

**Quarterly Issues Programs List for Station KAZG – AM, Scottsdale, AZ**  
**January 1 – March 31, 2020**  
**Placed in the Public File – April 9, 2020**

**Section I: Issues – The station has identified the following issues as affecting the community this quarter.**

- A. Assistance programs for the elderly and their families**
- B. Veteran assistance programs, military appreciation and historical preservation**
- C. Animal rescue, abandonment, adoption and overpopulation issues**
- D. Support and programs for at-risk youth and youth with disabilities**
- E. Assistance with rising medical costs for cancer patients, children and their families**
- F. Environmental impact**
- G. Education and employment assistance**
- H. Substance Abuse Help**
- I. COVID-19**
- J. Distracted Driving**

**Section II: Responsive Programs –**

- A. Assistance programs for the elderly and their families.**

**Valley Focus** – Broadcast on January 12, 2020 at 6:00:09 a.m. Duration 22 minutes. A segment that talked with Taylor Gurney, Director of Marketing and Lisa Minette, Sr. Director of Enrichment of Benevilla. Benevilla is a non-profit community that enriches the lives of West Valley residents by serving adults, adults with disabilities, children and the families who care for them. Benevilla offers a variety of services and support. Studies indicate the elderly with moderate stages of dementia can thrive with interaction with young children- so a lunch program with pre-school aged children and that adult community started. In addition, Benevilla offers a restorative program to help the adult community that has suffered strokes, has Parkinson's and early dementia. The purpose of the program is to help guide the adult community in need to keep their brain activity and function up. Furthermore, the day-programs offer assistance and a place for the adult community in need to be supervised from 8 to 5 p.m. Benevilla uses volunteers for their Homebound Program that dispatches volunteers to a home to help those in need grocery shop or provide transportation to and from doctor's appointments. Finally, this segment touched on Caregiver support groups in which families or spouses can get counseling or surrounded by other families who are taking care of loved ones with disabilities.

**Valley Focus** – Broadcast on February 16, 2020 at 6:00:00 a.m. Duration 15 minutes and 30 seconds. A segment that talked with Sue Reckinger, Director of Volunteer Services with Duet. Duet focuses on the health and aging process with a mission to provide a community where every person ages with compassion, dignity and hope. Duet strives to help homebound adults stay in their homes longer and continue to provide independence. Duet has over 400 volunteers who get paired up with someone to help drive them to medical appointments, go grocery shopping, help with light house work or paperwork. Someone who is in need of services gets one grocery shopping trip a week and one doctor's appointment trip a week. At this time, even with the high volume of volunteers, there are over 60 people on the waiting list for Duet's free services.

**Valley Focus** – Broadcast on March 15, 2020 at 6:15:50 a.m. Duration 11 minutes and 40 seconds. A segment that talked with CeCe Vance Wilson who utilized the service Grandparents Raising Grandchildren offered from Duet and was inspired to branch out and start 2<sup>nd</sup> Time Parenting. There are more than 60,000 grandparents in Arizona that are raising their grandchildren whether it be because of incarceration, drug and alcohol addiction, abuse and neglect, death or other factors. Duet is a non-profit organization that offers many services, including Grandparents Raising Children that offer free-of-charge support groups, legal guidance and assistance, funds and educational workshops. 2<sup>nd</sup> Time Parenting, also a non-profit offers backpacks that include wipes, diapers, toothbrushes and combs. A lot of times grandparents are given their grandchildren and have less than 24 hours notification that they are taking control. In CeCe's encounters with grandparents, she has noticed that they are on food stamps and struggling to feed their grandchildren. Certificates to local grocery stores have also become a big component to 2<sup>nd</sup> Time Parenting.

**Valley Focus** – Broadcast on January 5, 2020 at 6:00 a.m. Duration 19 minutes and 7 seconds. A segment that talked with Kelly Watson, Executive Director of Rebuilding Together Valley of the Sun Chapter. Rebuilding Together helps low-income seniors, families, veterans and disabled individuals with offering free critical home repairs. People who are need of help can submit an application and if approved, volunteers will work on the repairs or adding necessary ramps for people living in the homes with disabilities or the elderly population.

## **B. Veteran assistance programs, military appreciation and historical preservation**

**Valley Focus** – Broadcast on January 12, 2020 at 6:23:41 a.m. and January 19, 2020 at 6:00:00 a.m. Duration 11 minutes. A segment that talked with Shane Groen, Chief Programs Officer of the Arizona Housing Coalition and Barbara Sesate, Maricopa Standdown Service Provider Liaison. The Arizona Housing

Coalition sponsors the Maricopa County Standdown, a two-day event for veterans to get legal assistance, clothes, dental-care, prospective jobs, housing and other services. The event has grown to be one of the largest of its kind in the country with all the support going directly to veterans, who many times do not know what they are entitled to receive. The legal services provided are a huge asset to veterans in need of getting back on their feet.

**Valley Focus** – Broadcast on January 12, 2020 at 6:36:33 a.m. and January 19, 2020 at 6:34:53 a.m. Duration 19 minutes. A segment that talked with Alan Thurston with the Arizona Military Vehicle Collectors Club. The Arizona Military Vehicle Collectors Club is dedicated to the preservation, restoration and education of military equipment. The club provides historical knowledge of our country with military equipment. The educational opportunities provided by the club are through outreach programs, attending school assemblies, participating in Veterans parades and hosting shows. Contributions from shows provide military groups with further assistance. In the first quarter of 2020, the group benefitting is the Nation of Patriots in which military families in need will be receiving financial assistance that goes beyond what the VA can provide.

