

Quarterly Issues/Programs List and Report
KNWI/KNWM 107.1/96.1 - Music
KNWI 107.1 FM HD2 /K264CD-FM 100.7 FM – Talk

Oct Nov Dec 2023

1. Healthy Lifestyles – Identity, Friendships, Conflict, Gratitude, Balance
2. Mental Health – Imperfection, Therapy, Emotions, Grief, Comparison
3. Finances- Life Insurance, Budgets, Aging, Credit Score, Holiday Spending
4. Religion
5. Marriage/Divorce

Afternoon Show –(AS) Local. Four hour program with segments with Mariah Lewis throughout airs on M-F 3p – 7p Music

Afternoons with Bill Arnold: (AWB) Local. Two-hour program with host Bill Arnold aired on M-F 4p-6p Talk

Breakpoint (BP) - Updates both current events and issues relevant to culture, family, and the church. 7:26a M-F Talk

Evening Show –(ES) Local. Five hour program with segments with Kristy Heilman throughout airs Music 7p - mid

Mid-Day Show –(MD) Local. Five hour program with segments with Theresa Ross throughout airs on M-F 10a – 3p

Morning Show –(MS) Local. Five hour program with segments with Taylor & Jen throughout airs on M-F 5a – 10a Music

Mornings with Carmen Leberge (MCL) Local. Host Carmen LaBerge. Various guest hosts a two-hour program with local news and relevant community

ISSUES	PROGRAM	DATE	TIME	LENGTH	Music Talk	PROGRAM DESCRIPTION
Finance/Aging Parents	Morning Show	Oct 26	7:15a	2:30 min.	Music	Our friends at Compass Financial share how to talk about finances with aging parents.
Finance/Budgeting	Morning Show	Oct. 19	7:15a	2:30 min.	Music	Our friends at Compass Financial share tips for getting started with a budget.
Finance/Credit Score	Morning Show	Nov. 16	7:15a	2:30 min.	Music	Our friends at Compass Financial share what your credit score is and how it impacts your life.
Finance/Life Insurance	Morning Show	Oct 12	7:15a	2:30 min.	Music	Our friends at Compass Financial share pros and cons for different kinds of life insurance.
Finance/Preparing for Funeral	Morning Show	Nov. 2	7:15a	2:30 min	Music	Our friends at Compass Financial share what financial information should be left for your loved ones.
Finance/Retirement	Morning Show	Nov. 9	7:15a	2:30 min	Music	Our friends at Compass Financial share how to make sense of retirement funds.
Financial/Credit Score	Morning Show	Nov. 30	7:15a	2:30 min.	Music	Our friends at Compass Financial share how to save a bad credit score.
Financial/Generosity	Morning Show	Dec. 21	7:15a	2:30 min.	Music	Our friends at Compass Financial talk about the benefits of generosity.
Financial/Gift Giving	Morning Show	Dec 14	7:15a	2:30 min.	Music	Our friends at Compass Financial share a budget-friendly way to gift gifts.
Financial/Holiday spending	Morning Show	Dec. 7	7:15a	2:30 min.	Music	Our friends at Compass Financial share money saving tips for holiday shopping.
Financial/Insurance	Morning Show	Nov. 29	7:15a m	2:30 min.	Music	Our friends at Compass Financial shares helpful ways to think about insurance.
HEALTH/LIFESTYLES	SLL	13-Nov	3p	50 minutes	Talk	Author and wellness expert Alisa Keeton shares from her book "The Body Revelation: Physical and Spiritual Practices to Metabolize Pain, Banish Shame, and Connect to God with Your Whole Self."

HEALTH/LIFESTYLES	SLL	13-Nov	3p	50 minutes	Talk	Author and wellness expert Alisa Keeton shares from her book “The Body Revelation: Physical and Spiritual Practices to Metabolize Pain, Banish Shame, and Connect to God with Your Whole Self.”
Healthy Lifestyles/Balance	Morning Show	Nov. 29	7:15a m	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen discusses how to find a balance between pride and unhealthy self-deprecation.
Healthy Lifestyles/Community/Adoption	Faith and Life Today	Oct 21	6:00a	14 min	Music	Before they knew each other, Jake and Hannah knew they wanted to adopt. After they were married, they answered God’s call and even when they got frustrated, he answered their prayers every step of the way.
Healthy Lifestyles/Community/Grief and Hope	Faith and Life Today	Nov 18	6:00a	14 min.	Music	How do we walk through incredibly difficult experiences and still have hope? Lynn Hoeksema shares insights and perspectives God gave her through her journey of grief after the loss of her husband in her new book, “God, I Hate This...But I Trust You.” She joins Jen to talk about that message of hope.
Healthy Lifestyles/Community/InnerVisions HealthCare	Faith and Life Today	Nov. 4	6:00a	14 min	Music	InnerVisions’s mission is to empower at-risk women to make life-affirming decisions. Director of Development Bryan Gonzalez joins Jen to talk about how InnerVisions is helping women and babies right here in Central Iowa.
Healthy Lifestyles/Community/International Rescue Committee	Faith and Life Today	Oct. 28	6:00a	14 min	Music	Many displaced people are coming to Des Moines to join our community. Who’s helping them as they relocate and how can we help our new neighbors? Sarah Terlouw and Cassie Kilgore of IRC join Jen to share more!
Healthy Lifestyles/Community/Salvation Army	Faith and Life Today	Nov. 25	6:00a	14 min.	Music	The Salvation Army may bring to mind red kettles at Christmastime - but this ministry is doing even more in our community! Jen talks with Matthew and Mike from the Salvation Army Rehabilitation Center about how they’re helping men find freedom from addiction and hope in Jesus. https://centralusa.salvationarmy.org/desmoines/combat-addiction/
Healthy Lifestyles/Community/Senior Living	Faith and Life Today	Dec. 9	6:00a	14 min	Music	It’s not an easy conversation, but it’s an important one. As your parents and other loved ones get older, do they have a plan for their end of life? We talk about what that should look like with our friends from Valley view Village in this first of a two-part series.
Healthy Lifestyles/Conflict	Morning Show	Dec. 5	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to resolve conflict over where to spend the holidays.

