

Quarterly Issues and Programs List – 4th 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.

Station Staff Activities in the Community		
Date	Staff Members	Activity or Event
10/28/2023	Luke & Rose Rogers	Gave an update on radio stations and got feedback at a church in Eutaw, AL.
11/25/2023	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.
Four severe thunderstorm warnings were relayed.
National Periodic Test was received and 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 opportunities for volunteers	30
Ephesus Academy	Enrollment and Scholarship Opportunities	30
International Children's Care	Requesting support for orphaned children world-wide	23
Breast Cancer Research Assoc. of AL	Breast cancer research information	24
K9 for Christ	Volunteer and service animal opportunities	28
(any)	Invitation for non-profits to submit PSAs to Elijah Radio	73
Shelby Co. Retired Seniors Volunteer Program	Volunteer opportunities	25
Ephesus SDA Church	Food pantry hours, free to the public	89
B'ham 1 st SDA Church Pathfinders	Community yard sale	20
Bobby Peter Ministry	Community youth choir	17
New Beacon Hospice	Volunteer opportunities	27
Special Education Consultants	Unlocking the Mystery of Developmental Disorders Conference	32
Red Crescent Clinic	Free community health clinic every Sunday	70
Red Crescent Clinic	Free community health fair event	57
Clanton SDA Church	Plant-based cooking school	36

Uchee Pines Institute	Lifestyle intervention and natural remedies programs	26
Light My Path Ministry	Prayer line during November	51

Ad Council Public Service Announcements Aired		
Number of PSAs	Total Times Aired	Topics Addressed
87	117	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.

Issue: Money Management and the Economy			
Programs (broadcast times are approximate):			
<ul style="list-style-type: none"> • Faith and Finance, 25 minutes, Sunday through Friday at 8:30 am and 6:30pm. • Moneywise Minute, 1 minute, weekdays 9:30 pm. • Hey Howard, 1 minute, weekdays at 3:30 pm. 			
Examples of these programs are given in the table below.			
Date and Time	Length	Program Title	Samples of Issues Covered
10/28/2023 08:31 am	25:00	Faith and Finance	Health care option designed for seniors.
11/10/2023 08:34 am	25:00	Faith and Finance	Reverse mortgages: reasons to take advantage of them.
12/19/2023 06:30 pm	25:00	Faith and Finance	What financial moves you should make in 2024.
10/04/2023 09:31 pm	0:59	Moneywise Min.	How to deal with debt and avoid it.
11/10/2023 09:31 pm	0:59	Moneywise Min.	Being honest when managing money.
12/07/2023 09:31 pm	0:59	Moneywise Min.	How being bilingual makes you marketable in a global economy.
10/16/2023 03:32 pm	0:58	Hey Howard	How financial debt can stress a new couple.
11/06/2023 03:31 pm	0:58	Hey Howard	Paying off the house or place it in savings?
12/05/2023 02:23 pm	0:58	Hey Howard	How to makes ends meet when social security isn’t enough.

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.
- 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
10/01/2023 05:29 pm	24:30	Heartwise	Things to avoid when it comes to the sun.
11/20/2023 05:31 pm	24:30	Heartwise	The health benefits of local farmers markets.
11/29/2023 05:30pm	24:30	Heartwise	Food deserts: what are they and what is being done about it.
10/10/2023 10:02 am	26:30	Health for a Lifetime	Exitotoxins in your food and how it affects your body.
10/17/2023 10:20 am	27:00	Health for a Lifetime	Healthy foods and a healthy diet.
10/15/2023 07:02 am	28:32	Health and Longevity	The power of soy food in preventing, treating, and preventing disease.
10/29/2023 07:01 am	28:32	Health and Longevity	Raw food and it's benefits.
12/03/2023 04:27 am	28:00	CHIP	Making food your medicine.

Issue: Disease—Identification, Prevention, and Cure

(See above for programs and times.)

Date and Time	Length	Program Title	Issues Covered
10/02/2023 05:29 pm	24:30	Heartwise	Foods that prevent dreaded diseases.

11/08/2023 05:29 pm	24:30	Heartwise	Head pain: what causes it and what to do.
10/03/2023 10:01 am	26:00	Health for a Lifetime	Natural remedies for heart disease. Benefits and dangers.
10/19/2023 10:01 am	27:00	Health for a Lifetime	Immunity: how does the body relate to disease.
11/25/2023 04:29 am	28:30	CHIP	Benefits and limits of modern medicine.
12/16/2023 04:27 am	28:30	CHIP	The overuse of over the counter medicines.
12/16/2023 01:32 am	24:50	Lifestyle Magazine	Heartburn vs Heart attack. When to be worried.
10/11/2023 10:30 pm	01:00	Family Health Checkup	The preventative protection of hand washing.

Issue: Lifestyle Health, Exercise

(See above for programs and times.)

Date and Time	Length	Program Title	Issue Covered
10/06/2023 05:30 pm	24:30	Heartwise	How to formulate an exercise program for health.
11/27/2023 05:30 pm	24:30	Heartwise	Sedentary habits effect on health and how to increase activity in children and adults.
11/28/2023 10:02 am	28:00	Health for a Lifetime	Post-partum care: What moms need to know.
10/21/2023 01:30 am	25:23	Lifestyle Magazine	Eating your way out of heart disease.
11/19/2023 01:32 am	24:55	Lifestyle Magazines	How to lessen the side effects of medications.
10/13/2023 10:30 pm	01:00	Family Health Checkup	How to settle and upset stomach.
10/14/2023 12:25 pm	02:03	Healthy Living	Including cardio and strength training in you exercise routine.

Issue: Mental Health, Depression, and Addictions

(See above for programs and times.)

Date and Time	Length	Program Title	Issue Covered
11/07/2023 05:29 pm	24:30	Heartwise	How to break through anxiety.
12/07/2023 05:30 pm	24:30	Heartwise	The health issues of Gender Identity Disorder.
12/06/2023 10:01 am	28:00	Health for a Lifetime	Depression and the brain.
11/12/2023 07:01 am	28:33	Health and Longevity	How you can improve you memory.
10/14/2023 01:29 am	25:21	Lifestyle Magazine	Boundaries – When to yes or no.
11/11/2023 01:27 am	21:23	Lifestyle Magazine	Post-partum depression.

Issue: Healthy Marriages and Families

Programs:

- 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
10/20/2023 02:01 pm	02:00	Homeschool Heartbeat	How to support single moms that home school.
10/27/2023 02:17 pm	01:00	Winning at Home	What puts in comes out in your behavior.
11/01/2023 02:18 pm	01:00	Winning at Home	Building your marriage by having fun together.
11/30/2023 11:29 pm	01:00	Home School Heart	The importance of reaching out to your mother.

Issue: Parenting

(See above for programs and times.)

Date and Time	Length	Program Title	Issue Covered
11/25/2023 05:29 pm	24:30	Heartwise	Insights and hope when it comes to learning disabilities.
11/28/2023 05:28 pm	24:34	Heartwise	How doctors can support parents in parenting.
12/17/2023 01:27 am	24:57	Lifestyle Magazine	Setting boundaries with adult children.
11/24/2023 11:30 pm	01:00	Got a Minute	How to identify if your child is a right brain learner.

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