Prepared by: Mary Scheidly Friday, September 30 , 2022					OGRAMS FILE er 3, 2022	WALC - 100.5 Charleston, SC WCFJ - 92.1 Irmo, SC WGFJ - 94.1 Cross Hill, SC WLFA - 91.3 Asheville, NC WLFH - 88.9 Claxton, GA WLFJ-FM - 89.3 Greenville, SC WLFS - 91.9 Port Wentworth, GA WMBJ - 88.3 Murrells Inlet, SC WPFJ - 1480 Franklin, NC WRAF - 90.9 Toccoa Falls, GA WZLC - 88.9 Summerville, SC
Issue Category	Date	e Range	Day Part	Time	Topic/Focus Group	Program Content
Health/Nutrition/Fitness	7/1/2022	7/1/2022	Mid-days with Scott	30 secs.	Benefit of eating salmon.	Shared new research that says eating salmon or any oily fish may cut the risk of Alzheimers by half.
Health/Nutrition/Fitness	7/1/2022	7/1/2022	Rob and Lizz in the morning	90 secs.	Fourth of July safety.	Shared an ingenious hack to save and protect kids fingers from sparklers on the Fourth of July.
Health/Nutrition/Fitness	7/1/2022	7/1/2022	Rob and Lizz in the morning	90 secs.	Achoo Syndrome.	Talked about how the "Achoo Syndrome" may affect your career.
Family Values/Parenting/Children	7/3/2022	7/3/2022	Harilyn in the Afternoon	45 secs.	Video game study.	Studies have shown that video games can help boost children's intelligence.
Health/Nutrition/Fitness	7/7/2022	7/7/2022	Lunch with Brian	60 secs.	Friendships and scents.	Talked about how we choose friends based on how they smell.
Senior Citizens	7/7/2022	7/7/2022	Lunch with Brian	60 secs.	WW II veteran contract.	Talked about the Buffalo Bisons Minor League Baseball team signed a 100- year-old to a one-day contract. 80 years ago, he was invited to tryout but said no and served in World War 2.
Media	7/8/2022	7/8/2022	Lunch with Brian	60 secs.	Fitness with pet.	Talked about a man who walked around the world in 7 years with his dog, 1 of only 10 to ever do it.
Economy	7/11/2022	7/11/2022	Mid-days with Scott	30 secs.	New layaway plan for Amazon.	Gave details about Amazon introducing a layaway program for the first time during Prime Days.
Economy	7/13/2022	7/13/2022	Mid-days with Scott	30 secs.	New stamp price.	Talked about tthe cost of stamps going up again2 cents higher to 60 cents for a first class stamp.
Media	7/13/2022	7/13/2022	Mid-days with Scott	30 secs.	Wordle for kids.	Told the story of a father who has created a version of Wordle for kidsWordle Jr. was inspired by his son.
Health/Nutrition/Fitness	7/13/2022	7/13/2022	Rob and Lizz in the morning	90 secs.	Gen Z diet.	Talked about the Plant Based Diet.It is the most common diet in the world especially with Gen Z.
Media	7/13/2022	7/13/2022	Rob and Lizz in the morning	90 secs.	Almonds are stuck in CA.	Shared the story of how billions of pounds of almonds are stuck in storage in California. Prices raised and farmers are not getting paid.
Health/Nutrition/Fitness	7/14/2022	7/14/2022	Mid-days with Scott	30 secs.	Mental health hotline number.	Shared the new National Mental Health Hotline number 9-8-8.
Media	7/15/2022	7/15/2022	Mid-days with Scott	30 secs.	Netlix announcement	Spoke about Netflix announcing a new ad-supported subscription soon.
Media	7/16/2022	7/16/2022	Harilyn in the Afternoon	45 secs.	Scooby Doo van on Airbnb.	Told story about the "Mystery Machine" from "Scooby-Doo" is listed on Airbnb.
