

## 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:** 07.01.19 to 09.30.19

**DURING THE PAST QUARTER, THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE RAN THE PROGRAMS INDICATED TO ADDRESS THEM. ( Quarter 3, 2019 )**

**Issue:** Stress

**WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title):** Health For a Lifetime: Stress and Relaxation

**Date:** 07/07/19 **Time of day:** 12:30 PM **Duration:** 28:30 TRT

**Brief Description of Program: (Format, participants, content, etc.):** Guest Dr. Skip MacCarty shares with host Don Mackintosh how to relax. Different personalities respond to stress differently. Type A is highly competitive, aggressive, impatient, has fast speech, feels guilty relaxing, and is usually socially isolated. Type B is more relaxed, easy going, easily satisfied, plays for fun, not compulsively driven and doesn't cram excessive amount of events in a limited period of time, but is still successful. It's good to be in the middle. High end Type A have a 70% more chance of having open heart surgery. The goal of stress management is to have peace and tranquility within while there is turbulence on the outside. Seven keys to managing stress are: Prayer, Relaxation, Exercise, the right Viewpoint, Eating Healthy, expressing Neighborly Love, and wise Time Management. Relaxing accomplishes better health. Laughter/Humor is number one.. It relieves tension and releases endorphins. Keeping the Sabbath brings rest and peace.

**Issue:** Women's Health

**WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title):** Health For a Lifetime: Women's Health Issues

**Date:** 07/31/19 **Time of day:** 4:30 AM & 12:30 PM **Duration:** 28:30 TRT

**Brief Description of Program: (Format, participants, content, etc.):** Guest Dr. Allan Handysides educates the listeners and host Don Mackintosh on women's health issues like breast cancer, cervical cancer, uterine cancer, childbirth problems, and now smoking and obesity. More women died of lung cancer than breast cancer at the time of this recording. 50% of smokers will die. It's time to stop smoking. Osteoporosis is another issue. It's important young women start caring for their bodies as teenagers with weight bearing exercises and staying fit with sports and physical activity to build muscle and a denser base. Eating green leafy vegetables provides a good source of calcium. Caffeine is a factor in causing osteoporosis. It's important for women to do regular self-exams of their breast to catch any lumps and to prevent breast cancer. Abstinence will prevent STDs. Prevention is key.

**Issue:** Education Reform

**WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title):** Issues and Answers: The Problem With Education

**Date:** 08/22/19 **Time of day:** 2 PM **Duration:** 28:30 TRT

**Brief Description of Program: (Format, participants, content, etc.):** Dr. Randy Siebold explains to host Shelley Quinn the problem with public education today. With teachers, one person deals with math, one with science, etc, so each person does their job well, instead of focusing on how the child as a whole is learning. Compartmentalizing education is thought of as school but education is learning and should be a life long desire. Learning is difficult when it is regulated by the bell. For example, just when they figure something out in math, the bell rings and it's time to stop learning about math, go down the hall and start learning about science. Kids start to dislike school because the whole education process is centered around the content, memorizing answers, and not centered around the child's natural desire to learn. We are not developing critical thinkers. In summary, the main problem with the school system is that it is drawing more on memorization rather than actual application and may be smothering the intuitive seeking and learning ability that God put into little babies.

**Issue:** Life Clutter

**WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title):** Issues and Answers: Decluttering Your Life

**Date:** 9/19/19 **Time of day:** 2 PM **Duration:** 28:30 TRT

**Brief Description of Program: (Format, participants, content, etc.):** Host Shelley Quinn interviews guest Dr. Janice Brown: Today so many of us feel overwhelmed with everything we have to do. Dr. Brown says the first thing we need to do to declutter our life is to go to the Word of God, and to pray to Him. Sometimes fasting helps. Next, exercise and diet are very important. We need to take care of our physical health. Proper foods will give us the nutrients our bodies need to stay healthy and happy and less stressed. Believe it or not, watching TV during meals, is very stressful. Walking is a very simple way to exercise. Stay away from negative speaking and thinking, and negative people. Tell yourself good things about yourself. We are made in the image of God. We are of value. Speak and pray God's promises over your life. Now, a cluttered home, car, or office has a major impact upon us. Start removing things that aren't necessary. Give those items to someone else. It's stressful to have too many items. It feels good to share. You have to make the decision to change mentally before you can physically. Once you commit, take time once a week to remove items. Call friends to help. Go room by room. Also, sometimes, you need to feed your intellect which will naturally help declutter your mental stress. Turn off the TV/noise. Read books, listen to CDs/spoken word/devotionals, and again, read the Word of God. He can give you the power to forgive others to remove anger/resentment from your heart. Regret is a tool of Satan. Live in the moment, in the positive.

Issue: Social Media Usage

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Sharing The Word: Disclosure: Social Media And You, Part 1

Date: 09.22.19

Time of day: 4 PM & 8 PM

Duration: 58:44 TRT

Brief Description of Program: (Format, participants, content, etc.): Host Shawn Boonstra and co-host Jean Boonstra talk about the world of the internet and how Christians should relate to it. Some positives of the internet are that research can be done faster, we can stay connected to our family and friends, and there are helpful things like google translate. A big negative is pornography and sometimes social media can be mishandled. Be very careful on social media. Christians are held to a higher standard. As a Christian, we are to point others to Christ, not get caught up in politically charged issues. Remember, whatever you put online is there forever. Also, any service that is free, you are the product. Because the internet and screens exist, it's important to create healthy boundaries and age appropriate limitations for our children. Teach children discernment rather than prohibition.

Tamisa Ondap

Signature

Station Manager

Title

10.09.19

Date

01/2018