

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: 10.01.19 to 12.31.19

DURING THE PAST QUARTER, THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE RAN THE PROGRAMS INDICATED TO ADDRESS THEM. (Quarter 4, 2019)

Issue: Using Social Media & Parenting

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Disclosure: Social Media and You – Part 2 (during Sharing the Word)

Date: 10/06/19 **Time of day:** 4 PM & 8 PM **Duration:** 58:30 TRT

Brief Description of Program: (Format, participants, content, etc.): Co-hosts Shawn and Jean Boonstra are joined by Disclosure Producer Ruben Gomez to talk about how social media affects their daily lives. Today, social media is extreme. People are posting things they would never say in person. Social Media posts can be very polarizing and can hurt your friends and family, sometimes unintentionally. Parents are encouraged not to give their children screens. Science proves screens are harmful for their brains. When kids use ipads or cell phones, it becomes a reward system which produces dopamine which can lead to addiction! Take away that drug, those screens, and you have a negative change in the child's behavior and shorter attention spans. Kids don't need screens. It is a digital world so kids do need to be exposed to tech but it needs to be controlled. Due to typing and texting, the quality of personal penmanship has gone downhill. Kids/Adults are taking 20 plus selfies to pick the perfect one to post to social media which is usually not reality. They are comparing their pics to others and are watching for "likes" which gives a dopamine hit. They are judged by their peers if they don't get enough "likes". It's just not healthy. It's not reality. Social Media teaches social isolation, too. People are struggling to have face to face conversations. Parents, don't be lazy, by either taking away social media altogether or letting kids have screens all the time. Be a parent. Teach discernment. Don't just say NO. Take time to engage with your kids in regards to books and movies. Teach them to look at the world thru a Christian filter. Teach them reality.

Issue: Menopause

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

Date: 10/21/19 **Time of day:** 3:30 PM **Duration:** 28:30 TRT

Brief Description of Program: (Format, participants, content, etc.): Host Don Macintosh interviews Dr. Eric Shadle on the topic of menopause and how it affects women's health. There are two stages: perimenopause and menopause. The perimenopause transition can be very difficult and last many years due to the fluctuation in the estrogen levels that occur in the ovary. Symptoms include hot flashes, irregular periods, mood swings, fluid retention, memory problems, and headaches. Symptoms can be treated individually or it may be a case of needing estrogen. Symptoms of menopause include vaginal dryness, skin changes, urinary problems, and decreased libido. These symptoms can affect relationships. Husbands need to know women are truly experiencing physiological changes. It's not imaginary. As eggs in the ovaries mature and are used up, menopause begins. Smoking can bring about early menopause. Women who have not had any children may bring on early menopause. 75% of women experience hot flashes due to changes in estrogen levels. Some other things may cause hot flashes like certain medications, hot drinks, and alcohol. Some urinary problems are caused by a loss of estrogen. There are two types of urinary problems: Stress Incontinence and Urge Incontinence. Three main medical concerns associated with menopause include osteoporosis, heart disease, and breast cancer. These problems tend to increase in women after menopause. Menopause is a natural part of life. Treatment should be individual. Sometimes estrogen will help, sometimes a woman may be out of balance in life. It's important to have a healthy spiritual life. This will help find balance and good health overall.

Issue: Heart Disease in Women

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

Date: 11/18/19 **Time of day:** 3:30 PM **Duration:** 28:30 TRT

Brief Description of Program: (Format, participants, content, etc.): Host Don Macintosh interviews Dr. Eric Shadle on the topic of heart disease in women and CHIP, the Coronary Health Improvement Project. The number one cause of death in women is heart disease. CHIP is a program that deals with lifestyle issues and dietary changes that can have a positive impact on a person's risk for cardio vascular disease. CHIP is a 40 hour lifestyle modification program. There are five basic principles of CHIP: 1. Decrease empty calories, 2. Decrease animal products, 3. Eat more foods as grown, 4. Exercise, and 5. Have a buddy system for accountability. Women (and men) need to decrease the amount of fat intake. It's important to have enough fiber, at least 30 grams a day. Walking 60 minutes a day, five to six days a week, is recommended. CHIP is also about having a balance between the physical, mental, emotional and spiritual aspects of life. Women/people that go thru the program in just four weeks experience about a 4% weight loss, a lowering of the pulse rate, and blood pressure is normalized. People can get off of certain medications.

Issue: Christians and Debt

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Disclosure: (during Sharing the Word)

Date: 12/15/19

Time of day: 4 PM & 8 PM

Duration: 58:30 TRT

Brief Description of Program: (Format, participants, content, etc.): Host Shawn Boonstra interviews Bill Hay with Planned Giving and Trust Services. Bill asks how do we manage our money according to Biblical principles? Proverbs says the borrower is servant to the lender; don't owe anyone anything. Debt creates anxiety, insecurity, and hopelessness which can lead to suicide. Debt causes tension in the home and is the number one cause of divorce. The Bible says God wants us to be prosperous and in health, not have a bunch of debt. Today it is rare for people to live debt free. If you must have debt, limit it to these three things: 1. Getting an education, 2. Building a business, and 3. Buying a house. Each of these things pay back an increased value. Higher education tends to bring more opportunity and provide higher wages. To finance your business ends up with a greater market share and higher profits. When you buy a home in the USA, it appreciates in value, in general. Reasons you should not go into debt include buying a car, taking a vacation, buying furniture, and making certain investments with borrowed money. All of these items depreciate or are not worth the risk. Make yourself car payments, save up, and pay cash for vehicle. Drive it into the ground! With student loans, it's important to have boundaries and only borrow what you are comfortably able to pay off in the first seven years of your working life. Limit your debt to \$25-30K. If you are able to work thru school, that is better. Sometimes, you may need to take off a year to earn more money towards schooling, then go back to school the next year. There are ways to stay out of debt or keep necessary debt low. Other ways to stay out of debt include not paying others to do things you can do yourself like cooking (eating out), yard care, pest control, house repairs (look up videos on YouTube), painting, car repairs (again, YouTube), mani/pedi, haircuts, etc. Eliminate interest earning payments. Try bartering services! Take on another job to put more money in your pocket like delivery jobs. Sell junk around the house. Look at your cell phone and cable bills and cut costs. As a Christian, it's important to manage God's resources responsibly. When you do not have debt, you have the ability to give back...to do good for other people like sending a kid to summer camp. God emptied heaven for us. There is joy in giving!

Issue: Healthful Eating

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT (Title): Bible Talk (during WOCG Presents)

Date: 12/26/19

Time of day: 9 AM & 6 PM

Duration: 14:30 TRT

Brief Description of Program: (Format, participants, content, etc.): Co-hosts John Bradshaw and Gary Gibbs share with our listeners what the Bibles says about healthful living. God's plan was for us to live forever. Sin shortened our lives. The Bible teaches God's program for good health. In Genesis, mankind was given permission to eat fruits, nuts, and grains. After the flood, mankind was given permission to eat "clean" animals. (Notice this was given to Noah, who was not a Jew. This plan is not just for the Jews.) The clean animals were the ones taken into the ark by sevens. Leviticus gives a list of clean animals: whatever has a split hoof AND chews the cud. Cows are clean. Rabbit/Hare is not clean. Pig/Swine is not clean. Pork is full of worms and high in fat. God wants us to be healthy.

Tamisa Ondap

Signature

Station Manager

Title

01.09.2020

Date

01/2018