

# WGTS 91.9 Issues and Programs

## 1st Quarter

January, February, March 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:** Health Screenings

**PROGRAM:** Health Minute

AIR DATE: 1/11/23

Duration: 2:36 minutes

Family medicine physician, Avni Jain, MD joined the Morning Show to talk about the importance of the different screenings men and women need depending on their age. Annual health screenings help you and your primary care provider better understand your health. This ensures you and your provider can watch any health conditions that may be developing, make the appropriate lifestyle changes and you can talk to them about any concerns you may have.

**ISSUE:** Parenting Pressures

**PROGRAM:** Breakaway

AIR DATE: 2/5/23 & 3/25/23

Duration: 19:52 minutes

Magdalena Battles is a Doctor of Psychology, Licensed Professional Counselor Associate (LPC-A), conference speaker, and author of three books including "10 Time-Saving Tips for Busy Parents". She talks about the pressures parents are facing to do it all and offers tips for helping parents find practical ways to balance the busy schedules and prioritize relationships. She is a writer and conference speaker whose specialties include parenting, child development, family relationships, domestic violence, and sexual assault.

**ISSUE:** Heart Disease

**PROGRAM:** Health Minute

AIR DATE: 2/15/23

Duration: 3:08 minutes

February is American Heart Month. Jerry and Claude were joined on the Morning Show by Dr. Alexander Asser, Director of the Electrophysiology Lab at Shady Grove Medical Center. He shared important information about heart attacks and the symptoms to look out for in your health and preventative information as well.

**ISSUE:** Eating Disorders

**PROGRAM:** Morning Show

AIR DATE: 2/24/23

Duration: 3:00 minutes

Eating Disorder Awareness Week began Monday, Feb. 27th. Christie Dondero Bettwy joined Jerry & Claude to talk about the work happening at Rock Recovery – a local nonprofit that helps make life-saving outpatient eating disorder therapy and support more accessible and affordable for all.

**ISSUE:** Heart Disease / Cardiac Arrest

**PROGRAM:** Health Minute

AIR DATE: 2/22/23

Duration: 3:49

February is American Heart Health Month. Dr. Alexander Asser, Director of the Electrophysiology Lab at Shady Grove Medical Center talks about the risks of heart disease and shares the signs and symptoms that indicate serious cardiac problems that can be life threatening.

**ISSUE:** Colorectal Cancer

**PROGRAM:** Health Minute

AIR DATE: 3/1/23

Duration: 2:23 minutes

March is Colorectal Cancer Awareness Month. It is the fourth most diagnosed cancer in the United States. Avni Jain, MD, family medicine physician, explained what colorectal cancer is and the types of screenings available that can save lives.

**ISSUE:** Brain Injury

**PROGRAM:** Health Minute

AIR DATE: 3/8/23

Duration: 3:09 minutes

According to the CDC, more than 223,000 traumatic brain injury related hospitalizations occurred in 2019. March is Brain Injury Awareness Month. Jerry and Claude were joined by Dr. Nisha Patel, who shared information helpful to understanding brain injuries and the options that are available to help.

**ISSUE:** Family Stress

**PROGRAM:** Breakaway

AIR DATE: 3/12/23

Duration: 16:24 minutes

Kevin Krueger spoke with Hilary Kinney, author of "Project Management for Parents: Engage the Family, Build Teamwork, Succeed Together". She talked about how demanding family schedules can create a great deal of stress if not managed properly and offered concepts based on her experience in the corporate world to help.

**ISSUE:** Diabetes

**PROGRAM:** Health Minute

AIR DATE: 3/22/23

Duration: 2:25 minutes

Dr. Avni Jain, MD, a local family medicine physician shared some valuable information about Diabetes; the signs and symptoms to look out for, and information about prevention.