

WGBZ 88.3 Issues and Programs

1st Quarter

January, February, March 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: Covid-19 vaccines

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 6, 2022

Duration: Newcast

Millions of children can now get better protected from the virus and variants. The CDC endorsed Pfizer's booster shots for 12 to 15-year-olds, following FDA approval. This means anyone over 12 is eligible for a third dose five months after their second shot. The move comes as child hospitalizations set records in several states, some with severe complications.

ISSUE: Health

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 10, 2022

Duration: Newcast

We all know calories are invisible if they're in a cup. But if you're trying to lose weight this year, doctors say it starts with what's in your cup. If it's soft drinks or alcohol, it's bad enough but the real culprit this time of year is your coffee drink...because we don't drink it black. The worst offenders are the most delicious ones. Pumpkin spice lattes and other fancy drinks can pack anywhere from 250 to 500 calories per serving. A 16 oz cup could have 10 or 11 teaspoons of sugar. Experts say if you want to cut calories your best bet is to choose drinks that are clear, not creamy.

ISSUE: Local animal shelters

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 10, 2022

Duration: Newcast

There's a new way fans can honor Betty White on what would have been her 100th birthday. Simply pick a local animal shelter and donate five dollars on January 17th. Betty was an animal lover known for her charitable work. She was the last surviving star of the "Golden Girls" until last Friday when she passed away in her sleep. The Betty White Challenge invites people to "make her 100th birthday the movement she deserves."

ISSUE: Health/diet

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 11, 2022

Duration: Newcasts

The Mediterranean diet is again being named the best overall diet. The U.S. News and World Report magazine is giving it that ranking for the fifth year in a row. The Mediterranean diet guides people to eat plenty of plants, foods low on "bad" cholesterol, such as vegetables, fruits, wheat, nuts, and legumes [[LEG-yooms]]. Studies consistently show a correlation between the Mediterranean diet and lower risk of heart disease.

ISSUE: Covid-19

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 11, 2022

Duration: Newcast

The wait is almost over to get an at-home COVID test for free. Starting Saturday, anyone who buys a test can ask to be reimbursed by their insurance. The new rule will cover eight tests a month and even more if ordered by a doctor or nurse. Simply go online and file a claim.

ISSUE: Blood shortage

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 11, 2022

Duration: Newscast

The Red Cross is declaring the nation's first-ever blood crisis. A historic shortage is leaving hospitals empty as some blood centers are down to less than a day supply. The pandemic has led to blood drives being canceled amid the COVID surge, being made worse by winter storms. Donations are at their lowest, The Red Cross warns if this continues, some patients may not get the life-saving blood they need.

ISSUE: Health

PROGRAM: Health Minute on Mornings with Jerry and Blanca

Air Date: January 12, 2022

Duration: 1:56 mins

New Year Health Goals with Dr. Avni Jain, Family Medicine Physician with Adventist Medical Group. As you set goals for the year, it's important to keep your health at the top of the list. The morning show discussed ways to prioritize health and set healthy goals for the new year.

ISSUE: Health/blood donation

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 12, 2022

Duration: Newscast

The Red Cross is pulling out all the stops in a desperate call for donors amid a historic blood shortage. Anyone who rolls up their sleeves this month will have a chance to win tickets to the Super Bowl in Los Angeles. Other prizes include entry to the official NFL Tailgate and a 500-dollar

ISSUE: Health and wellness

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 12, 2022

Duration: Newscast

Can walking 10,000 steps daily help you reach your goal weight? To lose weight you need to burn more calories than you eat.

- To lose weight by walking, you have to burn off an extra 500 calories a day to lose a pound a week.
- Most people burn around 300 to 400 calories by walking 10,000 steps.
- Experts recommend gradually increasing steps, aiming for an extra 1,000 steps per day each week.

Still, you're more likely to lose weight if you also focus on eating healthy.

(Thomas Hirai, MD, medical director at the bariatric and metabolic health center at O'Connor Hospital in San Jose, California, tells Insider the idea of walking 10,000 steps per day originated in 1965 when a Japanese company developed a pedometer called the "Manpo-kei," which means "10,000 steps meter.")

"The goal of 10,000 steps came about as it was catchy, easy to remember, and above the average daily steps for most people," Hirai says. "It was challenging but achievable to many people.")

ISSUE: Covid-19

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 12, 2022

Duration: Newcast

There's a new plan to send an extra five million COVID tests to schools every month. The CDC will work with states to submit requests and the first shipments will be delivered within the next two weeks. This comes as more and more districts are struggling amid a surge in cases.

ISSUE: Covid-19

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 12, 2022

Duration: Newscast

If you're thinking about making a trip across the country's northern border, the CDC wants you to think again. The health agency moved Canada to the highest risk category for COVID-19. They've seen nearly 300-thousand new COVID cases in the week ending January 8th, a new record for the pandemic. Other countries that remain in the CDC's highest risk category for COVID transmission include France, Portugal, Ireland, Spain, Italy, and the United Kingdom.

ISSUE: Stress

PROGRAM: Relationship FYI on Mornings with Jerry and Blanca

Air Date: January 14, 2022

Duration: 2:27 mins

Morning show co-host Blanca Vega shared lessons she learned online from a leadership conference led by Bishop TD Jakes in a message called "Don't Stress In The Stretch". The program focused on ways to grow and challenge yourself, but to how to manage stress when situations get stressful.

