

QUARTERLY ISSUES-RELATED PROGRAMMING REPORT

First Quarter 2016: January - March

The following report reflects the most significant issues and problems in this community. These issues were derived from careful observation of a cross-section of various local media including newspaper, radio, and television reports among others. Local citizens were also informally polled and their opinions were considered in the compilation of this list.

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Program	Date	Time	Issue	Summary	Length
Guidelines	1/1/2016	3:45 PM	Senior Citizens Life Issues	Periods of transition in life are never easy. There comes a time when you have to close the door on one phase or period of life and make the passage to the next. Mixed emotions and sometimes fear are very present because of the unknown in the next step of life. These are only some of the problems the nation's seniors are facing.	5:00
Weekend Connection	1/2/2016	4:02 PM	Healthcare	Dr. Griffin P Rodgers, Director of the National Institute for Diabetes and Digestive & Kidney Diseases, discussed causes, symptoms, and treatments for kidney disease. He explained that kidney disease is more prevalent among African Americans.	15:00
Guidelines	1/4/2016	3:45 PM	Environment	Wild fire sweeps through Laguna Canyon, CA, destroying much property including Hortense Miller Garden, a botanical garden, containing more than two thousand varieties of plants and flowers. A surprising result of the fire is the indigenous, dormant wild flowers which have come to life, most of which hasn't been seen in thirty to a hundred years. What appeared to be disaster has turned into a different sort of beauty.	5:00
Guidelines	1/5/2016	3:45 PM	Stress Healthcare	Stress and dissatisfaction with oneself - can these two factors motivate a person to press on in life and strive to do better? Almost all of the achievements of medicine, science, literature, and the arts have come because people were dissatisfied with the status quo. You can be dissatisfied with things as they are and try to improve them while you are still content and at peace with yourself.	5:00
Guidelines	1/6/2016	3:45 PM	Citizenship	Nobel Peace Award recipient, Mother Teresa, believes that smiling at others, regardless of race or culture, will enable the human race to develop a greater love for mankind. Physicians say that it actually takes fewer muscles to smile than to frown; but more than that, a smile can be a reflection of the joy that is in your heart, which is not dependent on circumstances.	5:00
Guidelines	1/7/2016	3:45 PM	Crime/Law & Order Citizenship	Are "words" weapons? St Francis of Assisi believed that words can be used as weapons or instruments of peace. Peace is open-mindedness. Peace is patience. It means keeping your temper as we listen to the other side of a discussion.	5:00
Weekend Connection	1/9/2016	4:02 PM	Senior Citizens Family Healthcare	President of the Sonshine Society discusses issues related to seniors and their families.	15:00
Weekend Connection	1/16/2016	4:02 PM	Immigration Religious Liberties/Discrimination Human Rights	Todd Nettleton of "Voice of the Martyrs" talks about the refugees who are being displaced by the ethnic cleansing of ISIS. He identifies some of those refugees as Christians and discusses the fact that those who name Christ are being persecuted by ISIS and as they are applying for immigration status to enter the US.	15:00
Weekend Connection	1/23/2016	4:02 PM	Family Finances Consumer Protection	Almost 80 percent of all American adults have no valid will. If they died, they would leave the distribution of their estates and guardianship of their children to the state; plus the estate would have to pay a sizable amount of taxes and fees. In order to ensure that the estate has to pay the least amount of taxes and that your estate is rightly distributed as you would want it to be divided, a will is mandatory. Believers Stewardship Services assists and counsels Christians in fulfilling their biblical stewardship goals.	15:00
Guidelines	1/26/2016	3:45 PM	Family Moral Issues	Marriage is facing the onslaught of change--much of which has had an extremely negative impact on both couples and their kids. Most people enter marriage with a great deal of fear and independence. Dr Paul Popenoe, an authority on marriage and the family, believes that for a marriage to be successful it takes two committed people working together; however, for a marriage to fail it only takes one person who decides that they want out of the marriage for the marriage to collapse.	5:00
Guidelines	1/27/2016	3:45 PM	Family Life Issues	Does conflict destroy a marriage? There are four hindrances to conflict resolution which every couple needs to be aware of. 1. Minimalization "What's the big deal?" 2. Rationalization "I can't help it?" 3. Avoidance "Why do our discussions always turn into an argument?" 4. Quasi-half-hearted-apologies "Sorry" or "I guess I shouldn't have done that." Conflict isn't what destroys a marriage but failure to resolve the conflict.	5:00
Guidelines	1/28/2016	3:45 PM	Family Life Issues	When expectations in marriage are not met: 1. Strive to communicate your feelings without anger or hostility. 2. Strive not to pull away with an attitude of retaliation. 3. Let go of your expectation instead of becoming angry and bitter.	5:00
Weekend Connection	1/30/2016	4:02 PM	Healthcare	Sleep specialist Rob Brough, CEO of Classic Sleep Care, discusses sleep disorders such as obstructive sleep apnea. He describes the consequences of lack of sleep. He also offers suggestions for how to get enough restorative sleep.	15:00
Weekend Connection	2/6/2016	4:02 PM	Discrimination of Minorities Minority Rights Race Relations	Historian David Barton talks about important, yet largely-forgotten Americans as well as slavery in connection with Black History Month.	15:00
Guidelines	2/8/2016	3:45 PM	Moral Issues Family	Adultery is one of the leading causes of divorce. A study conducted by an association of Marriage and Family Counselors says that adultery is the cause of nearly half of the problems that confront marriage counselors today. Dr. Frederick G. Humphrey, a professor whose specialty is family relations, states that broken homes result one in three marriages because of adultery.	5:00
Guidelines	2/9/2016	3:45 PM	Crime/Law & Order Moral Issues	Study shows that criminals are without excuse. Dr. Stanton Samenow, a clinical research psychologist, and Dr. Samuel Yockelson, who studies theories of criminal behavior, collaborated in a study involving hundreds of men who committed every known, imaginable type of crime. Their conclusion: The criminal is a man who has chosen to reject society, and with full sanity, chooses to follow the course of conduct that results in his tag as a criminal.	5:00

