

**4<sup>th</sup> 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.

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<b>YOUTH OUTREACH</b>	Empower Wichita	10/01/2023	8:00am	17:31 min	<p>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 <a href="http://Storytimevillage.org">Storytimevillage.org</a></p>
<b>“OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION/ HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH</b>	Radio Health Journal	10/01/2023	7:30am	30:00 min.	<p>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 <a href="http://riseupforyouth.org">riseupforyouth.org</a></p> <p>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.</p> <p>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.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association</p>

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<b>ANIMAL SERVICES/ HEALTH</b>	Empower Wichita	10/8/2023	8:00am	15:00	<p>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.</p>
				17:45	<p>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</p>
<b>RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS/ WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT</b>	Radio Health Journal	10/8/2023	7:30am	30:00 min.	<p>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.</p> <p>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.</p>

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<b>WOMEN'S HEALTH</b>	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
<b>WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR/ HOW THE mRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION</b>	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-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.

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<b>NUTRITION</b>	Empower Wichita	10/29/2023	8:00 am	17:37 min  15:00 min	<p>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: <a href="http://hwcwichita.org">hwcwichita.org</a></p> <p>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 <a href="http://ictfoodrescue.org">ictfoodrescue.org</a></p>
<b>SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH/ HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY</b>	Radio Health Journal	10/29/2023	7:30am	30:00 min.	<p>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.</p> <p>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.</p>

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<b>SEXUAL ABUSE</b>	Empower Wichita	11/5/2023	8:00 am	17:24 min  15:45 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 <a href="http://positivedirections.org">positivedirections.org</a>  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 <a href="http://wichitasac.com">wichitasac.com</a>
<b>SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?/ BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS GUIDANCE</b>	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.

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<b>MINORITY ISSUES</b>	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 underserved 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 <a href="http://wsunited.org/blackinktc">wsunited.org/blackinktc</a>
<b>OPPENHEIMER’S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION/ EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN’T DEADLY</b>	Radio Health Journal	11/12/2023	7:30am	30:00 min.	<p>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.</p> <p>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.</p>

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<p><b>FM LISTENING – VETERANS MENTAL HEALTH</b></p>	<p>PUBLIC AFFAIRS</p>	<p>11/19/2023</p>	<p>8:00 am</p>	<p>15:00 min</p>	<p>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.</p>
				<p>15:00 min</p>	<p>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.</p> <p>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.</p>







					ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.
<b>CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?/ ‘EVERYONE CAN BE MADE PSYCHOTIC’ – THE TRUTH BEHIND SCHIZOPHRENIA</b>	Radio Health Journal	12/3/2023	7:30am	30:00 min.	<p>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</p> <p>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.</p>

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<b>HOMELESSNESS/ KIDS EDUCATION</b>	Empower Wichita	12/10/2023	8:00 am	15:26 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 <a href="http://Humankindwichita.org">Humankindwichita.org</a>
				17:09 min	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 <a href="http://RuddFoundation.org">Rudd Foundation.org</a>
<b>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</b>	Viewpoints	12/10/2023	6:15 am	30:00 min	<p>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</p>

					<p>name for herself as a pioneer in performance stunt flying.</p> <p>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.</p>
<p><b>NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP? / “IT’S A CRITICAL AGE”: WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM</b></p>	Radio Health Journal	12/10/2023	7:00am	30:00 min.	<p>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.</p> <p>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.</p>

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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 Houlberg 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 <a href="http://www.breakthroughwichita.org">www.breakthroughwichita.org</a>
				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
<b>CELEBRITY DEATHS &amp; POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY/ IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS?</b>	Radio Health Journal	12/17/2023	7:30am	30:00 min.	<p>Synopsis: Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life.</p> <p>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?"</p>

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<b>COMMUNITY</b>	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

					community. How they Support youth-led projects through ICTeens In Mind & empower youth to make healthy decisions. For more information please visit: <a href="http://partnersforwichita.org/safe-streets">partnersforwichita.org/safe-streets</a>
cannabis; seizure; neurology; nervous system; cbd; thc; deep brain stimulation; vulnerable populations	Radio Health Journal	12/24/2023	7:30am	30:00 min.	<p>SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE -- LET'S TALK ABOUT IT</p> <p>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.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah.</p> <p>SEGMENT 2: "THEY'RE ACTIVELY TRYING TO DIE": INSIDE THE MIND OF A TRAUMA SURGEON</p> <p>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.</p> <p>Host: Greg Johnson. Producer: Kristen Farrah.</p> <p>Compliance issues covered: emergency medicine; trauma surgery; trauma; death; medicine; accidents; consumerism; public health; patient safety; stroke; nursing home; vulnerable populations</p> <p>Links for information:  <a href="https://doctors.hackensackmeridianhealth.org/provider/Stephen+Cohn/1593282">https://doctors.hackensackmeridianhealth.org/provider/Stephen+Cohn/1593282</a> <a href="https://www.barnesandnoble.com/w/all-bleeding-stops-stephen-m-cohn-md/1142875440">https://www.barnesandnoble.com/w/all-bleeding-stops-stephen-m-cohn-md/1142875440</a></p>
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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.	<p>SEGMENT 1:MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION</p> <p>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.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah.</p> <p>Compliance issues covered: stroke; heart health; brain health; brain bleed; blood thinners; healthy lifestyle; stroke survivors; vulnerable populations; emergency medicine; disability; neurology</p> <p>Links for information: <a href="https://www.lcmchealth.org/find-a-provider/sheryl-b-martin-schild-md/">https://www.lcmchealth.org/find-a-provider/sheryl-b-martin-schild-md/</a> <a href="https://drbraininc.org/meet-the-doctors/">https://drbraininc.org/meet-the-doctors/</a> <a href="https://www.braininstituteoflouisiana.com/sheryl-martin-schild-m-d-ph-d-fana-faha/">https://www.braininstituteoflouisiana.com/sheryl-martin-schild-m-d-ph-d-fana-faha/</a></p> <p>SEGMENT 2: “NO SMOKE IS GOOD SMOKE” HOW VAPING IS INCREASING CASES OF COPD</p> <p>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.</p> <p>Host: Greg Johnson. Producer: Kristen Farrah. Links for information: <a href="https://www.pri-med.com/globals/faculty/p/punturieri-antonello?refurl=www.google.com">https://www.pri-med.com/globals/faculty/p/punturieri-antonello?refurl=www.google.com</a> <a href="https://www.nhlbi.nih.gov/BreatheBetter">https://www.nhlbi.nih.gov/BreatheBetter</a></p>