**Valley Focus** – Broadcast on February 16, 2020 at 6:33:30 a.m. Duration 12 minutes and 15 seconds. A segment that talked with Carrie Collins-Fadell, Executive Director of Brain Injury Alliance of Arizona and veteran Patrick Zeigert. Brain Injury Alliance of Arizona is the only statewide non-profit organization dedicated to improving the lives of individuals with brain injuries through prevention, advocacy, awareness and education. A veteran who has returned from duty can walk right into the offices and receive help that day, no doctor's referral or documentation is required. There is huge difference between Traumatic Brain Injury and PTSD and the BIAAZ looks to help veterans properly diagnose and get the help they need. Also, the BIAAZ works closely with the VA as key medical advisors are on the board. The board is constantly making improvements to strategies, tests and more that help improve daily lives of veterans who have returned from combat and have brain damage. The BIAAZ is more than just support for the veterans, their families are offered support and educational sessions.

**Valley Focus** – Broadcast on February 23, 2020 at 6:37:30 a.m. Duration 10 minutes and 25 seconds. A segment that talked with Susan Solliday, President of the Arizona North Chapter or American Society of Interior Designers. From February 1<sup>st</sup> through April 30<sup>th</sup>, designers will volunteer their time at a discounted rate for those looking to re-design, remodel and change their homes and offices. That money is then turned into supplies, flooring, appliances and more for the Project Veterans Pride and James Walton Home. The James Walton Home is a home for homeless male-veterans who can stay for 90 days to get back on their

feet. The members of the non-profit ASID will donate their time as well to the full redesign and restoration project of the James Walton Home.

**Valley Focus** – Broadcast on March 8, 2020 at 6:11:15 a.m. Duration 7 minutes. A segment that talked with Clint Tallmadge with They Fought We Ride as they are hosting the 7<sup>th</sup> Annual Phoenix Wounded Vets Run. The ride features over 3,500 motorcyclists whose donations are given to one honoree each year. The chosen honoree is a veteran of the armed forces in which he/she has sustained a debilitating injury from combat, or any other reason deserving of help. The money given to the vet is used for medical expenses or simply buying new furniture; there are no restrictions.

### **C. Animal rescue, abandonment, adoption and overpopulation Issues**

**Valley Focus** – Broadcast on January 19, 2020 at 6:12:13 a.m. Duration 21 minutes. A segment that talked with Bari Mears, President and Founder of Pacc911.org. Pacc911 has been around for 21 years as an umbrella organization that embraces over 100 rescue groups. Pacc911 puts on adoption events throughout the year collaborating with the rescue groups, including Maricopa County, to help animals find their forever homes. Pacc911 also helps the partnered rescue organizations with medical funds when animals need above and beyond medical help. Pacc911's Critical Care program has helped save thousands of animals since its inception in 2012. The work and funding Pacc911 provides to their rescue group partners has helped save many animals from euthanasia.

**Valley Focus** – Broadcast on February 9, 2020 at 6:35:45 a.m. Duration 24 minutes. A segment that talked with Michael Morefield, Marketing and Communications Director of the AAWL. AAWL is the oldest and largest no-kill animal shelter in the Valley, relying solely on donations to remain operational. The mission of the AAWL is to rescue, rehome and rehabilitate animals. The AAWL works with many organizations and groups, especially rural communities, to bring dogs and cats to their main facility. Once at the facility, the animals get full medical treatment, including spayed and neutered, and eventually the animals are put-up for adoption. On average, dogs at the facility are adopted within two weeks. In addition, AAWL provides an on-site clinic program called MD Pet Care. The main concept is to make sure animals are getting the proper medical attention. Even if you are on a fixed income, MD Pet Care makes it affordable for you to get your pet the proper care.

**Valley Focus** – Broadcast on February 9, 2020 at 6:00:30 a.m. Duration 12 minutes and 30 seconds. A segment that talked with Laura Hackett, Education Facilitator with Liberty Wildlife. Liberty Wildlife helped over 9,900 animals in 2019 that came to the facility in need of surgery, rehab and nurturing with the

goal in mind of returning the animal to the wildlife. If you see an animal in distress, it is encouraged to call Liberty Wildlife where volunteers are dispatched transporting the animal back to the main Liberty Wildlife campus. Liberty Wildlife is mainly dependent upon 250-300 volunteers who work the hotline, pick up animals and transport them. Wildlife is vital to the environment and providing a place to rescue, nurture and release is important to the ecosystem.

**Valley Focus** – Broadcast on February 16, 2020 at 6:17:00 a.m. Duration 16 minutes. A segment with Bari Mears, President and Founder of Pacc911.org. Pacc911.org is hosting another adoption with 25 to 30 rescue organizations on site. In addition, there is another fundraising opportunity with proceeds going to Pacc911's medical funds program. The medical funds program served 800 animals in need across the 100 rescue groups associated with Pacc911.org.

**Valley Focus** – Broadcast on March 8, 2020 at 6:50 a.m. Duration 10 minutes. A segment with Bari Mears, President and Founder of Pacc911.org. Pacc911.org is hosting its biggest pet adoption event of the fall with 80 rescue organizations on site. Furthermore, Pac911.org is collaborating with Chuck Wagon Pet Food Pantry that provides low-income families pet food to keep their pets in their homes. Also, Pacc911.org has a Rescue Treasures store in which the proceeds go to the rescue fund to help pay for medical expenses of the animals.