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Weekend Connection	2/13/2016	4:02 PM	Civil Liberties Human Rights	Dan Pearson is the Director of Information Services at Friends of Israel. He wrote an article titled " Privacy in a Facebook World" and discusses how the use of cell phones and the internet is facilitating the decline of privacy in society and how that may be setting up Christians for persecution.	15:00
Weekend Connection	2/20/2016	4:02 PM	Healthcare Senior Citizens	As many as two-thirds of Americans over the age of 40 report experiencing memory lapses. Losing one's memory is the most common fear associated with aging. Scientists estimate we lose 85,000 brain cells each day. That is one per second, and over 31 million brain cells each year. The new edition of "The Brain Health Guide" by Mark Underwood reveals the latest tips for keeping your brain sharp as you age. It also shares insight on research that reveals a new protein which can help memory loss associated with aging. Mark Underwood is a neuroscience researcher, expert on the topic of brain aging, and teaches ways to improve cognitive function.	15:00
Weekend Connection	2/27/2016	4:02 PM	Education	College professor and author, Dr. Alex Chediak, discusses how to prepare teens for college. He discusses study habits, extracurricular activities, respect, and finances. He stresses the importance of a college education for a good career and income.	15:00
Weekend Connection	3/5/2016	4:02 PM	Minority Rights Race Relations Discrimination of Minorities	In Part 2 of Black History Month interview...Historian David Barton tells us about Black Americans of distinction from American history and discusses the issue of slavery from a historical perspective.	15:00
Guidelines	3/8/2016	3:45 PM	Youth	Suicide is the second leading cause of death for ages ten to twenty-four. There are four factors that contribute to desperation resulting in suicide. 1. Inexperience. 2. The inability to live up to parent expectations. 3. Pessimism in our world which young adults can't handle. 4. A lack of faith which offsets despair and despondency.	5:00
Running To Win	3/8/2016	7:30 AM	Domestic Violence Child Abuse	Part 1 in a 4 Part Series on Domestic Violence: Abuse in all its forms, physical, psychological, and sexual, is occurring in homes around the world, to an alarming degree. Let's face up to the dark secrets that destroy family after family and find the way back to healing.	15:00
Running To Win	3/9/2016	7:30 AM	Domestic Violence Child Abuse	Part 2 of a 4 Part Series on Domestic Violence: Abuse in all its forms, physical, psychological, and sexual, is occurring in homes around the world, to an alarming degree. It is no respecter of gender, class or race. It is a serious health issue in America. The problem is the abuser who believes that he can change. Unless the abuser seeks professional help, the abuse will continue and actually perpetuate itself in the next generation.	15:00
Running To Win	3/10/2016	7:30 AM	Domestic Violence Child Abuse	Part 3 in a 4 Part Series on Domestic Violence: People can easily sink into the depths of sin. Can sexual abuse occur in a religious home? It happens. Throughout our society, familial abuse is rampant. Dr. Erwin Lutzer's message explains the biblical remedy for the abused and hurting, who suffer in silence.	15:00
Running To Win	3/11/2016	7:30 AM	Domestic Violence Child Abuse	Part 4 in a 4 Part Series on Domestic Violence: For a child, recovering from abuse within a family is a daunting task. Too many families are hiding a destructive secret: sexual or physical abuse. Dr. Erwin Lutzer shares from the Bible that there is a way back to wholeness through the grace of God.	15:00
Weekend Connection	3/12/2016	4:02 PM	Healthcare Family Special Needs Children	Interview with Tom Skinner, Senior Press Officer with the Centers for Disease Control and Prevention. Items discussed included the possibility of the spread of the Zika virus in the US. Mr. Skinner also addressed the impact this virus is having on pregnant woman who are giving birth to children with Microcephaly after being infected by Zika. Finally, Tom Skinner covered plans the CDCP has for mosquito control once the virus find a foothold in the US and the need for citizens to educate themselves about how to protect themselves from being infected.	15:00
Running To Win	3/14/2016	7:30 AM	Family	Part 1 of a 4 Part Series: Necessary Principles to Move from a Dysfunctional Family to a Healthy Family: #1 Dr. Erwin Lutzer describes how to move from a passive father to an active father by dealing properly with issues that arise, by warning children of the consequences of their poor choices and by asking forgiveness for wrongdoing.	15:00
Running To Win	3/15/2016	7:30 AM	Family	Part 2 in a 4 Part Series on Necessary Principles to Move from a Dysfunctional Family to a Healthy Family: #2 Dr. Erwin Lutzer explains from the Bible how family reconciliation begins when one of the family members involved in the problem becomes willing to begin the process of healing by requesting forgiveness. Time does not heal all wounds. A family is an interrelated system in which unresolved matters continue to have consequences.	15:00
Running To Win	3/16/2016	7:30 AM	Family	Part 3 of a 4 Part Series: Necessary Principle to Move from a Dysfunctional Family to a Healthy Family: #3 Whatever is broken should be fixed. Professional counseling is an excellent way in which to accomplish this, as well as help set family boundaries.	15:00
Running To Win	3/17/2016	7:30 AM	Family	Part 4 of a 4 Part Series: Necessary Principles to Move from a Dysfunctional Family to a Healthy Family: Dwell on what is right about your family and springboard off of what is right to make good, godly choices.	15:00
Weekend Connection	3/19/2016	4:02 PM	Consumer Protection Finances Senior Citizens	Senior identity theft is on the rise as 39% of all identity theft victims were fifty years of age or older according to the 2015 FTC Consumer Sentinel Network Report. The fact that there are people who prey on older people is truly heartbreaking, especially when abuse is perpetrated by caregivers, family, or fellow residents of a care facility. According to the US Adult Protective Services, it's happening more frequently than ever. Through this WC program we learn how to spot abuse, who is at the greatest risk, and how to take steps to ensure the seniors in your life are kept safe from this awful treatment.	15:00

