

Quarterly Issues and Programs Summary for WPSK(FM), Pulaski

This summary covers the **Fourth QUARTER 2023**

| Issue | Title/Responsive Programming | Date/Time/Duration |
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| <i>Pet adoption; emotional wellness;</i> | <p><u>PSK Featured pet of the week</u></p> <p>Kelly Stanley of the Montgomery County Animal Care and Adoption Center calls the studio line with a pet that is available for adoption. Listeners were given details about the pet and what they needed to do to be able to adopt. A video is also posted to our Facebook page and Website each week.</p> | <p>10/01-12/31</p> <p>Every Wednesday Morning at 8:10</p> |
| <i>Community Health</i> | <p><u>COATS-4-KIDS</u></p> <p>Once again, PSK was a drop off location for Coats for kids for the Women's Resource Center in Radford. We are asking listeners for coats for adults and kids, new or used. Collecting the coats all thru the month of October and then donating them to the Women's Resource Center.</p> | <p>10/2-10/31</p> <p>Various Hours 10:00</p> |
| <i>Climate Change, Natural Disaster, Public Health</i> | <p><u>WEATHER UPDATES</u></p> <p>We team up with a local news station to give local weather updates every morning, afternoon and night</p> | <p>10/01-12/31</p> <p>Various Hours 18:00:00</p> |
| <i>Community</i> | <p><u>TOYS FOR TOTS</u></p> <p>Listeners were asked to donate toys for our annual Toys For Tots campaign, to benefit children in Floyd, Montgomery and Pulaski Counties.</p> | <p>11/20-12/15</p> <p>Various Hours 10:00</p> |
| <i>Community</i> | <p><u>Teen Tailgate Party</u></p> <p>We informed listeners of a teen tailgate party sponsored by the Pulaski Community Youth Center, where they would be provided a free dinner, games and prizes. Then they would be able to watch their high school football team play on TV.</p> | <p>10/09-10/14</p> <p>Various Times 0:60</p> |

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| <p><i>Community</i></p> | <p><u>Pulaski County Jack-O-Lantern Spectacular</u></p> <p>We gave listeners details on the 5th annual Pulaski County Jack-O-Lantern Spectacular. It's a free event to all, where children are invited to come dressed in costumes and receive treats from area businesses.</p> | <p>10/09-10/28 Various Time 0:60</p> |
| <p><i>Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights</i></p> | <p><u>30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS IMMIGRANTS</u></p> <p>In 2006, Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at the Illinois Department of Motor Vehicles. Keathley and her former lawyer, Richard Hanus, join us this week to share the stressful, years-long legal battle that almost led to her being deported back to the Philippines.</p> | <p>10/8 5:40 AM 10:08</p> |
| <p><i>Animal Science, Disease, Education, Environment, History, Psychology, Science</i></p> | <p><u>BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS</u></p> <p>Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.</p> | <p>10/15 5:31 AM 8:33</p> |
| <p><i>Communication, Grief, Marriage, Mental Health, Psychology, Relationships, Society</i></p> | <p><u>HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES</u></p> <p>Is there a right or wrong way to grieve the loss of someone you love? We speak with two adults who've dealt with the loss of a spouse to get a better sense of the grieving process and what people do & don't need to hear during this difficult time.</p> | <p>10/22 5:43 AM 8:13</p> |
| <p><i>Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics</i></p> | <p><u>\$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS</u></p> <p>Americans are struggling to bear the extremely large price tag of early childhood care. In some big cities, parents are paying upwards of \$30,000 per year, per child, for this service. We speak with mother, Christina Kuhn, who lives in Michigan about how high childcare costs are impacting her day-to-day and talk to childcare policy expert, Patricia Cole, about what needs to change to better support families and create an environment that encourages raising healthy children.</p> | <p>10/29 5:32 AM 9:24</p> |

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| <i>Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research</i> | <p><u>TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP</u></p> <p>The Cleveland Clinic estimates that about 1 in 3 Americans struggle with sleep. The problems are wide-ranging, including trouble falling or staying asleep or just not feeling rested each morning. We speak with sleep expert, Dr. Aric Prather about what the latest research shows us is the best way to improve sleep. In many cases, these recommendations are focused on setting good habits, retraining the brain, and checking off some items that can help aid slumber in the bedroom.</p> | 11/5 5:32 AM 7:16 |
| <i>Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology</i> | <p><u>DO YOU FEEL SAD? US TOO</u></p> <p>Experts estimate that about 10 million Americans deal with seasonal affective disorder, or SAD, each year. Interestingly, women are four times more likely to be diagnosed than men. And this number is also thought to be higher than reported since many adults go undiagnosed. We cover just how much SAD (and lesser variations like the winter blues) can affect your life during the colder, gloomier winter months and how some easy lifestyle changes can help ease symptoms each year.</p> | 11/12 5:32 AM 8:34 |
| <i>Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships</i> | <p><u>STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE</u></p> <p>Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.</p> | 11/19 5:32 AM 8:26 |
| <i>Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health</i> | <p><u>IS YOUR PET THE HEALTHIEST THEY CAN BE?</u></p> <p>As pet owners, many of us are guilty of sometimes treating our furry friends with too many treats - especially during the holidays. We speak with Dr. Carol Osborne, an integrative veterinarian, to get some insightful tips on what foods owners should avoid feeding their pets this holiday season and how you can maintain and best care for the health of your pet.</p> | 11/26 5:32 AM 7:31 |

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| <i>Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science</i> | <p><u>COULD IUD’S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?</u></p> <p>Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.</p> | 12/3 5:42 AM 10:00 |
| <i>Communication, Mental Health, Psychology, Relationships, Self- Development, Self- Fulfillment</i> | <p><u>WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR’S RESOLUTIONS</u></p> <p>People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” Maybe you’ve set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.</p> | 12/10 5:43 AM 8:55 |
| <i>Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics</i> | <p><u>SHOULD CONGRESS ENACT TERM LIMITS?</u></p> <p>With the 2024 presidential election right around the corner, it’s a good time to discuss a growing and debated trend in America: increasingly older politicians. Two former opponents - President Joe Biden, age 81, and Former President Trump, age 77 - are again throwing their hat into the 2024 race, but many Americans have concerns about the competency of these older candidates and other members of the Senate and Congress. We speak with two experts about both sides of the argument and how the political landscape would change if stricter term limits were put in place.</p> | 12/17 5:42 AM 9:58 |

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| <p><i>Addiction, Career, Drug Abuse, Health, Mental Health, Psychology, Relationships, Substance Abuse</i></p> | <p><u>FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS</u> More than 28 million people, ages 18 and older, reported an alcohol use disorder in 2022, according to the National Survey on Drug Use and Health – a large-scale report overseen by the National Institutes of Health. This equates to about 11 percent of the overall American population who have an impaired ability to stop or control their drinking despite its negative effects. Alcohol use disorder can range from a mild dependence to a severe addiction. For author Annie Grace, it took decades to find a way forward without drinking daily. This week - She opens about her past alcoholism and what finally helped her break the cycle.</p> | <p>12/24 5:32 AM 9:33</p> |
| <p><i>Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships</i></p> | <p><u>IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS</u> One in twelve children will lose a parent or sibling by the time they reach age 18. Experiencing grief of this kind is unbearable at any age, but in children it can present differently and may require more of a tailored approach. We speak with child therapist Natasha Daniels to get a better understanding of this emotion and how there can be different variations of grief depending on the severity of the life event.</p> | <p>12/31 5:43 AM 9:04</p> |