#### **D. Support and programs for at-risk youth and youth with disabilities**

**Valley Focus** – Broadcast on January 26, 2020 at 6:35:35 a.m. Duration 26 minutes. A segment that talked with Pam Gaber, CEO and Founder of Gabriel's Angels. Gabriel's Angels has a mission to inspire confidence, compassion and best behaviors in at-risk children through pet therapy. Pet Therapy Teams are assembled to visit crisis nurseries, domestic violence and homeless shelters and Title One schools to be a positive influence on children's lives and enhance their emotional behavior development through attachment, confidence, self-regulation, affiliation, empathy, tolerance and respect. Pet Therapy Teams are comprised of a dog and an owner, which goes through one of two different organizations to register. Volunteer Coordinators are assigned to monitor the Pet Therapy Team and be an asset to the success of the program. Pam shared several stories about the impact that bringing a dog to the interaction changes the child's perspective and brings about a level of trust that humans in the past have violated or tainted. In addition to the emotional and behavioral element, Gabriel's Angels has helped by starting an Animals, Books and Children group. A Pet Therapy Team is dispatched to a Title One school where a reading program gets underway where the child is reading to the dog. The patience of the child increases with the dog being the focal point, and in-turn helps improve the child's reading level.

**Valley Focus** – Broadcast on February 2, 2020 at 6:00 a.m. Duration 13 minutes and 15 seconds. A segment that talked with Dr. Paula J. McCall, an Arizona Licensed Psychologist and Nationally Certified School Psychologist. Dr. McCall is hosting a Prepared Parenting Symposium that offers strategies and insight into children who are contemplating or planning suicide. 50 percent of parents aren't aware of their adolescent's suicidal thoughts and 75 percent aren't aware that the suicidal thoughts are recurring. Arizona child and adolescent suicides have increased by 28 percent and parents need to know what to ask, say and how to respond with the proper help to prevent adolescent suicides. With many increased pressures- societal pressures, social media pressures, heightened anxieties, children often resort to the thought that 'it's better if I'm not here.' Parents should have the educational tools to properly address, identify and help navigate.

**Valley Focus** – Broadcast on February 2, 2020 at 6:30:30 a.m. Duration 23 minutes. A segment that talked with Daphne Young, Chief Communications Officer with Childhelp. Childhelp is one of the nation's oldest and largest nonprofits that fight to end child abuse and neglect. Part of Childhelp's offerings include a 24/7 abuse hotline, educational programs in underfunded and underprivileged schools, and Childhelp Group Homes for those children that need to be removed from a home. A child can stay in the Childhelp Group home for as long as the need, in which the home provides counseling, therapy, support and structure.

**Valley Focus** – Broadcast on February 9, 2020 at 6:13:15 a.m. and February 23, 2020 at 6:15 a.m. Duration 22 minutes. A segment that talked with Bo Larsen, Director of Marketing and Business Development and James Maloney, Director of Community Engagement with Civitan Foundation. Civitan Foundation serves the needs of children with disabilities and provides them different avenues to get additional training, help and comradery. Specifically, Camp Civitan is a series of one-week camps over the course of ten weeks in the summer that utilize volunteers and camp counselors to provide entertainment and activities for all in a safe camp environment. The environment provided at Camp Civitan allows the campers to feel safe and comfortable with their peers, possibly in an environment that is vastly different from one at school. In addition to the summer camps, 12 weekend camps take place throughout the year providing another avenue of escape and fun.

**Valley Focus** – Broadcast on March 8, 2020 at 6:00:00 a.m. Duration 11 minutes. A segment that talked with Dalton Walker, Mentor Specialist with Arizona's Children Association. The Arizona's Children Association helps foster children who are turning 18 within a year with a mentor program. They match mentors up who take the children out for fun activities and match them with like-minded interests. Volunteers for the mentor program are always needed and typically the

kids are placed into the program by DCS. The goal is for the AZCA to get to 100 mentors by the end of 2020.

**Valley Focus** – Broadcast on March 15, 2020 at 6:00:00 a.m. Duration 14 minutes and 20 seconds. A segment that talked with Virginia Olivieri, Actor, Show Director and Director of Marketing and Social Media with Scottsdale Desert Stages. Scottsdale Desert Stages is a non-profit community theatre that has been in the Valley for 25 years. In addition to the array of shows put on that include all ages, there is special dedication to youth and youth programs. There are spring, fall and summer camps that specialize in all aspects of training that is involved for the theatre. The camps provide structure. The learning process that the kids go through enhances their educational experience and helps to provide a sense of community.

**Valley Focus** – Broadcast on January 5, 2020 at 6:37:05 a.m. Duration 10 minutes and 24 minutes. A segment that talked with Myriah Mhoon, Chief Executive Officer with New Life Center. New Life Center is an emergency domestic violence and sexual violence shelter. 70 percent of the population at the shelter are kids as the center takes in the whole family who are fleeing a bad situation and on average every 40 minutes a child is witnessing a domestic violence situation.

