe is a certified Holistic Health Coach through the Institute of Integrated Nutrition. He has been a fitness coach for 15+ years working with clients ranging from 13 to 84</p>

			years young. He loves the outdoors, especially when it involves a good challenge. In this episode we talk about the mindset of getting through pain and injury.
5 Feb	10:30 – 11: 00	EP 15 James Wieker	In this episode I sit down with James Wieker and we discuss how a failing business can affect your mental health. So James sits down to talk about ways to improve your business to relieve your mental stress using his GLIDE method that he has used for several successful businesses. James is the owner of Evergood Adventure Wines and is a successful business coach and entrepreneur. Enjoy the show!
11 Feb	13:00 – 13: 30	EP 13 Kevin Hays	In this episode of The Cerebral Edge, Coach Kris sits down with Kevin Hays to discuss the power of the nervous system and how to train it. Coach Kris is the host of The Cerebral Edge and has been in Health and Fitness field for over 10 years. Coach Kris has been trained in Z Health and other courses that deals with a brain based approach to fitness and exercise therapy. Kris helps everyone from elderly clients, military service members, to elite athletes move, feel, and perform better. Through a Strength and neuro - approach to training he has helped hundreds of clients get out of pain and perform to their best ability. Coach Kris is the owner and operator of Cerebral Edge Performance and works out of Champion Health Associates.
	10:30 – 11: 00	EP 34 with Kevin Hays	In this episode of The Cerebral Edge Show Coach Kris speaks on motivation. What motivation is and some strategies you can use to build it. Coach Kris also goes into how he has helped older adults build muscle and stay healthy. You are never too old to grow. Stay Strong!
12 Feb	13:00 – 13: 30	EP 12 Joe Ruggiero	In this episode I interview Joe Ruggiero about self talk and breaking bad habits. Joe Ruggiero is the owner of A Different Kind of Strong, a holistic health coaching company based in Colorado Springs, CO. He works with clients locally and virtually to help them find their style of strong, making their health goals a lifestyle. Through non-judgemental, encouraging

			<p>accountability he helps individuals on their path to living a quality life. Joe is a certified Holistic Health Coach through the Institute of Integrated Nutrition. He has been a fitness coach for 15+ years working with clients ranging from 13 to 84 years young. He loves the outdoors, especially when it involves a good challenge.</p>
18 Feb	10:30 – 11: 00	Ep 11 Kristen Gordley	<p>In this episode of the Cerebral Edge I interview Kristen Gordley owner of Steps Toward Health. Kristen works with women to ditch the diet and loose weight! She is a master health coach that has her own journey with weight loss and aims to help other women strive to achieve their best versions of themselves. Kristen goes over some myth busting and how to get long term success with mindset and self talk.</p>
19 Feb	13:00 – 13: 30	Ep 13 Kevin Hays	<p>In this episode of The Cerebral Edge, Coach Kris sits down with Kevin Hays to discuss the power of the nervous system and how to train it. Coach Kris is the host of The Cerebral Edge and has been in Health and Fitness field for over 10 years. Coach Kris has been trained in Z Health and other courses that deals with a brain based approach to fitness and exercise therapy. Kris helps everyone from elderly clients, military service memebers, to elite athletes move, feel, and perform better. Though a Strength and neuro - approach to training he has helped hundreds of clients get out of pain and perform to their best ability. Coach Kris is the owner and operator of Cerebral Edge Performance and works out of Champion Health Associates.</p>
25 Feb	13:00 – 13: 30	Ep 01 Kevin Hays	<p>Hi I am coach Kris and this is my first episode of The Cerebral Edge where we give you the edge to be 1% better everyday. I have been a strength and conditioning coach for over 10 years helping countless people better themselves and make their lives better. Today I am going to be talking about habit and habit change. I give 5 key steps on how to change habits and get new ones started.</p>
26 Feb	10:30 – 11: 00	Ep 14 Mary Wilson	<p>In this episode of The Cerebral Edge we sit down with Mary Wilson.</p> <p>Mary is an exercise therapist with nearly 30 years of experience, having worked with world-</p>

