

KIAK-FM
Fairbanks, AK
Quarterly Issues/Programs List
4th Quarter 2015

January 10, 2016

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:

- **School District:** School Closures and the decision making process, as well as school bus alternate stop plan.
- **Education and Research:** UA Museum of the north and how the Alaska and Polar Regions Collections & Archives serves UAF students and faculty and researchers from around the world.
- **Energy Costs and Air Pollution:** The FNSB mayor discussed the major issues facing the FNSB, chiefly the energy costs and air pollution.
- **Public Safety:** The Red Cross talked about smoke alarms in your home.
- **Public Health:** Seasonal Affective Disorder or ‘SAD’, also known as the winter blues. How it is diagnosed and treated.

Section I

LOCAL PROGRAMMING

ISSUE	PROGRAM/ TITLE	DESCRIPTION	DATE/ TIME	DURATION
The Poor/ Homeless/ Child Welfare	Interior Scope	Anne Weaver, Executive Director, Fairbanks Community Food Bank, discussed the programs they offer, current needs and the people they serve.	10/4/15 6:09am	15:2
School District Issues/ Education	Interior Scope	Dr. Karen Gaborik, Superintendent, Fairbanks North Star Borough School District, talked about the new Alaska Measures of Progress (AMP) testing that students participated in for the first last year. Also discussed was school closures and the decision making process for those events, as well as First Student and the school bus alternate stop plan that are used in inclement weather.	10/11/15 6:09am & 7:15pm	18:54

Animal Shelter	Interior Scope	Ronnie Rosenberg, Fairbanks Animal Shelter, discussed fundraising opportunities and challenges for the FNSB animal shelter.	10/18/15 6:09am & 7:14pm	15:7
Education and Research	Interior Scope	Milan Shipka, Professor of Animal Science, Extension Livestock Specialist, Assoc. Director of Agricultural & Forestry Experiment Station, talked about his current research program about the reproductive biology of reindeer and musk ox and management of reproduction in these species in farmed settings. Theresa Bakker, Media Coordinator of UA Museum, talked about the many exhibits which are as varied as the museum's specimens. Susan Bishop, Rasmuson Library Coordinator, talked about how the Alaska and Polar Regions Collections & Archives serves UAF students and faculty and researchers from around the world.	10/25/15 6:10am & 7:16pm	14:59
Energy Costs/ Air Pollution	Interior Scope	Karl Kassel, Fairbanks North Star Borough mayor, discussed the major issues facing the FNSB, chiefly, energy costs and air pollution (including its effect on tourists), plus a tighter state budget's effect on the Borough.	11/1/15 6:10am & 7:13pm	15:19
Homeless/ Senior Programs/ Child Welfare	Interior Scope	Bill Wright & Meadow Bailey, United Way, updated the information on the annual United Way fundraiser. They spoke about member non-profits that are affiliated with United Way.	11/8/15 6:10am & 7:12pm	15:38
Community Policing	Interior Scope	Chief Randal Aragon, Fairbanks Police Dept., talked about the citizen Police Academy neighborhood watch and the hiring policies changes.	11/15/15 6:10am & 7:13pm	15:36
Public Safety	Interior Scope	Lori Wilson, Red Cross, talked about smoke alarms in your home. They are offering free smoke alarms and will come and install them, etc.	11/22/15 6:10am	14:53
Education	Interior Scope	Dr. Arleigh Reynolds, Associate Dean, Department of Vet Medicine, discussed the brand new veterinary program offered at the University of Fairbanks.	11/29/15 6:10am & 7:15pm	14:40
Veterans & Military Families	Interior Scope	Fisher House Foundation provided a one-hour holiday special for the Foundation. Fisher House provides free or low cost housing to veterans and military families receiving treatment at military medical centers.	12/6/15 6:10am & 7:16pm	15:0
Local Non- Profit Arts	Interior Scope	Levi Ben-Israel, Fairbanks Shakespeare Theater, discussed the past and who've worked with the theater and the experience of working on-stage, and the challenges and fun for those involved in such an art. He also talked about how to get involved and the translation of Shakespeare into Native Alaskan languages.	12/13/15 6:09am & 7:15pm	16:26
Public Health/ Child Welfare	Interior Scope	Danielle Tessen, Executive Director of Autism Society of Alaska, talked about what A.S.A. does and how people can reach them and help them.	12/20/15 6:09am	15:44
Public Health	Interior Scope	Alisabeth Thurston-Hicks, M.D. Dr. Thurston-Hicks is a psychiatrist in private practice here in Fairbanks. She talked about Seasonal Affective Disorder or 'SAD', and also known as the winter blues. She discussed the general overview and how it's diagnosed and treated.	12/27/15 6:10am & 7:14pm	15:56

