

QUARTERLY ISSUES/PROGRAM LISTS

There follows a listing of some of the significant issues responded to by Station WOOF-FM, along with the most significant programming treatment of those issues for the period April 1st, 2019 to June 30th, 2019. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
<p>Child abuse prevention month: Every hour of every day, there are allegations of child abuse. It remains an issue in every county in every community across the state of Alabama.</p>	<p>News Program</p>	<p>April 1, 2019</p>	<p>7:33p</p>	<p>3:00 mins</p>	<p>Child Abuse Prevention Month April 1, 2019</p> <p>Deborah SFX: The month of April is National Child Abuse Prevention Month in America a time to raise awarness and preventing child abuse. The purpose is for communities to rededicate themselves to being supportive of familes, and play and active role in preventing child abuse and neglect as well as taking postive action to promote child and family well being. The Child Advocacy Center will host the 25th Annual Blue Ribbon Campaign next month to help raise awarness and generate support for programs and services to help victims. Meagan Dorsey is the Development Advocate for the CAC.</p> <p>Meaghan SFX: For 25 years the Southeast Alabama Child Advocacy Center each April during National Child Abuse Prevention Month we host a community wide Blue ribbon campaign. The blue ribbon is a national symbol in the need to protect children. The purpose of this campaign is to raise awarness about child abuse and to generate support for programs and services to help victims when they come into the doors of the CAC.</p> <p>Deborah SFX: So tell us about the Blue Ribbon Campaign itself?</p> <p>Meaghan SFX: For the CAC the blue ribbon campaign is important to us because we're on a mission is to go out and turne the city blue. We want people to see that blue ribbon and that blue ribbon t-shirt we want them to see everything that recognizes that child abuse is very</p>

				<p>prevalent in our community. Our vision is to have a community where children are safe, families are strong, and child victims become children again. We are asking the Wiregrass to help us cover the community with blue ribbons during April as we bring awareness of the problems children endure where they are victims of abuse. The CAC we work everyday with many children and we love to see their happy faces and we want to continue that in our community and with the work through the CAC.</p> <p>Deborah SFX: Now statically, how many children did the CAC see here in the Wiregrass last year?</p> <p>Meaghan SFX: Last year the Child Advocacy Center provided interviews to 526 children with new allegations of abuse more than 1,700 victims of abuse and support of families received therapy crisis counseling and criminal support services</p> <p>Deborah SFX: And that's basically what the Child Advocacy Center does.</p> <p>Meaghan SFX: Yes, so we are a referral center when law enforcement or DHR receive concerns or allegations of child abuse or neglect they refer the children to the CAC where the children are put through a forensic interview process which we have trained forensic interviewers which are the only interviewers in this area. When they go through that interview we are able to use that for prosecution or able to use that in any formal process as well as we offer counseling to those children</p> <p>Deborah SFX: How can the community support the CAC</p> <p>Meaghan SFX: The community can support the CAC by purchasing our blue ribbon t-shirts and wear them during the month of April Child Abuse Prevention Month. They also have the opportunity to support us year round. We are always taking donations of snacks as well as stuffed animals. One thing people don't know</p>
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	<p>170 recorded Serving the needs of our Community announcements promoting Child Abuse Prevention</p>	<p>4/2/2019- 4/30/2019</p>	<p>2400hrs- 2400hrs</p>	<p>:30 secs.</p>	<p>about the CAC whenever a child comes through our building every single child walks out with a snack as well as a stuffed animal so we are always taking those items at the CAC.</p> <p>Deborah SFX: I'm Deborah Pearson reporting for WOOF News</p>
<p>Houston County Gives Day: An event that serves as the kickoff for the Spirit of Service Day. Non profits are invited to share their individual missions during the 8th annual Houston County Gives Day.</p>	<p>News Program</p>	<p>April 8th, 2019</p>	<p>7:32p</p>	<p>3:00 mins</p>	<p>Houston County Gives Day 4/8/19</p> <p>Deborah SFX: Over 40 non profit agencies will come together for the 8th Annual Houston County Gives Day. David Duke with Wiregrass 211 has all the details.</p> <p>Duke: Houston County Gives Day is a free annual exhibition and its open to the public and our goal is to create awariness of and the roles provided by Houston County non profit agencies and we want to do this because we want to build a stronger community of partnerships and resources to meet the needs of those living in our local Houston County Communities and we need help from our community to do just that. And what we need them to do is to come out Houston County Gives Day because this is a great way for individuals and companies to meet multiple non profit organizations located here in Houston County.</p> <p>We're going to have almost 40 agencies there they will be able to speak to you from 4:30 until 6:30 p.m. at Eagle Eye Outfitters on Friday, April 12th and when you come there you can find out how to get involved with your community and what volunteer opportunities are available and find out ways people can help their community. It's a wonderful way for the community to</p>

