

ISSUES AND PROGRAMS LIST – TO BE COMPLETED EACH QUARTER

PURPOSE: On this form, summarize a list of several issues which confront your community and the programs you ran to address each. See 73.3526(a)(9) or 73.3527(a)(7). Do Not Rely On PSA's to satisfy this requirement. While a FCC inspector may not object, PSAs mean virtually nothing if your license renewal is challenged!

STATION: **WIHC - Newberry**

DATE: **01/01/22 thru 03/31/22 (Retain for 7 years)**

During the past quarter the issues shown below have been significant to our community. We ran the Programs indicated to address them each quarter.

ISSUE # 1:

"Healing From A Broken Home - Divorce" From: **Multitude of Counselors**

Date: **Wednesday, 01/05/22** Time of Day: **4:00 PM** Duration: **TRT: 29:45:00**

Description of Program format, participates, and contents :

Host **Jennifer Jill Schwirzer**, is a graduate of Capella University and has extensive experience in individual and group counseling as well as seminars. She is a Private Practice Counselor and the Host of Multitude of Counselors, a program that is dedicated to helping people understand mental health better to see the path to freedom, hope and healing in Jesus. She specializes in Christian and holistic counseling and recovery from eating disorder and uses an eclectic approach, which includes cognitive behavioral therapy and interpersonal and motivational interventions. Following are the counselors who participated in today's show **Counselor #1 - Jean Wright II**, PsyD, is a transformational, highly experienced and professionally trained Clinical and Forensic Psychologist with over 20 years of experience in behavioral health and a proven success in passionately leading people and managing projects and initiatives in government for the city of Philadelphia and in an academia private practice. He is Adjunct Professor for both Temple and Wilberforce Universities and in rehabilitation and correction, for the city of Philadelphia and the State of Ohio. He teaches the subtleties of human interaction to successfully embrace and celebrate the variety of personalities in the workforce and community. He is a well-known author and speaker. His most recent book is entitled "By Strength In Your Struggles" plus he works for an organization called "Community for Restoration & Forgiveness, which involves the prison's systems. **Counselor #2 - Paul Coneff** is from Texas and has a practice as a marriage and family therapist. He runs a discipleship & prayer ministry called "Straight to the Heart." His amazing counseling of clients that have suffered loss, abuse and addictions have lead people to the cross which helps them come to terms with their needs thru trusting in our Lord Jesus Christ. **Counselor #3 - Christine Cecotto**, LMSW, graduated from Southern Adventist University with a Master Degree in Social Work. She did her training as a mental and behavioral health therapist at an inpatient unit for severe mental health and substance use disorders with her specialty working with clients who suffer from anxiety, mood disorders and phobias. In her training, she learned that patients who did not have spiritual coping skills, nor were interested in developing spiritual coping skills, would often return to the inpatient unit for further treatment. Since working at Wildwood Lifestyle Center, she now sees a big difference in the outcome of individuals mental and behavioral health after treatment. Patients have a high success for healing when biblical psychology and the eight laws of health are combined. Her life work is focused on helping individuals learn to personally apply biblical principles in a powerful way so that they may also be overcomers through the blood of Jesus Christ. Today's **Guest is Dee Kaper**, speaks on his experiences when at the age of 3 or 4, his parents divorced. His mom, over many years had been married and divorced 7 times, so along with domestic abuse that was inflicted on her, she had difficulty in bringing any kind of intimacy into the home and more often than not, Dee felt more like the parent than the child. Unfortunately, so many individuals are affected by divorce, of which, there are essentially two kinds of divorce – one is the legal dissolution of a marriage and the other is when the many couple are estranged from one another but remain legally married. Divorce, as we will see, is especially harmful to the children of divorced parents. Statistic show that 1/2 of kids in America will see their parents get divorced. Some of the issues that these kids experience are poverty, mental & physical health problems, poor academics, plus they suffer more financially. It is not just the young kids that have these problems, but also older & adult kids. No matter the age of children from divorced parents, they all need to have support and love at all times to get them thru these types of heartaches. In Dee's case, at the young age of 5 and with his many insecurities, to get attention, he started acting out by stealing and lying and was diagnosed with ADD in school. Looking back on his childhood, he knows that he did not get the required nurturing, which also included the lack of spiritual guidance and that is why he acted out in the ways that he did. When he found God, his life improved with family relationships getting closer. Both his parents received God in their hearts and he was able to sit down with his mom to tell her that he forgave her of what she deprived him as a child growing up.