			<p>class doctors and rehabilitation settings. She worked both as the therapist and the clinic director for these same facilities. As a mother and active woman herself, Mary began to see women have unique challenges that often get overlooked and become issues in their recovery from seemingly "common" pain and performance issues. Because of this, she has strived to learn about women's health and special techniques to help them. As a result,</p> <p>Mary steeped herself in women's health issues and techniques, including pregnancy, postpartum, pelvic floor health, functional breathing, and joint mobility. As a result, she has helped many women overcome dysfunction and pain and dramatically improved their quality of life.</p>
4 Mar	13:00 – 13: 30	Ep 36 Pat Marques	<p>In this episode of the Cerebral Edge I talk with my guest Coach Pat Marques on exercises that are completely useless in building strength and muscle size. A lot of personal trainers are bringing in pt exercises to the gym setting and have no idea how to implement them. Pat and I dissect each exercise and give you a smarter way to train. Pat Marques is a Z health master trainer and personal trainer for NeuroAthlete in Monument, Colorado.</p>
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2 Social Issues

The Huntington Way Show with Lenie de Castro and Yvonne Strachman discuss local community issues with regards to K-12 education			
Date	Time	Title	Description
1 Jan	10:00 – 10:30	EP 06 Lenie de Castro	Lenie de Castro has been a school teacher in the Philippines, Child Development Lead for the US Air Force's Child Development Center and the owner of Huntington Learning Center Colorado Springs
7 Jan	10:00 – 10:30	EP 07 Steve Schuck	Steve Schuck's career resume reads more like an adventure, a mission to succeed and to lead. Steve talks about how our schools are failing are children.
7 Jan	13:30 – 14:00	EP 08 Jenna Hinkle	Jenna is the Assistant Director of Development for Alpenglow Music Program is an organization of small ensembles providing affordable and flexible music education to students of all ages and skill levels.
8 Jan	10:00 – 10:30	EP 09 Jenna Hinkle	Jenna is the Assistant Director of Development for Alpenglow Music Program is an organization of small ensembles providing affordable and flexible music education to students of all ages and skill levels.
14 Jan	10:00 – 10:30	EP 10 Yvonne Strachman	Yvonne is the author of Inspirational Homeschooling. Her work has been published In Christian Home Educators of Colorado's Update Magazine and the book, "Just Like You: A Collection of Homeschool Journeys" from HomeWorks by Precept. She also writes blog posts for HomeschoolHelp.com, the Christian Home Educators of Colorado (CHEC) blog, MyHomeschoolHub.com. and InspirationalHomeschooling.com.
14 Jan	13:30 – 14:00	EP 11 David Hamby	Mr. Hamby currently works at the Huntington Learning Center in Colorado Springs as a tutor for ACT/SAT math test preparation and help with homework in different math subjects. He enjoys

			sports (he has coached recreational soccer and middle school track & field and soccer), reading, movies, music, flying, and spending time with his family.
15 Jan	10:00 – 10:30	EP 12 Sarah Knox	<p>Sarah has a career spanning more than 20 years and a variety of educational roles including classroom teacher, early childhood education, paraeducator, and STEM instructor. She has a bachelor's degree in History, and Elementary Teaching post-grad certification, and a Master's in Education Curriculum and Instruction. Sarah is passionate about bringing the love of STEM to youth of all ages and backgrounds.</p> <p>After moving back and forth between the USA and Europe several times as an Air Force spouse, her family settled in Colorado Springs in 2014. She taught 5th grade for two years in D11, bringing her students to STARBASE both years before joining the STARBASE team as a full time instructor in 2017. In October 2021 Sarah moved into the role of Director where she continues to share the "hands-on/minds-on" STARBASE program with students throughout the Colorado Springs area.</p>
21 Jan	10:00 – 10:30	EP 13 Dr Margaret B. Wright	<p>Dr. Margaret B. Wright, President/CEO of Collaborative Educational Supportive Services, LLC (CESS, LLC) in Pueblo, is an author, an education advocate/consultant/; a Formational Prayer Counselor; a Colorado Certified Addiction Specialist; a Competency Restoration Education Provider; an ordained minister of the gospel; and a professional performing artist. She holds a PhD in educational research and policy analysis with a concentration in curriculum and instruction; a MSA in School Administration and a BA and MFA in Theatre Arts.</p>
21 Jan	13:30 – 14:00	EP 14 Abbie Holman & Theresa Klinitski	<p>Abbie Kohlman currently serves as the Program Support Specialist for the Pikes Peak Business and Education Alliance (PPBEA).</p> <p>Theresa Klinitski, Operations Manager and Education Coordinator with the Pikes Peak Business and Education Alliance (PPBEA).</p>
22 Jan	10:00 – 10:30	EP 01 Ethan Gonzales	<p>Based in Colorado, USA, Ethan Gonzales has always been proud to share and express his identity and culture to people around him.</p>

