

Quarterly Issues Programs List for Station KUPD – FM, Tempe, AZ

January 1, 2024 – March 31, 2024

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

- A. Animal welfare, vet care and education**
- B. Youth Support**
- C. Community Awareness**
- D. Aging with grace, dignity, support resources and care**
- E. Educational and job opportunities**
- F. Homelessness, housing and hunger**
- G. Medical treatments, best practices and support**

Section II: Responsive Programs –

- A. Animal welfare, vet care and education**

Valley Focus – Broadcast on January 7, 2024, at 6:20:55 a.m., January 21, 2024, at 6:00:00 a.m., January 28, 2024, at 6:42:50 a.m. and February 11, 2024, at 6:00:00 a.m. Duration 7 minutes and 10 seconds. A segment with Kimberely Vermillion, Director of Communications with Arizona Animal Welfare League (AAWL). AAWL is the largest and oldest no-kill shelter in Arizona. The holidays saw an increase in pet adoptions, with over 100 dogs and cats finding their forever homes. The calendar is turning to February with a unique opportunity and event, Design for Dogs. The event will feature some awesome designs of dog houses that can be bid on. The bids on the dog houses go toward helping with food for the animals at the shelter, the Rescue Program, the low-cost vaccine program and more efforts the AAWL is known for achieving in the community. The February event has tickets for purchase and the money from the tickets will also help keep the AAWL helping our animal friends.

Valley Focus – Broadcast on January 14, 2024, at 6:33:50 a.m., January 28, 2024, at 6:00:00 a.m. and February 11, 2024, at 6:07:25 a.m. Duration 25 minutes and 40 seconds. A segment with Ruth Allard, Senior VP of Conservation, Science, Learning and Engagement with the Phoenix Zoo. The Phoenix Zoo is dedicated to empowering learners of all ages to connect with animals and our natural world through innovative educational programs and outreach initiatives. The Phoenix Zoo is a trusted place for animal wildlife, while teaching youth all about how wildlife conservation helps our community, and the world we live in. Volunteer opportunities and many educational programs for young children, teenagers and adults exist to be up close and personal with the animals and connect in a way that is supportive.

Valley Focus – Broadcast on March 24, 2024, at 6:20:50 a.m. Duration 7 minutes and 25 seconds. A segment with Kimberely Vermillion, Director of Marketing and Communication with Arizona Animal Welfare League (AAWL). The AAWL has a main location and an adoption center at the Chandler Mall. The Chandler location underwent a \$105,000 renovation to make it an easier adoption process and to improve the safety and comfort for the animals. AAWL relies on the

donations of the community to continue to be the largest shelter no-kill shelter in the state and provide a place for dogs and cats to meet their eventual forever families. The Chandler adoption center is now open and there are many dogs and cats waiting.

Lost Our Home Pet Rescue – “Pick of the Litter” – Broadcast multiple times daily starting in January of 2024 and currently running on-air; Duration: 30 seconds - 3:00 minutes. 98KUPD and “Lost Our Home Pet Rescue” created a program to help valley residents adopt homeless pets called “The Pick of The Litter”. John Holmberg (Holmberg’s Morning Sickness) chooses a pet each week that is up for adoption. If the listener adopts the pet that John has chosen, then “Lost Our Home Pet Rescue” waives all adoption fees. The program is supported on-air through mentions and commercials. The radio station’s website (98kupd.com) also lists 60+ other pets that are available for adoption as well. This program will run throughout 2024.



Holmberg Bound - In association with Four Peaks Brewery, an alcoholic beverage was produced called, "Holmberg Bound". Proceeds from the sale of the beer were donated to the Arizona Humane Society. Details regarding this beverage, exclusively created to generate money for the Arizona Humane Society, were broadcast at least three times daily between the hours of 6am-10am, Monday-Friday, from January 8th – January 31st, 2024, for a total of 80 mentions. The duration of each mention was anywhere from 2-10 minutes long. Most mentions occurred during the 7am, 8am, and 9am hours. In addition, a remote appearance was made with the Arizona Humane Society at Four Peaks Brewing Co. in Tempe (1/24). During the appearance, Arizona Humane Society was on hand to collect donations and to pair pet lovers with animals in need of a home.



B. Youth Support

Valley Focus – Broadcast on January 7, 2024, at 6:00:00 a.m. Duration 20 minutes and 25 seconds. A segment with Erin McDonough, Executive Director with First Tee – Phoenix. First Tee – Phoenix is empowering kids and teens through the game of golf. There are two programs to help youth golf, the on-course program and the school and community program. Kids ages seven to high school can sign up for First Tee with 14 participating golf courses across the Valley. First Tee is dedicated to providing opportunities to children where they can learn lessons and develop long-term goals through the game of golf.

