

**DIVINE MERCY RADIO, INC.
ISSUES AND PROGRAMS FIRST QUARTER 2014**

ISSUE Health

01 10 2014 1200 One Body Stewarding Gods Creation 60 minutes Dr. Amy Hogan, M.D., a general medical doctor and fertility specialist talks about the dangers of contraception and how this is crucial since the government is pushing contraception with health care. She said that young girls are being targeted with a government web site. There is no web site for boys. She also talked about what contraceptives do in the body.

01 17 2014 1200 One Body Stewarding Gods Creation 40 minutes Dr. Amy Hogan, M.D., a general medical doctor and fertility specialist talks about the Benefits and Risks of Exercise. She addresses how to exercise if one is too busy or has physical restrictions. She talks about how disease and a number of cancers can be avoided through moderate exercise.

01 22 2014 1200 The Doctor is In 60 minutes Coleen Kelly Mast, who brings to the show a wealth of academic credentials and personal life experience as she deals with personal problems and family issues. Today she received a call from a lady who went to her cousins birthday party and she showed up a little late. Her cousin lashed out at her and brought up many things from the past that this woman did to hurt her. The cousin also does not like the caller because she attends church, calls her a saint. Coleen advised the caller pray for her cousin and these emotions. She also advised that she look at the cousin with love in her eyes and ask, Is there anything I can do to make up for how I hurt you. This will acknowledge the cousins pain, and it is difficult to be angry at someone who is loving. Coleen took calls for the remainder of the hour.

01 23 2014 1200 The Doctor is In 60 minutes Coleen Kelly Mast, who brings to the show a wealth of academic credentials and personal life experience as she deals with personal problems and family issues. Today Coleen took a call from someone who has a friend that continually complains about his stressful job where the people are difficult to work with and feels like it doesn't get any respect. She gets tired of hearing these complaints over and over. Coleen said that she should pray for this person and just listen. He likely just needs a shoulder to cry upon. If she says anything in response it should be affirming his talents and not giving him advice. Coleen took calls for the remainder of the hour.

01 30 2014 1200 The Doctor is In 60 minutes Coleen Kelly Mast, who brings to the show a wealth of academic credentials and personal life experience as she deals with personal problems and family issues. Today Coleen talked about Saint Monica who was caught taking wine from the cellar. Saint Monica began taking sips and then filling her cup when she was young. A maid servant caught her drinking and told on her. Thus, we should invoke St. Monica for temptations with drinking or addictions. A caller called in wanting an acronym for fear. Coleen gave her a couple she could use. Another person called reminding Coleen that St. Monica took the problem to heart and quit drinking. Coleen took calls for the remainder of the hour.

02 06 2014 1200 One Body, Stewarding Gods Creation 40 minutes Dr. Amy Hogan, M.D., a general medical doctor and fertility specialist talked about three saints and how they suffered: St. Therese of Lisieux, St. Sebastian and St. Gianna Beretta Molla. She gave the medical aspects of what their disease or torture did to the body. For example, St. Therese died of TB, and Dr. Amy explained the medical side of TB and what it does to the body and how someone dies from this. She then tied it in with how people do suffer ailments and she gave empathy to those individuals.

02 14 2014 1200 One Body, Stewarding Gods Creation 40 minutes Dr. Amy Hogan, M.D., a general medical doctor talks about hemorrhoids. She explains what they are and offers various treatment options from ointment to surgery.

02 18 2014 1200 The Doctor is In 60 minutes Coleen Kelly Mast, who brings to the show a wealth of academic credentials and personal life experience as she deals with personal problems and family issues. Today Coleen talked about the difficulties of marrying someone not of the same religious faith. A caller agreed that it is difficult to marry someone of a different religious faith as he did. He suffers from stress and anxiety issues that affect his life such as

stomach issues. The medicines have side effects and slows down his brain, so he does not take them. Coleen suggested he try some alternative medicine, all natural products to reduce stress and that he also put an exercise routine into his schedule. She also suggested meditation on the rosary or listening to Gregorian chants will help. She took calls for the rest of the hour.

02 28 2014 1200 One Body, Stewarding Gods Creation 40 minutes Dr. Amy Hogan, M.D., a general medical doctor and fertility specialist interviews Medical School applicant Melissa Keiffer on what it takes to get into medical school. The two talked about high school grades and what to study in college as well as a good GPA to take the test making one eligible for applications into medical school. They talked about the application process, obtaining references and the daunting task of the medical school interview.

03 06 2014 at 1200 The Doctor is in 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. On this episode, Dr. Ray began the show by talking about the teenager who is suing parents for being bad. The parents said she left home before 18 because she refused to follow house rules. The teen found a friend's family to take her in. Dr. Ray said this is the rescue family that will save the teen from the evil people. However, Dr. Ray said that in 6 to 9 months the rescue family will realize the parents were not as bad as the teen described. What Dr. Ray finds amazing is that the rescue family rarely talks to the parents but simply takes the teens words as truth. A mother called in and said her 13 month old is expressing her independent self. Dr. Ray advised that this is where the discipline starts. Chances are a 13 month old can be easily distracted or the parents can walk away and ignore the fit. If the parent decides to discipline, like putting them on a step or in a corner, they must make it stick. Dr. Ray said that the parent should be easy on themselves and put the child in a play pen or crib so they can not get out. The idea here is when mommy says, no, the child understands mommy means no.

03 14 2014 1200 The Doctor is In 60 minutes Coleen Kelly Mast, who brings to the show a wealth of academic credentials and personal life experience as she deals with personal problems and family issues. Today Coleen talked about the difference between clutter and hoarders. She said only 5 to 7 percent are hoarders. Papers on a desk or stuff piled in a closet represents clutter. Hoarders are those who can't move around in the house. A caller asked if counseling was the same secrecy as the Confessional. Coleen said it was not. Even though the counselor is bound by professional confidentiality, the priest cannot tell even if it means he must die. The caller said he had a friend who was a stripper and is trying to get away from this field. He admitted that he also used to be in that type of work but by the grace of God had been freed from it. Coleen recommended counseling and a book called Pure Womanhood by Crystalina Evert. She also commended the caller for helping a friend get away from this lifestyle and back into the Church. Coleen took calls for the remainder of the hour.

03 19 2014 at 1200 The Doctor is in 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. On this episode, Dr. Ray talked about an article that stated traditional families are dead. Dr. Ray countered that with a study that show most women do most the housework and over 60 percent prefer to stay at home or work part time. The study also indicated that married men perform better on the job. Dr. Ray then took calls. A female called in and wanted to know what type of birth control to use as she is 43 and has a health condition indicates she should not have more children. She said she tried NFP but it did not work as she got pregnant with her two children while practicing. Dr. Ray quizzed her and she didn't really try NFP – she did not measure and chart as NFP requires. He told her to go to Pope Paul VI Institute and learn the method as the chances of getting pregnant are virtually nil more effective than birth control pills. He also suggested she check out the Couple to Couple league and One More Soul. Dr. Ray took calls for the reminder of the hour.

Certified by Donetta M Robben April 1, 2014