

# **WLJC Radio**

**Issues/Programs**

**1ST QUARTER/2021**

## **Quarterly Issues Program List**

### **WLJC**

#### **First Quarter 2020 (1 January to 31 March)**

The following is a listing of some of the significant issues responded to WLJC, BEATTYVILLE, KY, along with the most significant programming treatment of those issues for the period of 1 January to 31 March. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance. All times are Pacific.

1. VETERANS
2. FAMILY ISSUES
3. MENTAL HEALTH
4. ANIMAL SAFETY
5. EDUCATION
6. CHARITY
7. MENTAL HEALTH
8. HEALTHCARE

Issue	Program	Date	Time	Duration	Description of Program
Family	Closer Look	1/3/21	7:00pm	30min	<p>Better Dads Have A Plan</p> <p>"We know in business, we know in work that you have goals you have you have to meet: well what's your fathering plan?" Our Bob Dittman talks with Dr. Ken Canfield of the National Center for Fathering about learning how to be good dad. "We're creating this sense of destiny for our lives that will be played out over and over."</p> <p>Related Links:  National Center for Fathering  Dr. Ken Canfield (bio)</p>
Healthcare	Closer Look	1/10/21	7:00pm	22min	<p>Dr. Mimi Secor Prescribes P.A.N.D.E.M.I.C. Weight-Loss and Self-Care</p> <p>Dr. Mimi Secor didn't get truly serious about her own weight-management and overall health until her early 60's. Building on her personal success and with a nod to current events, she offers advice cleverly corresponding with each of the letters of the word "pandemic."</p> <p>Our Marya Morgan talks with Dr. Mimi about what she calls the '8 pillars of health.'</p> <p>P.lanning/Preparing  A.ccountability  N.ighttime  D.iet  E.xercise  M.indset  I.nspiration/Intimacy  C.oritsol</p> <p>RELATED LINKS:  HealthConfidenceSuccess.com</p>
Education	Closer Look	1/17/21	7:00pm	29min	<p>SCHOOL-AT-HOME: Advice for Distance Learning, Homeschooling</p> <p>Socially distanced schooling in the age of COVID-19 has been bumpy for parents who feel inadequate as teachers. For some families, the shutdown drove disillusionment with public school curriculum, prompting a leap to homeschooling. Whether you homeschool or embrace distance learning, experts insist that school-at-home can indeed work for you. Our Billie Branham reports.</p> <p>Guests: "Keeping it simple" is key says Arlene Pellicane, mom, author and host of Accessmore podcast A Happy Home. "Master the basics. Just focus on like two things that would help this distance learning thing work."</p> <p>As homeschoolers, parents take full responsibility for what their children learn, a method mentor and coach Kayla Weller finds effective, flexible and fun. "You can teach them what they're interested in and there's no set rules for how to teach," and "you would be surprised how much kids absorb when you take the time work with them."</p>

Animal Therapy	Closer Look	1/24/21	7:00pm	16min	<p>Tails Wag for People In Need: Canines For Christ</p> <p>Dogs have a special place in our hearts. Animals classified as canines (K9s) have rightfully earned the title ‘man’s best friend’ through centuries of companionship, comfort and unmatched service to humanity. Even people who prefer cats have to admit, dogs are pretty special. “Most of us know, people that pet dogs, the dog provides comfort, they get happy when they do -- and so we wanna make people happy,” says Chaplain Ron Leonard with for Canines for Christ. Dogs who sign up with Canines for Christ take car rides with their families to visit sick people in cancer wards, lonely people in nursing homes, stressed people in police stations, forgotten people in prisons and anywhere else tails need to wag. “Our dogs have been able to break through depression to assure people that God really does love them and care for them,” which Leonard says lifts people to better health physically, emotionally and spiritually.</p>
Animal Rescue	Closer Look	1/24/20	7:16pm	14min	<p>Dog Is Their Co-Pilot: Pittsburgh Aviation Animal Rescue (PAART)</p> <p>Co-pilots Jon Plesset and Brad Childs fly single-engine planes based out of Pittsburgh, PA. Their passengers never complain about leg room, and with four-legs each, they would likely have a lot to say. Instead, these travelers typically wag their tails and offer up grateful licks for landing a one-way flight for life. The co-founders of Pittsburgh Aviation Animal Rescue Team (PAART) didn’t set out to use their 1974 Piper Warrior to relocate dogs from overcrowded shelters, but one phone call back in 2009 changed the game. “Our first thought was, ‘why would you fly an animal in your airplane?,” admits Plesset but “when we learned this animal was gonna be euthanized if it didn’t get a ride to Philadelphia, we knew right away this was something we could be passionate about.” Plesset and Childs adopted the motto, “No Dog Left Behind,” and combining their love of flying with their love of animals they created a non-profit network of shelters and pilots. PAART mostly serves states in the eastern U.S. and Midwest but has big dreams for nationwide expansion. Costs are covered solely by donations and sponsorships and until they can afford a bigger plane, flights are limited to 250nm (nautical miles).</p>