Valley Focus – Broadcast on January 14, 2024, at 6:15:00 a.m. Duration 16 minutes and 35 seconds. A segment with Robin Lea-Amos, Executive Director of GiGi's Playhouse Phoenix. GiGi's Playhouse Phoenix's mission is to change the way the world views Down syndrome and to send a global message of acceptance for all. With the vision to see a world where individuals with Down syndrome are accepted and embraced in their families, schools and communities. Recently, GiGi's Playhouse Phoenix has started a program that is completely tailored to the individual taking speech therapy. Speech therapy helps someone with Down syndrome advocate for themselves,

tell people something simple like their day and improve their independence. Over 1500 hours of speech therapy was given to youth part of the GiGi's Playhouse Phoenix program in 2023 with designs on adding more classes and resources in 2024. Anecdotally, Robin shared that parents view GiGi's Playhouse Phoenix programs as more beneficial for their children than middle school and high school as those academic programs don't have the ability to specialize.

Valley Focus – Broadcast on January 21, 2024, at 6:30:05 a.m., January 28, 2024, at 6:50:45 a.m. and February 11, 2024, at 6:50:50 a.m. Duration 8 minutes and 50 seconds. A segment with Felicia Thompson, Senior Director, Marketing and Communications for Girl Scouts – Arizona Cactus Pine Council. Girl Scouts has a long history, dating back to 1912 with Juliette Gordon Low. Girl Scouts is about fostering young girls' own curiosity, dreams and talents. It gives them confidence to be themselves, learn leadership skills, entrepreneurial skills and to feel empowered. Cookie season is here and that has taken on a new life for the girls, learning e-commerce practices, money management and people skills.

Valley Focus – Broadcast on February 4, 2024, at 6:18:20 a.m. Duration 23 minutes and 30 seconds. A segment with Michael Medoro, Chief of Staff with Childhelp. Childhelp is the nation's oldest and largest nonprofit dedicated to eliminating child abuse. Childhelp is celebrating its 65th year and has evolved into having Short Term Residential Therapeutic programs, 24-hour, 7-day-a-week crisis hotlines, Foster Family programs and Long Term Residential Therapeutic programs. Every 10 seconds there is an act of child abuse, and Childhelp is trying to be there for youth and parents to avoid further trauma.

Valley Focus – Broadcast on February 18, 2024, at 6:50:10 a.m. and March 3, 2024, at 6:35:45 a.m. Duration 11 minutes and 25 seconds. A segment with Bethany Eggleston, VP of Development and Marketing with Foster Alliance, and Jesse Lochridge, current foster parent. Foster Alliance's mission is to support the foster care community by providing essentials to benefit children in foster care. The vision is that every child on the foster care journey thrives. Foster Alliance is dedicated to serving the families and providing them with kits, fire extinguishers, beds, cribs and more, for day one of their foster parenting journey. Jesse shares the experiences she has had with Foster Alliance, their support and the remarkable feeling it is to be there for kids.

Valley Focus – Broadcast on March 17, 2024, at 6:00:00 a.m. Duration 13 minutes and 5 seconds. A segment with John Covington, Shriners Ride for Kids. Everyone is a Shriner and looking to find ways to give back to Shriner's Hospital. With that, the idea for the ride was born. All of it is benefitting the Shriner's Hospital with a day full of riding and events post-ride.

Valley Focus – Broadcast on March 17, 2024, at 6:49:20 a.m. and March 24, 2024, at 6:49:10 a.m. Duration 10 minutes and 15 seconds. A segment with Jordan Olstead, Corporate Development Officer with Phoenix Children's Hospital. Jersey Mike's and Phoenix Children's Hospital are partnering up for the Day of Giving. Jersey Mike's is committed to giving 100 percent of sales to Phoenix Children's Hospital so that the hospital can continue to fund their programs, expand across the Valley and be a trusted center for children throughout the Valley.

Load The Library w/ Fulton Homes and 98KUPD –

Broadcast multiple times daily from February 26th – March 16th, 2024; Duration 15 - 30 seconds. The radio station broadcast mentions reminding listeners that the Chandler Sunset Library was reopening after a devastating gas fire and needed books to reload their library. Two station remotes were held on March 9th and March 16th collecting new and slightly used books to be donated to the Chandler Sunset Library.



