

WGTS 91.9 Issues and Programs
4th Quarter
October, November, December 2021

The following descriptions are examples of recurring programs aired that address and meet community issues; this does not represent an exhaustive list of all the public service WGTS and WGBZ provides.

- 1. Family Dynamics / Relationships**
- 2. Breast Cancer**
- 3. Mental Health / Isolation & Loneliness**
- 4. Mental Health / Anxiety**
- 5. Interpersonal Skills in the Workplace**
- 6. Health Screenings / Breast Cancer**
- 7. Health / Diabetes Awareness**
- 8. Mental Health / SAD**
- 9. Stress / Interpersonal Relationships**
- 10. Family Dynamics / Relationships**
- 11. Health – Obesity / Holidays**

Issue: Family Dynamics / Relationships

Program: Relationship FYI on Morning Show with Jerry & Blanca – Tuesday 7:40 AM; 10/12/21; Duration: 10:00 mins)

Relationship FYI is a segment on the morning show that focuses on building stronger relationships. Different professionals share pointers on various relationship challenges based on feedback from the listeners. On this episode, Jerry & Blanca spoke with Greg Smalley about the importance of putting your spouse first. Dr. Greg Smalley earned his doctoral degree in clinical psychology from Rosemead School of Psychology at Biola University in Southern California, and is the author of 20 books including [Crazy Little Thing Called Marriage](#) and [Fight Your Way to a Better Marriage](#), and he is the co-author of [The DNA of Relationships for Couples](#).

Issue: Breast Cancer

Program: Health Minute on Morning Show with Jerry & Blanca - (Wednesdays 7:40 AM; 10/22/21; Duration: 2:50 mins)

October is Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in American women, next to skin cancer. Hosts Jerry and Blanca spoke with Sonya Kella, MD, with Adventist HealthCare helps debunk some myths about breast cancer.

Issue: Mental Health - Isolation / Loneliness

Program: Breakaway with Kevin Krueger – (Weekends 9-11 AM; 10/23/21; Duration: 15:40 mins)

Host, Kevin Krueger spoke with Eddie James and Tommy Woodward known as “The Skit Guys”. They wrote a book about friendship called "Smells Like Bacon, the Skit Guys Guide To Lifelong Friendship" and shared tips on how to build meaningful connections with others.

Issue: Mental Health - Anxiety

Program: Breakaway with Kevin Krueger – (Weekends 9-11 AM; 10/24/21; Duration: 15:45 mins)

Kevin Krueger spoke with Jonathan M Seidel, author of “Finding Rest: A Survivors Guide To Navigating The Valleys of Anxiety Faith and Life”. They discussed ideas for how to managing anxiety when it comes to the ups and downs of life.

Issue: Interpersonal Skills in the Workplace

Program: Relationship FYI on Morning Show with Jerry & Blanca – Tuesdays 7:40 AM; 10/26/21
Duration: 2:00 mins)

Relationship FYI is a segment Jerry & Blanca broadcast weekly to address relationship challenges that many people in our community deal with. For this segment, they spoke with Preston Poore, author of the book “Disciplined Leader: Inspiration from a Fortune 500 Executive for Transforming Your Workplace”. Preston talked about workplace relationships. He shared that even if you excel at your job, working well with others is equally important and shared information on how to improve.

Issue: Health Screenings / Breast Cancer

Program: Health Minute on Morning Show with Jerry & Blanca - (Wednesdays 7:40 AM; 10/27/21;
Duration: 2:50 mins)

Hosts Jerry and Blanca spoke with Sonya Kella, MD with Adventist HealthCare about the importance of early detection of breast cancer. She reminded listeners to speak with their doctor about annual screenings.

Issue: Health / Diabetes Awareness

Program: Health Minute on Morning Show with Jerry & Blanca – (Wednesdays 7:40 AM; 11/3/21;
Duration: 2:19 mins)

November is Diabetes Awareness Month. Jerry & Blanca spoke with local physician, Ogechi Anyaoku, MD who shared some tips on how to manage the disease.

Issue: Mental Health / SAD

Program: Health Minute on Morning Show with Jerry & Blanca - (Wednesdays 7:40 AM; 11/17/21
Duration: 3:48 mins)

The days are getting shorter and the temperature is getting cooler. As the seasons change, it can affect our mental health in many ways. Seasonal depression affects more than 10 million Americans each year and is four times more likely to affect women. Chad Lennon, MD, with Adventist HealthCare join Jerry & Blanca to share some signs of Seasonal Affective Disorder and how we can help combat it.

