

Issues and Programs

Fourth Quarter 2023

Community Affairs Programming

KKFN 104.3 FM, KKFN HD1,
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Mile High Magazine

Mile High Magazine is a weekly public affairs program intended for their listeners in the Denver Metro area, as part of meeting programming obligations as stipulated by the Federal Communications Commission and Communications Act of 1934.

At sixty minutes in length, **Mile High Magazine** consists of two-three segments weekly which are produced and hosted by Bonneville-Denver personalities Adam Morgan, Murphy Huston and Melissa Moore. Specific comments and inquiries regarding programs, content, and guests should be directed to Ms. Geffre at (303) 321-0950 or at publicaffairs@bonneville.com.

Topics on **Mile High Magazine** cover issues of concern to the Denver Metro community as ascertained by the program hosts, listeners, other programming staff, and through quarterly meetings sponsored by the Colorado Broadcasters Association.

This listing is not intended to be all-inclusive, but is representative of the programming broadcast by KKFN and directed to the needs of our audience.

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ISSUE 01 – HEALTH

Date: 10/01/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Dr. Terry Dunn, owner of Foothills Urogynecology

Summary: October is Menopause awareness month and women are underserved and the lack of information on it. Many women do not ask their doctor about their symptoms and just assume it is part of the aging process. About 30-40 years of a women's life is in menopause.

Perimenopause is the period right before menopause; periods start to change, not sleeping as well, moody, and gaining weight are all early symptoms. Symptoms of menopause could be hot flashes, trouble sleeping, brain fog, irritability, and other health related issues. There are ways to help treat symptoms such as hormone replacement therapy, creams, dissolvable pills, the women needs to work with her doctor to find the right fit. Weight bearing exercise is also good, such as walking. Watching your diet is also import. The average age of menopause starts in a women's 50's and they should start having conversations with their doctor during their annual check up in their 40's.

Date: 10/15/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Alyssa Quinn Support Group Gounder

Summary: Dysautonomia is an umbrella term to cover a few different conditions that effect the autonomic nervous system. It is when you have a disfunction in your autonomic nervous system which is everything that is automatic like the things we do not have control of. This could be things such as heart rate, blood pressure, kidney function or temperature control. Common symptoms can be lightheadedness, fainting, chest pain, GI issues, temperature sensitivity.

Dysautonomia is not rare, it is just not talked about. The average length of diagnosis is nine years.

Date: 10/15/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Dr. Jeff McWhorter Chiropractor/Brain Expert

Summary: Hyperbaric Oxygen Therapy allows the body to become oxygenated to 100% saturated. As aerobic organisms we require oxygen for our cells to function. The higher the oxygen the better the function of those cells. This would lead to better energy throughout the day, better sleep, less inflammation, and even quicker body recovery. There is no age limit, they will meet with you before treatments start to make sure there will be no complications.

Date: 10/29/2023 and 11/05/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: José Esquibel Director

Summary: Across America over 5,000 persons have died from opioid abuse during the last year. Although The Support Act as expired and awaiting its renewal, the fight against fentanyl and all opioids still continues.

Date: 12/03/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Anne DeWire Area Managing Director

Summary: St. Jude is leading the way the world understands, treats and defeats childhood cancer and other life-threatening diseases. The hospital is in Memphis, TN but they share their research with everyone around the world. At St. Jude families never receive a bill. KYGO has been a part of Country Care for St Jude Kids since the beginning when Randy Owen came and asked them to be a part of it. December 6th and 7th is the St Jude radiothon on KYGO from 6a-7p, just \$19 a month and you become a partner in hope.

Date: 12/17/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Kevin Peterson Licensed Marriage & Family Therapist

Summary: Even though the holidays can be the happiest time of the year, it can also be the most stressful. It is ok to be in your feelings. If you struggle with substance abuse, it might be time to reach out to a therapist or just ask for help. You do not have to do this alone. Even going for a walk can help. Do not be afraid to set boundaries. Let people know ahead of time what your expectations are if you are hosting, if you want people to leave by a certain time tell them the time they need to leave, let them know if you plan to limit alcohol. If you are at a party, it is ok to leave when you want to, people will not remember you left early.