C. Community Awareness

Valley Focus – Broadcast on January 7, 2024, at 6:43:55 a.m. and February 4, 2024, at 6:00:00 a.m. Duration 16 minutes and 20 seconds. A segment with Tom Wheelwright, CPA and CEO of WealthAbility. There are many tax changes coming in 2024, and Tom wants you to be as educated as possible heading into tax season. There are automatic provisions in place with our tax codes that adjust for inflation. For the April 2024 filing, those provisions are in place. From there, if you can capitalize on the savings, WealthAbility has strategies to turn those savings into future opportunities with tax free or tax reduced wealth. More changes for 2024 include bracket changes impacting what married couples start to count as taxable income. Tom wants you to be as aware as possible heading into tax season to find ways to save and grow your money.

Valley Focus – Broadcast on February 25, 2024, at 6:14:45 a.m. Duration 6 minutes and 50 seconds. A segment with Taylor Schultz, Marketing Director with Babbo Italian Eatery. Babbo has eight Valley locations and is participating in the Baseball for Babbo Day of Giving on February 29th. This is the third annual event to raise money for The Seena Magowitz Foundation and HonorHealth Research Institute. There are plenty of ways to get involved to help this pancreatic cancer research through baseball memorabilia, purchasing a gift card to the Babbo restaurant or stopping by and eating that day. All profits will go to The Seena Magowitz and HonorHealth Research Institute.

Valley Focus – Broadcast on February 25, 2024, at 6:53:35 a.m. Duration 6 minutes and 5 seconds. A segment with Caitlin Sageng, Senior Program Director of Child Crisis Arizona. Child Crisis Arizona is a leading nonprofit organization dedicated to promoting the well-being and safety of children

and families. Child Crisis Arizona has been helping the community for nearly five decades with the mission to provide children and youth in Arizona a safe environment. With that, Child Crisis Arizona teamed up with SRP and 493 Firefighter Foundation to bring the Pool Fence Safety Program. Parents that own a home but cannot afford to have a fence put in, can submit a request to get a pool fence built to help with child water safety. Drowning is the leading cause of death for children ages one to four years old and Child Crisis Arizona is trying to prevent tragedies with kids around water. In addition to the pool fence program, there are plenty of educational tools that are shared with best practices around water.

Valley Focus – Broadcast on March 10, 2024, at 6:52:05 a.m. and March 24, 2024, at 6:00:00 a.m. Duration 8 minutes and 35 seconds. A segment with Nicole Henry, PharmD, District Leader at CVS Health. Allergy season is here and according to the CDC, more than a quarter of Americans over the age of 18 have seasonal allergies. Nicole helped listeners understand the differences between antihistamines, decongestants, and corticosteroids, and when to use them, and the different brands associated to each kind of medication that helps certain people vs. others. She mentioned the importance to start allergy medication before symptoms begin.

Valley Focus – Broadcast on March 17, 2024, at 6:14:05 a.m. Duration 14 minutes. A segment with Merilee Fowler, Executive Director with Matforce. Matforce’s mission is to build healthier communities by striving to eliminate substance abuse and its effects. Matforce is running multiple campaigns to help the community understand the dangers of drug use and the rise of fentanyl use. The statistics show that there has been a decline in drug overdoses because of fentanyl from 2022 to 2023, but there is still work to be done. A Matforce resource is Talknowaz.com, which has all sorts of resources for how parents can talk to kids about the dangers of fentanyl and other drugs in our community, and how to approach those difficult conversations.

Valley Focus – Broadcast on March 24, 2024, at 6:28:45 a.m. Duration 19 minutes and 40 seconds. A segment with Nicole Corey, Founder and Executive Director of Natural Restorations. Natural Restorations’ mission is to remove trash and graffiti from outdoor recreation and wilderness areas, revitalize natural areas through replanting projects, and enrich the lives of military veterans and other community members. In honor of Earth Day, Natural Restorations is hosting their 9th Annual Earth Day Lower Salt River Cleanup in which they will go to the Salt River for trash clean up.

Valley Focus – Broadcast on March 31, 2024, at 6:18:55 a.m. Duration 10 minutes. A segment with Anne Osborne, Act One, Culture Pass Manager. Culture Passes are designed to provide access to the arts for students, retirees and under-resourced families to visit many of Arizona’s arts and cultural treasures. All you need is a library card at the participating library locations. From there, you sign up for the places you’d like to visit around the state. A receipt is printed, and you have 10 days to visit the location from the print date. That receipt is your admission for two. Places like the Desert Botanical Garden, Heard Museum, River of Time Museum are all part of this program.

United Phoenix Firefighters Charities - UFEST 2024

Broadcast multiple times daily from February 2nd – March 31st, 2024; Duration 15 - 30 seconds. The radio station broadcast mentions reminding listeners that “\$1 from each UFest 2024 ticket sold would be funding the United Phoenix Firefighter Charities to support their community and fire programs”.



