



**KQSN-FM Ponca City, Oklahoma
Quarterly Issues/Programs List**

4th Quarter 2022
01/07/2023

KQSN provides its listeners with programming and public service announcements that address issues of concern to our local community. The following is a listing of some of the significant issues responded to by KQSN-FM Radio, along with a representative summary of the on air broadcasts for the period of 10/1/2022 through 12/31/2022. This list is by no means exhaustive and the order in which they appear does not reflect any priority or significance.

Key Issues Addressed during this period:

Employment	Education	At Risk Youth	Crime	Disabilities
Local economy	Poverty/Hunger	Traffic Safety	Drug/Alcohol Abuse	Bullying/Suicide
Health/Fitness	Native American Issues	Veteran's Affairs	Gambling Issues	Health Care

**Section I
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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Various	Kanza Radio	In 2022, Sterling Broadcasting chose to address the many unique issues faced by our significant Native American population and worked with Kaw Nation to develop a weekly 30 minute program addressing this issues and visiting with many local leaders. This program airs	Group and community leaders	Weekly Mornings between 7 and 9am	5 min
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ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
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weekly, on Sunday mornings at 9:30 on KQSN. There follows an example of programming that was locally produced and air in Q4 2022

Native American Issues, Child Welfare, Social Services, Emergency Management	Kanza Radio	Our weekly panel of guest addressed issues in their areas of specialty as noted in the first column. Hosted by the Kaw Nation's Lonnie Doyle.	Michael Mace- Office Manager for the Indian Child Welfare Department Andrew Means- Social service department director Daniel Hessen- Director of emergency management	10/30/22	30:00
Employment, Unemployment Benefits, Accessibility & Transportation, Native American Issues	Kanza Radio	Our weekly panel of guest addressed issues in their areas of specialty as noted in the first column. Hosted by the Kaw Nation's Lonnie Doyle.	Joe Thompson- Director for the Kaw Nation Human Resources Skylar Matthews- Transportation Director	11/7/22	30:00
Native American Issues, Health Care, Child	Kanza Radio	Our weekly panel of guest addressed issues in their areas of specialty as noted in the first column. Hosted by the Kaw Nation's Lonnie Doyle.	Andrew Means- Social service	11/13/22	30:00

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Services, Injury Prevention, Child Welfare Services			department director Lavina Clark-Injury Prevention Coordinator Michael Mace-Office Manager for the Indian Child Welfare Department		
Domestic Violence Education and prevention, Law Enforcement & available services, Employment, Job Training	Kanza Radio	Our weekly panel of guest addressed issues in their areas of specialty as noted in the first column. Hosted by the Kaw Nation's Lonnie Doyle.	Monique Hudson-Domestic Violence Advocate Specialist Jim Sharon- Chief of Police for Kaw Nation	11/27/22	30:00
Native American Issues, Preserving Native Culture & Languages,	Kanza Radio	Our weekly panel of guest addressed issues in their areas of specialty as noted in the first column. Hosted by the Kaw Nation's Lonnie Doyle.	Joe Thompson-Director for Kaw Nation Human Resources Storm Brave-Language Director Andrew Means-Social service	12/4/22	30:00

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Health & Social Services			department director		
Women's Health Care & Issues, Cultural & Tribal Language Preservation	Kanza Radio	Our weekly panel of guest addressed issues in their areas of specialty as noted in the first column. Hosted by the Kaw Nation's Lonnie Doyle.	Lori George-Project coordinator for the Kaw Nation Women's Health program Storm Brave-Language Director	12/1/22	30:00

**Section II
NETWORK (and/or SYNDICATED) PROGRAMMING**

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
Various	InfoTrak	Weekly 30 Minute Public Affairs Program. Specific issues addressed are noted below.	Weekly Sundays 8:00am	030:00



Call Letters: KQSN

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2022

Show # 2022-40

Date aired: 10-2-22 Time Aired: 8:00 AM

Ted Rossman, Senior Industry Analyst at CreditCards.com

Recent interest rate hikes by the Federal Reserve are leading to substantially higher costs for anyone with credit card debt. Mr. Rossman said roughly half of American consumers are carrying a credit card balance from month to month, and the numbers are increasing due to inflation. He offered suggestions to try to pay down debt and consolidate balances with low- or no-interest credit cards.

Issues covered:
Personal Finance
Inflation

Length: 7:58

Marisa G. Franco, PhD, Assistant Clinical Professor in the Department of Psychology at the University of Maryland, author of *Platonic: How the Science of Attachment Can Help You Make - and Keep - Friends*

Many people, particularly men, have few friends. Prof. Franco discussed the critical importance of friendship, and how to make and keep friends in an era of distraction, burnout, and chaos. She said making friends, like cultivating any relationship, requires effort, and the idea of "friendships happening organically" is generally a myth. She outlined several specific, research-based steps to improve the number and quality of friendships.

Issues covered:
Mental Health

Length: 9:23

Arpita Ghosh, PhD, Assistant Professor of Educational Psychology at the University of Kansas

When veterans leave the military, they face a multitude of major challenges, including a transition into higher education or a new career field. Prof. Ghosh led a recent study that found that assistance typically designed to help civilian students are also effective for veterans. She talked about the strengths that veterans can bring to a company and outlined the resources that are available to veterans to make the transition.

Issues covered:
Veterans' Concerns
Career
Mental Health

Length: 5:09

Show # 2022-41

Date aired: 10-9-22 Time Aired: 8:00 AM

Sally Helgesen, women's leadership consultant and speaker, author of "*How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job*"

Ms. Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.

Issues covered:

Length: 8:43

**Women's Issues
Career
Sexual Harassment**

Sara Goldrick-Rab, PhD, Professor of Higher Education Policy and Sociology at Temple University

Prof. Goldrick-Rab was the lead author of study that found that 36 percent of students at 66 surveyed colleges and universities do not get enough to eat, and a similar number lack a secure place to live. She said skyrocketing college tuition and other fees, inadequate aid packages and growing enrollment among low-income students are some of the factors. She outlined several policy changes that could help.

