

## PUBLIC ISSUES

### ISSUES PROGRAMS LIST

List reflects Information for quarter ending 03/31/09

#### . Saint Mary's Church Service

Many older citizens in the Community are unable to physically attend church services. This program

gives these citizens the ability to attend church from home and provides a much needed community service.

aired m-s 12:00pm to 12:30 pm sun 12pm-1pm

.PSA's aired once a day randomly throughout this quarter

## HIGH SCHOOL DROPOUT PREVENTION

OBJECTIVE: TO ENCOURAGE TEENS TO STAY IN SCHOOL AND OBTAIN A HIGH SCHOOL DIPLOMA. TARGET AUDIENCE: FRIENDS AND PARENTS OF AT-RISK HIGH SCHOOL STUDENTS. DESCRIPTION: THE NEW PSAs FEATURE MEMBERS OF THE "CLASS OF '08" AND ENCOURAGE AT-RISK TEENS, PEERS AND PARENTS TO GIVE THEM A BOOST AT BOOSTUP.ORG . THE NEW BOOSTUP.ORG PROVIDES RESOURCES, TIPS, STORIES, AND AN INTERACTIVE COMMUNITY THAT ENABLES VISITORS TO SHOW THEIR SUPPORT FOR THE CLASS OF '08.

## AMERICAN HEART ASSOCIATION

Did you know that physical inactivity significantly increases the risk of heart disease and stroke or that cardiovascular disease is our nation's NO 1 killer? In fact, 70 percent of Americans don't get enough exercise blaming lack of time and lack of motivation. As a result some 66 percent of Americans are overweight. Walking has many proven benefits, and walking briskly for 30 minutes a day can lower both bad cholesterol levels and high blood pressure. It also has the lowest dropout rate of any type of exercise, largely because it is free and easy to do. Studies show that adults may gain as many as two hours of life expectancy for each hour of regular, vigorous exercise.