Date: 12/24/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Mary Ann East and Abigail Hanlin Music Therapists

Summary: Enhancing memory, improving communication, and promoting mental and physical rehab are things that can be accomplished through music therapy. For older adults music therapy can assist dealing with stress, chronic pain and even depression. Music therapy utilizes clinical interventions with the assistance of a professional music therapist.

Date: 12/31/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Dr. Angela Tran, D.O.

Summary: Ozempic and Wegovy are changing the way doctors treat diabetes and weight loss. They help control your appetite, improve your metabolism and regulate your blood sugar.

Ozempic and Wegovy are the same medication that mimics a special hormone that impacts your gut and brain. Some of the side effects can include nausea, diarrhea, also it could impact the gallbladder. Depending on the dose they are very manageable and will go away. A person with a body mass index over 30 are recommended or 27 with risk factors are people who would be ideal candidates to take Ozempic or Wegovy. In order to come off, people need to have a diet and exercise plan in place. There are pills of Ozempic and Wegovy that are in clinical trials. Treating obesity it reduces the risk for other medical conditions. Your weight problem is metabolically drive, it is not a failure to get help to get the weight off.

Date: 12/31/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Heather Burke PR/Communications Manager and Rhonda Hill is a kidney, pancreas and bone recipient and the wife of a donor

Summary: The Donate Life float returns to the Rose parade this year to raise awareness of organ, eye and tissue donation. The stories of hope reach millions of people just by the coverage they get not only for TV viewers but also for the people who are watching the parade live. The Donor Alliance theme is Woven Together, Dance of Life. Nearly 1,500 people are on the waiting list for a transplant in Colorado and Wyoming and more than 100,000 people nationally. There are more a million lives saved with tissue donations. One donor can save up to 8 lives with an organ donation and 75 with tissue donation. Registering to be a donor is so easy. You can become a donor by checking yes when you are at the DMV or by going to their website.

ISSUE 02 – SOCIAL ISSUES

Date: 10/01/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Kraig Burleson and Hazel Miller

Summary: Inner City Health Center is Denver's premier provider of high quality clinical health services for the uninsured and underserved. Regardless of your situation, Inner City Health Center will help you navigate the health care system and ensure that you get the help that you need. Coming up on October 13th they are hosting The Jazzed Next Decade Gala.

Date: 10/01/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Shelby Denver Arts & Venues exhibition curator, and creator of the Cultural Runway Series AND Alyssum Skjeie Exhibitions Curator

Summary: On the third floor of the McNichols Civic Center Building they have a co-curated exhibit with Paul Ramsey. The artwork on display in “Culture Cloth” are all traditional textiles from around the world. Some are about a century old. There are Turkish rugs, prayer cloths from Afghanistan, Kente cloth from Ghana, Huipil from Guatemala. This all ties in with Perfect Patchwork, on display at Denver International Airport Ansbacher Hall and C Concourse Mezzanine Oct. 6-Feb. 26, 2024. The exhibition is a celebration of quilting in Colorado.

Date: 10/01/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Jeff Rupp Executive Director, Colorado Judicial Institute & Retired Judge Russ Carparelli

Summary: The public trust in Colorado State Courts is down to 60% from 76% in 2018. The work of the Colorado Judicial Institute is to promote excellence, equity and public trust in the court system through public education, advocacy, and promoting diversity to reflect the community.

Date: 10/08/2023

Time: 6:00 am

Duration: 15 minutes

Title/Guest: Alison Jacobson is the CEO

Summary: First Candle is committed to ending sudden unexpected infant death through education and outreach campaign but also providing support to families that have lost a baby to sudden unexpected infant death or stillbirth. SID stands for sudden infant death, SUID stands for sudden unexpected infant death. There are 3,500 SUID deaths a year; the rate has not gone down in 20 years. During the pandemic, while the rate stayed the same, the number went up for black children. Breast-feeding can reduce the rate of SUIDs by 50% but they also believe in meeting families where they are at and there is no shame if they cannot. The best way for a baby to sleep is on a very firm flat mattress on their back with no blankets or stuff animals.

