

KIAK-FM
Fairbanks, AK

Quarterly Issues/Programs List
4th Quarter 2019

January 10, 2020

Issues

KIAK-FM provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **Mental Health:** Signs of depression, approaching someone who may be depressed, and teen depression.
- **Public Health:** Flu vaccines, emergency preparedness, seasonal flu, and how the vaccine works.
- **Home Safety for Winter Months:** Where to place smoke detectors, use of firewood and wood stoves, plus safety with electric/space heaters.
- **Internet/Phone Scams:** During the holidays, there are an increasing number of internet/phone scams; how to avoid them, and how to report.

Section I

LOCAL PROGRAMMING

ISSUE	PROGRAM/TITLE	DESCRIPTION	DATE/TIME	DURATION
Children's Programs/ Community	Interior Scope	Jennifer Wienke, Fairbanks Academy of Children's Theatre, talked about programs they offer kids to get them interested and involved in community arts including stage acting.	10/6/19 6:08am	15:25
Police Dept./ Community/ Public Safety	Interior Scope	Nancy Reeder, Fairbanks Police Department Chief. She discussed her goals, visions for the department and community. Being the new Chief, she talked about her previous experience with the Anchorage police dept. where she served in numerous positions and she addressed some of the more immediate challenges like recruitment and property crimes. Being the first woman to lead the department, she talked about how she wanted to influence the youth in our community, and what message she wanted to send to young girls.	10/13/19 6:08am	18:20
Public Safety/ Security/ Elderly/ Scams	Interior Scope	Michelle Taber, AK Regional Manager of the Better Business Bureau, talked about services provided by the BBB. She also provided insight and tips on how to recognize and avoid internet and phone scams.	10/20/19 6:08am	15:05

Public Safety/ Native Issues/ Homeless/ Fire Safety	Interior Scope	Rodney Gaskins, Ongoing Executive Director, Fairbanks Rescue Mission, talked about the ongoing programs for the poor, natives, and the homeless. Doug Schrage, Pulse Point Program (Citizen 1 st Responders), and fire prevention month (wood stove fire safety).	10/27/19 6:10am	15:20
Fire Safety/ Home and Property/ Public Safety	Interior Scope	Moirra O'Bryant, Deputy Fire Marshall, City of Fairbanks. She discussed fire safety: where to place smoke detectors in a home (plus ways to install them), fire extinguishers and around-the-home safety using firewood and wood stoves, and disposal of ash. She also talked about safety with electric/ space heaters.	11/3/19 6:09am	14:58
Children's Programs/ Education	Interior Scope	Meredith Maple, Fairbanks Children's Museum, discussed the different programs offered to children at the Museum, which are all educational in theme.	11/10/19 6:09am	15:55
Elderly/ Homeless/ Unemployed	Interior Scope	Anne Weaver, Executive Director of the Fairbanks Food Bank. She talked about what is happening at the Food Bank and how they are preparing for the holidays. She talked about the items that are wanted, needed and how many, and where the community can take donations. Also, for people that may be new or experiencing need for the first time in our community, she talked about what it takes and how to qualify for a food box, plus where they can be picked up.	11/17/19 6:09am	17:00
Public Health/ Volunteering/ Child/Elder Programs	Interior Scope	Jason Kempthorne, Love, Inc., talked about the different programs offered. One such program is the Adopt-a-Family Christmas Project where families are nominated by local schools, nonprofits, and churches that are facing serious financial hardship often through no fault of their own. This joins together people who can make sure everyone around Fairbanks has a truly merry Christmas. He also talked about a new building and an upcoming fundraiser.	11/24/19 6:09am	16:12
Child Welfare	Interior Scope	Dr. Michael Harris, Neuroscience Research, discussed the research underway locally to study relationship of hibernation and sudden infant death.	12/1/19 6:09am	15:1
Children's Programs/ Education	Interior Scope	Meredith Maple, Fairbanks Children's Museum, discussed the different programs offered to children at the Museum, which are all educational in theme.	12/8/19 6:08am	15:55
City Budget/ Bed Tax/ Police Dept.	Interior Scope	Fairbanks City Councilman Aaron Gibson. He talked about the Fairbanks city budget and where it draws its money from. He also talked about improving the police department, and tearing down the Polaris Building. Also discussed the city's bed tax.	12/15/19 6:08am	14:54
Children's Educational Local Event	Interior Scope	Tyler Williams, Mammoth Marketing. He talked about Mammoth Marketing putting on a film festival for young school kids to participate. It's a great opportunity for all the students to show off their skills and interest in making a film that will be 3-5 minutes long. There is an admission fee and prizes and awards will be given to filmmakers. All proceeds will be donated to a local non-profit.	12/22/19 6:09am	14:19
Diversity Education	Interior Scope	Rodney Gaskins and Kate LaPlaunt discussed their Fairbanks Coalition Building program. It serves to engage the community and local businesses in diversity education.	12/29/19 6:09am	15:34
Insurance Issues/ Elderly	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about what the new insurance issues are in 2020. Also, he talked about Medicare for elders.	10/6/19 7:58am	29:23
Free Radicals	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about what free radicals are and what are the benefits. The body is under constant attack from oxidative stress. Oxygen the body splits	10/13/19 8:01am	28:57

