

Quarterly Issues Programs List for Station KAZG – AM, Scottsdale, AZ

April 1, 2023, – June 30, 2023

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

- A. Senior citizen care, resources and support help
- B. Youth Advocacy
- C. Community Awareness
- D. Homelessness, housing and hunger
- E. Environmental concerns, advocacy and preservation
- F. Former and current military support services, advocacy and organizations
- G. Animal welfare, vet care, and education
- H. Educational and job opportunities

Section II: Responsive Programs –

- A. Senior citizen care, resources and support help

Valley Focus – Broadcast on April 2, 2023, at 6:14:15 a.m. Duration 20 minutes and 10 seconds. A segment with Beth Oelkers, registered nurse with Your Patient’s Advocate. Your Patient’s Advocate was created with the belief that everyone should feel supported in his or her healthcare journey. No one should be left alone to manage his or her care. The conversation revolved around dementia. With four main dementias, in addition to Alzheimer’s disease: Vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia. Beth offered helpful strategies families should take and she provided an update on treatments and research.

Valley Focus – Broadcast on April 30, 2023, at 6:43:40 a.m. and June 11, 2023, at 6:42:00 a.m. Duration 17 minutes and 50 seconds. A segment with Tami Bohannon, CEO with Foundation for Senior Living. Foundation for Senior Living was founded with one goal in mind, to improve quality of life for adults and their caregivers. FSL distributes food to older adults through food pantries. In addition, Foundation for Senior Living has several affordable housing communities. There is a current wait list for residents with the demand increasing for affordable housing for our seniors. The food deliveries also get made to residents in those affordable housing communities. Foundation for Senior Living is trying to make aging possible in an affordable and healthy way.

Valley Focus – Broadcast on April 30, 2023, at 6:29:10 a.m. and May 21, 2023, at 6:00:00 a.m. Duration 14 minutes and 15 seconds. A segment with Victoria Coley, Chief Medicare Officer Arizona/Mountain States with CVS Health. CVS Health conducted a study to find ways to reinvent care for a generation. It’s fast approaching, Americans 65 and older. By 2030, one in five Americans will be 65 or older. With the rise of people reaching that age, studies show that by 2030, the health care system will be dealing with twice as many hospital admissions and physicians visits. So, enter retail health care. It is a bridge to solutions, not a replacement. Studies show that older Americans are more engaged in their health care and well-being than ever before and prioritizing healthy choices. But there are ways to advocate for changes that need to be made to the system for healthy opportunities for all throughout the aging process.

Valley Focus – Broadcast on April 30, 2023, at 6:00:00 a.m. Duration 18 minutes and 40 seconds. A segment with Brian Bell, Executive Director with Northwest Valley Connect. Northwest Valley Connect advances equality, human dignity and strengthens the quality of life for residents and communities by addressing the transportation culture of those aging in place, persons with disabilities and veterans, offering choices that improve independence. There will come a point when all of us can no longer drive. So, how will we get to appointments, get necessary items and be able to live a life outside of the home? Enter Northwest Valley Connect, operating with the faith of volunteers to take elderly folks to and from appointments.

Valley Focus – Broadcast on May 21, 2023, at 6:24:00 a.m. Duration 20 minutes and 5 seconds. A segment with Janie Dalrymple, founder of Your Patient’s Advocate. Your Patient’s Advocate was founded in 2018 by Janie, who as a nurse, was able to witness first-hand medical experiences for her own family and realized that other people who don’t have medical training could use help. Your Patient’s Advocate centers on patient advocacy, elder-care consulting, end of life planning and ALS Support.

B. Youth Advocacy

Valley Focus – Broadcast on April 2, 2023, at 6:41:55 a.m. and May 7, 2023, at 6:41:50 a.m. Duration 17 minutes and 45 seconds. A segment with Ben Smith, CEO of Gnosis IQ. Gnosis IQ is an artificial intelligence software that predicts and tracks students’ success and empowers the social emotional well-being of students. Gnosis IQ is for students, teachers and parents. Gnosis IQ has helped save a young girl’s life who was experiencing depression and anxiety. Gnosis IQ is now partnering with notMYkid and Death2Life to help have infrastructure to more kids to accurately understand what is happening and be able to intervene if needed.

Valley Focus – Broadcast on April 9, 2023, at 6:00:00 a.m. Duration 11 minutes and 35 seconds. A segment with Bo Larsen, Community Relations Director with the Town of Fountain Hills. The Town of Fountain Hills Cares Program is hosting an event that will focus on social media impacts on teens. Pew Research Center says 81 percent of teens in the US use social media, putting a large population at an increased risk of feeling anxious, depressed or ill over social media consumption. The event will feature many vendors from the Maricopa County AG’s Office to Reigning Grace Ranch to NotMyKid in hopes to provide guidance and offer up a conversation about social media and the dangers.

