

89.7 WNHG Grand Rapids  
Issues and Programs List  
First Quarter: January 1 – March 31, 2024

Program Title: STR Features - Jack Frost Closet  
Host: Tom Mejeur  
Guests: Bedonna Davis and Linda Anderson  
Air Date: Jan. 1, 2024, 4:00pm  
Total Run Time: 29:00 minutes  
Topic: Winter Clothing Assistance for Kids

The 1<sup>st</sup> Presbyterian Church in Cadillac Michigan is home to the Jack Frost Closet that helps families with new children's winter clothing. They provide snow pants, boots, sock, gloves and hat to families that can't afford to buy these for their kids. Department of Health Services and the school social workers recommend families to the closet who have been screened for need.

Bedonna shared the process to get to the facility, how the program works, getting the right size to the right child and different way each individual is helped and even sometimes the parents get some help. They also explained what it takes to keep such a ministry supplied and hope others will duplicate this in other cities.

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Program Title: STR Today Special - Truckers Against Trafficking  
Host: Tom Mejeur  
Guests: Kylla Lanier, Deputy Director & Co-Founder of TAT, Kelly Alsobrook, Training Specialist for TAT  
Air Date: Jan. 5, 2024, 1:00pm  
Total Run Time: 59:00 minutes  
Topic: Signs of Human Trafficking

Kylla Lanier, Deputy Director of TAT gave the definition of Human trafficking as exploitation of a human being through force, fraud or coercion either for the purpose of the commercial sex industry such as street based prostitution, strip clubs, massage parlors or legal commercial sex industry such as porn, or labor trafficking use in the agricultural industry, nail salons, food industry, constructions work and many more areas of our society.

Kelly Alsobrook is a survivor of human trafficking, domestic violence and sexual assault. During the interview she shared her story of how and why she became a victim of one of the most devastating crimes against human beings today. Kelly talked of the manipulation, beatings, and unspeakable cruelty. She now helps educate truckers about what to look for and how to get involved and encourages us to also get involved to help rescue those who can't help themselves.

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Program Title: STR Features - Michigan Surrogacy Bill  
Host: Tom Mejeur  
Guests: Pastor Jay Gallimore and Genevieve Marnon, Legislative Director for Right to Life  
Air Date: Jan. 8, 2024, 4:00pm  
Total Run Time: 29:00 minutes  
Topic: New Laws affecting families in Michigan

A new bill has been introduced in the Michigan legislature that may potentially institutionalize pregnancy surrogacy in this state. It has ramifications on existing birth certificates and traditional births. Genevieve Marnon, Right to Life Legislative Director defined surrogate pregnancy as a pregnancy where the sperm and egg are donated to people that are potentially unrelated and carried by potentially unrelated women. What this

bill wants to do is make it legal to form contracts in these arrangements.

California is known around the world as the place to go for acquiring donor eggs or a surrogate womb, where they produce a human child and then if they are from a foreign land they will take them back to their country. This arrangement commodifies children and exploits women. Pastor Jay Gallimore from the Lansing area stated that we are living in a day where they call evil good and good evil. You can contact Genevieve by going to RTL.org Jennifer Lahl is an expert on surrogacy and has documentaries on the subject. Just Google Jennifer Lahl or the group "Them before us" to get more information.

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Program Title: STR Today Special - Healing Private Wounds-Human Trafficking

Host: Tom Mejeur

Guests: Guests: Mary Campbell, Executive Director of Healing Private Wounds, Adeline Arnold, volunteer at Healing Private Wounds, Barb Hazlett, Member of the Michigan Human Trafficking Task Force

Air Date: Jan. 12, 2024, 1:00pm

Total Run Time: 59:00 minutes

Topic: Human Trafficking in the work place

Barbara Hazlett from the Michigan Human Trafficking Task Force described Human Trafficking as slavery. Mary Campbell, Executive Director of Healing Private Wounds and her volunteer, Adeline Arnold also shared sign of Human Trafficking to look for around each community. Sex traffic is not the only industry that uses these victims, also seasonal workers and factory workers can be trafficked victims. Michigan is ranked #5 in Human Trafficking due to the close proximity to the Canadian border. Polaris, the national hotline for Human Trafficking is 888-3737-888.

Human Traffickers use fraud, force and coercion to lure their victims. Parents and family members also sell their children to these traffickers. Mary explained how a child who has had a difficult childhood learns to survive and can turn to drugs and alcohol to cope, which just snowballs from there. Adeline shared how being sexually abused by family members caused her to turn to prostitution and eventually she wanted to take her own life but hearing a PSA on a radio station about Healing Private Wounds, she was able to turn herself around. For help or more information call Healing Private Wounds at 231 846-4495 or Barb at 800 367-6788

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Program Title: STR Today - Good Growing with the Garden Guy- January 2024

Host: Tom Mejeur

Guests: Guest: Gary Heilig

Air Date: Jan. 14, 2024, 5:00pm

Total Run Time: 59:00 minutes

Topic: How to have a healthy garden

The January edition of the Good Growing with the Garden Guy started with the traditional quiz, centering on plants and trees. Gary described how and why to prune apple trees to yield the best fruit. Growing leafy greens inside for the winter was also a topic of discussion this month.

