

**Issues Programs List**

**Quarterly Issues Programs List**

**Station: KSNM-FM**

**October 1, 2023 through December 31, 2023**

**Section I. Issues**

The station has identified the following topics as significant issues facing our community in this quarter:

- A. **Public Health:** Colorado has several industry-leading and cutting-edge health facilities, and the research being conducted in said facilities have contributed to the ever-evolving understanding and treatment of health issues in the state. It is important that we use our platform to educate the public about developments in health-related fields so they understand the options available to them, signs of health struggles, and issues still facing the public at large in regards to their health.
  
- B. **Mental Health:** Colorado has seen a change in the perception on how to handle mental health crises. In March 2023, for example, a bill was introduced in the Colorado Legislature to change the response to a mental health-related 911 call from the local police department to mental health professionals. With the stigma of mental health issues changing in the state, it is important to use our platform to further educate our audience about the realities of mental health so the public better understands the best remedies for such issues.
  
- C. **Addiction:** According to a recent survey from the U.S. Substance Abuse and Mental Health Services Administration, more than 10% over Coloradans have a substance abuse disorder.
  
- D. **Bullying:** In Colorado, 1 in 5 kids reports being bullied, with thousands of children and adolescents being affected in some fashion by bullying annually.
  
- E. **Parkinson's Disease.** Nearly 17,000 Coloradoans suffer from Parkinson's disease.

**Section II. Responsive Programs**

<b>Date Aired</b>	<b>Time aired</b>	<b>Duration (Minutes)</b>	<b>Program Name</b>	<b>Issue Discussed. Description of Program</b>
10/1/23	6:50 AM	10 min.	KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN	<b>Cancer; Public Health; Health Insurance:</b> There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.
10/8/23	6:50 AM	13 min.	“OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION	<b>Healthcare; Traditional Medicine:</b> Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.

10/22/23	6:50 AM	10 min.	HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION	<b>Vaccine; Flu:</b> The FDA recently approved a new booster shot for Covid-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.
10/29/23	6:40 AM	21 min.	INTERVIEW WITH THE BULLY PREVENTION PROJECTION ORGANIZERS	<b>Bullying; Teen Suicide:</b> "Before Your Hate, Think of Cait" (BYHTOC) was founded by Todd and Maya Haynes (Caitlyn's parents) in hopes of changing how schools and youth programs deal with bullying. We believe that together we can make a difference in the lives of our children. In 2015, Cait Haynes was a junior at Montrose High School when she decided to take her own life. She was a victim of peer bullying. Cait was widely known as a kind-hearted, service-oriented, good-natured person who loved animals and people. We are hopeful that sharing her story and educating others about bullying might save a young person's life.
11/5/23	6:40 AM	19 min.	DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH	<b>Neurobiology; Dopamine:</b> Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.
12/23/23	8:40 AM	17 min.	NEIGHBORHOOD WATCH PROGRAM	<b>Public Safety; Communication:</b> Interview with Montrose ex-Mayor Rex Swanson and Corporal Thomas with the Montrose County Sheriff's Department, discussing the revamping of re-implementation of the Neighborhood Watch Community in Montrose. They discussed the importance of the program and how people in the community can get involved.

In addition to the above programming, the station broadcast Viewpoints beginning 11/19/2023. The program aired Sundays at 7:00 a.m.

A comprehensive description of the topics covered is found on the following pages.