		into single atoms with unpaired electrons. Electrons like to e in pairs, so these atoms, called free radicals, scavenge the body to seek out other electrons so they can become a pair. This causes damage to cells, proteins and DNA.		
Pain Control	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about pain control and anti-inflammatories.	10/20/19 8:01am	28:34
Expired Medications	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about the safe disposal of expired medications, and where to or not dispose of them.	10/27/19 8:01am	28:50
Hydration/ Medical Insurance	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about staying hydrated, especially during the winter months when the air is so dry. He also talked about enrolling in medical insurance for the new coming year.	11/3/19 7:59am	29:7
Skin Problems	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about eczema and various skin problems during our cold, dry conditions.	11/10/19 8:00am	29:13
Homeopathic Treatments	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about Nutra pharmaceuticals and oils, which are used as pain relievers and anti-inflammatory agents, for homeopathic drugs/treatments.	11/17/19 8:01am	29:00
Statins	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about statins – the good vs. bad fats. He also talked about lipid therapy and controlling your cholesterol.	11/24/19 7:59am	29:7
Psychiatric Medications	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about psychiatric medications, their use and how to safely dispose of them.	12/1/19 8:00am	29:47
Thyroid Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about thyroid health and hyperthyroid (Graves Disease). 10 million people nationally are affected by thyroid issues.	12/8/19 7:59am	29:2
Safety in Cold Weather	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about staying safe in cold weather, the threat of hypothermia, and what to watch for frostbite.	12/15/19 8:01am	29:9
Gout/ Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about gout, which is a common form of inflammatory arthritis that is very painful. He also talked about how to handle it and how to prevent it – adjust your diet and limit foods that contain a high level of a substance called purines.	12/22/19 7:58am	29:21
Hydration	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about staying hydrated and watching your diet during the holidays.	12/29/19 7:59am	29:22

Section II

SYNDICATED PROGRAMMING

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Alcohol Addiction	STEPPIN' OUT HOUR 1	Born in Europe, Reva's childhood was an unhappy one, and depression set in so badly she tried taking her own life at age 13. She survived her attempt. At age 21, she started drinking. The booze helped quell her anxiety. Raymond is an alcoholic and an addict. His drinking took over his life to the		10/06/19 6:59am	047:34