Date: 10/08/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Alex Mozota Co-Founder

Summary: Drink for Pink is a non-profit organization that collaborates with local breweries to make a big impact for breast cancer in not just women but also in men. One out of 100 men will be diagnosed and one in eight women are diagnosed with breast cancer. Drink for Pink focuses on research but also transparency about where the money they raised goes.

Date: 10/08/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Jim Hunt, actor who has performed in Victorian Horrors since it started 29 years ago

Summary: Celebrate 30 years of Victorian Horrors at the Molly Brown House Museum. The actors tell gothic horror tales by well-known but long-gone authors throughout the house in character. There will be five stops but seven actors. Two spots will be with duet actor. Victorian Horrors starts October 13th and runs until October 28th.

Date: 10/08/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Peter Kaldes President of The Next 50 Innovative

Summary: Activating week and Ageism awareness day are two events that did not exist at the opening of this new century. As America largest 20th century generation continues its journey though life, the boomers are working their next change to society. This time it is rethinking the meaning of aging in America.

Date: 10/15/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Dennis Law Producer and Director

Summary: Mozart Requiem Evermore showcases the adaptation of Mozart's spectacular and classical score for a symphony orchestra, a large chorus and four vocal soloists, into a work of musical dance theater using electronic music ensembles. Dennis helps create cultural shows for non-profits, Cleo Parker Robinson has been a good friend of his for a long time, so he is doing this for the dance studio and the community. The ticket sales from these performances go to Cleo Parker Robinson Dance Company.

Date: 10/15/2023 and 10/22/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Eileen Doherty Executive Director

Summary: With selections in Medicare on-board for the selection process in November, the Colorado Gerontological Society, Senior Answers is assisting with insights to the new changes and choices through its touring and virtual Medicare Mondays presentations. This program reviews the changes and assistance available. The program also covers insights to election Proposition HH for senior homeowners.

Date: 10/22/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Kevin Petersen Licensed Marriage & Family Therapist

Summary: If not now, when? October is National Self Care month, the big question is, are you doing what you want to do and are you truly happy with your life? Kevin shared his story about how he left a sales job in his 40's to go to grad school to change his career. People feel a certain pressure to lead a certain life and then at some point they realize they are not doing that stuff for themselves. When you are willing to put yourself out there, the doors will open.

Date: 10/22/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Sigri Strand, Curator of PlatteForum

Summary: PlatteForum new exhibit "The Oracle of AI" by resident artist Paulus van Horne opens November 3rd. "The Oracle of AI" is discussing how we are putting trust into computers

and trusting them to much. Paulus wants to explore AI and find a place that is comfortable for everyone to work with machines and computers. They created a sphere that is representing the oracle and they are inviting the public to come in and discuss the relationship we are building with AI. There is going to be a performance art piece, there is going to be someone who is selling the idea of self-help while you sleep through AI. The event is free.

Date: 10/29/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Jody Strouse Executive Director

Summary: Domestic violence is not just physical, it can also be emotional, spiritual, financial, it can come in a lot of forms. Emotionally abusive is betting them down emotionally down every day. Spiritually, is take away their belief in a higher power. Gaslighting or crazy making is when the person turns the story around and the victim believe them. S.H.A.R.E, INC offers emotional support for the victims, they also have children's groups so they victim does not need to find childcare, financial support, they will also help with paperwork if they cannot afford lawyers. If someone realizes they are in a domestic violence relationship, they should get in contact with an agency that can help them get out safely and create a safety plan.

Date: 10/29/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Jen Lofgren the Regional Program Manager

Summary: Casting for Recovery offers programs that are open to women with breast cancer. They offer free two and a half days fly fishing retreats all across the country. They have over 1800 volunteers nation wide. The first day is a light ice breaker and getting fitted for gear. On the second day they learn about the sport as well as casting, equipment overview, and wellness talks. The final day is a half day of fishing with their own guide and a graduation.

Date: 10/29/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Officer James Seneca with the Aurora Police Department

Summary: Officer Seneca had leukoma 36 years ago, the odds of him beating it were 30% and he did. Cops Fighting Cancer started going to Childrens Hospital in 2002 with different agencies and it has grown since then. This December will be their 21st year of The Long Blue Line, they have not missed a year even during COVID. It starts with a breakfast, they even have a donut eating contest, then the presentation to Childrens Hospital, followed by a long blue line of police vehicles to the hospital were they will wave to the kids in the hospital.