Valley Focus – Broadcast on April 16, 2023, at 6:13:00 a.m. Duration 21 minutes and 5 seconds. A segment with Darcy Olsen, Founder and CEO of Center for the Rights of Abused Children. Darcy went through a life changing experience in 2010 when she was looking to foster children. She understood much more about the foster care system and those children who need homes. It spurred her on to start the Center for the Rights of Abused Children to advocate for the children in the courtroom; and now it is a law in Arizona that a lawyer is to advocate on behalf of the child. She has pushed for and gotten several laws passed to benefit children. 22,000 kids age out of foster care every year with no family and by 26 more than half have been incarcerated. Center for

the Rights of Abused Children is trying to help with that statistic to raise awareness, change cultures and be a voice to the voiceless.

Valley Focus – Broadcast on May 14, 2023, at 6:48:10 a.m. Duration 11 minutes and 15 seconds. A segment with Jessica Whitney, VP of Development and Marketing with Big Brothers and Big Sisters of Central AZ. The mission is to create and support one-to-one mentoring relationships that ignite power and promise of youth. Mentors that volunteer are asked to commit for at least one year to provide guidance, support and fun. The upcoming golf tournament benefits the mentoring programs.

Valley Focus – Broadcast on May 28, 2023, at 6:11:05 a.m., June 11, 2023, at 6:26:45 a.m. and June 25, 2023, at 6:32:35 a.m. Duration 15 minutes. A segment with Shelly Mowrey with Arizona HIDTA. Arizona HIDTA stands for High Intensity Drug Trafficking Association. The goals are to raise awareness of the fentanyl and other drug crisis we have in our communication. 28 million pills have infiltrated our community as opposed to 300,000 just a few years ago. Parents, friends, teachers and others need to be aware of the impact these drugs are having on our teens and the different methods that people are using to attract younger users.

Valley Focus – Broadcast on June 18, 2023, at 6:00:00 a.m. Duration 11 minutes and 5 seconds. A segment with Albert Cajigas, Behavioral Health Program Administrator for Arizona's Children Association. Arizona's Children Association has been serving the community since 1912 and is of the longest serving statewide comprehensive child welfare and behavioral health not-for-profit agencies. For those ages eight to 12 and 13 to 17 who are enrolled in AHCCS, Arizona's Children Association is offering summer camps. The camps are designed to integrate art therapy into learning coping skills and other important skills.

C. Community Awareness

Valley Focus – Broadcast on April 2, 2023, at 6:34:40 a.m. Duration 5 minutes and 45 seconds. A segment with Nancy Hormann, President of Downtown Mesa Association. Downtown Mesa is hosting an Easter Eggstravaganza with the Easter bunny, egg hunt, coloring, and so much more fun for people of all ages. The event is free, and especially geared toward kids to run around and play and enjoy the fun of the Easter Bunny.

Valley Focus – Broadcast on April 16, 2023, at 6:47:20 a.m. Duration 12 minutes and 5 seconds. A segment with Laura Paules, Founder and President of Control Alt Delete and Amy Hysell, President and CEO of Arizona Financial Credit Union. Control Alt Delete is a 501(c)3 in Phoenix with the primary focus removing the barriers that prevent domestic violence victims from fleeing abusive relationships. Control Alt Delete connects domestic violence victims with community resources and support by providing basic immediate needs. The average cost for a person to leave an abusive situation is \$21.75. That money is provided by generous grants, like the one from the Arizona Financial Credit Union through their Local Causes Grant Program. Arizona has the fifth-highest domestic violence rates in the US with 42.6 percent of women experiencing intimate partner physical violence, sexual violence or stalking.

Valley Focus – Broadcast on April 23, 2023, at 6:11:30 a.m. Duration 13 minutes. A segment with Kristen Jones, Community Engagement Manager with Lifeline Behavioral Health. Lifeline Behavioral Health has 7 Valley locations to serve someone dealing with anxiety and stress, trauma, mood management, grief and loss, divorce, anger management, domestic violence and other areas of concern. Lifeline Behavioral Health is partnering up with two important organizations for community events, the SemiColon Society and the American Foundation of Suicide Prevention. Both of these events are important to be out in the community and reach people when they think no one is listening.

