

WLOU/WLLV

Programs and Issues

4th Quarter 2014

Health – Diabetes is on the increase and there are millions of people living with Type II and almost half of them are not controlling their disease with diets and lowering their blood sugar. There was also focus on the other diseases that Diabetes contributes to including heart, stroke, loss of vision and loss of limbs.

Exercise – We had special guest, Mr. Anderson, come on to discuss the importance of exercise especially for children. It not only helps with our physical health, but it helps with our mental and emotional health as well. It helps curb out appetites for junk and snacks, helps lower obesity, lowers stress, helps kids with ADHD have less problems in school and home, and provides more emotional stability and better learning ability. Exercise is also something that family members can do together, whether at home or going to the gym.

Holiday Giving – The American Red Cross ran a series of PSA's on giving the Gift of Life during this Holiday Season with donating Blood at several blood drives, giving donations for victims of floods and other disasters and offering a helping hand by volunteering with the American Red Cross.

Holiday Shopping Safety – Local Police and Safety Director gave information regarding the importance of not leaving packages, gifts and purses in cars parked in the drive-way and not leaving cars unlocked during the holiday season, creating extra temptation to robbers. They also discussed carrying cross body purses for women and not laying purses down while checking out. Finally they discussed pin number usage at busy stores and being conscious of persons near you when checking out.

Holiday Budgets – Financial experts provided PSA's on setting a holiday budget, not overspending and running up credit cards buying expensive gifts. They discussed making gifts and memories such as scrap books, photo albums/gifts or handmade crafts.