				<p>meet with multiple organizations at one time and definitely find ways they would be interested in to give back.</p> <p>And this year we are going to have free goodie bags to the first 100 people who come through and there will be special discounts, we will have food available for attendees. We have a fun zone too that we set up for games and activities for children. And we want to do this because this is a family event. We are doing this after school is out. We are encouraging you to bring you kids bring your entire family. Its not just about and individual. Individuals can help and give back to the community but families as a whole can do that also. And we are going to provide activities and games and give aways for the children when they come. And its going to be jammed packed two hours for people to find out how they can get connected in their local community and make a difference in the lives of those less fortunate. So we encourage everyone to come out and join us and have a good time.</p> <p>Deborah SFX: And these are non profit organizations that help families and they need themselves.</p> <p>Duke SFX: I don't know a non profit that doesn't depend on volunteers. We are all money strapped and we don't have the resources to hire the staff that we need to help us do what we need to do to help folks so there are multiple, multiple ways that somebody need to come spend a half of day or a week there are many organizations that can benefit from that. Or if they just want to do a one time thing they are going to be providing these agencies will let you know what opportunities they have that you can take advantage of and it feels good and wonderful that you played a role in the lives of our local community.</p> <p>Deborah SFX: I'm Deborah Pearson reporting for WOOF News</p>
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	Newscast	April 9 th , 2019	3:55p and 4:55p	1:45 min.	<p>Houston County Gives Day is just a day away and the community is encouraged to help local non profit organizations with not only funding but also give of your time. Houston County Gives day is set for Friday, April 12th 4:30 - 6:30 p.m at the Old Northside Mall location. The event serves as the kick off for the Spirit of Service Day to be held on Saturday April 21. Over 40 Non profit organizations will be on hand... David Duke says the goal of Houston County Gives Day is to create awareness of the important roles provided by Houston County Non profit organizations.</p> <p>David Duke SFX: We want to build a stronger community partnerships and resources to meet the needs of those living in our local Houston County Communities. And we need help from people in our communities to do just that. What we need them to do is to come out to Houston County gives Day because this is a great way for individuals and companies to meet with multiple non profit organizations.</p> <p>This is a family friendly event. There will be food, games and a free kids-zone. Houston County Gives Day is open to the public.</p> <p>This Friday is the Kick off of Spirit of Service Day with the annual Houston County Gives Day. Some 40 non profit organizations will be available to create awareness about the resources they offer in the community. David Duke of Wiregrass 211 says this is not only a day to give financially but also to give of your time..</p> <p>David Duke 2 "I don't know of a non profit that doesn't depend on volunteers. We're all money strapped and we don't have the resources to hire the staff that we need to help us with what we need to do to help folks. So there are multiple, multiple ways that somebody wants to come spend a half of day, a week there are many organizations that can benefit from that.</p> <p>There will be food, games and a free kids-zone.</p>
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	Live Remote Broadcast	4/12/2019	4:00 pm	2 hours	Houston County Gives Day is open to the public. The event will be held from 4:30 until 6:30 in the Northside Parking lot across from Action Air.
	60 recorded Serving the needs of our Community announcements promoting Houston County Gives Day	4/6/2019-4/12/2019	2400hrs-2400hrs	:30 secs.	
Autism Awareness: Autism Spectrum disorder, a developmental disability where children and adults have difficulties throughout their lives. Although with great strides being made, there is no know cause or singular affective treatment for autism.	News Program	4/29/2019	7:33p	3:00 mins.	<p>Deborah SFX: Always Unique, Totally Interesting, Sometimes mysterious.. Those are words to describe Autism. April is Autism Awarness month and its an excellent oppportunity to promote autism awareness, autism acceptance and to draw attention to the tens of thousands facing an autism diagnosis each year. Fran Heisner talks about autism.</p> <p>Heisner SFX: Usually in autism you will start to see signs and symptoms as early as 18 months even early sometimes. Somethings you will see is delayed communications skills so the child is not talking or you will see repetative behaviors where you will see them line up toys or objects. Play skills and normal interactions might not be that of a normal developing child. There's actually been a lot of studies of looking back because we've always video a child's first birthday party and a lot of research has also looked at that that going back and looking at those videos that there were actually some signs and symptoms around that age but a lot of times it was the first child or you think they are developing just a little slower than a sybling and so often times there might be some earlier symptoms but</p>