Valley Focus – Broadcast on May 14, 2023, at 6:24:30 a.m. Duration 21 minutes and 25 seconds. A segment with Aaron Blocher-Rubin, President and CEO of Arizona Autism United. Arizona Autism United is a nonprofit that was founded back in 2006. The organization provides a wide variety of direct services, support for individuals with autism, their families and the community. A new center just opened in the West Valley for families to go to for support, diagnostic evaluations and more. Arizona Autism United is committed to serving the Valley with now four locations.

Valley Focus – Broadcast on May 21, 2023, at 6:44:20 a.m. Duration 15 minutes and 15 seconds. A segment with Madison Blanton, CEO of One Step Beyond. One Step Beyond's mission is to provide dynamic programs and services to individuals who have intellectual disabilities and their families so they may achieve their goals and become fully participating members of our communities. One Step Beyond started an adaptive hockey team, One Step Coyotes, which now has over 70 people playing. Inclusive programs such as this help teach skills and bring together the community in a variety of ways. There is an upcoming festival at the AZ Ice Peoria rink to celebrate adaptive programs around the country, for fun and some competition.

Valley Focus – Broadcast on May 28, 2023, at 6:41:40 a.m. Duration 20 minutes. A segment with Carrie Collins-Faddell, CEO With Brain Injury Alliance of Arizona and Janice Podzimek, Drunk and Distracted Driving Survivor Advocate for the Brain Injury Alliance of Arizona. Statistics from the American Heart Association say that strokes account for 1 of every 21 deaths and is the fifth leading cause of death in the United States. Brain Injury Alliance of Arizona can help assist stroke patients with the recovery process, serve as a liaison with doctor's protocols and rehab, help with support groups for patient and family members.

Valley Focus – Broadcast on June 18, 2023, at 6:11:20 a.m. Duration 10 minutes and 50 seconds. A segment with Laura Pahules, Founder of Control Alt Delete. Control Alt Delete is a 501(c)3 nonprofit with the primary focus removing barriers that prevent domestic violence victims from fleeing abusive relationships. Control Alt Delete has been serving the community since September of 2019 in which people can call and devise a safe plan to flee an abusive situation. From there, Control Alt Delete will help with gas money, hotel stay and other resources to make their effort to leave a terrifying situation permanent. Laura was awarded the Service to Community award from the Governor's Office which brought much important and needed awareness to Control Alt

Delete, the harrowing statistics of how many people the organization serves and the continued needs to further the support.

Valley Focus – Broadcast on June 25, 2023, at 6:00:00 a.m. Duration 14 minutes and 15 seconds. A segment with Janice Podzimek, Drunk and Distracted Driving Survivor Advocate with Brain Injury Alliance of Arizona. Studies show that the most fatal crashes because of alcohol fall on holidays. Raising awareness to not get behind the wheel of a car if you've been drinking and the need to avoid distractions while driving too. The Brain Injury Alliance of Arizona helps survivors through different programs, therapies and resources. The programs are not just for survivors but family and friends that need help and strategies to navigate all of the mental and physical challenges.

D. Homelessness, housing and hunger

Valley Focus – Broadcast on April 2, 2023, at 6:00:00 a.m. Duration 14 minutes. A segment with Jackson Fonder, CEO of UMOM New Day Centers and Joel Helle, VP of Physician Services with CVS Health. UMOM New Day Centers is a nonprofit serving Maricopa County with a mission to end family homelessness by restoring hope and rebuilding lives. The programs within UMOM New Day Centers are guided by a simple formula, jobs and housing = ending homelessness. UMOM New Day Centers opened a new 60-unit community with the financial support of CVS Health called Newsome Village. Here families can live in a nice, affordable housing community. The start to changing lives, helping people to better health is through proper housing. All residents of UMOM New Day Centers are working and do not get to live there for free.

Valley Focus – Broadcast on April 9, 2023, at 6:24:35 a.m. Duration 16 minutes. A segment with Rick Mitchell, Executive Director of Homeless ID Project. The mission is to empower homeless individuals and families to end their homelessness and rebuild their lives by providing the critical first step of identification replacement services. Homeless ID Project is about ending homelessness and the first step to employment and permanent housing is through identification. Homeless ID Project is starting 1000 Voices Campaign to raise awareness about homelessness and to get the conversation started.

Valley Focus – Broadcast on April 23, 2023, at 6:26:00 a.m. Duration 16 minutes and 10 seconds. A segment with Lyndsey Waugh, Executive Director of Sprouts Healthy Communities Foundation. Sprouts Healthy Communities Foundation was founded back in 2015 with exponential growth into 2023. Now, working on servicing up to 24 gardens in 24 cities for school-aged children to learn about the needs to healthy eating. Often times, children aren't getting proper nutrition or understand the types of foods that will help them. This program is designed to teach those lessons, develop those good habits and hope that its foundation and fundamentals get delivered back to the home. It is important for kids to establish a good foundation of eating habits that will carry them forward throughout their life.

