

# WJPA

**95.3 FM**  
**1450 AM**  
**wjpa.com**

## 95.3 FM First Quarter Report, 2023

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**LOCAL NEWS SCHEDULING: Monday – Friday**

January – March, 2023

Program:	Day:	Duration:	Time:	Subject(s):
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	5:00am – 5:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	5:30am – 5:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	6:00am – 6:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	6:30am – 6:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	7:00am – 7:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	7:30am – 7:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	8:00am – 8:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	8:30am – 8:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	9:00am – 8:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	10:00am – 10:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	11:00am – 11:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	12:00pm – 11:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	1:00pm – 1:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	2:00pm – 2:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	3:00pm – 3:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	4:00pm – 4:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS

LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	4:30pm – 4:33pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	5:00pm – 5:10pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	5:30pm – 5:33pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	6:00pm – 6:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	7:00pm – 7:03pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS

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January – March, 2023  
**LOCAL NEWS SCHEDULING: Saturday**

Program:	Day:	Duration:	Time:	Subject(s):
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	6:00am – 6:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	SATURDAY	3 MINUTES	6:30am – 6:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	7:00am – 7:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	SATURDAY	3 MINUTES	7:30am – 7:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	8:00am – 8:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	SATURDAY	3 MINUTES	8:30am – 8:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	5 MINUTES	9:00am – 9:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	5 MINUTES	10:00am – 10:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	5 MINUTES	11:00am – 11:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	12:00pm – 12:10pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS

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January – March, 2023  
**AIRED PUBLIC SERVICE ANNOUNCEMENTS**

<b>LOCAL PUBLIC SERVICE ANNOUNCEMENTS</b>	<b>NATIONAL PUBLIC SERVICE ANNOUNCEMENTS</b>
Washington Youth Baseball  Domestic Violence Services  American Legion Post #175  Craft & Vendor Fair  Model Railroad	Colonoscopy  Organ Donors  Women’s Month  UNICEF  Lung Cancer Screenings

January – March, 2023  
**RELIGIOUS PROGRAMMING**

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Program:	Date/Time:	Duration:	Information:
Mt. Olive Baptist Church	Sunday Jan. – March, 2023 8 am	60 minutes	Local Church Service, broadcast for community benefit.
Legacy Church	Sunday Jan. – March, 2023 8 am	30 minutes	Local Church Service, broadcast for community benefit.
“Homecoming”	Sunday Jan. – March, 2023 8 am	60 minutes	Pre-Recorded National Religious Service Program.
St. James Parish	Sunday Jan. – March, 2023 8 am	60 minutes	Local Church Service, broadcast for community benefit.
Church of the Covenant	Sunday Jan. – March, 2023 8 am	30 minutes	Local Church Service, broadcast for community benefit.

January – March, 2023  
**RECRUITMENT STATEMENT**

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From Program Director, Pete Povich:

On March 28<sup>th</sup> WJPA News Director Lynn Manning attended a women's empowerment meeting at the Washington Senior Center. This was to encourage and inform older women to enter the job field and to make business connections.

In attendance: Diana Irely; Washington County Commissioner and Carol DeAngelo from the Observer-Reporter newspaper.



January – March, 2023  
**“INFOTRAK” Public Service Program**

Issues:	Program:	Date/Time:	Duration:	Guests & Narratives:
Transportation, Supply Chain Issues	Infotrak Public Affairs Program	Sunday 1-7-23 8 am	30 minutes	Todd Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation’s highway system to better accommodate trucks.
Homelessness & Substance Abuse	Infotrak Public Affairs Program	Sunday 1-7-23 8 am	30 minutes	Prof. Natasha Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children, and the most effective forms of support.
Literacy, Parenting	Infotrak Public Affairs Program	Sunday 1-7-23 8 am	30 minutes	Donna Thompson discussed the importance of encouraging reading in young children, and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading, and why it is so important for parents to set a good example in reading habits.
Women’s Issues	Infotrak Public Affairs Program	Sunday 1-14-2023 8 am	30 minutes	Sandy Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.
Substance Abuse	Infotrak Public Affairs Program	Sunday 1-14-2023 8 am	30 minutes	Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Nora Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs.
Substance Abuse & Treatment	Infotrak Public Affairs Program	Sunday 1-14-2023 8 am	30 minutes	The opioid crisis’ damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

Women's Concerns & Youth Sports	Infotrak Public Affairs Program	Sunday 1/21/2023 8 am	30 minutes	Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Lauren Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.
Mental Health	Infotrak Public Affairs Program	Sunday 1/21/2023 8 am	30 minutes	Chris Bailey shared the inspiration to write his book—a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.
Payday Loans / Poverty	Infotrak Public Affairs Program	Sunday 1/21/2023 8 am	30 minutes	Paul Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.
Crime & Women's Issues	Infotrak Public Affairs Program	Sunday 1/28/2023 8 am	30 minutes	Alvin Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.
Personal Health	Infotrak Public Affairs Program	Sunday 1/28/2023 8 am	30 minutes	According to Dr. Joel Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.
Poverty & Education	Infotrak Public Affairs Program	Sunday 1/28/2023 8 am	30 minutes	Paul Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.
Consumer Matters & Employment	Infotrak Public Affairs Program	Sunday 2/4/2023 8 am	30 minutes	Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Ismail Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.
Personal Productivity & Career	Infotrak Public Affairs Program	Sunday 2/4/2023 8 am	30 minutes	Dan Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.

