

ISSUES AND PROGRAMS LIST

STATION: KCSH 88.9 FM Ellensburg, WA

DATE: January 1, 2023

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

ISSUE: Jump Start Your Health During October 2022

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 10/04/22

Time of day: 2:00 PM

Duration: 58 Minutes

Program Description:

David DeRose, MD, challenges listeners to start on a free, health-enhancing lifestyle program during October 2022. The holidays can be wonderful times, but they can also pose risks to healthy lifestyle choices. Program podcast at <https://lifetalk.net/podcast-lineup/>. Additional promotional material at: <https://mailchi.mp/1083c8593628/boost-your-health-today-before-you-face-holiday-lifestyle-stresses>

ISSUE: Sexual Addiction

PROGRAM TITLE: Family Life Today

Date: 10/07/22

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

Duration: 25 Minutes

Program Description:

Hosts talk with Curtis and Jenny Solomon-in the fight against porn, could your spouse be an ally? Curtis and Jenny stood together against sex addiction and renewed their marriage. Program podcast and resources at <https://www.familylife.com/podcast/familylife-today/>

ISSUE: Food Desert

PROGRAM TITLE: Heartwise

Date: 10/13/22

Time of day: 2:05 PM

Duration: 25 Minutes

Program Description:

Dr. Marcum talks about 42.2 million Americans living in food insecure households, including 13.1 million children One West Virginia Town is taking on that challenge. Audrey Morris, director of Starting Points of Morgan County reveals their battle plan. <https://lifetalk.net/podcast-lineup/>

ISSUE: Unleashing Peace

PROGRAM TITLE: Family Life Today

Date: 10/20/22

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

Duration: 25 Minutes

Program Description:

The hosts spoke with Jeremiah Johnston-president of "Christian Thinkers Society" regarding hungering for peace from God with no idea how to get there, pointing the way to uncovering shalom in every area of life. <https://www.familylife.com/podcast/familylife-today/>

ISSUES AND PROGRAMS LIST – continued

ISSUE: Putting Your Money To Work

PROGRAM TITLE: MoneyWise

Date: 10/24/22

Time of day: 12:30 PM

Duration: 25 Minutes

Program Description:

Most of us make money by working a job. But there is another way to make money—and that's by putting money itself to work. Getting your money to earn more money is crucial if you're going to build a nest egg for the future.

Program podcasts and resources at: <https://www.moneywise.org/show>

ISSUE: Nutrition for Nature

PROGRAM TITLE: Health and Longevity

Date: 11/04/22 & 11/06/22

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

Duration: 28 Minutes

Program Description:

Dr. John Westerdahl's special guest is environmental nutritionist Irana Hawkin, PhD, MPH, RDN. Dr. Hawkins is one of the nation's leading Registered Dietitian Nutritionists specializing in the fields of environmental nutrition and sustainability. Dr. Hawkins discusses how our food choice can either have a negative or a positive effect on our natural environment and the health of our planet. Program podcast at <https://lifetalk.net/podcast-lineup/>.

ISSUE: Novel Lifestyle Change Strategies

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 11/08/22

Time of day: 2:00 PM

Duration: 58 Minutes

Program Description:

Dr. David DeRose, MD, guests this week are Kyle Allen, Rolando Porras and Mariola Porras. The show begins with the story of an international radio network that has found an amazing way to give back to communities that listen to their programming. It concludes with a brother and sister who both left lucrative business careers to deliver personalized health coaching. Further information: AWR.org: www.ChooseLifeAbundant.com Podcast: <https://lifetalk.net/podcast-lineup/>.

ISSUE: New Trends

PROGRAM TITLE: Heartwise

Date: 11/17/22

Time of day: 2:05 PM

Duration: 28 Minutes

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

First the bad news. Our hearts are in trouble. They're stopping prematurely at an alarming rate. But, there's good news. Modern medicine is on the job. Coming up with new ways to keep us alive. Dr. James Marcum, founder-director of Heartwise Ministries, offers a peek at the trends designed to save us. <https://lifetalk.net/podcast-lineup/>.

ISSUES AND PROGRAMS LIST – continued

ISSUE: Vegan (Total Vegetarian) Diets for Teenagers

PROGRAM TITLE: Health and Longevity

Dates: 11/18/22 & 11/20/22 Time of day: 2:05 PM & 12:05 PM

Duration: 28 Minutes

Program Description:

Host-Dr. John Westerdahl introduces his daughter Jasmine Westerdahl, who will be the co-host and the featured guest interview on the program. Jasmine Westerdahl is a Nutrition and Dietetics student at Loma Linda University of Allied Health Professions. She will discuss vegan (also call total vegetarian) diets for teenagers. Today there is a growing number of teenagers who are adapting a vegan diets for health, animal welfare, and environmental reasons. Are there any health concerns for teenagers adapting vegan diets? Jasmine Westerdahl will answer these and other questions regarding the vegan total vegetarian diet for teenagers. <https://lifetalk.net/podcast-lineup/>.

ISSUE: Stop CTE (Chronic Traumatic Encephalopathy)

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 12/06/22 Time of day: 2:00 PM

Duration: 58 Minutes

Program Description:

Guest: Doug Zegel, Co-founder and Patrick Risha-CTE Awareness Foundation-A tragic suicide linked to CTE sends Doug Zegel and his wife on a worldwide mission to halt a chilling epidemic.
For further information: stopCTE.org. Program podcast: <https://lifetalk.net/podcast-lineup/>

ISSUE: Christmas In My Heart

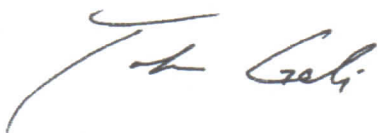
PROGRAM TITLE: Homeschool Companion

Date: 12/20/22 Time of day: 8:05 AM

Duration: 25 Minutes

Program Description:

Host Rose Gamblin tells of Joe Wheeler's great discovery that the best of Christmas is in our hearts, and we embrace life in new ways when we read heartwarming stories about this joyous season. He was so convinced of this that he began to collect all sorts of Christmas stories, old and new, from far and wide. With the trained eye of a seasoned English professor, and the sensitive heart of one who grew up listening to wonderful stories year after year, he knows a good story when he hears it. Podcast: <https://lifetalk.net/podcast-lineup/>



Signature of licensee

January 1, 2023

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