Valley Focus – Broadcast on May 7, 2023, at 6:17:25 a.m. Duration 13 minutes and 5 seconds. A segment with Jerry Brown, Director of Public Relations with St. Mary's Food Bank. St. Mary's Food Bank serves to alleviate hunger through the gathering and distribution of food while encouraging

self-sufficiency, collaboration, advocacy and education. St. Mary's Food Bank has many partners in order to deliver and distribute food to those in need. Stamp Out Hunger is back. A food drive in conjunction with the National Association of Letter Carriers so that food donations left at mailboxes get delivered to St. Mary's Food Bank and ultimately into the mouths of people who need it most.

Valley Focus – Broadcast on May 14, 2023, at 6:16:15 a.m. Duration 6 minutes and 15 seconds. A segment with Teresa Hauer, Development Manager at the Human Resources Campus. Human Services Campus is activating its ThirstAid water drive in which they will collect donated water the first Saturday of every month through September. The hot months are coming, and homeless people will be in great need of water and other items to help stave off the brutal summer weather. There are nearly 900 individuals sheltered nightly at the Human Services Campus who all need sunscreen and adequate water supply.

Valley Focus – Broadcast on May 21, 2023, at 6:14:45 a.m., June 4, 2023, at 6:00:00 a.m. and June 18, 2023, at 6:51:55 a.m. Duration 8 minutes and 15 seconds. A segment with Nathan Smith, Chief Program Officer with Phoenix Rescue Mission. Phoenix Rescue Mission provides Christ-centered, life-transforming solutions to people facing hunger, homelessness, addiction and trauma. Phoenix Rescue Mission is currently underway with the 11th Annual Code: Red Summer Heat Relief Campaign. The Phoenix Rescue Mission is in need of water and monetary donations for those that come to the campus and the on-the-streets outreach the organization does. The distribution of water takes place during the summer months, as the temperatures are very dangerous. The hope is that water is one step, housing for the night or permanent housing are future steps.

Valley Focus – Broadcast on June 4, 2023, at 6:10:15 a.m. Duration 13 minutes and 5 seconds. A segment with Jeri Royce, President and CEO of Advance. Advance is now in its sixth decade as a nonprofit but starting a new journey rebranded from Esperanca to Advance. The rich history of Esperanca incorporated improving health, vaccines, nutrition to countries like Nicaragua, Bolivia, Peru, Mexico and Ecuador. Advance has been working to try and strengthen underserved Latino communities in Phoenix with a variety of educational services, platforms and access to healthy food.

Valley Focus – Broadcast on June 4, 2023, at 6:25:35 a.m. Duration 15 minutes and 50 seconds. A segment with Howard Epstein, Founder of AZ Housing Fund. An increase in homelessness is drawing the need for more permanent, supportive affordable housing. The AZ Housing Fund has raised over \$1.5 million and awarded \$850,000 in grants to four projects in the last few years to try and help the crisis. Those projects include turning old hotels into affordable apartments, transitional housing for seniors and veterans. The AZ Housing Fund works with nonprofits to forward the process along to meet the growing crisis head-on.

E. Environmental concerns, advocacy and preservation

Valley Focus – Broadcast on April 9, 2023, at 6:13:05 a.m., April 23, 2023, at 6:00:00 a.m. and April 30, 2023, at 6:18:55 a.m. Duration 10 minutes. A segment with Lea Graham, Marketing

Spokesperson with Goodwill. Goodwill of Central and Northern Arizona, founded in 1947, is a 501(c)3 dedicated to ending poverty through the power of work. It is best known as a social impact engine that helps people build pathways out of poverty, but it is also an engine for employment opportunities and environmental, sustainable initiatives. Goodwill operates the Retail Operations Center, 24/7, in which the facility re-uses items, puts items up for clearance and strips materials to find a different purpose. There is a commitment in the second-hand nature of items and the avoidance of landfill of so many items to ensure our community is thriving.

Valley Focus – Broadcast on May 7, 2023, at 6:08:35 a.m. and June 11, 2023, at 6:00:00 a.m. Duration 8 minutes and 35 seconds. A segment with Krystyna Hook, Director of Media Relations with the Better Business Bureau. The Better Business Bureau started BBB4Good, which is setting a higher purpose, community engagement, authentic marketing and environmental impact. 84 percent of consumers want transparency and want to know if their businesses that they frequent are upholding the promises to the people, the planet and society. BBB4Good is a way to hold businesses accountable and provide consumers with a place to know who is meeting the standards they set.

