



Quarterly Issues/Program List

First Quarter 2024

KSYM 90.1 FM is a student staffed and operated non-profit college radio station. The Alamo Community College District owns and houses KSYM on the campus of San Antonio College. The station serves both the students enrolled in the Radio and Television Broadcasting Program and the community to which we broadcast our programming. As a non-profit station, KSYM has a duty to provide our listeners with information on events important to our community. Priorities are given to ACCD events, other local educational institutions, local community events, and national/international events respectively.

A. Public Service Announcements:

Public Service Announcements air once every hour. They pre-recorded to play from our automated system. This category covers events and information beneficial to the community emanating from local, state, or national non-profit organizations and governments.

STRAIGHT READS

Title: GWC
Non-Profit: Girls Who Code
Start Date: 11/1/2023 12:00:00 AM
End Date: 1/31/2024 11:59:00 PM
Script: In nineteen ninety-five, thirty-seven percent of computer scientists were women. Today, it's only twenty-four percent. Girls Who Code empowers young women through clubs, college programs, and summer camps. More information on Girls Who Code is at [K S Y M \(dot\) org](http://KSYM.org)
Total Spins: 80

Title: Lightscape San Antonio
Non-Profit: San Antonio Botanical Garden
Start Date: 11/17/2023 12:00:00 AM
End Date: 1/1/2024 11:59:00 AM
Script: The San Antonio Botanical Garden presents Lightscape. Over one million lights and displays transform the garden into an illuminated trail. Lightscape runs through January first at San Antonio Botanical Garden. More information is online at [K S Y M \(dot\) org](http://KSYM.org)
Total Spins: 2

Title: CBCST
Non-Profit: The Children's Bereavement Center
Start Date: 12/1/2023 12:00:00 AM
End Date: 2/29/2024 11:59:00 PM
Script: Each person's journey through grief is unique. The Children's Bereavement Center of South Texas offers support groups, counseling, and grief camps. They serve thousands of children, caregivers, and community members in San Antonio and throughout South Texas. More information on the Children's Bereavement Center of South Texas is online at [K S Y M \(dot\) org](http://KSYM.org)
Total Spins: 173

Title: Water Ways
Non-Profit: Ruby City
Start Date: 12/1/2023 12:00:00 AM
End Date: 4/30/2024 2:59:00 PM
Script: Ruby City hosts Water Ways. Over fifty works of art highlight water's many forms through drawings, prints, installations and more. The works are mainly drawn from the Linda Pace Foundation and Ruby City Collection. Water Ways runs through Sunday, July twenty-eighth. Additional information is at [K S Y M \(dot\) org](http://KSYM.org)
Total Spins: 261

Title: MLK 2024
Non-Profit: City of San Antonio
Start Date: 12/18/2023 12:00:00 AM
End Date: 1/15/2024 9:59:00 AM
Script: The thirty-seventh annual Martin Luther King Junior March and Celebration is Monday, January fifteenth. The march begins at Martin Luther King Junior Academy and ends at Pittman-Sullivan Park. The park celebration features multicultural performances, a health and wellness area, and vendors. Lineup is at nine A M with the march starting at ten. More information on the MLK March is online at [K S Y M \(dot\) org](http://KSYM.org)
Total Spins: 40

Title: Poet Laureate
Non-Profit: City of San Antonio Department of Arts & Culture
Start Date: 12/18/2023 12:00:00 AM
End Date: 1/31/2024 2:59:00 PM
Script: The City of San Antonio is accepting nominations for the next Poet Laureate. The Poet Laureate promotes the literary arts while developing events and programs with local organizations and the city during their three-year term. Nominations are open through Friday, January thirty-first. Additional information on Poet Laureate nominations are at [K S Y M \(dot\) org](http://KSYM.org)
Total Spins: 77



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Title: SA Speak Up
Non-Profit: City of San Antonio
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:00 PM
Script: Engaged residents are fundamental to the health of City government. The successful development of policy and implementation of City programs depends on meaningful civic engagement. The City of San Antonio wants your input on city policies, programs and initiatives. Tell the City of San Antonio what ideas you have to make our community a better place. A link and more information is at [KSYM \(dot\) org](http://KSYM(dot)org)
Total Spins: 257

Title: Lone Star Horizons
Non-Profit: San Antonio Art League and Museum
Start Date: 1/6/2024 12:00:00 AM
End Date: 2/16/2024 11:59:00 AM
Script: The San Antonio Art League and Museum presents Lone Star Horizons: Texas Landscapes Past, Present, and Future. This exhibit celebrates the diversity of Texas with historic landscapes of the past and contemporary work with futuristic A.I. enhanced content. Lone Star Horizons runs through February sixteenth at the San Antonio Art League and Museum, open Tuesdays through Saturdays from ten AM to three. Additional information is online at [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 118