#### **E. Assistance with rising medical costs for cancer patients children and their families**

**Valley Focus** – Broadcast on January 26, 2020 at 6:20:15 a.m. Duration 15 minutes and 5 seconds. A segment that talked with Peter Volny who puts on the event Concours in the Hills benefitting the Phoenix Children's Hospital. Concours in the Hills is a car show that has over 900 vehicles, military vehicles, racecars and helicopters on site. The event's idea is to bring people together for a fun-filled afternoon while registration fees go directly to the Phoenix Children's Hospital. The event is now in its seventh year, with more than \$275,000 raised for the Phoenix Children's Hospital, which go directly to help children and their families with surgery costs, chemo costs and more.

**Valley Focus** – Broadcast on March 1, 2020 at 6:44 a.m. Duration 17 minutes and 20 seconds. A segment that talked with Darryl Toupkin, founder and organizer of the Kilt Run and Kiss Me I'm Irish Run in which the money raised goes to the American Cancer Society and Relay for Life Glendale and Peoria. The theme is to have some fun surrounding St. Patrick's Day, but also to take cancer and screenings seriously. On site for the 10<sup>th</sup> Anniversary Kiss Me I'm Irish Run, will be a mobile unit with free prostate cancer screenings for men. As a two-time cancer survivor, Darryl speaks first-hand on how the money toward research has

greatly improved what treatments are available and strong advocates that money raised is truly helping.

**Valley Focus** – Broadcast on March 1, 2020 at 6:14 a.m. Duration 13 minutes and 40 seconds. A segment with M3F Festival Director, Heather Rodgers and Phoenix Children’s Hospital Musical Therapist, Ezequiel Bautista. The M3F Music Festival is hosting a three-day musical festival in which the proceeds go to the Phoenix Children’s Hospital Music Therapy Program. The PCH Music Therapy Program has helped children forget about their illnesses, provides a source of stimulation and a road to recovery with physical therapy and occupational therapy exercises. With the help of the M3F Festival, the music program is able to be fully funded with none of the costs passed to the children and their families.

**Valley Focus** – Broadcast on March 8, 2020 at 6:18:30 a.m. Duration 17 minutes and 30 seconds. A segment with Kerry Schulman, CEO of Ronald McDonald House Charities. Ronald McDonald House now has three houses in the Valley that serve families whose child is in the hospital for an extended period. Currently, the average family stay lasts 17 days at one of the houses in which people are eligible if they live more than 30 miles away from the hospital. The stay costs Ronald McDonald House on average of \$79 a day. Volunteers prep and provide meals. Plus the Ronald McDonald House needs donations whether it is monetary or through the ‘wish list’ of items. Allowing family members to be in close proximity and not worry about food, laundry, etc. during such a stressful time, plus providing an atmosphere of comfort, hope and courage is what the Ronald McDonald House Charities strive to provide.

**Valley Focus** – Broadcast on March 15, 2020 at 6:46:15 a.m. Duration 14 minutes. A segment with Andrew Sigler from Phoenix Children’s Hospital Foundation in conjunction with Jersey Mike’s Month of Giving for March and Day of Giving on March 25<sup>th</sup>. 100 percent of proceeds go directly to the Phoenix Children’s Hospital when sandwiches, chips and drinks are purchased at local Jersey Mike’s locations on March 25<sup>th</sup>. In the 10 years that PCH and Jersey Mike’s have collaborated, PCH has raised \$600,000 and that money goes directly to the PCH Hope Fund. The PCH Hope Fund has over 60 programs associated but a few special programs include The Emily Center, a medical library, The 1 Darn Cool School, an accredited school for patients and the therapy pets on site. The money raised is all part of helping patients and their families with the healing process and providing a sense of normalcy to a life that has been disrupted. To be able to have those 60 programs on site are invaluable to the healing process for the child and limits expenses for the families are those needs are being met at Phoenix Children’s Hospital.

**Valley Focus** – Broadcast on January 5, 2020 at 6:46:29 a.m. Duration 13 minutes. A segment with Sue Thew with Vitalant. Vitalant provides blood services to the 60 hospitals across Arizona. The holidays are the hardest time of the year to maintain the blood supply as people are gone for the holidays and it is flu season that makes you unable to donate.

## **F. Environmental impact**

**Valley Focus** – Broadcast on January 26, 2020 at 6:00 a.m. Duration 20 minutes. A segment that talked with Greg Peterson, the owner and founder of Urban Farm. Greg has a particular methodology that will help anyone interested in fruit trees reach success in the tree thriving and producing fruit for years. It is best practice to tailor expectations on fruit growing for the first three years. Overall, fruit trees provide great environmental impact with helping to sequester carbon out of the atmosphere, the trees provide shade, which is a huge benefit to us from the Arizona sun, and it provides sustainable fruit, a source of food for decades.

**Valley Focus** – Broadcast on February 16, 2020 at 6:47:00 a.m. and February 23, 2020 at 6:48:10 a.m. Duration 10 minutes and 40 seconds. A segment that talked with Nicole Corey, Executive Director and Co-Founder of Natural Restorations. Natural Restorations has removed nearly one million pounds of trash since its inception almost five years ago. Natural Restorations hosts many cleanup events throughout the year, all over the Valley to clean up the environment, wilderness and the communities. In addition, with grant programs that Natural Restorations procures, they find ways to help veterans transition back into society with providing a positive work environment with the calming essence of nature.

## **G. Education and employment assistance**

**Valley Focus** – Broadcast on February 2, 2020 at 6:14:45 a.m. and February 23, 2020 at 6:00 a.m. Duration 14 minutes and 30 seconds. A segment with Katie Thorson, Director of Development with St. Joseph the Worker. St. Joseph the Worker is a privately funded non-profit that's mission is to assist homeless, low-income and other disadvantaged individuals in becoming self-sufficient through quality employment. St. Joseph the Worker successfully helped over 3,000 people last year find and secure viable employment. St. Joseph the worker helps with the process of searching for jobs, resume building, proper dress attire through Employment Specialists who individually tailor the help to the individual's needs.