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 point he twice attempted suicide.	Reva/ Raymond	10/04/2015 06:58 AM	047:38
Alcohol Addiction	STEPPIN' OUT HOUR 2	Tommy's regular drinking started at age 13 with friends. His mother beat him when he came home drunk. His drinking continued through his teenage years and he dropped out of high school at 16 and started working. Eventually, he soon lost his job and wound up homeless. Kim grew up as an only child of a "severe" alcoholic father. She eventually began drinking herself. Soon she needed the alcohol just to have the courage to leave the house.	Tommy/ Kim	10/04/2015 07:58 AM	047:37
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.	Karen Casey	10/11/2015 07:00 AM	047:37
Alcohol Addiction	STEPPIN' OUT HOUR 2	Author Michael Lassman singled out one turning point in his last treatment facility when he was ready to let go of everything. Letting go of his pride, his ego, his possessions, his reputation, and most importantly his family were all the critical ingredients for his survival.	Michael Lassman	10/11/2015 08:00 AM	047:35
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	Adam	10/18/2015 07:00 AM	047:37

ISSUE	PROGRAM /TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		contact with her. But perchance they met again, at an AA meeting.			
Alcohol/ Gambling Addiction	STEPPIN' OUT HOUR 2	Jeff is a recovering gambling addict, and his adult son Michael is a member of Gam-Anon, which has helped him return his own life to his control after growing up raised by an addict. Jeff's gambling got in him in so deep he lost his marriage, so far in debt he decided to take his own life. When that failed, called his son. Instead of asking for real help, Jeff asked Michael for money.	Jeff	10/18/2015 08:00 AM	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.	Petra/ Greg	10/25/2015 06:58 AM	047:33
Gambling Addiction	STEPPIN' OUT HOUR 2	Howard is a compulsive gambler. He's not sure why it appealed to him, but he can remember his father bragging about gambling wins. He even had a secret bank account, hidden from his wife. Anthony grew up in a gambling-free household. One day his family was invited to an Atlantic City casino hotel for a getaway. He met up with some friends and gambled. His luck was unreal; he made enough money in one summer to buy a house. But his luck ran out soon, leaving him desperate.	Howard/ Anthony	10/25/2015 07:58 AM	047:33
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	Lee McCormick	11/01/2015 06:59 AM	047:36

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		shamans & healers who opened him up to a universal view of life and a new paradigm for addiction treatment.			
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 2	Michelle's first drink alone was at age 11. Her family home was complete with a bar that was never locked. She came home from school one day and found an open bottle of wine in the kitchen fridge, and so she tasted it. She felt guilty about taking the sip, but she kept repeating the drink each day when coming home from school. Her drinking led to drug use, including hard drugs like ecstasy.	Michelle	11/01/2015 07:59 AM	047:32
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 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.	Ron/ Francine	11/08/2015 07:00 AM	047:35
Gambling Addiction	STEPPIN' OUT HOUR 2	Ronnie's gambling began late in life. She moved to Las Vegas to find work but never found any work, the boyfriend she wanted, and her brother passed away. She found the sport of gambling to be a distraction and within a year was no longer gambling a few bucks, but the car payment. Ed's first gambling experience came at age 7, playing with his childhood friends. His first trip to the racetrack came at age 12. He soon moved onto card games each day and heavy sports betting. By his late teens, Ed was hard into bookmakers & had to tell lie upon lie to cover up his losings.	Ronnie/Ed	11/08/2015 08:00 AM	047:36
Alcohol/ Drug Addiction	STEPPIN' OUT	Gerry Cooney was a former world champion boxer nicknamed "The Great	Gerry Cooney/	11/15/2015 07:00 AM	047:43

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	HOUR 1	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.	Amy		
Emotional Addiction	STEPPIN' OUT HOUR 2	Aaron is an Emotions Addict. He can't resolve emotional distress as most people might be able to. For him, he says, he can become angry at another person to the point he could lose control & erupt in rage and even hurt himself. Missy is an emotional addict. Her uncontrollable emotion is anger. She says she has been “wired this way” for as long as she can remember. Her temper was short and her anger issues would lead to an extreme dislike of other children, and constant depression.	Aaron/ Missy	11/15/2015 08:00 AM	047:38
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.	Greg Fitzsimmons/ Kimberly Cramer	11/22/2015 06:58 AM	047:44
Gambling Addiction	STEPPIN' OUT HOUR 2	Sean grew in a neighborhood in which if you didn't gamble, you didn't belong. Betting began at a young age. As he got older, he would come to idolize bookmakers. His descent began with a stroke of luck, winning a five-figure bet when he didn't have the money to cover it	Sean/ David	11/22/2015 07:58 AM	047:39

