

4th Quarter, 2023--ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station **KEYN-FM/HD1 Wichita**, along with the most significant programming treatment of those issues for the period **October-December, 2023**. The listing is by no means exhaustive. The order in which issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
<p>'35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?/ '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW?</p>	<p align="center">Viewpoints</p>	<p align="center">10/01/2023</p>	<p align="center">6:15am</p>	<p align="center">30:00 min.</p>	<p>Synopsis: Each year, we throw away the equivalent of 130 billion meals. This wasted food could feed hundreds of millions of people and negatively impacts the environment both from its production and then the methane it releases once in a landfill. We cover the ongoing food waste crisis in America and hear from one tech platform that's helping to connect hungry people to food that would otherwise be tossed into a trash bin.</p> <p>Part 2: Millions of kids are failing to meet reading comprehension standards. With so many young people falling through the cracks, we look at what's broken within the current curriculum and how new research on reading education can lead to some improvements. Education expert Natalie Wexler joins us to share important insights and what parents can also do at home to bolster these skills.</p>
<p>“OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION/ HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH</p>	<p align="center">Radio Health Journal</p>	<p align="center">10/01/2023</p>	<p align="center">7:30am</p>	<p align="center">30:00 min.</p>	<p>Synopsis: Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.</p> <p>Part 2: Synopsis: Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association</p>

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A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA/30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS IMMIGRANTS	Viewpoints	10/8/2023	6:15am	30:00 min.	<p>Synopsis: Deborah Kasdan's sister, Rachel, had a bright future ahead of her. She was a natural creative, a talented student and loved to travel and meet new people. However, this future dimmed when Rachel was diagnosed with schizophrenia during her mid-twenties. The diagnosis forever impacted both Rachel and the family. She sadly passed away at age 59, but Deborah Kasdan joins us this week to share her sister's story and the wide-ranging toll of mental illness. .</p> <p>Part 2: In 2006, Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at the Illinois Department of Motor Vehicles. Keathley and her former lawyer, Richard Hanus, join us this week to share the stressful, years-long legal battle that almost led to her being deported back to the Philippines.</p>
RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS/ WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT	Radio Health Journal	10/8/2023	7:30am	30:00 min.	<p>Synopsis: Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.</p> <p>Part 2: In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.</p>

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BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC	Viewpoints	10/15/2023	6:15 am	30:00 min	<p>Synopsis: Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.</p>

<p>HALLOWEEN ICONS/ THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE</p>					<p>Part 2: Have you seen an advertisement or commercial for the group, FIRE? The acronym stands for the Foundation for Individual Rights and Expression, but even after watching an ad, it can still be confusing to grasp what exactly this organization truly stands for. As the presidential cycle heats up, this kind of messaging is only going to grow more common over the next year, so we wanted to uncover what exactly FIRE stands for and why some people have mixed feelings on the nonpartisan nonprofit.</p>
<p>WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR/ HOW THE mRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION</p>	<p>Radio Health Journal</p>	<p>10/15/2023</p>	<p>7:30am</p>	<p>30:00 min.</p>	<p>Synopsis: Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.</p> <p>Part 2: The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.</p>

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<p>A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE? / HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES</p>	<p>Viewpoints</p>	<p>10/22/2023</p>	<p>6:15am</p>	<p>30:00 min</p>	<p>Synopsis: Even before the pandemic hit, more than half of U.S. adults responded that they struggle with feelings of loneliness and isolation. Fast forward four years and this problem has only grown worse. Millions of children, teens and adults feel completely disconnected from their neighbors, towns, and local organizations. We talk about what's fueled this decline in recent decades and how listeners can take steps to start forming new connections where they live.</p> <p>Part 2: Is there a right or wrong way to grieve the loss of someone you love? We speak with two adults who've dealt with the loss of a spouse to get a better sense of the grieving process and what people do & don't need to hear during this difficult time</p>