Valley Focus – Broadcast on May 14, 2023, at 6:00:00 a.m. Duration 14 minutes and 15 seconds. A segment with Jody Boyd, Founder of The Singletons and Lisa Kaiser, President with Pinedora Farms. The Singletons is a nonprofit that is devoted to meeting the needs of today, by providing strength, hope and community to single parent families battling cancer. Pinedora Farms is working with The Singletons on vertical gardening. This is not only helping to provide fresh veggies for families, but it is an environmental benefit to filter out polluted air and other harmful toxins. But these gardens help to offset the carbon footprint.

F. Former and current military support services, advocacy and organizations

Valley Focus – Broadcast on April 9, 2023, at 6:41:05 a.m. Duration 18 minutes and 35 seconds. A segment with Mik Milem, Executive Director of Soldier's Best Friend and Mark Devine, board member of Soldier's Best Friend. Soldier's Best Friend provides US military veterans living with combat-related PTSD or Traumatic Brain Injury with Service or Therapeutic Companion Dogs, most of which are rescued from local shelters. Soldier's Best Friend has capacity to start helping people right away. They will pair up a veteran with a shelter dog and begin the training process. There is no cost to the veteran aside from dog food. The dogs help the soldiers get back out into the world and help them live a life that has previously traumatized them and held them isolated.

Valley Focus – Broadcast on April 23, 2023, at 6:44:25 a.m. Duration 15 minutes. A segment with George Campbell, Veteran Initiatives Director with AZ Housing Coalition. The AZ Housing Coalition's mission is a collaborative association to lead the efforts to end homelessness and advocate for safe, affordable homes for all Arizonans. The AZ Housing Coalition also works to help veterans with the variety of needs they have by hosting the Maricopa County StandDown. Legal advice is on site. Judges and courts are present to help adjudicate any issues that prevent a veteran from obtaining employment. Clean clothes are available. Dental hygiene services are

provided. This is an important day for veterans to seek the help that they need and work toward a better future.

Valley Focus – Broadcast on June 18, 2023, at 6:22:25 a.m. Duration 29 minutes and 15 seconds. A segment with Will Grove, Certified Brain Injury Specialist with Brain Injury Alliance of Arizona, Randy Elston, Veteran with 3 TBI's and former Adaptive Recreation and Activities Coordinator with BIAAZ and Jim Ledgewood, survivor of a gunshot wound to the head and Governor's Council on Spinal and Head Injuries. Brain Injury Alliance of Arizona is the only statewide nonprofit organization dedicated to improving the lives of adults and children with all types of brain injuries through prevention, advocacy, awareness and education. Seven percent of the US Population will develop PTSD at some point in their lives, according to the National Institute of Mental Health. And there is so much stigma around veterans experiencing trauma and that they should just be better about handling the different events they've seen and experienced in their lives. Randy hopes to change that perception and to get veterans to see the importance of going through the steps and therapies. Jim has co-facilitated a PTSD support group that brings people together, go through different experiences, share and heal together. That sort of group support is great for veterans, so they realize they aren't going through this all alone.

G. Animal welfare, vet care and education

Valley Focus – Broadcast on April 16, 2023, at 6:00:00 a.m. Duration 12 minutes and 45 seconds. A segment with Alessandra Navidad, President and CEO of AAWL. Arizona Animal Welfare League remains the largest and longest no kill shelter in the state and is undergoing an exciting transformation; a rebrand. The AAWL remains committed to adoptions at their two main facilities. The organization is committed and expanding its life saving programs. The AAWL is actively working toward a strategic plan to try to eliminate barriers to veterinary care as they partner with organizations to reach families at their homes and in their communities.

Valley Focus – Broadcast on April 16, 2023, at 6:34:35 a.m. Duration 12 minutes. A segment with Leanna Taylor, CEO with the Arizona Pet Project. The Arizona Pet Project is teaming up with Lost Our Home Pet Rescue and Heidi's Village to host the Duck Derby, hoping to raise funds to keep supporting the many important causes these three organizations provide to the community and our friendly pets. Lost Our Home Pet Rescue continues to see a rise in surrenders or those needing a break from their pet to help them financially get back on their feet. Heidi's Village helps families with all the necessary services under one roof and is a resource for all the shelters in town. The Arizona Pet Project continues to help families who need financial assistance to maintain their pets in their own homes and keep them out of the shelters.

