

QUARTERLY LIST OF COMMUNITY ISSUES AND RESPONSIVE PROGRAMS

January 1, 2019 through March 31, 2019

In an ongoing effort to serve the public interest, KNID-FM and its owner, Chisholm Trail Broadcasting Inc., offer a variety of programming responsive to the issues of concern to the listening audience. Below is a list of the station's most significant programming treatment of those issues for the period of January 1, 2019 through March 31, 2019

Addiction treatment	Internet harassment
Autism	Manufacturing
Business and industry	Medical ethics
Cancer treatment	Mental health
Chronic disease/illness	Mental illness
Clinical trials	Organ shortages
Consumerism	Pets and people
Criminal Justice	Police and law enforcement
Disabilities	Psychology
Discrimination	Public health and safety
Drug/alcohol addiction	Religion
Economics	Research ethics
Education	Sexual abuse
Euthanasia	Societal issues
Family and parenting issues	Sports and society
Federal government	Stereotypes
Food and nutrition	Stigma
Gender issues	Substance use disorder
Genetics/genetic engineering	Suicide
Health care	Surgery
Heart disease/cardiovascular health	Technology
History of science/medicine	Trauma
Hormones	Youth at risk
Infectious disease	Women's issues
Informed consent	Workplace safety/injury

See weekly logs below for segment dates, titles, topics, guests & duration.

Program Log for Radio Health Journal

Program 19-01 **Producer** Reed Pence
Air Week 01/06 – 01/12/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: PERSONALITY AND DRUG ABUSE	12:17

Synopsis: Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Experts discuss.

Host: Reed Pence. **Guest:** Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*

Compliance issues covered: public health; drug and alcohol addiction; youth at risk; education; police and law enforcement; mental illness; mental health

Links for more information: <https://www.chusj.org/en/Bio?id=c6f888f1-7ef7-47e6-b349-cc74ec1cfa3a>;
<https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8>

15:21	SEGMENT 2: THE ADDICTION SPECTRUM	7:34
-------	-----------------------------------	------

Synopsis: Does addiction affect all of us in some degree? A noted addiction specialist and author believes we are all somewhere on the addiction spectrum, from bad habits to full-blown addiction. He discusses how small triggers can push people to seek relief, producing deepening decline.

Host: Nancy Benson. **Guest:** Dr. Paul Thomas, author, *The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery*

Compliance issues covered: health care; addiction; substance use disorder; addiction treatment; societal issues

Links for more information: <https://www.drpaulapproved.com/the-addiction-spectrum.html>

Program Log for *Radio Health Journal*

Program 19-02 **Producers** Reed Pence, Polly Hansen
Air Week 01/13 – 01/19/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: AUTISM IN GIRLS	12:48

Synopsis: Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls' behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences.

Host: Reed Pence. **Guests:** Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof. of Psychiatry, Northwestern Univ.; Dr. Kevin Pelphrey, Jefferson Scholars Foundation Prof. of Neurology, Univ. of Virginia

Compliance issues covered: youth at risk; health care; developmental disorders; education; suicide; autism; gender issues; stereotypes

Links for more information: <https://www.autismspeaks.org/leadership>;
<https://www.rachelloftin.com>;
<https://www.jeffersonscholars.org/chaired-professorships>

15:52	SEGMENT 2: INVISIBLE GIRLS: VICTIMS OF INCEST	7:06
-------	---	------

Synopsis: Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit organization that seeks to help them.

Host: Nancy Benson. **Guest:** Dr. Patti Feuereisen, clinical psychologist and author, *Invisible Girls: Speaking the Truth About Sexual Abuse*

Compliance issues covered: health care; sexual abuse; youth at risk; women's issues; trauma; stigma; gender issues; psychology; public health; societal issues

Links for more information: <https://www.invisiblegirlsthive.com>

Program Log for Radio Health Journal

Program 19-03 **Producer** Reed Pence
Air Week 01/20 – 01/26/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: WHEN YOU HAVE NO PRIMARY CARE DOCTOR	11:43

Synopsis: Surveys show that fewer Americans have a primary care doctor, especially among younger people. Experts discuss the ramifications of this trend both medically and economically, reasons behind it, and how primary care practitioners are changing the way they work to answer objections.

