Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
YOUTH OUTREACH	Empower Wichita	10/01/2023	8:00am	17:31 min	Storytime Village, Inc. is a Kansas based children's literacy nonprofit organization. With the support of parents and the community they inspire underserved children to read by providing them with free books and literacy resources. They recognize that, for children, books open doors to opportunities, new worlds and experiences, and overall build their self-esteem. Their mission is to inspire a lifelong love of reading for underserved Kansas children from birth to age 8. Wed Nov 1st is their Read and Rise Breakfast Gala! For or more information on how to support please visit Storytimevillage.org
				17:09 min	Rise Up For Youth is a charitable organization that mentors hundreds of Wichita high school students each year. They are committed to the success of our students and empower them to achieve a high school diploma and go out into the world with a personalized plan for success. For more information please visit riseupforyouth.org
"OWN YOUR CHOICES": GETTING HEALTHY WITHOUT MEDICATION/ HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH	Radio Health Journal	10/01/2023	7:30am	30:00 min.	 Synopsis: Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication. Part 2: Synopsis: Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
ANIMAL SERVICES/ HEALTH	Empower Wichita	10/8/2023	8:00am	15:00 17:45	 Beauties and Beasts is a local nonprofit organization that is volunteer led and is 100% dependent on generous donations from individuals, corporations and foundations since 2014! Their mission is to change their world one rescue at a time! There are many ways to get involved. On their website have options to adopt, foster, volunteer and donate. On November 11th they have their 8th annual Beauties and Beasts Fur Ball Event at the Kansas star casino. Bike Walk Wichita is a non-profit who's mission is to transform Wichita into a more livable, accessible and connected city by making biking and walking safe, equitable and appealing. Executive Director Kim Neufield tells us about how they also donate bikes for free to kids in and need as well as adults for just a few hours of volunteer work. Every 2nd Sunday of the month they host "Slow Roll + Stroll" to get the community outside and involved. For more information please visit bikewalkwichita.org
RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS/ WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT	Radio Health Journal	10/8/2023	7:30am	30:00 min.	Synopsis: Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis. Part 2: In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

4th Quarter, 2023--ISSUES/PROGRAMS LIST

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
WOMEN'S HEALTH	Empower Wichita	10/15/2023	8:00am	17:44 min	The Women's Network, located in Wichita, Kansas, is a 501(c)(3) non-profit organization empowering women survivors of domestic violence, women recovering from trauma, and women working for better lives. While others provide crisis care, they offer paths toward financial and emotional independence for long-term transformation and success, including: a domestic violence recovery program, education and employment opportunities, therapy and case management services. For more information please visit them at Womens-Network.org
				15:45 min	Hope Ranch for Women is a non-profit whose mission is to empower and equip women who have been exploited and abused to rise above their circumstances. The Executive Director, John was in to talk about their upcoming event with Tim Tebow 'Embrace Hope, Change a Life". For more information please visit hoperanchforwomen.com
WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR/ HOW THE mRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION	Radio Health Journal	10/15/2023	7:30am	30:00 min.	Synopsis: Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped. Part 2: The FDA recently approved a new booster shot for COVID 10 and menu people are still wondering what evently
					COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