<p>CURING CANCER WITH VACCINES OF THE FUTURE/ DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON</p>	<p>Radio Health Journal</p>	<p>10/22/2023</p>	<p>7:30am</p>	<p>30:00 min.</p>	<p>Synopsis: The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.</p> <p>Part 2: Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. He breaks down what common characteristics resilient people share and how you can overcome hardships in your own life..</p>
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<p>\$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS. / HALLOWEEN 2023: WHY DO WE LOVE TO BE SCARED?</p>	<p>Viewpoints</p>	<p>10/29/2023</p>	<p>6:15am</p>	<p>30:00 min</p>	<p>Synopsis: : Americans are struggling to bear the extremely large price tag of early childhood care. In some big cities, parents are paying upwards of \$30,000 per year, per child, for this service. We speak with mother, Christina Kuhn, who lives in Michigan about how high childcare costs are impacting her day-to-day and talk to childcare policy expert, Patricia Cole, about what needs to change to better support families and create an environment that encourages raising healthy children.</p> <p>Part 2: It's the time of year when we transform into a different character through costume, setup scary decorations and maybe check out a haunted house or two. Even though these things can be scary, we enjoy the fun and festivities that Halloween brings us each year. We speak with two guests about why Halloween has become such a popular global event and why many of us get a kick out of feeling temporarily scared.</p>
<p>SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH/ HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY</p>	<p>Radio Health Journal</p>	<p>10/29/2023</p>	<p>7:30am</p>	<p>30:00 min.</p>	<p>Synopsis: Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.</p>

					Part 2: As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.
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<p>TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP/ ARE WE ALONE IN THE UNIVERSE? U-F-O'S, U-A-P'S, AND ALIENS EXPLAINED</p>	Viewpoints	11/5/2023	6:15am	30:00 min	<p>Synopsis: The Cleveland Clinic estimates that about 1 in 3 Americans struggle with sleep. The problems are wide-ranging, including trouble falling or staying asleep or just not feeling rested each morning. We speak with sleep expert, Dr. Aric Prather about what the latest research shows us is the best way to improve sleep. In many cases, these recommendations are focused on setting good habits, retraining the brain, and checking off some items that can help aid slumber in the bedroom.</p> <p>Synopsis 2: Synopsis: There seems to be a lot of narratives, conspiracy theories and research funneling into if aliens really do exist. We speak with two experts about how the scientific community approaches this field of study and some of the challenges that come with working within this space.</p>
<p>SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?/ BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS GUIDANCE</p>	Radio Health Journal	11/5/2023	7:30am	30:00 min.	<p>Synopsis: If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.</p> <p>Part 2: Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies -- at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully</p>

					support their kids through these tough times.
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<p>CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK/ DO YOU FEEL SAD? US TOO</p>	Viewpoints	11/12/2023	6:15am	30:00 min	<p>Synopsis: Almost 50,000 American employees - a third of the total workforce between GM, Ford and Stellantis - walked off the job and went on strike for six weeks earlier this fall. This coordinated effort marks the first time that employees walked out on all three companies at once. We discuss why this massive strike was a long-time coming and how this recent walk-off is a sign of an ever-growing labor activism movement in the U.S.</p> <p>Part 2 Experts estimate that about 10 million Americans deal with seasonal affective disorder, or SAD, each year. Interestingly, women are four times more likely to be diagnosed than men. And this number is also thought to be higher than reported since many adults go undiagnosed. We cover just how much SAD (and lesser variations like the winter blues) can affect your life during the colder, gloomier winter months and how some easy lifestyle changes can help ease symptoms each year.</p>
<p>OPPENHEIMER’S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION/ EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN’T DEADLY</p>	Radio Health Journal	11/12/2023	7:30am	30:00 min.	<p>Synopsis: Researchers have been studying the lasting health effects of the atomic bomb for decades – but there’s a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.</p> <p>Part 2: The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes,</p>

					how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.
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<p>STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE/ THE ROSETTA STONE: WHY WE CARE SO MUCH ABOUT A 2,000-YEAR-OLD SLAB OF ROCK</p>	Viewpoints	11/19/2023	6:15am	30:00 min	<p>Synopsis: Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.</p> <p>Part 2: It's an intriguing slab of rock, but why was finding and decoding the Rosetta Stone so important to scholars? In short, it's the key to unlocking the unique Egyptian language of illustrated text referred to as hieroglyphs. We speak with Edward Dolnick, author of <i>The Writing of the Gods: The Race to Decode the Rosetta Stone</i>, about the monumental impact of this discovery.</p>
<p>FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS/ MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS</p>	Radio Health Journal	11/19/2023	7:30am	30:00 min.	<p>Synopsis: Jamie-Lynn Sigler was cast in <i>The Sopranos</i> as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.</p> <p>Part 2: False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.</p>

