

## ISSUES AND PROGRAMS LIST

Station: KQQS 89.3 SIKI, AK      Date: April 1, 2023

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

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ISSUE: The Best of Health and Longevity- Interview with Dr. Ken Babel and Dr. Paul Gross

PROGRAM TITLE: Health and Longevity

Date: 01/01/23

Time of day: 11:05 PM

Duration: 28 Minutes

Program Description:

Today on Health & Longevity, Dr. John Westerdahl features guests, Ken Babal, nutrition consultant and expert on mushrooms and Dr. Paul Gross, scientist with the Dole Nutrition Institute. Ken Babal will discuss the medicinal and nutritional benefits of mushrooms that are often overlooked by Western physicians and researchers. Ken will also discuss his new book, 'Mushrooms for Health and Longevity'. Paul Gross, Ph.D., discusses the Dole Food Company's revolutionary new, Vitamin D-rich mushroom and mushroom powder product innovation.

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ISSUE: New Name For A New Year With Chad Clark

PROGRAM TITLE: Faith and Finance

Date: 01/07/23

Time of day: 11:30 PM

Duration: 25 Minutes

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

It's a brand new year and that's always a great time to make changes, and we're excited to tell you about some big ones we're making. We're strengthening the way we express the Christian worldview of faith and finances to be better used by God to advance his Kingdom. In the program Faith and Finance Rob talked about that with Chad Clark the Executive Director of Faith and Finance.

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ISSUE: Coyote Medicine

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 01/10/23

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Dr. Lewis Mehl-Madrona shared practical insights from his life journey that has featured a Native American upbringing and modern Western medical training. For further information: [www.Mehl-Madrona.com](http://www.Mehl-Madrona.com); [www.Coyote-Institute.org](http://www.Coyote-Institute.org)

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ISSUE: Our Story, The Next Chapter: Kristen and Benjamin Watson

PROGRAM TITLE: Family Life Today

## ISSUES AND PROGRAMS LIST – continued

Date: 01/10/23

Time of day: 1:05 AM & 6:05 PM

Duration: 25 Minutes

Program Description:

God's story for Kirsten Watson and NFL Super Bowl champ Benjamin Watson has spiraled them through 15 NFL seasons, seven kids, and plenty of plot twists.

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ISSUE: The Fast 8 Weight and Health Optimization Program-Part 2

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 01/24/23

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Dr. DeRose answered your questions and shared more practical pointers based on his new free online weight loss program. For a free handout and additional information: [www.TimelessHealingInsights.org/FAST8](http://www.TimelessHealingInsights.org/FAST8)

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ISSUE: Best of Health and Longevity- Elaine LaLanne

PROGRAM TITLE: Health and Longevity

Date: 01/27/23 & 01/29/23

Time of day: 12:05 PM & 11:05 PM

Duration: 28 Minutes

Program Description:

On Health & Longevity, Dr. John Westerdahl features guest, Elaine LaLanne, wife of the late TV fitness personality Jack LaLanne. Elaine LaLanne shares memories of life with her late husband, Jack LaLanne who was known to the world as one of the great pioneers in the physical fitness movement (called the 'Godfather of Fitness'). Elaine told how she personally got into health and fitness under the inspiration and guidance of her husband. She gave practical advice on how anyone can get started on a health and fitness program.

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ISSUE: Money Lessons with Young Adults

PROGRAM TITLE: Faith and Finance

Date: 01/30/23

Time of day: 11:30 PM

Duration: 25 Minutes

Program Description:

We all want our kids to mature and become wise stewards of God's resources. Younger generations need training to do that. They gave you some lessons for young adults on Faith and Finance.

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ISSUE: When It Comes to Sex Drive, What's Normal?

PROGRAM TITLE: Family Life Today

## ISSUES AND PROGRAMS LIST – continued

Date: 02/07/23

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

Duration: 25 Minutes

Program Description:

When it comes to sex, what's normal? Sex therapist Dr. Michael Sytsma and Shaunti Feldhahn discussed research about drive, initiative, and other questions on the newest episode of Married with Benefits.

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ISSUE: "A Successful Weight Loss Journey"

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 02/07/23

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Melaura Lee Priest talked about relatively simple lifestyle decisions can have long-term results. This is powerfully illustrated by Melaura Lee Priest who lost nearly 90 pounds in less than three years.

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ISSUE: "FAST 8 – Part 4"

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 02/28/23

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Dr. DeRose offered special help to those who deal with addictions or struggle with their consumption of salty foods and sweets. This is the audio version of the fourth episode of Dr. DeRose's new FAST 8 weight optimization programs. The video version with special features at: <https://youtu.be/DNQOb1aHowo>  
For Further Information: [www.TimelessHealingInsights.org/FAST8](http://www.TimelessHealingInsights.org/FAST8)

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ISSUE: The Answer to Anger

PROGRAM TITLE: Homeschool Companion

Date: 03/03/23

Time of day: 7:05 AM

Duration: 25 Minutes

Program Description:

It is staggering to grasp how many people suffer needlessly at the hands of angry, abusive people. Many of these sufferers believe it is their duty to endure so that God can "work it together for their good." In this interview with June Hunt, we unpacked what causes anger and how we can avoid it. Remember being in an anger-filled relationship is never God's perfect will for us.

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Signature of licensee

April 1, 2023  
Date