Date: 11/05/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Rebecca Heinrich, Mother's Milk Bank Director

Summary: Mothers Milk Bank work with neo-natal intensive care units (NICUs) at hospitals across the country to provide donor human milk for babies in need of its life-saving nourishment.

The demand for human milk is on the rise. The fall is usually the time with human milk is needed the most. They have seen a 10% increase from last year. Only human milk offers hundreds of critical vitamins and nutrients, donor human milk is evidenced to dramatically reduce the occurrence of necrotizing enterocolitis, a life-threatening disease that affects premature infants. Human milk that is donated is tested for infectious disease and it is pasteurized, additionally they do follow up testing on the milk to make sure everything is as pure as possible for the infants.

Date: 11/05/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Officer Carlos Montoya Denver Police Department

Summary: The Christmas Crusade started in 1983, originally known as Santa Cops, it was a bunch of officers from Denver Police and Sheriffs that got together to help the communities especially around Christmas. They now have over 33 groups that are all a part of Christmas Crusade. The agencies work with the families to get children gifts for Christmas. Over the 40 years the Christmas Crusade has provided Christmas to over 300,000 kids. KYGO is a big partner for Christmas Crusade providing a space for them to work, using the website as a place for donations just to mention a few.

Date: 11/12/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Michelle Sie Whitten, Co-Founder, President & Ceo, Global Down Syndrome Foundation

Summary: Michelle started the Global Down Syndrome Foundation in 2009 with her parents because her daughter Sophia has down syndrome. Their focus is on research and medical care. When a person is born with down syndrome, they have three copies chromosome 21 instead of 2. In the 1980's the average life span of a person with down syndrome was 28 and today it is 60. The Global Down Syndrome Foundation has donated more than \$32 million to establish the first Down syndrome research institute supporting over 400 scientists and over 2,200 patients with Down Syndrome From 33 States And 10 Countries. Coming Up On November 18th Is The 15th Be Beautiful Be Yourself Fashion Show. There are a handful of tickets left. Another way to support is to sponsor a model.

Date: 11/12/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Anne McKinnon Volunteer and Grace Scheer Associate Director

Summary: The Arthritis Foundation connects arthritis patients with valuable resources. They also have a website and local support groups. There is no cure for arthritis and there is over 100 different forms of arthritis. Arthritis can effect people of all ages and races. It is the leading cause of disabilities in the US. Children as young as 6 have started to get diagnosed with juvenile arthritis. The Arthritis Foundation host a camp every summer for children who have arthritis. Coming up on December 10th at Wash Park is the Jingle Bell Run 5k. The money raised goes directly to the Arthritis Foundation.

Date: 11/12/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Dr. Jamie Studts, University of Colorado Cancer Center, American Cancer Society Representative and Kelly Moran, American Cancer Society, Senior Executive Director, Colorado & Utah

Summary: The American Cancer Society has updated its lung cancer screening guideline, if you are over the age of 50, have a 20-year or greater pack-year history, currently smoke or used to smoke, you are eligible for lung cancer screening. Regardless of if you have quit smoking, you would still benefit from lung cancer screening. Your lungs do heal after quitting but they do not fully heal. Not having a smoking history does not mean you will not get lung cancer, 10%-20% of people diagnosed with lung cancer do not have a smoking history. November is lung cancer awareness month. Lung cancer is the second most common diagnosed cancer for both men and women and is the leading cause of cancer death across the US. The great American smoke out is coming up on 11/16, the American Cancer Society is encouraging people in Colorado who smoke to make a plan and commit to a smoke-free future.

Date: 11/12/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Ashton Applewhite

Summary: One of America's top thought leaders on aging in America is Ashton Applewhite. Her book is "This Chair Rocks: A Manifesto to Raise Awareness Regarding Aging and How to End It." She touches on the changes taking place in the U.S. and in other countries on age discrimination and stereotyping and on the new perspectives Boomers are making with respect to aging.

