

# **WGBZ 88.3 Issues and Programs**

## **4th Quarter**

### **October, November, December 2022**

*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: 10/5/22

Duration: 2:58 minutes

October is Breast Cancer Awareness Month. According to the American Cancer Society, 1 in 8 women will be diagnosed with breast cancer. Keeping up with your annual mammogram screenings each year is very important as early detection is the best detection. Eva Duckett, MD, Director of Breast Imaging with Adventist HealthCare Imaging shared the importance of early detection and how to reduce your risk.

**ISSUE:** COVID/FLU Season

**PROGRAM:** Health Minute

AIR DATE: 10/19/22

Duration: 2:30 minutes

It's that time of year again as we start to gear up for flu and cold season. This year, like the past two years, we also need to consider COVID-19. Experts are expecting a rise in cases this Winter and Avni Jain, MD, a family medicine physician with Adventist HealthCare Adventist Medical Group talked about some tips on how to prepare for any illness this season.

**ISSUE:** Economically Disadvantaged Children

**PROGRAM:** Breakaway

AIR DATE: 10/22/22

Duration: 14:42 minutes

Kevin Kreuger spoke with Marcia Carter, Founder of the [Headley Carter Cares Foundation](#) about the work the foundation does to make sure children have access to extracurricular activities that sometimes are economically beyond their reach but are important to their development.

**ISSUE:** Relationship Challenges

**PROGRAM:** Breakaway

AIR DATE: 10/22/22

Duration: 19:23

Kevin Krueger spoke with Yvette Weir, author of "The Relationship Playbook For Women" who shared advice on how to be proactive about setting boundaries and ways to talk about the things that are important to an individual in a relationship.

**ISSUE:** Food Insecurity and Homelessness

**PROGRAM:** Hands and Heart Project

AIR DATE: 10/24/22 - 11/23/22

Duration: 1 minute spots aired 207 times throughout the campaign

WGTS 91.9 teamed with Central Union Mission for a special Hands and Heart project to provide hot Thanksgiving meals to individuals in the DC area experiencing food insecurity and homelessness.

**ISSUE:** Obesity and Diabetes

**PROGRAM:** Health Minute

AIR DATE: 10/26/22

Duration: 2:14

Patricia Hertz, dietitian with Cardiac Rehabilitation at Adventist HealthCare Shady Grove Medical Center, shared practical pointers to encourage people not to overindulge in holiday sweets, which can have lasting health affects throughout the year.

**ISSUE:** Diabetes

**PROGRAM:** Health Minute

AIR DATE: 11/2/22

Duration: 3:25 minutes

November is Diabetes Awareness Month. Local physician, Dr. Ogechi Anyaoku shared some useful information on the disease along with ways to take care of one's health after a diagnosis.

**ISSUE:** Lung Cancer

**PROGRAM:** Health Minute

AIR DATE: 11/23/22

Duration: 3:02 minutes

November is Lung Cancer Awareness month. Dr. Avni Jain from a local hospital, shared some information about how to help prevent and detect lung cancer.

**ISSUE:** COVID/FLU/RSV

**PROGRAM:** Health Minute

AIR DATE: 12/16/22

Duration: 4:04

With the Flu, RSV and COVID-19 on the rise this winter, it may be more difficult to tell the difference between the viruses. Ogechi Anyaoku, MD, an internal medicine physician is with Adventist Medical Group, shared the facts to help differentiate the viruses from one another and what to do if you're exhibiting symptoms.