

ISSUES AND PROGRAMS LIST

STATION: KCSH 88.9 FM Ellensburg, WA

DATE: October 1, 2022

During the past quarter, we broadcast the programs listed below to address community issues.

ISSUE: Native Food Sovereignty

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 7/12/22

Time of day: 2:00 PM

Duration: 58 Minutes

Program Description:

David DeRose, MD, interviewed Nora Frank-Buckner and Jenine Dankovchik. They gave insights into Native food sovereignty from members of the Northwest Portland Area Indian Health board as well as insights into community gardening, how to get location-specific agricultural guidance. Program podcast at www.LifeTalk.net/podcasts. Resources at: NFrank@NPAIHB.org, www.NPAIHB.org, tribalepicenter.org

ISSUE: Help Me Be A Peaceful Parent (Like, Now)

PROGRAM TITLE: Family Life Today

Date: 7/15/22

Time of day: 6:05 AM & 7:05 PM

Duration: 25 Minutes

Program Description:

Hosts interviewed Kay Wyma and chatted about parenting toward grateful, connected kids. How you'd love to parent with thankfulness, kindness...but sometimes, things get ugly. Program podcast and resources at FamilyLife.com

ISSUE: Smile Safe

PROGRAM TITLE: Heartwise

Date: 7/21/22

Time of day: 2:05 PM

Duration: 25 Minutes

Program Description:

Dr. Marcum interviewed Dr. Joel Davis, a dentist in Chattanooga, TN. He offered tips to help protect and nurture our teeth so they'll last as long as we do. He said we have 32 of them-give or take-and they're what make it possible for us to eat solid foods. But teeth are not to be taken for granted. (joeldavisdentistry.com) Podcast: LifeTalk.net/podcasts.

ISSUE: Community Relationships

PROGRAM TITLE: Family Life Today

Date: 7/26/22

Time of day: 3:05 AM & 7:05 PM

Duration: 25 Minutes

Program Description:

The hosts spoke with Don Everts regarding "What's it look like to love my community?" He gave counsel on getting intentional about your relationship to your neighborhood, caring in ways that matter. <https://www.familylife.com/podcast/family6ife-today/>

ISSUES AND PROGRAMS LIST – continued

ISSUE: “Must Knows” About Money

PROGRAM TITLE: MoneyWise

Date: 7/28/22

Time of day: 12:30 PM

Duration: 25 Minutes

Program Description:

If you don't think you're smart enough to handle money wisely, consider Proverbs 18:15, “The mind of the prudent acquires knowledge, and the ear of the wise seeks knowledge.” Rob West talks about a few things you must know to be a good steward of God's resources. Program podcasts and resources at: www.Moneywise.org.

ISSUE: Herbs For A Healthy Heart And Circulatory System

PROGRAM TITLE: Health and Longevity

Date: 8/05/22 & 8/07/22

Time of day: 2:05 PM & 12:05 PM

Duration: 28 Minutes

Program Description:

Dr. John Westerdahl discussed the natural herbs for a healthy heart and circulatory system and shared the latest research on the traditional herbal remedies used for maintaining and improving cardiovascular health. Program podcast at LifeTalk.net/podcasts.

ISSUE: Running Medicine (Encore)

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 8/16/22

Time of day: 2:00 PM

Duration: 58 Minutes

Program Description:

Dr. David DeRose, MD, spoke with guests: Charles Atsye (Laguna), Anthony Fleg, MD, Danielle Hopkins (Acoma/Laguna/Navajo), Audrey Martinez (Acoma/Laguna), Thor Peterson (Acoma/Laguna) regarding how reconnecting with indigenous movement practices can promote whole-person health and about the exciting Running Medicine movement launched in New Mexico. Further information: runningmedicine.org; lovingservice.us Podcast: LifeTalk.net/podcasts.

ISSUE: A History Of Healing

PROGRAM TITLE: Heartwise

Date: 8/18/22

Time of day: 2:05 PM

Duration: 28 Minutes

Program Description: (Format, participants, content, etc.):

Dr. Marcum spoke with Michael Austin regarding how healthcare and hospitals have played an important role in the history of the Christian church. How physical healing walks hand-in-hand with spiritual outreach around the world. www.christianhistoryinstitute.org Program podcast at www.LifeTalk.net/podcasts.

ISSUES AND PROGRAMS LIST – continued

ISSUE: Thyroid Health

PROGRAM TITLE: Health and Longevity

Dates: 9/16/22 & 9/18/22

Time of day: 2:05 PM & 12:05 PM

Duration: 28 Minutes

Program Description:

Host-Dr. John Westerdahl interviewed Dr. Gary Ross, Thyroid Medical Specialist and his wife, Kathleen Anderson Ross, Medical Journalist discussed thyroid health and the role of the thyroid in health and wellness. Dr Ross is the coauthor of the book "Depression and Your Thyroid: What You Need To Know". Program podcast at www.LifeTalk.net/podcasts.

ISSUE: From Adversity to Hope

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 9/20/22

Time of day: 2:00 PM

Duration: 58 Minutes

Program Description:

Guest: Wes Peppers, Assistant Director of It Is Written told his inspiring story about despite being raised in an environment of serious family conflict, then descending into alcoholism and suicidality he finally found hope and fulfillment. For further information: ItIsWritten.com or ItIsWritten.TV Program podcast: www.LifeTalk.net/podcasts

ISSUE: Heritage of Faith

PROGRAM TITLE: Homeschool Companion

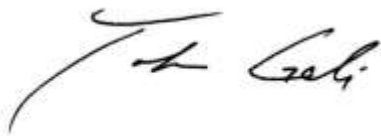
Date: 9/22/22

Time of day: 8:05 AM

Duration: 25 Minutes

Program Description:

Host Rose Gamblin interviewed Jeanne Dennis-who runs an online TV show called "Heritage of Truth". Jeanne spoke of her belief that we exist to help families nurture a lifelong confidence in Biblical Truth. Podcast: <https://lifetalk.net/podcast>



Signature of licensee

October 1, 2022

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