ISSUE	PROGRAM /TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>on the chance he lost. David's first time gambling was at age 6. His father taught him to play poker. As an adult he now knows his father had a gambling problem himself.</p>			
Addiction Treatment	STEPPIN' OUT HOUR 1	<p>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.</p>	Brian McAlister	11/29/2015 07:00 AM	047:44
Gambling Addiction	STEPPIN' OUT HOUR 2	<p>Paul's life revolved around gambling from the time he was a youngster. At age 16 he dropped out of high school. He grew up and got married, but his gambling persisted, progressing to the point he was lying to his wife about his whereabouts. Sophie's problematic gambling started later in life, when she was 60 years old. She had achieved sobriety from other addictions much earlier but started gambling as an activity. Her attempts at limiting herself were fruitless.</p>	Paul/ Sophie	11/29/2015 08:00 AM	047:39
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. 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>	Artie Lang/ Gavin MacLeod	12/06/2015 07:00 AM	047:39
Drug Addiction	STEPPIN' OUT HOUR 2	<p>Mike and Lee discussed the ravishing toll that their crystal meth addiction took on them, and how they lost everything in their lives until they decided to get serious about their recovery. They joined Crystal Meth Anonymous where they were able to put together days, months and years of sobriety and turn their lives around.</p>	Mike/ Lee	12/06/2015 08:00 AM	047:33

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Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	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. 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.	Ananda/ Irene	12/13/2015 06:58 AM	047:36
Sexual Abuse/Alcohol Addiction	STEPPIN' OUT HOUR 2	Laura says alcohol has been pervasive in her family. Her mother was bi-polar and her father was absent most of the time. She was also sexually abused by their caretaker.	Dylan/ Laura	12/13/2015 07:58 AM	047:38
Sex Addiction	STEPPIN' OUT HOUR 1	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.	Barbara	12/20/2015 06:59 AM	047:36
Sex-Love Addiction	STEPPIN' OUT HOUR 2	Dave is a sex and love addict. His father was very success-oriented and there was a lot of pressure to perform to high expectations both in school and life. He's not sure why or how that might have translated to his adult dating life, but he says he has problems finding partners with whom he feels he could have love relationships.	Dave	12/20/2015 07:59 AM	047:38
Alcohol Addiction	STEPPIN' OUT HOUR 1	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. 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.	Pete/ Jennifer	12/27/2015 06:59 AM	047:36
Alcohol Addiction	STEPPIN' OUT HOUR 2	Josh ended his drinking at age 15. But his first drink was at age 8 or 9, when he and other kids discovered a stash of alcohol in their church basement. Heading into middle school, he was known as the kid	Josh/Anna	12/27/2015 07:59 AM	047:38

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who was constantly intoxicated. Anna, who grew up in South America, was often offered tastes of alcohol at family gatherings when she was a small child, but even then she knew she wanted to drink. At age 13, she was able to buy a bottle of something and drank it to the point she was drunk. Her father, an admitted alcoholic, noticed the same in his young daughter. Anna spent her high school years fighting with her parents, who tried their best to stop her from drinking.

Section III

PUBLIC SERVICE ANNOUNCEMENTS

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
PUBLIC ASSISTANCE	PSA ALASKA 211	000:29	008
ALCOHOL ADDICTION	PSA ALCOHOLICS ANONYMOUS	000:29	016
ANTI DRUGS	PSA ANTI DRUG/COMPUTER/INTERNET/MYSELF/PROM/SIMON SAYS	000:30	049
PUBLIC SAFETY	PSA ATV SAFETY/HELMETS	000:30	031
ALCOHOL ABUSE	PSA DON'T DRINK/DON'T SERVE TEENS	000:30	018
DRUG ABUSE	PSA DRUG ABUSE PREVENTION/SEAMLESS/UNISON/HEAR THAT2/JACKIE	000:30	044
DRUNK DRIVING	PSA MADD/BRAD PAISLEY	000:59	022
PUBLIC HEALTH	PSA MENTAL ILLNESS	000:58	012
DRUG ADDICTION	PSA METH ADDICTION/AMANDA/DEAN/GRAVE/KARA. MATT/MATT/RUSSEL/THOMAS	000:30	096
PUBLIC HEALTH	PSA NAMI/DEPRESSION	001:00	010
OBESITY	PSA OBESITY	000:59	012
MILITARY AND	PSA PARALYZED VETERANS OF AMERICA/BEN AFFLECK/	000:59	023

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
VETERANS	ADVOCATING FOR OUR HEROES		
TOBACCO ADDICTION	PSA QUIT TOBACCO	000:29	048
PUBLIC HEALTH	PSA RADON/COUNTRY	001:00	022
RED CROSS	PSA RED CROSS/MILITARY/PET FIRST AID/PREPARE	000:30	025
TEEN SUICIDE	PSA TEEN SUICIDE	000:59	005
PUBLIC SAFETY	PSA TIRE MAINTENANCE	000:30	016
TOBACCO ADDICTION	PSA UCANQUIT2.ORG	000:30	010
MILITARY AND VETERANS	PSA PARALYZED VETS OF AMERICA/CHANGING LE/MISSION ABE	000:15	083
BULLYING	BYSTANDER REVOLUTUION	000:30	009
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	013
MILITARY AND VETERANS	WOUNDED WARRIORS	000:30	009
VOTING	ROCK THE VOTE	000:29	102
VOTING	ROCK THE VOTE	000:30	007