

WCMD-HD2 Radio

Issues/Programs

2ND QUARTER/2021

Quarterly Issues Program List

WCMD-HD2

Second Quarter 2020 (1 April to 30 June)

The following is a listing of some of the significant issues responded to WCMD-HD2, BARRE, VT, along with the most significant programming treatment of those issues for the period of 1 April to 30 June. 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. EDUCATION
5. HOMELESSNESS
6. FOOD INSECURITY
7. HEALTHCARE
8. ANIMAL SAFETY
9. MILITARY
10. COMMUNITY

Issue	Program	Date	Time	Duration	Description of Program
Animal Safety	Closer Look	4/18/21	7:00pm	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. A typical mission begins with a request from a shelter with too many animals and too few potential adoptive families. Moving the excess population of dogs, cats and other surrendered or abandoned pets from one city to another can give the animal a better chance of finding a “forever” home.</p>
Pet Therapy	Closer Look	4/18/21	7:14pm	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>

Healthcare	Closer Look	4/25/21	7:00pm	14min	<p>Sunscreen Now Prevents Skin Trouble Later</p> <p>“Your skin is your biggest organ, your first impression,” says Dr. Christina Feser of Cumberland Skin Surgery and Dermatology in Lebanon, TN. “A lot of people really take their skin for granted...it has the most diagnoses that are out there in any specialty of medicine.” The doctor worries about chronic, prolonged, or intermittent-intense exposure to the sun. She also reminds us to protect our necks, their ears and even the part line of our hair which leaves the scalp at risk. During peak times of the day (10a-3pm) she considers wide brim hats and other protective clothing items essential. “Our hair is protective, however, with more intense radiation we do need more than just sunscreen.” And though it she realizes it may be unpopular to say so, she believes “no tan is a healthy tan.” “A tan means sun damage,” she warns, “Your skin is hurting from any tan you receive.” And tanning very easily or being a person of color does not exclude you from the need to protect your skin. Skin cancer can strike anyone as she has personally treated even teenagers with cancerous lesions. Family history or fair skin is greater risk, but any one with skin needs to consider the consequences of ignoring it.</p>
Healthcare	Closer Look	4/25/21	7:14pm	16min	<p>Blood Donations Needed. Can You Spare A Pint?</p> <p>Turns out there is no substitute – none – for real human blood. It is entirely unique. “Blood doesn’t grow on trees,” says Rodney Wilson of the American Red Cross. The life-saving transfusion you or a loved one may need depends on the generosity of your neighbors. “We can’t make it in a lab – it can only come from a donor willing to give it.” Since blood can only be stored for about 40 days, entities like Red Cross work diligently to keep adequate advance supply. “When you go to the hospital you just assume that all the medical care you need would be at the hospital, but blood is a perishable item.” Blood donated on Monday is often delivered into someone else by Friday. “We typically separate each donation into three parts,” Wilson explains, “your platelets could go to a cancer patient, your red blood cells might help someone who’s in a car accident and your plasma could potentially help a burn victim.” COVID-19 stay-at-home orders temporarily drove down both demand and supply, but now that people are getting out more and hospitals are rescheduling delayed surgeries, the need for donated blood is on the rise. “Each blood type has its own unique properties,” which Wilson affirms makes all blood types welcome. You don’t need to know which one you are ahead of time as Red Cross will let you know what your blood type is after your donation - as well as confirm whether or not you have COVID-19 anti-bodies.</p>

Mental Health	Closer Look	5/2/21	7:00pm	18min	<p>Free Help for Heroes! CRC Offers “Spiritual First-Aid”</p> <p>The fires are out. Suspects are in custody. Ambulances, gone. All is calm. But who helps heroes of public safety when their grueling workday is done? Enter, Crisis Response Care. “Our goal from day one is to come alongside,” says CRC director Pastor Mike Henderson. Crisis Response Care offers dozens of free, expert workshops on self-care for first responders. Classes include titles such as Enhancing Resilience, Managing Relationships During a Crisis and Psychological First Aid. Discussions take on the harsh realities of grief and trauma and encourage peer support for suicide prevention.</p>
Mental Health – Veterans	Closer Look	5/2/21	7:18pm	11min	<p>Retired Fighter Pilot Struggled With “Life-After” Service</p> <p>Retired fighter pilot Lt. Col. Michael Jackson, aka “M.J.,” spent 22 years in the United States Airforce. Leaving the service was difficult. Coming home was even harder. Though not every veteran comes out of combat with trauma, M.J. says in his experience many have anxiety or depression that complicate efforts to rejoin civilian society. “Just because someone doesn’t have a PTSD diagnosis doesn’t mean they aren’t struggling in one way or another.”</p> <p>Veteran Crisis Line 24/7 https://www.veteranscrisisline.net/ U.S. Dept. of Veteran Affairs https://www.mentalhealth.va.gov/suicide_prevention/ Are you a Veteran in crisis or concerned about one? Find support anytime day or night: If these symptoms lead to thoughts of death or suicide, it’s important you talk to someone right away. The Veterans Crisis Line offers free, confidential support, 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and Press 1 Chat online Text 838255</p>
Employment	Closer Look	5/9/21	7:00pm	30min	<p>Land Your Next Great Job! Crossroads Career Services Offers Advice</p> <p>Losing your job can be emotionally draining and can even lead to questioning your faith in God. “To have some anger, some bitterness, some regret is a very natural thing,” agrees Dave Sparkman of Crossroad Career Services, who challenges jobseekers to ask themselves “...a truly curious question. ‘I wonder what God’s up to here?’” CCS is a collaboration of career coaches founded more than 20 years ago on the principle that no one should struggle alone to find meaningful work. Their professionals help Christians examine their lives and skills and help them prayerfully consider a vast array of vocational opportunities.</p>

