

**89.7 KSGN**  
**Issues and Programs**  
**3<sup>rd</sup> Quarter**  
**July – September 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>
7/3/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Scientists have discovered the less sleep you get, the highre likelihood you won't remember things when you're older	0:39
7/3/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	Antihistimenes can prevent the growth of tumors	0:35
7/3/2023 5:18 PM	Scott & Sam	Relationship-building	Having a nighttime checkin routine with your family can build better relationships with eachother	0:56
7/4/2023 4:09 PM	Scott & Sam	Child development	Researchers found that children who sleep alone get better sleep	0:51
7/6/2023 11:45 AM	Theresa Ross	Child development	New studies show that kids don't drink enough water. Try doing naturally infused water, or snacks that are high in water content to help	1:10
7/9/2023 5:45 AM	Keep the Faith	Relationship-building	Mike Donehey explains how most people don't need to be agreed with, they just need to be understood	1:30
7/9/2023 7:54 AM	Keep the Faith	Relationship-building	Joe Beam discusses the key components to a healthy marriage is love, communication, trust, and respect	1:55

7/9/2023 8:18 AM	Keep the Faith	Relationship-building	Stephen Chandler shares the importance of encouraging your children to be confident in themselves	1:51
7/9/2023 9:54 AM	Keep the Faith	Child development	Michele Borba discusses when parents build up a child's confidence in their abilities and as a caring person, their self confidence skyrockets.	1:23
7/10/2023 10:18 AM	Theresa Ross	Food Security	Free groceries and a hot lunch at Set Free Church in Yucaipa until noon	0:42
7/10/2023 11:18 AM	Theresa Ross	Health/Physical & Mental	Science has proven that if you choose to be grateful/thankful, you become happier	0:44
7/12/2023 9:18	Theresa Ross	Health/Physical & Mental	Heat advisory in effect until Monday, check up on neighbors, children, pets.. Drink lots of water	0:55
7/12/2023 9:27 AM	Theresa Ross	Health/Physical & Mental	For mental health emergencies, call 988	0:10
7/13/23 9:45 AM	Theresa Ross	Health/Physical & Mental	New tiktok trend called "bed rotting" can be good once in a while, but consistently it is a sign of a mental health issue.	0.0382
7/13/23 11:09 AM	Theresa Ross	Health/Physical & Mental	Excessive heat warning in effect until next week	0:11
7/13/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Experts say the healthiest thing to do in the morning is to drink 8 oz of water each morning	0:55
7/14/2023 9:18 AM	Theresa Ross	Health/Physical & Mental	Free wifi in public places are not safe. Experts say use a VPN as a way to stay safe	0:48
7/16/23 8:36 AM	Keep the Faith	Health/Physical & Mental	Having a healthy balance of work and rest is a good way to feel fully alive	0.0667
7/16/23 9:27 AM	Keep the Faith	Child development	The greatest lessons for children are born out of pain, parents need to provide love and support in helping them get through the pain	0.059
7/16/23 9:54 AM	Keep the Faith	Health/Physical & Mental	John Bevere discusses the difference between unhealthy and healthy fear and what the bible says about it	0.0493
7/17/2023 9:18 AM	Theresa Ross	Health/Physical & Mental	Experts suggest waking up 30 min before your kids, scrolling less on social media, or asking neighbors to watch your kids as a way to help get extra "me time" in for yourself.	1:00
7/17/2023 10:09 AM	Theresa Ross	Health/Physical & Mental	Excessive heat warning all week	0:16