Disaster Relief	7/16/2022	7/16/2022	Rob and Lizz in the morning	90 secs.	Homeless at work.	Shared information about the Food Rescue Organization. They've hired the homeless to rescue food.

Media	7/16/2022	7/16/2022	Rob and Lizz in the morning	90 secs.	Phones in the workplace.	Talked about how silencing your phone from Employer does not reduce stress. It increases it.
Media	7/17/2022	7/17/2022	Harilyn in the Afternoon	45 secs.	World's largest chicken nugget.	TikTok chefs cooked up the world's largest chicken nugget.
Health/Nutrition/Fitness	7/18/2022	7/18/2022	Rob and Lizz in the morning	90 secs.	Easier mental health hotline.	Discussed the Mental Health hotline and now it is easier to access.
Media	7/20/2022	7/20/2022	Rob and Lizz in the morning	90 secs.	History being made.	Shared the story of the first female Blue Angel.
Family Values/Parenting/Children	7/22/2022	7/22/2022	Harilyn in the Afternoon	45 secs.	Chemotherapy for a child.	Talked about a family that suited up to make chemo less scary for their 3-yrold.
Health/Nutrition/Fitness	7/24/2022	7/24/2022	Mid-days with Scott	30 secs.	Benfits of coffee.	Shared that 3 cups of coffee a day help you live longer, new research said.
Media	7/24/2022	7/24/2022	Mid-days with Scott	30 secs.	Best southern towns.	Shared about Beaufort, NC & Beaufort, SC are both named Best Southern towns by Southern Living.
Media	7/25/2022	7/25/2022	Rob and Lizz in the morning	90 secs.	Beating the summer heat.	Told the story about a supermarket who let the community cool off ,during record heat, in their refrigeration areas.
Media	7/26/2022	7/26/2022	Mid-days with Scott	30 secs.	Auto warranty robocalls blocked.	Spoke about how the FCC has told phone companies to block auto warranty robocalls.
Economy	7/27/2022	7/27/2022	Mid-days with Scott	30 secs.	Legos are going up in price.	Spoke about LEGO is raising prices by 25% next month.
Senior Citizens	7/27/2022	7/27/2022	Rob and Lizz in the morning	90 secs.	Helping a woman with Alzheimer's.	Described a bike chair created for woman with Alzheimer's.
Health/Nutrition/Fitness	7/29/2022	7/29/2022	Lunch with Brian	60 secs.	Plant based diets.	Discussed how the Plant based diet is one of the fastest growing diets.
Media	8/1/2022	8/1/2022	Harilyn in the Afternoon	45 secs.	Change to road sign.	Shared a story about a New Mexico road sign that was corrected after misspelling.
Disaster Relief	8/1/2022	8/1/2022	Harilyn in the Afternoon	45 secs.	Food shortage.	Explained that food banks in America are experiencing surging demand.
Media	8/1/2022	8/1/2022	Harilyn in the Afternoon	45 secs.	Wedding at the White House.	Shared that the President's granddaughter has announced a White House wedding ceremony set for South Lawn.
Media	8/3/2022	8/3/2022	Rob and Lizz in the morning	90 secs.	Condolences to parents.	Shared a story about a man who provided comfort to parents of Uvalde shooting victims.
Family Values/Parenting/Children	8/4/2022	8/4/2022	Rob and Lizz in the morning	90 secs.	New scent of Elmer's glue.	Shared the new scented Elmer's Glue SticksKid's are gonna eat them.
Economy	8/5/2022	8/5/2022	Mid-days with Scott	30 secs.	Tax free shopping.	Talked about SC tax free shopping weekend. Saved on school supplies and clothing.
Media	8/7/2022	8/7/2022	Mid-days with Scott	30 secs.	Pumpkin Spice arrival updates.	Shared updates about pumpkin spice. Dunkin' brings it Aug. 17Starbucks Aug. 30.