Healthcare	Closer Look	1/31/21	7:00pm	28min	<p>'Rest' Is More Than Sleep – What Kind of Tired Are You? Rest is the root of the word 'restoration' – and restoration is a principle that medical internist Dr. Sandra Dalton-Smith sees as crucial to seven distinct areas of your life. "Rest isn't just the cessation of activity," she says, suggesting that for optimal health "you have to get to the point of knowing what restores you. What fills you back up?" 7 types of Rest: Physical, Mental, Emotional, Spiritual, Social, Sensory and Creative.</p> <p>Related Links: Dr. Sandra Dalton-Smith - REST QUIZ - What Kind of Rest Do You Need?</p>
Veterans	Closer Look	2/7/21	7:00pm	17min	<p>Post-Traumatic Stress Foundation 24/7 Veterans Crisis Line for you or a loved one: Call 800-273-8255, then select 1. Start a confidential chat. or Text 838255. If you have hearing loss, call TTY: 800-799-4889. PTSD Foundation of America works to free veterans of debilitating anguish that can lead to a breakdown in mental health. Our Bob Dittman talks with Ryan Rogers about healing from the 'moral injury' of combat. Peer-to-peer Warrior Groups are available in cities nationwide.</p>
Veterans	Closer Look	2/7/21	7:17pm	13min	<p>Arts &amp; Crafts Ease PTSD In Veterans Another, somewhat unique, outreach to injured vets utilizes leather, beads, paint and glue: since 1971, Help Heal Vets has distributed more than 30-million arts and crafts kits – model cars, leather work, jewelry, needlepoint, clock-making – provided to veterans free of charge. But does art therapy work? "Yes," assures CEO Captain Joe McClain. "Got its start in WWI and has been used by clinicians in every conflict throughout." Our Bob Dittman reports.</p>
Mental Health	Closer Look	2/14/21	7:00pm	28in	<p>Help for Kids Suffering Sadness, Anxiety in Pandemic The digital age exposes modern kids to bad news and bitter opinions their parents never knew. "Social media, media, news, political unrest, all these things that once kids were mostly sheltered from – now they're seeing them 24 hours a day," notes Julie Lowe, licensed counselor and author of Childproof and Building Bridges: Biblical Counseling for Children and Teens. The barrage of mystifying information crowds into their minds alongside the other considerable pressures of growing up. This overload can drive kids into dangerous states of anxiety or depression. Suicides among young children have been steadily rising the last decade. The COVID19 pandemic made a dire situation even worse.</p>

Mental Health	Closer Look	2/21/21	7:00pm	13min	<p>'Tell Me More' - 3 Words to Prevent Teen Suicide</p> <p>Crushing loneliness and lack of purpose has seized millions of young adults, causing a frightening spike in teen suicides. Mental health experts urge parents, teachers and pastors to turn the tide of dark thoughts with these three little words: "Tell me more." Monika Kelly gets advice from Maureen Underwood with the Society for the Prevention of Teen Suicide who also serves as a social worker and psychotherapist. Girls are more likely to attempt to take their own lives. Boys are more likely to succeed. Triggers include bullying, loss of a parent due to death or divorce, family history of depression or becoming convinced that no one in the world knows or understands them.</p>
Faith	Closer Look	2/21/21	7:13pm	16min	<p>'Call-In' Bible Studies Connect to Faith and Friendship</p> <p>When COVID-19 forced churches to close and halted even small social gatherings, Christians continued to crave interaction with fellow believers. Soldiers For Faith Ministries launched 'call-in' bible studies back in 2012, but stay-at-home orders in 2020 crystalized the ministry purpose and mission. "When the pandemic hit," says founder Kelly McAndrew, "all of a sudden we understood what God had prepared us for." Headquartered in Texas, with facilitators in New Jersey, Florida and Colorado, all Soldiers For Faith bible studies are by-phone only. They deliberately avoid video. "There's something about just picking up the telephone, not having that judgement," explains McAndrew. "It's just absolutely pure to be on the phone, to hear people's voices, to hear their hearts." While the pandemic forced millions into unexpected solitude, McAndrew points to the millions of people with health limitations or disabilities who live that kind of isolation every day. Soldiers For Faith currently has about 25 ongoing studies, running one hour in length, all days of the week, early morning to night. The ministry is always looking for new group leaders to add more study options.</p>