4th Quarter, 2023--ISSUES/PROGRAMS LIST

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
I'M LISTENING - CHILDREN'S MENTAL HEALTH	PUBLIC AFFAIRS	10/22/2023	8:00am	15:00 min	Audacy host David O'Leary is shining a light on youth suicide and mental health during October's Children's Mental Health Month along with representatives from the American Foundation for Suicide Prevention Dr. Christine Moutier and Victor Armstrong.
					During David's conversation with Christine, the doctor really stressed that children's mental health, according to the surgeon general is in a "state of emergency." Calling it a "crisis" from a public health standpoint that can show up "in some different ways." Pointing out that it gives us "as a society" a lot of "room for putting into action what we're talking about more and more."
				15:00 min	Audacy host David O'Leary is shining a light on youth suicide and mental health during October's Children's Mental Health Month along with representatives from the American Foundation for Suicide Prevention Dr. Christine Moutier and Victor Armstrong.
					Discussing several alarming facts that came out in recent data, Victor shared that "suicide rate increased 8% for young people between the ages of 15 and 24, and then suicide remains the second leading cause of death for 10 to 34 year old's in the United States."
					Expressing how that in itself is alarming, Victor also noted "a disproportionate increase in Black and Brown communities." Armstrong also took time to discuss the AFSP partnership project with the Jed Foundation and the Ad Council, Seize The Awkward, currently collaborating with Megan Thee Stallion.
CURING CANCER WITH VACCINES OF THE FUTURE/ DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON	Radio Health Journal	10/22/2023	7:30am	30:00 min.	Synopsis: The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to erradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.
					Part 2: Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. He breaks down what common characteristics resilient people share and how you can overcome hardships in your own life

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
NUTRITION	Empower Wichita	10/29/2023	8:00 am	17:37 min	Health and Wellness Coalition of Wichita's goal is to create a community that supports and encourages physical activity and healthy eating. They promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs and policies. Shelley Rich talks to us about Worksite Wellness, Double Up Wichita and Healthy Lifestyle initiatives. They have planning committees that offer residents a chance to get involved and have a voice. For more information and resources please visit: hwcwichita.org
				15:00 min	ICT Food Rescue's mission is to distribute unavoidable food surplus, sharing with the food insecure of Wichita. Restaurants, grocers and catered events are the typical donors. Rescuer volunteers claim the donation and rescue from location. The donated food is then transported to one of their 17 receiving agencies that include places like food pantries, foster homes, recovery centers etc. For more information please visit ictfoodrescue.org
SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH/ HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY	Radio Health Journal	10/29/2023	7:30am	30:00 min.	Synopsis: Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.
					Part 2: As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

4th Quarter, 2023--ISSUES/PROGRAMS LIST

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
SEXUAL ABUSE	Empower Wichita	11/5/2023	8:00 am	17:24 min	Positive Directions mission is to provide HIV/STI prevention, education, and testing for priority populations within our community. Brett Hogan visited with us about an upcoming event they have coming up this month for National HIV testing day. They partnered with M-Care and Walgreens for this event and will provide food, vendors and FREE HIV/ STD testing and education. For more please visit positivedirections.org
				15:45 min	Wichita Area Sexual Assault Center (WASAC) is a non-profit who helps people that have experienced sexual assault and provides survivors resources for a lifetime, no matter at what point it may have happened in your personal life. WASAC is free to the community, they offer therapy as well as group counseling. To learn more please visit wichitasac.com
SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?/ BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS GUIDANCE	Radio Health Journal	11/5/2023	7:30am	30:00 min.	Synopsis: If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands. Part 2: Christina Wyman was born with a craniofacial deformity and
					spent her childhood dodging bullies at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times.

4th Quarter, 2023--ISSUES/PROGRAMS LIST

There follows a listing of some of the significant issues responded to by Station KDGS-FM/HD1 Andover, along with the most significant programming treatment of those issues for the period October-December, 2023. The listing is by no means exhaustive. The order in which issues appear does not reflect any priority or significance.

Description of Issue

MINORITY ISSUES	Empower Wichita	11/12/2023	8:00 am	17:40 min	Council member Brandon Johnson of District 1 Wichita sits down to talk about community initiatives and upcoming events. Brandon is passionate about what he does for our community and relentlessly looks for more ways to bring solutions to our city concerns through connection and understanding. We spoke about his non-profit "The Core" where they are bringing education and resources to our underserviced Wichita areas. To learn more about what Brandon is doing please visit his Instagram a Bjohnsonict
				15:56 min	Black Ink Theatre is a local non-profit extension of "Wanderer Speaks United". Black Ink Theatre offers workshops for all things theater and is open to everyone but has a special focus on marginalized communities who want to learn the ins and outs of theatre. They put up productions for aspiring independent writers as well as provide opportunities for local talent to come in and teach workshops for people to learn how to act, write, vocal classes, learn about set design and lighting all while giving hands-on experience. For more info please visit wsunited.org/blackinktc
OPPENHEIMER'S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION/ EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN'T DEADLY	Radio Health Journal	11/12/2023	7:30am	30:00 min.	Synopsis: Researchers have been studying the lasting health effects of the atomic bomb for decades – but there's a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays. Part 2: The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

