

# **WGBZ 88.3 Issues and Programs**

## **2nd Quarter**

### **April, May, June 2023**

*The following descriptions are examples of recurring programs aired that address and meet community issues; this does not represent an exhaustive list of all the public service WGTS and WGBZ provides.*

**ISSUE:** Allergies

**PROGRAM:** Health Minute

**AIR DATE:** 4/19/23

**Duration:** 2:49 minutes

Springtime allergies in the Washington, DC and Eastern Shore areas have been particularly challenging this year. The morning show interviewed Dr. Avni Jain, a local physician who shared tips on identifying allergies, treating symptoms early and effectively, along with encouragement to contact your health provider for help if needed.

**ISSUE:** Mental Health

**PROGRAM:** Breakaway

**AIR DATE:** 4/15/23

**Duration:** 15:30 minutes

Kevin Krueger spoke with Dr. Mike Bechtle, author of "The People Pleaser's Guide to Loving Others without Losing Yourself". He talks about how having low self-esteem can affect our mental health negatively. He pinpointed that the comparison that many people, especially young people experience on social media can be particularly harmful. He shared that there is healing and gives information on how to seek help.

**ISSUE:** Divorce

**PROGRAM:** Breakaway

**AIR DATE:** 4/15/23

**Duration:** 12:55 minutes

Kevin Krueger spoke with Tracie Miles, author of "Living Unbroken: Reclaiming Your Life and Your Heart After Divorce". She talked about how the stress of divorce can affect individuals physically and mentally, and offered pointers to help seek help and heal.

**ISSUE:** Heart Health

**PROGRAM:** Health Minute

**AIR DATE:** 4/26/23

**Duration:** 2:42 minutes

Physical activity is an important component of staying heart healthy. Local physical medicine and rehabilitation physician, Dr. Trey Godwin, joined the morning show to discuss guidelines for the recommended amount of activity individuals should aim for, and how to stay safe while exercising in the heat.

**ISSUE:** Mental Health

**PROGRAM:** Breakaway

**AIR DATE:** 4/29/23

**Duration:** 12:43 minutes

Kevin Krueger spoke with Kim Sorrelle, author of "Love Is". She shared her experiences with researching the power of loving others in breaking down barriers, reducing the stress of comparison with others, bringing people together, becoming more compassionate, and looking for commonalities among people who have different philosophies.

**ISSUE:** Sun Safety

**PROGRAM:** Health Minute

AIR DATE: 5/3/23

Duration: 3:07

As the weather starts to get warmer, we start to spend more time outside in the sun. While sunlight has many benefits, it's important to prioritize skin health and understand the importance of sunscreen. Local family physician, Avni Jain, MD, discussed common misconceptions and proven ways to keep your family safe in the sun!

**ISSUE:** Mental Health

**PROGRAM:** Breakaway

AIR DATE: 5/16/23

Duration: 13:28

According to the CDC, more than 1 in 5 US adults live with a mental illness. Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness. Suicide is one of the leading causes of death in the United States. Kevin Krueger spoke with Heather Creekmore, author of "The Burden of Better: How a Comparison-Free Life Leads to Joy, Peace, and Rest". She shares research and information on how to reduce some of the mental stress and anxiety people may experience from social media regarding comparison in areas like social status, body image, etc. She talks about how to seek a support system and help to cope with some of the anxiety associated with this type of stress.

**ISSUE:** Colorectal Cancer

**PROGRAM:** Health Minute

AIR DATE: 5/19/23

Duration: 2:38 minutes

We have received a lot of questions about stress, and how to manage it. The morning show brought local physician, Dr. Jain on air to talk about the different types of stressors that may cause us to feel overwhelmed. She shared about signs and symptoms that demonstrate stress may be affecting a person's mental and physical health. She says speaking with your healthcare professional is paramount to maintaining our long-term health. She encouraged people to intervene as soon as possible.

**ISSUE:** Underserved Youth

**PROGRAM:** Live Broadcast

AIR DATE: 6/12/23 thru 6/23/23

Duration: Multiple live mentions by announcers throughout each daypart

WGTS partnered with American Diversity Group to help make a difference in our community by collecting school supplies to serve underprivileged children across the Washington, DC region. Supplies were collected from all over the DMV, and awareness was brought to the needs of many in our community.