

KIAK-FM
Fairbanks, AK
Quarterly Issues/Programs List
2nd Quarter 2019

July 10, 2019

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:

Suicide Prevention: Alaska has the highest suicide rate per capita in the nation.

Firewise: Fire season is here. Burn permits are required and clearing space around structures.

Public Safety: Property crime prevention and ways to secure your home and property.

Public Health: Ways to reduce the incidence of suicide and opioid addiction.

Public Health: Fairbanks has some of the highest birch/aspen pollen counts in the country.

Section I

LOCAL PROGRAMMING

ISSUE	PROGRAM/TITLE	DESCRIPTION	DATE/TIME	DURATION
Alcohol/ Drug Addiction	Interior Scope	Tim Willis and Zach Dhont, Fairbanks Wellness Court, detailed their experiences in therapeutic court in Fairbanks. The court serves to help felons with addictions issues avoid or shorten jail time by committing to sobriety.	4/7/19 6:09am	14:59
Children's Programs/ Volunteering	Interior Scope	Meredith Maple, Fairbanks Children's Museum, talked about programs and exhibits at the Children's Museum and opportunities for volunteering and helping.	4/14/19 6:08am	15:7
Public Health	Interior Scope	Kimberly Wonderlich, MD, Wonderlich Dermatology, talked about how to care for your skin during the Alaska spring and summer seasons.	4/21/19 6:08am	16:36
Public Health	Interior Scope	Jerry Brown, Pharmacist at Medical Center Pharmacy, talked about treating hypertension (high blood pressure), and how different treatments work. Also, electrolytes were discussed (how to properly maintain healthy levels).	4/28/19 6:10am	18:11
Native Issues/ Concerns	Interior Scope	Evan Peter, UAF Vice Chancellor for rural, community and native studies. He talked about the UAF efforts to reach out to native Alaskans to revitalize indigenous languages.	5/5/19 6:08am	15:0
Fostering/ Child	Interior	Christa Mulder, Fostering Science Group. She heads a summer	5/12/19	14:52

Education	Scope	camp for kids that introduce them to various science fields. The camp is for children who are in foster care.	6:07am	
Food Preparation/ Hunting Season	Interior Scope	Mindy Juliana, 'Preppers Corner' host. She discussed proper knife care and sharpening when preparing for hunting. Also discussed how to sharpen particular knives and how common improperly doing it is.	5/19/19 6:09am	17:21
Child Welfare/ Homeless/ Elderly/ Public Safety and Health/ Volunteering	Interior Scope	Anne Weaver, Fairbanks Community Food Bank, talked about the summer programs at the Food Bank. The school year has just wrapped up and for some kids that could mean they're not sure when or where their next meal will come from. She also said that the Food Bank has struck up a partnership with some businesses and influential people in the community to make sure no child goes hungry. Anne also talked about how people can get involved either through volunteering or contributing.	5/26/19 6:0am	15:7
Dog Rescue & Fostering/ Dog Training & Safety	Interior Scope	Susan Sampson, Golden Retriever Rescue of Fairbanks. GRRF is a group of dedicated volunteers who work at placing unwanted, neglected or relinquished Golden Retrievers and Retriever mix breeds into new loving family settings. They also answer questions and provide information and education about the dogs. Susan talked about dog training and dog safety.	6/2/19 6:08am	16:48
Military Issues/ Government/ Environment	Interior Scope	Col. Shaw Anger, USAF-Eielson, and Derek Sikes, UA Museum of the North (Curator of Insects). Col. Anger talked about the new F-36 team that is coming to North Pole next year and there will be an EAFB open house coming up. Derek Sikes with the University of Alaska Museum of the North, talked about the insects in Alaska this summer.	6/9/19 6:03am	14:21
Economic Development/ Downtown Street Repairs	Interior Scope	City Councilman Jerry Cleworth talked about road repair in Fairbanks – how the process works and plans for the future. He also talked about the current status of the vacant Polaris building downtown. He said the roads have to be kept properly and clear of snow, & the downtown parking areas maintained.	6/16/19 6:09am	18:45
Veterans/ Safe and Affordable Housing/ Recycling	Interior Scope	Rodney Gaskins, Executive Director, & Lisa Pullock, Office Manager, Fairbanks Rescue Mission, talked about the Joshua Community Project and No One Left Behind event. They talked about the problem of the lack of affordable, sober and safe housing in our community, and that resulted in the Joshua Community Project. No One Left Behind uses outdoor and recreational activities to help in healing the scars of our returning veterans. They also discussed the recycling program.	6/23/19 6:08am	14:24
Child Welfare/ Programs/ Military Relationships	Interior Scope	Angela Foster, Vivian Sandine, North Star Cheer and Tumbling, talked about the North Star Cheer & Tumbling team and what it's all about. Competitive Cheer is still relatively new in the sports world and is different from high school cheer. They talked about what type of regulations they follow and what qualifications the coaches have, and what kinds of skills are required to join. Angela Foster also talked about some of the intangible benefits that athletes gain from being in this type of organization, such as: team management/teamwork, discipline, multitasking, punctuality, acceptability, and trust.	6/30/19 6:08am	10:59
Vitamins/ Supplements	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about vitamins – the good, the bad – pros and cons of taking supplements.	4/7/19 7:58am	29:8
Prescription Labels	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about understanding your prescription labels and how to read them correctly.	4/14/19 7:58am	28:45
Allergies	Pharmacy Today	Host: Jerry Brown, Pharmacist. Allergy season has started. He talked about over-the-counter medicines and how to find the	4/21/19 7:59am	30:1