Healthy Lifestyles/Friendships	Morning Show	Oct 24	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen making good friends.
Healthy Lifestyles/Gratitude	Morning Show	Nov 7	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to overcome barriers to gratefulness.
Healthy Lifestyles/Grief	Faith and Life Today	Oct 14	6:00a	14 min	Music	Lynne Hoeksema returns to chat with Jen about working through grief and the tension between sadness and the beauty in the world.
Healthy Lifestyles/Identity	Morning Show	Oct. 17	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to find your identity in Christ
HOMELESSNESS What our proximity to the homeless should look like	AWB	06-Dec	4:30p	25 minutes	Talk	Guest: Richard Bahr Description: Falls under Poverty as he discussed his heart for the homeless and how we can help those in need.
MARRIAGE/DIVORCE	SLL	14-Dec	3p	50 minutes	Talk	Build a deeply satisfying marriage with your spouse and navigating the holidays with extended family
MENTAL HEALTH Co-occurring disorders	AWB	01-Dec	4p	50 minutes	Talk	Guest: Todd Mulliken Description: Falls under Health Lifestyles as he discussed co-occurring disorders and addiction as well as how we can help those suffering overcome it
Mental Health/Comparison	Morning Show	Dec 19	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to avoid comparing yourself to others.
Mental Health/Emotions	Morning Show	Nov. 21	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen evaluating emotions and learning what they reveal.
Mental Health/Grief	Morning Show	Dec 12	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to cope with grief during the holidays.
Mental Health/Holiday Anxiety	Morning Show	Nov. 14	7:15a	2:30 min	Music	Dr. Heidi discusses with Taylor and Jen what to do when you are anticipating a difficult holiday.

Mental Health/Imperfection	Morning Show	Oct 10	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to get out of your own head when you're struggling with imperfection.
Mental Health/Therapy	Morning Show	Oct 31	7:15a	2:30 min.	Music	Dr. Heidi discusses with Taylor and Jen how to cope after a draining therapy session.
RELIGION/POLITICS	AWB	15-Nov	5p	50 minutes	Talk	Guest: Thom Berkowitz, Trevor Rubenstein, Aaron Braaten Description: Falls under Religion as they discussed Jewish tradition and answer questions about faith while sharing their heart for Israel in the midst of the war.
RELIGION	SLL	16-Oct	3p	50 minutes	Talk	Pastor Faith Eury Cho shares from her book "Experiencing Friendship with God: How the Wilderness Draws Us to His Presence."
YOUTH Instagram admits to addicting teenagers because of how valuable it is to them	MCL	08-Dec	6:30-7 am CT	15 minutes	Talk	Guest: Chris Martin – social media expert. Author of "The Wolf in Their Pocket" Description: Guest discusses the information that Meta released in their legal case with several states attorneys-general around their practices that they admit addict teens to their platforms with little regard for the known effects on their mental health.

If the relevancy of other issues becomes evident as the quarter progresses, those issues would be added.

CHARITIES	local charitable organizations helping people in the community with various issues
DISABILITIES	how to cope; how to help; care giving, special needs children; life-altering injuries, etc.
ECONOMICS	handling of ; misuse of; getting out of debt; etc.
EDUCATION	Bringing aware to the issues of education in the community, etc.
EMERGENCY ISSUES	relief for victims of natural disasters; local disaster relief, etc.
ENVIRONMENT	how to save energy, use fewer resources
FAMILY & CHILDREN ISSUES	help for disadvantaged families and children
HEALTH LIFESTYLES	eating behaviors/disorders, obesity, addictions; prevention of disease; etc.
IMMIGRATION	helping immigrants; illegal immigrant issues; etc.
JUVENILE DELINQUENCY	case stories, how to prevent; teaching teens; etc.
MARRIAGE/DIVORCE	building healthy marriages, preventing divorce/affairs/ how to handle/ impact on; etc.
MONEY	handling of ; misuse of; getting out of debt; etc.
POVERTY	where to find help, how to help those in need
PUBLIC HEALTH SAFETY	bringing awareness to the of issues that affect the health and safety of the community
RACE	racial retaliation; hate crimes; discrimination; etc.
RECREATION	bringing awareness to the public of recreation events happening in the community
RELIGION	Information regarding religious and spiritual issues, etc.
SENIOR CITIZENS	information regarding the aging; retirement, health etc.

UNEMPLOYMENT/EMPLOYMENT	Coping, finding assistance, help re-entering work force
WOMEN'S ISSUES	discrimination; workplace issues; etc.
A list of programs that have provided the station's most significant treatment of community issues. The list shall include a brief narrative describing what issues were given significant treatment and the programming that provided this treatment.	