Media	8/8/2022	8/8/2022	Lunch with Brian	60 secs.	Hershey's chocolate demand.	Discussed how Hershey announced they will be unable to meet upcoming demand for some of it's candies this fall.
Media	8/9/2022	8/9/2022	Lunch with Brian	60 secs.	Friendly dogs and cats.	Described the best dog breeds to get along with cats.
Family Values/Parenting/Children	8/10/2022	8/10/2022	Lunch with Brian	60 secs.	Entrepeneurship	Talked about how a 10-year-old started an organization to deliver gifts to the same children's hospital she spent time in.
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Health/Nutrition/Fitness	8/11/2022	8/11/2022	Mid-days with Scott	30 secs.	Brain health.	Talked about leisure activities and how they help boost our brains.
Media	8/12/2022	8/12/2022	Mid-days with Scott	30 secs.	Chance Lytle is multi-talented.	Talked about Chance Lytle. He plays football for Duke University and also sings opera.
Health/Nutrition/Fitness	8/13/2022	8/13/2022	Lunch with Brian	60 secs.	Awareness of Mental Health.	Shared a story about a team of 4 women won the Great Pacific Race(rowing) to raise money and awareness for mental health.
Media	8/15/2022	8/15/2022	Lunch with Brian	60 secs.	Retirement	Shared that 23-time Grand Slam tennis champ, Serena Williams is retiring.
Media	8/15/2022	8/15/2022	Lunch with Brian	60 secs.	Rescue from a car.	Shared a story about several Rome GA football players rescued a woman trapped in a wrecked car.
Family Values/Parenting/Children	8/16/2022	8/16/2022	Mid-days with Scott	30 secs.	Capri Sun recall.	Warned listeners about the Capri-Sun Wild Cherry Juice pouch recall. It could have cleaning solution in them!
Family Values/Parenting/Children	8/16/2022	8/16/2022	Rob and Lizz in the morning	90 secs.	Parenting technology.	Talked about Snapchat and their new technology allows parents to see who their kids are snapping.
Media	8/17/2022	8/17/2022	Lunch with Brian	60 secs.	Missing dog.	Talked about a dog missing for 2 months found by Missouri spelunkers.
Senior Citizens	8/17/2022	8/17/2022	Rob and Lizz in the morning	90 secs.	Helping the hearing impaired.	Explained how new glasses were created with subtitles for the hearing impaired.
Media	8/19/2022	8/19/2022	Harilyn in the Afternoon	45 secs.	Jumanji park opening.	Talked about a 'Jumanji' Theme Park opening next year.
Media	8/20/2022	8/20/2022	Lunch with Brian	60 secs.	Dollywood rollercoaster.	Updated that Big Bear Rollercoaster will debut next spring at Dollywood.
Health/Nutrition/Fitness	8/22/2022	8/22/2022	Harilyn in the Afternoon	45 secs.	Health benefits of ice cream.	Told listeners that a new study suggests that ice cream is better for you than a multigrain bagel.
Family Values/Parenting/Children	8/22/2022	8/22/2022	Harilyn in the Afternoon	45 secs.	New flavor of Girl Scout cookie.	Announced that Girl Scouts has a brand new cookie this year! Raspberry Rally!
Health/Nutrition/Fitness	8/22/2022	8/22/2022	Mid-days with Scott	30 secs.	A new Big Mac.	Shared that McDonalds is testing a chicken Big Mac.
Senior Citizens	8/23/2022	8/23/2022	Mid-days with Scott	30 secs.	Senior free throw record.	Shared the story about an 82 year old who just sank his 1 millionth free throw in basketballtook him 17 years.
Media	8/25/2022	8/25/2022	Mid-days with Scott	30 secs.	Olive Garden gift.	Shared the story about a couple who took engagement photos outside Olive Garden and received a honeymoon in Italy from Olive Garden - all expenses paid.