Issues covered:

Length: 8:19

**Poverty
Homelessness
Education**

Anupam Jena, MD, PhD, Ruth L. Newhouse Associate Professor of Health Care Policy at Harvard Medical School, physician in the Department of Medicine at Massachusetts General Hospital, Faculty Research Fellow at the National Bureau of Economic Research Policy

It's an age-old axiom, but is joint pain, back pain or just a feeling in your bones a reliable predictor of rainy weather? Dr. Jena led a study that examined the question and he found no relationship between rainfall and aches or pains.

Issues covered:

Length: 4:39

**Personal Health
Aging**

Show # 2022-42

Date aired: 10-16-22 Time Aired: 8:00 AM

Stephen Smagula, PhD, Assistant Professor of Psychiatry and Epidemiology at the University of Pittsburgh

Prof. Smagula led a recent study that found that older adults with regular activity routines are happier and do better on cognitive tests. He said that his findings suggest that staying active all day and following the same routine each day are important for healthy aging and mental health.

Issues covered:

Length: 8:12

**Aging
Personal Health**

Catherine Pearlman, PhD, Associate Professor of Social Work at the University of Massachusetts Global, licensed clinical social worker, author of *"First Phone: A Child's Guide to Digital Responsibility, Safety, and Etiquette"*

Dr. Pearlman shared advice for parents of eight- to twelve-year-old children about digital safety. She talked about the inability of kids to recognize dangers online, the pros and cons of social media and how to maintain parental limitations on smartphone use. She also explained how to impress on kids that anything posted online can potentially haunt them forever.

Issues covered:

Length: 9:05

**Digital Safety for Children
Parenting**

James S W Wolffsohn, PhD, Professor of Optometry at Aston University in Birmingham, England

Digital eye strain is a widespread and growing problem for people of all ages. Prof. Wolffsohn led a recent study that tested the 20-20-20 rule: taking a screen break of at least 20 seconds, every 20 minutes, to look at least 20 feet away. He found the practice does help ease some of the symptoms of prolonged computer use, and he suggested ways to take breaks frequently enough.

Issues covered:

Length: 5:08

**Personal Health
Media**

Show # 2022-43

Date aired: 10-23-22 **Time Aired: 8:00 AM**

Caroline Tocci, President & Co-Founder/Director of The Vanessa T. Marcotte Foundation, which advocates for safety awareness to prevent violence, objectification and harassment against women

Ms. Tocci's cousin, Vanessa Marcotte, was a 27-year-old woman who, while running on a rural road in Princeton, Massachusetts, was assaulted and murdered in 2016. She offered safety tips for women to avoid violence or harassment, particularly when running. She said apps are available to track a runner's location and share it with emergency contacts. She also explained how a woman should choose routes or schedules for a run.

Issues covered:

Length: 6:56

**Crime
Women's Issues**

Marta L. Tellado, PhD, President and CEO of Consumer Reports, author of *"Buyer Aware: Harnessing Our Consumer Power for a Safe, Fair, and Transparent Marketplace"*

Ms. Tellado discussed the rampant abuse of online privacy and the misuse of consumer data. She said the virtual monopolies held by four online companies are a genuine problem for privacy and consumers' rights. She believes that online algorithms are often biased towards people of color. She also discussed common misconceptions about safety testing and the mission of Consumer Reports.

Issues covered:

Length: 10:08

**Consumer Matters
Racial Bias
Online Privacy**

Frieda Birnbaum, PhD, research psychologist and psychotherapist, author of *"Life Begins At 60: A New View of Motherhood, Marriage, and Reinventing Ourselves"*

Dr. Birnbaum is the oldest woman in America to give birth to twins, and she shared her perspective on how and why parenting has changed tremendously in recent years. She explained why she and her husband chose to have more kids later in life, and what the pluses and minuses are to older parenting.

Issues covered:

Length: 5:10

Parenting

Aging

Show # 2022-44

Date aired: 10-30-22 **Time Aired: 8:00 AM**

Laura D. Quinby, PhD, Senior Research Economist at the Center for Retirement Research at Boston College

Dr. Quinby was a co-author of a Boston College brief that asked, "After 50 Years of Progress, How Prepared Are Women for Retirement?" She said that in the 50 years since Title IX's passage, women have made major economic progress in education, earnings, and wealth, and that today, women who spend most of their lives single are as well prepared for retirement as married couples.

Issues covered:

Length: 6:56

Women's Issues

Retirement Planning

Carl "Chip" Lavie, MD, Medical Director of Ochsner Health Cardiac Rehabilitation and Prevention in New Orleans

Cardiovascular disease is the leading cause of death in the U.S. across most races and ethnicities, and doctors routinely tell patients to change unhealthy lifestyles. However, Dr. Lavie's research found that doctors shouldn't take a one-size-fits-all approach to lifestyle counseling, especially for those within underserved or socioeconomically disadvantaged populations. He said customized counseling can achieve small but statistically meaningful improvements in blood pressure, cholesterol and body fat.

Issues covered:

Length: 10:08

Personal Health

Minority Concerns

Dana Thomson, PhD, Senior Research Scientist at Child Trends, a research organization focused on child poverty and public policy

With little public notice, child poverty in the U.S. fell by 59% between 1993 and 2019. She said lower unemployment rates, increases in single mothers' labor force participation, and increases in state minimum wages accounted for about a third of the improvement, but that taxpayer dollars spent on social programs were also a major factor. However, disparities by race and ethnicity, natural origin and family structure persisted. She explained what other changes she believes are needed to continue the trend.