Host: Reed Pence. **Guests:** Dr. Ana Maria Lopez, President, American College of Physicians; Dr. John Cullen, President, American Academy of Family Physicians

Compliance issues covered: health care; public health; economics; consumerism; societal issues

Links for more information: <https://www.acponline.org/membership/medical-students/acp-impact/archive/may-2018/officer-profiles-ana-maria-lopez-md-facp-and-andrew-dunn-md-facp>;
<https://www.aafp.org/about/governance/board-directors/cullen.html>

14:47	SEGMENT 2: DUPUYTREN DISEASE: CRIPPLER OF HANDS	7:55
-------	---	------

Synopsis: Dupuytren disease (pronounced DOO-pah-tren) is the most common disorder crippling hands that most people have never heard of. It is a genetic condition of the fascia beneath the skin of the palms, and it stubbornly resists treatment. An expert and a patient discuss the disorder.

Host: Nancy Benson. **Guests:** Tom Knapp, Dupuytren patient and board member, Dupuytren Foundation; Dr. Charles Eaton, hand surgeon and Executive Director, Dupuytren Foundation

Compliance issues covered: health care; disabilities; chronic disease; genetics

Links for more information: www.4dup.com

Program Log for Radio Health Journal

Program 19-04 **Producers** Reed Pence, Polly Hansen
Air Week 01/27 – 02/02/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
------	---------	------

2:02	SEGMENT 1: RETHINKING ANTIBIOTICS	12:19
------	-----------------------------------	-------

Synopsis: Since the introduction of antibiotics in World War II, doctors have prescribed courses of treatment that typically ran longer than necessary. Bacterial resistance is forcing a reevaluation, shortening courses sometimes to just a few days and even prompting doctors to advise not using all pills if patients feel better.

Host: Reed Pence. **Guests:** Dr. Brad Spellberg, Chief Medical Officer, Los Angeles County-Univ. of Southern California Medical Center; Dr. William Schaffner, infectious disease specialist, Vanderbilt Univ. Medical Center; Dr. Louis Rice, Chairman, Dept. of Medicine, Warren Alpert Medical School, Brown Univ.

Compliance issues covered: health care; public health; technology; infectious disease; societal issues

Links for more information: <http://keck.usc.edu/faculty/brad-spellberg/>;
<https://news.brown.edu/articles/2010/06/rice>;
<https://medschool.vanderbilt.edu/health-policy/person/william-schaffner-md>

15:23	SEGMENT 2: THE EARLY DAYS OF HORMONES	7:39
-------	---------------------------------------	------

Synopsis: Hormones were unknown until a little more than 100 years ago, and experts admit we still have a lot to learn. An expert author details the discovery of hormones and how our growing knowledge has shaped treatment of many diseases and conditions.

Host: Karen Hand. **Guest:** Dr. Randi Hutter Epstein, Yale Univ., Columbia Univ., and author, *Aroused: The History of Hormones and How They Control Just About Everything*

Compliance issues covered: health care; public health; technology; hormones

Link for more information: <http://randihutterepstein.com>

Program Log for Radio Health Journal

Program 19-05 **Producer** Reed Pence
Air Week 02/03 – 02/09/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
------	---------	------

2:02	SEGMENT 1: TALKING TO YOUR BABY	11:25
------	---------------------------------	-------

Synopsis: Scientists have discovered that the way parents talk to their infants has a huge effect on their intellectual development and later success. Experts discuss why and how parents should hold "conversations" with their babies.

Host: Reed Pence. **Guests:** Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

Compliance issues covered: youth at risk; education; family and parenting issues; economics

Links for more information: <https://web.stanford.edu/group/langlearninglab/cgi-bin/>;
<http://www.columbia.edu/cu/needlab/>

14:29	SEGMENT 2: SUPERSTITIONS IN SPORTS	7:39
-------	------------------------------------	------

Synopsis: Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life.

