

WGTS 91.9 Issues and Programs

3rd Quarter

July, August, September 2023

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.

ISSUE: Breast Cancer

PROGRAM: Health Minute

AIR DATE: 7/12/23

Duration: 1:46 minutes

The American Cancer Society's estimates for breast cancer in the United States for 2023 are: "297,790 new cases of invasive breast cancer will be diagnosed in women. About 55,720 new cases of ductal carcinoma in situ (DCIS) will be diagnosed. About 43,700 women will die from breast cancer." The Morning Show interviewed Dr. Cynthia Plate to discuss the importance of breast cancer screenings in early detection.

ISSUE: Cancer

PROGRAM: News Update on Morning Show

AIR DATE: 8/9/23

Duration: 1:00 minute

You may want to hold the soda with your next meal. The Journal of the American Medical Association released a study yesterday that said older women who drink just one sugary drink a day have a much higher risk of getting liver cancer and losing their life to the disease. The research found women who were 50 or older who drank one sugary soft drink or fruit drink were 1.75 times more likely to be diagnosed with liver cancer and 2.5 times more likely to die from chronic liver disease compared to those who drank three or fewer of these beverages a month. Those women who drank artificially sweetened drinks didn't have any increased risk of liver cancer.

ISSUE: Heart Health

PROGRAM: Health Minute

AIR DATE: 8/9/23

Duration: 3:43 minutes

Making healthy food choices is an important part of living a healthier lifestyle and preventing chronic disease. It's especially important to plan ahead when out of your ordinary routine. Patricia Hertz, registered dietitian with the Center for Fitness and Health at Adventist HealthCare Shady Grove Medical Center, has some helpful tips for keeping your food options healthy, while you're on the go.

ISSUE: Heart Disease

PROGRAM: News Update on Morning Show

AIR DATE: 8/10/23

Duration: 1:00 minute

A new study claims you don't need to take ten thousand steps every day to lower your risk of heart disease. Researchers at Johns Hopkins University in Baltimore measured data from over 200-thousand people who were counting their steps and settled on four thousand per day as a good target. In a study published this week, the scientists said people who hit the four-thousand-step mark saw their risk go down of dying prematurely from any cause. They added, though, health benefits do increase the more people walk.

ISSUE: Mental Health

PROGRAM: Morning Show with Jerry & Summer

AIR DATE: 8/15/23

Duration: 3:30

Mental health is something many parents are concerned about when it comes to their children, especially in relation to the many pressures at school. Jerry and Summer discuss how to help our children manage emotions, cope with anxiety, and address mental health concerns with Dwight Bain, Author, Nationally Certified Counselor, Certified Leadership Coach, Licensed Mental Health Counselor and former Family Law Mediator in clinical practice since 1984.

ISSUE: Childhood Health & Education

PROGRAM: News Update on Morning Show

AIR DATE: 8/15/23

Duration: 1:00 minute

(Washington, DC) - August is National Children's Vision and Learning Month, and ophthalmologists are marking this by having parents ensure their kids' eyesight is ready for school. Good vision is key not only for classroom instruction, but also for social interaction and learning, according to Dr. Leslie Jones of the Howard University College of Medicine. The CDC estimates about seven percent of children under age 18 have a diagnosed eye or vision condition.

ISSUE: Childhood Health

PROGRAM: Health Minute

AIR DATE: 8/16/23

Duration: 2:29 minutes

Dr. Anni Jain joined the morning show to share tips to get the kids ready for school both mentally and physically. She focused on importance of a regular sleep schedule, mental health screening, and vaccinations and physical screenings especially before beginning a new school year.

ISSUE: Public Safety

PROGRAM: News Update on Morning Show

AIR DATE: 8/21/23

Duration: 1:00 minute

(Upper Marlboro, MD) - Maryland's first locally acquired case of malaria in over forty years has Prince George's County Health Department officials urging residents to steer clear of the carriers. The risk of mosquito-borne illnesses is at its peak and will remain so into the fall. Residents are urged to stay inside at dawn and dusk when mosquitoes are most active. When outside, people who work or play should cover their skin, or use insect repellent that includes DEET or Picaridin. The recent case involved a DC resident; Malaria was considered virtually eliminated from the US in 1951.

ISSUE: Prenatal & Infant Health

PROGRAM: News Update on Morning Show

AIR DATE: 8/22/23

Duration: 1:00 minute

(Silver Spring, MD) -- The FDA has approved a vaccine that is given to pregnant women in order to protect newborn babies from RSV. Abrysvo [[uh-BREEZ-voh]], a single-dose shot, would be given to expectant mothers late in their pregnancy and trigger the development of antibodies that are passed on to the fetus. It would then provide protection for about the first six months of the baby's life. RSV, a respiratory infection that causes cold-like symptoms, is common in young children.

ISSUE: Childhood Obesity

PROGRAM: Morning Show

AIR DATE: 8/23/23

Duration: 4:20 minutes

The first day of school is right around the corner and now is the time to start thinking about preparing healthy lunches. Jerry and Summer we are joined by Patricia Hertz, registered dietitian at the Center for Fitness and Health at Adventist HealthCare Shady Grove Medical Center, she gave some excellent recommendations for making lunches both nutritious and delicious for our students.

ISSUE: Social Media Safety for Children

PROGRAM: Health Minute

AIR DATE: 9/13/23

Duration: 2:44 minutes

Children are looking to social media platforms for connections and information. However, there are some dangers involved such as cyberbullying which can cause problems like body image issues, mental health concerns, and misinformation. Dr. Avni Jain shared tips on how to keep your kids safe while using social media. She encourages parents to be educated and discuss openly the dangers and boundaries that can protect children and adolescents.

ISSUE: Mental Health

PROGRAM: Breakaway

AIR DATE: 9/24/23

Duration: 15:17 minutes

Kevin Krueger spoke with Jami Amerine about her new book, "90 Days to Stress Free: Renovating the House That Worry Built". Through humor and real life experiences, she shares tips and resources for how to reduce stress.

ISSUE: Child Safety

PROGRAM: News Update on Morning Show

AIR DATE: 9/25/23

Duration: 1:00 minute

Maryland State Police has a message for drivers as thousands of students return to school on Monday. Drivers are reminded they must stop at least 20 feet from a bus that's stopped with flashing lights and a stop sign out. You do not need to stop if the road is separated by dirt, grass or a barrier. Police will fine violators up to 570-dollars if caught breaking the rules. Officials say even when the lights are flashing yellow, you should act as if children are entering or exiting the bus. You can find a full list of tips at the MSP website or social media accounts.

ISSUE: Mental Health

PROGRAM: News Update on Morning Show

AIR DATE: 9/28/23

Duration: 1:00 minute

Do your kids love reading? A new study found that kids who read a lot tend to be happier, more active, and better at solving problems. It discovered that kids aged five to twelve who really enjoy reading are usually happier than those who don't read much. Similarly, the kids who read a lot also tend to be more active physically. The study also showed that reading helps kids deal with problems better. Kids who read a lot often try to fix things themselves when things get tough, and they're more likely to ask their parents for help when they need it.