Issues covered:

Length: 5:10

Child Poverty

Government

Minority Concerns

Show # 2022-45

Date aired: 11-6-22 Time Aired: 8:00 AM

Annie Duke, co-founder of the non-profit student advocacy organization called The Alliance for Decision Education, author of *"Quit: The Power of Knowing When to Walk Away"*

Ms. Duke outlined behavioral science research that shows that we are psychologically biased to grit things out for too long, even when there are clear signs that we should quit. She offered examples of how a decision to quit is affected by whether someone is winning or losing, and why we tend to increase our commitment to a losing cause.

Issues covered:

Length: 9:29

Career
Personal Finance
Government Policies

Andrew King, Research Analyst for the Owner-Operator Independent Drivers Association Foundation

Federal regulators appear to be taking steps toward a speed limiter mandate for commercial motor vehicles in 2023. Mr. King discussed the potential safety concerns if trucks are forced to drive slower than other traffic, including a lack of passing speed, increased congestion, and being rear-ended. He said that a nationwide 60 or 65 mph limit for trucks would create even greater safety issues in the handful of states with speed limits as high as 85 mph for cars.

Issues covered:

Length: 7:52

Traffic Safety
Supply Chain

Annalise LaPlume Cognitive Neuroscience Postdoctoral fellow, Senior Research Scientist at Child Trends, a research organization focused on child poverty and public policy

Dr. LaPlume was the lead author of a study that found that lifestyle may be more important than age in determining dementia risk, no matter how old we are. She outlined the eight major lifestyle choices that influence brain health. She said just one of those factors could reduce cognition by the equivalent of up to three years of aging.

Issues covered:

Length: 5:10

Alzheimer's Disease
Personal Health

Show # 2022-46

Date aired: 11-13-22 Time Aired: 8:00 AM

Odin Johnson, Jr, PhD, Bloomberg Distinguished Professor of Social Policy and STEM Equity at Johns Hopkins University,

Dr. Johnson led a study that found that students at high schools with prominent security measures, such as metal detectors, contraband sweeps, drug testing and security cameras, have lower math scores, are less likely to attend college and are suspended more frequently compared to students in schools with less surveillance. He said the policies even affect the academic performance of students who haven't exhibited behavioral problems.

Issues covered:

Length: 9:41

Education
Minority Concerns
Government Policies

Nikita Shah, MD, Medical Oncology Team Leader for the Breast Care Center at the Orlando Health Cancer Institute

About 42,000 women die of breast cancer each year in the US. Dr. Shah shared the findings of a recent survey by her organization that found that 22% of women ages 35 to 44 have never gotten a mammogram and have no plans of getting one. She outlined the potential reasons behind this trend and why this is of such great concern. She also explained why African American women often face a more aggressive disease course when faced with a breast cancer diagnosis.

Issues covered:

Length: 7:42

**Personal Health
Women's Concerns
Minority Concerns**

Lewie Pugh, Executive Vice President of the Owner-Operator Independent Drivers Association, an advocacy organization for 150,000 independent truck drivers

Mr. Pugh talked about private and governmental efforts to recruit military veterans into the trucking industry. He said a lack of training often results in high turnover in trucking jobs. He also discussed his organization's "Truckers for Troops" fundraising program, which raises funds for care packages sent to military members serving in combat zones, as well as the Veterans Community Project to assist homeless veterans.

Issues covered:

Length: 5:05

**Veterans' Concerns
Transportation**

Show # 2022-47

Date aired: 11-20-22 **Time Aired: 8:00 AM**

Lizzy Pope, PhD, RDN, Associate Professor, Director - Didactic Program in Dietetics, University of Vermont

Prof. Pope led a recent study of the most viewed content on TikTok relating to food, nutrition and weight. She said the videos perpetuate a toxic diet culture among teens and young adults and that expert voices are largely missing from the conversation. She suggested resources for parents who are concerned about their child's weight and overall health.

Issues covered:

Length: 9:29

**Weight Loss
Social Media
Mental Health**

Patric Richardson, clothing and laundry expert, author of "*Laundry Love: Finding Joy in a Common Chore*," host of the Discovery+ Series "The Laundry Guy "

Mr. Richardson offered essential tips for getting laundry clean and making the experience more enjoyable. He talked about the environmental and health impacts of well-known laundry detergents and fabric softeners. He also offered suggestions of how to keep white clothes looking bright and how/when to remove stains.

Issues covered:

Length: 7:52

**Consumer Matters
Environment**

Karri Carlson, Vice President of Operations for Leadtail, a B2B social media services agency

LinkedIn scams and fake Instagram accounts targeting businesses and executives are growing rapidly. Ms. Carlson discussed the most common scams, how they can dramatically affect businesses and what managers and small business owners can do to protect their companies.

Issues covered:

**Online Scams
Business**

Length: 5:10

Disc # 2022-48

Date aired: 11-27-22 **Time Aired: 8:00 AM**

Philip Pauli, Policy and Practice Director of RespectAbility, a nonprofit organization dedicated to empowerment and self-advocacy for individuals with disabilities

Mr. Pauli said nearly 1 in 5 Americans live with some form of disability. He discussed some of the challenges they face, and explained how the Americans with Disabilities Act has improved many aspects of their lives. He also talked about the role that the media plays in perceptions of the disabled, and how technology improvements have improved mobility for many disabled people.

Issues covered:

**Disabilities
Government Regulation**

Length: 7:42

Natasha Ravinand, author of "*Girls With Dreams: Inspiring Girls to Code and Create in the New Generation*"

Only 29% of all science and engineering workers are female, and far fewer are minorities. Natasha Ravinand is a high school junior with a passion for STEM (Science, Technology, Engineering, and Math), who is striving to close the gender gap in tech. She talked about the reasons that girls lose interest in STEM subjects, and why the inclusion of women and minorities in technical workplaces is so important.