Issue #2:

Wonderfully Made (Book)" From: **"Building Relationships"**

Date: **Sunday, 01/09/22** Time of Day: **7 AM** Duration: **TRT: 59:00:00**

Description of Program format, participates, and contents:

Host Dr. Gary Chapman has a PhD and is the author of the best-selling book "The 5 Love Languages". He travels the world presenting seminars on marriage, family and relationships, plus has a weekly radio program entitled "Building Relationship's" that offers life changing insight & realistic advice rooted in the Word of God. This program is designed to provide fun, information and practical help for your marriage. Today he interviewed **Guest – Allie Marie Smith** who is the founder and director of "Wonderfully Made, a non-profit organization dedicated in helping teen girls and young women to know their true value. She is an award winning author, speaker, podcast host and a certified life coach. **Program Substance:** Today's program and her book speaks about young women questioning the worth or what on earth are you here for? The everyday pressures and struggles young women face and the feeling of not measuring up can be overwhelming. Some are constantly striving for self-acceptance and human approval. Allie has walked the familiar road of self-doubt and depression. Like a companion on the journey, she wants you to join her in discovering a better life – the life you've been made for. God planned your days before you were born and He longs for you to discover the life He created you to live – here on earth and in eternity. This abundant life comes from knowing you are made for a relationship with God, made to be loved, made to know your true identity, made to overcome, made to live free and so much more. Don't believe the lie that you are defined by your struggles or that your worth comes from your achievements or looks. Your identity comes from God. No matter what the other voices might say, God declares that you are lovingly and wonderfully made and His eternal plan for you is good.

ISSUE #3

#622 Timeless Healing Insights – B.P & Diabetes” From: “American Indian & Alaskan Native Living”

Date: Sunday, 02/06/22 Time of Day: 3:00 p.m. Duration: TRT 59:45:00Description of Program format, participates, and contents :

Host –Dr. David DeRose is a board-certified specialist in both internal and preventative medicine and the host of American Indian & Alaskan Native Living that is a program developed by the Native Education and Health Initiative to help improve and enhance the health of people throughout Native Communities and is hosted by Dr. David DeRose. He interviewed **Guest – Dr. Sonya DeRose** who has a family practice in Weimer, California, received her medical degree from Loma Linda and has practiced for over 20 years. Family medicine doctors are primary-care physicians trained to meet the diverse health needs of children and families. **Program Substance:** Go to Dr. DeRose’s new website www.timelesshealinginsights.org which offers a free program that will give you a daily or weekly e-mail reminder to have a healthier lifestyle. It offers a 5 to 6-minute video with practical health pointers to make a difference in your health. Today’s segment relates to high blood pressure and diabetes. The problems with high blood pressure and diabetes is not a lack of supplements but it is a comprehensive life style approach. Be very cautious when taking supplements as some are dangerous when taken with prescribed or other over the counter medications and could do more harm than good down the road as they may affect other health issues and medications. A couple of examples are Ginseng that can lower blood sugar, but it can also raise your blood pressure. St. John’s Wart is good for depression but again it can raise your blood pressure. Many diet pills can raise both blood pressures and blood sugars careful taking of supplements is warranted. You should always check with your physician before taking supplemental pills. Be sure that anything that you take actually has the demonstrated benefits in the specific condition that you are dealing with at the current time. Always check with your physician when taking magnesium as it is extremely important to be taking the right dosage. Magnesium has positive results when it comes to lower your blood pressure, lowering the risk of heart disease, preventing death from sudden heart attacks, preventing migraine headaches, helps with osteoporosis, but if you have kidney problems, you should not take magnesium. Following are some food items that you can take as they contain magnesium within them such as some beans, rice, bran, pumpkin seed, brazil nuts and etc. You can google for a complete list of other magnesium food products.