Issue: Stress / Interpersonal Relationships

Program: Breakaway with Kevin Krueger – (Weekends 9-11 AM; 11/20/21; Duration: 22:57 mins)
Kevin Krueger invited Pastor Mike Dickson from Solid Rock Church in Riverdale Maryland to talk about gratitude and navigating difficult family dynamics during the holiday season.

Issue: Family Dynamics

Program: Midday Show - (Weekdays 10AM - 3PM; 11/24/21 Duration: 6:00 mins)

Host, Becky Alignay spoke with Dr. Greg Smalley about how to avoid family conflict during holiday gatherings. Dr. Greg Smalley earned his doctoral degree in clinical psychology from Rosemead School of Psychology at Biola University in Southern California, and is the author of a number of books dealing with marriage and family challenges. In this instance, he shared some pointers for how to keep the peace when it

comes to navigating holiday gatherings especially when it comes to so many differences of opinion on various political issues this year.

Issue: Health – Obesity / Holidays

Program: Health Minute on Morning Show with Jerry & Blanca - (Wednesdays 7:40 AM; 12/1/21
Duration: 2:24 mins)

Jerry & Blanca interviewed Robin Gould, a Registered Dietitian with CoreLife Adventist HealthCare to talk about how we can stay on track with our health and make healthy food choices during the holidays.

The following is a sampling of news updates shared on WGTS hourly each weekday morning that address and meet community issues. These include examples of actual copy relayed by the announcer. This is not an exhaustive list of the public service WGTS and WGBZ provides.

Issue: Health & Mental Health

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 10/22/21)

>>Study: Laughing Is Good For You (Undated) -- Laughing improves the immune system, fights depression and relieves tension, even in the midst of a worldwide pandemic. A study published this week in the American Psychological Association journal Psychology of Popular Media found that just looking at a few memes can help with emotional wellbeing and stress. The study's lead author says that humor can be a powerful tool to help cope.

Issue: Pollution, Public Safety, COVID

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 10/25/21)

>>Best time to Plant a Tree? Probably Now (if you have time)

Planting a tree is one of the best things you can do to help the planet... now we know the best time they you generally be planted (the fall!). Why plant trees? They take in and store carbon dioxide. Their shade can cool things down in the summer. As windbreaks, they can slow heat loss. Their beauty and delicious fruits and nuts are other perks.

Experts used to recommend planting trees in the spring. But that changed for most species. (Learn something new!) With spring planting, there's danger that stems can start to grow before the roots are established in the ground. Fall planting helps avoid that. Watching year-to-year growth of a relatively

small, young tree is satisfying. Before you know it, the tree will appear as a bold, beautiful and useful addition to your yard.

>>Kids playing 'Squid Game' on the playground

Children are reportedly playing their own version of the violent Netflix series "Squid Game" on the playground at school, including "eliminating" kids who lose the game by hitting or kicking them, according to some schools.

("Squid Game" –Netflix's biggest series launch ever" – tells the story of 456 people who have huge financial troubles and participate in a series of children's games in hopes to winning a massive cash prize. However,

when you lose, you lose your life. Graphic scenes not appropriate for little eyes.) Parents are being warned to monitor what their children are watching.

>> Children are reportedly playing their own version of the violent Netflix series “Squid Game” on the playground at school.

Schools around the world are warning parents to monitor what their children are watching as children are apparently reenacting “Squid Game” during recess by punishing losers by harming them, including kicking and punching kids. Last week, a school district in Florida informed parents that some “Squid Game” content is being made available to children “without the knowledge of their parents.”

The post included this note to parents: “Please make sure you’re aware of the content your children are accessing online and that you talk to them about NOT playing violent ‘games’ at school... We don’t want anyone to get hurt.”

>>MD Governor Urges COVID Booster Shots (Annapolis, MD) -- Eligible Marylanders are being urged to get a COVID booster. Governor Larry Hogan says nearly one-point-four-million Marylanders can now receive the shots. {WDCHoganBooster_1} Q...needs one 00:07 The governor says residents can get any vaccine, even if it is different from the one they initially received. He also says the pace of new infections has been slowing since the Delta variant peaked. The state's COVID case rate is down 39-percent since mid-September, hospitalizations are down 28-percent since the beginning of September and the positivity rate is down 37-percent since the end of August.

Issue: Public Transportation, COVID, Public Safety

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 10/27/21)

>>Free Bikes to Help with Metro Mess (If you take metro...) (Washington, DC) -- Moves are being made to help you get around the City faster as Metrorail continues to move slower. Mayor Muriel Bowser is temporarily cutting all fees for Capital Bikeshare to ease some of the travel disruptions. Simply open your Capital Bikeshare or Lyft app to get a 30-day

membership for free. This will give you up to 45-minutes to cruise around the city before getting charged. Reduced Metrorail service is expected to continue through 31st.

