



WQHK-FM Issues and Programs List
1st Quarter, 2024

January 1, 2024 - March 31, 2024

Prepared by Jimmy Knight, Operations Manager
on April 2, 2024

Regularly Scheduled
News and Public Affairs Programming
Broadcast by WQHK-FM

Program Name	Schedule and Description
Public Affairs Show "This Week in America"	28 minute program broadcast each Sunday at 6 am; Interviews with guests that have expertise and real-world experience regarding current issues.

Issues of Concern to the Communities Served by WQHK-FM

Subject	Description
Weekly topics include; Economy, Transportation, Environment, Education, Health and Public Safety	28 minute program broadcast each Sunday at 6 am; Interviews with guests that have expertise and real-world experience regarding current issues.



QUARTERLY REPORT
JANUARY-MARCH 2024

Program # 2024-1

Airdate: 1-7-24 Time of Broadcast 6 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Health/Lifestyle	16:00

Summary: Our guest discusses the health benefits of kindness and living more thankfully.

Guest: Dr Susan Smith Jones is a leader in the fields of holistic health, anti-aging, optimum nutrition and balanced living. She's the author of 30 wellness related books.

www.SusanSmithJones.com

Issues Covered: self-kindness, helpers high, sharing

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: volunteering, attitude, compassion, humor

29:00	Conclusion of Program	:30
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Program # 2024-2

Airdate: 1-14-24 Time of Broadcast 6 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Child Trafficking	16:00
	Summary: Our guest discusses her novel based on her experiences as a social worker and child abuse specialist including child trafficking, child prostitution and drugs.	
	Guest: Karan Bishop was born in Laramie, Wyoming. Over her life she has been a teacher, social worker and author. Her new book is “A Gentle Hell”	
	Issues Covered: signs of trafficking, victims, threats	
19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00
	Summary: Same as Segment #1	
	Guest: Same as Segment #1	
	Issues Covered: coercion, myths, recruitment	
29:00	Conclusion of Program	:30

Program # 2024-3

Airdate: ___ 1-21-24 ___ Time of Broadcast ___ 6 AM ___

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Stress/Mental Health	16:00
	Summary: Our guest discusses why and how to understand and manage stress is essential for maintaining mental and physical health.	
	Guest: Cynthia Chase holds a degree in political science and a master's degree in counseling psychology. She is the author of “From Stressed To Blessed: 5 Simple Steps To Learn Meditation and Change Your Life”.	
	Issues Covered: causes, better health, meditation, chronic	

19:00 SPOT BREAK #2 - 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: types of stress, letting go, monitoring

29:00 Conclusion of Program :30

Program # 2024-4

Airdate: ___1-28-24_____ Time of Broadcast ___6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Parenting/Families	16:00

Summary: Our guest discusses his book on wise sayings, pearls of wisdom, to be passed down from one generation to the next.

Guest: Rev. Dr. William Rocky Brown III is a preacher by calling and a political activist by choice. Recipient of over 200 awards and commendations for his work in education, law enforcement, substance abuse and social issues. He's the author of "800 Sayings By Old Folks Who Raised Us".

Issues Covered: intergenerational issues, race, nostalgia

19:00 SPOT BREAK #2 - 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: life lessons, substance abuse, social change

29:00 Conclusion of Program :30

Program # 2024-5

Airdate: ___2-4-24_____ Time of Broadcast ___6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Philanthropy	16:00

Summary: Our guest discusses her book on how to become a philanthropist and how to understand the concept of the importance of giving.

Guest: Dr. Susan Aurelia Gitelson has been President of International Consultants, Inc., is an international business consultant and trainee at the Rockefeller Foundation. Recently featured in Fortune Magazine and author of “Giving Is Not Just For The Very Rich: A Guide For Giving And Philanthropy”.

Issues Covered: benefits, volunteering, choices, get started

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: evaluate charities, giving wisely, commitments

29:00	Conclusion of Program	:30
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Program # 2024-6

Airdate: 2-11-24 Time of Broadcast 6 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Substance Abuse	16:00

Summary: Our guest discusses his memoir on how he turned a family tragedy into a personal war on drugs and crime.

Guest: Joseph Kress is a decorated law enforcement officer recognized with 31 letters of commendation and the Medal Of Honor and Purple Heart for his fight against drug abuse. He

started a drug prevention program for middle and high school students. He's the author of "Still Standing".