Title: Tower Climb and Run
Non-Profit: Cystic Fibrosis Foundation
Start Date: 1/6/2024 12:00:00 AM
End Date: 1/27/2024 1:59:00 AM
Script: The Cystic Fibrosis Foundation hosts the thirty-ninth Annual Tower Climb and Run, starting at six a.m. on Saturday, January twenty-seventh at the Tower of the Americas. The Tower Climb and Run challenges participants to run a mile and then climb the nine hundred fifty-two stairs to the top of the Tower of the Americas. A link for registration and additional information is at [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 39

Title: Urban 15 - JMF
Non-Profit: Urban 15
Start Date: 1/8/2024 12:00:00 AM
End Date: 1/31/2024 11:59:00 AM
Script: Urban - fifteen hosts the seventeenth Annual Josiah Media Festival, a showcase for short films made by film makers under the age of twenty-one from all over the world. This year's festival is virtual and screenings are on a continuous forty-eight hour block schedule. The seventeenth Annual Josiah Media Festival runs through Wednesday, January thirty-first. More information and a link for streaming is online at [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 52

Title: Alamo Commemoration
Non-Profit: The Alamo
Start Date: 2/20/2024 12:00:00 AM
End Date: 3/6/2024 11:59:00 AM
Script: The Battle of the Alamo Commemoration honors the thirteen day siege leading up to the battle with corresponding days of programming. Events include the Immortal thirty-two Arrive, an Evening with Heroes, a Texas Independence Day ceremony, and more. The Battle of the Alamo Commemoration runs from Friday, February twenty-third, through Wednesday, March sixth. A link to the full schedule is online at the [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 33

Title: Breaking the News
Non-Profit: SAPL
Start Date: 2/20/2024 12:00:00 AM
End Date: 3/2/2024 11:59:00 PM
Script: The Central library hosts a screening of Breaking the News. A group of women and LGBTQ+ journalists band together to launch a digital news startup aiming to combat misinformation. This screening is Saturday, March second, at two PM in the auditorium of the Central Library. More information on Breaking the News is online at, [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 59

Title: Cyclic
Non-Profit: Palo Alto College
Start Date: 2/20/2024 12:00:00 AM
End Date: 3/8/2024 11:59:00 PM
Script: Palo Alto College hosts Cyclic, an exhibit featuring works by Tejana artist, Audrya Flores. Cyclic brings together paintings, collages, textiles, and sculptural works to examine the connection between materials, processes, and themes. Cyclic is on display Monday through Thursday, nine AM to 4, in Concho Hall, on the Palo Alto College campus. Additional information is online at, [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 35



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Title: Magik Theatre
Non-Profit: Pigeon Drive
Start Date: 2/20/2024 12:00:00 AM
End Date: 3/17/2024 11:59:00 AM
Script: The Magik Theatre presents Don't Let the Pigeon Drive the Bus: The Musical! Based on the Mo Willems' novel, by the same name, this musical brings his characters to life with a mix of actors, puppets, and feathers. This show is interactive and suitable for children ages 4 and up. Information for Don't Let the Pigeon Drive the Bus: The Musical! is at, [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 55

Title: SAAF
Non-Profit: San Antonio AIDS Foundation
Start Date: 2/20/2024 12:00:00 AM
End Date: 4/30/2024 11:59:00 PM
Script: The San Antonio AIDS Foundation provides services to help people prevent the spread of HIV and help those affected by HIV and AIDS to live longer, healthier lives. They provide a full range of services such as testing, education prevention, a meals program, and community-based care services. A link for more information on the San Antonio AIDS Foundation is available at [K S Y M \(dot\) org](http://KSYM(dot)org)
Total Spins: 126



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Pre-recorded Public Service Announcements

RCS ID: Samurai
Issue Area:
Title: Samurai
Length:
Sponsor: SAMA
Topic:
Start Date: 2/20/2024 12:00:00 AM
End Date: 4/20/2024 11:59:00 PM
Total Runs: 103

RCS ID: Jovita Idar
Issue Area:
Title: Jovita Idar
Length:
Sponsor: Dress for Success
Topic:
Start Date: 2/26/2024 12:00:00 AM
End Date: 3/9/2024 11:59:00 AM
Total Runs: 25

RCS ID: Cochineala
Issue Area:
Title: Cochineala
Length:
Sponsor: Confluence Park
Topic:
Start Date: 3/9/2024 12:00:00 AM
End Date: 3/23/2024 4:59:00 PM
Total Runs: 44

RCS ID: Q12401
Issue Area: Community
Title: Belonging
Length: 00:15
Sponsor: Ad Council
Topic: Belonging Begins With Us
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 79

RCS ID: Q12402
Issue Area: Community
Title: Full Effect - Scarlett Johansson
Length: 00:15
Sponsor: Feeding America
Topic: Ending Hunger
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 70