Date: 11/19/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Kevin Petersen Licensed Marriage & Family Therapist

Summary: The holidays tend to be a stressful time of year for us. Starting from Halloween and going to Valentine's Day. People put pressure on themselves to make sure the day is perfect. Another thing that comes up is missing relatives who are no longer here to share those days with you. It is ok to give yourself a break. Some tips to reduce the stress is limit the activities you go to, pick who you want to be with, slow things down and enjoy who is around you. Do not be afraid to set your boundaries. Be clear about what you can and will not do.

Date: 11/19/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Craig McIlroy Denver Lead

Summary: The Light the World Giving Machines came to Denver in 2019. The Light the World Giving Machines are vending machines for charity, you can buy an item for someone in need. You decided on the amount you want to spend and the item. This year they are working with five local non-profits and two global non-profits. This year the local non-profits they are working

with the Colorado Hosting Asylum, The Delores Project, Global Down Syndrome Foundation, and Volunteers of America. The two International charities are Church World Service, American Red Cross. They are located on Cherry Creek North and will be there from November 16 until December the 24th and 100% of the donations go to that charity.

Date: 11/19/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Major Nesan Kistan

Summary: The salvation has been around since 1865 but has been in the Denver area since 1887. Inflation has increased 9.1%. The homelessness numbers have gone up to over nine thousand in the last year. The Salvation Army will give over 80,000 toys to children this year. They will also provide over 500,000 nights of shelter to families who are struggling. The Salvation Army will be providing meals for Thanksgiving and Christmas so people do feel alone. The annual Red Kettle is about to kick off and it is the Salvation Army's biggest fundraiser. There is a virtual red kettle on their website you can donate to or if you see someone outside of the store at a red kettle, you can also do Kettle Pay, just scan the QR code and you can pay with Apple Pay, Google Pay, Venmo and Paypal. About 84 cents of every dollar raised goes to those programs and the money stays in their community.

Date: 11/26/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Courtney Wickberg Chief Communications Officer

Summary: A Precious Child provides children in need with opportunities and resources to empower them to achieve their full potential to families in need. They have programs that focus on family stability, academic success, and social and emotional wellbeing. A Precious Child works with more than 300 agencies year round for their holiday program. The agencies refer families that are in the most need. A Precious Child has a resource center and they have a store where families get to go shop and it is all free for those families. During the holidays families give them their top three wishes. A Precious Child puts these wishes on a giving tree and people can sponsor the child. The gifts are then given to the mother/father and they can wrap the gifts to give them to the kids.

Date: 11/26/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Dr. Kimberly Nordstrom Chief Medical Officer Rocky Mountain Health Plans

Summary: Over the last decade, there has been a decline in adolescent in emotional and cognitive health with increased rates of mental health challenges. This could be due to the rise in social media, the pandemic, climate change, school shootings and other factors. Missed celebrations during the pandemic has also had a big impact. Around 70% of teens believe that anxiety and depression are a major problem among peers. Out of those diagnosed with a mental health disorder 75% will have had their first episode by the age of 24. Suicide is the third leading cause of death in college students. In 2021 in Colorado 182 youth between the ages 15-

24 died by suicide. For parents, even if you do not think you see anything just ask your child how they are doing or what is going on with them at school.

Date: 12/03/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Dr. Kelly Diehl Senior Director of Science and Communication

Summary: Morris Animal Foundation has been around since 1948 and they have always been based in Denver. They are a group that funds research that benefit animals through grants. They have a study with the University of Denver looking at the health of service dogs who work with veterans who have PTSD. They want to learn how to better serve the dogs as they are doing their jobs. They also have study with CSU that looks at aging and how it impacts the immune system of dogs and how to support that. Right now, they have their end of the year campaign going on and their board of trustee is going to match up to \$200,000 in donations though the end of the year.

Date: 12/03/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Kelly Dunkin President & CEO

Summary: Colorado Gives Day is Colorado's largest day of giving. Colorado Gives Day is December 5th this year but early giving started on November 1st. Colorado Gives Day started in 2010 and since that time they have raised \$415 million dollars for Colorado non-profits. There are 3700 non-profits on their website to donate too. Giving is easy, just go to the website and you can search by type of organization and even donate to more then one at a time.