Host: Karen Hand. **Guests:** Dr. Stuart Vyse, author, *Believing In Magic: The Psychology of Superstition*; Dr. Alex Lickerman, author, *The Undefeated Mind*

Compliance issues covered: sports and society; psychology

Links for more information: <https://stuartvyse.com/>;
<http://alexlickerman.com/bio/>

Program Log for Radio Health Journal

Program 19-06 **Producers** Reed Pence, Polly Hansen
Air Week 02/10 – 02/16/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
------	---------	------

2:02	SEGMENT 1: XENOTRANSPLANTATION—ORGANS FROM OTHER SPECIES	13:07
------	--	-------

Synopsis: After attempts to use non-human primates as a source of scarce organs for transplant, doctors have turned to pigs for a variety of reasons. They're now making great progress against the largest hurdle—rejection. One of the world's foremost xenotransplantation experts discusses how the process might work and what the future might look like for millions of potential organ and tissue recipients.

Host: Reed Pence. **Guest:** Dr. David Cooper, Prof. of Surgery, Univ. of Alabama at Birmingham and Co-Director, UAB Xenotransplantation Program

Compliance issues covered: technology; organ shortages; health care; medical ethics; youth at risk; surgery

Links for more information: <https://www.uab.edu/medicine/surgery/transplantation/faculty/cooper>

16:11	SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?	6:53
-------	--	------

Synopsis: Scientists are discovering that our food preferences are much more than a matter of taste, and that taste itself is more complicated than we thought. Psychology also plays a role. An expert discusses what determines preferences, such as why some people like jalapeno peppers & black coffee, and some don't.

Host: Karen Hand. **Guest:** Dr. Rachel Herz, Adjunct Asst. Prof. of Psychiatry and Human Behavior, Brown Univ., and author, *Why You Eat What You Eat: The Science Behind Our Relationship With Food*

Compliance issues covered: food and nutrition; technology

Links for more information: <https://www.rachelherz.com>

Program Log for Radio Health Journal

Program 19-07 **Producers** Reed Pence, Polly Hansen
Air Week 02/17 – 02/23/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
------	---------	------

2:03	SEGMENT 1: WHEN LAW ENFORCEMENT AND TRAUMA CARE COLLIDE	12:44
------	--	-------

Synopsis: Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes contentious interaction.

Host: Reed Pence. **Guests:** Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians.

Compliance issues covered: police, law enforcement, criminal justice; medical ethics; public health and safety; trauma; stigma

Links for more information: <https://www.nursing.upenn.edu/live/profiles/15175-sara-f-jacoby>;
<http://www.ema.net/michael-gerardi.html>

15:49	SEGMENT 2: WHEN DOES GENETIC ENGINEERING GO TOO FAR?	7:10
-------	---	------

Synopsis: Advancements in genetic science are often clouded in ethical controversy. Often, scientists are accused of “playing God.” Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated.

Host: Nancy Benson. **Guest:** Dr. Ting Wu, Prof. of Genetics, Harvard Medical School

Compliance issues covered: health care; technology; medical/research ethics; education; religion; genetics; genetic engineering; history of science/medicine; societal issues

Links for more information: <http://pged.org>

Program Log for Radio Health Journal

Program 19-08 **Producer** Reed Pence
Air Week 02/24 – 03/02/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: VETERINARIAN SUICIDE	12:34

Synopsis: A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide.

Host: Reed Pence. **Guests:** Dr. Jason Sweitzer, veterinarian, Thousand Oaks, CA, and board member, Not One More Vet; Dr. Debbie Stoewen, Director of Veterinary Affairs, Lifelearn Animal Health

Compliance issues covered: pets and people; mental health; mental illness; suicide; internet harassment; economics; euthanasia; gender issues; societal issues

Links for more information: <https://www.nomv.org/admins.html>;
<https://www.lifelearn.com/about-lifelearn/>

15:38	SEGMENT 2: HOW FAR HAVE WE COME?	7:09
-------	---	-------------

Synopsis: In the mid-1960's, many Ivy League and Seven Sister colleges as well as prestigious prep schools allowed researchers to photograph incoming students naked as part of work on a now-discredited theory linking physical characteristics to leadership potential. A former student who went through it, now a physician and writer, discusses how research ethics have changed in the last 50 years.