RCS ID: Q12403
Issue Area: Community
Title: Full Effect
Length: 00:15
Sponsor: Feeding America
Topic: Ending Hunger
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 77

RCS ID: Q12404
Issue Area: Community
Title: Family
Length: 00:31
Sponsor: Maddie's Fund, Humane Society of the United States
Topic: Supporting Pets in Your Community
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 78



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RCS ID: Q12405
Issue Area: Education
Title: This Is Pretirement
Length: 00:30
Sponsor: AARP
Topic: Saving for Retirement
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 76

RCS ID: Q12406
Issue Area: Education
Title: Carissa
Length: 00:31
Sponsor: Dollar General Literacy Foundation
Topic: High School Equivalency
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 75

RCS ID: Q12407
Issue Area: Environment
Title: Smokey AI - Grilling
Length: 00:30
Sponsor: U.S. Forest Service,National Association of State Foresters
Topic: Wildfire Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 73

RCS ID: Q12408
Issue Area: Environment
Title: Smokey AI - Camping
Length: 00:30
Sponsor: U.S. Forest Service,National Association of State Foresters
Topic: Wildfire Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 74

RCS ID: Q12409
Issue Area: Health & Wellness
Title: Teen Drama
Length: 00:30
Sponsor: American Lung Association
Topic: Youth Vaping Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 70

RCS ID: Q12410
Issue Area: Health & Wellness
Title: Traffic
Length: 01:00
Sponsor: Centers for Disease Control and Prevention (CDC)
Topic: Type 2 Diabetes Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 74

RCS ID: Q12411
Issue Area: Health & Wellness
Title: Real Deal - 2 Milligrams
Length: 00:30
Sponsor: Ad Council
Topic: Youth Fentanyl Awareness
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 77



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RCS ID: Q12412
Issue Area: Health & Wellness
Title: Real Deal - Potent
Length: 00:30
Sponsor: Ad Council
Topic: Youth Fentanyl Awareness
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 79

RCS ID: Q12413
Issue Area: Safety
Title: I Get Lost in the Music
Length: 00:30
Sponsor: Ad Council, National Highway Traffic Safety Administration (NHTSA)
Topic: Drug-Impaired Driving Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 78

RCS ID: Q12414
Issue Area: Safety
Title: Snakes
Length: 00:15
Sponsor: Ad Council, National Highway Traffic Safety Administration (NHTSA)
Topic: Distracted Driving Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 75

RCS ID: Q12415
Issue Area: Safety
Title: Danger
Length: 00:30
Sponsor: Ad Council, National Highway Traffic Safety Administration (NHTSA)
Topic: Distracted Driving Prevention
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 73

RCS ID: Q12416
Issue Area: Safety
Title: Safe Stories - Reba
Length: 00:30
Sponsor: Brady
Topic: Safe Gun Storage
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 76

RCS ID: Q12417
Issue Area: Safety
Title: Safe Stories - Tom
Length: 00:30
Sponsor: Brady
Topic: Safe Gun Storage
Start Date: 1/1/2024 12:00:00 AM
End Date: 3/31/2024 11:59:59 PM
Total Runs: 76



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B. College Calendars:

College Calendar announcements air once every hour. They pre-recorded to play from our automated system. This category covers events and information beneficial to the community emanating from San Antonio College and all affiliate colleges of the ACCD, or other local area educational institutions.

Title: MUSB Spring 2024
Start Date: 11/28/2023 12:00:00 AM
End Date: 1/15/2024 11:59:00 AM
Script: The San Antonio College Dance Department presents New Beginnings. Jazz, modern, and contemporary folklorico fusion are a few of the dance styles performed by SAC students. New Beginnings is Thursday, December seventh, at seven P.M. in the McAllister Theatre. More information is online at, K S Y M (dot) org
Total Spins: 61

Title: PAC Agriculture Program
Start Date: 11/28/2023 12:00:00 AM
End Date: 1/15/2024 11:59:00 AM
Script: Registration is open for the agriculture program at Palo Alto College. Students have hands-on opportunities to work with livestock, learn about horticulture, and compete in livestock competitions. More information about the PAC agriculture program is online at, KSYM (dot) org
Total Spins: 66

Title: RTF Spring 2024
Start Date: 11/28/2023 12:00:00 AM
End Date: 1/15/2024 11:59:00 AM
Script: The Radio, Television, Film Program at San Antonio College offers hands-on course. Students learn in the Jean Longwith building, equipped with two fully functional Television studios, multi-track recording studio, and a radio station, KSYM. Additional information on Spring registration in the Radio, Television, Film Program is online at, KSYM (dot) org
Total Spins: 64

