

Quarterly Issues and Programs List – 1st Quarter 2024

Each station is required to place in its Public File a quarterly list of community issues addressed by the station's programming during the previous three months.

The list must be placed in the File within 10 days of the end of the preceding quarter.

Station Staff Activities in the Community		
Date	Staff Members	Activity or Event
01/27/2024	Luke & Rose Rogers	Gave an update on radio stations and got feedback at a church in Birmingham, AL.

Emergency Alert System
Sent weekly and monthly Emergency Alert System tests every week/month.
One severe thunderstorm warning was relayed.

Public Service Announcements Created and Aired for Non-Profit Organizations		
Non-Profit Group	Event or Message	Times Aired
Alabaster Community Givebackers	Assistance for community members in need and	25
Ephesus Academy	Enrollment and Scholarship Opportunities	26
BFC Multicultural Group	Multicultural music program	57
International Children's Care	Requesting support for orphaned children world-wide	21
Breast Cancer Research Assoc. of AL	Breast cancer research information	27
K9 for Christ	Volunteer and service animal opportunities	25
Child Impact	Campaign against human trafficking	52
(any)	Invitation for non-profits to submit PSAs to Elijah Radio	80
Shelby Co. Retired Seniors Volunteer Program	Volunteer opportunities	28
Ephesus SDA Church	Food pantry hours, free to the public	70
Your Story Hour	75 th anniversary of Your Story Hour	40
Clanton SDA Church	Heart healthy plant-based cooking class	53
EternalLight Productions	Community multimedia program	105
New Beacon Hospice	Volunteer opportunities	23
Christian Record Braille Foundation	Stories of people benefited by CRBF services	18
Red Crescent Clinic	Free community health clinic every Sunday	76
Alabama Alzheimer's Association	Education and support services	67
Uchee Pines Institute	Lifestyle intervention and natural remedies programs	23

Ad Council Public Service Announcements Aired		
Number of PSAs	Total Times Aired	Topics Addressed
111	217	Adopting foster children, adult education (getting a diploma), Alzheimer's awareness, living with asthma, autism, caregiver assistance, child passenger safety, children's oral health, community engagement (volunteering), diabetes prevention, discovering nature, diversity and inclusion, emergency preparedness, emergency vehicle safety, fatherhood involvement, Fentanyl awareness, foreclosure prevention, gun safety, Hardest Hit Alabama (mortgage foreclosure), high blood pressure, high school equivalency, hunger prevention, job training and employment, learning and attention issues, litter prevention, Meals on Wheels, pathway to employment, public parks, railroad crossing safety, retirement saving, Samaritan's Purse Operation Christmas Child, saving cranes, seat belt safety, shelter pet adoption, teaching as a career, texting and driving, underage drinking and driving prevention, wildfire prevention, youth vaping prevention, anxiety, chronic pain, laughter and health, natural health, blood pressure, stress, cognition & nutrition, inflammation, pets and health, rest and worship, sleep, and Type 2 Diabetes, Christian Record Braille Foundation Stories of Hope.

<p>Issue: Money Management and the Economy</p> <p>Programs (broadcast times are approximate):</p> <ul style="list-style-type: none"> • Faith and Finance, 25 minutes, Sunday through Friday at 6:00 am and 4:00 pm. • Moneywise Minute, 1 minute, weekdays 9:30 pm. • Hey Howard, 1 minute, weekdays at 3:30 pm. <p>Examples of these programs are given in the table below.</p>			
Date and Time	Length	Program Title	Samples of Issues Covered
01/04/2024 06:01 am	25:00	Faith and Finance	The problem of the shortage of tax preparers.
02/24/2024 06:01 am	25:00	Faith and Finance	Mortgage rate: What you need to know this spring.
03/07/2024 06:01 am	25:00	Faith and Finance	How to prepare your finances for your demise.
02/19/2024 09:31 pm	0:59	Moneywise Min.	How to focus your life and resources for the future.
02/26/2024 09:31 pm	0:59	Moneywise Min.	How to bargain when it comes to your bills.
03/05/2024 09:31 pm	0:59	Moneywise Min.	Two signs that you're over spending.
01/09/2024 03:31 pm	0:58	Hey Howard	Recommendations of yearly financial goals.
02/19/2024 03:31 pm	0:58	Hey Howard	How to pay off student loans quickly.
03/08/2024 03:31 pm	0:58	Hey Howard	How to help a friend struggling financially and still give to church.

Issue: Diet and Health

Programs:

- Heartwise with Dr. James Marcum, 25 minutes, Monday, Wednesday, and Friday at 12:00 pm and daily at 6:00 pm.
- Health for a Lifetime, Tuesday and Thursday at 10:00 am.
- CHIP Healthy by Choice, 28 minutes, weekends at 4:30am.
- Various Health Programs, 30 minutes, weekdays at 9:30 pm
- Family Health Checkup, 1 minute, weekdays at 10:30 am and 10:30 pm.
- Health and Longevity, 29 minutes, Sunday at 7:00 am and 3:30 pm.
- Lifestyle Magazine, Saturday and Sunday at 1:30 am.
- Healthy Inside and Out, 2 minutes, Sunday at 9:30 am.
- Healthy Living, 2 minutes, Sunday at 12:30 pm.
- Celebrating Life in Recovery, 60 minutes, Monday, Wednesday, and Friday at 10:00 am and Saturdays at 10:00 pm.

