

ISSUES AND PROGRAMS LIST - COMPLETE EACH QUARTER

PURPOSE: On this form, summarize a list of several issues which confront your community and the programs you ran to address each. See 73.3526(a)(9) or 73.3527(a)(7).

**STATION: KJVV 101.9FM
Twentynine Palms.**

DATE: 1st. Q. Jan. Feb. March 2021

DURING THE PAST QUARTER, THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE RAN THE PROGRAMS INDICATED TO ADDRESS THEM.

Issue: Killer Diseases: Preventing or Reversing Heart Disease, Cancer, Diabetes WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health & Longevity Date: 1-10-21 Time of day: 11:00 A.M. Duration: 28 minutes.

Host Dr. John Westerdahl interviewed guests Caldwell Esselstyn, M.D., and Rip Esselstyn, on medical research findings that a plant-strong diet is effective for preventing and/or reversing heart disease, prostate and breast cancers, diabetes type 2, and other killer diseases. Resources include free recipes online and in the books, My Beef with Meat and Reversing Heart Disease. Available at www.healthandlongevityradio.com or www.engine2diet.com/my-beef-with-meat/

Issue: Strengthening Reading Skills / Healthier Families WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Family Life Today Date: 2-2-2020 Time of day: 4:00 P.M. Duration: 28 Minutes.

Dennis Rainey & Bob Lapine interviewed authors Barbara Rainey and Tracy Lane on helping kids to turn off the electronics and turn on to summer reading. They offered practical tips on how to engage children and teens in reading. Social media can narrow a child's focus to self, and reading widens their focus. Resources at www.familylifetoday.com

Issue: Human Performance, Brain Health WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): American Indian Living Date: 3-6-21 Time of day: 11:00 A.M. Duration: 58 Minutes.

Host David DeRose, MD, and his guest Greg Wells, PhD, exercise physiologist, discussed the insights in his book The Ripple Effect: Eat, Sleep, Move, and Think Better. They discussed the importance of exercise, sleep, and eating nutritious foods for our ability to think and perform optimally. Resources at: www.drgregwells.com.

Issue: Getting Out of Debt to Financial Freedom WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): MoneyWise Date: 3-25-2021 Time of day: 9:30 AM Duration: 28 Minutes.

Hosts Rob West and Steve Moore discussed the qualities needed and the steps to take to get clear of debt and achieve financial freedom.

Signature of licensee

Date

4-2-21