Host: Nancy Benson. **Guest:** Dr. David Sklar, Prof. of Health Solutions, Arizona State Univ. and author, *Atlas of Men*

Compliance issues covered: education; research ethics; sexual abuse; informed consent; trauma; history of science/medicine; stigma; stereotypes; societal issues

Links for more information: <https://davidpsklar.com/author-bio/>

Program Log for Radio Health Journal

Program 19-09 **Producer** Reed Pence
Air Week 03/03 – 03/09/2019 **Production Director** Reed Pence

Time	Segment	Dur.
2:03	SEGMENT 1: SILENT HEART ATTACK	12:37

Synopsis: Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, American College of Cardiology patient education initiative, Cardiosmart.org; Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, *The Pritikin Edge*

Compliance issues covered: consumerism; health care; public health; heart disease/cardiovascular health; stereotypes

Links for more information: <https://www.cardiosmart.org>;
<http://books.simonandschuster.com/The-Pritikin-Edge/Robert-A-Vogel/9781416580911>

15:42	SEGMENT 2: WHEN CHRONICALLY ILL KIDS GROW UP	7:20
-------	--	------

Synopsis: Children with serious chronic diseases often have a tough time transitioning from pediatric care, which has much support built in, to adult care, which has to be managed by the patient. Experts discuss how parents can make it easier with a gradual transition.

Host: Nancy Benson. **Guests:** Dr. Maria Ferris, pediatric nephrologist and Assoc. Prof. of Pediatrics and Medicine, Univ. of North Carolina-Chapel Hill; Dr. Miranda Van Tilburg, gastroenterologist, hematologist, and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill

Compliance issues covered: health care; youth at risk; parenting issues; chronic disease/illness; mental health

Links for more information:<http://unckidneycenter.org/about/directory/maria-ferris>;
<https://www.med.unc.edu/ibs/about-us/faculty-biographies/miranda-van-tilburg-phd>

Program Log for Radio Health Journal

Program 19-10 **Producer** Reed Pence
Air Week 03/10 – 03/16/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:03	SEGMENT 1: FIBBING TO YOUR DOCTOR	12:36

Synopsis: New surveys show that as many as 80 percent of people omit information, stretch the truth or outright lie to their doctors. Experts discuss why it happens, consequences, and methods that might reduce the amount of less-than-truthful answers to doctors' questions.

Host: Reed Pence. **Guests:** Dr. Andrea Gurmankin Levy, Assoc. Prof. of Psychology, Middlesex Community College; Dr. Maricela Moffitt, Prof. of Medicine and Director, Doctoring Curriculum, Univ. of Arizona College of Medicine–Phoenix

Compliance issues covered: health care; consumerism; public health; education; stigma; societal issues

Links for more information: <https://mxcc.edu/bios/andrea-levy/>;
<http://phoenixmed.arizona.edu/directory/bios/moffitt>

15:41	SEGMENT 2: THE EFFECTS OF WORKPLACE FATIGUE	7:15
-------	---	------

Synopsis: Fatigue in the workplace carries enormous costs in loss of productivity and injury. Experts are beginning to measure its precise effects in real time using wearable motion sensors, with some surprising results that will shape solutions. An expert who has studied this shares insights.

Host: Nancy Benson. **Guest:** Dr. Lora Cavuoto, Assoc. Prof. of Industrial and Systems Engineering, Univ. at Buffalo

Compliance issues covered: manufacturing; workplace safety; workplace injuries; economics; societal issues

Links for more information: <http://engineering.buffalo.edu/industrial-systems/people/faculty-directory/cavuoto-lora.html>

Program 19-11 **Producer** Reed Pence
Air Week 03/17 – 03/23/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: RECRUITING PATIENTS FOR CANCER CLINICAL TRIALS	12:45

Synopsis: Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

Host: Reed Pence. **Guests:** Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Julie Brahmer, Co-Director, Upper Aerodigestive Department, Bloomberg-Kimmel Institute for Cancer Immunotherapy, and Professor of Oncology, Johns Hopkins School of Medicine

Compliance issues covered: health care; public health; federal government; minority affairs and discrimination; cancer treatment; clinical trials; societal issues

Links for more information: <https://www.elsevier.com/books/oncology-informatics/hesse/978-0-12-802115-6>

15:49	SEGMENT 2: ALL ABOUT HANGOVERS	7:04
-------	--------------------------------	------

Synopsis: On St. Patrick's Day—one of the biggest drinking holidays of the year—an expert discusses why hangovers occur and what might work to prevent them and recover from them.