7/17/2023 10:18 AM	Threesa Ross	Food Security	Hot lunch and groceries at Set Free Church in Yucaipa until noon	0:49
7/17/2023 11:36 AM	Threesa Ross	Health/Physical & Mental	Text or call 988 for mental health emergencies	0:12
7/18/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Max Lucado speaks on loneliness and how to view it through a healthy biblical perspective	1:03
7/19/2023 9:45 AM	Theresa Ross	Health/Physical & Mental	Cooling centers all over the IE, list on ksgn.com	0:35
7/20/23 10:09 AM	Theresa Ross	Health/Physical & Mental	List of cooling centers available on ksgn.com	0:12
7/20/23 11:18 AM	Theresa Ross	Health/Physical & Mental	Walmart will have sensory-friendly hours for back-to-school shopping on Saturdays from 8-10 am	1:05
7/20/2023 12:27 PM	Theresa Ross	Health/Physical & Mental	Cooling centers in the IE, list on ksgn.com	0:10
7/21/2023 11:18 AM	Theresa Ross	Health/Physical & Mental	Dermatologists are recommending only showering a few days a week	0:57
7/21/2023 3:36 PM	Scott & Sam	Health/Physical & Mental	New study shows that being isolated is just as bad as smoking 15 cigarettes a day. Denver started a program to allow care for homeless peoples' pets so they can keep a companion	0:51
7/23/2023 3:36 PM	Kim Fitz	Health/Physical & Mental	New research finds that coffee doesn't give you extra energy, but "loans" you energy and end up feeling tired earlier on in the day	0:34
7/23/2023 5:36 AM	Keep the Faith	Child development	Amy Grant talks about preparing the road for the child vs preparing the child for the road.	1:25
7/24/2023 9:54 AM	Theresa Ross	Health/Physical & Mental	Cooling centers all over IE, list available on website/app	0:16
7/24/2023 11:45 AM	Theresa Ross	Health/Physical & Mental	Cooling centers in IE, list on ksgn.com/app	0:16
7/24/2023 5:18 PM	Scott & Sam	Child development	It's important to show kids the highs and lows of what love is like so they have a healthy understanding of it	0:49
7/25/2023 9:18 AM	Theresa Ross	Health/Physical & Mental	Cooling centers located all over IE, be sure to help others and let people know. List available at ksgn.com	0:49
7/25/2023 9:45 AM	Theresa Ross	Jobs/economy	Scammers are using chatGPT to create job listings and using old expired job posts.	1:23
7/26/2023 11:27 AM	Theresa Ross	Health/Physical & Mental	Cooling centers located all over IE, list at ksgn.com	0:09

7/26/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	Being kind brings a lot of benefits for the community but also individuals mental health	1:04
7/26/2023 4:45 PM	Scott & Sam	Health/Physical & Mental	New study finds a shot of espresso can help stave off the effects of alzheimers	0:37
7/27/2023 10:45 AM	Theresa Ross	Health/Physical & Mental	Be sure to stay hydrated, there are foods that have high water content. Stay cool with cooling centers all over IE	0:47
7/27/2023 12:45 PM	Theresa Ross	Food Security	Grand View Baptist church doing drive-thru food drive this Saturday	0:41
7/27/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Study shows that oxytocin helps to remove brain blockages	1:04
7/27/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	New study shows that people who are more cautious about germs turn out to be healthier than people who aren't	1:05
7/28/2023 11:45 AM	Theresa Ross	Health/Physical & Mental	Experts suggest to slowly adjust a sleep schedule, don't eat late at night, and cut back on caffeine and sugary drinks throughout the day if you need to start getting up earlier	1:06
7/30/2023 7:36 AM	Keep the Faith	Child development	Amy Grant shares how important it is to prepare kids for the road instead of preparing the road for the kid	1:25
7/30/2023 2:18 PM	Kim Fitz	Health/Physical & Mental	Experts are recommending people shower only 2-3 times per week	0:43
7/31/2023 10:45 AM	Theresa Ross	Food Security	Set Free ministry giving out free groceries today until noon	0:32
7/31/2023 12:45 PM	Theresa Ross	Health/Physical & Mental	Loma Linda University Divorce care starting tomorrow night	0:39
8/3/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	New study shows there's 1,500x more bacteria on birthday cake from blowing out candles than regular cake	0:59
8/3/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	Study finds that when you talk about your emotions in 3rd person, they can be a little easier to handle	1:04
8/3/2023 5:09 PM	Scott & Sam	Health/Physical & Mental	Study shows that people who play video games end up being more productive and positive than those who don't	1:09