Date: 12/03/2023 and 12/10/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Scott Levin Executive Director

Summary: In 2022 the level of anti-semitic speech and attacks on Jewish Americans increased to one of the highest levels ever. And the current conflict between Israel and Hamas just serves to make things worse. Although it is fine to hold or share personal viewpoints, communicating any views with hate and anti-Semitic actions is not. The Anti-defamation League works to assist Americans and especially children to better and understand and communicate their feelings more positively.

Date: 12/10/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Karmen Carter, Executive Director

Summary: Domestic violence is when one person determines they should have power and control over a another person and their life. It the abuse can be economic, emotional, sexual and physical. It takes someone on average seven times trying to leave a domestic violence situation before they are successful. One in 15 kids are exposed to intimate partner violence each year, one in four women and one and seven men will experience intimate partner violence in their

lifetime. Gateway Domestic Violence is a 24/7 shelter serving the City of Aurora and Arapahoe County. Gateway Domestic Violence serves approximately 2000 people annually.

Date: 12/10/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Joe Hengstler, Olde Town Arvada Bid Director

Summary: Ole Town Arvada is the south east corner of town and it has shopping, restaurants, and lots of fun for families. Olde Town Arvada has a lot of locally owned shops that have unique gifts. During the holiday's you can stop by and see Santa, a holiday market, ice skating and shop all the business. Don't forget to check out all the holiday activities at the taverns.

Date: 12/10/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Erin Porteous CEO

Summary: Boys & Girls Clubs of Metro Denver is one of the largest youth-serving organizations in Colorado, serving tens of thousands of kids each year at 25 Club sites. The families' at the Boys and Girls Club of Metro Denver, median annual household income is \$30,000 per year with an average of three children. The cost for kids to join is just \$2. The activities at the Boys and Girls Club of Metro Denver are all age specific. The Boys and Girls Club of Metro Denver helps kids with academic, healthy lifestyles, mental health and also is a place for kids to have fun. A;; 25 locations will have holiday parties this year, they will be able to make gingerbread houses and pick out gifts for their friends and family.

Date: 12/17/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Richard Byrne President Colorado State Association of Letter Carriers

Summary: WeeCycle supports families with infants and toddlers across the state with essential baby gear and supplies. WeeCycle works with other non-profit and other organizations to distribute items such as diapers, wipes, car seats and other essential baby gear. WeeCycle goes out in into the community two to four times each week, they partner with food banks, so that the families can get food and the baby essentials they might need. They have seen an increase in need because of COVID and also with the shortage with baby formula. They have also seen an increase in demand because of the cost of living going up and the increase in migrants coming into Colorado. Right now WeeCycle is really needing coats and humidifiers.

Date: 12/24/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Aidan Attreau, MS CCC-SLP Executive Director

Summary: Real Life Colorado: The Learning Zone, a K-8 school, caters to nonverbal or limited communicators using Augmentative and Alternative Communication (AAC) devices. AAC, a non-verbal communication form, has proven transformative for many individuals. Students at

Real Life Colorado experience improved behavior and reduced frustration, as AAC empowers them to communicate and express themselves effectively

Date: 12/24/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Stephen Hinkel Public Relations Manager

Summary: The Denver Rescue Mission has been reaching out to those experiencing homelessness for over 130 years. They are serving 1.2 million meals, it is the most they have served in the Missions history. They are also providing more shelters for homeless. On Christmas Eve they are looking to provide shelter for 1250 people. Denver Rescue Mission does not discriminate as homelessness does not discriminate. The Denver Rescue Mission is always needing volunteers, look at their website to see if there is any way to get involved.

Date: 12/31/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Paul Andrews President & CEO

Summary: The National Western Stock Show starts on January 6th and will be here for two weeks. It all kicks off with the big parade on January 4th in downtown Denver with the Grand Marshal being Randy Gradishar. The National Western Stock Show is a non-profit that started in 1906. The show is sixteen days with 29 rodeos, PBR, livestock shows, 13 horse shows, shopping and so much more. Over 50 states and a lot of countries from around the world will be represented this year.