they go un diagnosed. But its also not uncommon for a child to have some words and around 18 months you can see some regression and so they loose those words and so if you ever see anthing like that that's certainly something you would immediately want to contact you peditritian because that's a big red flag that something could be going on.

Deborah SFX: So how is the medical community helping with children and adults with autism now?

Heisner SFX: I feel like as far as children go we are moving in the direction of earlier diagnoses because we know that's the key is getting early intervention, early treatment, early diagnoses. So I think peditritians are looking for it more parents are more educated and by spreading awareness and acceptance during April we're letting people know and educating people of what's going on and what symptoms to look for in their children. It's also with adults and i'm so glad that you asked about that because all of these children that were diagnosed are now becoming adults. So in the adult population there's a big push for transitional services because they need to be transitioned to hopefully live independent lives or that might be that able they need to function in a group home setting. There's even people who have jobs during the day but the just need somebody with them at night in a group home because unfortunately their are going to outlive there caregivers and we want them to be able to be independant and have maximum potential that they possibly can have.

Deb SFX: So for someone in this area that may have autism or think that there child my have autism who would they reach out to?

Heisner SFX: For the most part you will reach out to your peditrician with those concerns at a visit and just schedule a visit and talk to them and if there is things going on they are going to make the appropriate refferals so they are going to reffer that child to have

	News Program	4/22/2019	7:31p	3:00 mins.	<p>some testing done even before that testing is done they are probably going to refer them to a speech therapy evaluation and that's where I come into play because i'm a speech pathologist and we see these children often times they might have delayed motor skills so they are going to refer to occupational therapy some of them have feeding difficulties they are very picky eaters even some of them are delayed with there gross motor skills that they are getting physical therapy refferals. And we do not have to have a diagnoses to start intervention.</p> <p>Deborah SFX: Join the Autism Society of Alabama and get funky as the Annual Funky Fun Run will be held on April 27th at Kwanis Park. Fran Heisner is the local chair.</p> <p>Fran SFX: We encourage people if they want to dress up like the 70's come on out a be a little groovy they can but this is to raise awarness and acceptance for Autism. So we will have a 5K, a kids 1 mile fun run and also just a walk and people can walk up to 5k or they can walk less. We free food, games prizes, face painting, inflatables in fact its family friendly and we want to celebrate children and adults with Autism and just raise awarness and support for these individuals.</p> <p>Fran SFX:Austims is a disorder that can affect people in varying ways. It can affect their communication skills it can affect their cognitive skills you may even know someone who has it but you don't realize it. It can be very, very mild to very, very severe. And we like to find out early and get intervention services for children to help them grow up to be individuals and adults that can live by themselves and have a functional life.</p> <p>Deborah SFXSo the funds that you raise from this event do they stay local or are they distributed state-wide?</p> <p>Fran SFX:We have a state-wide organization Autism</p>
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	Live Remote Broadcast	4/27/2019	6:00am	2 hours	<p>Kendell Gibson, Bryant Corbitt and the WOOF Wolf broadcasted live from Kiwanis Park at Westgate in Dothan. Bryant conducted many interviews with the autism walk organization and with WOOF listeners whose family members have Autism during this fund raiser for the Autism Society of Alabama. Also on hand was free food, inflatables, face painting and games for the children who all enjoyed the WOOF Wolf.</p>
	417 Serving the needs of our Community announcements promoting Autism Awareness	4/1/2019-6/30/2019	2400hrs-2400hrs	:30 secs.	
	69 Serving the needs of our Community announcements promoting Autism Awareness	4/1/2019-6/28/2019	2400hrs-2400hrs	1:00 min.	
Stroke Awareness: May is National Stroke Awareness month. Knowing the warning signs of stroke can mean the difference between life or death. Ramona Johnson at Southeast health tells us of the warning signs.	News Program	5/20/2019	7:33p	3:00 mins.	<p>Deborah SFX: Not unlike spontaneous thieves in the night-or day-strokes often strike in a quick moment to unsuspecting victims. Knowing the warning signs of a stroke can mean life or death when one hits, as receiving quick medical attention is imperative for the best outcomes. May is National Stroke Awareness Month. Ramona Johnson at Southeast Health says knowing the warning signs of a stroke can mean life or death.</p> <p>Ramon SFX: And so early intervention is the key and</p>

