

KIAK-FM
Fairbanks, AK
Quarterly Issues/Programs List
4th Quarter 2016

January 10, 2017

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:

- **Public Health:** Seasonal Affective Disorder or ‘SAD’, also known as the winter blues. How it is diagnosed and treated.
- **Child Welfare/Elderly/Poor/Homeless:** Community engagement programs to provide coats, winter gear and food for families in need.
- **Public Safety and Health/Child Welfare:** New youth homeless shelter now open.
- **Government Issues/Native Issues:** Outreach for transgender people.

Section I

LOCAL PROGRAMMING

ISSUE	PROGRAM/TITLE	DESCRIPTION	DATE/TIME	DURATION
Educational / Sciences	Interior Scope	UAF Institute of Arctic Biology Grad students Don Larson and Mark Spangler talked about a program that is about a “citizen science project” on frog habitat in Alaska. A local Chapter of “Frog Watch,” where the way frogs live in Alaska, is studied: how they hibernate, freeze in winter, survive and thrive. Their range in Alaska was also discussed as was their prevalence, active time of year, and their mating call.	10/2/16 6:10am & 7:11pm	14:59
Child Welfare/ Elderly & Poor Assistance	Interior Scope	Bill Wright, executive director for United Way of Tanana Valley, promoted charitable giving through the United Way.	10/9/16 6:10am & 7:09pm	15:26
Child Welfare/ Elderly/ The Poor & Homeless	Interior Scope	Anne Weaver, executive director of Fairbanks Community Food Bank, talked about some community engagement programs and events that were coming up at the Food Bank, such as coats and winter gear, plus food needed for families in need such as the elderly, the poor, the homeless, and children in need.	10/16/16 6:10am & 7:12pm	17:40

Government Issues/ Economic Development	Interior Scope	Mayor Karl Kassell of the Fairbanks North Star Borough, discussed the library renovation project, Growden Park, the future of the Carlson Center, plus the new bus route to Two Rivers.	10/23/16 6:10am & 7:10pm	14:26
Public Health/ Elderly Programs	Interior Scope	Ashley Swibold, Moving With Purpose, discussed Moving With Purpose, a free movement/exercise class for people with mobility problems.	10/30/16 6:11am & 7:14pm	14:7
Economic Development/ Military Involvement/ Community Event	Interior Scope	Marilyn Fye, marketing for "Christmas In Ice." She talked about this annual event and now the community can get involved – highlighted are youth and military events.	11/6/16 6:11am & 7:16pm	14:53
Government Issues/ Economic Development	Interior Scope	Fairbanks Mayor Jim Matherly, talked about the job of Mayor and how he's approaching it, plus he talked about his open-door policy. He also discussed how the state budget issues relate to the city of Fairbanks, and the future of the Polaris building downtown.	11/13/16 6:10am & 7:13pm	15:37
Public Safety & Health/ Child Welfare	Interior Scope	Marylee Bates of Fairbanks Youth Advocates, talked about their youth homeless shelter called "The Door."	11/20/16 6:10am	14:53
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.	11/27/16 6:10am & 7:15pm	15:56
Military Issues	Interior Scope	Troy Eck, North Pole VFW Post #10029, discussed what the VFW is, and how to join upcoming programs, etc.	12/4/16 6:10am & 7:12pm	17:16
Government Issues/ Public Safety/ Native Issues-Concerns	Interior Scope	Reverend Leslie Fails, Unitarian Universal 1 st Church, discussed the churches community outreach for transgender people. She also details a program that helps transgender people streamline the process of getting passports and legal ID's.	12/11/16 6:10am & 7:13pm	15:5
Government Issues/ Economic Development/ Native Issues	Interior Scope	Gwenn Holdman, Alaska Center for Energy & Power, and Kinzea Jones, University of Alaska Fairbanks EMS and paramedic program, talked about research benefitting rural community energy needs, career training opportunities with EMS – Paramedic training.	12/18/16 6:11am & 7:14pm	15:4
Recycling/ Library Development/ Public Charity	Interior Scope	Karl Kassel, Fairbanks North Star Borough Mayor, talked about the FNSB's recycling plans and where they currently stand. Also, he discussed the Noel Wein Library's new movie and book download system plus the green space in its atrium. He talked about ice carving for charity as well.	12/25/16 6:10am & 7:15pm	15:8