Issues covered:

**Women's Issues
Minority Concerns
Education/STEM**

Length: 9:23

John Schwartz, reporter at The New York Times, author of "*This is the Year I Put My Financial Life in Order*"

Mr. Schwartz talked about the reasons that Americans tend to procrastinate when it comes to their finances. He outlined simple changes consumers can make to simplify their financial accounts, particularly retirement savings. He also explained how to do a self-checkup of health insurance coverage.

Issues covered:

**Retirement Planning
Senior Citizens**

Length: 5:01

Show # 2022-49

Date aired: 12-4-22 Time Aired: 8:00 AM

Nate Brown, PhD, Professor of Mathematics, Penn State University

Prof. Brown led a study that found that that black and Hispanic students who earn low grades in introductory science, technology, engineering, and math classes are less likely to earn degrees in these subjects than similar white or Asian students. He talked about the changes that could improve the problem. He said professors who teach introductory STEM courses need much more training in better teaching methods, in order to reach minority students.

Issues covered:

Length: 8:39

**Equity
Minority Concerns
Higher Education**

Michael F. Roizen, MD, Chief Wellness Officer and Chair of the Wellness Institute at the Cleveland Clinic, Professor of Medicine at the Cleveland Clinic Lerner College of Medicine, author of "*The Great Age Reboot: Cracking the Longevity Code for a Younger Tomorrow*"

Dr. Roizen believes that living to age 110 or 120 is within reach. He discussed the future of longevity, and how new scientific and medical advances are unlocking the ability for us to live younger, longer, and better. He said, in addition to a healthy diet and exercise, having social relationships is one of the biggest keys to slowing the aging process.

Issues covered:

Length: 8:45

**Personal Health
Aging
Science**

Eric Dahlin, PhD, Associate Professor in the Sociology department at Brigham Young University

It's easy to believe that robots are stealing jobs from human workers and drastically disrupting the labor market. However, Prof. Dahlin led a recent study that found that robots aren't replacing humans at the rate most people think. He noted that workplaces are integrating both employees and robots in ways that generate more value for human labor.

Issues covered:

Length: 5:01

**Workplace Matters
Productivity
Technology**

Disc # 2022-50

Date aired: 12-11-22 Time Aired: 8:00 AM

Lorenzo Cohen, PhD, Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and Director of the Integrative Medicine Program at the University of Texas MD Anderson Cancer Center in Houston, co-author of "*Anti Cancer Living*"

Cancer remains one of the leading causes of death worldwide, and within the next 20 years, the number of new cancer cases is expected to increase by 70 percent. Dr. Cohen believes that if Americans focused on social and emotional support, stress management, sleep, exercise, diet, and minimizing exposure to environmental toxins, 50 to 70 percent of cancers could be prevented.

Issues covered:
Cancer Prevention
Personal Health

Length: 8:51

András Tilcsik, PhD, Canada Research Chair in Strategy, Organizations, and Society, and Associate Professor of Strategic Management at the University of Toronto's Rotman School of Management, author of "*Meltdown: Why Our Systems Fail and What We Can Do About It*"

From train derailments and massive oil spills to bankruptcies and medical errors, system failures are all too common -- and they're becoming more frequent. Dr. Tilzscik explained the common denominator in these system meltdowns. He believes that the increasing complexity and lack of slack in our systems create conditions ripe for failure and corruption. He also explained why diversity in design teams is crucial in preventing serious failures.

Issues covered:
Disaster Preparedness
Diversity
Government Regulation
Transportation

Length: 8:17

Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness

Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

Issues covered:
Homelessness
Veterans' Concerns
Domestic Violence

Length: 5:02

Disc # 2022-51

Date aired: 12-8-22 **Time Aired: 8:00 AM**

Daniel Romer, PhD, Research Director of the Annenberg Public Policy Center, part of the Annenberg School for Communication at the University of Pennsylvania

Dr. Romer discussed annual media claims that the nation's suicide rate rises during the year-end holiday season. He has studied suicide trends for more than 20 years and has found that the average daily suicide rate during the holiday months is among the lowest of the year. He said slightly more than half of news stories that directly discussed the holidays and the suicide rate supported the myth. He explained why it is important to dispel the misinformation.

Issues covered:
Suicide
Media
Mental Health

Length: 8:35

Shawn P. McElmurry, PhD, PE, Professor and CEE Graduate Program Director in the Department of Civil and Environmental Engineering at Wayne State University in Detroit

About 30% of community water systems have some service lines that contain lead. Prof. McElmurry recently co-authored a study intended to assist state and local water authorities in making decisions

about where to prioritize funding for infrastructure improvements on drinking water lead service line replacement programs. He outlined other environmental risks related to the lead exposure issue, and steps consumers can take to protect themselves.

Issues covered:

Length: 8:48

**Water Quality
Infrastructure
Public Health**

Elise Allen, graduate student in educational studies at Ohio State University

Ms. Allen led a study of extracurricular activities for kindergarten students. She found that children of highly educated mothers were about twice as likely to take part in sports or other after-school activities as those of less educated moms. She also found that white kindergarteners were 2.6 times more likely to participate than children of other races. She explained the learning, achievement and social development benefits of these activities.

Issues covered:

Length: 5:09

**Early Childhood Education
Parenting
Minority Concerns**

Disc # 2022-52

12-25-22

Date aired: ~~12-18-22~~ **Time Aired: 8:00 AM**

Erin E. Murphy, expert on DNA and forensic evidence, Professor of Law at New York University

Prof. Murphy discussed the privacy and legal concerns raised by the Golden State Killer case, in which a notorious serial killer was captured 30 years after the crimes via DNA submitted to a publicly available genealogy website. She noted that the type of DNA testing used by genealogy sites is a much broader and more powerful tool than the version permitted in criminal justice databases. She also discussed recent advances that will make DNA testing much faster and even more useful to law enforcement.