				<p>educating the public and the community on the signs and symptoms of stroke is very, very important so we use the acronymy FAST to educate the community and FAST stands for Face, Arm Speech and time. Every second counts there are basically ten symptoms but the key is sudden onset. They have the worst headache they have ever had in their life or they have sudden weakness on one side of the body or the other having sudden trouble speaking getting their words out they need to call 911 and get to the hospital as quickly as possible because we know that time is brain. But there is only certain interventions we can do in a certain amount of time. So if their last know well time was within a three and a half and four hour window if they are a candidate we can give a medicine called Alteplase its a high power blood thinner that dissolves a clot if its there and then we have up to a 24 hour window to do. Dr. Bentley can do a embolectomy if they have a large vessel inclusion that's blocking the blood flow to that part of the brain.</p> <p>Ramona SFX: So education, community outreach is very very important to know the early signs and symptoms of a stroke so they can call 911 and get to the hospital as quickly as possible.</p> <p>Deborah SFX: Now stroke can happen to younger people just as well as older people is that correct.</p> <p>Ramona SFX: Absolutely, stoke can happen at any age</p> <p>Deborah SFX What are some of the causes of stoke?</p> <p>Ramona SFX: High blood pressure is the leading cause of stroke so its important that we know what our risk factors are which is high blood pressure, high cholesterol a cardiac condntion called A-fib, obesity being sedentary those are controllible risk factors so its important that we go to our doctor go get a check up and work on those controllible risk factors. Their are some things we can't control age, hereditary those kinds of things but we do have risk factors we can control</p>
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	195 recorded Serving the Needs of our Community announcements promoting stroke awareness	4/1/2019- 6/30/2019	2400hrs- 2400hrs	:30 secs.	<p>Deborah SFX: Every year, more than 795,000 people in the United States have a stroke. Stroke kills almost 130,000 people each year-that's one out of every 20 deaths-according to the Centers for Disease Control.</p> <p>By incorporating the latest technologies and research, health care professionals are able to offer better care quickly and potentially reduce the effects of a stroke. By knowing the symptoms and knowing where care is available, your quick reaction may mean a world of difference to someone suddenly affected by stroke.</p> <p>Deborah SFX: I'm Deborah Pearson reporting for WOOF News</p>
	103 recorded Serving the Needs of our Community announcements promoting stroke awareness	4/1/2019- 6/30/2019	2400hrs- 2400hrs	1:00 min.	
Distracted Driving, the act of driving while engaged in other activities that distracts the driver's attention from the road and the control of their vehicle. Shown to compromise the safety of the driver, passengers, pedestrians and people in other vehicles, still	News Program	5/27/2019	7:33p	3:00 mins.	<p>Deborah SFX: Distracted Driving is a tremendous treat to safety. Nearly 30-thousand people a year are involved in crashes with a distracted driver and well over 3-thousand are killed by a distracted driver. Corporal Andy Davis with the Dothan Police Department says there are many reasons for distracted driving.</p> <p>Davis SFX: Distracted driving can involve several different things not just the cell phone it can involve putting make up on, talking to the passenger, glancing</p>

distracted driving causes 25% of all motor vehicle crashes.

