



**280 Commerce Circle
Sacramento, CA 95815
(916) 923-6800**

QUARTERLY ISSUES AND PROGRAMS REPORT

FOR

STATION KHTK AM

1st Quarter 2024
(January 1st through March 31th)

Prepared by:

CODY ROBINSON, PUBLIC AFFAIRS COORDINATOR

**Issues of Concern to SACRAMENTO
Addressed in Responsive Programming in the
1st Quarter 2024
(January 1 through March 31)**

- | | | |
|----|----------------------|--|
| 1. | MENTAL HEALTH | ME ONE FOUNDATION |
| 2. | HEALTH | STEP ONE FOODS |
| 3. | MENTAL HEALTH | THE THIN LEDGE |
| 4. | HEALTH | LYME FIGHT
FOUNDATION |
| 5. | MENTAL HEALTH | CALHOPE - NAMI |
| 6. | HEALTH | GUT HEALTH AND
ANXIETY |
| 7. | MENTAL HEALTH | CALHOPE - NAMI |
| 8. | HEALTH | UNITED HEALTHCARE –
BLUE LIGHT |
| 9. | HEALTH | JUNIOR DIABETES
RESEARCH
FOUNDATION |

**Issues of Concern to SACRAMENTO
Addressed in Responsive Programming in the
1st Quarter 2024
(January 1 through March 31)**

- | | |
|----------------------|----------------------|
| 10. HEALTH | AHA – AVOCADOS |
| 11. FOSTER YOUTH | AGING UP |
| 12. ENVIRONMENT | INVASIVE SPECIES |
| 13. MENTAL HEALTH | MENTAL HEALTH WALKS |
| 14. HEALTH | FOOD ALLERGIES |
| 15. YOUTH ENRICHMENT | FAIRYTALE TOWN |
| 16. YOUTH ENRICHMENT | RIVERCATS FOUNDATION |

**Programs That Address Community Issues
(Regularly Scheduled Public Affairs Programs)
1st Quarter 2024
(January 1 through March 31)**

<u><i>Public Affairs Program</i></u>	<u><i>Schedule and Description</i></u>
1. PUBLIC AFFAIRS	(Sundays, 6:00 a.m.-7:00 a.m.) Locally developed, hosted and produced by Cody Robinson. This topical weekly program features community organizations, events and activities of interest to people living in the greater Sacramento region, including nonprofits and agencies that provide various outreach, education and support services.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: MENTAL HEALTH

ME ONE FOUNDATION

Jan 7 + Mar 11, 2024

6:00 a.m.

26 minutes of a 60-minute program

Today's program featured Les Clark with Me One Foundation, a nonprofit giving adult cancer patients and their loved ones a relaxing, enjoyable, three-day family retreat from cancer. He discussed Camp Wieser in Roseville, volunteer opportunities, and upcoming fundraising efforts. Locally hosted and produced by Cody Robinson.

THE THIN LEDGE

Jan 14 + 21, 2024

6:00 a.m.

30 minutes of a 60-minute program

Today's program featured Daniel Shapiro, author of "The Thin Ledge," a memoir about the hardships of becoming a caretaker to his wife after she suffered mental and physical decline caused by a devastating illness. He discussed the realities of abruptly becoming a caretaker, the toll it took on him and his family, how he coped, and what he wants others in the same position to know. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: MENTAL HEALTH (CONT.)

CALHOPE – NAMI

Jan 28 + Feb 18, 2024

6:00 a.m.

29 minutes of a 60-minute program

Today's program featured Christina Roup, Senior Advisor for the NAMI Fresno Affiliate, to discuss CalHope, California's statewide effort that offers behavioral health Crisis Counseling Programs to states, tribes, and communities in need. She discussed managing stress and anxiety and free resources through CalHope. Locally hosted and produced by Cody Robinson.

MENTAL HEALTH WALKS

Mar 17 + 31, 2024

6:00 + 6:33 a.m.

26 minutes of a 60-minute program

Today's program featured author, poet and mental breakdown survivor Rex Wilder who credits walking in nature as a key to his recovery. He discussed his book, *A Quiet Place to Land*, why he thinks walking is healing, tips on how to get the most out of your walks, and advice for people who can't seem to slow down. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: HEALTH

STEP ONE FOODS

Jan 7 + Feb 11, 2024

6:26 a.m.

34 minutes of a 60-minute program

Today's program featured Dr. Elizabeth Klodas, a Johns-Hopkins trained Cardiologist and founder of Step One Foods, a food as medicine brand that has helped thousands lower their cholesterol, to discuss 10 tips for how to become a better food shopper and how to navigate today's deceptive food landscape. Locally hosted and produced by Cody Robinson.

DAIRY COUNCIL OF CALIFORNIA

Jan 30 + March 10, 2024

6:29 a.m.

31 minutes of a 60-minute program

Today's program featured Amy DeLisio, CEO of the Dairy Council of California, a nutrition education organization that is comprised of registered dietitians, nutrition and communication experts who work directly with educators, foodservice professionals, health and wellness providers and community leaders to provide trainings, support and nutrition education resources to teach the importance of nutrition and how to eat healthfully. She discussed why dairy is important for nutrition at all stages of life and their mobile classroom. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: HEALTH (CONT.)