Title: Spring Flex Two
Start Date: 11/28/2023 12:00:00 AM
End Date: 3/18/2024 11:59:00 AM
Script: Registration for Spring Flex two courses at San Antonio College is open. Flex two is an eight-week session with classes starting mid-March. Course offerings are limited and fill up quickly. The deadline to register for Spring Flex Two is Monday, March eighteenth. A full list of courses is at KSYM (dot) org.
Total Spins: 248

Title: Spring Registration 2024
Start Date: 11/28/2023 12:00:00 AM
End Date: 1/15/2024 11:59:00 AM
Script: Registration for the Spring twenty twenty-four semester is open to all San Antonio College students. Students are encouraged to register as soon as possible to allow time for enrollment, counseling, and financial aid processing. Registration for regular sixteen-week and Flex one courses ends Monday, January fifteenth. More information on spring registration is at, K S Y M (dot) org
Total Spins: 65

Title: ACF Scholarships
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/15/2024 11:59
Script: The Alamo Colleges Foundation offers a wide variety of scholarships for the twenty twenty-four, twenty twenty-five school year. Students submit one general scholarship application to be considered for all Alamo Colleges Foundation Scholarships. The deadline to apply is Wednesday, May fifteenth. A link to apply is online at K S Y M (dot) org
Total Spins: 205

Title: Student Fitness Center
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/16/2024 11:59
Script: The Student Fitness Center offers weight machines, cardio machines, and free-weights to keep San Antonio College students fit. The Fitness Center is located in Candler, room one oh nine. They are open Monday through Thursday, eleven AM to four. Students must have a SAC I.D. Additional information is at K S Y M (dot) org
Total Spins: 195

Title: Pop Up Food Markets
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/17/2024 11:59
Script: Pop-Up Food Markets are available to San Antonio College students and members of the surrounding community. The drive through, no contact markets are available once a month on the SAC campus. All participants must register in advance with the San Antonio Food Bank. A list of dates and registration information is at, K S Y M (dot) org
Total Spins: 205



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- Title:** SAC Library Hours
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/18/2024 11:59
Script: The San Antonio College Library is open Monday through Thursday, seven thirty A M to seven P M, and Fridays eight thirty A M to four forty-five. The library offers assistance with online data bases, citing sources, and more. Additional information on the SAC library is on the web at, K S Y M (dot) org
Total Spins: 206
- Title:** Writing Center Hours
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/19/2024 11:59
Script: The Writing Success Center assists San Antonio College students in the writing process. Tutors help articulate ideas, organize a paper, create a thesis, and more. The Writing Success Center is located in room two hundred of the Moody Learning Center. They are open Monday through Thursday, eight AM to four. More information is online at, K S Y M (dot) org
Total Spins: 195
- Title:** Student Advocacy Center
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/20/2024 11:59
Script: The Student Advocacy Center provides resources for San Antonio College students. A food pantry, clothing closet, and grab and go snacks are available. The center also provides counseling and case management services. More information on the Student Advocacy Center is at, k s y m (dot) org
Total Spins: 210
- Title:** Wellness Center
Start Date: 1/16/2024 12:00:00 AM
End Date: 5/21/2024 11:59
Script: San Antonio College and Palo Alto College offer on-site clinics for students attending any of the Alamo Colleges. The clinics provide first aid, mental health evaluations, and routine health assessments. The clinics take face to face and telehealth appointments Monday through Thursday, eight AM to five. More information is online at, K S Y M (dot) org
Total Spins: 197
- Title:** Hearts on Mars
Start Date: 1/31/2024 12:00:00 AM
End Date: 2/10/2024 11:59:00 PM
Script: The Scobee Education Center hosts Heart's on Mars. Set in the year 2076, couples experience a real-world mission control simulation. This quest sends you and your Valentine to Mars and its moon Phobos to research life on Mars and search for water. The evening includes food and wine. This event is limited to eighteen couples. Heart's on Mars is Wednesday, February fourteenth at the Scobee Education Center. Tickets and more information is online at KSYM (dot) org
Total Spins: 2
- Title:** Moon Over Buffalo
Start Date: 2/1/2024 12:00:00 AM
End Date: 2/11/2024 12:59:00 PM
Script: The San Antonio College Theatre Department presents the comedy, Moon Over Buffalo. Fading stars of the fifties, George and Charlotte Hay, are traveling actors. One night they receive word a famous director is coming to the play to scout performers. Everything that could go wrong, does go wrong. Moon Over Buffalo showtimes are seven P M, Thursday through Saturday in the McCreless Theater. Sunday matinee showtimes are at two P M. More information is online at K S Y M (dot) org
Total Spins: 2
- Title:** Journalism Speaker Series
Start Date: 2/11/2024 12:00:00 AM
End Date: 5/3/2024 12:59
Script: San Antonio College hosts the Journalism Speaker Series. The series features industry professionals discussing topics ranging from writing, investigating, audience engagement, and more. This week, (insert name, company/title) presents (insert title of talk). The Journalism Speaker Series is every Thursday at eleven twenty A M in the auditorium of the Longwith Radio, Television, and Film building. A full list of speakers is online at K S Y M (dot) org
Total Spins: 90



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C. Programs

Front and Center: *8:30 A.M. Mondays (Program length varies)*

Front and Center is a weekly morning show on KSYM 90.1 FM featuring San Antonio College President, Dr. Naydeen González-De Jesús. Front and Center explores trends in higher education, San Antonio College news, and the college experience.