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		point he twice attempted suicide.			
Alcohol Addiction	STEPPIN' OUT HOUR 1	Karen Casey, Ph.D., a Naples, FL resident, published her first meditation book for women in recovery, has sold more than 3 million copies. For many years she fought with her own-self through trials of addiction. She continues to work on her sobriety to participate and coach others.		10/13/19 6:59am	047:31
Alcohol Addiction	STEPPIN' OUT HOUR 1	Adam thinks he was born an alcoholic. Despite promising to never end up like his father, he knew he was an addict. In the midst of his initial attempt at sobriety, he by chance meets Susan on a business trip. While they hit it off, he didn't keep in contact with her. But perchance they met again, at an AA meeting.		10/20/19 7:01am	047:33
Alcohol Addiction/ Depression	STEPPIN' OUT HOUR 1	Petra thought love was "taking care of someone." She always picked men who needed rescuing." This behavior almost sent her over the edge but she has found her way back through Al-Anon. Greg has been married 3 times, & married the same woman the first 2 times. He always married women who had "broken wings." He helped 'mend them' & then they 'flew away.' The women were all needy and had issues but he felt that was the only way to get love. He traced his issues back to his unhealthy relationship with his mom. He finally was able to have a healthy relationship with a woman, and is not a "victim" anymore.		10/27/19 7:01am	047:34
Drug Addiction	STEPPIN' OUT HOUR 1	Lee McCormick hit the road as a singer songwriter in the late 1970s and 1980s. He plunged into the lifestyle head first and headstrong. When he barely woke up one day, he realized he had an out-of-control drug problem & checked himself into rehab. His inward journey took him to Native American & Mesoamerican shamans & healers who opened him up to a universal view of life and a new paradigm for addiction treatment.		11/03/19 6:59am	047:34
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	Ron was introduced to alcohol at an early age. His drinking led to drugs, as he smoked pot & he soon became out-of-control. His mother gave him an ultimatum; her own brother committed suicide while in the		11/10/19 7:01am	047:35

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		throes of addiction. By the time Ron was 16 years old, he was sober. Francine came from a very alcoholic & drug addicted family with a lot of pain. She drank at 15 because then she wasn't shy anymore. She continued through college & eventually became a topless dancer but got out of it when she met her ex-husband. A guy she dated after her divorce told her she should look into her drinking, and that she should go to AA meetings, which she did, and it was there that a miracle occurred.			
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	Gerry Cooney was a former world champion boxer nicknamed "The Great White Hope." After his fighting career was over, Gerry took up a career of heavy drinking, which led to his addiction to alcohol. He finally got "sick and tired" of being "sick and tired" and turned his life around. He founded the Fighters' Initiative for Support and Training, an organization which helps retired boxers find jobs. He also works with disadvantaged youth. Amy first tried Crystal Meth in San Francisco, when some friends shared their stash with her one night before heading out to a nightclub. But within months, Amy was using daily before work and eventually took her pipe with her to work.		11/17/19 7:00am	047:43
Addictions/ Co-occurring Disorders	STEPPIN' OUT HOUR 1	Greg Fitzsimmons is a stand-up comedian and television writer/producer. He is also an author & received critical praise. But Greg is also an addict who had found recovery early on in life. He discusses his addiction & recovery in his book. Kimberly Cramer is a therapist with Reawakenings Wellness Center in Miramar, FL. During her career she worked with addictions and co-occurring disorders in state court ordered, community & private environments at different levels of care.		11/24/19 6:59am	047:33
Addiction Treatment	STEPPIN' OUT HOUR 1	Brian McAlister, founder of the Full Recovery Wellness Center in New Jersey, is dedicated to helping recovering people achieve spiritual, personal & financial empowerment. He understands through personal experience that everything needed to live a harmonious life of progress & prosperity already exists within us.		12/01/19 7:00am	047:34

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Alcohol Addiction	STEPPIN' OUT HOUR 1	<p>Artie Lang, actor, comedian, talk show host as Howard Stern's sidekick. A little over a year after his book "Too Fat To Fish" came out, he stabbed himself in the stomach nine times while deep in the throes of heroin addiction. He finally found peace in his life and he talked about how he stays sober daily.</p> <p>Gavin MacLeod, actor and TV fave, Captain Stubing on The Love Boat, talked about his battles with depression and near-suicide and with alcoholism that led him to quitting cold turkey in 1974. He transformed his life and has been sober for 39 years.</p>		12/08/19 6:59am	047:35
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	<p>Ananda entered the recovery process via Al-Anon after wanting to end her own life. She grew up in a home with alcoholic and drug-addicted parents. They used eight-year-old Ananda to traffic the drugs.</p> <p>Irene is a "double winter" – part of a special group of people who are members of the fellowship of both Alcoholics Anonymous and Al-Anon. Both of her parents and her brothers were daily drinkers. She eventually began drinking at fifteen.</p>		12/15/19 7:01am	047:37
Sex Addiction	STEPPIN' OUT HOUR 1	<p>Barbara is a sex and love addict. SL addicts derive a dependency on sex and love from a perceived lack of approval of others. It lead to sex-driven relationships with men in order to satisfy a fear of being alone and disapproved of.</p>		12/22/19 6:58am	047:36
Alcohol Addiction	STEPPIN' OUT HOUR 1	<p>Pete is an alcoholic who had his first drink at age 13. Despite being a child of alcoholics in recovery, he still became one himself.</p> <p>Jennifer didn't start drinking until she was 18. Alcohol worked for her because it got rid of her inhibitions. After years of drinking, she quit on her own and eventually, found A.A. and was literally amazed what happened.</p>		12/29/19 6:59am	047:34

