

ISSUES AND PROGRAMS LIST

STATION: KQQS 89.3 FM Sitka, AK

DATE: April 1, 2022

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

ISSUE: Child Safety, Children's Health

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 1/04/22

Time of day: 1:00 PM

Duration: 58 Minutes

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

Children are our most vulnerable. David DeRose, MD, interviewed Robert Kahn, author, retired Deputy Sheriff, and school teacher on practical ways to keep our children safe and healthy. Program podcast at www.LifeTalk.net/podcasts. Resources at: www.BobbyandMandee.com,

ISSUE: Family, Marriage Communication

PROGRAM TITLE: Family Life Today

Date: 1/13/22 + 1/14/22

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

Duration: 28 Minutes

Program Description:

Hosts interviewed Debra Fileta, counselor and author of the book *Choosing Marriage: Why it has to Start with We > Me*. She shared important ways partners can relate to each other for a lasting marriage. Program podcast and resources at FamilyLife.com.

ISSUE: Human Rights, Religious Freedom, Persecution

PROGRAM TITLE: LifeQuest Liberty

Date: 3/13/22

Time of day: 8:05 AM

Duration: 15 Minutes

Program Description:

As China hosted the Winter Olympics, its track record on human rights was often in the spotlight. Bettina Krause discussed the importance of human rights and religious freedom. Program podcast: LifeTalk.net/podcasts.

ISSUE: Social Media Dangers, Teens, Cyber Predators, Parenting, Family

PROGRAM TITLE: Family Life Today

Date: 1/24-26/22

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

Duration: 28 Minutes

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

3-part series: The hosts interviewed the author of *Teens Guide to Social Media & Mobile Devices*. He discussed how to talk with kids about dangers of social media (like predators) and teach them to protect themselves. Program podcasts: <https://www.familylife.com/podcast/familylife-today/> Web: TheSource4YM.com and TheSource4Parents.com.

ISSUES AND PROGRAMS LIST – continued

ISSUE: Finances, Debt, Money Management

PROGRAM TITLE: MoneyWise

Date: 1/28/22

Time of day: 11:30 AM

Duration: 25 Minutes

Program Description:

Rob West gave ideas for living below your means and saving money. He also answered questions from callers about home buying, retirement planning, and more. Program podcasts and resources at: www.Moneywise.org.

ISSUE: Health, Diabetes, & High Blood Pressure Control, Stress Relief

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 2/1/22 & 2/8/22

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Millions of people suffer with diabetes, hypertension, stress. Dr. David DeRose, MD, shared natural strategies from his free 30-day lifestyle program to improve/control hypertension and diabetes. He interviewed people who have been successful. Resources: www.TimelessHealinginsights.info. Podcast: LifeTalk.net/podcasts.

ISSUE: Anxiety, Depression, Mental Health, Suicide

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 2/15/22

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Millions of people suffer with depression and anxiety. Dr. David DeRose, MD, interviewed Dr Gregory Jantz, PhD, founder of The Center: A Place of Hope. Jantz provided insights into addressing mental health issues. For further information: APlaceOfHope.com Book: So Much to Live For. Podcast: LifeTalk.net/podcasts.

ISSUE: Dental Health

PROGRAM TITLE: Health and Longevity

Date: 3/4/22 + 3/6/22

Time of day: 1:05 PM

Duration: 28 Minutes

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

Dr. John Westerdahl interviewed investigative reporter and author of the book, *Beating Long Haulers Syndrome*, which is causing high levels of suicide and depression. He reported findings from physicians and other health experts and offered hope.
Program podcast at www.LifeTalk.net/podcasts.

ISSUES AND PROGRAMS LIST – continued

ISSUE: Chronic Disease, Heart Health, Lifestyle, Wellness

PROGRAM TITLE: Heartwise

Dates: 3/10/22

Time of day: 1:05 PM

Duration: 28 Minutes

Program Description:

Millions of Americans suffer with chronic disease. Charles Mills interviewed Dr. Dean Ornish, MD, author of *Undo It!*, about how simple lifestyle changes like exercise, supportive relationships, and plant-strong eating can reverse or prevent most chronic diseases. He also offered free resources on his website: <https://www.ornish.com/undo-it/>
Program podcast at www.LifeTalk.net/podcasts.

ISSUE: Blood Donation, Community Health

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 2/22/22

Time of day: 1:00 PM

Duration: 58 Minutes

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

Host David DeRose, MD, interviewed John Armitage of Blood Institute. Donating blood may save someone's life, and donors may be helping their own health. Program podcast: www.LifeTalk.net/podcasts Info: 1-877-340-8777 or AABB.org.

ISSUE: Education, Learning, Child Development, Relationships

PROGRAM TITLE: Homeschool Companion

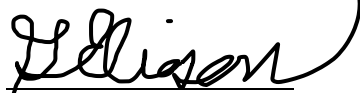
Date: 3/18/22

Time of day: 7:05 AM

Duration: 25 Minutes

Program Description:

Caring for and educating children is important. Host Rose Gamblin answered questions from parents and teachers, shared curriculum ideas and crafts for kids. She also interviewed Dr. Ryan about how to have quality relationships.
Podcast: <https://lifetalk.net/podcast>


Signature of licensee

April 1, 2022
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