Topic: SAC 2023 State of the College Address
Air Date: 1/22/2024
Runtime: 12:24
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, delivers the 2023 State of the College Address. Listen for accomplishments from this past year and what SAC has in store for 2024.

Topic: Alamo Colleges Foundation Scholarships
Air Date: 1/29/2024
Runtime: 17:13
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, talks with Hot Mustard about the Alamo Colleges Foundation and scholarship opportunities.
This episode's guests are Deborah Martin, Director of Major Gifts for the Alamo Colleges Foundation, and Jennifer Benavides, SAC Student and Intern at the Alamo Colleges Foundation.
The Alamo Colleges Foundation offers a wide variety of scholarships. Alamo Colleges students submit one general scholarship application and are automatically considered and matched with eligible Alamo Colleges Foundation scholarships.
The deadline to apply for Alamo Colleges Foundation Scholarships for the 2024 -2025 academic year is Wednesday, May 15, 2024.

Topic: San Antonio African American Community Archive and Museum
Air Date: 2/5/2024
Runtime: 22:04
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, talks with Melissa Sutherland, SAC Psychology Instructor.
World Mental Health Day was Tuesday, October 10, 2023. The day is meant to raise awareness about mental health issues. This episode explores the different types of mental health issues and what may cause them. Those experiencing mental health issues can get help from various non-profit groups and various government agencies.

Topic: St. Philip's College
Air Date: 2/12/2024
Runtime: 29:36
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, leads a conversation highlighting St. Philip's College. This episode's guest is Dr. Adena Williams Loston, St. Philip's College (SPC) President. Dr. Loston gives an overview of SPC's remarkable history, speaks about the importance of Black History Month, and highlights upcoming Black History Month events.

Topic: SAC Mortuary Program
Air Date: 2/19/2024
Runtime: 16:48
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, talks with Hot Mustard about the SAC's new Funeral home and the SAC Mortuary Science Program.
This episode's guest is Jennifer Floyd, Director of Mortuary Science Operations.
The Mortuary Science Department is the first college-based funeral service education program to be offered in Texas. Students obtain an Associate of Applied Science in Mortuary Science degree, then are eligible for examination by the Texas Funeral Service Commission and the International Conference of Funeral Service Examining Boards and provisional licensure registration.
SAC is the first college in the nation to have it's own funeral home. The ribbon cutting ceremony is Friday, February 23, 2024 at 10:30am, at the corner of Ashby and Lewis.

Topic: BHM: African Americans and the Arts
Air Date: 2/26/2024
Runtime: 26:03
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, celebrates Black History Month and the 2024 theme, African Americans and the Arts.

This episode's guests include Kaldric Dow, local visual artist, and Tanesha Payne, local movement artist.

Kaldric and Tanesha discuss representation of African Americans in the arts. Kaldric talks about the importance of networking and promoting yourself. Tanesha talks about the dance world and her journey. Both artists dive into how they create art.



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Topic: Spring Break Safety
Air Date: 3/4/2024
Runtime: 21:22
Summary: an Antonio College President, Dr. Naydeen González-De Jesús, and Hot Mustard talk about Spring Break Safety. This episode's guests are Dominique Fonseca, coordinator of College Risk Management at SAC, and Anthony Nolden, officer with the Alamo Colleges Police Department. Dominique gives tips on how to stay safe on campus and while on vacation. Officer Nolden unpacks the meaning of "Drink Responsibly".
Non-Emergency Alamo Colleges Police Department: 210-485-0099
Emergency Alamo Colleges Police Department: 210-485-0911
Non-Emergency San Antonio Police Department: 210-207-7273
In case of a life-threatening emergency, call 911

Topic: Spring Break Safety RERUN
Air Date: 3/11/2024
Runtime: 21:22
Summary: an Antonio College President, Dr. Naydeen González-De Jesús, and Hot Mustard talk about Spring Break Safety. This episode's guests are Dominique Fonseca, coordinator of College Risk Management at SAC, and Anthony Nolden, officer with the Alamo Colleges Police Department. Dominique gives tips on how to stay safe on campus and while on vacation. Officer Nolden unpacks the meaning of "Drink Responsibly".
Non-Emergency Alamo Colleges Police Department: 210-485-0099
Emergency Alamo Colleges Police Department: 210-485-0911
Non-Emergency San Antonio Police Department: 210-207-7273
In case of a life-threatening emergency, call 911

Topic: Kinesiology and Fitness
Air Date: 3/18/2024
Runtime: 17:21
Summary: San Antonio College President, Dr. Naydeen González-De Jesús, talks with Hot Mustard about the SAC Kinesiology Program and upcoming Backyard Beast competition. This episode's guest is Brad Dudney, Kinesiology Program Coordinator. The conversation covers the Backyard Beast competition and on-campus fitness resources for students and employees.