Issues Covered: war on drugs, prevention programs, funding

19:00 SPOT BREAK #2 - 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: addiction, drug related crime, law enforcement

29:00 Conclusion of Program :30

Program # 2024-7

Airdate: ___2-18-24_____ Time of Broadcast ___6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Leadership	16:00

Summary: Our guest lays out practical strategies to help you put your best self forward creating the right dynamic to build relationships.

Guest: Artell Smith is Principal and Managing Director of WatchWorks Management Consulting LLC, recognized industry leader in human resources and talent management and author of "No Time To Waste: Microbehaviors – Leveraging the Little Things to Become a Better Leader".

Issues Covered: importance of words, diversity, equity

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: listening, time management, inclusion

29:00 Conclusion of Program :30

Program # 2024-8

Airdate: ___2-25-24___ Time of Broadcast ___6 AM___

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Health/Lifestyle	16:00

Summary: Our guest discusses how to claim victory over a stressful life today and create more balance and joy.

Guest: Dr Susan Smith Jones is a leader in the fields of holistic health, anti-aging, optimum nutrition and balanced living. She's the author of 30 wellness related books.

www.SusanSmithJones.com

Issues Covered: exercise, set tone, laughter, stressors

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: gratitude, nature, meditation, sleep

29:00 Conclusion of Program :30

Program # 2024-9

Airdate: ___3-3-24___ Time of Broadcast ___6 AM___

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Energy/Technology	16:00

Summary: Our guest discusses his 50 year career as a

petroleum engineer as he recounts his first hand knowledge of advances by the energy industry during the fossil fuel era.

Guest: Ronald Goodman Nelson spent 50 years as a petroleum engineer working in many countries and major oil field production areas. He pioneered many now common techniques for increasing oil production. He's the author of "Hydrocarbon Man".

Issues Covered: renewable fuels, innovation, climate change

19:00 SPOT BREAK #2 - 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: fossil fuels, solar energy, digital technologies

29:00 Conclusion of Program :30

Program # 2024-10

Airdate: ___3-10-24_____ Time of Broadcast ___6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Labor/History	16:00

Summary: Our guest discusses the role of labor leader Walter Reuther in the events and movements that shaped modern America raising the standard of living for many.

Guest: James Ten Eyck retired after a 25 year academic career and earning a Ph.D. He's the author of "The Life And Times of Walter Reuther: An Unfinished Liberal Legacy".

Issues Covered: labor advances, civil rights, social policies

19:00 SPOT BREAK #2 - 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: immigration, progressive issues, cold war

29:00 Conclusion of Program :30

Program # 2024-11

Airdate: ___3-17-24_____ Time of Broadcast ___6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Parenting/Special Needs	16:00

Summary: Our guest candidly shares her experiences raising three children who have various disabilities.

Guest: Lynda Drake is a life coach, professional speaker, group facilitator, advocate for those with special needs and author of “The Power of Imperfect Parents: Practical Tools To Parent Your Child With Disabilities”.

Issues Covered: stress, emotional toll, mood disorders

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: financial toll, self-doubt, misconceptions

29:00 Conclusion of Program :30

Program # 2024-12

Airdate: ___3-24-24_____ Time of Broadcast ___6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Self-Help/Business	16:00

Summary: Our guest discusses how she defied expectations from the cornfields of Iowa to leading billion dollar businesses and rising as a top Microsoft executive.

Guest: Jane Boulware is a global business leader, former Microsoft executive, a writer and speaker who is passionate about helping people claim their worth. She is the author of "Worthy: From Cornfields to Corner Office at Microsoft".

Issues Covered: collaboration, mentoring, resilience

19:00 SPOT BREAK #2 - 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: expectations, success, failure, addictions

29:00 Conclusion of Program :30

Program # 2024-13

Airdate: ___3-31-24_____ Time of Broadcast __6 AM_____

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60

1:00	SPOT BREAK #1	2:00
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3:00	Segment #1 – Jobs/Careers Summary: Our guest discusses how to successfully navigate a job interview with a positive and constructive mindset.	16:00
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Guest: Mark James is an executive recruiter and career management and transition coach. He's the Founder and CEO of Hire Consulting Services and author of "The Interview Mindset: The Ultimate Guide To Mastering Your Career".

Issues Covered: LinkedIn, Hidden jobs, Plan B, outlook

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: Salary negotiation, time frames, communication

29:00

Conclusion of Program

:30