			Alongside martial arts and learning different languages such as Spanish and Korean, Ethan is an aspiring video-creator on YouTube, known on his several platforms as TheEthanGonzales.
28 Jan	10:00 – 10:30	EP 02 Katy Crumpton	Katy Crumpton has been homeschooling her four boys for almost 12 years.
28 Jan	13:30 – 14:00	EP 03 Kevin Honeycutt	Kevin grew up in poverty, attending school in more than 20 states before becoming the first high school and college graduate in his family. He taught K-12 art, summer art camps and wrote and directed high school plays for 13 years.
29 Jan	10:00 – 10:30	EP 04 Deborah Hendrix	Deborah Hendrix – Is an Advocate for education and is currently the Executive Director for Parents Challenge, an organization that supports parental choice in education. She believes in volunteering and serves on several boards in the community.
4 Feb	10:00 – 10:30	EP 05 Ben Honeycutt	Benjamin Honeycutt is a Middle School Technology and STEAM Teacher at Woodland Park Middle School.
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4 Mar	10:00 – 10:30	EP 16 Marsha Brower	Marsha Brower started playing instruments at age three and has never stopped. Though teaching music was not her career goal, her interest in and enjoyment of music guided her passion to teach music to others. She taught music classes in school and offered private lessons, growing in knowledge as she prepared for and taught each class. She began teaching music to students in homeschool co-ops and enrichment programs. As an assistant for two homeschool band programs her understanding of music instruction grew. When the instructors for these programs could no longer teach, she

			picked up the baton and carried on. Hence, Colorado Homeschool Music was born.
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19 Mar	10:00 – 10:30	EP 02 Katy Crumpton	Katy Crumpton has been homeschooling her four boys for almost 12 years.
25 Mar	10:00 – 10:30	EP 17 Deborah Randall	Deborah Randall is a homeschooling parent of 14 years and a Colorado Licensed Educator with an elementary education degree. She taught in the public classroom setting in Tulsa, OK for eight years. While homeschooling her two daughters over the past 14 years in Colorado, she has taught in homeschool co-ops. During the last 10 years, she has assisted Colorado families in the evaluation and testing process for homeschooling. Deborah enjoys learning about an individual's passions in their learning. She would be honored to discuss various options and/or assist your family in the Colorado home-based education evaluation process.
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The Encourage-Preneur Show interviews local business owners and community leaders discussing issues with regards to their business and community

Date	Time	Title	Description
1 Jan	11:00 – 11:30	Sorcha Sylvester	Colorado native, cystic fibrosis survivor, talks about her struggles and how she overcame the mental health aspects of her struggles.
1 Jan	11:30 – 12:00	Kevin Kokinda	Finding your career, Kevin is a military veteran who helps others through his business coaching company.
7 Jan	10:30 – 11:00	Mark Masters	Colorado's Second Cleanest comedian, author of Not Good Yet, shares his passion for making people laugh.
8 Jan	11:00 – 11:30	Miriam Wilson	Owner of Colorado Insurance, born & raised in Memphis Tennessee, single mother, talks about the struggles of raising a child as well as starting a business.
8 Jan	11:30 – 12:00	Jennisue Jessen	Co-Founder of Compass 31, an organization that fights human trafficking and developing restorations programs in Asia and the Middle East. Talks about her experience and expertise with regards to Federal counter-trafficking policies.
14 Jan	10:30 – 11:00	Janet Duncan	Janet talks about how she got into accounting and establishing her business, Duncan Accounting.
15 Jan	11:00 – 11:30	Jackie Gonzalez	Executive at ABC Bank talks about her journey and what she is doing in her career and community.

15 Jan	11:30 – 12:00	Lauren Chessmore	Clarity for your Chaos, talks about ADHD and how she overcame or deal with the issues and starting her own business
21 Jan	10:30 – 11:00	Angela Rose	Executive Director for Court Appointed Special Advocates (CASA) for Children. Angela describes how she started out as a counselor to eventually becoming the Executive Director and her passion for the mission of CASA.
22 Jan	11:00 – 11:30	Ally Jencson	President & CEO of Frontline Floor Coating talks about how her family got started 10-years ago in the construction trade. She talks about starting an organization, Girder Skirt, to help other women within the construction industry.
22 Jan	11:30 – 12:00	Ryan Van Orum	Ryan runs the Wolfpack Summit Group, real estate team with Keller Williams, with the goal of enhancing the home buying process. Ryan is a military veteran.
28 Jan	10:30 – 11:00	Phoenix & Trinity with Family Flavors the Slide	Phoenix & Trinity talks about their show Family Flavors, conducting events and helping nonprofits
29 Jan	11:00 – 11:30	Delaine Elsroad	Community Liaison for Face It Together, an organization for people who are struggling with addiction. Delaine talks about her own alcohol addiction and how she got through her addiction.
29 Jan	11:30 – 12:00	Clarence Bumpus	Mental health practitioner from A Strong Mind Psychiatry. A Colorado native, former professional athlete talks about helping people like him.
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19 Mar	11:30 – 12:00	Jackie Gonzalez	Executive at ABC Bank talks about her journey and what she is doing in her career and community.
25 Mar	10:30 – 11:00	Lauren Chessmore	Clarity for your Chaos, talks about ADHD and how she overcame or deal with the issues and starting her own business
26 Mar	11:00 – 11:30	Angela Rose	Executive Director for Court Appointed Special Advocates (CASA) for Children. Angela describes how she started out as a counselor to eventually becoming the Executive Director and her passion for the mission of CASA.
26 Mar	11:30 – 12:00	Ally Jencson	President & CEO of Frontline Floor Coating talks about how her family got started 10-years ago in the construction trade. She talks about starting an organization, Girder Skirt, to help other women within the construction industry.