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E-town:

6:00 A.M. on Saturdays; 12:00 P.M. on Saturdays

60 minutes

Etown is a 501(c) 3 nonprofit with a mission to produce high quality programs of diverse music and conversation in order to entertain, educate and engage a wide audience in appreciating and protecting our cultural and natural resources.

By featuring diverse music and interviews with a wide variety of authors, poets and policy-makers, etown creates a constantly expanding "community on the air." With the addition of inspiring e-chievement awards, listeners all over the country are reminded that individual efforts really do make a difference. Etown is a place where respect for each other and our natural environment go hand in hand.

Show Number: 2401
Show Title/ Musical Guest: RERUN 2: Aoife O'Donovan / Che Apalache PART 1
Interview: N/A
Topic: N/A
Award Winners: KC Curberson-Alvarado
Award Topic: KC Curberson-Alvarado is the Vice Chair of HOLA Lakeway, an organization that has been serving the diverse immigrant community of Hamblen, Jefferson and Grainger Counties in Tennessee since 2014. Since 2018, the organization has served over 4,000 people,
Air Date: 01/06/24

Show Number: 2402
Show Title/ Musical Guest: RERUN 2: Aoife O'Donovan / Che Apalache PART 2
Interview: Bea Johnson
Topic: Bea Johnson is the author of the book, Zero Waste Home. She and Nick discuss how to implement a zero waste lifestyle in the home. Length: 13:20 @ 28:57
Award Winners: N/A
Award Topic: N/A
Air Date: 01/13/24

Show Number: 2403
Show Title/ Musical Guest: Lost Legends of Bluegrass
Interview: N/A
Topic: N/A
Award Winners: N/A
Award Topic: N/A
Air Date: 01/20/24

Show Number: 2404
Show Title/ Musical Guest: RERUN 2: Patrick Watson/Basia Bulat
Interview: N/A
Topic: N/A
Award Winners: Brandon Dennison
Award Topic: Brandon Dennison is founder and CEO of Coalfield Development, an organization that helps unemployed coal miners find meaningful work through training and the establishment of new businesses. Length: 11:37 @ 18:06
Air Date: 01/27/24

Show Number: 2405
Show Title/ Musical Guest: Rufus Wainwright - Madison Cunningham PT 1
Interview: N/A
Topic: N/A
Award Winners: N/A
Award Topic: N/A
Air Date: 02/03/24

Show Number: 2406
Show Title/ Musical Guest: Rufus Wainwright - Madison Cunningham PT 2
Interview: Margaret Klein Salamon
Topic: Margaret Klein Salamon is author of the book, Facing the Climate Emergency, that focuses on giving people the tools to confront the climate emergency, face their negative emotions, and channel them into protecting humanity and the natural world. Length: 0
Award Winners: N/A
Award Topic: N/A
Air Date: 02/10/24

Show Number: 2407
Show Title/ Musical Guest: RERUN 2: Allen Stone/Nikki Lane
Interview: Marc Barasch
Topic: Marc Barasch is the Founder and Executive Director of Green World Campaign, an organization whose stated mission is to restore the ecology and economy of struggling villages living on degraded land through regenerative agriculture. Length: 06:37 @ 21:52
Award Winners: N/A
Award Topic: N/A
Air Date: 02/17/24



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Show Number: 2408
Show Title/ Musical Guest: eTown On The Road - Denver - HISS Golden Messenger - Adeem The Artist
Interview: N/A
Topic: N/A
Award Winners: N/A
Award Topic: N/A
Air Date: 02/24/24

Show Number: 2409
Show Title/ Musical Guest: RERUN 1: Daniel Rodriguez - Dead Horses
Interview: Matt Richtel
Topic: Matt Richtel is author of the book, An Elegant Defense: The Extraordinary New Science of the Immune System: A Tale in Four Lives, that discusses how the human immune system is the key to health and wellness - life and death. Length: 08:47 @ 15:23
Award Winners: N/A
Award Topic: N/A
Air Date: 03/02/24

Show Number: 2410
Show Title/ Musical Guest: RERUN 1: Red Rocks: Wilco / Margo Price
Interview: N/A
Topic: N/A
Award Winners: N/A
Award Topic: N/A
Air Date: 03/09/24

