

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

STATION: WOCG

DATE: 01/01/19 - 03/31/19

DURING THE PAST QUARTER, THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE RAN THE PROGRAMS INDICATED TO ADDRESS THEM. (Quarter 1, 2019)

Issue: Lifestyle Related Diseases

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health For a Lifetime: NEWSTART For Life

Date: 01/30/19 **Time of day:** 4:30 AM & 12:30 PM **Duration:** TRT 28:29

Brief Description of Program: (Format, participants, content, etc.): Participants: Dr. Richard Nelson, Don Mackintosh

Dr. Nelson shares with our listeners how to change their lifestyle thru the famous NEWSTART program. The typical American lifestyle will result in coronary artery disease, type 2 diabetes, cancer and more. The NEWSTART program will not only prevent these diseases, but it will also reverse it. N stands for Nutrition. Cut refined food. Eat a plant based diet. E is for Exercise. Walk every day. W is for Water. Drink 6-8 glasses a day. S stands for Sunlight which is important for our immune system. T is for Temperance (or self-control). Avoid harmful things, eat in moderation. A is for Air – fresh air, tobacco free. R is for Rest. Get enough rest and manage your stress. The second T is for Trust In God. Pray always.

Issue: Wellness

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health For a Lifetime: Best Choice

Date: 02/17/19 **Time of day:** 12:30 PM **Duration:** TRT 28:29

Brief Description of Program: (Format, participants, content, etc.): Participants: Zeno Charles – Marcel, Don Mackintosh

Dr. Zeno Charles-Marcel encourages our listeners to have Total Health which involves mind, body, and spirit. He introduces a program called “Best Choice” and each letter stands for a different aspect of Total Health. B stands for Balanced Nutrition. E is for Exercise. S is for Simple, Natural Remedies First. T is for Trust in the Creator God. C stands for Cleanliness. H is for Hibernation - that is sleep and rest and also for Hydration. O is for Outdoor Activities...fresh air, the sunshine, clean environment. I is for Inner Peace...stress reduction. C (again) is for Connectedness or Community. E is for Elimination of Harmful Substances.

Issue: Allergies

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health For a Lifetime: Allergies

Date: 02/20/19 **Time of day:** 4:30 AM & 12:30 PM **Duration:** TRT 28:29

Brief Description of Program: (Format, participants, content, etc.): Participants: Zeno Charles – Marcel, Don Mackintosh

Dr. Zeno Charles-Marchel explains “allergy is just a state that people are in where they have cells in their immune system that are reacting to things in their environment, or things that are being generated on the inside of them that produce chemicals - these chemicals produce symptoms. The symptoms often times include things like itching or runny nose or even wheezing and spasm of the bronchial tree, the respiratory tree.” Allergies can be caused by prenatal factors. Allergies can be passed on genetically. When pregnant, some triggers that could pass on asthma to the baby would be fish, peanuts, soy, wheat, and cows milk. Cow's milk is for baby cows. Mother's milk is for human babies. Tobacco smoke also triggers asthma. (Smoking while pregnant is considered child abuse in some countries.) Breastfeeding helps protect against allergies. It's best to breastfeed for at least one year. Part of the treatment for allergy is adequate amounts of water, inside and out.

Issue: #1 Killer

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Health For a Lifetime: Heart Disease

Date: 03/03/19 **Time of day:** 12:30 PM **Duration:** TRT 28:29

Brief Description of Program: (Format, participants, content, etc.): Participants: Zeno Charles – Marcel, Don Mackintosh

Zeno Charles – Marcel explains that lifestyle is very important in preventing and in treating heart disease. Well known risk factors that can cause heart disease are cigarette smoking, lack of exercise, high cholesterol, family history, obesity, diabetes, high blood pressure, and more. Zeno Charles – Marcel shares with our listeners some less well known but very important factors. 1. High homocysteine levels. If we eat foods with too much methionine like flesh food, meat, milk, cheese, and eggs, and don't have vitamins B6, B12, and folic acid, it will cause an accumulation of homocysteine. Our bodies cannot make Vitamin B12. It must be supplemented. 2. Chlamydia pneumonia, a STD, circulates in the blood, triggering the inflammatory response that can cause atherosclerosis. Zeno advises young people to follow the Bible way and abstain from sex until they are married. 3. Stress – it can cause hostility which is a greater predictor of you dying of a heart attack than all of the other risk factors combined. The issue isn't what we eat, but what eats us. There are three components to hostility: anger-actual rage, aggression, and cynicism. We need “heart surgery” by the Holy Spirit. We need to learn to forgive like Jesus did on the cross. You can only change yourself. Forgiveness is an act of love.

Issue: Greed

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): It Is Written: The Love of Money

Date: 03/16/19

Time of day: 2 AM & 12 PM

Duration: TRT 28:29

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

Participants: John Bradshaw and International speaker and author Australian Julian Archer

Julian Archer shares with John Bradshaw his personal story of how he ran several successful businesses and was blessed with wealth but found himself serving money, not God. Satan can cause money to be a distraction. Our blessings from God can become a curse when we worship the gifts, rather than the Giver. A materialistic culture can cause us to miss out on heaven. We need to focus on Jesus Christ and maintain that relationship with Him. It's wrong to think if I had more money, I can serve God more. If you're not giving to God when you don't have much, you're not going to give to God when you have a lot. God loves a cheerful giver. We need a heart conversion and then the giving will come easy. Tithing, giving a 10th of your increase to God, acknowledges who God is and the fact that He owns all of it. Julian teaches our listeners the rule of tens. 10% goes to God. 10% goes to offerings/helping others. 10% goes to savings. 70% is for cost of living. In Malachi 3, God promises to bless us when we give tithe and offering to Him...it may be financially, or it may be in other ways such as good health, happy family relationships, transportation, etc. Give out of love and you will be blessed. Around the world, as money increases, religion decreases. Materialism is taking over everything. We need to simplify; we need to reduce our assets and responsibilities so that we have more time, more energy, and we can focus on our relationship with God. That will assist our children. Julian says "God blesses us beyond our needs so we can increase our standard of giving, not our standard of living." Dial things back together... with your spouse. Ask yourself did Jesus die for the things I'm living for? Simplify and feel that peace. As blessings increase, go to your knees in prayer and thanksgiving. Give and Live for Him.

Tamisa Ondap

Signature

04/01/19

Date

Station Manager

Title

01/2018