

ISSUES AND PROGRAMS LIST

STATION: KQQS 89.3 FM Sitka, AK

DATE: October 1, 2023

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

ISSUE: Seniors in debt with Brandon Sieben

PROGRAM TITLE: Faith and Finance

Date: 7/13/23

Time of day: 11:30 AM

Duration: 25 Minutes

Program Description:

According to the Federal Reserve Bank, over the past 20 years, debt levels for those in their 60s have risen by over 400%. And those in their 70s, that debt grew by over 500%. It's a big problem. The top forms of debt among these age groups are credit cards, car loans, and home equity loans.

ISSUE: Overcoming our Anxieties and Fears

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 8/1/23

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Many today are dealing with severe stress, fear, and anxiety. Nick Nicholas shares lessons from his own transformative life story, one that brought him from drunkenness and despair to a successful life coach and motivational speaker. For Further Information: www.nickcoaches.com

ISSUE: Interview with Marilu Henner

PROGRAM TITLE: Health and Longevity

Date: 8/4/23

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

Duration: 28 Minutes

Program Description:

Marilu Henner is one of only twelve documented cases of Highly Superior Autobiographical Memory in the world. Marilu gives practical advice on how you can improve your memory and discusses her new book, Total Memory Makeover _ Uncover Your Past, Take Charge of Your Future. On this program Marilu Henner discusses how a healthy lifestyle and plant-based diet can contribute to improve brain function and memory. She is a healthy living coach and five-time Golden Globe nominee beloved for her roles on Taxi and Evening Shade.

ISSUE: Life after the storm

PROGRAM TITLE: Homeschool Companion

Date: 8/4/23

Time of day: 7:05 AM

Duration: 25 Minutes

Program Description:

Now, with compassion and courage, this interview with Jan will help you: - stop living in fear of "what if" and be ready for life "even if" - sense God's constant presence and gentle healing - experience the transforming confidence and faith that only a storm can unveil. Whether you or someone you care about faces a difficult season, the lifelines of God's promises will lead you to life and hope after the storm.

ISSUE: Still a seller's market

PROGRAM TITLE: Faith and Finance

Date: 8/16/23

Time of day: 11:30 AM

Duration: 25 Minutes

Program Description:

The National Association of Realtors reports that in the first quarter of 2023, home prices actually rose in 7 out of 10 metro markets around the country. That happened even as the Federal Reserve continued to raise interest rates, pushing the average mortgage rate to nearly 7%.

ISSUE: Is your home emotionally unhealthy-5 signs

PROGRAM TITLE: Family Life Today

Date: 8/16/23

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

Duration: 25 Minutes

Program Description:

If your home was emotionally unhealthy, would you know it? Counselor David Thomas offers five ways to identify dysfunction in your home and healthy ways out.

ISSUE: Rising Above Abuse

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 9/5/23

Time of day: 1:00 PM

Duration: 58 Minutes

Program Description:

Misuse of power lies at the root of abuse. Whether in the form of historical trauma, ongoing racism, or intimate partner abuse, common strategies can help victims rise above pain and injustice. Sarah McDugal shares practical insights into these strategies on this week's broadcast. For More Information: www.WildernessToWILD.com

ISSUE: Your Negative Self talk and your marriage with Ted Lowe

PROGRAM TITLE: Family Life Today

Date: 9/6/23

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

Duration: 25 Minutes

Program Description:

Negative self-talk: you may not know how badly it's sabotaging your marriage. Author Ted Lowe gets real helps identify and confront the dark side within.

ISSUE: The Overlooked Generation

PROGRAM TITLE: Homeschool Companion

Date: 9/15/23

Time of day: 7:05 AM

Duration: 25 Minutes

Program Description:

Parents are desperate to know how to handle teenagers in today's society. As a trained counselor, former public-school teacher, and full-time conference speaker, Shannon Perry addresses the issues that teens say cause them to feel overlooked. As a result of feeling unnoticed, teenagers often make decisions that lead to harmful circumstances unless parents learn how to combat the onslaught of distractions that young people face in our culture. In "The Overlooked Generation", Shannon addresses these timely issues.



Signature of licensee

October 1, 2023

Date