Examples of these programs are given in this table and the three following tables.

Date and Time	Length	Program Title	Issues Covered
01/02/2024 06:01 pm	24:30	Heartwise	Sugars effect on health and how to reduce intake.
01/27/2024 06:00 pm	24:30	Heartwise	Annual check-ups. Are they really necessary?
01/04/2024 10:02 am	28:30	Health for a Lifetime	The pharmacy in your kitchen. Home remedies that can treat disease.
02/11/2024 03:28 pm	28:11	Health and Longevity	Naturopathic medicine: what is it and how it can help you.
02/25/2024 03:32 pm	28:34	Health and Longevity	Anti-aging medicine and stem cell research.
03/10/2024 04:26 am	28:00	CHIP	How to transition to healthy eating.
01/22/2024 10:28 pm	1:00	Family Health Checkup	How to deal with dry skin during the winter.
01/26/2024 10:29 pm	1:00	Family Health Check up	Intermittent fasting: how it helps your health an how to do it.

Issue: Disease—Identification, Prevention, and Cure

(See above for programs and times.)

Date and Time	Length	Program Title	Issues Covered
01/06/2024 06:01 pm	24:30	Heartwise	How to have a preventative medicine mindset.
02/12/2024 06:01 pm	24:30	Heartwise	The dangers of hypertension and what to do.
01/16/2024 10:01 am	28:30	Health for a Lifetime	Reversing chronic disease with lifestyle.
01/25/2024 10:02 am	27:13	Health for a Lifetime	Allergies: what it is and what to do.
01/27/2024 04:26 am	28:30	CHIP	How to reverse heart disease through lifestyle.
02/10/2024 04:30 am	28:30	CHIP	Diabetes: what it is and how to treat it.

02/10/2024 12:30 pm	02:00	Lifestyle Magazine	The harmful effects of homocysteine on coronary health.
02/09/2024 10:28 pm	01:00	Family Health Checkup	How to reduce the risk of heart disease.
Issue: Lifestyle Health, Exercise (See above for programs and times.)			
Date and Time	Length	Program Title	Issue Covered
01/03/2024 06:01 pm	24:30	Heartwise	The health effects of prolonged sitting.
02/09/2024 06:01 pm	24:30	Heartwise	Employee wellness: what we should be doing to keep healthy at work.
02/24/2024 04:30 am	28:00	CHIP	How the healthy outside can conceal a diseased inside.
02/15/2024 10:02 am	28:00	Health for a lifetime	Risk factors for disease: homocysteine.
01/28/2024 03:31 pm	28:33	Health and Longevity	How to develop a personal total fitness program.
01/17/2023 10:25 pm	01:00	Family Health Checkup	What is holistic health and how can you have it.
02/02/2024 10:31 pm	01:00	Family Health Checkup	How exercise helps even if you start it later in life.

Issue: Mental Health, Depression, and Addictions (See above for programs and times.)			
Date and Time	Length	Program Title	Issue Covered
01/10/2024 06:02 pm	24:30	Heartwise	Multiple Sclerosis: diagnosis and treatment.
02/17/2024 06:00 pm	24:30	Heartwise	Eating disorders: how to rewire the brain.
02/25/2024 04:30 am	28:00	CHIP	Alcohol: how it kills those who drink it.
02/24/2024 01:32 am	25:21	Lifestyle Magazine	How to avoid toxic thought patterns.
02/03/2024 10:02 pm	59:50	Celebrating Life	How to step away from what your addicted to.
01/24/2024 10:31 pm	01:00	Family Health Checkup	How to combat the winter blues.

Issue: Healthy Marriages and Families			
Programs:			
<ul style="list-style-type: none"> • Homeschool Companion, 25 min, Saturday at 8:00 pm. • Got a Minute for Your Family with Dr. Kay Kuzma, 1 minute, weekdays at 11:30 pm. • Winning at Home Family Moments, 1 minute, daily at 5:30 am and 2:15 pm. • Keys for Kids, 5 minutes, daily at 7:30 am and 8:30 pm. • Homeschool Heartbeat, 2 minutes, weekdays at 2:00 pm and 7:30 pm. 			
Examples of these programs are given in the following two tables.			
Date and Time	Length	Program Title	Issue Covered
03/03/2024 01:31 am	26:27	Lifestyle Magazine	How to set boundaries with your aging parents.

02/07/2024 05:28 am	01:00	Winning at Home	How back biting harms family relationships.
01/01/2024 11:29 pm	01:00	Got a Minute	How to break the family TV habit.
01/23/2024 11:29 pm	01:00	Got a Minute	How to adjust to mothering a blended family

Issue: Parenting (See above for programs and times.)			
Date and Time	Length	Program Title	Issue Covered
03/02/2024 01:29 am	25:27	Lifestyle Magazine	How to survive the loss of a child.
03/02/2024 08:01 pm	24:23	Home School Companion	How to help kids disengage with digital devices and engage in the real world.
02/08/2024 05:27 am	01:00	Winning at Home	How delayed gratification builds stronger kids.
02/06/2024 10:42 pm	01:00	Got a Minute	The importance of spending time one on one with your child.

Reviewed and approved by Luke Rogers Signature  Date 1-Apr-2024