Host: Nancy Benson. **Guest:** Dr. Laura Veach, licensed clinical addiction specialist and Assoc. Prof. of Surgery, Wake Forest Univ. School of Medicine

Compliance issues covered: consumerism; substance and alcohol use disorder

Links for more information: <http://www.wakehealth.edu/Faculty/Veach-Laura-J.htm>

Program Log for Radio Health Journal

Program 19-12 **Producer** Reed Pence
Air Week 03/24 – 03/30/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:04	SEGMENT 1: KNEE REPLACEMENTS	13:45

Synopsis: Knee replacements are successful for 80 percent of recipients, yet many assume the success rate should be higher. Those who are not successful often are bitterly disappointed. However, patients and physicians can take steps to avoid a bad result. New techniques also offer much faster recovery. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Dan Riddle, Prof. of Physical Therapy, Orthopedic Surgery and Rheumatology, Virginia Commonwealth Univ.; Dr. James Rickert, President, Society for Patient Centered Orthopedics; Dr. Richard Berger, Asst. Prof. of Orthopedics, Rush Univ.

Compliance issues covered: health care; public health; economics; technology; surgery

Links for more information: <https://pt.chp.vcu.edu/facultystaff/daniel-riddle-pt-phd-fapta.html>;
<https://www.thepatientfirst.org/who-we-are.html>;
<https://outpatienthipandknee.com>

16:51	SEGMENT 2: TAKING BODY BASICS SERIOUSLY	6:05
-------	---	------

Synopsis: Many people have questions about their bodies that seem so silly, they never bring them up with their doctors. While the answers are sometimes humorous, often they are more complicated and important than we imagine. An expert physician/writer discusses.

Host: Nancy Benson. **Guest:** Dr. James Hamblin, Senior Editor, Atlantic Magazine and author, *If Our Bodies Could Talk: A Guide to Operating and Maintaining A Human Body*

Compliance issues covered: consumerism; education; health care; stigma; stereotypes; societal issues

Links for more information: <http://www.jameshamblin.com>

Program Log for Radio Health Journal

Program 19-13 **Producers** Reed Pence, Polly Hansen
Air Week 03/31 – 04/06/2019 **Production Director** Jason Dickey

Time	Segment	Dur.
2:04	SEGMENT 1: "DIFFICULT" PATIENTS: QUESTIONING AUTHORITY	10:53

Synopsis: Patients used to accept doctors' orders without question. Today, more are asking questions and challenging their doctors' opinions. However, even those who do it politely are likely to be labeled "difficult." A doctor whose late wife nearly made a career of being a difficult patient discusses how patients can do it respectfully and fruitfully.

Host: Reed Pence. **Guest:** Dr. William Steinbach, Prof., Chief of Pediatrics & Infectious Diseases, Duke Univ.

Compliance issues covered: health care; public health; consumerism; education; stereotypes; stigma

Links for more information:

<http://content.healthaffairs.org/content/27/5/1416.full>;
<https://pediatrics.duke.edu/faculty/william-j-steinbach-md>

13:59	SEGMENT 2: THE RISING TIDE OF RUDENESS	8:53
-------	--	------

Synopsis: Studies show a rudeness epidemic in the US, and that people are profoundly affected when they experience or even witness it occurring to someone else. Two experts discuss.

