

QUARTERLY ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station, AM 1380 KXFN, St. Louis, Missouri, along with the most significant programming treatment of those issues for the period January 1, through March 31, 2024. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
Psychology and Counseling	Coffee Hour	Jan. 27	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, MSW, and Tanner Olson of <u>Written to Speak</u> , join Andy and Sarah to talk about “A Night of Hope” that they have created as an experience for groups, including what this experience entails, why people need to hear words of hope, how poetry and stories help people process hard things, and how this experience can help different groups of people.
Psychology and Counseling	Coffee Hour	Feb. 3	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, MSW, joins Andy and Sarah during their mini-series on Social Media to talk about intentionality and conflict, including what we need to understand about ourselves in order to develop intentions for our social media use, how we set those intentions if we’re already drowning in social media, how conflict on social media can affect our mental health, resolving conflict on social media, and how being intentional about social media can help us navigate the conflict we experience.
Psychology and Counseling	Coffee Hour	Feb. 10	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, joins Andy and Sarah to talk about how to be mentally well during a time of transition, the different categories of mental health professionals, and how to decide which professional you might want to start with.
Psychology and Counseling	Coffee Hour	Feb. 17	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, joins Andy and Sarah to talk about the role psychologists play in mental health care, how the variety of mental health professionals interact in our lives, and how to seek care.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
Psychology and Counseling	Coffee Hour	Feb. 24	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, MSW, joins Andy and Sarah in their series on “Emotions and the Gospel” to talk about Felt Compassion, including what makes “felt compassion” different from our usual characteristics of felt compassion, and where we see felt compassion in Scripture.
Psychology and Counseling	Coffee Hour	March 9	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, MSW, joins Andy and Sarah during Mental Health Awareness Month to talk about the major life transition of going to college, including what emotions a student might experience preparing for and going to college, how boundaries can be valuable, what physical health might look like for new college students, and how caring for spiritual health is incredibly important.
Youth	Coffee Hour	March 2	6:05 a.m.	25 min.	Deaconess Heidi Goehmann, LCSW, MSW, joins Andy and Sarah in their series on “Emotions and the Gospel” to talk about teens and emotions, including what might be in the emotional soup a teenager experiences, how changes in things like educational settings and biology can affect the emotional soup, and what parents and other adults who care about youth can do for our teens.