Drying vegetable and fruit peelings as well as egg shells and the grind them up to make a fertilizer for the garden was shared during the second segment. Gary talked about the importance of the mineral zinc and how the plants use it activate enzymes, use it the formulate chlorophyll as well as convert starches to sugars in fruit. He also described pesticides along with their uses and dangers.

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Program Title: STR Today - with Wellness Works-02  
Host: Pastor Robert Benson  
Guest; Dr. Kim Azelton MD, Family Practice Medicine and America  
Air Date: Jan 21, 2024, at 5:00pm  
Total Run Time: 59:00 minutes  
Topic: How to keep New Years resolutions

Well, the holidays are over and now what. Pastor Benson's interview with Dr. Azelton focused on how to get back on track with health and lifestyle in the coming New Year. Resolutions and weight loss are goals better carried out with a friend, for encouragement and accountability. SMART is an acronym for Specific, Manageable, Attainable, Realistic and Time-bound which help us reach our goals.

Dr. Azelton and Pastor Benson shared tips on setting yourself up for success. She explained how negative self-talk can derail your plans and how to overcome it. If you would like information on different clinics and programs that may be able to help, call 517 258-0855 and they will share those resources with you.

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Program Title: STR Feature - Depression- the Way Out  
Host: Tom Mejeur  
Guest: Nathan Hyde, Educator of Lifestyle Medicine  
Air Date: Jan. 22, 2024, 4:00pm  
Total Run Time: 29:00 minutes  
Topic: Fighting Depression naturally

Nathan Hyde, Educator in Lifestyle Medicine, shared that depression is the # 1 cause for disability, affecting more than 300 million people. During the interview he explained how in his journey with depression modern medicine didn't try to find the cause of his illness but tried different drugs and doses to control the symptoms. Nathan's body didn't respond to any of the drugs the doctors tried.

Later Nathan was introduced to Lifestyle medicine and it was there that he was helped. He went to study at Weimar Institute in California where he met Dr. Neil Nedley. Nathan now is helping others to improve their health through Lifestyle in the Lansing, Michigan area. You can find Doctors that practice Lifestyle medicine by going to [FamilyMedicine.org](http://FamilyMedicine.org) or go to Nathan Hyde's website at [4LivingRight.com](http://4LivingRight.com)

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Program Title: STR Today - Good Growing with the Garden Guy February  
Host: Tom Mejeur  
Guest: Gary Heilig  
Air Date: Feb. 11, 2024, 5:00 pm  
Total Run Time: 59:00 minutes  
Topic: Cutting costs in your garden

February Good Growing program began with a quiz that centered around cherries and concluded with the question, "What U.S. city is the self-proclaimed cherry capital of the world?" The answer was Traverse City, Michigan. Michigan is the number one cherry grower in the U.S.

Cutting costs but starting seeds was the topic of today's discussion. Gary shared that it depends on the type of seeds you use, whether you save money because hybrid seeds are more expensive than open pollination seeds. Making your own soil can also save money and that process can be researched online. Pruning your apple and pear trees annually is what Gary suggested and he gave some direction for that.

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Program Title: STR Today - Good Growing with the Garden Guy March 2024

Host: Tom Mejeur

Guest: Gary Heilig

Air Date: Mar. 10, 2024, 5:00 pm

Total Run Time: 59:00 minutes

Topic: Getting your garden ready

Good Growing with the Garden Guy, Gary Heilig began with a quiz, talking about pumpkins, a fruit originating in Central America. China now is the top producer.

March was a good time for maple syrup enthusiasts because the weather was co-operative this year. The sap usually flows about 6 weeks when temperatures are above 32 degrees in the day and below 32 in the night. It takes 40 gallons of sap to equal 1 gallon of syrup. The darker version is healthier because it contains more antioxidants and is higher in minerals.

Prepping the garden for the new season was also discussed. Gary gave tips on how to take soil samples, testing leaf tissue samples and how he cleans out his garden bed. Copper was the nutrient of the month.

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Program Title: STR Features - Dr. Wes Youngberg

Host: Tom Mejeur

Guest: Dr. Wes Youngberg

Air Date: Mar. 11, 2024, 4:00 pm

Total Run Time: 29:00 minutes

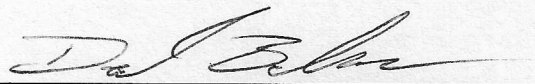
Topic: Natural and Simple Remedies

Dr. Wes Youngberg, a Physician from California with a Doctorate in Public health, has a passion for helping people dramatically improve their health through natural and simple remedies. He has written several books, helping people with their illnesses through natural modalities.

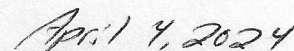
In the interview, Dr. Wes presented many aspects of his practice in Lifestyle Medicine and how he is able to help his patients use simple changes in diet and lifestyle that he refers to as "natural doctors", along with unconventional healing methods that his patients are implementing in their lives to gain greater health and vitality. In his practice he suggests genetic testing to be proactive and avoid issues that may show up down the road.

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Signature and Date



Signature of Licensee



Date Signed