**Valley Focus** – Broadcast on March 1, 2020 at 6:27:55 a.m. Duration 16 minutes. A segment with Phoenix College President Dr. Larry Johnson and Deborah Spotts, Alumni and Development Director. Phoenix College is celebrating 100 years in which it gives educational opportunities to many students who are

looking for a career change, have taken longer to get into higher education, foster children, veterans and many more. Phoenix College has over 150 degree and certificate programs and serves about 17,000 students a year with four campuses throughout the Phoenix area. Phoenix College is developing a new scholarship, “My Future Scholarship” that will be endowed for years to come. “My Future Scholarship” is designed to make sure students who have had disadvantages, formerly incarcerated, homeless, foster youth to name a few, will continue to have access to further education.

**Valley Focus** – Broadcast on March 21, 2020 at 6:00:00 a.m. Duration 14 minutes and 15 seconds. A segment that talked with Jennifer Purcell, VP of Community Engagement with the Alliance of Arizona Nonprofits. The Alliance of Arizona Nonprofits is 1,000 members strong in which the organization is dedicated to further the common interests of the Arizona nonprofit community. Arizona Gives Day is April 7<sup>th</sup> in which it’s a 24-hour period of online fundraising for 773 different non-profits in the state of Arizona. Arizona nonprofits account for 325,000 jobs and the monetary donations are the most direct way to help a non-profit make an impact and ultimately allow the non-profits to allocate funds where they are most needed.

**Valley Focus** – Broadcast on January 5, 2020 at 6:27:22 a.m. Duration 11 minutes and 55 seconds. A segment with Susan Berman with Fresh Start Women’s Foundation. Fresh Start serves about 5,000 women no matter where they are in their economic life. The center provides women with education, resources and support to positively transform their lives. Fresh Start offers life skills, resume building and support services.

## **H. Substance Abuse Help**

**Valley Focus** – Broadcast on March 1, 2020 at 6:00 a.m. Duration 13 minutes and 45 seconds. A segment with a Director at Crossroads Donna Alexander and Admissions Coordinator Christin Riggs. Crossroads is the largest residential substance abuse treatment program in Arizona, servicing over 400 men and women in recovery. Crossroads takes insurance but also offers scholarships and ways to help people who want to get on the path to recovery the programs they need. A person first has to be detoxed before arriving to Crossroads. They will then spend 30 days in a facility in which they go through the 12-Step Program, get counseling, go through anger management and much more.

**Valley Focus** – Broadcast on March 8, 2020 at 6:36:15 a.m. Duration 13 minutes and 30 seconds. A segment that talked with Dr. Paula Artec, Professor at Ottawa University in charge of the Expressive Arts Therapy Concentration program. The use of expressive arts and therapy can help a wide range of people who need to

get back on track, those that struggle with putting into words how they are feeling and a great way of utilizing the mind to remain active. The arts therapy department has seen success helping veterans with PTSD, elderly folks suffering from dementia, and those with substance abuse problems reach a level of acceptance and ultimately ready for change. Ottawa University is hosting an Expressive Arts Therapy Conference in which people can come and learn more about art therapy, it's helpful benefits, and dive into studies that turn into success stories for people in need. Dr. Artec has an array of focus areas, but found her work with people suffering from substance abuse to be most impactful.

**Valley Focus** – Broadcast on March 15, 2020 at 6:28:30 a.m. Duration 16 minutes and 45 seconds. A segment that talked with Dr. Bowden, Professor in charge of Ottawa University's Addictions Counseling Program and President – Elect of the International Association of Addictions and Offender Counselors. Dr. Bowden has developed the Addictions Counseling Programs at Ottawa University in which students can get a bachelor's degree or earn their master's degree. Dr. Bowden truly believes that the process of education to get students on the right path to being licensed is a huge key to the success of ultimately helping people with substance abuse. He has seen the power of therapy first hand and how it works.

## I. COVID-19

**Valley Focus** – Broadcast on March 22, 2020 at 6:15:45 a.m. Duration 14 minutes and 45 seconds. A segment that talked with Josie Gaieck with Lost Our Home. Lost Our Home is a pet rescue that focuses on pets and people in crisis by placing pets in temporary housing. People who face homelessness or illness can fill-out an application and their pet will be placed in temporary housing or stay at the Lost Our Home facility for up to 90 days. In response to COVID-19, Lost Our Home is preparing to have their facilities open to accept more dogs and cats as people fight the virus. Lost Our Home will take cats and dogs.

**Valley Focus** – Broadcast on March 22, 2020 at 6:32:00 a.m. Duration 11 minutes and 20 seconds. A segment that talked with Amy Samuel, Recovery Coach and Community Liaison with Scottsdale Recovery Center. Amy joined amid the fears many are experiencing with COVID-19 and how to deal with anxiety, stress, depression and the unknown. Amy suggests we should accept our negative emotions; trying to ignore them will only make the anxiety and stress worse. She fully believes in embarking on five pillars during this isolation period: connect with others via technology, have self-compassion, make sure to take time for self-care, don't stray from routines and embrace this community as everyone is in it together. As we all face many unknowns, isolation and more, she provided tips to meditate, get involved in yoga and be mindful.