Host: Nancy Benson. **Guests:** Dr. Amir Erez, Prof. of Management, Warrington College of Business, Univ. of Florida; Dr. Christine Porath, Assoc. Prof. of Management, McDonald School of Business, Georgetown Univ., and author, *Mastering Civility: A Manifesto for the Workplace*

Compliance issues covered: business and industry; psychology; consumerism; mental health; societal issues

Links for more information: <http://warrington.ufl.edu/contact/profile.asp?WEBID=2057>;
<http://www.christineporath.com>

CHISHOLM TRAIL BOADCASTING “LUNCH BREAK”

Chisholm Trail Broadcasting stations produce and air a three-minute feature program called “Lunch Break” that deals with local and regional public affairs and issues. This program airs weekdays in the 11 a.m. hour on 1390 am KCRC, 107.1 fm KNID, and 95.7 fm KXLS. Lunch Break is a very broad based program. Politicians, public school officials, city officials, and many local groups and individuals are given airtime. Issues can range from a bake sale to benefit a local scout troop to candidates for an upcoming election. Below is a list of some of the Lunch Break programs that aired during the 1st quarter of 2019.

01-17-2019 - Kegan Tuohy

One of the organizers of the Enid Symphony Orchestra joined us for a segment to discuss their 3rd annual Enid Symphony Soiree which raises funds for their upcoming season. We also talked about the history of the orchestra and several events they have planned, including their performance on February 9th.

01-18-2019 – Jessica Vats

One of the organizers for 4OurKids was booked to come on the show to promote an upcoming event which was cancelled earlier that day. We ended up discussing why the decision was made to cancel the event which was weather related while also promoting other events that were being planned for the upcoming months.

01-23-2019 – Kyle Clifton

Kyle from the Central National Bank Center joined the show to talk about the announcement of Josh Turner coming to the CNB Center in March. We also discussed upcoming events such as the Harlem Globetrotters and Hairball which happened in February.

01-24-2019 – Ginny Shipley

We welcomed Ginny Shipley from the Gaslight Theatre in Enid to promote their Teen production of Grease. We talked about what it was like to put the show together, what it was like directing teenagers, and why they picked this particular show for Enid.

01-29-2019 – Kyle Clifton

Kyle from the CNB center came on the show to talk about the Skeltur Tournament that occurred the week before and the turnout from the fans from around the area. We also promoted the upcoming events such as the Harlem Globetrotters and Hairball.

01-31-2019 – Mike Fuhr

Mike is the manager of Burgundy Place, a senior living facility, and we discussed the role of the Burgundy Place in Enid over the past few decades. We also promoted their event which was an open house for anyone potentially interested in the facility.

02-12-2019 – Kyle Clifton

Kyle from the CNB center joined the show once again to discuss the upcoming rock n roll tribute event Hairball. We also discussed the gaslight theatre production of Bus Stop that happened in the ballroom of the CNB Center.

02-19-2019 – Dr. Ghee and Dr. McMillan

We welcomed Dr. Ghee and Dr. McMillan from Northwest Oklahoma State University to promote their upcoming entrepreneur workshop. We discussed the specifics of the event while also talking about the benefits of entrepreneurship in Oklahoma.

02-22-2019 - Missy Smith

The general manager of Freddys Frozen Custard joined the show to talk about the specials they had going on for the birthday of their founder. We talked about the different options of frozen custard they had while also talking about her background with the company.

02-26-2019 – Kevin Boryczki

Kevin from the CNB Center came on the show to discuss the upcoming events at the CNB center for the month of March. The events included PJ Masks, the Carden Circus, and the Josh Turner concert.

02-28-2019 – Tim McGugin

Tim from the local bar The Spot came in to discuss their upcoming events which included a peep show and some live concerts. We also talked about Tim and his background in promoting music and some of his favorite acts that have played in his club.

03-05-2019 – Kyle Clifton

Kyle from the CNB Center came on to discuss upcoming events for the CNB center while also addressing the potential name change for the arena. Events discussed included PJ Masks LIVE, the Carden Circus, and the Josh Turner concert.

03-06-2019 – Bartell Alexander

The ringmaster for the Carden Circus called into the show to discuss their upcoming event that would take place at CNB Center in Enid. We also talked about his history with the circus and what led him to become a performer.