		best relief for yourself and how to figure out what you are allergic to.		
Public Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about the various ways of living with thyroid issues.	4/28/19 7:59am	29:09
Public Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about compression socks – the benefits and the cautions of wearing them. He also talked about flu season prevention.	5/5/19 8:01am	29:22
Allergy Season	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about fatty acids and how they affect the human body. He also talked more allergy season concerns.	5/12/19 7:59am	29:19
Public Health and Safety	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about the safe storage of medications and prescriptions at home.	5/19/19 8:01am	28:8
Insurance Schemes	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about the many insurance schemes that are happening and what to look for and how to protect yourself should you become a victim. He also talked about how to deal with your insurance company.	5/26/19 8:01am	29:38
Allergies	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about allergies and how you can find over-the-counter medicines that may help you with some of the symptoms. He also talked about the use of sunscreens and what to look for that will give you the most protection.	6/2/19 7:59am	29:38
Public Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about allergies as well as diarrhea & constipation, how to control with your diet.	6/9/19 8:00am	29:36
Public Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about marijuana oils (CBDS) and how they can be very beneficial for your aches and pain and how they can reduce some of the effects of chemotherapy.	6/16/19 7:59am	29:57
Public Health and Safety	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about medication interactions and how to prevent negative interactions. He also talked about how to read labels and talk to your pharmacist.	6/23/19 8:01am	29:26
Drug Addictions	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about addictions and prescription medications and how to avoid and overcome habituations.	6/30/19 8:00am	29:17

Section II

SYNDICATED PROGRAMMING

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Drug/ Gambling Addiction	STEPPIN' OUT HOUR 1	David Parnell spent more than two years as a drug addict and he survived his suicide attempt. Depression set in, like with most meth addicts, and he became suicidal. When his wife said she was leaving with the children, he grabbed an assault rifle, put it under chin and pulled the trigger.	David/ Ronnie	04/07/2019 06:58 AM	047:37

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Ronnie's gambling issues began later in life when she moved, in her forties, to Las Vegas. She never found the job she wanted, but found the sport gambling to be a distraction. Within a year she was no longer gambling a few bucks, but the car payment.</p>			
<p>Alcohol Addiction</p>	<p>STEPPIN' OUT HOUR 1</p>	<p>Brian comes from a culture of drinking. He experienced his first blackout at age 13. At 17, he joined the Navy and found himself arrested in Singapore after a drunken bar fight. Rick is one of seven kids. His two sisters are not addicts but his three brothers are. Two have already died due to alcoholism. His first clear moment came when he wound up in prison one night after a night of drinking. He later lost his job. Dorothy has been sober for 25 years, but even today she'll tell you she is an alcoholic. Her alcoholic drinking didn't begin until her college years. She had hoped to become a nurse, and she did, but she would quit her job to stay home & drink.</p>	<p>Brian/ Rick/ Dorothy</p>	<p>04/14/2019 06:58 AM</p>	<p>047:35</p>
<p>Alcohol Addiction</p>	<p>STEPPIN' OUT HOUR 1</p>	<p>Bill is a nicotine addict, a former smoker who has quit. He now knows that nicotine provided him with a false feeling of fixing all his problems. By the time he quit for good, he was smoking four packs a day. Linda began smoking out of hopes it could make her look "cool" and "grown up" but that it could also help her stay thin; she would skip meals and substitute them with cigarettes. She avoided becoming an alcoholic like her mother, but would up with a multi-pack per day use.</p>	<p>Bill/ Linda</p>	<p>04/21/2019 06:59 AM</p>	<p>047:37</p>
<p>Alcohol/ Drug Addiction</p>	<p>STEPPIN' OUT HOUR 1</p>	<p>Rose's first drink happened before the age of four. Her drinking led to drug use, including marijuana & hallucinogens. She became a mother at 19, divorced at 22, worked 60 hours a week and still found time to drink. Ray is both an alcoholic and drug addict. He remembered his first drinks at age 13, which caused him to fall in love with the</p>	<p>Rose/ Ray</p>	<p>04/28/19 06:59 AM</p>	<p>047:37</p>

