

Quarterly Issues and Programs

The following is a list of some of the more significant community issues addressed during quarter specified. This listing is by no means complete, nor is the order in which these issues appear or intended to imply any degree of priority or significance of the issues.

Call Letters: KXWA(FM) – Centennial, CO
Quarter: (Jul - Sept)
Year: 2021



Issues Description	Program Segment	Date/Time	Duration	Description of Segment
Health	"Community Connect"	07/04/21 6am	15 Minutes	Listeners in the Centennial area heard from Dr. Julie Gatza, DC co-founder of the Wellness Institute and discussed five of the many ways that sugar can ruin ourselves as well as our children's physical and emotional health and how we can use our diets to ditch our bad sugar habits.
Family	"Community Connect"	07/11/21 6am	15 Minutes	Centennial listeners heard from marriage expert Wesley Smothermon from the Asbury Counseling Center about how to have healthy conflict in marriage. They heard about the value of listening to your spouse and respecting what they have to say. They heard about the value of self-care, taking care of your own personal issues that will help strengthen your marriage, and make dealing with conflict easier.
Finances	"Community Connect"	07/18/21 6am	15 Minutes	Centennial listeners heard from Jeff Witherspoon from the Consumer Credit Counseling agency about ways to build credit, by getting a secured credit card, or becoming an authorized user on someone's credit card. They also heard about the importance of on-time payments and using only 20% of their available credit to build their score.
Family	"Community Connect"	07/25/21 6am	15 Minutes	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center about how to navigate the challenges of parenting a strong-willed child. They also heard about the importance of self-care in their personal life, so they can be better a parent. They heard about the importance of allowing their child to express emotions in a healthy way, without hurting themselves or others.
Mental Health	"Community Connect"	08/1/2021 6am	15 Minutes	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center about how parents can protect their children from the dangers of social media, by setting healthy boundaries. Also talked about how social media can affect marriages and the importance of having appropriate relationships with other people online.
Health	"Community Connect"	08/08/21 6am	15 Minutes	Centennial listeners heard Doris Allen from the Mayflower Clinic talk about what Acid Reflux disease is. They also heard about common symptoms of acid reflux. They heard about common tests and medical treatments and lifestyle changes when battling Acid Reflux.

Health	"Community Connect"	08/15/21 6am	15 Minutes	Centennial listeners heard Bekah Eaker hosting a discussion with Joy Summers about Joy's journey through postpartum depression. Joy shared her experiences and how support from health professionals, family members and faith have played a part in recovery and return to a better state of mind. They also shared options that listeners could apply if they are in a similar condition.
Marriage	"Community Connect"	08/22/21 6am	15 Minutes	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center about what to do if they see that their marriage may be in crisis, discussed the importance of a person dealing with their own issues and working on themselves to improve the marriage. Also discussed the importance of not mentioning the word divorce in a marriage.
Finances	"Community Connect"	08/29/21 6am	15 Minutes	Listeners in the Centennial area heard from Rachel Cruze, a national speaker and bestselling author, about the importance of financial knowledge and how to get out of debt and take control of your money.
Marriage	"Community Connect"	09/05/21 6am	15 Minutes	Centennial listeners heard from Wesley Smothermon from the Asbury Counseling Center talk about the importance of personal mental and emotional self-care when thinking about remarriage. Also discussed the importance of not allowing the negative baggage from the previous broken marriage to affect the new marriage.
Mental Health	"Community Connect"	09/12/21 6am	15 Minutes	Centennial listeners heard Tim Norton talk with Marsha Earhart, a certified grief counselor from The Sterling Rose Sanctuary about the different ways people grieve both external and internal. Talked about finding a balance of allowing people to talk out loud about losing a loved one and allowing people to grieve internally.
Health	"Community Connect"	09/19/21 6am	15 Minutes	Centennial listeners heard Doris Allen from the Mayflower Clinic about the common types of strokes. They heard about common symptoms, such as drooping face and slurred speech. They also heard about common risk factors such as high blood pressure and high cholesterol. And common prevention steps include taking medicine to lower blood pressure and eating a healthy diet such as fruits and vegetables.
Health	"Community Connect"	09/26/21 6am	15 Minutes	Centennial listeners heard from Doris Allen a nurse at the Mayflower clinic about common food allergies such as peanuts, shellfish and dairy. They also heard about the difference between food allergies and food intolerance. They heard about what to do if a parent sees their child is having a serious food allergy reaction.