03-07-2019 – Gogo Amy and Rachel Atlas

Two performers from the Pretty Things Vaudeville Show came on the show to discuss their upcoming performance at the Spot live in Enid that night. We talked about the history of the show and what the people could expect from their performance.

03-11-2019 – Dr. Ted Wong (Part 1)

Dr. Ted Wong from United Healthcare called into the show to discuss the rising opioid crisis in the US and its roots in dentistry. Wong went into detail as to what kinds of opioids were being prescribed and for what kind of procedures.

03-12-2019 – Dr. Ted Wong (Part 2)

In our second part of our series on the Opioid crisis, Dr. Ted Wong joined us once again to address concerns about opioids role in dentistry. Dr. Wong talked about what kind of questions you should ask your dentist if prescribed an opioid and how you can avoid a potential addiction.

03-13-2019 – Kyle Clifton

Kyle from the CNB Center joined us once again to talk about the upcoming name change to Stride Bank Center and upcoming events. Events discussed included PJ Masks, PRCA Bull Riding, and the Josh Turner concert.

03-14-2019 – Senator Jim Inhofe

The U.S. Senator and Chairman of the Senate Armed Forces committee joined the show to discuss President Donald Trump's emergency declaration for enhanced border security and other agenda items.

03-20-2019 – Kyle Clifton

Kyle from the Stride Bank Center came in to talk about the upcoming events and also the name change from the previous CNB Center. Events discussed included the Josh Turner concert, PRCA Bull Riding, and also the Oklahoma Flying Aces arena league football team.

03-21-2019 – Jordan Payne, Anthony Washington, Richard Davis

Members of the Oklahoma Flying Aces came in to talk about the start of their inaugural season that coming Saturday in Omaha. We talked to Jordan and Anthony about their backgrounds in football and their personal stories while talking to Coach Davis about what he expected from the team that week.

03-27-2019 – Kyle Clifton

Kyle from the Stride Bank Center joined us once again to promote the upcoming events for the arena in the coming weeks. The events discussed included PRCA Bull riding, The Land Run Beerfest, and the Oklahoma Flying Aces.

03-29-2019 – Jimmy Fortune

Jimmy Fortune, formally of the Statler Brothers, came on the show to talk about his upcoming show in Hinton at the Sugar Creek Casino. We also discussed his thirty year career and what it means to him to continue getting the chance to perform for his fans here in Oklahoma.

KNID – FM 1ST QUARTER 2019

THIS STATION GIVES OVER \$5,000 A MONTH IN ADVERTISING TIME TO THE OKLAHOMA ASSOCIATION OF BROADCASTERS FOR SIX DIFFERENT STATE AGENCIES AND THE PROMOTING OF THEIR WORK. THOSE AGENCIES INCLUDE THE OKLAHOMA DEPARTMENT OF HUMAN SERVICES, THE OKLAHOMA DEPARTMENT OF REHABILITATION SERVICES, THE OKLAHOMA SECONDARY SCHOOLS ACTIVITIES ASSOCIATION, THE OKLAHOMA STATE DEPARTMENT OF HEALTH, THE OKLAHOMA STATE INSURANCE DEPARTMENT, AND THE OKLAHOMA ARMY NATIONAL GUARD.

THE OKLAHOMA DEPARTMENT OF HUMAN SERVICE RUNS 30 SECOND ANNOUNCEMENTS FOR A WIDE VARIETY OF PROGRAMS UNDER THEIR CARE. AMONG THOSE RECEIVING AIRTIME INCLUDE THE STATE'S FOSTER CARE PROGRAM AND BEING A FOSTER PARENT FOR TEENAGE CHILDREN.

THE OKLAHOMA DEPARTMENT OF REHABILITATION SERVICES RUNS 30 SECOND ANNOUNCEMENTS FOR VISUAL SERVICES AND REHABILITATION PROGRAMS THAT WORK WITH THE DISABLED TO HELP THEM BECOME EMPLOYABLE AND OTHER EMPLOYMENT ASSISTANCE PROGRAMS AS WELL AS PROMOTING THE OKLAHOMA SCHOOL FOR THE DEAF AND THE BLIND.