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		idea of being drunk.			
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	<p>Ananda entered the recovery process via Al-Anon after wanting to end her own life. Her parents were alcoholics and drug-addicted. They used Ananda to traffic the drugs.</p> <p>Irene is a “double winner” – 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 lost her oldest brother to alcoholism. When she her surviving brother decided to get sober, her parents could not understand why they stopped drinking.</p> <p>Dylan grew up in an immediate family in which nobody drank. What he came to learn is that his parents were so damaged by other relatives who were addicts and that they didn’t know how to act any differently despite their non-substance abuse.</p> <p>Laura says alcohol has been pervasive in her family; she even recently learned that when her family first arrived in the New World, they operated a whiskey importing business.</p>	Ananda/ Irene/ Dylan/ Laura	05/05/2019 07:01 AM	047:33
Nicotine Addiction	STEPPIN' OUT HOUR 1	<p>Bill is a nicotine addict, a former smoker who has quit. He now knows that nicotine provided him with a false feeling of fixing all his problems. By the time he quit for good, he was smoking four packs a day.</p> <p>Linda began smoking out of hopes it could make her look “cool” and “grown up” but that it could also help her stay thin; she would skip meals and substitute them with cigarettes. She avoided becoming an alcoholic like her mother, but would up with a multi-pack per day use.</p>	Bill/ Linda	05/12/2019 06:59 AM	047:34
Gambling Addiction	STEPPIN' OUT HOUR 1	<p>Paul’s life revolved around gambling from the time he was a youngster. At 16 years old 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.</p>	Paul/ Sophie/ Sean	05/19/2019 07:01 AM	047:36

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>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.</p> <p>Sean grew up in the Bronx where gambling was pervasive in his childhood. At age 13, he was introduced to his first bookie, and found the idea so enticing, he placed a bet and lost the money and the man to whom he lost the money would eventually come knocking on his parents' door, demanding to be paid.</p>			
Food Addiction	STEPPIN' OUT HOUR 1	<p>Jill would worry constantly that if she ate just a bit too much at one meal, she would get fat; she would refrain from eating for the rest of the day. She thinks it started in childhood, when her very trim grandmother would make comments to her about her weight.</p>	Jill	05/26/2019 06:58 AM	047:29
Gambling Addiction	STEPPIN' OUT HOUR 1	<p>Larry started gambling as a child with marble games & pitching coins. As an adult he became a weekly visitor to Atlantic City. At age 49 he hit his bottom and was jobless and gambling. James played games for money as a kid but his first real rush from gambling didn't come until his twenties. He decided to stay away from casinos for the next couple of years. He became a successful man but a trip to a casino with friends would turn his life upside down.</p>	Larry/ James	06/02/2019 06:59 AM	047:36
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	<p>Harry's family would use alcohol for kids' ailments. His mother was verbally abusive, a gambler and an absentee parent. His father would beat him. Due to the lack of supervision, he never got past the 7th grade. He started to use and deal marijuana & hallucinogenic drugs in the 60's. Harry moved to cocaine, heroin and the discos. His narcotics use would continue for 16 years when he would end up in prison.</p> <p>Shane recalls he never fit in with his community; not his neighborhood or even his family. He tried AA but he didn't buy into the program & eventually started to drink and use drugs again. He hit lowest when beating up his girlfriend,</p>	Harry/ Shane	06/09/2019 06:50 AM	047:37

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		who was trying to keep his drugs away from him.			
Drug Addiction	STEPPIN' OUT HOUR 1	Judy admits she began abusing substances early. At age 23, she tried meth, or "crank" for the first time. She would find herself dropping out of school and becoming a welfare mom, and found that dealing meth gave her an income stream she never had previously.	Judy	06/16/2019 06:51 AM	047:27
Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	Jerry did not grow up around alcohol but he was drawn to it. Upon coming of age, he drank in order to get drunk. He also experimented with marijuana, LSD & other drugs, but alcohol was always there. Jerry would marry, become a father, and continue to drink despite his professional life falling apart. He soon would be unable to earn a living & in trouble with the law. Brian's first drink came in high school & his first taste of sobriety came at age 26, but he always found himself in glass, drinking his life away. Brian says his sobriety was empty, meaningless, and that he was always waiting for a miracle. A pretty girl in a bar convinced him very easily to break his twelve-year sober run.	Jerry/ Brian	06/23/2019 07:01 AM	047:34
Alcohol Addiction	STEPPIN' OUT HOUR 1	Rachel drank to make herself feel comfortable. She became a heavy drunk after college, living in different places overseas doing nothing but drinking. Her lowest came when she started wetting her bed out of laziness, not wanting to leave her bed. Marianne intended to become a nun, but at age 18 she had a cocktail and was easily convinced to take time to have fun first. After college, her drinking continued despite health problems.	Rachel/ Marianne	06/30/2019 07:00 AM	047:33