D. Aging with grace, dignity, support resources and care

Valley Focus – Broadcast on January 7, 2024, at 6:28:20 a.m. and March 3, 2024, at 6:00:00 a.m. Duration 15 minutes and 20 seconds. A segment with Carla Sutter, Arizona Health Care Directives Registry at Contexture. Contexture is partnering with Mercy Care and Hospice of the Valley on a Choose Your Person campaign. The initiative is designed to get people to fill out healthcare directives. Carla went through examples of what happens in different scenarios if someone doesn't have a healthcare directive. She provided ways for people to start the process on having tough conversations with loved ones about health care decisions.

Valley Focus – Broadcast on January 14, 2024, at 6:00:00 a.m. Duration 13 minutes and 30 seconds. A segment with Chandra Stewart, Director Donor Relations with Honor Health Foundation. Honor Health Foundation strives to advance the health and well-being of those served. Honor Health Foundation provides a unique path of giving, that ensures donations and contributions help improve as many facets of health for as many people as possible. Honor Health Foundation believes in the Blue Zones project. Blue Zones looks at optimizing the environment, health access and all that contributes to a longer, healthier life. Honor Health Foundation is in the beginning stages of the partnership with Scottsdale to bring initiatives and ideas to the forefront. Furthermore, Honor Health Foundation has an upcoming gala to support HonorHealth Cardiovascular Center of Excellence. Cardiovascular health is among the leading causes of death and Honor Health Foundation wants to support good practices and care.

Valley Focus – Broadcast on January 28, 2024, at 6:27:40 a.m. and February 18, 2024, at 6:00:00 a.m. Duration 14 minutes and 10 seconds. A segment with Mary Lynn Kasunic, President and CEO of Area Agency on Aging. Mary Lynn discussed that Area Agency on Aging is celebrating 50 years

of making an impact in our community. Over the last 50 years, the number of programs offered has expanded to upwards of 50. There is increased stress on seniors to afford their prescriptions, utilities and more, and Area Agency on Aging steps in with In-Home services and a meals on wheels type program. Furthermore, Area Agency on Aging offers respite care for caregivers and a 24-hour senior helpline. Over the last 10 years, Area Agency on Aging has helped over 100,000 individuals each year. Most everything operates on a donation basis with Area Agency on Aging and payment isn't required for services. As more seniors are reaching that senior age and wanting to stay in their homes, organizations like Area Agency on Aging need to be there to help that process.

E. Educational and job opportunities

Valley Focus – Broadcast on January 21, 2024, at 6:41:10 a.m. and February 11, 2024, at 6:33:20 a.m. Duration 17 minutes and 15 seconds. A segment with Katie Prendergast, Executive Director of Arizona Alliance for Golf. Arizona Alliance for Golf got started about five years ago with people and organizations from all sectors of the golf industry joining forces for the love of this game in Arizona. The report derived by Arizona Alliance for Golf determined Arizona is the home to 66,200 jobs, totaling \$2.3 billion in wages earned through the golf industry. The golf industry is home to a huge portion of our tourism economic boom and in total about \$6 billion in economic activity generated. The golf industry does so much for charitable organizations through the WM Phoenix Open and tournaments throughout the Valley.

Valley Focus – Broadcast on March 10, 2024, at 6:19:20 a.m. Duration 14 minutes and 20 seconds. A segment with Chris Stevens, Senior VP with RecruitMilitary. RecruitMilitary hosts virtual career fairs for veterans, transitioning military, military spouses and dependents. The process takes one minute to sign-up with the resources and access all being free. There are typically 80 to 120 vendors at each career fair ready to have side interviews and make hires for those that meet qualifications and are interested. The unemployment rate right now amongst veterans is relatively low at 3 percent, but opportunities remain, and RecruitMilitary has provided a database for people to succeed.

Valley Focus – Broadcast on March 17, 2024, at 6:29:05 a.m. Duration 19 minutes and 30 seconds. A segment with Thomas Barr, VP Business Development of Local First Arizona, and Mohammed Ahmad, AVP Business Banking at Arizona Financial Credit Union. April is Move Your Money month. By putting your money into a financial credit union, it helps to support small business and the community. Arizona is made up of 99 percent small businesses who employ 40 percent of the work force, so these loans are imperative to keep local economies going. The support and loans that these local banks are able to give to small businesses, go a long way in providing career opportunities and local economy surges.

