

## WVUA 90.7 FM Programs and Issues List - 2023 1st Quarter

File Date: April 7, 2023

**Issue/Topic** New year new you...or so they say

**Show** Fit2BTide

**Host** Sheena Gregg and Whitney Pape

**Date Aired** 1/15/23      **Time Aired** 2pm      **Segment Time Length** 60 min

**Description** 2023 is here! Sheena and Whitney dive into fun and new health and wellness trends. See which ones make the cut.

**Issue/Topic** Public Speaking Fears and The Speaking Studio

**Show** Brain Matters Radio Show

**Host** Dr BJ Guenther

**Date Aired** 1/24/23      **Time Aired** 6pm      **Segment Time Length** 60 min

**Description** Dr Guenther interviews Dr. Adam Brooks, Director of the Public Speaking Program at The University of Alabama about tips and resources for better presentations.

**Issue/Topic** Tuscaloosa Safe Center

**Show** Brain Matters Radio Show

**Host** Dr BJ Guenther

**Date Aired** 1/31/23      **Time Aired** 6pm      **Segment Time Length** 60 min

**Description** Dr Guenther interviews Tuscaloosa Safe Center Executive Director Brenda Maddox and Licensed Masters Social Worker, Shannon Swalotski about the services for sexual assault survivors in the West Alabama area.

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**Issue/Topic** A Grateful Heart is a Healthy Heart  
**Show** Fit2BTide  
**Host** Sheena Gregg and Whitney Pape  
**Date Aired** 1/5/23      **Time Aired** 2pm      **Segment Time Length** 60 min  
**Description** Sheena and Whitney dive into the research showing how a grateful heart can reduce stress and keep your heart happy and healthy.

**Issue/Topic** Emotional Flatlining  
**Show** Brain Matters Radio Show  
**Host** Dr BJ Guenther  
**Date Aired** 2/7/23      **Time Aired** 6pm      **Segment Time Length** 60 min  
**Description** Dr Guenther interviews Jackie Kelm about her experience with emotional flatlining, the causes and treatment.

**Issue/Topic** Black History Month, Valentine's Day and Heart Month!  
**Show** Fit2BTide  
**Host** Sheena Gregg and Whitney Pape  
**Date Aired** 2/12/23      **Time Aired** 2pm      **Segment Time Length** 60 min  
**Description** Sheena and Whitney bring it all today! Celebrating Black History month with amazing Black influences in wellness, getting the vibe right for Valentine's day and getting you on the right track for heart month.

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**Issue/Topic** Psychedelic-Assisted Therapy  
**Show** Brain Matters Radio Show  
**Host** Dr BJ Guenther  
**Date Aired** 2/14/23      **Time Aired** 6pm      **Segment Time Length** 60 min  
**Description** Dr Guenther interviews Kenton Bartlett, Licensed Professional Counselor about evidence-based psychedelic-assisted therapy to treat certain mental illness.

**Issue/Topic** Self-Determination Theory Explained  
**Show** Fit2BTide  
**Host** Sheena Gregg and Whitney Pape  
**Date Aired** 2/26/23      **Time Aired** 2pm      **Segment Time Length** 60 min  
**Description** Charles Burroughs is back to discuss motivation and how the self-determination theory can increase your determination to stick with fitness goals.

**Issue/Topic** Healing From Depression  
**Show** Brain Matters Radio Show  
**Host** Dr BJ Guenther  
**Date Aired** 2/28/23      **Time Aired** 6pm      **Segment Time Length** 60 min  
**Description** Dr Guenther interviews CEO and Founder of Most Days app, Brent Franson about the role routines play in mental health.

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File Date: April 7, 2023

**Issue/Topic** What is healthy eating?  
**Show** Fit2BTide  
**Host** Sheena Gregg and Whitney Pape  
**Date Aired** 3/5/23      **Time Aired** 2pm      **Segment Time Length** 60 min  
**Description** It's National Nutrition month and Sheena and Whitney are diving into healthy foods that make you feel good. Join them as they chat with Dalton Hall, UA Nutrition Senior, with tips on how to eat healthy with a busy class schedule.

**Issue/Topic** Your Brain's Not Broken: Navigating Your Emotions and Life with ADHD  
**Show** Brain Matters Radio Show  
**Host** Dr BJ Guenther  
**Date Aired** 3/7/23      **Time Aired** 6pm      **Segment Time Length** 60 min  
**Description** Dr Guenther interviews Dr Tamara Rosier about her latest book, Your Brain's Not Broken Navigating Your Emotions and Life with ADHD.

**Issue/Topic** Spring Break Tips  
**Show** Fit2BTide  
**Host** Sheena Gregg and Whitney Pape  
**Date Aired** 3/12/23      **Time Aired** 2pm      **Segment Time Length** 60 min  
**Description** Sheena and Whitney kick off Spring Break 2023 with some tips on how you can stay safe and well while getting the most out of your vacation.

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File Date: April 7, 2023

**Issue/Topic** College Athlete Mental Health

**Show** Brain Matters Radio Show

**Host** Dr BJ Guenther

**Date Aired** 3/14/23      **Time Aired** 6pm      **Segment Time Length** 60 min

**Description** Dr Guenther interviews Sprot and Performance Psychologist and former Alpine Ski Racer, Dr Haley Perlus about the mental health needs of college athletes.

**Issue/Topic** Hey ladies! Let's get healthy

**Show** Fit2BTide

**Host** Sheena Gregg and Whitney Pape

**Date Aired** 3/26/23      **Time Aired** 2pm      **Segment Time Length** 60 min

**Description** Sheena and Whitney break down healthy tips for women for National Women's History month.

**Issue/Topic** 10th Anniversary Show

**Show** Brain Matters Radio Show

**Host** Dr BJ Guenther

**Date Aired** 3/28/23      **Time Aired** 6pm      **Segment Time Length** 60 min

**Description** Dr Guenther celebrates 10 years of brain Matters Radio Show and interviews three individuals, Dr Bernadette Peters, Dr Lee Keyes and Terry Siggers, who were instrumental in the show's development and success.