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IS YOUR PET THE HEALTHIEST THEY CAN BE? / REVISITING LOST FLAVORS: A RETURN TO THE ROOTS OF AMERICAN CUISINE	Viewpoints	11/26/2023	6:15am	30:00 min	<p>Synopsis: As pet owners, many of us are guilty of sometimes treating our furry friends with too many treats - especially during the holidays. We speak with Dr. Carol Osborne, an integrative veterinarian, to get some insightful tips on what foods owners should avoid feeding their pets this holiday season and how you can maintain and best care for the health of your pet.</p> <p>Part 2: Go back several decades and the items we eat today tasted a lot different. Viewpoints speaks with two food experts about the evolution of ingredients and how listeners cooking for the holidays can incorporate some of these older, more traditional recipes onto their tables.</p>
THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE THOUGHT/ FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS	Radio Health Journal	11/26/2023	7:30am	30:00 min.	<p>Synopsis: Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist</p> <p>Part 2: Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.</p>

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LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS/: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF	Viewpoints	12/3/2023	6:15am	30:00 min	<p>Synopsis: Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what</p>

DEVELOPING AN AUTOIMMUNE DISEASE?					<p>books you see and read.</p> <p>Part 2: Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.</p>
CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?/ 'EVERYONE CAN BE MADE PSYCHOTIC' – THE TRUTH BEHIND SCHIZOPHRENIA	Radio Health Journal	12/3/2023	7:30am	30:00 min.	<p>Synopsis: Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery</p> <p>Part 2: Hollywood often portrays schizophrenia in its most extreme form, but the disorder’s progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. He explains why it’s often misdiagnosed, left untreated, and can affect anyone – including you.</p>

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FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS/ WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS	Viewpoints	12/10/2023	6:15 am	30:00 min	<p>Synopsis: Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the story of Bessie Coleman - a courageous African American female pilot - who received her pilot’s license two years before Earhart took to the skies. This week - we cover the story of Coleman and the many barriers she faced as an African American woman in the early 1900’s determined to make a name for herself as a pioneer in performance stunt flying.</p> <p>Part 2: People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” Maybe you’ve set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.</p>

<p>NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP? / “IT’S A CRITICAL AGE”: WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM</p>	<p>Radio Health Journal</p>	<p>12/10/2023</p>	<p>7:00am</p>	<p>30:00 min.</p>	<p>Synopsis: Natural disasters are often devastating to the surrounding communities and environment. And since they’re becoming more frequent – and occurring in places they’ve never been before – it’s more important than ever to know how to support the victims and prepare yourself for these catastrophes.</p> <p>Part 2: Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science.</p>
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	<p>Viewpoints</p>	<p>12/17/2023</p>	<p>6:15am</p>	<p>30:00 min</p>	
<p>CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY/ IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS?</p>	<p>Radio Health Journal</p>	<p>12/17/2023</p>	<p>7:30am</p>	<p>30:00 min.</p>	<p>Synopsis: Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person’s cause of death. Our expert takes us through this process and how it’s used in everyday life.</p> <p>Part 2 The key to living a long life? Chip Walter says it’s more about having less ‘bad’ genes rather than having more ‘good’ ones. But as we inch closer to finding immortality, there are some questions to be answered, such as “should we even be able to live hundreds of years?”</p>