out the window of the scenery around, changing the radio station, anything that takes your eyes off the road is considered distracted driving. There's about 3,450 lives in 2016 taken from distracted driving nationwide. One is too many. I know in the city of Dothan we have a lot of accidents involving distracted driving and some of them are not intentional, not looking away at the phone or the radio a lot of accidents happen at the yield sign where people are looking at the traffic thinking the car in front of them is gone. So they are distracted watching what's in front of them. One thing, always pay attention to the car that's in front of you. Keep enough distances so that you can safely stop. During the rain, the wet rainy season that we have give yourself extra distance and one thing that I would tell everybody is just be patience. You know patience I know one thing that we Americans kinda are not use to with all everything readily available cell phones, fast food and everything else we want right now. But we need to have patience when we are driving. Because we are driving a 3-thousand pound piece of machinery going from 60 to zero in a few seconds is what can cause bodily harm and death. That's one thing we definately want to stress distracted driving, cell phones put them down. State of Alabama texting while driving is against the law. You can get ticketed for that. I believe the state of Alabama is looking into a law where you have to have a hands-free device to even use a cell phone in the car. I don't believe its passed any legistlation yet I know that its in the works. And so it would be a good idea for everybody to get use to not using a cell phone while you're driving.

Deborah SFX: Any particular age group distracted more than others?

Davis SFX: Well, its certainly your younger generation that's grown up with the technology we have today embraced that a lot more than the older generation, It is going to be more of the younger people texting and driving because they have grown up with the technology that's what they are use to. That's what they do most of the time social media so they are pretty

	<p>1448 recorded Serving the needs of our Community announcements promoting ending distracted driving</p>	<p>4/1/2019- 6/30/2019</p>	<p>2400hrs- 2400hrs</p>	<p>:30 secs.</p>	<p>much on it constantly</p> <p>Deborah SFX: What would be your advice?</p> <p>Davis SFX: Just put it down and drive and when you get to where you're going you can text then</p> <p>Deborah SFX: WHat about taking calls while driving is that a distraction?</p> <p>Davis SFX: Right now there is no state law against that. You can take phone calls, the best advice is use a hands free device even though a lot of folks don't like to use it it's probably the safest thing but you're still there is an element of distraction there because you're concentrating on the conversation talking about what you're going to do this weekend, where you're going to eat lunch whatcha going to have for supper. You're not concentrating on what you're doing in the vehicle. A lot of people talking to on the other end of the phone they miss a turn, slam on the breaks and the car behind them are following to close and its an accident. So just that slight distraction right there from the driver that was wanting to turn had they been paying attention wanted to signal in time, slow down the car behind them would have seen them in time it would have avoided an accident so cell phones, cell phone calls definately the best thing to do is use a hands free device.</p> <p>Deborah SFX: I'm Deborah Pearson reporting for WOOF News</p>
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<p>National Hurricane preparedness 2019: WOOF radio's listening audience is within several counties in Alabama, Florida and Georgia that were deeply affected by Hurricane Michael. The Director of the Dothan Houston County Emergency Management Agency, Chris Judah, presents the 2019 Hurricane Season forecast.</p>	<p>News Program</p>	<p>6/17/2019</p>	<p>7:36p</p>	<p>3:00 mins.</p>	<p>Deborah SFX: The 2019 Hurricane Season is officially here. This year is projected to have a 40 percent chance of being a near-normal season and a 30 percent chance of being above normal, according to the National Oceanic and Atmospheric Administration Climate Prediction Center's 2019 hurricane season forecast. Chris Judah Director of The Dothan Houston County Emergency Management Agency says the time is now to be prepared.</p> <p>Chris SFX: This year actually the Hurricane Predication Center they are predicting an average of about 12 to 15 named storms with about 8 to 10 being Hurricanes and as to where they might go that's still in the works of the forecast but just as we learned with Michael last year the best tool anybody can have in their tool box is to be prepared and have a plan. So people need to go ahead and start preparing and knowing especially here in Southeast Alabama not only do we experience severe weather off and on but hurricanes can develop. We usually have a couple of days to prepare. Micheal showed us that something can come along very quickly and we need to be ready for that. So people need to make sure they have water, non perishable food items things that could last a day or two if without power go ahead and restock batteries for flashlights things of that nature. Those that have generators that is great especially hotter weather or what not so that they can hook up their air conditioners and their refrigerators and things of that nature so again its just being prepared. Do a little research see what the weather as the weeks go by we have great local meterogolists that keep us informed just like there at WOOF with the weather everyday. Check you weather everday to know what's coming up. every couple of days just see what you got and be prepared.</p> <p>Deborah SFX We do have a lot of tornadoes that come into this area too and that's something else we need to be mindful of as well correct?</p> <p>Chris SFX: Absolutely and look and what going on in</p>
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	<p>186 recorded Serving the Needs of Our Community announcements</p>	<p>4/25/2019- 6/30/2019</p>	<p>2400hrs.- 2400hrs.</p>	<p>:30 secs.</p>	<p>central united states right now they have had tornado, after tornado, after tornado outbreak as well as some flooding and we are prone to flooding here too. That's something people need to prepare for especially those that live in the Columbia, Gordon Area on the Eastside of the County that have the river flowing down there we need to be prepared and ready for things that might happen if we do have severe weather.</p> <p>Checking the weather should be apart of your everyday activity to see what's going on. We tend to wait til the weekend because we have activities going on but we should have it everyday and we should remember too when we are out on the roads keep your headlights on its not that you can necessairly you can see but others can see you be careful, slow down a little bit make sure your windshield whipers are on and your lights should be on. It takes longer to break when its wet out there because of the oil on the roadways things of that nature. We need to take those type things into consideration as severe weather does develope. And if we know that its coming get somewhere know where you can go. If you have to leave your home have a plan especially for elderly or for pets or things of that nature. Make sure somebody knows where youre going so if something does happen they know where to find you in the case of a disaster. Something of that nature so again have a plan with your family your neighbors or others. If you have a mobile home or a home you don't think is safe, go ahead and start planning if I had to leave there where should I go and if you start planning that now when the time comes you already have that plan in place.</p> <p>Deborah SFX: I'm Deborah Pearson reporting for WOOF news</p>
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	promoting Hurricane Preparedness				
<p>Learning to Swim: The common belief is that if you are afraid of water, you just need to learn to swim but as WOOF Radio's News Anchor Deborah Pearson learned, sometimes it is not easy to live with aquaphobia. The key is working past your fears and possible embarrassment in a supportive and comfortable atmosphere.</p>	<p>News Program</p>	<p>6/24/2019</p>	<p>7:34p</p>	<p>3:00 mins.</p>	<p>SFX: Water Splash Deborah SFX: 37% of Americans are unable to swim, and almost 4000 people a year in the U.S. die of drowning. Knowing how to swim and (equally important, knowing how to prevent panic in the water are unquestionably life saving skills. How can millions of fearful swimmers learn to enjoy the water safely?</p> <p>Laughter SFX: They can do like me and take lessons through the Department of Leisure Services.</p> <p>SFX: Splash Their are about 30 members enrolled in my class .mostly african americans. African Americans tend to fear water the most or never had resources to learn how to swim. Members of this class have joined for different reasons. 66 year old Lillie Taylor of Dothan says she joined for health reasons</p> <p>Lillie Taylor SFX: " Im in an acquasize class and everybody else is able to float and I just stand there I can't so I said its time to try now or never"</p> <p>Deborah SFX: Treavar McEldree says she always wanted to learn how to swim but is also taking the class as an incentive</p> <p>Treaver McEldree SFX " Im going to the Bahamas for the 4th of July Week and my husband told me I needed to learn how to swim"</p> <p>Deborah SFX: Donna Johnson wants to be more self sufficient in the water</p> <p>Donna Johnson SFX: I can swim a little bit but I'm not confident so I just wanted to be a little more confident.</p> <p>Deborah SFX: I have personally have found out for</p>