F. Homelessness, housing and hunger

Valley Focus – Broadcast on January 21, 2024, at 6:09:10 a.m. Duration 20 minutes and 25 seconds. A segment with Ted Taylor, CEO of Family Promise of Greater Phoenix. Family Promise

of Greater Phoenix provides resources, time and love for families to stabilize after becoming homeless. Family Promise supports the entire family, including children, parents and pets, by providing assistance with daycare, school, in-house play spaces and club activities. The parents receive support and with the knowledge that their children are safe and cared for, they can turn their attention to goals of securing employment, saving money, and searching for next-step housing. Their pets receive food and shelter right alongside their human family. Without support and proper structure, searching for a job, finding a job and maintaining that employment can be difficult. The keys to success are founded with Family Promise of Greater Phoenix. In addition to that, there are educational opportunities on proper saving techniques and so much more, that all lead to prosperous opportunities. Family Promise of Greater Phoenix sets the foundation for the family and for the head of household to get on their feet through employment.

Valley Focus – Broadcast on February 4, 2024, at 6:45:05 a.m. and February 25, 2024, at 6:00:00 a.m. Duration 14 minutes and 30 seconds. A segment with Amy Schwabenlender, CEO of Keys to Change (formerly Human Services Campus). Their mission is to unlock access to quality housing and support the growth and community of those who dedicate their lives to serving others, including healthcare professionals, educators, first responders and social workers. Their partner organization, Key Campus located in Downtown Phoenix, is a collaboration of 16 partner organizations with the shared goal of ending homelessness in Maricopa County. Support programs available at the Key Campus include Health, Legal, ID & post office services, meals, shelter and employment.

Valley Focus – Broadcast on March 3, 2024, at 6:16:20 a.m. Duration 19 minutes and 10 seconds. A segment with Kate Thoene, Chief Strategy Officer with New Life Center. New Life Center is Arizona's largest domestic violence shelter. The emergency center has 104 beds and accepts families including furry family members. New Life Center provides resources to help people seek employment, obtain housing once their stay at New Life Center is complete and items to furnish their home upon leaving. New Life Center is a proponent of quality meals and has a great kitchen for healthy eating throughout the family's stay. New Life Center tries to do everything to help people leave their dangerous situations, obtain necessary documents, seek their new living arrangements and get them on their feet.

Valley Focus – Broadcast on March 31, 2024, at 6:00:00 a.m. Duration 17 minutes and 10 seconds. A segment with Rick Mitchell, Executive Director with Homeless ID Project. Homeless ID Project is located on the Keys to Change Campus and helps people obtain identification. Without ID, people can't get a job, can't get a hotel room, can't get an apartment, all things that make homeless cyclical. The partnership with ADOT has been working great, as people are able to get access to an ID on campus and don't need a bus pass to travel to the nearest MVD. This is helping to reduce the volume of repeat visitors. Homeless ID Project is starting their 1000 Voices Campaign with a major sponsor, Valley Toyota Dealers. The sponsorship helps with grants and funding to continue to the work they are doing to ultimately end homelessness.

G. Medical treatments, best practices and support

Valley Focus – Broadcast on February 18, 2024, at 6:32:00 a.m. and February 25, 2024, at 6:35:25 a.m. Duration 17 minutes and 55 seconds. A segment with Barb Kozuh, Executive Director at Delta Dental of Arizona Foundation. Delta Dental of Arizona Foundation has been serving the Arizona community since 1997 with a variety of different programs and best practices for oral hygiene. Recently, Delta Dental of Arizona Foundation partnered with Oral Health in Medicine Initiative to increase oral health education for all medical students. This partnership will be with the UofA and be part of the curriculum in July. This gives medical students the chance to be with a dentist, understand how to use fluoride, the important of oral health and how to be an advocate to patients for strong oral health.

Valley Focus – Broadcast on February 18, 2024, at 6:14:25 a.m. and March 10, 2024, at 6:00:00 a.m. Duration 17 minutes and 20 seconds. A segment with Brock Bevell, Founder of The Fentanyl Project. Brock is a former police officer who was forced into retirement after being run over by a vehicle while on duty. The opioids prescribed to him resulted in him becoming addicted. Eventually he found sobriety and wanted to pay-it-forward to others that are facing addiction. He started The Fentanyl Project, a grassroots effort, that goes out on the streets of our community looking to give Narcan to people in need, blankets and resources if they are ready to get sober. Brock's message is that everyone should have Narcan because it can help save a life, on the streets or right in our own neighborhood. The fentanyl is streaming into our state at uncontrollable rates, untraceable rates and is truly terrifying. Narcan is one way to help someone in desperate need.

Valley Focus – Broadcast on February 25, 2024, at 6:21:50 a.m. Duration 13 minutes and 20 seconds. A segment with Terra Schaad, Founder and Executive Director of Hunkapi Programs. Hunkapi Programs services people diagnosed with post-traumatic stress disorder, autism spectrum disorder, addiction disorder, emotional disorder and more, through equine therapy. Terra believes that equine therapy can be a standalone treatment, or it can work in conjunction with traditional therapy. The mission is to "Teach the World to Fear Less and Love More". Hunkapi Programs focuses on helping the person in an individual setting or through group work and group causes.