Section III

PUBLIC SERVICE ANNOUNCEMENTS

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
PUBLIC ASSISTANCE	PSA ALASKA 211	000:29	006
ALCOHOL ADDICTION	PSA ALCOHOLICS ANONYMOUS	000:29	007
ANTI DRUG	PSA ANTI DRUG/COMPUTER/INTERNET/SAFETY	000:30	030
ANTI DRUG	PSA ANTI METH/FORREST/INHALANTS	000:30	048
SCHOOL ACTIVITIES	PSA ASAA/ALASKA SCHOOL ACTIVITIES ASSOC	001:00	038
PUBLIC SAFETY	PSA ATV SAFETY/HELMETS	000:30	021
PUBLIC SAFETY	PSA ATV/HELMETS	001:00	015
DON'T TEXT & DRIVE	PSA CTIA/SOUNDS OF A CRASH	000:30	013
NICOTINE ADDICTION	PSA DEPT OF HEALTH/QUIT SMOKING/CESSATION TIPS/JESSICA'S ASTHMA TIP	000:30	029
NICOTINE ADDICTION	PSA DEPT OF HEALTH/QUIT SMOKING/CESSATION TIPS/ TIFFANY'S TIP	001:00	018
DOMESTIC VIOLENCE	PSA DOMESTIC VIOLENCE/ANDY GRIGGS	000:30	033
DRUG PREVENTION/RECOVERY	PSA DRUG PREVENTION/RECOVERY/SEAMLESS/UNISON/ HEAR THAT2/JACKIE	000:30	050
DRUNK DRIVING	PSA MADD	000:59	011
DRUNK DRIVING	PSA MADD/BRAD PAISLEY/DON'T DRINK	000:30	027
DEPRESSION	PSA NAMI/DEPRESSION	001:00	009
OBESITY	PSA OBESITY	000:59	031
MILITARY AND VETERANS	PSA PARALYZED VETERANS OF AMERICA/MISSIE/BEN AFFLECK/ADVOCATING FOR OUR HEROES/CHANGING LIVES/SOLDIER SAYS THANKS/VETS HELPING VETS	001:00	122
MILITARY AND VETERANS	PSA PARALYZED VETS OF AMERICA/MISSION AE/ CHANGING LIVES/SOLDIER SAYS THANKS/VETS HELPING VETS	000:30	033
PRE TEEN HEALTH	PSA PRE TEEN VACCINATIONS	001:00	018
NICOTINE ADDICTION	PSA QUIT TOBACCO	000:29	039

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
NICOTINE ADDICTION	PSA QUIT TOBACCO	001:00	046
PUBLIC SAFETY	PSA SMOKE DETECTOR SAFETY	000:29	032
PUBLIC HEALTH	PSA STATE OF ALASKA/STD'S	000:30	059
BULLYING	PSA STOP BULLYING	001:00	038
TEEN SUICIDE	PSA TEEN SUICIDE	000:59	014
PUBLIC SAFETY	PSA TIRE MAINTENANCE	000:31	075
VOLUNTEERING	PSA YOUNG VOLUNTEERS	000:30	011
VOLUNTEERING	PSA YOUNG VOLUNTEERS	001:00	019
CHILD MIND INSTITUTE	CHILD MIND INSTITUTE	000:33	004
CHILD MIND INSTITUTE	CHILD MIND INSTITUTE	000:35	009
COVENANT HOUSE	COVENANT HOUSE	000:30	002
ENVIRONMENT	UN GOALS	000:30	002
PROJECT YELLOW LIGHT	PROJECT YELLOW LIGHT	000:30	003
UN GOALS	UN GOALS	000:30	003