Section II

SYNDICATED PROGRAMMING

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Alcohol Addiction	STEPPIN' OUT HOUR 1	Adam thinks he was born an alcoholic; even as a young child never felt comfortable with himself. His drinking led to money problems. In his initial attempt at sobriety, he meets Susan at an AA meeting.	Adam/Susan	10/02/2016 07:01 AM	047:31
Gambling Addiction	STEPPIN' OUT HOUR 2	Jeff is a recovering addict, and adult son Michael is a member of Gam-Anon which has helped him return his own life to his own control. He got in so deep he lost his marriage, and was so far in debt he decided to take his own life. When his suicide attempt failed, he called his son. Instead of asking for real help, Jeff asked Michael for money.	Jeff/Michael	10/02/2016 08:00 AM	047:33
Drug Addiction	STEPPIN' OUT HOUR 1	In the late 1970s and 1980s, Lee hit the road as a singer songwriter. He plunged into the lifestyle head first and headstrong. In rehab, he had a profound awakening and set out on a personal quest to find real truth and healing in his life.	Lee McCormick – Dreaming Heaven	10/09/2016 07:01 AM	048:16
Alcoholism	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 liked alcohol and how it made her feel and continued drinking into adulthood.	Michelle	10/09/2016 07:58 AM	047:33
Alcohol Addiction/ Al-Anon	STEPPIN' OUT HOUR 1	Like many women, Petra thought love was "taking care of someone." She always picked men who "needed rescuing." Her absorption with "care-taking" almost sent her over the edge, but she found her way back. Greg has been married three times, to two different women. He felt the only way he could earn love was to completely devote himself to taking care of "her" – whoever "her" happened to be. Not until he entered into recovery could he see that his issues with women stemmed from his unhealthy relationship with his mother.	Petra/ Greg	10/16/2016 06:59 AM	048:16
Gambling	STEPPIN' OUT	Howard is a compulsive gambler. He	Howard/	10/16/2016	047:33

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Addiction	HOUR 2	started as a young man making innocuous bets, but soon he lost his control. Anthony grew up in Pennsylvania in a gambling-free household. Anthony's luck was unreal; he made enough money in one summer to buy a house. But his luck ran out soon later, leaving him desperate.	Anthony	08:00 AM	
Alcohol Addiction	STEPPIN' OUT HOUR 1	Samuel Shem and his wife, Janet Surrey, were the writers and producers of the long running Off-Broadway sensation Bill W. and Dr. Bob, the story of two men who came to depend on each other for the strength to stay sober. This formed the principles behind Alcoholics Anonymous and the concept of twelve-step recovery.	Samuel Shem	10/23/2016 06:58 AM	047:31
Alcohol/Drug Addiction	STEPPIN' OUT HOUR 2	Rachel's first drink came at age eight. She would sneak drinks, scared that if her parents would find out, they'd take the alcohol away from her. She became a heavy drunk after college. Her lowest came when started wetting her bed out of laziness, not wanting to leave her bed. Eric's first drink at 18 years of age ushered him into a world of alcohol and all the wonders he thought the drug could bring. His drinking led him to hard drugs, which eventually caused him to lose the ability to have friendships and relationships.	Rachel/Eric	10/23/2016 07:58 AM	047:32
Alcohol Addiction	STEPPIN' OUT HOUR 1	While taking psychology courses in graduate school, broadcast engineer Denise McIntee observed 12 Step Meetings as part of her coursework. She began to produce recorded and live programs featuring people in recovery willing to share not only the success of their sobriety, but the insanity and suffering that drove them to seek help in the first place. Pt. 1 of 2.	Denise McIntee	10/30/2016 06:58 AM	047:34
Alcohol Addiction	STEPPIN' OUT HOUR 2	Since 1999, the program "Steppin' Out" has been distributed throughout the United States on terrestrial radio & elsewhere through digital means. Pt. 2.	Denise McIntee	10/30/2016 08:00 AM	047:34
Alcohol	STEPPIN' OUT	Priest, Retreat Master, Author, Actor,	Father Roger	11/06/2016	047:28

