Station Call Sign: KXRQ
Station Location: 29 SOUTH VERNAL AVE #2 VERNAL UTAH 84078
Quarter: 3rd
Year: 2023

Quarterly
Programs Responsive to Community Issues and Problems

Date	Duration	Program Title	Issues Addressed	Guests
07/02/23	30mins	Substance abuse	Fentanyl overdoses are the leading cause of death for Americans. She talked about the importance of education and treatment programs and also explained why fentanyl is a particularly troubling issue for pregnant women.	Nora Volkow
07/09/23	30mins	Money	Conversations about money remain taboo for most U.S, households. 70% of families lose their money, assets, and family harmony in the aftermath of estate transfers. She explained how to successfully talk about money matters	Lori R. Sackler
07/16/23	30mins	Food allergy	Allergies in adults and found the prevalence of food allergy is highest among Black, Hispanic and Asian individuals across all ages.	Ruchi S. Gupta
07/23/23	30mins	Personal Health	He explained how and why the doctor patient relationship has eroded in recent	F. Perry Wilson

			year. He offered several potential solutions to restore trust between patients and doctors	
07/30/23	30mins	Personal Health	Vitamin D did result in a small reduction for patients who were already at risk of a heart attack and she believes further research is needed to better understand the link	Rachel Neale
08/06/23	30mins	Parenting, foster care	More than one million American children now live with their grandparents, primarily because of their parent's addiction to opioids and other drugs. She discussed how these difficult experiences can negatively affect children's mental and physical health	Bacall Hincks
08/13/23	30mins	Crime	It is a pattern being played out in many cities in the U. S. squatters move into a home, refuse to leave, and homeowners have few options to evict them. He talked about what homeowners should do.	Paul Pilibosian
08/20/23	30mins	Social media	How tech amplifies Discontent, Disrupts, Democracy- and what we can do about it	Tobias Rose- Stockwell
08/27/23	30mins	Personal health	He said the poll also found very low awareness of blood tests that can help detect Alzheimer's disease	Peter Clark
09/03/23	30mins	Personal health	Her study of people ages 70 and older found walking an additional 500 steps per day, or and additional quarter mile of walking, was associated with a 14% lower risk of heart disease, stroke or heart failure	Erin Dooley
09/10/23	30mins	Child mental health	Children ages 3019 are struggling with anxiety, depression, and mental health challenges. She discussed the factors behind this trend and warning signs that parents should watch for.	Caroline Leaf
09/17/23	30mins	Retirement planning	He talked how to improve the odds that you	Chris Carosa

			will retire in comfort	
09/24/23	30mins	Career	Middle age who are considering career changes. She said a job search in a new field or occupation requires much more work than a typical job search.	Dawn Graham
		Parenting issues	Has conducted school assemblies for more than 1 million teens and adults, aimed at helping youth make wise choices and seek help.	Susie Vanderlip

Date	Duration	Program Title	Issues Addressed	Guests
1/1/09	20min	Sample Title	Issues Addressed	Guest 1, Guest2

Date	Duration	Program Title	Issues Addressed	Guests
1/1/09	20min	Sample Title	Issues Addressed	Guest 1, Guest2

Date	Duration	Program Title	Issues Addressed	Guests
1/1/09	20min	Sample Title	Issues Addressed	Guest 1, Guest2

Date	Duration	Program Title	Issues Addressed	Guests
1/1/09	20min	Sample Title	Issues Addressed	Guest 1, Guest2

Date	Duration	Program Title	Issues Addressed	Guests
1/1/09	20min	Sample Title	Issues Addressed	Guest 1, Guest2