

## ISSUES AND PROGRAMS LIST

STATION: KSWA 920 AM Albuquerque, NM

DATE: July 1, 2021

During the past quarter, we broadcast the programs listed below to address community issues.

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ISSUE: Depression, Mental Health

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 4/06/21

Time of day: 3:00 PM

Duration: 58 Minutes

Program Description: (Format, participants, content, etc.):

David DeRose, MD, interviewed author Jeff Zaremsky about how to deal with depression and improve your mental health. Program podcast: [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts)

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ISSUE: Financial Freedom, Money Management

PROGRAM TITLE: MoneyWise

Date: 4/8/21

Time of day: 1:30 PM

Duration: 25 Minutes

Program Description:

Host Rob West recommended money management strategies that would help people to experience financial freedom. He also answered listener's financial questions. Program podcasts and resources at: [www.Moneywise.org](http://www.Moneywise.org).

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ISSUE: COVID-19, Immune Health

PROGRAM TITLE: Health and Longevity

Date: 4/11/21

Time of day: 1:05 PM

Duration: 28 Minutes

Program Description: (Format, participants, content, etc.):

Dr. John Westerdahl interviewed co-authors of the new book, *COVID-19: A Natural Approach*, Susan Moss and Dan Marquez, about natural approaches to prevent disease and boost our immune systems to fight against COVID-19. Program podcast at [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts).

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ISSUE: Drug and Alcohol Addiction

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 4/13/21

Time of day: 3:00 PM

Duration: 58 Minutes

Program Description: (Format, participants, content, etc.):

Host David DeRose, MD, interviewed Steven T. Ginsburg, author of *Filling the Void: Your Guide to Discovery and Recovery*, about how to overcome addictions. More information: [www.RestoreDetoxCenters.com](http://www.RestoreDetoxCenters.com) Program podcast: [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts)

## ISSUES AND PROGRAMS LIST – continued

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ISSUE: Health Threats, Lifestyle, Relationships

PROGRAM TITLE: Next Level Health, 7-part Series

Date: 4/23/21- 4/29/21

Time of day: 6:05 PM

Duration: 28 Minutes

Program Description:

In seven programs, the host interviewed medical and health experts about how to achieve optimal physical, mental and spiritual health plus improve relationships, with practical lifestyle strategies. Topics: Boost immunity, Increase Energy, Mental Performance, Nutrition, Fitness, Healthier Relationships, Emotional Wellbeing.  
Program podcast and resources at <https://nextlevelhealth.life>

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ISSUE: Education, Learning, Teens, Decision-making, Healthy Choices

PROGRAM TITLE: Homeschool Companion

Date: 5/7/21

Time of day: 9:05 AM

Duration: 25 Minutes

Program Description:

Host Rose Gamblin interviewed Nicole O'Dell, host of Teen Talk radio shows and author of interactive books for teens about making good healthy choices. Podcast: <https://lifetalk.net/podcast>

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ISSUE: Physical Activity, Blood Pressure, Longevity

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 5/18/21

Time of day: 3:00 PM

Duration: 58 Minutes

Program Description:

Dr. David DeRose, author of *The Methuselah Factor & 30 Days to Natural Blood Pressure Control*, shared how physical activity can boost performance, lower blood pressure, decrease your risk of cancer, reduce your chances of vision loss, and more. Resources and information: [www.CompassHealth.net](http://www.CompassHealth.net): Podcast: [LifeTalk.net/podcasts](https://lifetalk.net/podcasts).

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ISSUE: Family Finances, Conflict Resolution, Marriage, Relationships

PROGRAM TITLE: Family Life Today

Date: 5/10/21+ 5/11/21

Time of day: 7:05 AM + 8:05 PM

Duration: 28 Minutes

Program Description:

Hosts interviewed Art Rainer, author of the book *The Marriage Challenge: A Finance Guide for Married Couples*. He explained how to talk about money to resolve issues. Program podcast and resources at [FamilyLife.com](http://FamilyLife.com)

ISSUES AND PROGRAMS LIST – continued

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ISSUE: Wellness, Heart Disease, Cholesterol, Lifestyle

PROGRAM TITLE: Heartwise

Dates: 6/4/21

Time of day: 3:05 PM

Duration: 28 Minutes

Program Description:

Cholesterol build up in our arteries can lead to quick and permanent death. What triggers the event? Dr. Michael Greger, MD, examined this and shared facts about health and well-being. Resources: nutritionfacts.org Program podcast at [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts).

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ISSUE: Human Rights, Religious Liberty

PROGRAM TITLE: LifeQuest Liberty

Date: 6/6/21 & 6/13/21

Time of day: 10:05 PM

Duration: 15 Minutes

Program Description:

Lincoln Steed, editor of Liberty magazine, talked with a teen about what the religious liberty issues in America look like to today's young people. Program podcast: LifeTalk.net/podcasts.

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ISSUE: Clutter, Home Management

PROGRAM TITLE: Family Life Today

Date: 6/14/21

Time of day: 7:05 AM + 8:05 PM

Duration: 28 Minutes

Program Description: (Format, participants, content, etc.):

Kathy Lipp, author of book *The Clutter-Free Home: Making Room for Your Life*, gave insight on how to better prepare and enjoy a place for our families and others. She hosts the popular podcast Clutter Free Academy. Program podcast: <https://www.familylife.com/podcast/familylife-today/>



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Signature of licensee

July 1, 2021

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