

## **IRIS PROGRAM DESCRIPTIONS AND TIMES**

### The American Past

In every episode, Dr. Calder Pickett examines a specific year of the 20th Century through oral history, music and sounds.

Monday 12AM - Thursday 1AM - Saturday 11PM

### Animal Watch

Nature Studies from Natural History, St. Croix Current and more.

Saturday 4PM

### Apple a Day

Latest developments in health and medicine from the Harvard Medical School Health Letters, New York Times health section, Prevention, and Voice of the Diabetic.

Saturday 12AM - Friday 2AM - Saturday 3PM

### Art Fare

Adventures in the worlds of theater, opera, music, dance and the visual arts.

Sunday 3PM

### At Home

Selections from Good Housekeeping, Ladies Home Journal, Midwest Living, Yankee and more.

Wednesday 1PM

### The Best of Wall Street Journal

Highlights from the previous week of Wall Street Journal editions

Sunday 1AM

### The Blind Handyman

Phil Parr and friends are living proof that being blind is no barrier to doing it yourself around the home.

Wednesday 12am - Saturday 9pm

### Bookcase

Reviews and previews from the New York Review of Books, the New York Times and the New York Times Book Review.

Sunday 2PM

### Business Commentary

News and opinions from business publications such as the Kiplinger Washington Letter, Forbes, Fortune, The Wall Street Journal and more.

Tuesday 12AM - Friday 1AM - Sunday 3AM

### Cityview (IRIS ORIGINAL)

Readings from Central Iowa's Alternative Newsweekly. Includes cover story, editorials, reviews and upcoming events.

Wednesday 4pm - Thursday 8am - Sunday 11pm

### Commentary

National news magazines such as: Commentary, Washington Monthly, In These Times, The Nation, Washington Spectator, Wilson Quarterly, Reason, Utne Reader and more.

Monday 1-5AM

### Consumer's Advocate

Consumer information from Consumer's Digest, Consumer Reports and other consumer publications.

Thursday 12PM - Saturday 5AM

### Disability Topics

Various selections from disability publications regarding access and information.

Thursday 3AM

### Famous and Infamous

Profiles of famous people from the past and the present from the pages of Entertainment Magazine, Star Tribune, Pioneer Press, New York Times, Biography and other magazines, including obituaries from the New York Times.

Thursday 1PM

Fifty Something (IRIS ORIGINAL)

A monthly lifestyle magazine published by the Des Moines Register focused on issues of interest to lowans over fifty years of age.

Times vary

In The Kitchen

Recipes and articles from Every Day with Rachel Ray

Wednesday 8am

Information Please (IRIS ORIGINAL)

A monthly program comprised of articles relating to vision loss and disability. News from the Iowa Department for the Blind, SHIP and other local, national and international publications.

Times vary

Inner Life

Embracing the human spirit while exploring the body/mind connection, holistic healing and spiritual growth.

Sunday 5AM

Iowa Outdoors (IRIS ORIGINAL)

Selected articles from the Iowa Outdoors Magazine - published by the Iowa Department of Natural Resources - highlighting the unique value and beauty of Iowa's natural resources.

Times vary

Iowa Source (IRIS ORIGINAL)

A monthly publication featuring alternative events, issues, arts, entertainment, health, recreation, technology and investment advice.

Times vary

Iowa Spaces, Places & Faces (IRIS ORIGINAL)

Readings from the book "Iowa Spaces, Places and Faces - an entertaining ride through all 99 Counties". Showcases the treasures and people of every county in Iowa.

Monday 8AM and 9PM

The Iowan (IRIS ORIGINAL)

Readings from The Iowan - a bi-monthly publication celebrating Iowa communities, history, traditions and people.

Times vary

It Makes a Difference

National news related to vision loss from The ACB Report, The Braille Monitor, Future Reflections, Mouth, Mainstream and Braille Forum.

Thursday 2AM - Sunday 9PM

Leisure Pursuits

Different Hobby Magazine each week. Ham Radio, Motor Trend, Audio File Magazine, Gardening.

Sunday 4PM

Mail Order Catalogs

Shop the best of the mailbox each week.

Sunday 6:30AM - Thursday 3:30PM

Midweek Shopping Cart (IRIS ORIGINAL)

Weekly shopping program highlighting weekly specials from area retailers such as Hy Vee, Fareway, Walgreens, Younkers, Kohl's and others.

Wednesday 12PM - 9PM - Thursday 4PM

Military Times

News for military personnel and their families.

Sunday 12AM - Tuesday 1pm - Saturday 7AM

Money Matters

Personal finance information from Smart Money, Money, and USA Today Money section.

Tuesday 1AM - Saturday 1AM

Mother Earth

Earth and environment news from Sierra, "E" The Environmental Magazine, Minnesota Volunteer and more.

Wednesday 1AM and 5AM

Multicultural Press

News from minority publications including Asian Pages, The Circle, American Jewish World, Insight News and more.

Friday 12AM - Sunday 4AM - Tuesday 5AM - Saturday 12pm

National Enquirer

Entertainment news featured in The National Enquirer.

Thursday 5AM

National Geographic

Experience the ancient and modern wonders of the world through National Geographic.

Tuesday 3AM - Friday 3AM

New York Times

Readings from the New York Times

Monday through Friday 2PM

Newsweek

Top Stories from Newsweek Magazine

Saturday 4AM - Sunday 8AM

Nothing But The Truth

Crimes and courts, straight from today's headlines.

Saturday 10PM

Old Friends

Retirement news from the AARP Newsletter and Magazine, Good Age, Minnesota Senior News and more.

Thursday 12AM - Wednesday 3AM - Monday 1PM

Old Radio Shows

Thursday 9PM

Oprah

Readings from O Magazine

Sunday 6AM - Thursday 3PM

### People

Articles from People Magazine  
Tuesday 12PM

### People's Pharmacy

Health and pharmaceutical news and information for consumers of all ages. Medical headlines followed by in depth interviews with physicians, pharmacists and other medical professionals.  
Tuesday 6AM - Thurs 6AM - Friday 4AM - Saturday 6AM - Sunday 10PM

### Pet Hour

Readings from Bark Magazine, Dog Fancy and Cat Fancy.  
Monday 12PM - Friday 3PM

### Smithsonian

Subjects from the world of science and history featured in Smithsonian magazine.  
Tuesday 2AM - Saturday 2AM - Wednesday 3PM - Sunday 2AM

### Sports Illustrated

Articles from the world of sports.  
Wednesday 2AM - Friday 9PM

### The Business Record (IRIS ORIGINAL)

Central Iowa's premier source for business news. Published weekly.  
Times vary

### The New Yorker

Readings from The New Yorker Magazine.  
Tuesday 9PM - Wednesday 4AM - Saturday 3AM

### To Your Health

Nutrition, diet and exercise tips and trends from Johns Hopkins Health After 50, Consumer Reports on Health, Mayo Clinic Health Letter, Diabetes Forecast, Diabetes Self-Management and more.  
Friday 1PM

Wall Street Journal

Readings from the daily Wall Street Journal  
7AM Monday through Friday.

World Safari

Travel to distant lands or rediscover America through readings from  
Conde Nast Traveler, the Sunday New York Times Travel pages and  
other travel magazines.

Monday 3PM

Your Personal World

Readings from articles about inner development and growth.

Saturday 1PM