Issues covered:

Length: 8:31

**Privacy Concerns
Criminal Justice
Legal**

David Ballard, PhD, Director of the American Psychological Association's Center for Organizational Excellence

The #MeToo movement gripped the nation and toppled major figures throughout society, but a study from the American Psychological Association found that in its aftermath, corporations took weak steps, at best, to prevent sexual harassment and inappropriate conduct. Mr. Ballard said most policy and training changes were aimed at limiting the liability of the company, rather than to effect real change. He found that organizations with women in senior leadership roles were much more likely to have taken new steps to prevent harassment and to encourage employees to report it.

Issues covered:

Length: 8:46

**Sexual Harassment
Women's Concerns
Workplace Matters**

Julie Jason, award-winning financial columnist, author of "*Retire Securely*"

Ms. Jason talked about the best ways to start to save for retirement, even for those struggling with student debt. She said it is critical to start young, because of the power of compounding. She also discussed common financial scams that consumers should be alert to.

Issues covered:
Retirement Planning
Personal Finance

Length: 5:04

Section III
PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues. A automation report of our complete PSA programming is attached. The following table provides a representative sample of our extensive broadcast of public service materials.

In addition to the listed recorded PSAs, KQSN airs numerous live PSAs each day.

*Spot Report

From: 10/01/2022 To: 12/31/2022

KQSN-FM

Air Date	Air Time	Spot Number	Spot Title	Length	Played
10/01/2022	00:16:11	0004060-042	PSA Kids Thank Responders	00:58.338	1
10/01/2022	00:18:09	0004060-066	PSA MakeTheConnection.net Stand By A Vet	00:59.195	2
10/01/2022	00:19:09	0004060-010	PSA OK Ed Assn One Caring Adult/Anti Bul	00:59.767	3
10/01/2022	00:20:08	0004060-060	PSA CDC Tip - Cessation	01:00.351	4
10/01/2022	00:44:34	0004060-051	PSA NFHS - We See 60	00:59.843	5
10/01/2022	00:45:34	0004060-018	PSA Vet Tix	00:58.590	6
10/01/2022	00:46:32	0004060-048	PSA OSSAA - Ridiculous 60	00:59.795	7
10/01/2022	00:47:32	0004060-032	PSA Keeping Our Kids Safe 60	00:59.801	8
10/01/2022	00:48:32	0004060-009	PSA OK Ed Assn Lifelong Readers	00:59.220	9
10/01/2022	01:18:19	0004060-022	PSA NICB Car Theft	01:02.248	10
10/01/2022	01:19:21	0004060-023	PSA EPA Reward	01:02.562	11
10/01/2022	01:20:24	0004060-029	PSA Victories - Naomi 60	01:02.585	12
10/01/2022	01:21:26	0004060-052	PSA Social Security	01:01.098	13
10/01/2022	01:22:27	0004060-070	PSA Whatever Gets You Talking	01:02.342	14
10/01/2022	01:47:03	0004060-055	PSA Susan G. Komen - Hope :60	00:57.761	15
10/01/2022	01:48:01	0004060-028	PSA Victories - Greg 60	00:57.678	16
10/01/2022	01:48:58	0004060-044	PSA ChoosePT.com COVID :60	00:57.628	17
10/01/2022	01:49:56	0004060-065	PSA AmericanHumane.org	00:57.177	18
10/01/2022	01:50:53	0004060-063	PSA Women Get It	00:57.527	19
10/01/2022	02:19:15	0004060-045	PSA ChoosePT.com Standard :60	00:57.628	20
10/01/2022	02:20:13	0004060-050	PSA OSSAA - Stars and Stripes 60	01:00.685	21
10/01/2022	02:21:14	0004060-071	PSA Strike Out Slavery	01:00.618	22
10/01/2022	02:22:14	0004060-019	PSA 4H Need Us	01:00.552	23
10/01/2022	02:46:18	0004060-061	PSA Flu Vaccination	00:59.728	24
10/01/2022	02:48:17	0004060-027	PSA Community Veterans Crisis	00:59.397	25
10/01/2022	02:49:17	0004060-039	PSA The Incident 60	00:59.590	26
10/01/2022	02:50:16	0004060-014	PSA American Physical Therapy Assn - Ant	00:59.035	27
10/01/2022	03:17:35	0004060-018	PSA Vet Tix	00:56.541	28
10/01/2022	03:18:32	0004060-048	PSA OSSAA - Ridiculous 60	01:00.492	29
10/01/2022	03:19:33	0004060-032	PSA Keeping Our Kids Safe 60	01:00.486	30
10/01/2022	03:20:33	0004060-009	PSA OK Ed Assn Lifelong Readers	00:59.857	31
10/01/2022	03:43:40	0004060-056	PSA First Responders Children Foundation	00:57.803	32