3 Military

American Warrior Radio (AWR) hosted by Ben Buehler-Garcia. AWR tells the stories of the men and women of the military who have served or sacrificed, succeeds in life or have dedicated their lives in service to others			
Date	Time	Title	Description
1 Jan	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Wade Hubbard	Wade Hubbard only spent five years in the Air Force. During that time he was awarded FIVE Distinguished Flying Cross medals, Thirty Air Medals and the Purple Heart. “Mother” Hubbard joins us for our regular feature in partnership with the Distinguished Flying Cross Society. The mission of the DFC Society is to honor, preserve and teach the legacy or heroism or extraordinary

			achievement in aerial flight for which the Distinguished Flying Cross is awarded.
7 Jan	02:00-03:00 12:00-13:00	Darrell Ahrens	“Turn and Burn: A Fighter Pilot’s Memories and Confessions” recounts Darrell Ahrens exploits as an Air Force fighter pilot. Darrell flew combat in Vietnam and was awarded a Distinguished Flying Cross and 13 air medals.
8 Jan	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Darrell Ahrens	“Turn and Burn: A Fighter Pilot’s Memories and Confessions” recounts Darrell Ahrens exploits as an Air Force fighter pilot. Darrell flew combat in Vietnam and was awarded a Distinguished Flying Cross and 13 air medals.
14 Jan	02:00-03:00 12:00-13:00	Combat Control Foundation -Mike Lamonica and Mike West	Combat Control Foundation founding members Mike Lamonica and Mike West join us to discuss some of our military’s most highly trained warriors. The motto of Combat Controllers is “First There” and is derived from World War II when Pathfinders were inserted in advance of other troops in order to provide weather information and visual guidance for inbound aircraft.
15 Jan	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Combat Control Foundation -Mike Lamonica and Mike West	Combat Control Foundation founding members Mike Lamonica and Mike West join us to discuss some of our military’s most highly trained warriors. The motto of Combat Controllers is “First There” and is derived from World War II when Pathfinders were inserted in advance of other troops in order to provide weather information and visual guidance for inbound aircraft.
21 Jan	02:00-03:00 12:00-13:00	Combat Control Foundation -Mike Lamonica and Mike West	Combat Control Foundation founding members Mike Lamonica and Mike West join us to discuss some of our military’s most highly trained warriors. The motto of Combat Controllers is “First There” and is derived from World War II when Pathfinders were inserted in advance of other troops in order to provide weather information and visual guidance for inbound aircraft.
22 Jan	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Combat Control Foundation -Mike Lamonica and Mike West	Combat Control Foundation founding members Mike Lamonica and Mike West join us to discuss some of our military’s most highly trained warriors. The motto of Combat Controllers is “First There” and is derived from World War II when Pathfinders were inserted in advance of other troops in order to provide