Valley Focus – Broadcast on June 25, 2023, at 6:14:30 a.m. Duration 17 minutes and 50 seconds. A segment with Bari Mears, President and Founder of Pacc911. Pacc911 was founded 24 years ago and partners with other animal welfare organizations in the Valley to provide the best care to animals in need. Pacc911 is having a fundraiser with all the money going toward their crucial care program. This critical care program has saved over 8,000 animal's lives since the organization

started. It often helps the animals that are in tough shape, that the county shelter wouldn't be able to save. These pets have gone on to have incredible lives with loving and adoring families.

Valley Focus – Broadcast on June 25, 2023, at 6:47:50 a.m. Duration 13 minutes and 15 seconds. A segment with Alessandra Navidad, President and CEO of the Arizona Animal Welfare League. The AAWL has partnered with PetSmart Charities to unearth the first-ever needs assessment survey. The survey discovered that 50 percent of Latinx pet owners struggle with available veterinary care. The struggle includes understanding vaccinations, check-ups, dental work and other areas of health care. The survey also discovered that 55 percent of pet owners want Spanish speaking vet care, but it is rather inaccessible. The AAWL is working to hire more bilingual vet techs to help with this area of concern. Furthermore, the AAWL hosts clinics and is mobilizing into communities for point of care too.

H. Educational and job opportunities

Valley Focus – Broadcast on May 7, 2023, at 6:00:00 a.m. Duration 8 minutes and 20 seconds. A segment with Jeremy Woodruff, GM of Cooper's Hawk Winery and Restaurant – Surprise. Cooper's Hawk has been making a splash in Arizona with several Valley locations and looking to open their newest location in Surprise. With that, they are looking to hire full-time and part-time staff with great benefits.

Valley Focus – Broadcast on May 7, 2023, at 6:30:45 a.m. and May 28, 2023, at 6:00:00 a.m. Duration 10 minutes and 50 seconds. A segment with Jared Byrd, Member Services Manager with Alliance of AZ Nonprofits and Arizona Grantmakers Forum. The Alliance of Arizona Nonprofits merged with Arizona Grantmakers back in 2022 to provide great access for nonprofits here in Arizona, to help with public policy and give a voice to the nonprofit world. In addition, Alliance of Arizona Nonprofits gives help to fill vacant job openings in the nonprofit sector. A community to present job listings and a centralized location for the nonprofit world to house their opportunities.

Valley Focus – Broadcast on May 28, 2023, at 6:26:20 a.m. Duration 15 minutes and 5 seconds. A segment with Dr. Deborah Fernandez – Turner, Deputy Chief Psychiatric Officer with CVS Health. Working mothers are experiencing anxiety and/or depression at a rate of 42 percent according to the CVS Health-Harris Poll National Health Project, compared to 28 percent from the general population. Working moms are experiencing this anxiety at a higher rate for the stress of their jobs, stress of making sure their kids are OK, finances, food prices, etc. Working moms are taking on the burden at a higher rate with feelings of isolation and loneliness creeping in. CVS Health can help with strategies by talking with a therapist for how to manage everything better. Without managing symptoms, the problem continues to persist and job performance suffers, mom duties suffer, and an overall dread starts to take hold.

Valley Focus – Broadcast on June 4, 2023, at 6:41:40 a.m. Duration 19 minutes. A segment with Laura Bullock, CEO of Hope's Crossing. Hope's Crossing was founded in 2010 to meet the needs of women in transition from prisons, addictions or homelessness to a life of work, family and community. Fundamentals of Freedom is a 21-week life skills training program that gets women

ready to tackle life once again. Bridge to Success is the job readiness program that assists women in developing solid resumes, sharpening their interview skills and putting forward an effort to attain meaningful employment.

Valley Focus – Broadcast on June 11, 2023, at 6:08:50 a.m. Duration 17 minutes and 40 seconds. A segment with Kim McWaters, CEO with Fresh Start and Kathy Hu, JPMorgan Chase. Fresh Start empowers women and women of color as they become the heroes of their own story. With areas of focus like stability, health, education and employment and self-sufficiency, Fresh Start is here to provide the resources, job training and skills to help someone get back on their feet. JPMorgan Chase had their Annual Challenge competition in which eight organizations were selected to receive a \$1.3 million commitment. As Fresh Start was one of the recipients, Fresh Start has goals to expand programs to reach new heights.