10/01/2022	03:44:37	0004060-021	PSA DOD Didnt Want to Talk	00:57.645	33
10/01/2022	03:45:35	0004060-047	PSA OSSAA - Tough Tougher 60	00:57.738	34
10/01/2022	03:46:33	0004060-035	PSA Choices 60	01:01.719	35
10/01/2022	03:47:35	0004060-006	PSA Targeting Lyme Disease TargetLyme.or	01:01.332	36
10/01/2022	04:17:57	0004060-024	PSA Victories - Alex 60	00:57.600	37
10/01/2022	04:18:54	0004060-015	PSA Homeland Security Protect Your Every	00:57.479	38
10/01/2022	04:19:52	0004060-041	PSA Kids Thank Responders v2	00:56.952	39
10/01/2022	04:20:49	0004060-017	PSA Homeland See It Say it 60	00:57.649	40
10/01/2022	04:21:47	0004060-034	PSA By Your Side 60	01:00.703	41
10/01/2022	04:47:07	0004060-016	PSA St. Jude Children's Hospital	01:00.456	42
10/01/2022	04:48:08	0004060-053	PSA Let's Show Up :30	01:02.356	43
10/01/2022	04:49:10	0004060-033	PSA Reminiscing 60	01:02.508	44
10/01/2022	04:50:13	0004060-040	PSA We Do Hear You 60	01:02.321	45
10/01/2022	04:51:15	0004060-064	PSA - SSS.Gov	01:02.662	46
10/01/2022	05:16:34	0004060-027	PSA Community Veterans Crisis	01:01.662	47
10/01/2022	05:17:35	0004060-039	PSA The Incident 60	01:01.845	48
10/01/2022	05:18:37	0004060-014	PSA American Physical Therapy Assn - Ant	01:01.269	49
10/01/2022	05:19:39	0004060-038	PSA Dads 60	01:03.888	50
10/01/2022	05:20:42	0004060-030	PSA Victories - Adam 60	01:01.746	51
10/01/2022	05:43:51	0004060-059	PSA CDC Tips - Tiffany 60	00:58.314	52
10/01/2022	05:44:50	0004060-046	PSA USDVA Stand With Us	00:57.301	53
10/01/2022	05:46:45	0004060-005	PSA TakeMeFishing.org This Is A Test	01:01.254	54
10/01/2022	05:47:46	0004060-058	PSA Alanah	01:01.531	55
10/01/2022	12:38:53	0004060-020	PSA NPMA Open The Door	01:00.529	56
10/01/2022	13:08:53	0004060-001	PSA Type 2 Diabetes Prevention	01:00.043	57
10/01/2022	13:09:53	0004060-067	PSA The Future Depends on Teachers	01:00.083	58
10/01/2022	13:49:34	0004060-007	PSA Pulmonary Fibrosis Foundation	01:00.359	59
10/01/2022	13:59:38	0004060-057	PSA Eating Healthy 60	01:00.534	60
10/01/2022	14:06:05	0004060-008	PSA NCIB Insurance Fraud	01:00.099	61
10/01/2022	14:12:44	0004060-026	PSA Rosacia	00:57.833	62
10/01/2022	14:18:51	0004060-049	PSA OSSAA - Who's In 60	01:00.847	63
10/01/2022	15:00:53	0004060-013	PSA Natil Library For Blind and Handicap	01:00.317	64
10/01/2022	17:16:37	0004060-012	PSA Pharmacy - Buying Safety	01:00.472	65
10/01/2022	17:58:42	0004060-011	PSA American Humane Society "Teach Kids	00:59.381	66
10/01/2022	17:59:42	0004060-003	PSA Homeland Security See Something Say	01:00.760	67
10/01/2022	18:04:46	0004060-031	PSA American Humane Society Rescuing Ani	01:01.342	68
10/01/2022	18:19:48	0004060-025	PSA Mercy Ships Safe Surgery	00:59.237	69

10/01/2022	18:28:46	0004060-004	PSA TakeMeFishing.org Protecting Memorie	01:00.075	70
10/01/2022	18:41:32	0004060-037	PSA Helping A Friend 60	00:59.855	71
10/01/2022	18:58:14	0004060-062	PSA Muscular Dystrophy Association	01:00.222	72
10/01/2022	18:59:15	0004060-002	PSA 60 DAV Victories for Veterans	00:59.999	73
10/02/2022	00:16:21	0004060-069	PSA Character Revealed	01:00.522	74
10/02/2022	00:17:21	0004060-042	PSA Kids Thank Responders	00:59.736	75
10/02/2022	00:19:22	0004060-066	PSA MakeTheConnection.net Stand By A Vet	01:00.566	76
10/02/2022	00:20:23	0004060-010	PSA OK Ed Assn One Caring Adult/Anti Bul	01:01.098	77
10/02/2022	00:43:03	0004060-060	PSA CDC Tip - Cessation	01:01.384	78
10/02/2022	00:44:05	0004060-051	PSA NFHS - We See 60	01:00.721	79
10/02/2022	00:45:06	0004060-022	PSA NICB Car Theft	01:00.423	80
10/02/2022	00:46:06	0004060-023	PSA EPA Reward	01:00.727	81
10/02/2022	00:47:07	0004060-029	PSA Victories - Naomi 60	01:00.702	82
10/02/2022	01:19:25	0004060-052	PSA Social Security	00:59.382	83
10/02/2022	01:20:24	0004060-070	PSA Whatever Gets You Talking	01:00.630	84
10/02/2022	01:21:25	0004060-055	PSA Susan G. Komen - Hope :60	01:00.727	85
10/02/2022	01:22:26	0004060-028	PSA Victories - Greg 60	01:00.598	86
10/02/2022	01:23:26	0004060-044	PSA ChoosePT.com COVID :60	01:00.456	87
10/02/2022	01:48:32	0004060-065	PSA AmericanHumane.org	01:00.078	88
10/02/2022	01:49:32	0004060-063	PSA Women Get It	01:00.415	89
10/02/2022	01:50:32	0004060-045	PSA ChoosePT.com Standard :60	01:00.522	90
10/02/2022	01:51:33	0004060-050	PSA OSSAA - Stars and Stripes 60	01:00.637	91
10/02/2022	01:52:33	0004060-071	PSA Strike Out Slavery	01:00.516	92
10/02/2022	02:16:37	0004060-019	PSA 4H Need Us	01:00.606	93
10/02/2022	02:17:38	0004060-061	PSA Flu Vaccination	01:00.794	94
10/02/2022	02:19:40	0004060-018	PSA Vet Tix	00:59.427	95
10/02/2022	02:44:06	0004060-048	PSA OSSAA - Ridiculous 60	01:00.600	96
10/02/2022	02:45:06	0004060-032	PSA Keeping Our Kids Safe 60	01:00.625	97
10/02/2022	02:46:07	0004060-009	PSA OK Ed Assn Lifelong Readers	01:00.012	98
10/02/2022	02:47:07	0004060-056	PSA First Responders Children Foundation	01:00.627	99
10/02/2022	02:48:08	0004060-021	PSA DOD Didnt Want to Talk	01:00.407	100
10/02/2022	03:17:09	0004060-060	PSA CDC Tip - Cessation	01:01.032	101
10/02/2022	03:18:10	0004060-051	PSA NFHS - We See 60	01:00.342	102
10/02/2022	03:19:10	0004060-022	PSA NICB Car Theft	01:00.010	103
10/02/2022	03:20:10	0004060-023	PSA EPA Reward	01:00.264	104
10/02/2022	03:21:11	0004060-029	PSA Victories - Naomi 60	01:00.287	105
10/02/2022	03:44:26	0004060-047	PSA OSSAA - Tough Tougher 60	01:00.661	106

