

| Program | Date | Time | Length | Program Description | Issue/Topic |
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| 1. Bending the Arc Local | 01/09/ 2024 | 8:00 - 9:00 AM | One Hour | In this episode of <i>Bending the Arc</i> , Host Sharon Brisolaro spoke with Kevin Jones, Artistic Director, CEO and Co-Founder of the Red Door Project. He is an award-winning actor and director and a communication, organizational and diversity consultant working with private and non-profit organizations. Kevin’s work is based in gentrification, marginalized people issues related to equal justice, presented in a format for theatre attendees to experience dissonance from all perspectives. | Equal Justice Local |
| 2. Enjoy Exceptional Living Local | 01/22/ 2024 | 8:00- 9:00AM | One Hour | Host Lynn Fritz interviewed Shasta County Sheriff Michael Johnson about the work of the county Sheriff’s office. They discussed many local topics including homelessness, guns, our new jail in Redding, body cameras and more. | Law Enforcement Local |
| 3. People’s Pharmacy | 01/25/ 2024 | 8:00 - 9:00AM | One Hour | Hosts Joe and Terry Graedon spoke with Addiction scientist Dr. Jud Brewer who described how to acknowledge food cravings and break free of our habits of mindless eating. | Health/ Food Addiction |
| 4. Bending the Arc Local | 02/13 2024 | 8:00 – 9:00AM | One Hour | On this episode of Bending the Arc, Host Sharon Brisolaro interviews US Attorney, Phillip Talbert. In this conversation, they speak about the operation of his office, the Hate Crimes Task Force, trends that he is witnessing, the importance of filing claims, and new initiatives his office has enacted to foster increased diversity. | Laws Local |
| 5. On Mindfulness Local | 02/19 2024 | 8:00 – 9:00AM | One Hour | Our host Sharon Brisolaro, thru the Shasta Resilience Project, speaks with Poet, Susana Ayala-Grabiell. Susana shared her journey to becoming a teacher, “The beauty of nature has been my companion and teacher. I explored the Eastern Sierras in California, with a pack on my back. The combination of discipline and hard work required to arrive to the alpine lakes, taught me reverence, yes, reverence for the resilience of the body and the resistance of the geography.” | Mindfulness Poetry Local |

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| 6. The Write Stuff Local | 02/29 2024 | 8:00 – 8:30PM | One Half Hour | The Write Stuff presented something unique this Leap Year. It was a special from Pacifica's "The Poet and The Poem", from the Library Of Congress, featuring the 2022 Poet Laureate, Ada Limon, who is the author of many poetry collections as well as National Book Awards. | Poetry |
| 7. Lynn Fritz Local | 03/08 2024 | 8:00 - 9:00AM | One Hour | International Women’s Day was celebrated on KKRN by our broadcaster, Lynn Fritz, MA. Lynn spoke with three women: Michelle Radcliff Garcia of the Wintu Tribe of No. CA., Tracy Foster Olstad of the Nor El Muk Band of Wintu Indians, and Tracy Edwards of the Redding Rancheria. Today’s topic, <u>Issues Facing Native American Women in Northern CA</u> was addressed with shared personal stories, including the heartfelt accounts of struggle, autonomy, lack of indigenous rights, and generational stigma. | Indigenous Rights Local |
| 8. Bending the Arc Local | 03/12 2024 | 8:00 – 8:30 AM | One Half Hour | On this episode of Bending the Arc, our Host Sharon Brisolara interviews Sheriff Mike Johnson Sheriff Johnson worked as Chief of Police for the small prison-affiliated City of Lone, Chief of Police for the City of Anderson and on July 27, 2021, was appointed as Shasta County Sheriff. | Law Enforcement Local |
| 9. Peoples Pharmacy | 03/23 2024 | 9:00 – 10:00 AM | One Hour | The topic of this Peoples Pharmacy episode is, “Is the Food on Your Plate Real or Fake?” Our Hosts Joe and Terry Graedon speak with two of the country's leading nutritional epidemiologists, Dr. Walter Willett of Harvard and Dr. Barry Popkin of the University of North Carolina. They discuss some of the challenges with the food on our grocery shelves and advise us on how to tell if the food we choose is real or fake. | Health |