

**89.7 KSGN**  
**Issues and Programs**  
**2<sup>nd</sup> Quarter**  
**April – June 2023**

The following descriptions are examples of programs aired that address and meet community issues; this does not represent an exhaustive list of all the public service 89.7 KSGN provides.

1. Child Development
2. Disaster Preparedness
3. Education
4. Food Security
5. Healthcare
6. Health/Physical & Mental
7. Housing/Homelessness
8. Jobs/economy
9. Relationship-building

### Local Programming

The following describes programming content that represent the station’s issue-responsive programming for the preceding calendar quarter.

<b>Date/Time</b>	<b>Show</b>	<b>Topic</b>	<b>Description</b>	<b>Length</b>
4/3/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Sam talks about how medical professionals have discovered that there are now blood tests available to help determine which antidepressant medication will work for each individual	1:02
4/5/2023 3:45 PM	Scott & Sam	Health/Physical & Mental	Scott discussed a study that found there are certain sounds that lower people's quality of life	0:59
5/17/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Studies are showing that using diet sweeteners doesn't help with losing weight.	0:56
5/18/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Studies have found that only 10% of the salt that we intake is from what we add to our food. The rest is from the processed foods. Another study finds salt and fat are not bad for you.	0:42
5/18/2023 4:09 PM	Scott & Sam	Child development	Study shows kids whose dads play with them when they're very young are actually smarter by the age of 2 than those without play.	1:00

5/22/2023 3:45 PM	Scott & Sam	Health/Physical & Mental	New study shows that Omega-3's are really good for memory and brain health	1:01
5/22/2023 4:45 PM	Scott & Sam	Health/Physical & Mental	Studies show that the younger the doctor is, the lower the mortality rate is for the patients	1:22
5/31/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	Latest studies show that taking vitamins and going for 30 min walks regularly takes 3 years off of your brain's age.	1:12
4/10/2023 9:18 AM	Theresa Ross	Health/Physical & Mental	Theresa Ross shares about a study revealing how regularly bathing can lower stress, improve sleep and overall health	:44
4/10/2023 9:45 AM	Theresa Ross	Food Security	Theresa provides information on Manna Ministry free food distribution event in Yucaipa	:36
11:45	Theresa Ross	Health/Physical & Mental	Theresa relays results of a study showing garden/yard work provides health benefits from physical activity, plus communal gardening providing social and mental health benefits	:44
4/12/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Theresa shares how experts say to strive for doable goals for weight loss such as one pound per week and then add on to that. She also shares a registered dietician's advice on improving health and longevity of life instead of focusing on a number on the scale.	0:59
4/17/2023 11:18 AM	Theresa Ross	Food Security	Set Free Church gives out free lunch every Monday until noon	0:42
4/24/2023 9:18 AM	Theresa Ross	Food Security	Free groceries and hot lunch at Set Free Church from 10 am - 12 pm	0:38
5/8/2023 9:45 AM	Theresa Ross	Food Security	Free groceries and hot lunch at Set Free church today from 10 am to 12 pm	0:49
5/9/2023 12:45 PM	Theresa Ross	Food Security	Theresa talks about a local festival where families in crisis can get emergency food packages	0:50
5/10/2023 10:45 AM	Theresa Ross	Food Security	Postal workers will be picking up non-perishable food items this Saturday to help feed those in need	0:55
5/11/2023 11:45 AM	Theresa Ross	Health/Physical & Mental	According to studies, laughing actually burns calories	0:57

