

KMCT(TV) MOST SIGNIFICANT QUARTERLY ISSUES/PROGRAMS LIST

January 9, 2024

During the 4th quarter of 2023, KMCT(TV) broadcast the following issue responsive programs:

PROGRAM: ON THE MOVE
RUNTIME: 28:30
AIRDATE: Tuesdays 6:30AM

A series focusing on faith and fitness with JoAnna Ward (from the hit series Survivor) features a mix of fitness demonstrations, health tips and motivational testimonies from people who made significant changes in their lives to live a more productive and healthier life. **ISSUES: HEALTH AND WELLNESS, SELF-IMPROVEMENT**

PROGRAM: BEVERLY EXERCISE
RUNTIME: 28:30
AIRDATE: MON-FRIDAY 6:00AM

Beverly Exercise is a 28:30 health and exercise program designed to help elderly and limited-mobility people regain control of their health and life by simple exercises that anyone can do on a daily basis. The program allows viewers to exercise along with Beverly Chesser in a methodical way in order to facilitate health and fitness. **ISSUES: HEALTH AND WELLNESS, AGING**

PROGRAM: RELENTLESS FAITH
RUNTIME: 28:30
AIRDATES SATURDAYS at 11:30PM

Relentless Faith is a program featuring Christian rap and hip-hop music that can positively affect teens and young adults. Artists are interviewed and give testimonies of how they were able to free themselves from lives of drugs, crime, and prison, motivating others who may be in the same situations, and steering young people away from a life of crime. **ISSUES: DRUG ABUSE PREVENTION & RECOVERY, SELF-IMPROVEMENT, MORALITY**

PROGRAM: HEALTH AND WELLNESS WITH DR. TOBE
RUNTIME: 28:30
AIRDATES: 6:30AM MONDAY, 10:30AM TUESDAY, 7:00AM WEDNESDAY, 1:30PM WEDNESDAY, 9:30PM FRIDAY

Health and Wellness with Dr. Tobe is a locally-produced program that empowers viewers to take control of not only their physical health, but also their emotional and spiritual well-being for a better life! **ISSUES: HEALTH AND WELLNESS**

PROGRAM: BIZ KIDS
RUNTIME: 28:30
AIRDATES: 7:30AM SATURDAYS

Biz Kid\$ is a fun, half-hour TV series about kids, money, and business. Using a clever blend of entertainment and education, this series shows kids how to make and manage their own money by introducing concepts of financial literacy and entrepreneurship. **ISSUES: FISCAL RESPONSIBILITY, FINANCIAL LITERACY**

PROGRAM: YOUR HEALTH
RUNTIME: 57:30
AIRDATES: 3:00PM MON-FRIDAY

Richard L. Becker, D.O. is a physician in north Texas, where he and his wife, Cindy, host the daily television talk show, Your Health with Dr. Richard and Cindy Becker. The Beckers bring a practical approach to health education through timely topics, interesting and renowned guests, and live viewer calls. Cindy demonstrates healthy cooking with easy to make economical dishes for a healthy lifestyle. **ISSUES: HEALTH AND WELLNESS, NUTRITION**

PROGRAM: RECOVERY TODAY
RUNTIME: 28:30
AIRDATES: 9:00PM SATURDAYS

Kandi Rose, former stripper and drug addict, highlights programs to help end drug addiction. Interviews with recovering and recovered addicts give hope to those currently struggling with addiction, and resources are provided to connect those in need of help to those who can provide them. RECOVERY TODAY proves that addiction is not a one-way street, that there is hope for recovery, and that help is available. **ISSUES: DRUG AND ALCOHOL ADDICTION, REHAB COUNSELING, ADDICTION RECOVERY**

PROGRAM: ON CALL
RUNTIME: 28:30
AIRDATES: 6:30AM Wednesday/Friday

ON CALL with Dr Asa Andrew is the launching pad for a new movement in health education for people striving for empowering your health Dr. Asa has a practical, common sense approach for everyone, regardless of his or her health and lifestyle goals. The show is designed to help educate, equip, and empower people to make better decisions regarding the direction they choose to improve their lifestyle and well-being for everyday living. **ISSUES: HEALTH, FITNESS, EMPOWERMENT**

