WIHS-FM Middletown, Connecticut Quarterly Issues/Program List Fourth Quarter, 2020 10 Minute Programs Airing at 3:15am, 12:13 &5:49pm Monday through Friday 15 Minute Programs Airing at 3:15am, 12:15 & 5:10pm Saturday October 19-24, 2020

Monday: On Mondays WIHS Journal, Anissa Porticelli will be talking to Russell Bergeron, the founder of feral cats of East Windsor. The conversation today will talk about how he cares for all feral cats and stray cats and finds them perfect Homes. You can hear this interview at 3:15 AM, 12:13 PM, and 5:49, right here on your station for hope and encouragement!

Tuesday: On today's WIHS Journal with Gerry Williams, you'll hear a return visit with Lady Salome. This time she's sharing the good news about millet flour, something from the far east she describes as healthy & better for you that what you may be using for flour now. The WIHS Journal airs today at 3:15am; also at 12:13 & 5:49pm here on your station for hope & encouragement, WIHS!

Wednesday: On today's WIHS Journal with Paul Kretschmer, the issue is the work to keep children from being enticed into smoking. That's whether it's tobacco, illicit drugs or vaping, the newest nicotine delivery system. Matt Myers is the president of the Campaign for Tobacco Free Kids. Vaping is especially popular among young people because of the flavoring that makers add to the liquid they use as the delivery system for nicotine. Hear the WIHS Journal today at 3:15am; also at 12:13 & 5:49pm on your station for hope & encouragement, WIHS!

Thursday & Friday: On today's WIHS Journal with Paul Kretschmer, the issue is abusive behavior by an abuser in the context of the home, also called domestic violence. A man who goes by the name "Michael Clark" was such a man, losing one marriage and on the verge of losing a second marriage before he stopped to ponder his future. Michael Clark got help, discovered Jesus as Savior and cleaned up his life. He now helps others through the Ananias Foundation. The WIHS Journal airs at 3:15am; also at 12:13 & 5:49pm here on your station for hope & encouragement, WIHS!

Saturday: On today's WIHS Journal with Paul Kretschmer, hear about the stresses going on in families this Covid-19 pandemic year, and how one professional woman and mom can help other moms become better equipped to handle life. Dr. Claire Nicogossian (NEE-ko go-SEE-un) has four children, the first two twins. In her professional practice she has developed tools she shares with others through a website and books. Hear how support for mom is available. The WIHS Journal airs today at 3:15am; also at 12:15 & 5:10pm here on your station for hope & encouragement, WIHS!