

WGBZ 88.3 Issues and Programs

4th Quarter

October, November, December 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: Breast Cancer

PROGRAM: Health Minute

AIR DATE: 10/18/23

Duration: 4:06 minutes

October is Breast Cancer Awareness Month. More than 40,000 women will die from this type of cancer per year. The Morning Show with Jerry, Summer & Claude interviewed Eva Duckett, Medical Director, Women's Imaging at Adventist HealthCare to help share some information to encourage women to seek screening; specifically busing some of the myths that many people believe about mammograms.

ISSUE: Mental Health

PROGRAM: Breakaway

AIR DATE: 10/29/23

Duration: 18:12 minutes

Fear is something that can trigger a wide range of mental health issues. It can also be a symptom of mental health issues such as anxiety disorder, phobias, etc. Kevin Krueger spoke with Juliet Agocha, author of "Seven Ways to Overcome Fear" who gave pointers on how to manage fear and when to know when to reach out for professional help.

ISSUE: Dangerously Cold Weather

PROGRAM: Morning Show News

AIR DATE: 11/3/23

Duration: Twice an hour – 3 minutes

(Washington, DC) -- The nation's capital is again waking up to a hypothermia alert. The mayor triggered it at 7 p.m. for the second time this week due to near freezing temperatures. The National Weather Service says it got down to 38-degrees overnight but feels even colder because of the wind chill. Other areas in the DMV dropped to 26-degrees. Officials urge everyone to stay inside until it warms up to avoid hypothermia or frostbite.

ISSUE: Crime

PROGRAM: Morning Show News

AIR DATE: 11/7/23

Duration: Twice an hour – 2 minutes

(Washington, DC) -- The District is working to improve safety for delivery and rideshare drivers. Officials will hand out free dash cams today at RFK parking lot three. It comes after two delivery drivers were targeted last weekend, leaving one shot in leg during a carjacking. The program is funded in part by a 500-thousand dollar investment from DoorDash. The company says it hopes everyone participating "will have even greater peace of mind when out on the road."

ISSUE: Obesity and Chronic Illness
PROGRAM: News Update on Morning Show
AIR DATE: 11/22/23
Duration: 1:59 minute

Thanksgiving is the start of the holidays when many are tempted to overeat. That can have long-term negative health effects such as obesity and chronic illness. Patricia Hertz joined the morning show to discuss best practices for enjoying all the food this season has to offer while being healthy.

ISSUE: Diabetes
PROGRAM: Health Minute
AIR DATE: 11/29/23
Duration: 3:06 minutes

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese. Dr. Ogechi Anyaoku joined the Morning Show to share some important information about the disease and the factors that put people at risk.

ISSUE: Relationships and Holiday Stress
PROGRAM: Relationship FYI
AIR DATE: 12/12/23
Duration: 2:22 minutes

Shaunti Feldhahn joined Jerry and Summer for Relationship FYI to talk about the problems that defensiveness causes in relationships, particularly during the holiday season when emotions may be heightened. Shaunti received her graduate degree from Harvard University and was an analyst on Wall Street before unexpectedly becoming a social researcher, best-selling author and popular speaker. Today, she applies her analytical skills to investigating eye-opening, life-changing truths about relationships, both at home and in the workplace. She shared some techniques for helping to manage our flight or fight response like box breathing that can help us slow down and think before speaking especially in stressful situations.

ISSUE: Drunk Driving
PROGRAM: Morning Show News
AIR DATE: 12/14/23
Duration: Twice an hour – 2 minutes

(Washington, DC) -- Federal regulators say they're pushing for new technology that'll stop drunk drivers from getting behind the wheel. The National Highway Traffic Safety Administration launched its Holiday Drive Sober Campaign on Tuesday, and said in a statement that it was starting work to make drunk-driving detection standard in every new vehicle. The agency said its regulators are collecting information about the current state of technology used to detect impaired driving, which includes breath and touch sensors that can tell if a driver drank alcohol.

ISSUE: Mental Health and Relationships
PROGRAM: Breakaway
AIR DATE: 12/17/23
Duration: 14:32 minutes

Kevin Krueger spoke with Ike Miller, author of "Good Baggage: How Your Difficult Childhood Prepared You for Healthy Relationships." He spoke about the importance of recognizing the baggage and triggers

that cause us problems in our relationships, and how seeking professional help can lead to a path of strong healthy bonds.