Included in Valley Focus were the following Public Service Announcements:

April 2, 2023, –

6:14:00 a.m. Duration 15 seconds. [Belongingbeginswithus.org](https://www.belongingbeginswithus.org). Brought to you by the Ad Council

6:34:25 a.m. Duration 15 seconds. Planning for a natural disaster will make sure you are all safe. [Ready.gov/plan](https://www.ready.gov/plan). A message by FEMA and the AD Council

6:40:25 a.m. Duration 30 seconds. Join Stand Up to Cancer and Jazz Pharmaceuticals to accelerate the pace of research for lung cancer and screening options. [StandUpToCancer.org/lung](https://www.StandUpToCancer.org/lung)

6:40:55 a.m. Duration 60 seconds. Take a minute. When you help care for a loved one, you give them as much time as you can. But take time for yourself. AARP can help. [AARP.org/caregiving](https://www.AARP.org/caregiving). Brought to you by AARP and the Ad Council

April 9, 2023, –

6:11:35 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](https://www.StandUpToCancer.org/lung)

6:12:35 a.m. Duration 30 seconds. Don't let biased algorithms, don't let anything from finding half the workforce who are stars. [TearthePaperCeiling.org](https://www.TearthePaperCeiling.org). Brought to you by Opportunity at Work and the Ad Council

6:23:05 a.m. Duration 60 seconds. Take a minute. When you help care for a loved one, you give them as much time as you can. But take time for yourself. AARP can help. [AARP.org/caregiving](https://www.AARP.org/caregiving). Brought to you by AARP and the Ad Council

6:24:05 a.m. Duration 30 seconds. Early detection of Alzheimer's. Visit [alz.org/timetotalk](https://www.alz.org/timetotalk). A message from Alzheimer's Association and the Ad Council

6:40:35 a.m. Duration 30 seconds. Medicaid and CHIP offer low-cost health coverage for children and teens. Enrollment is always open. Visit [insurekidsnow.gov](https://www.insurekidsnow.gov). Paid for by US Department of Health and Human Services

April 16, 2023, –

6:12:45 a.m. Duration 15 seconds. No one should Alzheimer's or other dementias alone. ALZ.org or call 800-272-3900 for more information.

6:34:05 a.m. Duration 30 seconds. Biomarker testing before treatment can help you determine the best course of treatment. Noonemissed.org to learn more. A public service announcement from the Longevity Foundation

6:46:35 a.m. Duration 30 seconds. If you love him that much, make sure he is buckled up in the backseat. NHTSA.gov/therightseat. Brought to you by the National Highway Traffic Safety Administration and the Ad Council

6:47:05 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

April 23, 2023, –

6:10:00 a.m. Duration 60 seconds. Early detection of Alzheimer's. Visit alz.org/timetotalk. A message from Alzheimer's Association and the Ad Council

6:11:00 a.m. Duration 30 seconds. Walk a mile in my shoes. Belongingbeginswithus.org. Brought to you by the Ad Council

6:24:30 a.m. Duration 30 seconds. Adopt US Kids. You don't have to speak "teen" to be a perfect parent. Adoptuskids.org. Brought to you by the US Department of Health and Human Services, Adopt US Kids and the Ad Council

6:25:00 a.m. Duration 60 seconds. Take a minute. When you help care for a loved one, you give them as much time as you can. But take time for yourself. AARP can help. AARP.org/caregiving. Brought to you by AARP and the Ad Council

6:42:10 a.m. Duration 60 seconds. Diagnosed with small cell lung cancer, but it was caught early. Join StandUpToCancer and Jazz Pharmaceuticals to raise awareness and accelerate the pace of research. StandUpToCancer.org/lung

6:43:10 a.m. Duration 60 seconds. Remove the risk. Remove unused opioids and the risk of overdose. FDA.gov/drugdisposal

6:44:10 a.m. Duration 15 seconds. Keep our roads safe. Avoid blind spots. Sharetheroadsafely.gov

April 30, 2023, –

6:18:40 a.m. Duration 15 seconds. When you're high, you feel different. If you're high, just don't drive. Brought to you NHTSA and the Ad Council

6:28:55 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

6:43:25 a.m. Duration 15 seconds. Find out if it's the right seat. NHTSA.gov/therightseat. Brought to you by National Highway Traffic Safety Administration and the Ad Council

May 7, 2023, –

6:08:20 a.m. Duration 15 seconds. Early detection of Alzheimer's. Visit alz.org/timetotalk. A message from Alzheimer's Association and the Ad Council

6:17:10 a.m. Duration 15 seconds. Diagnosed with small cell lung cancer, but it was caught early Join StandUpToCancer and Jazz Pharmaceuticals to raise awareness and accelerate the pace of research. StandUpToCancer.org/lung

6:30:30 a.m. Duration 15 seconds. When you're high, you feel different. If you're high, just don't drive. Brought to you NHTSA and the Ad Council