			weather information and visual guidance for inbound aircraft.
28 Jan	02:00-03:00 12:00-13:00	Pike Logan Series – Brad Taylor	Pike Logan is the main character in a series of sixteen bestselling thrillers by Army Veteran Brad Taylor. The 17th novel in the series, “The Devil’s Ransom” was just released. The series features asymmetric warfare missions practiced by Pike Logan and the extra-legal “Task Force”.
29 Jan	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Pike Logan Series – Brad Taylor	Pike Logan is the main character in a series of sixteen bestselling thrillers by Army Veteran Brad Taylor. The 17th novel in the series, “The Devil’s Ransom” was just released. The series features asymmetric warfare missions practiced by Pike Logan and the extra-legal “Task Force”.
4 Feb	02:00-03:00 12:00-13:00	“Crosswinds” – Steven Myers	Steven Myers is a two-time Air Force Veteran and a self-described “serial entrepreneur”. He has founded no fewer than four companies and was named an Ernst & Young Entrepreneur of the Year. He became the first American to fly an aircraft into the Kamchatka Peninsula since Charles Lindbergh. That adventure and the joint venture set up through that mission is subject of his best-selling book “Crosswinds: Adventure and Entrepreneurship in the Russian Far East”.
5 Feb	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	“Crosswinds” – Steven Myers	Steven Myers is a two-time Air Force Veteran and a self-described “serial entrepreneur”. He has founded no fewer than four companies and was named an Ernst & Young Entrepreneur of the Year. He became the first American to fly an aircraft into the Kamchatka Peninsula since Charles Lindbergh. That adventure and the joint venture set up through that mission is subject of his best-selling book “Crosswinds: Adventure and Entrepreneurship in the Russian Far East”.
11 Feb	02:00-03:00 12:00-13:00	Buchenwald Medic Tim Kiniry	Buchenwald concentration camp was the worst sight Tim Kiniry has ever seen. That is saying a lot considering he spent World War II as part of the 45th Evacuation Hospital, witnessing the horrors of war up close and personal. Tim says he normally fainted at the sight of blood so working in a hospital would not have been his first choice, but “That is what I was ordered to do so I tried to do the best job I could.”

12 Feb	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Buchenwald Medic Tim Kiniry	Buchenwald concentration camp was the worst sight Tim Kiniry has ever seen. That is saying a lot considering he spent World War II as part of the 45th Evacuation Hospital, witnessing the horrors of war up close and personal. Tim says he normally fainted at the sight of blood so working in a hospital would not have been his first choice, but “That is what I was ordered to do so I tried to do the best job I could.”
18 Feb	02:00-03:00 12:00-13:00	Space Shuttle Commander Eileen Collins	Space Shuttle Commander Eileen Collins has spent more than 872 hours in space and logged 6,751 hours in the cockpits of 30 different types of aircraft. In 1995 she became the first woman to pilot a space shuttle and then in 1999, the first woman to command a space shuttle mission. Eileen joins us as part of our educational partnership with the Distinguished Flying Cross Society.
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25 Feb	02:00-03:00 12:00-13:00	Greg Drobny – Sheepdogs	Greg Drobny started writing in the early days of “blogging” as a full time contributor to The Rhino Den, an element of the Ranger Up company. Today he is one of the most prolific contributors to The Havok Journal. His piece “The Sheepdog Analogy Is Deeply Flawed” is the focus of our discussion.
26 Feb	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Greg Drobny – Sheepdogs	Greg Drobny started writing in the early days of “blogging” as a full time contributor to The Rhino Den, an element of the Ranger Up company. Today he is one of the most prolific contributors to The Havok Journal. His piece “The Sheepdog Analogy Is Deeply Flawed” is the focus of our discussion.
4 Mar	02:00-03:00 12:00-13:00	Navy Week	Navy Week is an outreach program conducted by the Navy Office of Community Outreach. Since 2005, the program has scheduled events in as many as 15 communities annually with a

			focus on areas that do not have a significant Navy presence.
5 Mar	07:00 – 08:00 09:00 – 10:00 23:00 – 00:00	Navy Week	Navy Week is an outreach program conducted by the Navy Office of Community Outreach. Since 2005, the program has scheduled events in as many as 15 communities annually with a focus on areas that do not have a significant Navy presence.
11 Mar	02:00-03:00 12:00-13:00	Oscar Mike Radio -Travis Partington	Oscar Mike Radio was founded by Marine Veteran Travis Partington when he was personally going through a very rough patch in life. He was also struggling to make sense of why the suicide rate among his fellow Veterans was so high. He created the podcast to give Veterans the opportunity to share their stories as a way of healing and communicating that they ARE special.
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18 Mar	02:00-03:00 12:00-13:00	Flying in the Face of Fear – Kim Campbell	A-10 fighter pilot Kim Campbell picked up many leadership lessons over the course of a 24 year Air Force career. Some came in a “crucible moment” over Baghdad on April 7, 2003. While providing close air support for troops in contact, her aircraft was struck by a surface to air missile, knocking out all of the plane’s hydraulics.
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25 Mar	02:00-03:00 12:00-13:00	I Married the War – Betty & Ken Rodgers	“I Married the War” is a powerful new documentary from husband & wife independent filmmakers Betty & Ken Rodgers. It tells the stories of 11 military wives whose lives were forever changed when their husbands returned

			from combat. The women span from World War II to present day.
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