Show Number: 2411
Show Title/ Musical Guest: eTown On The Road - Bentonville - Langhorne Slim
Interview: Grady Spann
Topic: Grady Spann is Executive Director for The Northwest Arkansas Land Trust that focuses on preserving and enhancing quality of life through the permanent protection of land. Length: 06:37 @ 20:16
Award Winners: N/A
Award Topic: N/A
Air Date: 03/16/24

Show Number: 2412
Show Title/ Musical Guest: RERUN 1: Band of Heathens / Jaime Wyatt
Interview: Aaron Miripol
Topic: Aaron Miripol is President and CEO of the Urban Land Conservancy. Aaron and Nick discuss community development and affordable housing in the Denver area. Length: 08:37 @ 21:20
Award Winners: N/A
Award Topic: N/A
Air Date: 03/23/24

Show Number: 2413
Show Title/ Musical Guest: eTown On The Road - Bentonville - James McMurtry - Erin Rae
Interview: Paul Scott
Topic: Paul Scott is CEO of the HAAM - Health Alliance For Austin Musicians, an organization that works to provide people with health care and other resources in order to ensure Austin's cultural vitality. Length: 06:31 @ 23:55
Award Winners: N/A
Award Topic: N/A
Air Date: 03/30/24



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First Quarter 2024

Night Moves: 11:00 P.M. & 11:30 P.M.(Rerun from previous week) on Tuesdays 30 minutes

Night Moves: Exploration of Contemporary Sexuality (NM) is a weekly 30-minute public service FM radio program on sexual health. There are three (3) hosts, Ann Hardee, a registered nurse, Cay Crow, a sex therapist, and a guy named Ray. NM's mission is providing tasteful information with a humorous slant. Night Moves contains three (3) segments. The first segment is informative based on current research and topics in popular culture. The second segment is a guest interview, both local and international. In the third segment, the hosts answer questions and comments from listener's emails.

Show Number: 2401
Show Title: NM 2401 Consentences, Consent in Kink
Air Date: 01/02/24
ReRun Date: 01/09/24
Summary: Our guest, Snow, shares his thoughts on consent, especially when engaging in alternative lifestyles and kink. He and his partner Marvel author a blog dedicated to consent. He stresses the importance of consent in sexuality. It is especially relevant in kink for a participant to have a positive experience. He explains how to deal with the stigma for people that are into kink. He gives advice for those that want to experiment or try new kinky experiences. He explains that in any relationship, consent is sexy. How couples can improve their communication and improve their relationship. In Snow's blog, he gives 4 points to live a "consensual life". People think they know all about consent, but Snow explains what some get wrong about consent. Consentences enhances relationships and the practices of kink and alternative lifestyles.

Show Number: 2402
Show Title: NM 2402 Sex Rituals, Pleasures and Porn
Air Date: 01/09/24
ReRun Date: 01/16/24
Summary: Host discuss why offenders use masturbation to harass others in the workplace. They discuss what offenders get out of it. Is it just the power dynamic?

Show Number: 2403
Show Title: NM 2403 Adult Babies
Air Date: 01/16/24
ReRun Date: 01/23/24
Summary: Hosts talk about the fetish, Adult Babies, also known as AB, Diaper Lovers, or Age play. We present the current research, of who'e engaged in AB, the origin of the fetish, what they get out of it, and a few humorous observations. Our guests are Billy and Jean, a couple that participates in "Age Play" or "Mommy and Baby" play. They candidly share the appeal, how it started, and do a little role playing on the air. You'll love hearing all about it from their perspective. On questions and comments, in one of the questions.....a female listener asks, "does it always hurt, the first time?"

Show Number: 2404
Show Title: NM 2404 Threesomes
Air Date: 01/23/24
ReRun Date: 01/30/24
Summary: Hosts discuss Threesomes. Have you tried it? Our guy, Ray, loves them. We discuss the popular configurations. We talk about the "how to" of setting it up, who to ask, how to bring it up. What kind of talk should you have before the action starts? What necessary supplies? How to get the party started? How do you deal with jealousy and what to do when it all falls apart. Our guest is Jeanie, she has experience with threesomes, both 2 females with a male, and 2 males with one female. She has a great story as well as practical advice.

Show Number: 2405
Show Title: NM 2405 Music and Sex
Air Date: 01/30/24
ReRun Date: 02/06/24
Summary: Hosts discuss a study from Journal of Sex Research. It's one of the first studies to look at porn content. It looks at how the genders are depicted in porn, including objectification, power, and violence. Some findings were surprising. We also ask, can porn be used for social good? At Night Moves, we bring professionals in as our guests, but we also benefit from hearing from real people that speak from the heart and have lived the experience. Our guest this week is Lynn and Nikki, both porn enthusiasts. They'll share what's out there in porn and what's they're "go to" type of porn. Then we'll answer questions and comments from email. One female asks about her uncircumcised boyfriend? Another listener asks, "What's new in sex toys for men?"