8/4/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	New studies show that household chores can cut the risk of cancer by a third.	0:44
8/6/2023 9:27 AM	Keep the Faith	Health/Physical & Mental	Lysa TerKeurst talks on the importance of boundaries within relationships	1:42
8/7/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Studies show that if someone has a FitBit their health improves just by the psychological need to hit the amount of steps shown on the device	0:39
8/15/2023 12:54 PM	Theresa Ross	Health/Physical & Mental	For mental health emergencies, dial 988	0:10
8/16/2023 10:09 AM	Theresa Ross	Health/Physical & Mental	If you're struggling with mental health, call 988	0:11
8/7/2023 9:45 AM	Theresa Ross	Health/Physical & Mental	Check in on your friends, if anyone is in mental crisis call 988	1:02
8/13/2023 5:18 AM	Keep the Faith	Health/Physical & Mental	Christy Metz shares how forgiveness helped her mental health	1:30
8/13/2023 6:18 AM	Keep the Faith	Relationship-building	Joe Beam discusses how dangerous it can be to jump to conclusions	1:58
8/13/2023 6:36 AM	Keep the Faith	Relationship-building	Lysa TerKeurst talks about how people pleasing can be detrimental to your own relationships	1:42
8/13/2023 6:54 AM	Keep the Faith	Relationship-building	The best thing you can do for your mental health and relationships is to be still	1:25
8/13/2023 9:18 AM	Keep the Faith	Relationship-building	Kimberly Holmes discusses how important it is to learn how to communicate with others	1:46
8/17/2023 3:09 PM	Scott & Sam	Child development	New study finds that babies that move a lot in the first few months of life have a lower rate of developing dementia later on in life	1:04
8/18/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	Experts say best workouts for aging bodies are HIIT workouts	0:47
8/18/2023 12:27 PM	Theresa Ross	Health/Physical & Mental	For mental health emergencies call 988	0:09
8/20/2023 6:18 AM	Keep the Faith	Relationship-building	Kimberly Holmes discusses the importance of learning to communicate in marriage	1:45
8/20/2023 7:18 AM	Keep the Faith	Relationship-building	Chrissy Metz talks about how not forgiving people can have a drastic impact on our lives	1:30
8/20/2023 8:18 AM	Keep the Faith	Relationship-building	Joe Beam talks about the dangers of jumping to conclusions during an argument	1:58

8/20/2023 8:36 AM	Keep the Faith	Relationship-building	Lysa TerKeurst discusses how people pleasing and poor boundaries can be very damaging to your relationships	1:42
8/21/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Studies show that moving your body while trying to learn something can help you retain the information	0:40
8/28/2023 9:45 AM	Theresa Ross	Food Security	Free groceries and a hot lunch at Set Free Ministries in Yucaipa until noon	0:34
8/23/2023 9:45 AM	Theresa Ross	Food Security	Drive thru food and diaper bank this Saturday at Grand View Baptist Church	0:45
8/29/23 10:18 AM	Theresa Ross	Health/Physical & Mental	Clean your apple watch bands--they can have tons of bacteria on them	0:43
8/27/23 5:54 AM	Keep the Faith	Health/Physical & Mental	Crystal Dwyer Hansen speaks on how entertaining our fears can become self fulfilling prophecies	1:49
8/27/2023 8:36 AM	Keep the Faith	Health/Physical & Mental	Steve Arterburn discusses how anger and bitterness can be poison for ourselves	1:39
8/27/2023 8:54 AM	Keep the Faith	Relationship-building	Kimberly Holmes shares the impact of divorce on a person's life	1:40
8/21/2023 10:18 AM	Ross	Food Security	Free groceries and a hot lunch at Set Free Church until noon	0:35
8/21/2023 10:45 AM	Ross	Health/Physical & Mental	Better Business Bureau offers advice on how to recognize online scams	1:05
8/31/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	Scientists did a survey of 18 countries and found the most "unhealthy" thing people ate was actually from carbs	0:52
9/3/2023 5:09 AM	Keep the Faith	Relationship-building	Tim Storey discusses being real with others can be more impactful than putting on an act	1:17
9/3/2023 5:45 AM	Keep the Faith	Relationship-building	Joe Beam shares how we should be sharing how much people mean to us now and not when it's too late	1:37
9/3/2023 7:54 AM	Keep the Faith	Health/Physical & Mental	Crystal Dwyer Hansen discusses the importance of not entertaining fearful thoughts	1:49
9/8/2023 5:09 PM	Scott & Sam	Health/Physical & Mental	Studies show that using the internet as you age helps keep your brain sharper.	1:10
9/10/2023 5:54 AM	Keep the Faith	Relationship-building	Johnny Parker talks about the dangers of seeking wholeness within a relationship	1:40

