

# Quarterly Issues and Programs List – 3<sup>rd</sup> Quarter 2023

*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.*

<b>Station Staff Activities in the Community</b>		
<b>Date</b>	<b>Staff Members</b>	<b>Activity or Event</b>
8/26/2023	Luke & Rose Rogers	Gave an update on radio stations and got feedback at a church in Hueytown, AL.

<b>Emergency Alert System</b>
Sent weekly and monthly Emergency Alert System tests every week/month.
Thirty-two severe thunderstorm warnings were relayed.
Two flash flood warnings were relayed.
One child abduction alert was relayed.

<b>Public Service Announcements Created and Aired for Non-Profit Organizations</b>		
<b>Non-Profit Group</b>	<b>Event or Message</b>	<b>Times Aired</b>
Alabaster Community Givebackers	Assistance for community members in need and opportunities for volunteers	25
Ephesus Academy	Enrollment and Scholarship Opportunities	94
Skyland SDA Church	Free community Vacation Bible School	11
International Children's Care	Requesting support for orphaned children world-wide	27
Breast Cancer Research Assoc. of AL	Breast cancer research information	26
K9 for Christ	Volunteer and service animal opportunities	21
(any)	Invitation for non-profits to submit PSAs to Elijah Radio	75
Shelby Co. Retired Seniors Volunteer Program	Volunteer opportunities	27
Ephesus SDA Church	Food pantry hours, free to the public	79
New Beacon Hospice	Volunteer opportunities	32
Birmingham Intl. SDA Church	Community revival meetings	24
Red Crescent Clinic	Free community health clinic	7
Birmingham 1 <sup>st</sup> SDA Church	Prostate cancer awareness event and blood drive	41
Clanton SDA Church	Plant-based cooking school	43
Uchee Pines Institute	Lifestyle intervention and natural remedies programs	22

<b>Ad Council Public Service Announcements Aired</b>		
<b>Number of PSAs</b>	<b>Total Times Aired</b>	<b>Topics Addressed</b>
86	105	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, highschool 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><b>Issue: Money Management and the Economy</b></p> <p><b>Programs (broadcast times are approximate):</b></p> <ul style="list-style-type: none"> <li>• Faith and Finance, 25 minutes, Sunday through Friday at 8:30 am and 6:30pm.</li> <li>• Moneywise Minute, 1 minute, weekdays 9:30 pm.</li> <li>• Hey Howard, 1 minute, weekdays at 3:30 pm.</li> </ul> <p>Examples of these programs are given in the table below.</p>			
<b>Date and Time</b>	<b>Length</b>	<b>Program Title</b>	<b>Samples of Issues Covered</b>
07/13/2023 8:32 am	25:00	Faith and Finance	Seniors and debt. Causes and solutions.
08/01/2023 8:32 am	25:00	Faith and Finance	How to understand your health insurance costs.
09/10/2023 8:32 am	25:00	Faith and Finance	Amidst inflation how good is gold?
07/19/2023 9:31 pm	0:59	Moneywise Min.	Ways to turbo charge your savings for retirement.
07/28/2023 9:35 pm	0.59	Moneywise Min.	Bogus bargains: how to avoid getting taken in.
08/14/2023 9:28 pm	0.59	Moneywise Min.	Financial risks you should avoid.
07/26/2023 3:31 pm	0:58	Hey Howard	The problem with prenuptial agreements.
08/21/2023 3:31 pm	0:58	Hey Howard	How to choose a career that can pay off student debt.
09/01/2023 3:32 pm	0.58	Hey Howard	How to plan for the future care of a special needs child.

**Issue: Diet and Health**

**Programs:**

- Heartwise with Dr. James Marcum, 25 minutes, Monday, Wednesday, and Friday at 12:00 pm and daily at 5:30 pm.
- American Indian Living with Dr. David DeRose, 60 minutes, Monday, Wednesday, and Friday at 10:00 am.
- Health for a Lifetime, Tuesday and Thursday at 4:30 am and 10:00 am.
- CHIP Healthy by Choice, 28 minutes, Tuesday and Thursday at 1:00 pm and 11:00 pm.
- Various Health Programs, 30 minutes, weekdays at 9:00 pm (through 06/04) and 3:00 am.
- 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.

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

Date and Time	Length	Program Title	Issues Covered
08/12/2023 05:30 pm	24:30	Heartwise	Periodontal disease. How to prevent it.
07/20/2023 05:29 pm	24:30	Heartwise	How to be an unhealthy vegan.
07/13/2023 10:02 am	25:45	Health For a Lifetime	Medicinal herbs for healing.
07/06/2023 10:01 am	26:30	Health for a Lifetime	Food borne diseases.
07/01/2023 01:02 pm	28:30	CHIP	How food is powerful medicine for your health.
07/06/2023 11:02 pm	28:20	CHIP	How a healthy work force is good business.
07/07/2023 10:02 am	57:58	American Indian Living	How fasting can help you gain better health.
08/25/2023 10:28 pm	01:00	Family Health Checkup	An important building block for well balanced diet.

