

ISSUES AND PROGRAMS REPORT

STATION: WYLJ 107.5 FM

DATE: From: 04-01-2023

To: 06-30-2023

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

Issue: Chronic Fatigue

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : Secrets To Wellness: Sleep

Date: 04-03-2023

Time of day: 01:30 P.M.

Duration: 27:28

Brief Description of Program: (Format, participants, content, etc.):

Host, Teenie Finley discusses the problem of chronic fatigue and lack of adequate sleep in today's fast-paced digital world. The vital role of sleep in good health is presented as well as the effects of diet, lifestyle and "screen time" on our sleep habits. The effects of chronic sleep deprivation on job and classroom performance are also discussed.

Issue: Obesity

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : LifeStart Seminars: Lose Weight Naturally

Date: 04-10-2023

Time of day: 07:30 A.M.

Duration: 28:30

Brief Description of Program: (Format, participants, content, etc.):

Host, Dr. David DeRose addresses the growing problem of obesity in the United States. The major risk factors and the health problems of being overweight are discussed. Dr. DeRose presents suggestions to help those struggling with their weight to develop better lifestyle and diet habits to aid in their weight loss plan.

Issue: Arthritis

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : LifeStart Seminars: Relieve Arthritis Naturally

Date: 05-15-2023

Time of day: 07:30 A.M.

Duration: 28:30

Brief Description of Program: (Format, participants, content, etc.):

Dr. David DeRose, looks at the causative factors of all types of arthritis. The discussion also included lifestyle triggers for arthritis. Dr. DeRose then lays out some of the methods of coping with the pain and mobility issues associated with arthritis. Natural methods as well as traditional medicine approaches are discussed.

Issue: Osteoporosis

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : LifeStart Seminars: Prevent Osteoporosis Naturally

Date: 05-29-2023

Time of day: 07:30 A.M.

Duration: 28:30

Brief Description of Program: (Format, participants, content, etc.):

Host, Dr. David DeRose addresses the growing problem of osteoporosis, not only in the elderly, but also in the population as a whole. The role of diet, processed and salty foods, and habits such as smoking and alcohol consumption are also discussed. Natural remedies include exposure to sunlight and exercise plans.

Issue: Chronic Dehydration

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : Secrets To Wellness: Water

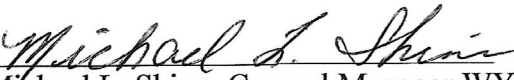
Date: 06-19-2023

Time of day: 12:00 A.M.

Duration: 27:15

Brief Description of Program: (Format, participants, content, etc.):

Host Teenie Finley discusses the part that adequate hydration plays in good overall health. The bad side effects of dehydration on the brain, muscles and bones are presented. Causes included stress, excessive alcohol consumption, smoking, lack of exercise and use of carbonated and highly caffeinated beverages.


Michael L. Shinn, General Manager WYLJ-FM

07-13-2023

Date