>>Three more steps are needed before Pfizer's vaccine for younger children is ready to go. The FDA is expected to give emergency approval by Friday after advisors voted for it yesterday. A CDC panel will then weigh in and the director could sign off one week from today.

>>DC Hiring Crossing Guards (Washington, DC) -- Safety for kids in D.C. is very important. That's why D-DOT is holding a virtual job fair to hire a group of “safety technicians” today. also known as crossing guards and they’re looking to fill about 40 positions. Mayor Muriel Bowser has been pushing road safety and her efforts will continue throughout the Fall.

Issue: Mental Health in Education, Public Safety, Health – Food Allergies in Children

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 11/12/21)

>>Ann Arundel County School Super Seeks Three Early Dismissal Days (Annapolis, MD) -- Anne Arundel County Public School Superintendent George Arlotto wants to give students and staff more time off to focus on their "individual wellness." Arlotto is seeking to convert three upcoming school days to two-hour early

dismissals. Under the plan, classes would be dismissed two-hours early on December 3rd, December 23rd and February 18th. The School Board will consider the changes to the school calendar next week.

>>Snow Team Ready for Winter (Washington, DC) -- Winter is right around the corner and the District is ready for anything Mother Nature throws at the city. The District's Snow Team is led by the Department of Public Works, D-DOT and other agencies. They held a dry run training exercise earlier this week to test all of the equipment. There's more than 200 light-and-heavy plows as well as 46-fully biodiesel plows on the fleet this year. Mayor Muriel Bowser is also calling on residents in Wards four, five, seven, and eight to join the Volunteer Snow Team which helps neighbors shovel their steps and sidewalks.

>>An early start at eating eggs can prevent allergies to the food later

Children who don't eat eggs before first birthday are more likely to develop egg allergy as they get older. People who study these things say an intolerance to eggs is the second most common food allergy worldwide. Egg allergies often result in rash, eczema, among other things. Being allergic to eggs can also lead to the development of asthma in older patients.

Now, the experts are advising parents to start introducing their children to eggs at six months to ensure they don't develop an egg allergy.

Issue: COVID – CDC Update, Public Safety, Travel Advisory, Food Insecurity,

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 11/19/21)

11-19-21>>FDA To Approve Pfizer, Moderna Boosters (Washington, DC) -- More COVID boosters are expected to get the green light this morning. The FDA was planning to sign off on Pfizer's vaccine for all adults and will now reportedly include Moderna as well, after the company asked for approval. CDC advisers vote today on expanding eligibility with no restrictions. That means once the CDC director weighs in, millions could get a boost in protection before Thanksgiving.

>>If you're planning on traveling for Thanksgiving prepare for possible bad weather.

Forecasters are warning Thanksgiving travelers to be prepared for bad weather. A lot of Americans are expected to hit the road this holiday season now that COVID lockdowns are over, but forecasters say travelers in the Midwest and Northeast should expect weather delays. A major winter storm is expected to hit the region Monday through Wednesday, bringing gusty winds, soaking rain and lake-effect snow.

>>Reagan Airport Facing Parking Shortages (Arlington, VA) -- If you plan on driving to Reagan National Airport to catch a flight for Thanksgiving you may want to rethink those plans. They say to either take mass transit, a taxi or a ride share service because of a potential parking shortage. So, apparently the airport ran out of parking spaces last weekend as people traveled for the Veterans Day holiday. If you do choose to drive to the airport you are encouraged to reserve a parking spot now.

>>Church Sponsors Food Giveaways TIH (Suitland, MD) -- With the Thanksgiving holiday less than one week away, a Prince George's County church is preparing for two food giveaways. The Community of Hope Church says it will sponsor its first food giveaway this Saturday in Suitland on Silver Hill Road and a second giveaway on Sunday at Iverson Mall. The pastor of the church, the Reverend Tony Lee says they will have plenty of food to giveaway

to those in need for Thanksgiving Day. The pastor says this year's need to feed the hungry comes as people continue to deal with food insecurity from the pandemic and supply chain shortages.

>>Plumber's Advice: Don't Put Greasy Foods, Turkey Bones In Disposal (Colorado Springs, CO) -- Thanksgiving is almost here and plumbers have a bit of friendly advice for what to do when all feasting is over. Mr. Rooter Plumbing Service Manager RJ Johnson says people need to be really careful with what they put down the garbage disposal after Thanksgiving. He says the big problem is when oil, fats and grease go into the pipes and solidify causing a clog. Pro tip: Plates, pans, and pots should be scraped off in the trash before going into the dishwasher.