Show Number: 2406
Show Title: NM 2406 New Sex Toy Technology
Air Date: 02/06/24
ReRun Date: 02/13/24
Summary: Hosts discuss the warning signs and stages of dangerous relationships. What do you look for and what are the red flags you should look for. What survival skills do you need? Our guest was in a bad relationship that started off great and slowly descended. What she found, in the end, was really surprising. From our listeners questions...how do I get HIV treatment with no insurance? What about cervical orgasms? A question for our co-host Cay...why did she become a sex therapist?



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Show Number: 2407
Show Title: NM 2407 Oppression and Sexuality
Air Date: 02/13/24
ReRun Date: 02/20/24
Summary: Hosts discuss masturbation. The history, taboos, and myths of masturbation. Schools teach young people to abstain from sex, but nothing to manage their sexual energy during adolescence. One US surgeon general suggested masturbation may be the answer, but she was fired immediately after she uttered those words. Our guest is Abi O'Donovan, from Ireland. She works with tantra and counsels men having sexual problems due to the catholic church's stance on masturbation. In questions and comments, we get lots of questions about masturbation. We'll answer a few such as pain during masturbation.

Show Number: 2408
Show Title: NM 2408 Intimacy in Long Distance Relationships
Air Date: 02/20/24
ReRun Date: 02/27/24
Summary: Beginning in the 60s social issues and human rights seem to be moving forward, for racial minorities, women, and the LGBTQ community. Now, it seems like our society is moving backward. Our guest, Cay Crow, Certified Sex Therapist and Supervisor, says its "Oppression". Oppression in our society is when our rights are suppressed or eliminated. This century, LGBTQ have been oppressed. Trans people are now such a target. Women experience oppression, and have since the beginning of time. Over many years We've made some progress. With the elimination of abortion protections, and threats to birth control, it feels like oppression. Lack of sex education in schools, keeping people ignorant, is a type of oppression. Oppression lowers self-esteem, reduces life opportunities, and can even put people in danger of rape, abuse, and other forms of violence. Unreasonable sexual demands can be oppression. Oppression has a negative effect on everyone in society. Our guest closes with a historical example.

Show Number: 2409
Show Title: NM 2409 How to ask what you want in bed
Air Date: 02/27/24
ReRun Date: 03/05/24
Summary: Our guest is Cay Crow, Certified Sex Therapist, she shares her experiences in working with couples. Our culture doesn't give us enough information about sex, especially sexual pleasure. That leaves most of us to figure out what are our individual sexual needs are, how we find appropriate partners, communication, sexual health, and being sure that we operate in an atmosphere of consent. Long term passion among couples is HIGHER in those who have a good sex life. Communication is the key to good sex. Communicating what we want in sex is difficult because we never actually ask ourselves. "what turns us on"? Or we don't know what we want, because we haven't explored our own bodies. From our childhoods we've learned to be uncomfortable and embarrassed with discussing sex. We don't ask for what we want in bed because we fear rejection or humiliation. Our guest, Cay, gives suggestions of how to ask for what you want in bed including sharing fantasies that can be intimate and exciting.

Show Number: 2410
Show Title: NM 2410 Erotic Literature
Air Date: 03/05/24
ReRun Date: 03/12/24
Summary: This week, Besides Ann, Cay, and the regular guy, we have both guys Val and Ray. Both of the guys are writers. Val writes erotica. So we have a lively discussion. Our guest is Michele Gwyn, a writer of a genre called Krime Erotica. We'll continue our discussion, how she comes up with the story, and those all important sex scenes.

Show Number: 2411
Show Title: NM 2411 Cyber Sex
Air Date: 03/12/24
ReRun Date: 03/19/24
Summary: Hosts discuss the many types of Cyber Sex. Our guest is Chris Hardee, computer coder and developer, will share with us what you need to do for cyber security

Show Number: 2412
Show Title: NM 2412 Ejaculation Control for Pleasure
Air Date: 03/19/24
ReRun Date: 03/26/24
Summary: Hosts discuss controlling your ejaculation for increased pleasure. Cay, Sex Therapist, gives specific exercises to gain better control. Many men have uncontrolled or involuntary ejaculations, its the most common issue that men face. We don't want to put pressure on couples to try to orgasm at the same time. we share ways to help that desire. Our guest is Keith, he shares how to slow it all down and maintain control.

Show Number: 2413
Show Title: NM 2413 Gaslighting in Relationships
Air Date: 03/26/24
ReRun Date: 04/02/24
Summary: Hosts discuss gaslighting. Gaslighting in relationships is ongoing manipulation, bullying, and brainwashing that makes the person being gaslighting to doubt themselves, their abilities, and their selfworth. What the research show? The stages of gaslighting and how to counter it. Our guest is Val, she was in a relationship and gaslighted. She'll share her experiences.