ISSUE 03 – FAMILY

Date: 11/05/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Shannon Francis Executive Director

Summary: Spirit of the Sun is an Indigenous women led organization that works to empower native youth and native elders through various programs. The elders are the kings and queens and hold a lot of the knowledge of their ancestors. Spirit of the Sun has incorporated a seven generation principle that transfers knowledge from the elders to the youth. They offer story telling, remote classes, and building a curriculum. The curriculum includes things such as agriculture, seed knowledge, and ancestral foods. November is Native American Heritage Month it is a month to celebrate cultural resilience. Through cultural resilience they are able to take back that knowledge.

Date: 11/26/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: John Burtness VP of Development

Summary: Ronald McDonald House has been working to keep families with sick kids together. Being alone in the hospital can be a traumatic experience, especially for children. Between the two houses in Denver, they are able to house 118 families. Each room is very similar to a hotel

room. They are also shared rooms, such as sitting areas and play rooms for the kids. They have volunteers that bring in a home cooked meal to feed the families staying at the houses. It cost Ronald McDonald house \$125 a night to house the families. A family can stay as long as their child is being treated. Coming up on November 30th is Light The House Radiothon. They ask listeners to be a Ray of Hope; they commit to donate \$20 a month for the year.

Date: 12/17/2023

Time: 06:30a

Duration: 15 minutes

Title/Guest: Morgan Seibel Executive Director

Summary: WeeCycle supports families with infants and toddlers across the state with essential baby gear and supplies. WeeCycle works with other non-profit and other organizations to distribute items such as diapers, wipes, car seats and other essential baby gear. WeeCycle goes out into the community two to four times each week, they partner with food banks, so that the families can get food and the baby essentials they might need. They have seen an increase in need because of COVID and also with the shortage with baby formula. They have also seen an increase in demand because of the cost of living going up and the increase in migrants coming into Colorado. Right now WeeCycle is really needing coats and humidifiers.

Date: 12/24/2023

Time: 06:00a

Duration: 15 minutes

Title/Guest: Rebecca Hea Executive Director

Summary: Denver Children's Home is the oldest non-profit in the state of Colorado. They were founded as Denver's Orphan home. For 147 years, the community has supported the most at risk youth in order for them to be successful. Renamed Denver Children's Home in 1962, they specialize in aiding severely abused, traumatized, and neglected children and families facing mental health challenges below the poverty line. Providing residential and day programs, their impact endures, with returning kids testifying to life-changing experiences.

ISSUE 04 – ENVIRONMENT

Date: 10/22/2023

Time: 06:15a

Duration: 15 minutes

Title/Guest: Sam Cole Traffic Safety Communications Manager

Summary: Teens are at a greater risk when it comes to driving and that is just because they are inexperienced. You want their focus to be on the road and their phone and their friends are a distraction. In the first six months you teen drivers cannot have anyone under the car with them under the age of 21, and until you are 18 you cannot be on your phone at all. CDOT has seen a higher number of traffic fatalities in rural areas. Drivers education goes into the what if and give you different scenarios to make sure you are prepared for all different situations that might happen. This year there has been a 53% increase in teen drivers killed on our roads this year.

ISSUE 05 – ECONOMY/FINANCIAL

Date: 11/19/2023 and 11/26/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Jennifer Seybold Executive Director

Summary: A U.S. Department of Housing and Urban Development report estimates 38,000 veterans are homeless in the U.S. with 700 in Colorado. Although the VA has begun its first housing project in Los Angeles there is another already up and running in Longmont, Colorado. It's the Veterans Community Project which provides accepted Vets what they need to get off the street and back on their feet again.

Date: 12/17/2023

Time: 06:45a

Duration: 15 minutes

Title/Guest: Elizabeth White Author

Summary: The pandemic forced a number of people into life situations we would not have chosen. Situations that have required a deep resiliency, tenacity, and new strengths to overcome. Finding herself at middle age, out of executive level work and with limited resources our guest found it necessary to jump-start her life. What she did is a model we can all use and wrote the book, "55, Unemployed and Faking It,".

Date: 12/31/2023

Time: 6:45 am

Duration: 15 minutes

Title/Guest: Kevin McNulty, Career and Applied Pathways Manager and Nate Cadena, Chief Impact Officer

Summary: What to do next after high school graduation? It's the first major decision for many a young adults life. The Denver Scholarship Foundation partners with students, families, and supporters to increase access and completion of post-high school learning including career and entrepreneurial opportunities.