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Addiction	HOUR 1	Playwright and Sinner, Father Roger told his intriguing story of addiction and recovery. Pt. 1 of 2.		06:58 AM	
Alcohol Addiction	STEPPIN' OUT HOUR 2	Father Roger says, "By the age of 3 years old I needed to go on the wagon. If they had Kiddie AA, I would have qualified!" Roger's first real moment of clarity, after years of abusing alcohol, happens as he comes out of a blackout, standing on the ledge of the Brooklyn Bridge, ready to jump. After getting himself down off the cables, he ran looking for an AA meeting. From there, all sorts of remarkable things have happened – most of which is being sober for 15 years and having the ability and the desire to help other people. Pt. 2.	Father Roger	11/06/2016 07:58 AM	047:34
Racial Inequality/ American Burnout	STEPPIN' OUT HOUR 1	In his work as well as his life, acclaimed actor and activist Lou Gossett, Jr. has labored to bring people of all races together. Dr. Gerald Fishkin earned his PhD in clinical psychology, and has been in private practice since 1970. He has authored three books dealing with burnout and how to cope when it all gets to be too much. An expert in clinical and forensic hypnosis, he has worked with witnesses of violent crime in scene reconstruction as well as aided in suspect identification.	Lou Gossett, Jr./ Dr. Gerald Fishkin	11/13/2016 06:58 AM	047:37
Alcohol Addiction	STEPPIN' OUT HOUR 2	Greg Fitzsimmons is a stand-up comedian and television writer/producer. His 2011 book, "Dear Mrs. Fitzsimmons" received critical praise from NPR and Vanity Fair. But Greg is also an addict who had found recovery early on in life. He discussed his addiction and recovery in his book.	Greg Fitzsimmons	11/13/2016 08:01 AM	047:34
Sex Addiction	STEPPIN' OUT HOUR 1	Tim is recovering from addiction to sex. He can look back at his family and see the genesis of his addiction, noticing his father (who had alcohol & rage issues) was notorious for having extra-marital affairs. After his parents' divorce, his mother would insist on being sexually explicit with him while he was a teenager.	Tim/ Dan	11/20/2016 06:59 AM	047:34

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		Dan would seek sex from prostitutes in NYC four nights a week. Looking back, he could see he existed mostly in an altered state; he got a high from seeking out a prostitute that would fit his fancy.			
Alcohol/Drug Addiction	STEPPIN' OUT HOUR 2	Dean insists he grew up in a "normal" family in the New Jersey suburbs. His first drinks came in his early teens. By 19, Dean became a daily drinker and by 21, he drank himself into a two-and-a-half month-long blackout. LaRoco is celebrating four years sobriety at the age 31. After graduating college, life for her started to become difficult. A weird expedition around the world exposed her to drugs, alcohol and the escape it appeared to provide. She felt she was willing to be destroyed by the substance abuse.	Dean/ LaRoco	11/20/2016 07:59 AM	047:32
Drug Addiction	STEPPIN' OUT HOUR 1	Guy is a crystal meth addict who began his addiction while in recovery from alcoholism. He had been close to eleven years sober from alcohol, but he first thought of meth as an innocuous substance, not realizing how dangerous & devastating meth could be. Like many, he took meth as a club drug and he found it made him incredibly hypersexual. It also made him detached from people, even himself. John worked as a senior editor in New York City, but crystal meth forced him to walk away from his well-paying job only to wind up on public assistance.	Guy/John	11/27/2016 07:00 AM	047:35
Debt Addiction	STEPPIN' OUT HOUR 2	Wendy woke up one day to find herself in more than \$19,000 in debt, months behind in rent, and reliable on her parents generosity to pay for her most basic needs. Her eye-opening moment came when asking her parents again for money, and they told her she was draining their retirement assets. Roy is a compulsive debtor and under-earner. He worked freelance, for the most part, and after 9/11, in NYC, many of his accounts payable that he neglected to collect went bankrupt and he soon found himself without income and behind on the rent.	Wendy/Roy	11/27/2016 08:00 AM	047:35

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Alcohol/Drug Addiction	STEPPIN' OUT HOUR 1	Andrew is another member of the "Double Winners" – people who achieved sobriety through both Alcoholics Anonymous and Al-Anon. He comes from a divorced family, and was shuffled between both parents who made their dislike for one another very apparent to the children. At age 15, his drinking had led to drug use, dropping out of school, getting kicked out of the house & getting into trouble with the law.	Andrew	12/04/2016 06:59 AM	047:34
Alcohol Addiction	STEPPIN' OUT HOUR 2	John is part of a special group of folks in recovery who like to refer to themselves as "Double Winners." The title acknowledges that not only are they addicts, but their addictions were affected by the addictions of others.	John	12/04/2016 07:59 AM	047:32
Drug Addiction	STEPPIN' OUT HOUR 1	Mike is a recovering alcoholic who while enjoying sobriety tried crystal meth for the first time at a party. He would combine his meth use with marijuana and club/sex drugs like ecstasy. Within two years, he was unemployed and unemployable. Growing up a gay male, Lee could not be comfortable. He thinks that first drink led to an increased comfort and confidence, and also led to his use of crystal meth. From that point on, he couldn't hold a job.	Mike/Lee	12/11/2016 07:01 AM	047:35
Alcohol Addiction	STEPPIN' OUT HOUR 2	John is an Al-Anon member, who found he could not be stable in relationships. Both of his parents were alcoholics and were abusive towards him. His father physically abused him, and his own mother sexually abused him. Alex is a member of Al-Anon which has helped him explore his troubles with relationships due to family issues. Growing up a gay male in the Midwest was difficult, but a preteen, however, he was incestuously raped by a male cousin.	John/Alex	12/11/2016 08:01 AM	047:34
Sex Addiction	STEPPIN' OUT HOUR 1	Barbara is addicted to sex and love. Her own issues began in childhood, with a mother preoccupied with sex. Barbara was encouraged by her mother to have sex often as a teenager, under the guise	Barbara	12/18/2016 06:59 AM	047:35