THE OKLAHOMA SECONDARY SCHOOLS ACTIVITIES ASSOCIATION RUNS A SERIES OF SPOTS PROMOTING THE CHILDHOOD BENEFITS OF PARTICIPATING IN EXTRACURRICULAR ACTIVITIES AND HOW THESE ACTIVITIES LEAD TO TOMORROW'S INDUSTRY LEADERS.

THE OKLAHOMA STATE DEPARTMENT OF HEALTH RUNS 30 SECOND ANNOUNCEMENTS PROMOTING A SAFE ENVIRONMENT FOR INFANTS AND THE IMPORTANCE OF PRE-NATAL CARE AND PROMOTING HELP AND SUPPORT FOR THOSE WHO CHOOSE TO BREASTFEED..

THE OKLAHOMA STATE INSURANCE DEPARTMENT RUNS SPOTS REMINDING RESIDENTS OF THE BENEFITS OF BEING INSURED AND PREPARED FOR NATURAL AND MANMADE EMERGENCIES, AS WELL AS OTHER INSURANCE RELATED ISSUES.

THE OKLAHOMA ARMY NATIONAL GUARD RUNS SPOTS PROMOTING THE BENEFITS OF ENLISTMENT AND THE HELP THAT THAT THE CORPS DOES IN TIME OF NEED.

THIS STATION ALSO REGULARLY RUNS A 60 SECOND FEATURE FROM THE OKLAHOMA DEPARTMENT OF TOURISM DETAILING UPCOMING LOCAL EVENTS IN THE STATE AND A HOTLINE TO FIND OUT MORE ABOUT THOSE EVENTS AS WELL AS STATE TOURISM OPPORTUNITIES AND FACILITIES AVAILABLE THROUGH THE AGENCY.

THIS STATION ALSO RUNS NUMEROUS ANNOUNCEMENTS OF VARYING LENGTHS FOR SEVERAL NATIONAL AND STATE PUBLIC SERVICE ORGANIZATIONS. F.E.M.A., THE NATIONAL PARKS PROGRAM AND THE U.S. FOREST SERVICE, THE AARP, THE AMERICAN CANCER SOCIETY, WORLD VISION, NHTSA, MARINE CORPS, THE U.S. AIR FORCE, MAKE A WISH, THE D.A.V. GIRL SCOUTS, 4H, GOODWILL, THE CDC, ST. JUDE, MEALS ON WHEELS, THE AMERICAN HUMANE SOCIETY, SOCIAL SECURITY, AND MANY MORE ORGANIZATIONS. ISSUES COVERED INCLUDE ORGAN DONATION, THE DANGERS OF TEXTING WHILE DRIVING, ADOPTION CHOICES, CHILD PASSENGER SEAT SAFETY, COMMUNITY INVOLVEMENT, NUTRITION EDUCATION, BUZZED DRIVING, AWARENESS OF THOSE WITH DISABILITIES, HELP FOR RETURNING VETERANS, ASSISTANCE TO CAREGIVERS, COLLEGE ACCESS, WILDLIFE CONSERVATION, HEALTHCARE FRAUD, CHILDHOOD MENTORING PROGRAMS, AND MANY OTHER DIFFERENT ORGANIZATIONS PROMOTING MEDICAL CONDITIONS AND THEIR PREVENTION, AS WELL AS MANY OTHER NATIONAL AND REGIONAL ORGANIZATIONS THAT RAISE AWARENESS AND ASK FOR SUPPORT OF PUBLIC ISSUES.

THIS STATION ALSO DONATES THOUSANDS OF DOLLARS OF AIRTIME TO THE AREA BY PROMOTING AND ENCOURAGING LOCAL ORGANIZATIONS TO COME IN AND PRODUCE A 30 SECOND PROMOTIONAL ANNOUNCEMENT FOR THEIR GROUP'S UPCOMING FUNDRAISER OR EVENT. THIS STATION THEN RUNS THE ANNOUNCEMENT IN ROTATION WITH OTHER LOCAL ORGANIZATION'S ANNOUNCEMENTS NUMEROUS TIMES THROUGHOUT THE BROADCAST DAY.