Issue: COVID – Holiday Gathering Update

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 11/24/21)

>>Fauci: Fully Vaccinated Family Members Can Celebrate Holidays Without Masks (What should I do?) (Washington, DC) -- Dr. Anthony Fauci says people who are vaccinated against COVID-19 don't need masks when they gather with family for the holidays. In fact he said that's what he's going to do. But Fauci also said people who are traveling and don't know the vaccination status of the people around them should wear masks. His message to us: "Get vaccinated and you can enjoy the holidays very easily and if you're not, be careful."

Issue: COVID – Omicron / Booster Update, COVID – Travel Advisory

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 11/29/21)

11-29-21 >>Moderna To Develop Booster Shot For New COVID Variant

>>(Cambridge, MA) -- Moderna plans to create a booster shot to fight the new COVID variant. They will use three strategies to take on the Omicron COVID-19 variant, including a higher dose of the vaccine. We're still learning more on its severity and contagiousness. This new variant is still causing alarm around the world as it spreads outside of South Africa. >>US State Department Issues Travel Warnings For 8 African Nations (Washington, DC) -- Americans are being warned to not travel to eight African countries. The State Department issued "do not travel" warnings because of the new COVID-19 variant Omicron. The new travel restrictions will go into place TODAY. The list of countries includes South Africa, Zimbabwe, Namibia, Mozambique, Malawi, Lesotho, Eswatini and Botswana. The CDC previously issued "Level Four Very High" travel advisories to these nations.

>>A new COVID variant is sparking even more travel restrictions. (Washington, DC) -- Americans are being warned to not travel to eight African countries. The State Department issued "do not travel" warnings because of the new COVID-19 variant Omicron. The new travel restrictions will go into place TODAY. The list of countries includes South Africa, Zimbabwe, Namibia, Mozambique, Malawi, Lesotho, Eswatini and Botswana. The CDC previously issued "Level Four Very High" travel advisories to these nations.

Issue: Crime / Public Safety, COVID – Education Update, Blood Shortage

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 12/1/21)

>>Take Your Keys Out of the Ignition (Pikesville, MD) -- Please do not leave your vehicle running and unattended. That's the message from Maryland State Police as thieves have been on the hunt for people who leave their keys in the ignition

and step away. Data shows that a vehicle is stolen every 49-minutes in Maryland. Authorities are reminding Marylanders that they can face a 70-dollar fine and one-point against your driving record if you're caught leaving your vehicle running unattended. Checkout the M-S-P website to get tips on how to avoid becoming a victim.

>>School Leaders Answer Questions About Pre-Kindergarten (Washington, DC) -- Educators are hoping to see more children in Pre-Kindergarten next school year. That's why the District is hosting an online workshop today to answer questions about Pre-K programs. Research has proven that children who attend Pre-K tend to do better once they reach the higher grades. More than 15-elementary schools currently offer Pre-K classes. Tonight's event will begin at 5:30. >>Biden To Tighten COVID Travel Restrictions Tomorrow (Washington, DC) -- The new COVID variant is triggering even more travel restrictions. The testing window will be shortened tomorrow. Anyone flying into the country will now need a negative test within 24 hours of boarding and may have to get retested up to five days after arriving. A ban on flights from eight African nations began Monday. At least 70 other countries have restrictions as well. Omicron has yet to hit the U.S.

>>Red Cross Seeks Blood Donors (Washington, DC) -- It is one of the happiest times of the year but it is also one of the most challenging times for the American Red Cross. The agency says its blood inventories in the D.C. area have dropped to its lowest supply in more than a decade. The Red Cross is asking anyone who is eligible to donate blood or platelets to roll up their sleeves and make a donation. The organization say it is offering incentives to anyone who donates blood this week through December 16th. A complete list of blood donation locations can be found on the Red Cross' website.

Issue: Mental Health

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 12/13/21)

12-13-21>>Mental Health Tips For Remote Working (Sacramento, CA) -- Health experts say working remotely can increase mental Health risks. According to a poll by the American Psychiatric Association conducted this year, a majority of those surveyed said they are feeling the mental Health effects of remote work. Most reported feeling lonely, unable to separate home and work life, and feeling cut off from others. Mental Health professionals say to decrease the harmful effects of remote work, establish a firm schedule for work hours.