10/02/2022	03:45:26	0004060-035	PSA Choices 60	01:00.606	107
10/02/2022	03:46:27	0004060-006	PSA Targeting Lyme Disease TargetLyme.or	01:00.203	108
10/02/2022	03:47:27	0004060-024	PSA Victories - Alex 60	01:00.462	109
10/02/2022	03:48:28	0004060-015	PSA Homeland Security Protect Your Every	01:00.293	110
10/02/2022	04:16:27	0004060-045	PSA ChoosePT.com Standard :60	01:00.636	111
10/02/2022	04:17:27	0004060-050	PSA OSSAA - Stars and Stripes 60	01:00.733	112
10/02/2022	04:18:28	0004060-071	PSA Strike Out Slavery	01:00.642	113
10/02/2022	04:19:29	0004060-041	PSA Kids Thank Responders v2	00:59.823	114
10/02/2022	04:20:29	0004060-017	PSA Homeland See It Say it 60	01:00.496	115
10/02/2022	04:44:48	0004060-034	PSA By Your Side 60	01:00.631	116
10/02/2022	04:45:48	0004060-027	PSA Community Veterans Crisis	01:00.434	117
10/02/2022	04:46:49	0004060-039	PSA The Incident 60	01:00.600	118
10/02/2022	04:47:49	0004060-014	PSA American Physical Therapy Assn - Ant	01:00.000	119
10/02/2022	04:48:49	0004060-053	PSA Let's Show Up :30	01:00.564	120
10/02/2022	05:17:33	0004060-056	PSA First Responders Children Foundation	01:00.513	121
10/02/2022	05:18:33	0004060-021	PSA DOD Didnt Want to Talk	01:00.347	122
10/02/2022	05:19:34	0004060-033	PSA Reminiscing 60	01:00.549	123
10/02/2022	05:20:34	0004060-040	PSA We Do Hear You 60	01:00.402	124
10/02/2022	05:21:35	0004060-064	PSA - SSS.Gov	01:00.636	125
10/02/2022	05:46:22	0004060-016	PSA St. Jude Children's Hospital	00:58.551	126
10/02/2022	05:47:21	0004060-020	PSA NPMA Open The Door	01:00.301	127
10/02/2022	05:48:21	0004060-038	PSA Dads 60	01:02.415	128
10/02/2022	05:49:24	0004060-030	PSA Victories - Adam 60	01:00.334	129
10/02/2022	05:50:24	0004060-059	PSA CDC Tips - Tiffany 60	01:00.932	130
10/03/2022	00:17:54	0004060-046	PSA USDVA Stand With Us	01:00.106	131
10/03/2022	00:18:54	0004060-037	PSA Helping A Friend 60	01:00.522	132
10/03/2022	00:20:55	0004060-005	PSA TakeMeFishing.org This Is A Test	01:00.201	133
10/03/2022	00:45:06	0004060-002	PSA 60 DAV Victories for Veterans	00:59.862	134
10/03/2022	00:46:06	0004060-058	PSA Alanah	01:00.029	135
10/03/2022	00:48:06	0004060-001	PSA Type 2 Diabetes Prevention	00:59.912	136
10/03/2022	01:18:29	0004060-067	PSA The Future Depends on Teachers	01:00.937	137
10/03/2022	01:19:30	0004060-007	PSA Pulmonary Fibrosis Foundation	00:59.472	138
10/03/2022	01:20:29	0004060-057	PSA Eating Healthy 60	01:00.853	139
10/03/2022	01:21:30	0004060-008	PSA NCIB Insurance Fraud	00:59.605	140
10/03/2022	01:22:30	0004060-026	PSA Rosacia	00:59.251	141
10/03/2022	01:47:39	0004060-049	PSA OSSAA - Who's In 60	01:00.618	142
10/03/2022	01:48:40	0004060-013	PSA Natil Library For Blind and Handicap	01:00.425	143