9/10/2023 6:36 AM	Keep the Faith	Health/Physical & Mental	Steve Arterburn discusses how anger and bitterness can become poison in our own lives	1:40
9/10/2023 6:54 AM	Keep the Faith	Child development	Kimberly Holmes talks about how divorce has a major impact on the children involved	1:41
9/13/2023 4:09 PM	Scott & Sam	Health/Physical & Mental	Studies show that babies who have more gut bacteria have a less likely chance of developing asthma or allergies	1:00
9/14/2023 10:18 AM	Theresa Ross	Health/Physical & Mental	New study shows that emulsifiers are connected to cardiovascular diseases	0:54
9/14/23 12:45 PM	Theresa Ross	Food Security	Set Free Church giving out free groceries and a hot lunch on Monday	0:46
9/19/23 9:45 AM	Theresa Ross	Health/Physical & Mental	Avoid stress eating by burning off the stress through other means	0:54
9/20/23 11:45 AM	Theresa Ross	Health/Physical & Mental	New study shows that people who drink tea have a lower chance of developing type 2 diabetes	0:48
9/20/23 12:45 PM	Theresa Ross	Health/Physical & Mental	New study finds that you shouldn't be making important decisions when you're hungry	0:54
9/17/23 6:45 AM	Keep the Faith	Child development	Joe beam shares that parent's need to raise each child differently	1:26
9/17/23 9:09 AM	Keep the Faith	Relationship-building	Johnny and Lezlyn Parker discuss the difficulties with change and forgiveness	2:01
9/21/2023 10:45 AM	Theresa Ross	Health/Physical & Mental	New science shows having grandkids around grandparents gives meaning for their lives, relieves stress, and also relieves stress for the parents as well	0:52
9/21/2023 5:09 PM	Scott & Sam	Health/Physical & Mental	New study shows that people are aging differently. Older people now are functioning a lot younger cognitively compared to 30 years ago	0:43
9/24/2023 8:45 AM	Keep the Faith	Child development	Joe Beam Discusses the importance of raising children differently from eachother	1:26
9/26/2023 11:45 AM	Theresa Ross	Jobs/economy	Redlands Chamber job fair happening Friday	0:37
9/26/2023 12:45 PM	Theresa Ross	Health/Physical & Mental	Anxiety expert shares how to combat those thoughts and feelings	1:25
9/26/2023 3:09 PM	Scott & Sam	Health/Physical & Mental	New study shows that people who are less rigid with their diets are actually more successful	0:43

9/27/2023 11:18 AM	Theresa Ross	Jobs/economy	Redlands chamber job fair is happening this Friday	0:46
9/27/2023 12:45 PM	Theresa Ross	Food Security	Drive thru diaper bank at Grand View Baptist church tomorrow morning. People can get several bags of groceries along with free diapers and wipes	0:46
10/2/23 9:45 AM	Theresa Ross	Food Security	Set Free church in Yucaipa giving out free groceries today until noon	0:38
10/2/23 10:45 AM	Theresa Ross	Health/Physical & Mental	Scientists and medical professionals suggest women to stop going to social media for advice about cancer	0:57



## 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	16
Child Development	IPL-CD Dadication-Joseph	:30	15
Child Development	IPL-CD Never Completely Ready	:30	12
Disaster Prep	IPL-DP Hero-Karen	:30	14
Food Resources	IPL-FR I Am Hunger	:30	13
Child Development	IPL-CD Car Seat-Night Shift	:30	17
Child Development	Car Seat-One Upmanship	:30	16
Child Development	IPL-CD Questions	:30	14
Child Development	IPL-CD Think	:30	13