Valley Focus – Broadcast on March 3, 2024, at 6:48:10 a.m. and March 24, 2024, at 6:09:05 a.m. Duration 11 minutes and 15 seconds. A segment with Julie Dunnigan, CEO of Cancer Support Community Arizona (CSCAZ). CSCAZ offers free resources to those impacted by cancer. Celebrating its 25th year serving the community, CSCAZ is focused on reaching all Arizonans through in-person or virtual programs. More than 40,000 people in Arizona will be diagnosed with cancer this year and continued research shows a person has a 38 percent greater chance for remission if positively tapping into the psychological and social support. Avoiding isolation is one of the key tenants to CSCAZ.

Valley Focus – Broadcast on March 10, 2024, at 6:35:40 a.m. Duration 16 minutes and 10 seconds. A segment with Lydia Sanabria, Executive Director and Osheliq Alexander, VP of Veterans Affairs and Forensic Peer Support Specialist with ARISE Community Solutions. ARISE Community Solutions believes that everyone, regardless of age, is able, resilient, intelligent, successful and effective in their community and shall ARISE. The mission is to serve the community in Mental

Health and Substance. Right now, there is a huge need for veterans to gain access to mental health support. The VA is often backlogged to help with appointments taking more than 30 days. This is where ARISE can step-in with licensed practitioners to see veterans and get them help in under seven days.

Valley Focus – Broadcast on March 31, 2024, at 6:32:25 a.m. Duration 27 minutes. A segment with Scott Kelley, CEO of SolV Independent Insurance Associates and Melissa Shaw, HR Manager with Barney Trucking. Scott helps employers find alternative solutions to high premium, high deductible insurance plans for their employees. Scott's brokerage firm works with companies as small as two people to as large as thousands of people. Barney Trucking is one of the companies that made the switch and employees are happy with their plans, access to doctors, and medications. Scott went through how hospitals are charging an exorbitant amount of money for care, which is causing people to go into medical debt. He offered solutions on how to negotiate your bill, and solutions for employers for health coverage plans for employees.

Included in Valley Focus were the following Public Service Announcements:

January 7, 2024 -

6:20:25 a.m. Duration 30 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:28:05 a.m. Duration 15 seconds. Warning app. 1 minute test. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:43:40 a.m. Duration 15 seconds. Join Stand Up to Cancer and Jazz Pharmaceuticals to accelerate the pace of research for lung cancer and screening options. StandUpToCancer.org/lung

January 14, 2024 –

6:13:30 a.m. Duration 60 seconds. Times of transition can leave us feeling adrift. Social connections are important to a healthy life. Connecttoeffect.org. Find ways to get connect. AARP Foundation and support from United Health Care

6:14:30 a.m. Duration 30 seconds. If I could be you and you could be me for one hour. Walk a mile in my shoes. We've all felt left out. We change that. Belongingbeginswithus.org

6:31:35 a.m. Duration 60 seconds. This is the story of a very special woman. I still call her mom. Your hero needs you now. AARP is here to help. AARP.org/caregiving. A public service announcement by AARP and the Ad Council

6:32:35 a.m. Duration 60 seconds. Don't you wish your life came with a warning app? Life doesn't always give us the chance to change the outcome. But pre-diabetes does. Take the 1-minute test today. DoIHavePrediabetes.org. Brought to you by the Ad Council and its prediabetes awareness partners.

6:33:35 a.m. Duration 15 seconds. No one should face Alzheimer's alone. Resources are available at Alz.org or calling 800-272-3900

January 21, 2024 –

6:07:10 a.m. Duration 60 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:08:10 a.m. Duration 60 seconds. Wouldn't it be great if life came with a remote control? Life doesn't always give you a time to change the outcome. Prediabetes does. You can stop it before it leads to Type 2. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:29:35 a.m. Duration 30 seconds. Is this how you feed a hamster? I think so. Double check if your child is in the right seat. NHTSA.gov/therightseat. A message from NHTSA and the Ad Council

6:38:55 a.m. Duration 60 seconds. Join Stand Up to Cancer and Jazz Pharmaceuticals to accelerate the pace of research for lung cancer and screening options. StandUpToCancer.org/lung

6:39:55 a.m. Duration 60 seconds. Opioids helped with the pain. Holding on to unused opioids puts your family at risk. What can you do to protect your family? Remove the risk. FDA.gov/drugdisposal

