

KIAK-FM
Fairbanks, AK

Quarterly Issues/Programs List
3rd Quarter 2019

October 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:

- **Fire Safety:** How to protect your cars and your home.
- **Public Health/Safety/Drug Abuse:** Parents impacted by methamphetamine, impact on children and law enforcement concerns.
- **Public Health:** Issue of radon in local homes, testing for the gas, and possible solutions.
- **State Budget Cuts:** Major impact on the school districts/UAF teachers and students, and the local Fairbanks Rescue Mission.

Section I

LOCAL PROGRAMMING

ISSUE	PROGRAM/ TITLE	DESCRIPTION	DATE/ TIME	DURATION
Environment/ Energy	Interior Scope	Art Nash, Energy Specialist for Cooperative Extension Services, talked about the issue of radon in local homes, testing for the gas and possible solutions. Theresa Bakker talked about the alumni reunion for the University of Alaska-Fairbanks.	7/14/19 6:08am	15:0
Economic Development/ Fairbanks History	Interior Scope	Bob Eley, President of the Fairbanks Community Museum. He talked about where it's located, the history of the building the Museum is in, and what displays it has and events it features. He also talked about how to contribute to the Museum.	7/21/19 6:09am	17:33
Government Issues/ Public Safety &Health	Interior Scope	Rodney Gaskins, Fairbanks Rescue Mission, talked about the services offered by the Fairbanks Rescue Mission and the impact reduced funding, due to the new proposed state budget cuts, would have on them and the community.	7/28/19 6:08am	15:54
Public Health & Safety/ Drug Addiction/ Native Issues	Interior Scope	Lorna Weiss, Stephanie Brown & Marnie Rickers, Alaska Meth Education Project. They talked about what the project is, how it works and why it's needed. Methamphetamine is appearing in the state at greater volumes than ever before. This project supports public education on drug abuse, especially among	8/4/19 6:08am	14:56

		Native communities. American Indians and Alaska Natives have the highest rates of illicit drug use of any other racial or ethnic group in the country.		
Public Health/ Mental Issues	Interior Scope	Dr. Vanessa Venezia discussed behavioral health issues. She also talked about local treatment options, when to get help, and how to recognize mental health issues.	8/11/19 6:09am	15:59
Environment/ Firewood Heat	Interior Scope	Katie Spellman, UAF researcher (Arctic Research Center), talked about the traditional berry picking season and recent changes due to climate change. Jessie Young Robertson, Cooperative Extension, talked about the firewood heat issue in Interior Alaska. He also talked about selecting dry firewood.	8/18/19 6:09am	14:56
Public Health	Interior Scope	Jerry Brown, Pharmacist, talked about how much water to drink to stay hydrated, how long it takes to hydrate, and also how creams, gels, and lotions prevent dehydration. He also talked about the differences between them.	8/25/19 6:09am	15:0
Children's Programs/ Civilian and Military Relationships	Interior Scope	Michael MacDonald, CEO of Boxworks 123, talked about Boxworks 123, which is a nonprofit organization that makes toy boxes for children in need.	9/8/19 6:10am	15:08
State Budget Cuts/ Housing Issues/ Homeless/ Native Concerns	Interior Scope	Mike Sanders, Housing & Homeless Coordinator for Fairbanks. He discussed how recent budget cuts at the state level have and will affect housing issues in Fairbanks.	9/15/19 6:09am	13:44
Public Safety/ Youth at Risk	Interior Scope	Baird Stiefel, Emergency Manager, Fairbanks North Star Borough. September is emergency preparedness month and he talked about how to prepare for an emergency with emphasis on keeping youth safe.	9/22/19 6:09am	14:58
Public Health	Interior Scope	Courtney Reynolds, Fairbanks Supervisor, Blood Bank of Alaska, talked about the Blood Bank of Alaska (Fairbanks), who can donate blood and what the process is. She also talked about the current need for blood donation in Fairbanks and Alaska.	9/29/19 6:11am	14:59
Addictions	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about addictions, including recovery options in Fairbanks.	7/7/19 7:59am	28:26
Addiction Recovery	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about recovery from addiction and the options for healthy living in Fairbanks.	7/14/19 8:01am	28:38
Allergies	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about different allergies and how the different seasons bring different allergies.	7/21/19 8:01am	28:53
Medications/ Insurance	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about expired medications and how long you should keep them and when and how to discard them. He also talked about the problems with insurance payments.	7/28/19 7:59am	28:49
Allergies	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about mold allergies and how to detect them and where to go for help for those affected.	8/4/19 8:00am	29:21
Personal Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about diabetes, what it is and how to avoid it. Pt. 1 of 2.	8/11/19 8:00am	29:52
Personal Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about diabetes and the ways of dealing with it. Pt. 2	8/18/19 7:59am	29:22
Personal Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about arthritis and what causes it. He also talked about ways to deal with it.	8/25/19 7:59am	27:56
Health Benefits/ Insurance	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about cannabidiol products and the benefits of taking them. Cannabidiol, better	9/1/19 7:58am	29:24