5/12/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Mental health is important in the Christian world. Theresa shares mental health crisis line: 9-8-8	1:22
5/12/2023 12:45 PM	Theresa Ross	Health/Physical & Mental	Theresa discusses event at City Way Community Economic Development Corporation for faith and mental health with resources available for grief recovery, etc.	0:54
5/15/2023 11:45 AM	Theresa Ross	Health/Physical & Mental	Theresa mentions Mental health Awareness month- check on each other, call 988 for emergencies	0:50
5/15/2023 12:18 PM	Theresa Ross	Health/Physical & Mental	Josh Wilson shares how his anti-depressant medication has been a resource to help him a lot with anxiety and says it can help others like him	1:14
5/18/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Nutritionist gave advice on the best ways to get the nutrients we need on a daily basis	1:02
5/18/2023 10:45 AM	Theresa Ross	Food Security	Southern California Festival and Sale this weekend offering free food to families in need	0:42
5/19/23 9:45 AM	Theresa Ross	Health/Physical & Mental	Sports medicine doctor advises that people stretch, wear sunscreen, and drink plenty of water when doing activities outdoors	1:07
5/19/23 10:54 AM	Theresa Ross	Health/Physical & Mental	For mental health emergencies, call 988	0:13
5/22/2023 11:18 AM	Theresa Ross	Food Security	Set Free Church offering free lunch to whoever needs it today between 10am and 12 pm	0:47
5/22/2023 12:45 PM	Theresa Ross	Child development	Virtual parenting classes starting today	0:35
5/23/2023 9:18 AM	Theresa Ross	Child development	Free virtual parenting class	1:03
5/23/2023 10:18 AM	Theresa Ross	Jobs/economy	Company will pay you to scroll on Tiktok.	0:44
5/23/2023 12:45 PM	Theresa Ross	Food Security	Monthly food and diaper bank at Grand View Baptist church this Saturday	0:56
5/24/2023 10:45 AM	Theresa Ross	Food Security	Free grocery event this Saturday	0:43
5/24/2023 12:45 PM	Theresa Ross	Child development	Free virtual 6 week parenting class	0:52

5/25/2023 11:18 AM	Theresa Ross	Child development	Experts say to limit the use of phones, tablets, and computers for at least an hour before bedtime and all throughout the night so that kids can get the best night's sleep	1:28
5/25/2023 11:45 AM	Theresa Ross	Food Security	Drive thru food bank this Saturday at Grand View Baptist Church between 8 am and 10 am	0:55
5/26/2023 9:18 AM	Theresa Ross	Food Security	Monthly food and diaper bank tomorrow at Grand View Baptist Church	0:36
5/26/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Dermatologists recommend putting on SPF30 broad spectrum sunscreen at least 30 min before going outside each day	0:53
5/26/2023 12:18 PM	Theresa Ross	Health/Physical & Mental	Dr Melissa Mork explains specific signs to look for when questioning if someone needs to seek a mental health specialist.	1:48
5/26/2023 12:45 PM	Theresa Ross	Child development	Free virtual parenting class	0:39
5/30/2023 9:45 AM	Theresa Ross	Health/Physical & Mental	Doctor explains certain things that are good for mental health hygiene	0:52
5/31/2023 12:18 PM	Theresa Ross	Health/Physical & Mental	According to the American Accademy of Dermatology, we need about 1 oz of 30 spf sunscreen to fully cover the skin that's not covered by clothing. We should apply 30 minutes prior to going outdoors, then reapply every 2 hours	1:34
6/5/2023 10:18 AM	Theresa Ross	Food Security	Set Free Church giving out hot lunch and free groceries now until noon	0:44
6/8/2023 12:18 PM	Theresa Ross	Relationship-building	In marriage, always communicate with eachother to find how you can meet eachother where you're at	1:23
6/9/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	According to marine biology professor, people and sharks can actually swim together	1:21
6/12/2023 11:45 AM	Theresa Ross	Food Security	Hot lunch provided today at Set Free church in Yucaipa	0:51
6/12/2023 12:18 PM	Theresa Ross	Child development	Swimming lessons for kids at a very young age can help keep kids safe and build confidence	1:21
6/13/2032 11:18 AM	Theresa Ross	Health/Physical & Mental	Regular blood donation can help iron levels, lower risk of heart disease and	1:05

