

KXMR  
 Bismarck, ND  
 Quarterly Issues/Programs List  
 First Quarter, 2023

KXMR provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

**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
Veteran's Affairs, Suicide Awareness	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Jim Lorraine joins the show to discuss some of the top issues facing veterans across the country, along with the work AWP is doing to assist those veterans. Dr. David Rudd Director of the Rudd Institute for Veteran & Military Suicide Prevention - Dr. Rudd checks in to discuss mental health around the holidays, the prevalence of suicide among veterans, and strategies to address the country's suicide epidemic. Tatum Hunter breaks down some bad habit breaking and sobriety apps for those looking to make changes in the new year, data privacy dos and don'ts, and new scams to be aware of.	J. Lorraine, Dr. D. Rudd, T.	01/01/2023 07:00 AM	029:49
Public Health	IHEARTRADIO COMMUNITIES:	Dr. Sasson discusses the	DR. C SASSON	01/08/2023 07:00 AM	029:50

	PUBLIC AFFAIRS SPECIAL	cardiac event involving Buffalo Bills Safety Damar Hamlin, including steps everyone can take in an emergency situation like that to help save a life, and warning signs and symptoms associated with cardiac arrest, heart attacks, and strokes.			
CHILDHOOD OBESITY, HEALTH	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Dr. Hernandez breaks down new guidelines released by the American Academy of Pediatrics for addressing childhood obesity, including changes to treatment recommendations and tips for parents to make sure their children get off to a healthy start in 2023.	DR. R HERNANDEZ	01/15/2023 07:00 AM	029:49
Health and Wellness, Supporti	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Dr. Lasky explains the work the American Red Cross does involving blood donations across the country, along with important information on who can donate and how blood donations are utilized. Anahad explains the health benefits of Dry January, how a simple change in diet can lead to tremendous health results, and new data behind when we eat and how it impacts our body. Bill provides info on how NLEM	Dr. B. Lasky, A. O'Connor, B. Alexander	01/22/2023 07:00 AM	029:49

		supports law enforcement nationwide, along with their families. Bill also runs through recent trends in members of law enforcement being killed in the line of duty and ways to help prevent that moving forward.			
MENTAL HEALTH	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Dr. Valdez explains the work AHRQ does, including its role in the national response to the COVID-19 pandemic and the battle against Long COVID. Plus, Dr. Valdez explains how the agency addresses issues of patient safety. Case Kenny offers strategies and tips for prioritizing mental and physical health in the new year, including ways to work yourself out of difficult times and achieve goals set for 2023.	DR. OTTO VALDEZ, C. KENNY	01/29/2023 07:00 AM	029:50
Public Health, Addition and Recovery	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Alison Barkoff explains the role of ACL in assisting older adults and those with disabilities, along with the importance of COVID-19 vaccines for those specific groups of individuals. Brian Hooks, Chairman & CEO of Stand Together. Brian Hooks discusses the work Stand Together does as a philanthropic community tackling	A. Barkoff, B. Hooks	02/05/2023 07:00 AM	029:49

		the root causes of America's biggest problems. Brian also highlights the 1 Million Strong campaign, an initiative that seeks to transform the way people think about addiction and recovery.			
Inspiration & Careers, Healthy Eating, Health & Education	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Astronaut Dr. Ana Fisher & Meredith Bagby, Author of The New Guys: The Historic Class of Astronauts That Broke Barriers and Changed the Face of Space Travel. Dr. Fisher discusses her career in the space program and the historic mission of becoming the first mom in space. Meredith Bagby explains the importance of a group of astronauts that opened the door in the space program for a new generation of space explorers from all different walks of life. Devin Alexander, The Biggest Loser Chef & Author of The Land of Secret Superpowers: Vegetables. Chef Alexander explains the importance of vegetables for children and offers tips on how to make them more appealing. She also provides advice for those looking to become healthier in 2023. Chris Carr, Former NFL Player,	Dr. A. Fisher, M. Bagby, D. A	02/12/2023 07:00 AM	029:49

		Concussion Advocate and Board Member for 'Brain Injury Services.' Chris Carr breaks down the issue of brain injuries and concussions, including how to spot them and what steps to take if you or someone you know is suffering from one.			
Mental Health Care, Education in underserved communities	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Director Figueroa discusses HHS' efforts to reach Black Americans, specifically as its related to COVID-19, and the numerous other priorities that department is currently working on, such as mental health care and overall health equity. Dr. Price discusses her organization's mission to reduce the high school dropout rate, increase degree and certificate enrollment among disadvantaged and underserved communities, and close the gap in educational achievement.	M. Figueroa, Dr. T. Price	02/19/2023 07:00 AM	029:49
Mental Health Care, Youth Mental Health	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Dr. Kevish discusses Heart Health Month and steps everyone can take to limit the risk of cardiovascular disease. Dr. Kevish also explains some of the most common cardiovascular issues, like heart	Dr. B. Kevish, Dr. A. Green	02/26/2023 07:00 AM	029:49

		attacks and strokes. Dr. Green breaks down a recent CDC report on youth mental health that found an alarming number of girls across the country are experiencing feelings of sadness and hopelessness. Dr. Green steps through the data and some of the potential underlying reasons for the results.			
Youth Mental Health, Veteran	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Discussing resources for parents about their kids about mental health. Caring for our Veterans	Dr. A. Breland-Noble, J. Lorr	03/05/2023 07:00 AM	029:49
Equality, Vaccinations	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Increase representation of women and girls. Discuss the safety and efficacy of the COVID vaccines.	C. Guilfoyle, J. Rivera	03/12/2023 07:00 AM	029:49
National Economy	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	US banking/finance following recent bank collapse, including role of the Federal Reserve and FDIC.	S. Meghji	03/19/2023 07:00 AM	029:50
HEALTH	IHEARTRADIO COMMUNITIES: PUBLIC AFFAIRS SPECIAL	Covid vaccines, Women's Health, Red Cross	Dr. S. Stanford, S. Pipa	03/26/2023 07:00 AM	029:49

**Section II**

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

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues.

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
(Insert network and/or syndicator-provided programs lists here.)				

**Section III**

**PUBLIC SERVICE ANNOUNCEMENTS**

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
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(This station aired no public service announcements during the quarter in question.)