

PUBLIC ISSUES

ISSUES PROGRAMS LIST

List reflects Information for quarter ending 12/30/09

. 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

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.PSA's

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.

SWASHBUCKLER

Families who share time, communication and love with each other are more likely to avoid the problems of drugs, violence and crime. Strong families are also more likely to pass along values that strengthen the community, like honesty, integrity and self esteem. In fact the best thing you can do to strengthen your community to help strengthen the families in it.

Im Just a Kid

More than 500,000 children are in foster care in the U.S. Of these children, 129,000 have been freed for adoption and wait for permanent adoptive homes. Although these children can be birth to 18 years old, the median age of a waiting child is 10 years old, many children wait nearly five years to be adopted, moving from foster home to foster home.

Indoor tanning is out

Evidence based research shows UV light from indoor tanning can cause premature aging and, more importantly skin cancer. Public education is the key to reaching people with this important message that may save their lives.