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		that unless she was having sex, people wouldn't like her.			
Sex Addiction	STEPPIN' OUT HOUR 2	Dave is a sex and love addict. His father was very success-oriented, and there was a lot 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 long relationships.	Dave	12/18/2016 07:59 AM	047:35
Alcohol Addiction	STEPPIN' OUT HOUR 1	Pete is an alcoholic who had his first drink at age 13. Despite being a child of alcoholics, his drinking was relentless to the point he viewed it as a spiritual experience. Jennifer didn't begin drinking until 18 years of age. She comes from a family of drinkers, and while she never drank, she now knows she was a "dry drunk." Her drinking, however, came while she was in college.	Pete/ Jennifer	12/25/2016 07:00 AM	047:35
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 who was constantly intoxicated. His parents, while aware, were powerless. Anna was often offered tastes of alcohol at family gatherings when she was a small child, but even then she knew she wanted to drink. She spent her high school years fighting with her parents, who tried their best to stop her from drinking.	Josh/Anna	12/25/2016 08:00 AM	047:35

Section III

PUBLIC SERVICE ANNOUNCEMENTS

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
TOBACCO USE	PSA AK. TOBACCO CONTROL ALLIANCE	000:31	009
PUBLIC ASSISTANCE	PSA ALASKA 211	000:29	007
DRUNK DRIVING	PSA ALCHOLICS ANONYMOUS	000:29	014
ANTI DRUGS	PSA ANTI DRUG/COMPUTER/INTERNET/MYSELF /PROM/SIMON SAYS/INHALANTS/METH/FORREST	000:30	064
ATV SAFETY	PSA ATV SAFETY/HELMETS	000:30	018
ATV SAFETY	PSA ATV/HELMETS	001:00	009
HEALTH	PSA BREAST CANCER	001:00	025
DOMESTIC VIOLENCE	PSA DOMESTIC VIOLENCE/ANDY GRIGGS	000:30	011
ALCOHOL ABUSE	PSA DON'T DRINK/DON'T SERVE TEENS	000:30	017
TEXTING	PSA DON'T TEXT & DRIVE	001:00	012
DRUG ABUSE	PSA DRUG ABUSE PREVENTION/SEAMLESS/UNISON/ HEAR THAT2/JACKIE	000:30	047
DRUNK DRIVING	PSA MADD	000:59	008
DRUNK DRIVING	PSA MADD/BRAD PAISLEY	000:30	009
MENTAL ILLNESS	PSA MENTAL ILLNESS	000:58	011
DRUG ADDICTION	PSA METH ADDICTION/AMANDA/GRAVE	000:30	021
DRUG ADDICTION	PSA METH ADDICTION/DEAN/KARA/MATT/MIKE/ RUSSEL/THOMAS	000:59	067
MILITARY AND VETERANS	PSA PARALYZED VETERANS OF AMERICA/BEN AFFLECK/ADVOCATING FOR OUR HEROES	000:59	022
TOBACCO ADDICTION	PSA QUIT TOBACCO/UCANQUIT2.ORG	000:29	050
CPR TRAINING	PSA RED CROSS/CPR TRAINING	000:30	308
PUBLIC SAFETY	PSA SMOKE DETECTOR SAFETY	000:29	013
PUBLIC HEALTH	PSA STATE OF ALASKA/STD'S	000:30	029
TEEN SUICIDE	PSA TEEN SUICIDE	000:59	008
VOLUNTEERING	PSA YOUNG VOLUNTEERS	000:30	016

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
MILITARY AND VETERANS	PSA PARALYZED VETS OF AMERICA/CHANGING LE	000:15	064
COMMUNITY INVOLVEMENT	SMALL BUSINESS SATURDAY	000:30	006
HEALTH AND FITNESS	iHEART RED	000:31	004
MILITARY AND VETERANS	BOB WOODRUFF FOUNDATION	000:30	009
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	010
VOTING	ROCK THE VOTE	000:30	004
VOTING	ROCK THE VOTE	000:31	002