Issues		known as CBD, is found in the cannabis or marijuana plant, and is a popular natural remedy used for many common ailments. He also talked about insurance issues and pharmacy prescriptions.		
Medical Insurance Issues	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about how to deal with medical insurance companies.	9/8/19 7:58am	28:56
Children's Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about back to school germs and how to keep your children healthy.	9/15/19 8:00am	29:23
Public Health	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about nutrition and eating healthy.	9/22/19 7:58am	29:41
High Blood Pressure/ Drug Issues	Pharmacy Today	Host: Jerry Brown, Pharmacist. He talked about blood pressure and some of the causes and prevention of high blood pressure. He also talked some about the use of opiates and the problems it causes.	9/29/19 8:01am	29:22

Section II

SYNDICATED PROGRAMMING

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Crystal Meth Addiction	STEPPIN' OUT HOUR 1	Tim's life revolved around getting high using crystal meth. While he's sober now through a meth addiction fellowship, he remembers his early life now as chasing highs, which included alcohol then narcotics.	Tim	07/07/2019 06:59 AM	047:33
Alcohol/ Family Issues	STEPPIN' OUT HOUR 1	Andrew is another member of the "Double Winners" – people who achieved sobriety through both Alcoholics and Al-Anon. He blamed his father, a psychiatrist, for his inability to feel comfortable among peers, unless he was drinking, which later led to drug use. John is both a recovering alcoholic, & seeks support from Al-Anon. Even in his younger years, he began having late-stage alcoholism symptoms; liver failure, limb numbness, etc.	Andrew/ John	07/14/2019 07:01 AM	047:34
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	07/21/2019 07:01 AM	047:33

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Alcohol/ Drug Addiction	STEPPIN' OUT HOUR 1	Justin's disease began in childhood. He knows now he was raised by parents and a family wrought with mental disease. Alcohol addiction led to prescription pill abuse very quickly. His addictions continued even when he got married and had kids. But one moment of clarity came for him when he realized he had to bargain with his wife to have only two drinks at a party.	Justin Daniels	07/28/2019 06:59 AM	047:36
Alcohol/ Food Addiction	STEPPIN' OUT HOUR 1	Pat was a food addict in recovery when she began drinking. She spent most of her life overweight & having a severe addiction to food.	Pat	08/04/2019 07:00 AM	047:35
Alcohol Addiction	STEPPIN' OUT HOUR 1	Author and Public Speaker Allan McDougall takes you into the life of an alcoholic with unforgiving detail.	Allan McDougall	08/11/2019 07:00 AM	047:32
Alcohol Addiction	STEPPIN' OUT HOUR 1	Bill drank for thirty years, coming from a long line of dysfunctional alcoholics. He always got away and wasn't held accountable for drunken driving. By age 25, he moved to NYC with hopes of becoming an actor, but his drinking made it impossible. Don was raised in the south, in an alcohol-free family. His inexperience with alcohol caused it to have an allure, and so he sought the experiences as often as he could.	Bill / Don	08/18/2019 06:59 AM	047:36
Overeating	STEPPIN' OUT HOUR 1	Paul was the "fat boy" in the military. He had hoped that by joining the service he would be battling America's foes. The extraneous weight was gained out of his insecurity.	Paul	08/25/2019 06:59 AM	047:34
Family Issues	STEPPIN' OUT HOUR 1	Kelly was born and raised in a family of addicts. Her parents were functional alcoholics. Her three brothers are drug addicts, and only two of them are in recovery. It led to Kelly abusing alcohol and drugs herself.	Kelly	09/01/2019 06:59 AM	047:34
Food Addiction/ Overeating	STEPPIN' OUT HOUR 1	Lindsey is a compulsive overeater, but he never knew it. By age 13, he weighed 200 lbs. His size resulted in him being bullied by other kids. Depression followed, which led to more eating & more weight gain. Raquel weighed in excess of 200 lbs. on her small frame. She knows now she abused certain	Lindsey/ Raquel	09/08/2019 06:59 AM	047:32

