

## IRIS Programming A to Z (Page 1)

**Ames Tribune** (58 Min) Monday through Friday 5:00PM

**And With Your Spirits** (28 Min) Wine, Spirits, Beer, Entertaining (IRIS Original)  
Imbibe Magazine, Wine & Spirits, All About Beer and others.  
Monday 11:00PM, Friday Midnight, Friday 12:30PM

**Business Record** (58 Min) (IRIS Original)  
Weekly business journal serving Central Iowa's Cultivation Corridor.  
Tuesday 9:00PM, Wednesday 6:00AM, Thursday 4:00AM

**Council Bluffs Daily Non Pareil** (58 Minutes) Monday through Friday 3:00PM

**City View** (28 Min) Central Iowa's Independent Newsmagazine (IRIS Original)  
Wednesday 4:00PM, Friday NOON, Saturday 7:30PM

**Connections** (28 Min) Preventing Isolation, Promoting Independence (IRIS Original)  
Interviews and information keeping our listeners safe, informed and connected.  
Sunday 4:30PM, Sunday, 11:00PM, Saturday 4:00PM

**Consumer News** (58 Min) Sunday 8:00AM, Tuesday 11:00PM, Friday 4:00AM

**Cool Science** (28 Min) Discovery, Science and Technology (IRIS Original)  
Sunday 11:30PM, Saturday Midnight, Saturday 4:30pm

**Cover to Cover** (58 Min Non-fiction written by or about Iowans. (IRIS Original)  
Sunday Midnight, Friday 4:00PM, Saturday 5:00AM

**Cruizin'** (28 Min) Anything with wheels! (IRIS Original)  
American Iron, Street Rodder, Hagerty, Car and Driver  
Monday 11:30PM, Friday 12:30AM

**DayBreak** (52 Min) Helping you get your day started! (IRIS Original)  
Inspiration, nutrition, attitude, exercise and guided movement.  
Monday through Friday 7:00AM

**Des Moines Register (3 hours) The Newspaper Iowa Depends On**  
Daily 9:00AM, 6:00PM, 1:00AM

**Dubuque Telegraph Herald** (58 Min) Monday through Friday 2:00PM

**Diabetes News** (28 Min) Tuesday 8:30AM

**Farm and Table** (28 Min) Farming, food and the business of agriculture (IRIS Original)  
Successful Farming, Mother Earth News, Modern Farmer, Progressive Farmer  
Sunday 7:30AM, Wednesday 4:30PM, Saturday 7:00AM

**Forbes & Fortune** (58 Min) Sunday 5:00PM, Thursday 11:00PM, Tuesday 4:00AM

**Golden Radio** (58 Min) Classic Old Time Radio Shows  
Thursday 9:00PM, Tuesday Midnight

**Impact** (58 Min) Interviews with changemakers in Central Iowa. (IRIS Original)  
Sunday 2:00PM, Thursday NOON, Saturday 6:00AM

## IRIS Programming A to Z (Continued)

**In Focus** (58 Min) (IRIS Original) Sunday 1:00PM, Tuesday 4:00PM, Friday 6:00AM  
Iowa Source, Iowa Outdoors, Iowa History Journal, Our Iowa

**In the Kitchen** (58 Min) Cooking Tips, Trends and Recipes  
Wednesday 8:00AM, Friday 5:00AM, Saturday 1:00PM

**Iowa Salute** (58 Min) Non-fiction written by or about Iowans in the Military (IRIS Original)  
Monday 4:00PM, Saturday 8:00AM, Wednesday 4:00AM

**Mid Week Shopping Cart** (58 Min) Grocery Ads and Coupons (IRIS Original)  
Hy Vee, Fareway, Aldi, Price Chopper and various retail ads.  
Wednesday Noon, Wednesday 9:00PM, Thursday 4:00PM

**National Geographic Magazine** (28 Min) Friday 8:30AM, Saturday 10:00PM

**New Yorker** (58 Min) Monday 9:00PM, Thursday 6:00AM, Saturday 11:00PM

**Newsweek Magazine** (58 Min) Saturday NOON, Sunday 10:00PM, Tuesday 5:00AM

**New York Times** (58 Min) Monday through Friday 1:00PM

**Oprah Magazine** (58 Min) Sunday 5:00AM, Sunday 3:00PM, Wednesday 11:00PM

**Our Planet** (28 Min) Environment, Recycling, Ecology, Energy (IRIS Original)  
Sunday 12:30PM, Tuesday 8:00AM, Saturday 12:30AM

**People Magazine** (58 Min) Sunday 7:30AM, Wednesday 4:30PM, Saturday 7:00AM

**People's Pharmacy** (58 Min) Wednesday 5:00AM, Sunday 6:00AM, Saturday 3:00PM

**Polk County Senior** (28 Min) Aging, Lunch Menus and Polk County News (IRIS Original)  
Polk County Senior Bulletin, Aging Gracefully, AARP, Polk County Newsletters  
Sunday 7:00AM, Sunday 4:00PM, Friday 8:00AM

**Readers Digest** (28 Min) Sunday Noon, Thursday 8:00AM, Monday 12:30AM

**Rolling Stone** (58 Min) Saturday 9:00PM, Friday 11:00PM

**Smithsonian** (28 Min) Monday Midnight, Monday 8:30AM, Thursday 8:30AM

**Sports Illustrated** (58 Min) Tuesday 6:00AM, Thursday Midnight, Friday 9:00PM

**The Week** (58 Min) Saturday 5:00PM, Sunday 4:00AM, Wednesday Midnight

**Time Magazine** (58 Min) Saturday 4:00AM, Sunday 9:00PM, Monday 5:00AM

**Wall Street Journal** (58 Min) Monday through Friday 10:00PM

**Wired** (28 Min) Monday 8:00AM. Saturday 10:30PM

The Following Local Newspapers are heard in their particular area at 8:00AM each day:

The Fort Dodge Messenger

The Mason City Globe Gazette

The Waterloo Cedar Falls Courier

The Sioux City Journal

The Cedar Rapids Gazette