

ISSUES AND PROGRAMS LIST

STATION: KQQS 89.3 FM Sitka, AK

DATE: July 1, 2022

During the past quarter, we broadcast the programs listed below to address community issues.

ISSUE: Optimal Nutrition

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 4/05/22

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

David DeRose, MD, interviewed Heather Reseck, Registered Dietitian Nutritionist. She shared practical insights into eating better to optimize health and treat disease. She told of her free virtual program that teaches people to cook healthier. Program podcast at www.LifeTalk.net/podcasts. Resources at: www.HeatherReseck.com

ISSUE: Kids and Body Image

PROGRAM TITLE: Family Life Today

Date: 4/11/22 + 4/12/22

Time of day: 5:05 AM + 6:05 PM

Duration: 25 Minutes

Program Description:

Hosts interviewed Justin and Lindsey Holcomb-authors of "God Made Me In His Image" and other books. They explained the critical conversations to have with children regarding their body image and help them embrace the image of God in them. Program podcast and resources at FamilyLife.com

ISSUE: Caregiver Hope

PROGRAM TITLE: Heartwise

Date: 4/21/22

Time of day: 1:05 PM

Duration: 25 Minutes

Program Description:

Peter Rosenberger, radio host, public speaker, writer and president of Nashville based "Standing With Hope" shares his story. Caregivers often feel trapped, in despair and hopeless, yet their work requires that they offer an endless sense of freedom, a spark of joy, and constant hope. www.standingwithhope.com Program podcast: LifeTalk.net/podcasts.

ISSUE: Parenting, Family

PROGRAM TITLE: Family Life Today

Date: 5/04/22

Time of day: 5:05 AM + 6:05 PM

Duration: 25 Minutes

Program Description:

ISSUES AND PROGRAMS LIST – continued

The hosts interviewed Heather MacFadyen-author of “Don’t Mom Alone”. She discussed how you can foster key relationships with God, others and your kids-to be the mom you want to be. Program podcasts: <https://www.familylife.com/podcast/familylife-today/> Web: TheSource4YM.com and TheSource4Parents.com

ISSUE: Career Assessment

PROGRAM TITLE: MoneyWise

Date: 5/04/22

Time of day: 11:30 AM

Duration: 25 Minutes

Program Description:

Finding the right work makes life a lot easier. Rob West talks about how to “find a job you love and you’ll never work a day in your life”. Finding the right job starts with finding out what you love and what you’re good at. Program podcasts and resources at: www.Moneywise.org.

ISSUE: Food Chemistry

PROGRAM TITLE: Health and Longevity

Date: 5/13/22 +5/15/22

Time of day: 1:05 PM & 11:05 AM

Duration: 28 Minutes

Program Description:

Dr. John Westerdahl interviewed Jay M Hoffman, Ph.D-Nutritionist and Longevity Expert, President Emeritus of the National Geriatrics Society. They spoke about “Food Chemistry in its Relationship to Body Chemistry”. Program podcast at LifeTalk.net/podcasts.

ISSUE: Depression

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 5/17/22

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Dr. David DeRose, MD, spoke with Lori Wildenberg, Licensed parent and Family Educator and author of “Messy Hope:Help Your Child Overcome Axiety, Depression, or Suicidal Ideation”. After her daughter’s unsuccessful suicide attempt, she has embarked on a journey to help other parents and their children who struggle with mental illness. Further information: LoriWildenbert.com Podcast: LifeTalk.net/podcasts.

ISSUE: Anxiety Breakthrough

PROGRAM TITLE: Heartwise

Date: 5/19/22

Time of day: 1:05 PM

Duration: 28 Minutes

Program Description: (Format, participants, content, etc.):

ISSUES AND PROGRAMS LIST – continued

As a licensed psychotherapist, Peg HaustArless wants everyone to know that escape from anxiety is possible and offered a practical plan of escape. (www.feartofreedom.com)
Program podcast at www.LifeTalk.net/podcasts.

ISSUE: Food Addiction And The Food Industry

PROGRAM TITLE: Health and Longevity

Dates: 5/27/22 & 5/29/22 Time of day: 1:05 PM & 11:05 AM

Duration: 28 Minutes

Program Description:

Dr. John Westerdahl's guest was Pulitzer Prize winner and former New York Times investigative reporter, Michael Moss. Mr. Moss discussed how the processed food industry exploits our instincts, the emotions we associate with food, and legal loopholes in their pursuit of profit over public health.

Program podcast at www.LifeTalk.net/podcasts.

ISSUE: Helping Veterans, Helping Communities

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 5/31/22

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Host David DeRose, MD, interviewed Aaron Spicer and Ben McClung. Veterans struggling with PTSD and other health issues are finding help and healing by helping others and are using solar-powered "EQUIProject" trailers to help in settings as diverse as Pow Wows and disaster relief. Program podcast: www.LifeTalk.net/podcasts Info: 1-812-585-9001 or www.equiproject.org, aaron@equiproject.org

ISSUE: Relationships

PROGRAM TITLE: Homeschool Companion

Date: 6/08/22

Time of day: 7:05 AM

Duration: 25 Minutes

Program Description:

Host Rose Gamblin interviewed Blythe Daniel about her book *Mended*. The book gives conversation starters to speak life into relationships between mothers and daughters. She spoke about her relationship with her mother, and discovered powerful words that usher in healing for wounded hearts and how to rebuild, restore and reconcile connections. Podcast: <https://lifetalk.net/podcast>

Signature of licensee

July 1, 2022

Date