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		foods; like dairy, flour & sugar. As a child, her sisters remained thin while she would wear a size 15 dress even at 10 or 11 years old.			
Addiction Advocacy	STEPPIN' OUT HOUR 1	Filmmaker Greg Williams began abusing alcohol & drugs as a teenager. He wouldn't seek true sobriety until later in his teen years when he crashed his car into a tree, escaping within an inch of his life. Jim Jensen was very successful in his career. He became both a voracious student and, ultimately, teacher of many of the principles written in his book, "7 Keys to Unlock Your Full Potential."	Greg Williams/ Jim Jensen	09/15/2019 07:01 AM	047:29
Nicotine Addiction	STEPPIN' OUT HOUR 1	Laurie began smoking or using cigarettes late in her teens, thinking it was a sign of her maturity & independence, and believed she could stop using whenever she chose. Vic's first cigarette was smoked at age 10. In the 1940's, smoking was glorified; between advertising & movies, smoking was considered a mark of adulthood & social acceptance.	Laurie/ Vic	09/22/2019 06:58 AM	047:32
Nicotine Addiction	STEPPIN' OUT HOUR 1	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, much later in life, he was smoking four packs a day.	Bill	09/29/19 07:58 AM	047:32

Section III

PUBLIC SERVICE ANNOUNCEMENTS

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
ELDERLY/SENIORS	PSA AAOS/SENIORS	000:30	009
NICOTINE ADDICTION	PSA AK. TOBACCO CONTROL ALLIANCE	000:31	012
PUBLIC ASSISTANCE	PSA ALASKA 211	000:29	006
ALCOHOL ADDICTION	PSA ALCHOLICS ANONYMOUS	000:29	014

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
ANTI-DRUG	PSA ANTI DRUG/COMPUTER/INTERNET/MYSELF/ PROM/SIMON SAYS/ANTI INHALANTS/ANTI METH/ FORREST	000:30	068
SCHOOL ACTIVITIES	PSA ASAA/ALASKA SCHOOL ACTIVITIES ASSOC	001:00	044
PUBLIC SAFETY	PSA ATV SAFETY/HELMETS	000:30	019
PUBLIC SAFETY	PSA ATV/HELMETS	001:00	009
DRIVING/TEXTING	PSA CTIA/SOUNDS OF A CRASH	000:30	009
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	018
DOMESTIC VIOLENCE	PSA DOMESTIC VIOLENCE/ANDY GRIGGS	000:30	027
ALCOHOL ABUSE	PSA DON'T DRINK/DON'T SERVE TEENS	000:30	009
DRUG USE/ABUSE PREVENTION	PSA DRUG ABUSE PREVENTION/SEAMLESS/UNISON/ RECOVERY/HEAR THAT2/JACKIE	000:30	035
PUBLIC HEALTH	PSA FIGHTING FLU/SARA EVANS	000:30	027
PUBLIC HEALTH	PSA FIGHTING FLU/SARA EVANS	001:00	030
PUBLIC HEALTH	PSA IMMUNIZATIONS	000:59	016
DRUNK DRIVING	PSA MADD	000:59	008
PUBLIC HEALTH	PSA MENTAL ILLNESS	000:58	011
DEPRESSION	PSA NAMI/DEPRESSION	001:00	005
OBESITY	PSA OBESITY/ACTION COALITION	000:59	025
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	083
MILITARY AND VETERANS	PSA PARALYZED VETS OF AMERICA/CHANGING LIVES/ MISSION AE/SOLDIER SAYS THANKS/VETS HELPING VETS	000:29	038
NICOTINE ADDICTION	PSA QUIT TOBACCOUCANQUIT2.ORG	000:30	035
PUBLIC HEALTH/ RADON	PSA RADON	000:30	011
PUBLIC HEALTH/ RADON	PSA RADON/COUNTRY	001:00	008

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
RADON			
PUBLIC SAFETY	PSA SMOKE DETECTOR SAFETY	000:29	018
PUBLIC HEALTH	PSA STATE OF ALASKA/STD'S	000:30	027
BULLYING	PSA STOP BULLYING	001:00	020
LITTERING	PSA STOP TOXIC LITTER/RETHINK BUTTS/LEGACY	000:29	008
TEEN SUICIDE	PSA TEEN SUICIDE	000:59	011
PUBLIC SAFETY	PSA TIRE MAINTENANCE	000:30	023
VOLUNTEERING	PSA YOUNG VOLUNTEERS	000:30	008
VOLUNTEERING	PSA YOUNG VOLUNTEERS	001:00	010
COMMUNITY INVOLVEMENT	9/11 NATIONAL DAY OF SERVICE	000:30	002
COMMUNITY INVOLVEMENT	NO KID HUNGRY	000:30	003
EDUCATION	NATIONAL SUMMER LEARNING	000:31	021
GLOBAL CITIZEN FEST	GLOBAL CITIZEN FESTIVAL	000:30	001
NO KID HUNGRY CAMPAIGN	CHILD MIND INSTITUTE-HOW TO	000:30	005
NO KID HUNGRY CAMPAIGN	NO KID HUNGRY	000:30	013
PRESCRIPTION SAFETY AND USE	PRESCRIPTION CENTER	029:22	001