**Valley Focus** – Broadcast on March 22, 2020 at 6:45:20 a.m. Duration 13 minutes. A segment that talked with Jonathan Frutkin, Founder and Principal of Radix Law. Jonathan joined the show to discuss Arizona’s sick-pay law that applies to people who are sick, caregiving for others who are sick and how it applies to full-time, part-time and seasonal workers. In addition, during these uncertain times with self-isolating and losing paychecks, what assistance can be provided from the state and what assistance can be provided from the Federal Government.

**Valley Focus** – Broadcast on March 29, 2020 at 6:00:00 a.m. Duration 11 minutes and 20 seconds. A segment that talked with Tom Wheelwright, CPA and CEO of WealthAbility as he offered help and suggestions as we approaching tax season with so many Americans being laid off. The Federal Government made some announcements to the upcoming tax deadline in the wake of COVID-19. Tom’s advice is to make sure you file your taxes or file the extension. If you don’t, the government will not waive the penalties. But there is a deferment to get what you owe in until July 15<sup>th</sup>. The other helpful advice is that this just the Federal Government. Arizona has not yet made an announcement on the expectations of this, so it is important to make sure you do get Arizona taxes in or file for the extension if you haven’t already done so.

**Valley Focus** – Broadcast on March 29, 2020 at 6:11:50 a.m. Duration 17 minutes. A segment that talked with Karen Stafford, Arizona President of Employers Council. As many people have now had to work from home, she offered up helpful suggestions to stay focused on the work, creating a work environment, spacing out tasks, navigating other people also being in the home and more. She stressed patience. Patience with fellow coworkers, patience with yourself, patience with the others in your home and patience with this whole situation as we try and figure out how to navigate uncharted territory.

**Valley Focus** – Broadcast on March 29, 2020 at 6:29:20 a.m. Duration 13 minutes and 10 seconds. A segment that talked with Dr. Gena Kadar, Certified Nutrition Specialist and Dean of Southwest College of Naturopathic Medicine’s School of Nutrition. Dr. Kadar discussed the importance of foods to eat that will keep the immune system high. There is no known link that a certain food group or food can prevent COVID-19, but the importance of eating right and providing the body with its maximum strength to be in a position to fight.

**Valley Focus** – Broadcast on March 29, 2020 at 6:43:00 a.m. Duration 17 minutes and 30 seconds. A segment that talked with Dr. Langland, professor and virologist at Southwest College of Naturopathic Medicine and ASU. Dr. Langland discussed how COVID-19 enters the body, how COVID-19 spreads, the

symptoms, and why COVID-19 is more powerful than other respiratory illnesses. He also discussed there is hope that as the weather gets warmer, the virus won't be able to live. But did discuss how it is possible that this virus will dissipate but come back around in later months. He believes a vaccine is about 12 to 18 months away. Also, he discussed the need to try and mitigate stress because stress has been proven to weaken the immune system.

## **J. Distracted Driving**

**Valley Focus** – Broadcast on January 5, 2020 at 6:19:22 a.m. Duration 8 minutes. A segment that talked with Mark Randall, KUPD Promotions Director discussing distracted driving and the campaign that Hubbard Radio Phoenix and KUPD brought to light. The utilization of jocks to make on air mentions and videos about texting and driving and how that text message can wait. Handsfreeinfo.com and drivesmartaz.com in which the information is gathered from to report on the air and on the website.

### **Included in Valley Focus were the following Public Service Announcements:**

#### **January 5, 2020 –**

6:19:07 a.m. Duration 15 seconds. Visit [TheShelterPetProject.org](http://TheShelterPetProject.org) brought to you by Maddie's Fund, the Humane Society of the United States and the Ad Council

#### **January 12, 2020 –**

6:22:16 a.m. Duration: 30 seconds. Underage Drinking with [UltimatePartyFoul.org](http://UltimatePartyFoul.org) brought to you by the National Highway Traffic Safety Administration and the Ad Council

6:22:46 a.m. Duration: 24 seconds. Shelter Pet Adoption from [shelterpetproject.org](http://shelterpetproject.org) brought to you by Humane Society of United States and the Ad Council

6:23:11 a.m. Duration: 30 seconds. Borgen Project from [Borgenproject.org](http://Borgenproject.org) to put a stop to children being hungry

6:34:49 a.m. Duration: 30 seconds. Keeping our kids safe with [underagedrinking.samhsa.gov](http://underagedrinking.samhsa.gov)

6:35:19 a.m. Duration: 30 seconds. Centers for Disease Control – Checking HIV status. [Cbc.gov/doingit](http://Cbc.gov/doingit)

6:35:49 a.m. Duration: 29 seconds. Children's Miracle Network Hospital – Credit Unions in AZ raised over \$885,000 to go toward the two AZ CMNH's

6:36:18 a.m. Duration: 15 seconds. [Radiologyinfo.org](http://Radiologyinfo.org) offering information on radiology treatments, procedures and exams

6:55:47 a.m. Duration: 60 seconds. Opioid epidemic affecting young adults after wisdom teeth removal brought in part by [Shatterproof.org](http://Shatterproof.org) and United Health Care

6:56:47 a.m. Duration: 30 seconds. Underage drinking with UltimatePartyFoul.org brought to you by the National Highway Traffic Safety Administration and the Ad Council