Gambling Addiction	Infotrak Public Affairs Program	Sunday 2/4/2023 8 am	30 minutes	Americans in dozens of states can now buy lottery tickets in a growing number of ways. Les Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.
Consumer Matters	Infotrak Public Affairs Program	Sunday 2/11/2023 8 am	30 minutes	Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Andrew Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.
Mental Health	Infotrak Public Affairs Program	Sunday 2/11/2023 8 am	30 minutes	A recent study reported in the Journal of Experimental Psychology suggests that the act of "just thinking" can be more rewarding than we might realize. Andrew McDiarmid outlined the study's findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking instead.
Electric Vehicles & Environment	Infotrak Public Affairs Program	Sunday 2/11/2023 8 am	30 minutes	Tom Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.
Mental Health & Stress	Infotrak Public Affairs Program	Sunday 2/18/2023 8 am	30 minutes	Shavaugn Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress.
Personal Health & Women's Concerns	Infotrak Public Affairs Program	Sunday 2/18/2023 8 am	30 minutes	About 42,000 women die of breast cancer each year in the US. Dr. Nikita Shah shared the findings of a recent survey by her organization that found that 22% of women ages 35 to 44 have never gotten a mammogram and have no plans of getting one. She outlined the potential reasons behind this trend and why this is of such great concern. She also explained why African American women often face a more aggressive disease course when faced with a breast cancer diagnosis.
Personal Productivity & Career	Infotrak Public Affairs Program	Sunday 2/18/2023 8 am	30 minutes	Angie Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.
Economy & Finance	Infotrak Public Affairs Program	Sunday 2/25/2023 8 am	30 minutes	A recent Fidelity survey found that half of Gen Z'ers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She explained why it is critical to start early to build retirement savings.

Mental Health	Infotrak Public Affairs Program	Sunday 2/25/2023 8 am	30 minutes	Dr. Matthew Miller shared VA's latest data showing meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He also outlined the potential warning signs and what family members or friends can do to help.
Sickle Cell Disease	Infotrak Public Affairs Program	Sunday 3/4/2023 8 am	30 minutes	Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Yvette Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.
Personal Finance	Infotrak Public Affairs Program	Sunday 3/4/2023 8 am	30 minutes	Candy Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.
Mass Shootings & Mental Health	Infotrak Public Affairs Program	Sunday 3/4/2023 8 am	30 minutes	Dr. Sam West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He believes that social isolation as an ideal target for intervention because it can be addressed both at the individual level and the societal level.
Senior Citizens & Retirement Planning	Infotrak Public Affairs Program	Sunday 3/11/2023 8 am	30 minutes	Johnathon Schwartz talked about the reasons that Americans tend to procrastinate when it comes to their finances. He outlined simple changes consumers can make to simplify their financial accounts, particularly retirement savings. He also explained how to do a self-checkup of health insurance coverage.
Bullying & Parenting	Infotrak Public Affairs Program	Sunday 3/11/2023 8 am	30 minutes	1 in 5 students report being bullied at school. However, Pamela Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it.
Learning Disabilities	Infotrak Public Affairs Program	Sunday 3/11/2023 8 am	30 minutes	Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Brock Eide said recent research has proven that these challenges are not dyslexia's main features. He explained how these characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.
Alzheimer's Disease & Nutrition	Infotrak Public Affairs Program	Sunday 3/18/2023 8 am	30 minutes	Dr. Sam Ismail was the lead author of a large 10-year study that found 40 per cent fewer dementia diagnoses in people who took vitamin D supplements. The study also found that those who take vitamin D are more likely to have more years of dementia-free life. In addition, he found that vitamin D had a significantly greater effect on women, than men.

Workplace Matters	Infotrak Public Affairs Program	Sunday 3/18/2023 8 am	30 minutes	The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.
Youth Suicide	Infotrak Public Affairs Program	Sunday 3/18/2023 8 am	30 minutes	Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Deeper Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services.
Personal Health	Infotrak Public Affairs Program	Sunday 3/25/2023 8 am	30 minutes	Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. John Thyfault conducted a study that found that statins may also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change.
Women's Concerns	Infotrak Public Affairs Program	Sunday 3/25/2023 8 am	30 minutes	Over the last sixty years, women's roles at home and on the job have radically changed, and the question of whether they can really "have it all" is still debated. Elizabeth Wallace outlined three distinct paths where a woman's life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today's complex career choices.
Parenting, Children's Matters	Infotrak Public Affairs Program	Sunday 3/25/2023 8 am	30 minutes	Dr. Thomas Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.
Privacy & Children's Matters	Infotrak Public Affairs Program	Sunday 3/25/2023 8 am	30 minutes	Irwin Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple's closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children's privacy.