6:41:35 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

May 14, 2023, –

6:14:15 a.m. Duration 60 seconds. Early detection of Alzheimer's. Visit alz.org/timetotalk. A message from Alzheimer's Association and the Ad Council

6:15:15 a.m. Duration 30 seconds. When you're high, you feel different. If you're high, just don't drive. Brought to you NHTSA and the Ad Council

6:15:45 a.m. Duration 30 seconds. Medicaid and CHIP offer low-cost health coverage for children and teens. Enrollment is always open. Visit insurekidsnow.gov. Paid for by US Department of Health and Human Services

6:22:30 a.m. Duration 60 seconds. Diagnosed with small cell lung cancer, but it was caught early Join StandUpToCancer and Jazz Pharmaceuticals to raise awareness and accelerate the pace of research. StandUpToCancer.org/lung

6:23:30 a.m. Duration 60 seconds. Her knowledge was limitless, once this woman put back together this teenage girl's broken heart. I still call her mom. Find care guides for help. AARP.org/caregiving. Brought to you by AARP and the Ad Council

6:45:55 a.m. Duration 60 seconds. No one should face Alzheimer's or other dementias alone. ALZ.org or call 800-272-3900 for more information.

6:46:55 a.m. Duration 60 seconds. Remove the risk. Remove unused opioids and the risk of overdose. FDA.gov/drugdisposal

6:47:55 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

May 21, 2023, –

6:14:15 a.m. Duration 30 seconds. Adopt US Kids. What to expect when you're expecting a teenager. Adoptuskids.org. Brought to you by the US Department of Health and Human Services and the Ad Council

6:23:00 a.m. Duration 60 seconds. When students struggle in school because of lack of food and supplies. Communities in Schools, surrounds students with support to engage with school and access. Communitiesinschools.org

6:44:05 a.m. Duration 15 seconds. When you're high, you feel different. If you're high, just don't drive. Brought to you NHTSA and the Ad Council

May 28, 2023, –

6:10:50 a.m. Duration 15 seconds. No one should face Alzheimer's alone. Alz.org. Call the 24/7 free hotline.

6:26:05 a.m. Duration 15 seconds. Warning app. 1 minute test. DoIHavePreDiabetes.org. Brought to you by the Ad Council and Prediabetes Awareness Partners

6:41:25 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

June 4, 2023, –

6:08:15 a.m. Duration 60 seconds. Don't be afraid to ask questions. Resources are available. Alz.org. Call the 24/7 free hotline.

6:09:15 a.m. Duration 60 seconds. Warning app. 1 minute test. DoIHavePreDiabetes.org. Brought to you by the Ad Council and Prediabetes Awareness Partners

6:23:20 a.m. Duration 15 seconds. Mental illness is not always easy to see. Learn more at samhsa.gov/support.

6:23:35 a.m. Duration 60 seconds. Diagnosed with small cell lung cancer, but it was caught early. Join StandUpToCancer and Jazz Pharmaceuticals to raise awareness and accelerate the pace of research. StandUpToCancer.org/lung

6:24:35 a.m. Duration 60 seconds. Remove the risk. Remove unused opioids and the risk of overdose. FDA.gov/drugdisposal

6:41:25 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

June 11, 2023, –

6:08:35 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

6:26:30 a.m. Duration 15 seconds. Remote control. Pause. Rewind. 1 minute test. DoIHavePreDiabetes.org. Brought to you by the Ad Council and Prediabetes Awareness Partners

6:41:45 a.m. Duration 15 seconds. Join StandUpToCancer and Jazz Pharmaceuticals to raise awareness and accelerate the pace of research. StandUpToCancer.org/lung

June 18, 2023, –

6:11:05 a.m. Duration 15 seconds. Belongingbeginswithus.org. Brought to you by the Ad Council

6:22:10 a.m. Duration 15 seconds. No one should face Alzheimer's alone. Alz.org and call the association's free hotline at 800-272-3900

6:51:40 a.m. Duration 15 seconds. Warning app. 1 minute test. DoIHavePreDiabetes.org. Brought to you by the Ad Council and Prediabetes Awareness Partners

June 25, 2023, –

6:14:15 a.m. Duration 15 seconds. When you're high, you feel different. If you're high, just don't drive. Brought to you NHTSA and the Ad Council

6:32:20 a.m. Duration 15 seconds. Warning app. 1 minute test. DoIHavePreDiabetes.org. Brought to you by the Ad Council and Prediabetes Awareness Partners

6:47:35 a.m. Duration 15 seconds. No one should face Alzheimer's alone. Alz.org and call the association's free hotline at 800-272-3900