Section III

PUBLIC SERVICE ANNOUNCEMENTS

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
SCHOOL ACTIVITIES	PSA ASAA/ALASKA SCHOOL ACTIVITIES ASSOC	000:59	021
SCHOOL ACTIVITIES	PSA ASAA/ALASKA SCHOOL ACTIVITIES ASSOC	001:00	020
DISTRACTED DRIVING	PSA CTIA/SOUNDS OF A CRASH	000:30	009
PUBLIC ASSISTANCE	PSA ALASKA 211	000:29	004
ALCOHOL ADDICTION	PSA ALCHOLICS ANONYMOUS	000:29	010
ANTI DRUG	PSA ANTI DRUG/COMPUTER/INTERNET/MYSELF/PROM/SIMON SAYS/INHALANTS/METH/FORREST	000:30	129
PUBLIC SAFETY	PSA ATV SAFETY/HELMETS	000:30	015
PUBLIC SAFETY	PSA ATV/HELMETS	001:00	016
PET ADOPTION/CARE	PSA BEST FRIENDS ANIMAL SOCIETY	000:29	004
PET ADOPTION/CARE	PSA BEST FRIENDS ANIMAL SOCIETY	001:00	016
NICOTINE ADDICTION	PSA DEPT OF HEALTH/QUIT SMOKING/CESSATION TIPS/JESSICA'S ASTHMA TIP	000:30	016
NICOTINE ADDICTION	PSA DEPT OF HEALTH/QUIT SMOKING/CESSATION TIPS/TIFFANY'S TIP	001:00	025
ALCOHOL ABUSE	PSA DON'T DRINK/DON'T SERVE TEENS	000:30	010
PUBLIC SAFETY	PSA DON'T TEXT & DRIVE	001:00	006
DRUG ABUSE PREVENTION	PSA DRUG ABUSE PREVENTION/SEAMLESS/UNISON/HEAR THAT 2/JACKIE	000:30	029
RETIREMENT	PSA FINANCIAL EDUCATION/RETIREMENT	000:30	008
DRUNK DRIVING	PSA MADD	000:59	008
DRUNK DRIVING	PSA MADD/BRAD PAISLEY	000:30	008
PUBLIC HEALTH	PSA MENTAL ILLNESS	000:58	003

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
OBESITY	PSA OBESITY	000:59	018
OBESITY	PSA OBESITY ACTION COALITION	000:29	006
MILITARY AND VETERANS	PSA PARALYZED VETERANS OF AMERICA/BEN AFFLECK/MISSIE/ADVOCATING FOR OUR HEROES/CHANGING LIVES/SOLDIER SAYS THANKS/VETS HELPING VETS	001:00	064
MILITARY AND VETERANS	PSA PARALYZED VETS OF AMERICA/CHANGING LIVES/MISSION AE/SOLDIER SAYS THANKS/VETS HELPING VETS	000:30	088
PUBLIC HEALTH	PSA PRE TEEN VACCINATIONS	001:00	009
NICOTINE ADDICTION	PSA QUIT TOBACCO/UCANQUIT2.ORG	000:30	018
NICOTINE ADDICTION	PSA QUIT TOBACCO	001:00	022
COMMUNITY INVOLVEMENT	PSA RED CROSS/MILITARY/PET FIRST AID/PREPARE	000:30	021
PUBLIC SAFETY	PSA SCHOOL SHOOTINGS	001:00	002
PUBLIC HEALTH	PSA STATE OF ALASKA/STD'S	000:30	014
TEEN SUICIDE	PSA TEEN SUICIDE	000:59	009
PUBLIC SAFETY	PSA TIRE MAINTENANCE	000:30	009
VOLUNTEERING	PSA YOUNG VOLUNTEERS	000:30	005
VOLUNTEERING	PSA YOUNG VOLUNTEERS	001:00	016
BEST IN SHOW	PSA PET ADOPTION	000:30	001
COMMUNITY INVOLVEMENT	NO KID HUNGRY	000:30	009
COMMUNITY INVOLVEMENT	PEACE IN THE STREETS	000:31	001
COMMUNITY INVOLVEMENT	TAKE YOUR KID TO WORK	000:31	005
HABITAT FOR HUMANITY	HABITAT FOR HUMANITY	000:31	001
COMMUNITY INVOLVEMENT	NO KID HUNGRY	000:30	009
COMMUNITY INVOLVEMENT	TAKE YOUR KID TO WORK	000:31	005

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
MENTAL HEALTH	MENTAL HEALTH	000:33	024
MENTAL HEALTH	MENTAL HEALTH	000:35	012
WORLD WISH DAY	MAKE A WISH	000:29	003
WORLD WISH DAY	WORLD WISH DAY	000:29	008