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<p>Addiction, Health, Mental Health, Substance Abuse, Drug Abuse, Psychology, Relationships, Career</p>	<p>Viewpoints</p>	<p>12/24/2023</p>	<p>6:15am</p>	<p>30:00 min</p>	<p>SEG. 1: FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS Synopsis: More than 28 million people, ages 18 and older, reported an alcohol use disorder in 2022, according to the National Survey on Drug Use and Health – a large-scale report overseen by the National Institutes of Health. This equates to about 11 percent of the overall American population who have an impaired ability to stop or control their drinking despite its negative effects. Alcohol use disorder can range from a mild dependence to a severe addiction. For author Annie Grace, it took decades to find a way forward without drinking daily. This week - she opens about her past alcoholism and what finally helped her break the cycle. Host: Gary Price. Links for more info: https://www.samhsa.gov/find-help/atod/alcohol https://www.who.int/europe/news/item/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health SEG. 2: THE CAPITOL POLICE OFFICERS WHO HELD THE LINE, NO MATTER THE COST Synopsis: It’s been nearly three years since the attack on the U.S. Capitol. The January 6 insurrection marks the biggest assault on American democracy and the peaceful transfer of power since the Civil War. We speak with former Capitol Hill police sergeant Aquillino Gonell about the violence he witnessed that day and how this traumatic experience has shaped his life and perspective. Host: Marty Peterson. Links for more info: https://www.amazon.com/American-Shield-Immigrant-Sergeant-Democracy/dp/1640096280 https://fsi.stanford.edu/news/legacies-january-6 Compliance Issues: Government, Politics, Law Enforcement, American History, History, Trauma, PTSD</p>
<p>cannabis; seizure; neurology; nervous system; cbd; thc; deep brain stimulation; vulnerable populations</p>	<p>Radio Health Journal</p>	<p>12/24/2023</p>	<p>7:30am</p>	<p>30:00 min.</p>	<p>SEGMENT 1: IF YOU HAVE A BRAIN, YOU’RE AT RISK FOR A SEIZURE -- LET’S TALK ABOUT IT Synopsis: While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option. Host: Elizabeth Westfield. Producer: Kristen Farrah. SEGMENT 2: “THEY’RE ACTIVELY TRYING TO DIE”: INSIDE THE MIND OF A TRAUMA SURGEON Synopsis: With the constant stress and chaos of emergency rooms, how do doctors keep a clear head to make life or death decisions? Dr. Stephen Cohn has been a trauma surgeon for more than 40 years. He takes us through a day-in-the-life, giving us an inside look at the</p>

					<p>hectic lives of emergency medicine physicians. Host: Greg Johnson. Producer: Kristen Farrah. Compliance issues covered: emergency medicine; trauma surgery; trauma; death; medicine; accidents; consumerism; public health; patient safety; stroke; nursing home; vulnerable populations Links for information: https://doctors.hackensackmeridianhealth.org/provider/Stephen+Cohn/1593282 https://www.barnesandnoble.com/w/all-bleeding-stops-stephen-m-cohn-md/1142875440</p>
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Grief, Loss, Psychology, Mental Health, Parenting, Relationships, Child Development, Literature	Viewpoints	12/31/2023	6:15am	30:00 min	<p>SEG. 1: AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS Synopsis: There's something special about dinosaurs. These majestic creatures walked the Earth for more than 165 million years. Compare this to the span of humans who've only been around for five to seven million years so far. There's no doubt that dinosaurs left their mark. Some scientists even wonder – would they still be around today if the asteroid never collided with Earth? We answer this question and more this week on Viewpoints. Host: Gary Price. Links for more info: https://www.amazon.com/Dinosaurs-New-Visions-Lost-World/dp/0500052190</p> <p>SEG. 2: IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS Synopsis: One in twelve children will lose a parent or sibling by the time they reach age 18. Experiencing grief of this kind is unbearable at any age, but in children it can present differently and may require more of a tailored approach. We speak with child therapist Natasha Daniels to get a better understanding of this emotion and how there can be different variations of grief depending on the severity of the life event. Host: Marty Peterson. Links for more info: https://www.amazon.com/Grief-Rock-Book-Understand-Love/dp/1839974397 https://www.instagram.com/atparentingsurvival/?hl=en</p>
COPD; lung disease; chronic disease; respiratory illness; cigarettes; vapes; factory workers; air pollution; pollution; rural areas; vulnerable population; consumerism	Radio Health Journal	12/31/2023	7:30am	30:00 min.	<p>SEGMENT 1:MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION Synopsis: Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST,</p>

					<p>every minute matters. Host: Elizabeth Westfield. Producer: Kristen Farrah. Compliance issues covered: stroke; heart health; brain health; brain bleed; blood thinners; healthy lifestyle; stroke survivors; vulnerable populations; emergency medicine; disability; neurology Links for information: https://www.lcmchealth.org/find-a-provider/sheryl-b-martin-schild-md/ https://drbraininc.org/meet-the-doctors/ https://www.braininstituteoflouisiana.com/sheryl-martin-schild-m-d-ph-d-fana-faha/</p> <p>SEGMENT 2: “NO SMOKE IS GOOD SMOKE” HOW VAPING IS INCREASING CASES OF COPD Synopsis: COPD is a silent killer – but it doesn’t have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you’re diagnosed. Host: Greg Johnson. Producer: Kristen Farrah. Links for information: https://www.pri-med.com/globals/faculty/p/punturieri-antonello?refurl=www.google.com https://www.nhlbi.nih.gov/BreatheBetter</p>
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