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Description of Issue

I'M LISTENING – VETERANS MENTAL HEALTH	PUBLIC AFFAIRS	11/19/2023	8:00 am	15:00 min	Jack Hammond is a retired U.S. Army Brigadier General with multiple combat commands, and currently serves as the Chief Executive for the Home Base National Center of Excellence for Mental Health and Brain Injuries. He is a decorated combat leader and private sector innovator who has served on advisory groups for presidents, governors and businesses. Home Base is a national nonprofit dedicated to healing the invisible wounds of war for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class, direct clinical care, wellness, education and research – all at no cost to them – regardless of era of service, discharge status or geographical location. The program was founded by Massachusetts General Hospital and the Boston Red Sox. Since 2009, Home Base has served more than 30,000 Veterans and their Family Members and trained over 85,000 clinicians across the nation, and we remain at the forefront of discovering new treatments to ensure a brighter future for Warriors and their Families.
				15:00 min	Dr. Erin Fletcher has a decade of experience in veteran mental health care at Wounded Warrior Project. She currently serves as director of Warrior Care Network, a partnership between Wounded Warrior Project and four world-famous treatment facilities helping advance treatment and research for invisible wounds of war.
					Tonya Oxendine served 30 years in the U.S. Army, reaching the high rank of Command Sergeant Major. After service, she struggled with depression, isolation, and PTSD. It led her to nearly drive off a bridge in an attempted suicide. Tonya used her last ounce of strength to seek help and is now thriving. She credits the care and support she received from Wounded Warrior Project programs for her recovery; she's taken part in Warrior Care Network, Project Odyssey, and WWP Talk. Wounded Warrior Project began in 2003 as a grassroots effort by a group of veterans and friends who wanted to give back to the first wounded warriors returning from the wars in Iraq and Afghanistan. The group provided backpacks filled with comfort items to those recovering in the hospital. That simple act of kindness evolved into a national non-profit whose mission for the past 20 years has been to honor and empower post-9/11 wounded warriors.

FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS/ MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS	Radio Health Journal	11/19/2023	7:30am	30:00 min.	Synopsis: Jamie-Lynn Sigler was cast in The Sopranos as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.
					Part 2: False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

4th Quarter, 2023--ISSUES/PROGRAMS LIST

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
MEDICAL NEEDS/ WOMEN'S HEALTH	Empower Wichita	11/26/2023	8:00 am	15:00 min 15:37 min	Alex spoke with COO Drew Brenner about Medical Loan Closet and the amazing things they offer to the community. If you're like myself who has had a family member run into some unexpected medical issues with no insurance to cover medical supplies these are the people you call! They operate on a barter system, all it takes is you filling out a form and borrowing the needed medical supplies for as long as necessary. For more information please visit Medicalloancloset.com and to donate to this amazing organization please email dbrenner@medicalloancloset.com Birth Justice Society is a non-profit whose vision is where ALL Kansans can choose if, when and how to give birth and be reasonably assured that they will make it through the process of birth alive. Not only will they survive but thrive alongside their families in healthy, equitable communities and live to their fullest potential. Sapphire Lies Garcia speaks with us about how they are dedicated to supporting maternal and infant health equity and reproductive justice for families and individuals. They offer Doula services as well as a lactation lounge for new moms. For more information please visit ksbirthjusticesociety.org

THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE THOUGHT/ FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH	Radio Health Journal	11/26/2023	7:30am	30:00 min.	Synopsis: Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist
THE REAL CRIMINALS					Part 2: Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
PUBLIC SCHOOLS	Empower Wichita	12/3/2023	8:00 am	17:55 min 17:00 min	LOVE SCHOOLS is a non-profit whose mission is to enlist local business, churches and other non-profits to help schools reach their unique and individual goals. Their partners donate supplies and the community also has an opportunity to donate time to the elementary school and middle schoolers of Wichita through the "buddy program" Love Schools is a part of 6 schools in the area and plans to expand within the next year. For more information please visit Love Schools on Facebook or reach out to founder Brandt Wilson. Equity Initiative is dedicated to preparing young people for the real world and changing the course of their lives. Founder ShaQiyla Banks tells us the five workshops that help them achieve this goal. Life Skills Development, Social Emotional learning, providing Entrepreneurial Exposure, Media Arts Engagement and supplying free tutoring after-school hours. To learn more please visit equityinitiativeks.com
LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS/: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?	Viewpoints	12/3/2023	6:15am	30:00 min	Synopsis: Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what books you see and read. Part 2: Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women

					ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.
CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?/ 'EVERYONE CAN BE MADE PSYCHOTIC' – THE TRUTH BEHIND SCHIZOPHRENIA	Radio Health Journal	12/3/2023	7:30am	30:00 min.	Synopsis: Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery
					Part 2: Hollywood often portrays schizophrenia in its most extreme form, but the disorder's progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. He explains why it's often misdiagnosed, left untreated, and can affect anyone – including you.

4th Quarter, 2023--ISSUES/PROGRAMS LIST

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
HOMELESSNESS/ KIDS EDUCATION	Empower Wichita	12/10/2023	8:00 am	15:26 min 17:09 min	 Human Kind is one of the oldest non-profits in Wichita, KS. Human Kind Ministries has brought the community together to run Wichita's largest holiday assistance program, Operation Holiday—helping our region's most vulnerable residents get through the year's coldest (and most expensive) months. They serve more than 15,000 people in need each year.For more information and how you can get involved visit Humankindwichita.org RUDD Foundation is a local non-profit helping our dedicated HS students reach further and reach higher with the Rudd Foundation Scholarship. Rudd Foundation offers many programs to our community including League 42 (free youth baseball) among many others. To learn more
					please visit Rudd Foundation.org
FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS/ WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS	Viewpoints	12/10/2023	6:15 am	30:00 min	Synopsis: Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the story of Bessie Coleman - a courageous African American female pilot - who received her pilot's license two years before Earhart took to the skies. This week - we cover the story of Coleman and the many barriers she faced as an African American woman in the early 1900's determined to make a

					name for herself as a pioneer in performance stunt flying. Part 2: People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous "New Year's Resolution." Maybe you've set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.
NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP? / "IT'S A CRITICAL AGE": WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM	Radio Health Journal	12/10/2023	7:00am	30:00 min.	 Synopsis: Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes. Part 2: Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
Community/Social Services	Empower Wichita	12/17/2023	8:00 am	16:20 min	Breakthrough, formerly Episcopal Social Services has been around for 35 years. They are a broad-based social services organization. Their mission is to help people move out of poverty, and to help others recover well while living with mental illness. They are a faith-centered organization offering opportunities for positive changes in their lives and providing ways for people to express their faith through service. Andy Houltberg and Rachel Newell visited with us to speak about all they've done in the community since 1983, their upcoming events and re-housing program. For more information, visit www.breakthroughwichita.org
				15:04 min	Spoken Word Productions is designed to encourage kids, teens and young adults to write more, to unlock a part of the brain that society wants to keep closed. With everything going so fast in the world with social media and challenges, Spoken

