

WVNL

WVNL – 91.7FM – Vandalia, IL

Quarterly Issues & Programs List

3rd Quarter 2022

July 1 – September 30, 2022

WVNL
Quarterly Issues/Programs List
Programming to Address Community Issues

Below is a list of programs that have provided the station's most significant treatment of community issues during the preceding three-month period.

| ISSUE ADDRESSED | PROGRAM/TITLE/ ORGANIZATION | DESCRIPTION (Guest if applicable) | DATE/TIME | DURATION |
|-------------------------|------------------------------------|---|--------------------------------|-----------------|
| Drug & Substance Abuse | Community Matters | Peer Recovery Specialist and NARCAN instructor with Take Action Today, Paul Tart discusses the programs offered and how they serve people fighting addictions. | 07/10/22 at 05:45am | 00:15:00 |
| Healthy Living | Community Matters | Marisa Moon is a board-certified health and intermittent fasting coach who shares how intermittent fasting can be done and how it can benefit our health and simplify our lifestyles. | 07/17/22 at 05:45am | 00:15:00 |
| Financial Planning | Focus on the Family | A couple who paid off more than \$127,000 in consumer debt shares their story and how they did it through hard work, determination and making better choices to live a life of financial freedom. | 08/04/22 & 08/05/22 at 05:00am | 00:28:00 |
| Mental Health & Suicide | Focus on the Family | Dr. Gregory Jantz describes how friends play an important role in helping someone struggling with depression, who may be thinking about suicide. | 09/15/22 at 05:00am | 00:28:00 |
| Anxiety | Community Matters | Author and Psychologist, Dr. Melissa Mahon answers several important questions relating to anxiety and panic, offering greater insight to what may be going on in your mind and body and ideas of how to help you through it. | 07/03/22 at 05:45am | 00:15:00 |
| Parenting | Focus on the Family | Dr. Henry Cloud shares practical ways to set limits with your kids while still being a loving parent. He also talks about how you can raise children who exhibit self-control and will lead balanced, productive, and fulfilling adult lives by learning to set healthy boundaries. | 08/11/22 & 08/12/22 at 05:00am | 00:28:00 |