			certain cancers, and increase blood count.	
6/14/2023 9:18 AM	Theresa Ross	Child development	Experts suggest to have regularly scheduled meal times and to space out time between kid's snacks so that they have a chance to become hungry again before they eat another meal.	1:10
6/14/2023 10:45 AM	Theresa Ross	Health/Physical & Mental	Experts suggest placing things in the back seat of the car so that you have to check the backseat so children aren't left in there.	1:02
6/15/2023 11:54 AM	Theresa Ross	Health/Physical & Mental	For mental health emergencies, dial 988	0:10
6/15/2023 12:45 PM	Theresa Ross	Health/Physical & Mental	Blood donations can lower heart disease, boost production of new blood cells, lower risk of cancer	0:53
4/5/2023 11:18 PM	Keep the Faith	Relationship-building	Mike Donehey talks about the importance of married couples disagreeing with each other	1:58
4/13/2023 9:36 PM	Penny	Relationship-building	Allen Morris mentions studies which find a growing number of Americans are lonely and ways to combat that in the business world	1:20
4/18/2023 9:18 PM	Penny	Relationship-building	Lisa Bevere discusses the intricacies of communication with others and how to incorporate scripture with it	2:10
4/20/2023 11:18 PM	Penny	Relationship-building	Andi Andrews talks about how the difficult relationships with our moms impact all other relationships	2:10
5/4/2023 9:18 PM	Penny	Relationship-building	Stephen Arterburn discusses the importance of earning respect of step-children instead of expecting it immediately	2:24
5/5/2023 7:36 PM	Penny	Relationship-building	Carlos Whittaker discusses the importance of finding discomfort with people in order to grow deeper with them	2:01
5/9/2023 9:18 PM	Penny	Health/Physical & Mental	Annie F Downes talks about adding a bit of fun into regular routine things to help spiritual and emotional health	1:19
5/9/2023 11:18 PM	Penny	Relationship-building	Dave Burchett explains how to have a calm conversation with someone you disagree with	1:24

5/10/2023 7:36 PM	Penny	Relationship- building	Johnny Parker discusses the issues of needing to satisfy a need within relationships by turning to other things	1:55
5/11/2023 8:36 PM	Penny	Relationship- building	Tim Storey talks about paying attention to the small conversations that happen in your family	1:20
5/12/2023 8:18 PM	Penny	Relationship- building	Scarlett Hiltibidal discusses how she handles failures as a mom with her kids	1:22
5/15/2023 7:36 PM	Penny	Child development	David Salyers discusses how children need to have a supportive home lifestyle	2:07
4/11/2023 7:27 AM	Brant Hansen	Child development	Brant talks about how reading to infants helps language processing skills	:55
4/13/2023 6:36 AM	Brant Hansen	Health/Physical & Mental	Brant and Sherri discuss a study from Arizona state which found moms are at their highest stress level when their kids are in middle school	1:22
4/18/2023 6:18 AM	Brant Hansen	Relationship- building	Marriage isn't about finding space for compatability but allowing space for failure	1:03
4/18/2023 9:36 AM	Brant Hansen	Health/Physical & Mental	Sighing helps the health of your lungs	0:37
4/19/2023 8:27 AM	Brant Hansen	Health/Physical & Mental	Psychological studies have shown that slow moving music decreases stress hormones, serves as a distraction, and helps people to explore emotions	1:22
4/21/2023 9:27 AM	Brant Hansen	Health/Physical & Mental	If you spend 45 min a day creating art you enjoy, you can live 10 years longer	0:49
4/28/2023 9:18 AM	Brant Hansen	Health/Physical & Mental	According to survey, unhappiness is at a record high in US	1:01
5/2/2023 6:18 AM	Brant Hansen	Health/Physical & Mental	Right now is the worst time for sunburns due to the angle of the sun	0:42
5/2/2023 8:45 AM	Brant Hansen	Health/Physical & Mental	UC Davis listed things that will make someone happy: worshipping God/being spiritual, confiding in others, be compassionate towards others, being thankful/grateful.	1:19
6/4/23 8:45 AM	Keep the Faith	Relationship- building	When you get to someone's door, deliberately lay aside your own agenda to be the friend they need	0:53
6/4/23 9:09 AM	Keep the Faith	Relationship- building	Joe Beam advises to not just share experiences but your feelings about	1:48

