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). <u>Do not rely on PSAs</u> to satisfy this requirement. While an FCC inspector <u>may</u> not object, PSAs mean virtually nothing if your license renewal is challenged!

STATION: KJVV 101.9FM Twentynine Palms.

DATE: 3rd Q. July, Aug, Sept. 2019.

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

Issue: Obesity, Inflammation, and other Rampant Diseases WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health & Longevity Date: 7-10-19. Time of day: 11:00 A.M. Duration: 28 minutes

Host Dr. John Westerdahl interviewed Jennifer Grossman, nutrition specialist from the Dole Nutrition Institute (DNI). Dole's research discovers the healing benefits of fruits and vegetables and shares them with the general public to reduce obesity and improve health. Research shows that diets rich in vegetables, fruits, beans, and whole grains can prevent obesity and lower LDL cholesterol, blood pressure, risk of cancer and heart disease. Free recipes and resources offered at www.dole.com.

Issue:

Issue: Parenting Challenges: Childhood Nutrition, Getting Children to Sleep, Screen Time for Kids & More: Family Life Today Date: 8-10-19 Time of day: 4:00 P.M. Duration: 28 Minutes.

Dennis Rainey & Bob Lapine interviewed two pediatricians, Dr. Den Trumbull and Dr. Michelle Cretella, who gave parents advice on caring for children. Topics included meeting the nutritional needs of a baby, getting kids to sleep, and understanding the teen brain. They also presented research on how screen time affects a child's brain and character development.

Issue: Depression WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Family Life Today Date: 9-17-19 Time of day: 4:00 P.M. Duration: 28 Minutes

Doctors report that 80% of their patient's issues are linked to depression. Dennis Rainey and Bob Lepine interviewed Tommy Nelson on "What Is Depression?" and "How to Heal." They mentioned resources for dealing with depression, including the book Good Mood, Bad Mood: Help and Hope for Depression by Charles Hodges, MD, available at www.familylifetoday.com.

Issue: Finance Challenges: Paying Mortgages, Loans and Other Expenses WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): MoneyWise Date: 9-19-19 Time of day: 9:30 AM Duration: 30 Minutes

Signature of licensee

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