6:57:18 a.m. Duration 30 seconds. American Academy of Pediatrics with the importance of vaccines brought in part by healthychildren.org

### **January 19, 2020 -**

6:11:13 a.m. Duration: 30 seconds. Grow Rural Education encouraging farmers to nominate a school district for a \$15,000 grant to help education in rural communities. AmericasFarmers.com

6:11:43 a.m. Duration 30 seconds. Keeping our kids safe with underagedrinking.samhsa.gov

6:33:23 a.m. Duration: 30 seconds. Easing fears and gathering information about various radiology exams. Radiologyinfo.org by the Radiological Society of North America and The American College of Radiology

6:33:53 a.m. Duration: 30 seconds. Keeping our kids safe with alcohol and opioids. Underagedrinking.samhsa.gov

6:34:23 a.m. Duration: 30 seconds. Centers for Disease Control – Checking HIV status. Cbc.gov/doingit

6:54:04 a.m. Duration: 30 seconds. American Association of Pediatrics. Responsive feeding and knowing when your baby is hungry. Healthychildren.org

6:54:34 a.m. Duration: 60 seconds. Opioid epidemic affecting young adults after wisdom teeth removal brought in part by Shatterproof.org and United Health Care

6:55:34 a.m. Duration: 30 seconds. American Cancer Society to quit smoking. Cancer.org/smokeout

6:56:04 a.m. Duration: 30 seconds. Borgen Project from Borgenproject.org to put a stop to children being hungry

6:56:34 a.m. Duration: 30 seconds. Talks about not using alcohol and drugs. Talking with your kids. Underagedrinking.samhsa.gov

### **January 26, 2020 –**

6:20:00 a.m. Duration: 15 seconds. Disaster preparation tips at ready.gov from FEMA and the Ad Council

6:35:20 a.m. Duration: 15 seconds. Manage your blood pressure by creating a plan with your doctor manageyourbp.org from American Heart Association, American Medical Association and the Ad Council

### **February 2, 2020 –**

6:13:15 a.m. Duration: 30 seconds. Disaster preparation with updating insurance and other tips at ready.gov from FEMA and the Ad Council

6:13:45 a.m. Duration: 30 seconds. Manage your blood pressure and create a treatment plan with [manageyourbp.org](http://manageyourbp.org) from American Heart Association, American Medical Association and the Ad Council

6:14:15 a.m. Duration: 30 seconds. Acetaminophen is in a lot of medications, but taking too much or many medications with acetaminophen in it can damage liver. [FDA.gov/otcpaininfo](http://FDA.gov/otcpaininfo) and a message from US Department of Health and Human Services Food and Drug Administration

6:29:15 a.m. Duration: 30 seconds. FDA generic drugs have the same key ingredients and go through a rigorous review process. [FDA.gov/genericdrugs](http://FDA.gov/genericdrugs)

6:29:45 a.m. Duration: 15 seconds. Child hunger can be heard to recognize. [Iamhungryinamerica.org](http://Iamhungryinamerica.org)

6:30:00 a.m. Duration: 30 seconds. Veteran who served offshore from 1962-1975, veterans may now qualify for compensation and survivor benefits for exposure to Agent Orange. [VA.gov](http://VA.gov) and search Blue Water Navy

6:53:30 a.m. Duration: 30 seconds. Talks about not using alcohol and drugs. Talking with your kids. [Underagedrinking.samhsa.gov](http://Underagedrinking.samhsa.gov)

6:54:00 a.m. Duration: 30 seconds. Homes For Our Troops with custom built homes that allow veterans to focus on recovery. [hfortusa.org](http://hfortusa.org)

6:54:30 a.m. Duration: 60 seconds. Opioid epidemic affecting young adults after wisdom teeth removal brought in part by [Shatterproof.org](http://Shatterproof.org) and United Health Care

6:55:30 a.m. Duration: 30 seconds. Know your HIV status. [Cdc.gov/doingit](http://Cdc.gov/doingit)

6:56:00 a.m. Duration: 60 seconds. Easing fears and gathering information about various radiology exams. [Radiologyinfo.org](http://Radiologyinfo.org) by the Radiological Society of North America and The American College of Radiology

### **February 9, 2020 –**

6:00:00 a.m. Duration: 30 seconds. Homes For Our Troops with custom built homes that allow veterans to focus on recovery. [hfortusa.org](http://hfortusa.org)

6:13:00 a.m. Duration: 15 seconds. FDA generic drugs have the same key ingredients and may save you money. [FDA.gov/genericdrugs](http://FDA.gov/genericdrugs)

6:35:15 a.m. Duration: 30 seconds. Talks about not using alcohol and drugs. Talking with your kids. [Underagedrinking.samhsa.gov](http://Underagedrinking.samhsa.gov)

6:59:45 a.m. Duration: 15 seconds. Easing fears and gathering information about radiology exams. [Radiologyinfo.org](http://Radiologyinfo.org)

### **February 16, 2020 –**

6:15:30 a.m. Duration 30 seconds. Type 2 Diabetes prevention. With early diagnosis, pre-diabetes can be reversed. Doihaveprediabetes.org. Brought to you by the Ad Council and it's pre-diabetes awareness partners.

6:16:00 a.m. Duration 1 minute. St. Jude Children's Research Hospital. Finding cures and saving children. Stjude.org.

6:33:00 a.m. Duration 30 seconds. Talks about not using alcohol and drugs. Talking with your kids. Underagedrinking.samhsa.gov

6:45:45 a.m. Duration 15 seconds. Alzheimer's Awareness. A message from the Alzheimer's Association and the Ad Council.