GUT HEALTH & ANXIETY

Feb 4 + Feb 18, 2024

6:32 a.m.

28 mins of a 60 min program

Today's program featured Dr. Julie Gatza, physician and co-owner of Florida Wellness Institute, to discuss the correlation between anxiety and gut health. She discussed foods that cause anxiety, tips for reducing anxiety and maintaining gut health, how lifestyle plays into anxiety, and why digestive enzymes can help. Locally hosted and produced by Cody Robinson.

UNITED HEALTHCARE – BLUE LIGHT

Feb 4, 2024

6:00 a.m.

32 mins of a 60 min program

Today's program features Dr. Scott Edmonds, Chief Eyecare Office at United Healthcare, to discuss what blue light exposure is, its effect on children, how more studies need to be done due to our increasing dependence on technology, and how to protect your eyes. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: HEALTH (CONT.)

LYME FIGHT FOUNDATION

Jan 14 + 21, 2024

6:30 a.m.

30 minutes of a 60-minute program

Today's program featured Melissa Moya, CEO & Founder of Lyme Fight Foundation. She discussed Lyme disease and what causes it, symptoms to look out for, what to do if you spot a tick on you or your dog, and their upcoming fundraising events. Locally hosted and produced by Cody Robinson.

JUNIOR DIABETES RESEARCH FOUNDATION

Feb 25 + Mar 3, 2024

6:00 a.m.

33 minutes of a 60-minute program

Today's program featured Dr. Aaron J. Kowalski, CEO of Junior Diabetes Research Foundation, the leading global type 1 diabetes research and advocacy organization. He discussed what T1D is, how it impacts children, their fight for affordable insulin, and their Children's Congress program. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: HEALTH

AHA AVOCADOS

Feb 25, 2024

6:33 a.m.

27 minutes of a 60-minute program

Today's program featured the American Heart Association's new study on avocados, their findings on how heart healthy they are, and how to incorporate them into your diet more. They also discussed the correlation between food and heart health and what foods you should be consuming to improve heart health. Locally hosted and produced by Cody Robinson.

FOOD ALLERGIES

Mar 17 + Mar 24, 2024

6:26 a.m.

34 minutes of a 60-minute program

Today's program featured Ruchi Gupta, MD, MPH, Professor of Pediatrics and Director of the Center for Food Allergy and Asthma Research at Northwestern University Feinberg School of Medicine and Lurie Children's Hospital of Chicago. She discussed food allergies in children, why they're on the rise, signs and symptoms of a life-threatening food allergy and how they differ between infants and toddlers, advice for parents of young children diagnosed with food allergies, and resources available to them. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: FOSTER YOUTH

AGING UP

Mar 3, 2024

6:33 a.m.

27 minutes of a 60-minute program

Today's program featured Kecia Sakazaki, co-founder and program director of Aging Up, a nonprofit that aims to empower youth in foster care with experience to successfully transition into adulthood. They use 3 pillar services, free-of-charge, to Sacramento-area youth who have had experience in foster care by offering one-to-one mentoring, age-appropriate recreation, and independent living skills education. She discussed their success with the mentoring programs, what it takes to be a mentor, and their virtual mentorship workshops. Locally hosted and produced by Cody Robinson.

**Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)**

ISSUE: ENVIRONMENT

INVASIVE SPECIES

Mar 10, 2024

6:00 a.m.

28 minutes of a 60-minute program

Today's program featured Matt Morgan, an arborist with Davey's Tree Services, for National Invasive Species Awareness Week. He discussed what an invasive species is, our region's top invasive species, the harm they can cause, how to spot and get rid of them. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

ISSUE: YOUTH ENRICHMENT

FAIRYTALE TOWN

Mar 24, 2024

6:00 a.m.

26 minutes of a 60-minute program

Today's program featured Ellen Azevedo and Samantha Hawes of Fairytale Town, a nonprofit park dedicated to promoting the imagination, creativity and education of children. They discussed how they enrich children through reading and play, their upcoming events, new building, memberships. Locally hosted and produced by Cody Robinson.

RIVERCATS FOUNDATION

Mar 31, 2024

6:00 a.m.

33 minutes of a 60-minute program

Today's program featured Sarah Hebel, Director of Marketing for River Cats Foundation, a nonprofit by the Sacramento River Cats that aims to serve and benefit children and families in our community. She discussed their Cats Cares program that brings players and fans together for various community service initiatives, Kids Night Out in the ballpark and school field trip opportunities. Locally hosted and produced by Cody Robinson.

Most Significant Issue-Responsive Programming
1st Quarter 2024
(January 1 through March 31)

Throughout the quarter the station aired [**daily/periodic**] PSAs providing information on a variety of local community activities and issues. Representative examples of such PSAs include the following:

*Please see attached document **KZZO PSA REPORT – Q1 2024.***

###