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Running To Win	3/23/2016	7:30 AM	Family	How do we become counter-cultural and preserve the family unit, which is the basis of our society? Create an environment conducive to good behavior. Don't allow a TV or a computer in a child's bedroom and put filters on household TVs and computers. Walk a fine line between grace and law. Not only have rules and make sure they are enforced, but also make sure you take circumstances into account and use discretion. Have an open atmosphere where your children can ask you question regardless of the subject matter. Teach your children wisdom in choosing friends that do not entice them to do wrong.	15:00
Running To Win	3/24/2016	7:30 AM	Family	How do we become counter-cultural and preserve the family unit, which is the basis of our society? Teach children to accept personal accountability and responsibility for the choices that they make. You can control your children when they are young but not when they are older. When a parent sees something that is potentially going to be a problem for their adolescent child, give them limited choices. When a parent sees something that is potentially going to be a problem for their adult children, share what is on your heart and mind, but let them know that the responsibility rests upon their shoulders.	15:00
Weekend Connection	3/26/2016	4:02 PM	Healthcare	Jody Williams, a victim of Cushing's disease, explains the symptoms of the disease. He also explains how he recovered from the illness. He offers suggestions for identifying the disease in people who believe they may have symptoms.	15:00
Guidelines	3/30/2016	3:45 PM	Life Issues Citizenship	How important is building self-esteem? A study done by Dr. Baumeister on developing high self-esteem shows that if you concentrate more on self-control and discipline higher self-esteem will follow. Studies showed that telling criminals that they are wonderful and have great potential didn't aid them in turning their lives around; however, telling students to shape up, work harder and start studying did more to raise the students grades than striving to build self-esteem.	5:00