			your experiences with others as a way to grow deeper with them	
6/11/2023 5:18 AM	Keep the Faith	Relationship-building	Stephen Chandler shares how he encourages his children to be confident in their abilities	1:51
6/11/2023 6:54 AM	Keep the Faith	Child development	Parents should be caring and compassionate towards their children so that they will in turn become caring and compassionate	1:23
6/11/2023 7:09 AM	Keep the Faith	Relationship-building	Kimberly Holmes discusses the importance of becoming the best version of yourself in marriage	1:26
6/11/2023 7:27 AM	Keep the Faith	Relationship-building	Mike Donehey talks on the importance on understanding the other person's perspective in relationships	1:30
6/16/2023 9:18 AM	Theresa Ross	Child development	Experts say it's a good idea to keep videogames to around 2 hours per day for kids and focus more on outdoor play	1:00
6/19/2023 10:27 AM	Theresa Ross	Health/Physical & Mental	National number for mental health emergencies	0:10
6/21/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Donating or throwing away 5 things a day can declutter your home and also reduce a lot of stress	1:22
6/21/2023 12:18 PM	Theresa Ross	Health/Physical & Mental	If you feel like you need some counselling/therapy, seek it. It's not for crazy people, its for anyone. Dial 988 for emergencies	0:42
6/22/2023 9:45 AM	Theresa Ross	Food Security	Corona Friends church has drive-thru food drive this weekend	0:45
6/22/2023 12:18 PM	Theresa Ross	Health/Physical & Mental	Taking a nap can actually help your brain, associated with lower risk of dementia.	0:42
6/23/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	People with dogs get 20 min more exercise than those who don't have dogs.	0:45
6/23/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	American heart association has stated that coconut oil isnt good for you and has given a list of alternative oils to use instead	0:41
6/23/2023 4:27 PM	Scott & Sam	Relationship-building	Encouragement requires empathy and seeing things from your spouses perspective	0:35
6/23/2023 5:09 PM	Scott & Sam	Relationship-building	Researchers found that during difficult seasons of relationships,	0:55

			looking at pictures of cute animals while thinking of that person can help	
6/25/23 5:54 AM	Keep the Faith	Relationship-building	Joe Beam discusses how communicating love, respect, and like in ways your partner believes is key to a happy and successful relationship	1:54
6/25/23 8:09 AM	Keep the Faith	Health/Physical & Mental	Having time to sit and be still, especially during hectic seasons, is necessary for our mental energy	1:01
6/25/23 8:45 AM	Keep the Faith	Child development	When kids experience positive reinforcement, they will in turn become more compassionate towards others	1:23
6/25/23 9:09 AM	Keep the Faith	Relationship-building	Focus on becoming the best you can be physically, spiritually, emotionally, and mentally within your marriage when the attraction starts to die	1:26
6/25/23 9:36 AM	Keep the Faith	Relationship-building	Trying to understand someone's perspective is far more important than trying to make a point	1:31
6/25/23 9:54 AM	Keep the Faith	Health/Physical & Mental	Choosing to have fun is necessary for our mental health	1:20
6/27/2023 3:09 PM	Scott & Sam	Relationship-building	When wives are in physical pain, they lose their emotional connections with their husbands. Studies show that having the husband just reaching out and touching her will reestablish that connection	0:46



## Public Service Announcements

The following lists public service announcements that the station broadcast in the preceding calendar quarter to address community issues.

<b>Topic</b>	<b>Title</b>	<b>Length</b>	<b>Runs</b>
Education	IPL-E STEM Tip -Recycling	:30	23
Disaster Prep	IPL-DP Hero-Karen	:30	22
Child Development	IPL-DP Teen Adoption-Courage	:30	20
Food Resources	IPL-FR I Am Hunger	:30	22
Food Resources	IPL-FR I Am Hunger 2	:30	22