Issue #4

“Never Enough Debt – Why?” From: “Money Wise”

Date: Wednesday, 03/02/22 Time of Day: 4:30 PM Duration: TRT 25:00:00Description of Program format, participates, and contents

Host-Rob West is the president of Kingdom Advisers and Associates that is based in Atlanta. His company provides an advocacy, training and community for financial professionals who are specialists in offering biblical wise advice to clients. Today he interviewed **Guest Ron Blu** who is the co-founder of Kingdom Advisor, a much sought after speaker and author of a shelf full of books relating to Biblical Finances. He is also a frequent guest on Money Wise. **Program Substance:** Most people look at debt as strictly financial problems but it is really a lot more than that. Debt is symptomatic and it may come from a bad decision or a need, but it really comes from an individual value and belief system heart issue. You need to ask yourself “Why do I have this debt? You cannot fix your finances until you answer the why question. Many people spend unnecessary funds because they lack contentment, self-discipline, pride or they have a deep need to be accepted by others. There is an old saying that says “I didn’t know what I needed until I went to the mall.” Not all debt is wrong and the Bible does not call debt a sin but it does call it foolish. In Proverbs 22:7 it tells us that debt can enslave you as when you borrow money you are a slave to the lender as they will come after you for their money. When going into debt, consider the following: #1. Can you repay the debt in the near future? #2. Is the economic return on the amount borrowed greater than the economic cost? (Credit card debt will never meet that criteria.) #3. Are you and your spouse in agreement for this debt and not violating a marital principle that will cause anxiety for your spouse? #4. Do you have a guaranteed wage to repay the debt? and #5. Do you have spiritual and peace of heart that this debt does not violate biblical writings. Any violations of the above 5 points will cause you not to experience what God wants for you and that is an abundant life.

Issue #5

“Abusive Relationships” From: “Building Relationships”

Date: Sunday, 03/13/21 Time of Day: 7 AM Duration: TRT: 59:00:00Description of Program format, participates, and contents :

Host Dr. Gary Chapman has a PhD and is the author of the best-selling book “The 5 Love Languages”. He travels the world presenting seminars on marriage, family and relationships, plus has a weekly radio program entitled “Building Relationship’s” that offers life changing insight & realistic advice rooted in the Word of God. This program is designed to provide fun, information and practical help for your marriage. Today he interviewed **Guest – Dr. David Clarke** who is the author of today’s **Resource Book – “Enough is Enough – A Step by Step Plan to Leave an Abusive Relationship with God’s Help”**. Dr. Clarke is a licensed counselor and for over 35 years has worked with women that are in abusive relationships. An author of over 15 books on marital problems, he is a graduate from Dallas Theological Seminary. **Program Substance:** The definition of an abusive relationship is a never ending pattern of narcissistic disrespectful & harmful behavior exhibited by one person in an intimate relationship, whereby one person is slowly destroying another person. Abusive relationships occur in all communities and even within churches. In an abusive relationship it can be a number of things that occur by way of physical, emotional, verbal, addictive, severe control issues plus many other abnormalities, but the bottom line is that he leads you to believe that everything is your fault and not his and the abuse will only continue to get worse. Men more than women are the major abuser but statistics break down that 20% of women and 80% men are abusive. A very deep and disturbing subject, following are tips on what you should do if you find yourself in an abusive relationship. #1. Get yourself spiritual healthy, #2. Get yourself a team of support warriors, #3. Get yourself emotionally healthy, #4. Get yourself financially healthy and #6 Get away from your abuser. You can give your abuser a chance to change but you cannot remain physically within the same household so take your children and leave. If your abuser does not want to change or does not show any evidence of changing then you need to prepare to end the relationship permanently, not only for your own health, survival and safety but also for your children’s welfare as well.

Signature and Date


Signature of Licensee --- David Bolduc - General Manager – WIHC-Newberry

April 05, 2022

Date Signed