Finances	Closer Look	2/28/21	7:00pm	29min	<p>Families Living on One-Income, Possible?</p> <p>Families with two working parents sometimes wonder – could we make it if one of us lost our job? “We live in a culture that I would call a ‘two-income world,’” says budgeting expert Mary Hunt. She readily admits the challenges of living on one income. “But here’s the good news – yes! yes you can do this.” Once a family has decided to test the waters of change, Hunt recommends a 7-Day Cash Diet for everyday expenses like gas and groceries. Buying in cash for a while “is the best way to pull in the reigns to manage your money in a reasoned way.” The next step is adding up what that second income is actually costing you. Expenses like gas to get to the job, daycare for the kids even the fast food you buy because you are too tired to cook – every dollar associated with working must be subtracted from the net pay. “What is the ‘real hourly wage’ of that second income?” Hunt says people are often shocked that their second income boils down to actually just \$1 or \$2 an hour and may be pushing them into a higher tax bracket. But can a family live – and happy and healthy on what seems to be less money per month? Hunt firmly believes they can. “You can’t do this overnight,” she cautions, as “sometimes parents need to go through a whole process of deciding who is going to be the one who gives up the formal income and how to make that one income stretch twice as far.” Then you may have to get out of debt to pave the way, “which means you have to stop using the credit cards.” And finally, she says, resist peer pressure to live beyond your means.</p>
Domestic Abuse	Closer Look	3/7/21	7:00pm	29min	<p>Quarantine Drives Spike in Domestic Abuse</p> <p>Physical bruises are only small part of what some women and men suffer, says Annette Oltmans of The MEND Project, which brings awareness to what she calls ‘covert emotional abuse.’ “Victims begin questioning reality and their own sanity,” she explains, herself a survivor of domestic abuse – and a Christian – who knows firsthand what’s it like to ‘live it.’ Pastor Paul Cole, president of the Christian Men’s Network, has been deeply concerned by the quarantine effect on families already stuffed in a pressure cooker of unhealthy reactions. “A lot of times, we as men act out of anger, rage, disappointment – and we lash out at people,” he says, and urges men in this trap to reach out for help.</p> <p>RELATED LINKS:  The National Domestic Abuse Hotline 1-800-799-7233  <a href="https://www.thehotline.org/">https://www.thehotline.org/</a>  The MEND Project - Educate. Equip. Restore  Christian Men's Network  Advice for Men: New Surge of Domestic Violence and How to Stop it – by Pastor Paul Cole</p>

Addiction	Closer Look	3/14/21	7:00pm	28min	<p>Vaping Often Fails as Alternative to Smoking</p> <p>Vaping is marketed as a safe alternative to traditional cigarettes, but 'dual use' plus dramatic surge in teen addiction and recent links to lung disease send most e-cig claims up in smoke. K-LOVE's Billie Branham talks with Linda Richter of the Center on Addiction and Dr. Michael Blaha, cardiovascular research director at Johns Hopkins Hospital.</p> <p>RELATED LINKS:</p> <p>10 Surprising Facts About E-Cigarettes (Center on Addiction)</p> <p>Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products (Centers for Disease Control)</p> <p>"5 Vaping Facts You Need to Know," by Dr. Michael Blaha M.D., M.D.H.</p> <p>Linda Richter, Dir. of the Policy of Research and Analysis for the Center on Addiction (bio)</p> <p>"Can vaping damage your lungs? What we do (and don't) know," Harvard Health</p>
Parenting	Closer Look	3/21/21	7:00pm	30min	<p>'Solo' Parent Society Hosts Free Online Support Groups</p> <p>After 13 years of marriage, Robert Beeson suddenly found himself single. "My wife left me -- and left me with our three daughters who were 9, 7 and 4 at the time. It was the darkest season." Grappling with this new solo responsibility, the divorced dad turned to his church for comfort and support. He was saddened to find very few Christian resources address the deep loneliness and doubt that many single parents endure. Out of his own need to be part of a welcoming faith community, Beeson founded the Solo Parent Society.</p>
Human Trafficking	Closer Look	3/28/21	7:00pm	14min	<p>'Without Permission' Educates Parents and Police On Human Trafficking</p> <p>Your teen meets a nice stranger at the mall. Or a guy she doesn't know likes all her posts on Instagram. What begins as flattery and flirtation has led thousands of kids – kids just like yours – down the dark and demeaning path to human trafficking. Groups like Without Permission urge parents to warn their teens about the tricks child predators use to trap victims.</p> <p>Related Links:</p> <p>Without Permission provides a free guide for families to become aware of dangers and to be safe 'digital citizens.'</p>

Family Issues	Closer Look	3/28/21	7:14pm	16min	<p>Special Needs Families Get 'Buddy Breaks' With Nathaniel's Hope</p> <p>Special Needs families frequently suffer isolation. Nathaniel's Hope trains churches to provide respite care. Volunteers learn to do crafts and play games with the children for 3-hour blocks of time. "There's no better cup of cold water you can give to a family impacted by disability than a break," says NH and Buddy Break co-founder Marie Kuck. It starts, she says, with having a willing heart. "Tear down those walls and build friendships."</p> <p>RELATED LINKS:  <a href="#">Nathaniel's Hope - Buddy Breaks</a>  <a href="#">Nathaniel's Hope - VIP Birthday Club</a></p>
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