ISSUE: COVID

PROGRAM: Middays with Becky, Monday thru Friday, 10 AM to 3 PM

Air Date: 1/18/22

Duration: 5 mins

Host Becky Aligned shared the news that every home in America is eligible to receive 4 free Covid test kits. The information about covidtests.gov was shared with listeners as soon as news broke.

ISSUE: Free covid tests

PROGRAM: Mornings with Jerry and Blanca

Air Date: 1/19/22

Duration: Newscast

Americans can start ordering free at-home COVID-19 now. Residential households in the U.S. can order one set of four rapid antigen COVID-19 tests by going to COVIDtests.gov [[COVID tests dot gov]]. There's a button to click on that leads to a Postal Service page where folks can enter their information and order their tests. There's a limit of one order per address and they start shipping out in late January. According to the White House, the tests will typically ship 'within seven to 12 days of ordering.'

ISSUE: Mental Health

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 20, 2022

Duration: Newscast

(Washington, DC) -- Mental health services are available for young people through text. Ashley Edwards, Mind-Right CEO, says expressing their feelings through text is easier for some people that are introverts. The service is available 24-7 through a partnership with AmeriHealth Caritas and Mind-Right. It launched in the District of Columbia last year. Anyone between the ages of 13-and-20 can get support through a coach at any time.

ISSUE: Covid-19

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 28, 2022

Duration: Newscast

Residents in Prince William County can pick up free at-home COVID test kits at their local libraries starting today. Prince William County Public Library branches will start distributing the kits today through Wednesday at all locations, except the Bull Run Library. Some of the branches will have evening distribution hours. Good idea might be to call before you leave to see if the kits are still available.

ISSUE: Exercise/health

PROGRAM: Mornings with Jerry and Blanca

Air Date: January 28, 2022

Duration: Newcast

A new study reveals the impact ten minutes of exercise can have on adults over 40. More than 110-thousand U.S. deaths could be prevented each year if those over age 40 added ten minutes of physical activity to their daily routines. That's according to the journal JAMA Internal Medicine. The study also noted that an increase of 20 or 30 minutes could have an even larger impact. Researchers based the study on the activity levels of nearly five thousand people between the ages of 40 and 85.

ISSUE: Relationships

PROGRAM: Relationship FYI on Mornings with Jerry and Blanca

Air Date: February 8, 2022

Duration: 1:49 mins

Tony Scott, author of "One Plus One Equals One: The World's Greatest Love Relationship Equation" recently was a guest. He talked about "oneness" and how important that is in a marriage. The break included general tips for healthy relationships and strong marriages.

ISSUE: Heart Disease

PROGRAM: Health Minute on Mornings with Jerry and Blanca

Air Date: 2/9/22

Duration: 2:29 mins

February is American Heart Month. Hosts Jerry and Blanca spoke with Dr. Daisy F. Lazarous, Director, Women's Cardiovascular Program and women's heart specialist with Adventist Health Care.

ISSUE: Human Trafficking

PROGRAM: Breakaway with Kevin Krueger

Air Date: February 12, 2022

Duration: 16:23 mins

Host, Kevin Krueger, spoke with Leslie F. King who shared her story of surviving and escaping human trafficking. She shares ideas on how people can get involved to protect others who are at risk. She is the author of "When Angels Fight: My Story of Escaping Sex Trafficking and Leading a Revolt Against the Darkness".

ISSUE: Mental Health

PROGRAM: Health Minute on Mornings with Jerry and Blanca

Air Date: 2/16/22

Duration: 2:15 mins

Dr. Daisy Lazarous, Director of the Women's Cardiovascular Program at Adventist HealthCare joins us to share more about how our mental health is linked to our heart health.

ISSUE: Mental and Heart Health

PROGRAM: Health Minute on Mornings with Jerry and Blanca

Air Date: February 16, 2022

Duration: 2:15 mins

The last three years have been tough for so many. Stress can play a huge role in our health. Dr. Daisy Lazarous, Director of the Women's Cardiovascular Program at Adventist HealthCare joined the morning show to share more about how mental health is linked to heart health.

ISSUE: Exercise and health

PROGRAM: Mornings with Jerry and Blanca

Air Date: February 17, 2022

Duration: Newcast

Cutting out that extra snack may help boost your metabolism and your immune system. A new study published in Science shows people who cut their calorie intake by about 14-percent over two years generated more T-cells, which are vital in immune function and slowing the aging process. The increase in T-cells are also associated with improved ability to burn stores of fatty acids for energy. The study also found a potential treatment to reduce age-related inflammation and improve metabolic health.

ISSUE: Covid-19

PROGRAM: Health Minute on Mornings with Jerry and Blanca

Air Date: February 23, 2022

Duration: 3:42 mins

Homayara Aziz, MD, an OB-GYN who practices at White Oak Medical Center shares why it's safe and important for pregnant women to get a COVID-19 vaccine.

ISSUE: Adoption

PROGRAM: Health Minute on Mornings with Jerry and Blanca

Air Date: February 23, 2022

Duration: 3:42 mins

Kevin Krueger spoke about the great need for foster and adoptive families to help older children, particularly teenagers with Susan TeBos. She is the author of “We’ve Been There: True Stories, Surprising Insights, and Aha Moments of Adopted Teens”.