Education	8/26/2022	8/26/2022	Harilyn in the Afternoon	45 secs.	Mom graduates from H.S.	Told story about a single mom who graduated from high school 20 years later.
Media	8/26/2022	8/26/2022	Harilyn in the Afternoon	45 secs.	Adoption from disaster.	Talked about a Texas college student that worked to adopt baby he found abandoned in trash.
Media	8/27/2022	8/27/2022	Lunch with Brian	60 secs.	House for sale.	Talked about a house with a literal cave is being sold in San Antonio.
Senior Citizens	8/27/2022	8/27/2022	Lunch with Brian	60 secs.	Grandmother has 100 grandchildren.	Shared a story about how Peg met her 100th grandchild just months before she turns 100.
Media	9/1/2022	9/1/2022	Lunch with Brian	60 secs.	Social media.	Shared that your digital footprint will average 8,000-18,000 social media posts over your lifetime.
Media	9/2/2022	9/2/2022	Lunch with Brian	60 secs.	Missing woman.	Shared a story about a young toddler in GA helped to save a missing woman's life when he spotted her near his back yard.

Media	9/5/2022	9/5/2022	Lunch with Brian	60 secs.	New Christmas stamp.	Mentioned that "USPS is dedicating a new Christmas stamp, "Virgin and Child".
Media	9/5/2022	9/5/2022	Lunch with Brian	60 secs.	New Girl Scout cookie.	Talked about a New Girl Scout cookie, Raspberry Rally, to launch next year.
Media	9/5/2022	9/5/2022	Lunch with Brian	60 secs.	Traditions of a wedding dress.	Explained how a wedding dress bought in 1950 has been used 8 times by the family, including this summer.
Senior Citizens	9/5/2022	9/5/2022	Lunch with Brian	60 secs.	Foster parent.	Talked about a 78-year-old woman named Linda who has fostered over 80 infants in the last 30 years.
Health/Nutrition/Fitness	9/6/2022	9/6/2022	Mid-days with Joe Polek	30 secs.	Mothers and breaks.	Talked about mothers taking more breaks, based on psychology study.
Health/Nutrition/Fitness	9/7/2022	9/7/2022	Mid-days with Joe Polek	30 secs.	Improving your brain health.	Talked about improving your brain capacity by doing simple tasks.
Family Values/Parenting/Children	9/8/2022	9/8/2022	Mid-days with Joe Polek	30 secs.	Talking to your kids.	Discussed ways to improve the questions you ask your kids to get a better response.
Family Values/Parenting/Children	9/8/2022	9/8/2022	Mid-days with Joe Polek	30 secs.	Raising kids.	Explained ways to raise a moral child.
Health/Nutrition/Fitness	9/9/2022	9/9/2022	Mid-days with Joe Polek	30 secs.	Music and health.	Talked about ways music improves your mood and health.
Media	9/10/2022	9/10/2022	Lunch with Brian	60 secs.	Pumpkin Spice.	Stated that science backs up our love of Pumpkin Spice.
Health/Nutrition/Fitness	9/11/2022	9/11/2022	Mid-days with Scott	30 secs.	Blue lights can be aging us quicker.	Spoke about blue lights from our phones, laptops, and even tvs that could be accelerating the aging process.
Media	9/12/2022	9/12/2022	Mid-days with Joe Polek	30 secs.	Freezer efficiency help.	Described ways to improve the energy efficiency of your freezer
Senior Citizens	9/13/2022	9/13/2022	Mid-days with Joe Polek	30 secs.	Health improvement.	Talked about ways to connect with your neighbors and how it improves your health of the elderly.
Health/Nutrition/Fitness	9/13/2022	9/13/2022	Mid-days with Joe Polek	30 secs.	Sleep habits.	Explained ways to help you get back to sleep at night.
Health/Nutrition/Fitness	9/16/2022	9/16/2022	Mid-days with Joe Polek	30 secs.	Fasting and health.	Talked about intermittent fasting and the ways it affects your health.