10/03/2022	01:50:41	0004060-012	PSA Pharmacy - Buying Safely	00:59.901	144
10/03/2022	01:51:41	0004060-011	PSA American Humane Society "Teach Kids	00:58.883	145
10/03/2022	02:19:14	0004060-003	PSA Homeland Security See Something Say	01:00.059	146
10/03/2022	02:20:14	0004060-031	PSA American Humane Society Rescuing Ani	01:00.154	147
10/03/2022	02:22:15	0004060-025	PSA Mercy Ships Safe Surgery	00:58.849	148
10/03/2022	02:23:13	0004060-004	PSA TakeMeFishing.org Protecting Memorie	00:58.955	149
10/03/2022	02:49:31	0004060-062	PSA Muscular Dystrophy Association	01:00.955	150
10/03/2022	02:50:32	0004060-069	PSA Character Revealed	01:00.332	151
10/03/2022	02:51:33	0004060-042	PSA Kids Thank Responders	00:59.501	152
10/03/2022	03:19:21	0004060-002	PSA 60 DAV Victories for Veterans	01:00.113	153
10/03/2022	03:20:21	0004060-058	PSA Alanah	01:00.312	154
10/03/2022	03:22:22	0004060-001	PSA Type 2 Diabetes Prevention	01:00.163	155
10/03/2022	03:23:22	0004060-066	PSA MakeTheConnection.net Stand By A Vet	00:59.678	156
10/03/2022	03:47:05	0004060-010	PSA OK Ed Assn One Caring Adult/Anti Bul	01:00.483	157
10/03/2022	03:48:06	0004060-052	PSA Social Security	00:59.000	158
10/03/2022	03:49:05	0004060-070	PSA Whatever Gets You Talking	01:00.300	159
10/03/2022	03:50:05	0004060-055	PSA Susan G. Komen - Hope :60	01:00.396	160
10/03/2022	03:51:06	0004060-028	PSA Victories - Greg 60	01:00.190	161
10/03/2022	04:19:15	0004060-012	PSA Pharmacy - Buying Safely	01:00.199	162
10/03/2022	04:20:15	0004060-011	PSA American Humane Society "Teach Kids	00:59.217	163
10/03/2022	04:21:15	0004060-044	PSA ChoosePT.com COVID :60	01:00.750	164
10/03/2022	04:45:18	0004060-009	PSA OK Ed Assn Lifelong Readers	00:59.714	165
10/03/2022	04:46:18	0004060-060	PSA CDC Tip - Cessation	01:00.940	166
10/03/2022	04:47:19	0004060-051	PSA NFHS - We See 60	01:00.282	167
10/03/2022	04:48:19	0004060-022	PSA NICB Car Theft	00:59.962	168
10/03/2022	04:49:19	0004060-023	PSA EPA Reward	01:00.264	169
10/03/2022	05:16:08	0004060-029	PSA Victories - Naomi 60	00:57.766	170
10/03/2022	05:17:06	0004060-024	PSA Victories - Alex 60	01:01.554	171
10/03/2022	05:18:07	0004060-015	PSA Homeland Security Protect Your Every	01:01.478	172
10/03/2022	05:28:12	0004060-045	PSA ChoosePT.com Standard :60	01:00.114	173
10/03/2022	05:29:12	0004060-050	PSA OSSAA - Stars and Stripes 60	01:00.228	174
10/03/2022	05:30:13	0004060-071	PSA Strike Out Slavery	01:00.162	175
10/03/2022	05:31:13	0004060-041	PSA Kids Thank Responders v2	00:59.336	176
10/03/2022	05:32:12	0004060-019	PSA 4H Need Us	00:59.963	177
10/03/2022	05:47:49	0004060-061	PSA Flu Vaccination	00:58.734	178
10/03/2022	05:49:46	0004060-017	PSA Homeland See It Say it 60	00:58.574	179
10/03/2022	05:50:45	0004060-034	PSA By Your Side 60	00:58.641	180

*Spot Report

From: 10/01/2022 To: 12/31/2022

KQSN-FM

12/31/2022	04:21:11	0004060-025	PSA Mercy Ships Safe Surgery	00:59.472	4278
12/31/2022	04:44:55	0004060-045	PSA ChoosePT.com Standard :60	01:00.090	4279
12/31/2022	04:45:55	0004060-053	PSA Let's Show Up :30	01:00.162	4280
12/31/2022	04:46:55	0004060-064	PSA - SSS.Gov	01:00.491	4281
12/31/2022	04:47:56	0004060-010	PSA OK Ed Assn One Caring Adult/Anti Bul	01:00.182	4282
12/31/2022	04:48:56	0004060-057	PSA Eating Healthy 60	01:00.065	4283
12/31/2022	05:17:31	0004060-013	PSA Natil Library For Blind and Handicap	01:00.371	4284
12/31/2022	05:18:31	0004060-066	PSA MakeTheConnection.net Stand By A Vet	01:00.012	4285
12/31/2022	05:19:31	0004060-056	PSA First Responders Children Foundation	01:00.573	4286
12/31/2022	05:20:32	0004060-017	PSA Homeland See It Say it 60	01:00.370	4287
12/31/2022	05:46:57	0004060-006	PSA Targeting Lyme Disease TargetLyme.or	01:00.985	4288
12/31/2022	05:47:58	0004060-069	PSA Character Revealed	01:00.731	4289
12/31/2022	05:48:59	0004060-024	PSA Victories - Alex 60	01:01.170	4290
12/31/2022	12:02:08	0004060-052	PSA Social Security	00:58.777	4291
12/31/2022	12:03:23	0004060-007	PSA Pulmonary Fibrosis Foundation	00:59.214	4292
12/31/2022	12:23:47	0004060-022	PSA NICB Car Theft	00:59.753	4293
12/31/2022	12:36:23	0004060-048	PSA OSSAA - Ridiculous 60	00:59.813	4294
12/31/2022	12:37:23	0004060-031	PSA American Humane Society Rescuing Ani	00:59.585	4295
12/31/2022	12:49:40	0004060-046	PSA USDVA Stand With Us	00:57.301	4296
12/31/2022	13:51:14	0004060-070	PSA Whatever Gets You Talking	01:00.005	4297
12/31/2022	14:08:13	0004060-002	PSA 60 DAV Victories for Veterans	00:59.736	4298
12/31/2022	14:31:17	0004060-035	PSA Choices 60	01:00.931	4299
12/31/2022	14:54:00	0004060-011	PSA American Humane Society "Teach Kids	00:57.221	4300
12/31/2022	15:17:35	0004060-042	PSA Kids Thank Responders	00:59.731	4301
12/31/2022	15:18:35	0004060-009	PSA OK Ed Assn Lifelong Readers	01:00.507	4302
12/31/2022	15:30:00	0004060-040	PSA We Do Hear You 60	01:00.456	4303