**Issue: Disease—Identification, Prevention, and Cure**

(See above for programs and times.)


Date and Time	Length	Program Title	Issues Covered
07/28/2023 05:30 pm	24:30	Heartwise	Age, asthma, and allergies. You questions answered.
07/02/2023 05:26 pm	24:30	Heartwise	How to manage pain.
08/02/2023 10:02 pm	57:58	American Indian Living	Stress management and immunity.
07/04/2023 10:02 am	26:30	Health for a Lifetime	Diabetes: causes and natural treatment.
07/29/2023 12:24 am	02:03	Healthy Living	Angioplasty and homocysteine levels.
07/11/2023 11:03 pm	28:30	CHIP	Hypertension: How to prevent it.
08/01/2023 11:02 pm	28:30	CHIP	Food-borne chronic health diseases.
09/01/2023 10:29 pm	01:00	Family Health Checkup	A simply way to strengthen your immune system.

<b>Issue: Lifestyle Health, Exercise</b>			
(See above for programs and times.)			
<b>Date and Time</b>	<b>Length</b>	<b>Program Title</b>	<b>Issue Covered</b>
07/01/2023 05:28 pm	24:30	Heartwise	Health benefits of the beach.
07/11/2023 10:02 am	26:45	Health For a Lifetime	Exercise: how much and what's best.
07/14/2023 10:02 am	57:58	American Indian Living	How to fit in exercise in your daily life.
07/06/2023 01:02 pm	28:30	CHIP	How to building better bones.
07/18/2023 11:02 pm	28:30	CHIP	How to be a healthy long distance runner.
08/28/2023 10:27 pm	01:00	Family Health Checkup	Moderate exercise: what is it and why is it good?
08/26/2023 12:26 pm	02:03	Healthy Living	Smoking and pregnancy.

<b>Issue: Mental Health, Depression, and Addictions</b>			
(See above for programs and times.)			
<b>Date and Time</b>	<b>Length</b>	<b>Program Title</b>	<b>Issue Covered</b>
08/10/2023 05:30 pm	24:30	Heartwise	Working through grief and loss.
07/21/2023 10:02 pm	57:58	American Indian Living	How intentional optimism and gratitude can improve your outlook.
07/17/2023 10:02 pm	57:58	American Indian Living	How to heal from emotional trauma.
07/20/2023 11:02 pm	28:30	CHIP	The epidemic of mental health disease.
08/17/2023 10:02 am	28:30	Health for a Lifetime	The frontal lobe and IQ and EQ.
09/02/2023 10:00 pm	59:33	Celebrating Life In Recovery	How to overcome triggers that reduce our self-worth.

<b>Issue: Healthy Marriages and Families</b>			
<b>Programs:</b>			
<ul style="list-style-type: none"> <li>• Homeschool Companion, 25 min, Saturday at 8:00 pm.</li> <li>• Got a Minute for Your Family with Dr. Kay Kuzma, 1 minute, weekdays at 11:30 pm.</li> <li>• Winning at Home Family Moments, 1 minute, daily at 5:30 am and 2:15 pm.</li> <li>• Keys for Kids, 5 minutes, daily at 7:30 am and 8:30 pm.</li> <li>• Homeschool Heartbeat, 2 minutes, weekdays at 2:00 pm and 7:30 pm.</li> </ul>			
Examples of these programs are given in the following two tables.			
<b>Date and Time</b>	<b>Length</b>	<b>Program Title</b>	<b>Issue Covered</b>
08/12/2023 08:02 pm	24:35	Home School Comp.	Bullying: The key difference families can make.
07/26/2023 02:19 pm	01:00	Winning at Home	The importance of building family memories.
09/01/2023 02:18 pm	01:00	Winning at Home	The stages of life: the challenge of living the 70's.
08/16/2023 07:29 pm	02:00	Home School Heart	How to parent with grace.

<b>Issue: Parenting</b> (See above for programs and times.)			
<b>Date and Time</b>	<b>Length</b>	<b>Program Title</b>	<b>Issue Covered</b>
07/08/2023 08:02 pm	24:34	Home School Comp.	How to teach an exceptional child.
07/07/2023 02:27 pm	01:00	Winning at Home	Talking to your teenager about tough topics.
07/24/2023 11:31 pm	01:00	Got a Minute	Gun play among boys, setting clear standards.
08/30/2023 10:28 pm	01:00	Family Health Checkup	How to prepare your kids for the school year.

Reviewed and approved by  Luke Rogers  Signature  Date  9-Oct-2023