6:40:55 a.m. Duration 15 seconds. When you're high you feel different. So if you're high, just don't drive. Brought to you by NHTSA and the Ad Council

January 28, 2024 –

6:25:40 a.m. Duration 30 seconds. Smokey Bear lives within us all. Only you can prevent wildfires. Brought to you by USDA Forest Service and the Ad Council

6:26:10 a.m. Duration 60 seconds. Social connections are an important part of a healthy life. Build and maintain connections to people. Visit connecttoeffect.org. Presented by AARP and United Health Care

6:27:10 a.m. Duration 30 seconds. Medicaid and SHIP offer low-cost coverage for teens. Parents may now be eligible. Enrollment is always open. Insurekidsnow.gov. Paid for by the US Department of Health and Human Services

6:41:50 a.m. Duration 60 seconds. Wouldn't it be great if life came with a remote control? Life doesn't always give you a time to change the outcome. Prediabetes does. You can stop it before it leads to Type 2. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:50:00 a.m. Duration 15 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:50:15 a.m. Duration 30 seconds. This is the story of a very special woman. I still call her mom. Your hero needs you now. AARP is here to help. AARP.org/caregiving. A public service announcement by AARP and the Ad Council

February 4, 2024 –

6:16:20 a.m. Duration 60 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:17:20 a.m. Duration 60 seconds. Wouldn't it be great if life came with a remote control? Life doesn't always give you a time to change the outcome. Prediabetes does. You can stop it before it leads to Type 2. [DoIHavePrediabetes.org](https://doihaveprediabetes.org). Brought to you by the Ad Council and prediabetes awareness partners.

6:41:50 a.m. Duration 60 seconds. Opioids helped with the pain. Holding on to unused opioids puts your family at risk. What can you do to protect your family? Remove the risk. [FDA.gov/drugdisposal](https://fda.gov/drugdisposal)

6:42:50 a.m. Duration 60 seconds. Warning app. 1 minute test. [DoIHavePrediabetes.org](https://doihaveprediabetes.org). Brought to you by the Ad Council and prediabetes awareness partners.

6:43:50 a.m. Duration 30 seconds. I just got a text to approve a bank transfer I didn't make. Stay safe online. [CISA.gov/secureourworld](https://cisa.gov/secureourworld)

6:44:20 a.m. Duration 30 seconds. We've all felt left out. For people who move to this country, that feeling lasts more than a moment. [Belongingbeginswithus.org](https://belongingbeginswithus.org). Brought to you by the Ad Council

6:44:50 a.m. Duration 15 seconds. No one should face Alzheimer's alone. [Alz.org](https://alz.org) and call association's free hotline at 800-272-3900

February 11, 2024 –

6:07:10 a.m. Duration 15 seconds. Smokey the Bear. After 80 years of learning his fire prevention tips, he lives within us all. Only you can prevent wildfires. Brought to you by the USDA Forest Service and the Ad Council

6:33:05 a.m. Duration 15 seconds. No one should face Alzheimer's alone. [Alz.org](https://alz.org) and call association's free hotline at 800-272-3900

6:50:35 a.m. Duration 15 seconds. We've all felt left out. For people who move to this country, that feeling lasts more than a moment. [Belongingbeginswithus.org](https://belongingbeginswithus.org). Brought to you by the Ad Council

February 18, 2024 –

6:14:10 a.m. Duration 15 seconds. No one should face Alzheimer's alone. [Alz.org](https://alz.org) and call association's free hotline at 800-272-3900

6:31:45 a.m. Duration 15 seconds. We've all felt left out. For people who move to this country, that feeling lasts more than a moment. [Belongingbeginswithus.org](https://belongingbeginswithus.org). Brought to you by the Ad Council

6:49:55 a.m. Duration 15 seconds. 4 a.m. and sucking baby snot through a tube. If you love her that much, make sure she is buckled in the right season. Brought to you by the National Highway Traffic Administration and the Ad Council. [NHTSA.gov/therightseat](https://nhtsa.gov/therightseat)

February 25, 2024 –

6:14:30 a.m. Duration 15 seconds. Smokey the Bear. After 80 years of learning his fire prevention tips, he lives within us all. Only you can prevent wildfires. Brought to you by the USDA Forest Service and the Ad Council

6:21:35 a.m. Duration 15 seconds. No one should face Alzheimer's alone. [Alz.org](https://alz.org) and call association's free hotline at 800-272-3900

6:35:10 a.m. Duration 15 seconds. Warning app. 1 minute test. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:53:20 a.m. Duration 15 seconds. Is this how you feed a hamster? I think so. Double check if your child is in the right seat. NHTSA.gov/therightseat. A message from NHTSA and the Ad Council