				<p>myself that swimming is not the easiest task. SFX: Bubbles Deborah SFX: Holding my breath and putting my head under water to blow bubbles was a task all in itself.</p> <p>SFX : Bubbles and Deborah "That's a first step that's an accomplishment</p> <p>Deborah SFX: Life Guard Instructor Hannah says swimming is all in the mind</p> <p>Hannah SFX: literally all swimming is. Once you get it through your mind that you're not scared even if you are scared talk yourself out of it because you've got to get your mind to overcome your body.</p> <p>Deborah SFX: For a lot of people, there's a lot of stress wrapped up in learning how to swim as an adult.</p> <p>Lillie SFX: I'm just tired of not being able to do it. I'm at the age that I better go for it.</p> <p>Deborah SFX: You might feel embarrassed or nervous or freaked out when you think about getting in the water. But know that you can do this, and take the first step by signing up for swimming lessons. The Dothan Department of Leisure Services offers swimming classes to all ages...From there, it will get so much easier and more fun! Your instructor will help you start from the beginning, and he or she will support you as you learn at your own pace. And if you're taking a class with other students, you can feel less self-conscious knowing you're all learning together. So The first step in getting over your fears is to take the plung and just...</p> <p>Deborah SFX " Im gonig to Keep Trying...I'm Going Keep Trying...</p> <p>Deborah SFX: It's never to late to learn</p> <p>Deborah SFX: I'm Deborah Pearson reporting for WOOF News</p>
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	<p>191 recorded Serving the Needs of our Community announcements promoting swimming safety</p> <p>167 recorded Serving the Needs of our Community announcements promoting swimming safety</p>	<p>4/2/2019- 6/30/2019</p> <p>4/2/2019- 6/30/2019</p>	<p>2400hrs- 2400hrs</p> <p>2400hrs- 2400hrs</p>	<p>:15 secs.</p> <p>:30 secs.</p>	<p>SFX....Bubbles</p>
<p>National Women’s health care month: The average life expectancy of women is 83. Women experience unique health care challenges from chronic diseases such as heart disease, cancer, and diabetes being the leading causes of women in America. Women are living longer and are enjoying a better quality of life likely due to medical care, proper diet and exercise.</p>	<p>News Program</p>	<p>6/25/2019</p>	<p>7:35p</p>	<p>3:00 mins.</p>	<p>Deborah SFX: Celebrate Women's Healthcare month by vowing to take better care of yourself. Women usually head the household take care of children and work full time and tend to let their personal health go down. Dr. Mary Phippen Family Medicine Physican at Southeast Health Westgate Clinic talks about Preventative Healthcare for Women.</p> <p>Dr. Phippen: Preventive health for women usually depends upon age. I hear alot of questions about it. We recommend that women over the age of 40 come to the doctor for check up at least once a year and a lot of that is for breast cancer screening. They currently recommend doing an annual breast exam in the office on anyone over the age of 40. With mammograms being more of a screening 40 to 50 depending on family risk factors.</p> <p>Deborah SFX: So when they go to a regular physcian as yourself what questions should they ask about health.</p> <p>Phippen: I think a lot of things fall throug the cracks is heart or cardiovascular screening. It is the number one leading cause of death in women and I think it sometimes gets overshadowed by all the cancer</p>