Issue: Mental Health

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 12/20/21)

>>'Attitude of gratitude' could help you to de-stress during holiday season

We may be returning to a more "normal" holiday season (in comparison to last year, at least), which also could mean higher stress levels. Our challenge is to not get too focused on buying the perfect presents, making the best dinner, or planning the perfect party. Advice from a wellness expert suggest: Try to adopt an attitude of gratitude. Gratitude is a powerful positive emotion, and science show when we practice gratitude, we experience numerous benefits. It improves habits, cultivates happiness, reduces the stress hormone cortisol, and improves mental health. A great exercise we can all do is to take a little time this week to reflect upon what and who we are truly and genuinely thankful for. Being grateful will help us see the holidays through different lens.

Being mindful can help. Mindful of pleasant things and moments. It requires you to be present and aware. It is impossible to be in the moment when you are focused on what is next or stuck in could have, would have, should have.

Moderna is offering new hope as COVID cases spike ahead of Christmas. The company just said this morning that its booster shot increases protection against the new variant. Early data shows it can give people 37 times more antibodies to fight omicron, which is now in 45 states.

Issue: COVID – DC State of Emergency, COVID – Local Schools back to Virtual Learning, Public Safety – Hypothermia Warning for DC

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 12/21/21)

>>Bowser Sets New Rules to Slow COVID Spread (Washington, DC) -- Mayor Muriel Bowser has imposed a series of new mandates as COVID-19 cases have skyrocketed in D.C. The Mayor says she didn't want to hit reverse because the city has made so

much progress, but the virus had other plans. {RddBowser01_1} Q...it too 00:05 Bowser announced a State of Emergency on Monday that includes the return of the indoor mask mandate beginning this morning. Additionally, D.C. Government workers will need to be vaccinated and boosted. As of Monday, D.C. Health has confirmed more than 70-thousand infections to date.

>>District Closes Five Additional Schools (Washington, DC) -- More schools are closing their doors in the District because of concerns with COVID-19. Chancellor Lewis Ferebee announced late yesterday that five-additional schools have been shifted to virtual learning. They join the trio of schools that already made the switch on Monday. One-middle and four-elementary schools complete the new list of buildings being closed for deep cleaning today and tomorrow. >>Volunteer to Help Slow the Spread (Washington, DC) -- Mayor Muriel Bowser is calling on Washingtonians to volunteer their time to help in the fight against COVID-19. D.C.'s COVID-19 community corps is in need of volunteers to help assemble the COVID-19 test kits. Serve-D.C. is recruiting folks for shifts today and tomorrow. More information can be found on the city's coronavirus website.

>>Hypothermia Warning Issued For District (Washington, DC) -- The District is under a hypothermia warning. The warning was issued last evening due to dropping temperatures. Hypothermia Alerts are issued when the National Weather Service forecasts temperatures, including wind chills, at or will be 32 degrees or below or when the temperature is forecasted to be 40 degrees or below. And also when the forecasted chance of precipitation is fifty-percent or more. Officials recommend people stay indoors if possible during the extreme cold, but if you venture outdoors make sure to bundle up and wear a hat and gloves. Residents are also being asked to check in on elderly neighbors to make sure they are safe during the extreme cold.

Issue: COVID – Schools Begin Virtual Due to Outbreaks, Child Care

Program: News with Jerry and Blanca in the Mornings (Weekdays 5-10 AM; 12/22/21)

>>Classes Switched to Virtual at More Than 20 District Schools, another-14 schools will learn from home today because of rising COVID-19 cases. It brings the total count to 24. All schools in the District are also closed on January 3rd-and-4th to allow families to pick-up a rapid COVID-19 test before instruction continues on January 5th. >>District Launches Test Yourself Express (Washington, DC) -- City health leaders are doing everything in their power to slow the spread of COVID-19. Starting today, the District will launch the Test Yourself Express program. D.C. residents can get their hands on free at-home rapid antigen testing kits. The kits will be available at eight-locations across the District including the Petworth, West End, and Anacostia libraries. You will get your results in about 15-minutes but you must report your status to D.C. Health online. There's at least one-site in each Ward with various hours each day. More information can be found on the city's coronavirus website.

>>Childhood Education Broadens (Richmond, VA) -- More families across Virginia have access to quality and affordable childcare now more than ever. Those are the words of Governor Ralph Northam on Tuesday as he noted the investments in early childhood education have been paying off. Just last week, the Governor

informed everyone that his latest budget includes 225-million-dollars to be invested in early childhood education. All of this comes after the state expanded the Child Care Subsidy Program earlier this year which provides families with financial assistance to help pay for childcare.