Mental Health	Closer Look	5/16/21	7:00pm	14min	<p>Build 'Emotional Resilience' To Cope with Disasters Trauma can settle into your mind and affect your conscious or subconscious no matter who you are -- or how strong you think you 'should' be. Talked with Jamie Aten, founder of the Humanitarian Disaster Institute which studies mental and emotional reactions to disasters and offers training for Christian leaders preparing to weather societal storms.</p> <p>Related Links: Humanitarian Disaster Institute - Wheaton College, IL Reopening the Church (HDI) Spiritual First Aid Hub (HDI)</p>
Mental Health	Closer Look	5/16/21	7:15pm	15min	<p>It Doesn't Have to End This Way: Suicide Prevention If someone decides to end their own life, you may never fully understand why. "But you can imagine how much psychological pain that person had to be in," says Pat Gallinagh of Range Suicide Prevention Council. But it doesn't have to end that way. Suicide can be prevented. Talking is where it starts. "Say, 'yeah we see you're hurting, you're in a lot of pain' -- and let them know that help is available." Hear us talk with Gallinagh about suicide warning signs, help and hope.</p> <p>CALL THE NAT'L SUICIDE HOTLINE 1-800-273 TALK (8255) Sometimes no matter how hard you try... it's all just 'too much'. And that's okay. If you or someone you know is thinking of suicide... call the national hotline. TALK. You are loved. Or call our PASTORS: 1-844-364-HOPE (4673).</p>
Healthcare	Closer Look	5/23/21	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. Saundra 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?"</p> <p>7 types of Rest: Physical, Mental, Emotional, Spiritual, Social, Sensory and Creative.</p> <p>Related Links: Dr. Saundra Dalton-Smith - REST QUIZ - What Kind of Rest Do You Need?</p>
Veterans	Closer Look	5/30/21	7:00pm	17min	<p>Arts & Crafts Ease PTSD In Veterans 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. Talked 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	5/30/21	7:17pm	13min	<p>Arts & Crafts Ease PTSD In Veterans</p> <p>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."</p>
Childhood Safety	Closer Look	6/6/21	7:00pm	29min	<p>4,000 Babies Safely Dropped Off With ‘Safe Haven’ Laws</p> <p>20-yrs ago the first Safe Haven laws passed allowing a woman to walk away from her baby. Anonymously. Laws vary state-to-state, but hospitals are always approved surrender locations. Talked with Executive Director of The Hope Box, Sarah Keoppen and Heather Burner, Executive Director of the National Safe Haven Alliance. They usually find these parents scared and desperate to secure a better life for their child. Call to Safely Surrender a Child: HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131</p> <p>RELATED LINKS:</p> <p>National Safe Haven Alliance HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131</p> <p>The Hope Box (official)</p> <p>"Healthy newborn safely surrendered in New Haven Safe Haven Baby Box," The IndyChannel (Feb 2020)</p> <p>"Senate panel agrees adding time to safe haven for babies a good step," KSL.com (Feb 2020)</p> <p>"Safely Surrendered Baby Makes Guest Appearance at Baby Box Dedication" (RTV6 Indianapolis)</p>
Family Issues	Closer Look	6/13/21	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>
Family Issues	Closer Look	6/20/21	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?” 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:</p> <p>National Center for Fathering</p> <p>Dr. Ken Canfield (bio)</p>

Mental Health	Closer Look	6/27/21	7:00pm	13min	<p>'Tell Me More' - 3 Words to Prevent Teen Suicide 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.</p> <p>RELATED LINKS: Society for the Prevention of Teen Suicide USA: (732) 996-0056 America's Health Rankings - Teen Suicide</p>
Faith	Closer Look	6/27/21	7:13pm	16min	<p>'Call-In' Bible Studies Connect to Faith and Friendship 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."</p>