					Word Productions wants to combat that. By slowing their targeted demographic down to think and to write, they feel having workshops and writing competitions (short stories, poems) will get the mission completed. Scott Victor visited us to talk about their mission as well as their added benefit of the chance to win a writing scholarship to go towards school needs (books, fees, etc) makes it appealing to the students. We also produce Spoken Word open mics and Poetry shows that are local in Wichita Kansas. For more information visit Spoken Word Productions on Facebook
					Synopsis: Why do autopsy reports take so long to come back? While
CELEBRITY DEATHS &	Radio Health Journal	12/17/2023	7:30am	30:00 min.	TV shows can make it seem like a two-step process, forensic
POLITICAL POISONINGS:					toxicology can take weeks or months to figure out a person's cause
INSIDE FORENSIC TOXICOLOGY/ IS SCIENCE CLOSE TO CREATING					of death. Our expert takes us through this process and how it's used in everyday life.
IMMORTAL HUMANS?					Part 2 The key to living a long life? Chip Walter says it's more about
					having less 'bad' genes rather than having more 'good' ones. But as
					we inch closer to finding immortality, there are some questions to be
					answered, such as "should we even be able to live hundreds of years?"

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
COMMUNITY	Empower Wichita	12/24/2023	8:00am	15 min	The ICT Tree huggers mission is to connect the community by providing education and workshops to teach people in our community how to grow their own food and resources. Sarah Myers sat down with us to tell us about the local yoga and mindfulness classes hosted here on Tuesdays and Sundays. Please visit ICT Tree huggers on Facebook to learn more information
				16:30 min	Safe Streets Wichita is the prevention of drug-related harms through community collaboration, the advancement of health equity, and the promotion of mental wellness and community well-being. The GOAL is to focus on strategies that will benefit individuals, families, organizations, schools and businesses by reducing substance misuse in the community. Aonya Kendrick Barnett spoke with us about their work to increase protective factors & decrease risk factors in the

				20.00	community. How they Support youth-led projects through ICTeens In Mind & empower youth to make healthy decisions. For more information please visit: partnersforwichita.org/safe-streets
cannabis; seizure; neurology; nervous system; cbd; thc; deep brain stimulation; vulnerable populations	Radio Health Journal	12/24/2023	7:30am	30:00 min.	SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE LET'S TALK ABOUT IT Synopsis: While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option. Host: Elizabeth Westfield. Producer: Kristen Farrah. SEGMENT 2: "THEY'RE ACTIVELY TRYING TO DIE": INSIDE THE MIND OF A TRAUMA SURGEON Synopsis: With the constant stress and chaos of emergency rooms, how do doctors keep a clear head to make life or death decisions? Dr. Stephen Cohn has been a trauma surgeon for more than 40 years. He takes us through a day-in-the-life, giving us an inside look at the hectic lives of emergency medicine physicians. Host: Greg Johnson. Producer: Kristen Farrah. Compliancy issues covered: emergency medicine; trauma surgery; trauma; death; medicine; accidents; consumerism; public health; patient safety; stroke; nursing home; vulnerable populations Links for information: https://doctors.hackensackmeridianhealth.org/provider/Stephen+Coh n/1593282 https://www.barnesandnoble.com/w/all-bleeding-stops- stephen-m-cohn-md/1142875440
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COPD; lung disease; chronic disease; respiratory illness; cigarettes; vapes; factory workers; air pollution; pollution; rural areas; vulnerable population; consumerism	Radio Health Journal	12/31/2023	7:30am	30:00 min.	 SEGMENT 1:MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION Synopsis: Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST, every minute matters. Host: Elizabeth Westfield. Producer: Kristen Farrah. Compliancy issues covered: stroke; heart health; brain health; brain bleed; blood thinners; healthy lifestyle; stroke survivors; vulnerable populations; emergency medicine; disability; neurology Links for information: https://www.lcmchealth.org/find-a- provider/sheryl-b-martin-schild-md/ https://drbraininc.org/meet-the- doctors/ https://www.braininstituteoflouisiana.com/sheryl-martin- schild-m-d-ph-d-fana-faha/ SEGMENT 2: "NO SMOKE IS GOOD SMOKE" HOW VAPING IS INCREASING CASES OF COPD Synopsis: COPD is a silent killer – but it doesn't have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you're diagnosed. Host: Greg Johnson. Producer: Kristen Farrah. Links for information: https://www.pri-med.com/globals/faculty/p/punturieri- antonello?refurl=www.google.com https://www.nhlbi.nih.gov/BreatheBetter