March 3, 2024 –

6:15:20 a.m. Duration 60 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:35:30 a.m. Duration 15 seconds. Warning app. 1 minute test. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:47:10 a.m. Duration 30 seconds. This is the story of a very special woman. I still call her mom. Your hero needs you now. AARP is here to help. AARP.org/caregiving. A public service announcement by AARP and the Ad Council

6:47:40 a.m. Duration 30 seconds. Smokey the Bear. After 80 years of learning his fire prevention tips, he lives within us all. Only you can prevent wildfires. Brought to you by the USDA Forest Service and the Ad Council

March 10, 2024 –

6:17:20 a.m. Duration 30 seconds. Smokey the Bear. After 80 years of learning his fire prevention tips, he lives within us all. Only you can prevent wildfires. Brought to you by the USDA Forest Service and the Ad Council

6:17:50 a.m. Duration 60 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:18:50 a.m. Duration 30 seconds. You love your kids enough to take them to see their favorite band. Love them enough to make sure they are buckled up in the back seat. NHTSA.gov/therightseat

6:33:40 a.m. Duration 60 seconds. Social connections are an important part of a healthy live. Can lead to high blood pressure, early on set dementia and heart conditions. Try a new hobby, volunteering, use your phone to stay in touch with others. Connecttoeffect.org. Brought to you by AARP Foundation with support from United Health Care

6:34:40 a.m. Duration 30 seconds. It's 4 a.m. Monday. Love her enough to make sure she's buckled in the right car seat. NHTSA.gov/therightseat. Show them you love them. Brought to you by the National Highway Traffic Safety Administration and the Ad Council

6:35:10 a.m. Duration 30 seconds. Life is full of moments. Stand Up to Cancer work is so vital. It takes collaboration. StandUpToCancer.org

6:51:50 a.m. Duration 15 seconds. If I could be you and you could be me for one hour. Walk a mile in my shoes. We've all felt left out. We change that. Belongingbeginswithus.org

March 17, 2024 –

6:13:05 a.m. Duration 30 seconds. Black men are the most likely Americans to die from lung cancer. Insurance are required to cover for those over 50 who smoke or used to smoke. ACR.org/mylcs for a screening location

6:13:35 a.m. Duration 30 seconds. Junior Achievement is where dreams take flight. Connect what they learn in school to manage money, obtain financial security and start a business to change their lives.

6:28:05 a.m. Duration 60 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:48:35 a.m. Duration 30 seconds. Warning app. 1 minute test. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:49:05 a.m. Duration 15 seconds. If I could be you and you could be me for one hour. Walk a mile in my shoes. We've all felt left out. We change that. Belongingbeginswithus.org

March 24, 2024 –

6:08:35 a.m. Duration 30 seconds. I answered the call. And even though I know longer wear the uniform, I am a Marine.

6:20:20 a.m. Duration 30 seconds. When you struggle with Crohns and Colitis, I thought that is how it had to be. Crohns and Colitis Foundation can help with new medication. Learn more at spillyourguts.org

6:28:15 a.m. Duration 30 seconds. Women's Day. Need to respect each other, care for each other.

6:48:25 a.m. Duration 15 seconds. Smokey Bear lives within us all. Only you can prevent wildfires. Brought to you by USDA Forest Service and the Ad Council

6:48:40 a.m. Duration 30 seconds. Junior Achievement is where dreams take flight. Connect what they learn in school to manage money, obtain financial security and start a business to change their lives.

March 31, 2024 –

6:17:10 a.m. Duration 60 seconds. Heard the call to serve. So I answered. I am a Marine.

6:18:10 a.m. Duration 30 seconds. When you struggle with Crohns and Colitis, I thought that is how it had to be. Crohns and Colitis Foundation can help with new medication. Learn more at spillyourguts.org

6:18:40 a.m. Duration 15 seconds. If I could be you and you could be me for one hour. Walk a mile in my shoes. We've all felt left out. We change that. Belongingbeginswithus.org

6:28:55 a.m. Duration 60 seconds. Warning app. 1 minute test. DoIHavePrediabetes.org. Brought to you by the Ad Council and prediabetes awareness partners.

6:29:55 a.m. Duration 60 seconds. No one should face Alzheimer's alone. Alz.org and call association's free hotline at 800-272-3900

6:30:55 a.m. Duration 60 seconds. This is the story of a very special woman. I still call her mom. Your hero needs you now. AARP is here to help. AARP.org/caregiving. A public service announcement by AARP and the Ad Council

6:31:55 a.m. Duration 30 seconds. If I could be you and you could be me for one hour. Walk a mile in my shoes. We've all felt left out. We change that. Belongingbeginswithus.org