				<p>screenings that we do so routine well women's exam if you come to one of us in office would be something where we check you weight, blood pressure, where we're talking about checking lab work screening things like high cholesterol and looking at things like fasting blood sugar for screening thing like diabetes. We are asking questions for signs and symptoms for things like heart disease are you having any chest pains is it happening when you're walking, shortness of breath, swelling in your legs are you having decreasing in your exercise and do things that you want to do. All the allotted questions we would ask when you come into the doctor</p> <p>Deborah SFX: As far as young girls what age should they get their first pap smear?</p> <p>Dr. Pippen: That's a great question so those guidelines have sort of recently changed in 2012 pretty ratically. Alot of us is a little slow to get going on them occassionally a young female that's had a pap early. But every guideline we have now says starting at age of 21 years old. So a lot of times I will start with that with my first well woman's exam I do a breast exam and a pap smear at that first visit.</p> <p>Deborah: So overall health for women ages 50 and up would be different for women in their 20's I guess I could say everyone needs to eat better exercise more those things like that is that correct?</p> <p>Dr. Pippen; Absolutely its looking at that trying to maintain a healthy weight. The american heart association recommends at least 30 minutes of physical activity for where you're getting your heart rate up at least three times a week and I know with busy schedules its hard to make those a priority. It's looking at making small goal changes within your life even if its starting with trying to kick out that sweet tea you have everyday at lunch just making those really small changes to make a big overall changes in weight and regular exerise for heart health.</p>
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	219 recorded Serving the needs of our Community announcements promoting Women's Health	4/3/2019- 6/29/2019	2400hrs- 2400hrs	:15 secs.	Deborah: And sometimes small changes pay off big/ Dr. Pippen; Oh absolutely Deborah: I'm Deborah Pearson reporting for WOOF News
	86 recorded Serving the needs of our Community announcements promoting Women's Health	4/3/2019- 6/29/2019	2400hrs- 2400hrs	:30 secs.	
	149 recorded Serving the needs of our Community announcements promoting Women's Health	4/3/2019- 6/29/2019	2400hrs- 2400hrs	1:00 min.	