6:46:00 a.m. Duration 30 seconds. FDA generic drugs have the same key ingredients and may save you money. FDA.gov/genericdrugs

6:46:30 a.m. Duration 30 seconds. Manage your blood pressure by creating a plan with your doctor manageyourbp.org from American Heart Association, American Medical Association and the Ad Council

6:57:40 a.m. Duration 30 seconds. Acetaminophen is in a lot of medications, but taking too much or many medications with acetaminophen in it can damage liver. FDA.gov/otcpaininfo and a message from US Department of Health and Human Services Food and Drug Administration

### **February 23, 2020 –**

6:14:30 a.m. Duration 15 seconds. Alzheimer's Awareness. A message from the Alzheimer's Association and the Ad Council.

6:14:45 a.m. Duration 15 seconds. Type 2 Diabetes prevention. Doihaveprediabetes.org brought to you by the Ad Council and it's pre-diabetes awareness partners.

6:37 a.m. Duration 30 seconds. Stand Up 2 Cancer. Talk to your doctor about clinical trials. Standup2cancer.org/clinicaltrials

6:47:55 a.m. Duration 15 seconds. Child Hunger in America. Iamhungerinamerica.org brought to you by Feeding America.

6:58:50 a.m. Duration 30 seconds. Acetaminophen is in a lot of medications, but taking too much or many medications with acetaminophen in it can damage liver. FDA.gov/otcpaininfo and a message from US Department of Health and Human Services Food and Drug Administration

### **March 1, 2020 –**

6:13:45 a.m. Duration 15 seconds. Manage your blood pressure by creating a plan with your doctor manageyourbp.org from American Heart Association, American Medical Association and the Ad Council

6:27:40 a.m. Duration 15 seconds. FDA generic drugs have the same key ingredients and go through a rigorous review process. FDA.gov/genericdrugs

6:43:55 a.m. Duration 15 seconds. Radiologyinfo.org offering information on radiology treatments, procedures and exams

**March 8, 2020 –**

6:11:00 a.m. Duration 15 seconds. One in three adults have pre-diabetes. Doihaveprediabetes.org brought to you by the Ad Council and it's pre-diabetes awareness partners.

6:18:15 a.m. Duration 15 seconds. Manage your blood pressure by creating a plan with your doctor manageyourbp.org from American Heart Association, American Medical Association and the Ad Council

6:36:00 a.m. Duration 15 seconds. AARP is here to help for caregiver guides. AARP.org/caregiving brought to you by AARP and the Ad Council

6:49:45 a.m. Duration 15 seconds. FDA generic drugs have the same key ingredients and go through a rigorous review process. FDA.gov/genericdrugs

**March 15, 2020 –**

6:14:20 a.m. Duration 60 seconds. CDC provides facts and information amid the Coronavirus, COVID-19. CDCFoundation.org

6:15:20 a.m. Duration 30 seconds. Pre –diabetes can be reversed. Take the risk test at doihaveprediabetes.org and in part by the Ad Council

6:27:30 a.m. Duration 30 seconds. Better prepared before a national disaster. Ready.gov brought to you by FEMA and the Ad Council

6:28:00 a.m. Duration 30 seconds. FDA generic drugs have the same key ingredients and go through a rigorous review process. FDA.gov/genericdrugs

6:45:15 a.m. Duration 30 seconds. Manage your blood pressure and create a treatment plan with manageyourbp.org from American Heart Association, American Medical Association and the Ad Council

6:45:45 a.m. Duration 30 seconds. Homes For Our Troops. Homes For Our Troops with custom built homes that allow veterans to focus on recovery. hfortusa.org

**March 22, 2020 –**

6:14:15 a.m. Duration 60 seconds. CDC provides facts and information amid the Coronavirus, COVID-19. CDCFoundation.org

6:15:15 a.m. Duration 30 seconds. Census 2020. Go online or mail your census form back. 2020census.gov

6:30:30 a.m. Duration 60 seconds. CDC provides facts and information amid the Coronavirus, COVID-19. CDCFoundation.org

6:31:30 a.m. Duration 30 seconds. Update what your insurance covers and doesn't cover. Ready.gov to be ready for a natural disaster. Message from FEMA and the Ad Council

6:43:20 a.m. Duration 60 seconds. CDC provides facts and information amid the Coronavirus, COVID-19. CDCFoundation.org

6:44:20 a.m. Duration 30 seconds. FDA generic drugs have the same key ingredients and go through a rigorous review process. FDA.gov/genericdrugs

6:44:50 a.m. Duration 30 seconds. Caregiver assistance. Find free care guides at AARP.org/caregiving

6:58:20 a.m. Duration 60 seconds. CDC provides facts and information amid the Coronavirus, COVID-19. CDCFoundation.org

**March 29, 2020 –**

6:11:20 a.m. Duration 30 seconds. Type 2 Diabetes prevention. With early diagnosis, pre-diabetes can be reversed. Doihaveprediabetes.org. Brought to you by the Ad Council and it's pre-diabetes awareness partners.

6:28:50 a.m. Duration 30 seconds. Better prepared before a national disaster. Ready.gov brought to you by FEMA and the Ad Council

6:42:30 a.m. Duration 30 seconds. Manage your blood pressure and create a treatment plan with manageyourbp.org from American Heart Association, American Medical Association and the Ad Council