

## ISSUES AND PROGRAMS LIST

STATION: WBLC 1360 AM + 95.1 FM Lenoir City, TN . DATE: January 1, 2022

During the past quarter, we broadcast the programs listed below to address community issues.

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ISSUE: Family Communication, Parenting

PROGRAM TITLE: Family Life Today

Date: 10/12/21 + 10/13/21 Time of day: 9:05 AM + 10:05 PM

Duration: 28 Minutes

Program Description:

Hosts interviewed Becky Harling, parent and author of the book *How to Listen so Kids Will Talk: Deepen Your Connection and Strengthen Their Confidence*. She shared important ways parents can listen so their children will open up and talk with them more. Program podcast and resources at [FamilyLife.com](http://FamilyLife.com).

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ISSUE: Community Fitness, Health, Wellness

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 10/12/21 + 10/19/21 Time of day: 5:00 PM

Duration: 58 Minutes

Program Description: (Format, participants, content, etc.):

David DeRose, MD, interviewed the CEO of F.I.T.T. Challenge. Other guests shared how communities have been positively impacted by youth-run day camps and community gardens. Program podcast at [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts). Resources at: [info@FITT-challenge.com](mailto:info@FITT-challenge.com), [pucnativeministries@gmail.com](mailto:pucnativeministries@gmail.com)

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ISSUE: Human Rights, Religious Freedom, COVID-19

PROGRAM TITLE: LifeQuest Liberty

Date: 10/20/21 Time of day: 12:05 PM

Duration: 15 Minutes

Program Description:

Nick Miller, attorney and professor of law, discussed the subject of Covid-19 and religious freedom from the research he presented to an international G20 Interfaith Forum. Program podcast: [LifeTalk.net/podcasts](http://LifeTalk.net/podcasts).

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ISSUE: Stress Relief, Communication, Marriage

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 10/26/21 Time of day: 5:00 PM

Duration: 58 Minutes

Program Description: (Format, participants, content, etc.):

Challenges caused by the pandemic have put many families under more stress. Host David DeRose, MD, interviewed the founders of Restoration International, about how to change communication methods to defuse stress and restore families. Program podcast: [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts) Resource: [RiOnline.org](http://RiOnline.org)

## ISSUES AND PROGRAMS LIST – continued

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ISSUE: Screen Time vs. Family Time, Parenting, Cyber Child Trafficking, Mental Health

PROGRAM TITLE: Family Life Today

Date: 11/1-3/21

Time of day: 9:05 AM + 10:05 PM

Duration: 28 Minutes

Program Description: (Format, participants, content, etc.):

3-part series: The hosts interviewed the author of *Drowning in Screen Time: A Lifeline for Adults, Parents, Teachers*. He shared the good, bad, and unexpected effects of screen usage on relationships, families and our health -- and how to make healthy choices. Program podcasts: <https://www.familylife.com/podcast/familylife-today/>

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ISSUE: Fitness, Pain Management, Healthy Holiday Eating, Wellness

PROGRAM TITLE: Heartwise

Dates: 11/4/21 & 11/11/21

Time of day: 5:05 PM

Duration: 28 Minutes

Program Description:

Millions of American suffer with pain, illness, and obesity. Charles Mills interviewed Lani Muelrath, author of *Fit Quickies: 5-Minute, Targeted Workouts*, about the importance of exercise and fitness to our health and well-being. She also offered suggestions for healthy holiday eating from her book *The Plant-Based Journey*. [lanimuelrath.com](http://lanimuelrath.com)  
Program podcast at [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts).

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ISSUE: Health, Diabetes, & High Blood Pressure Control, Saving Money

PROGRAM TITLE: American Indian and Alaska Native Living

Date: 11/9/21 & 11/16/21

Time of day: 5:00 PM

Duration: 58 Minutes

Program Description:

Millions of people suffer with diabetes and hypertension. Dr. David DeRose, MD, shared natural strategies from his free 30-day lifestyle program to improve/control hypertension and diabetes. He interviewed people who have been successful. Resources: [www.TimelessHealinginsights.info](http://www.TimelessHealinginsights.info). Podcast: [LifeTalk.net/podcasts](http://LifeTalk.net/podcasts).

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ISSUE: Beating COVID-19, Depression, Suicide

PROGRAM TITLE: Health and Longevity

Date: 11/28/21

Time of day: 3:05 PM

Duration: 28 Minutes

Program Description: (Format, participants, content, etc.):

Dr. John Westerdahl interviewed investigative reporter and author of the book, *Beating Long Haulers Syndrome*, which is causing high levels of suicide and depression. He reported findings from physicians and other health experts and offered hope.  
Program podcast at [www.LifeTalk.net/podcasts](http://www.LifeTalk.net/podcasts).

ISSUES AND PROGRAMS LIST – continued

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ISSUE: Finances, Tax, Money Management

PROGRAM TITLE: MoneyWise

Date: 12/8/21

Time of day: 3:30 PM

Duration: 25 Minutes

Program Description:

Rob West gave year-end tax tips for saving money such as maximizing contributions to retirement accounts, to a health savings account (HSA), and to charities. He also answered questions about refinancing a mortgage, making a will or a trust, and etc. Program podcasts and resources at: [www.Moneywise.org](http://www.Moneywise.org).

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ISSUE: Child Care, Education, Learning, Child Development

PROGRAM TITLE: Homeschool Companion

Date: 12/10/21

Time of day: 11:05 AM

Duration: 25 Minutes

Program Description:

Caring for children is the most important job in the world, at home and in organized daycare centers. This is why Child Care Village helps child caregivers with affordable, quality resources to foster intellectual development. Host Rose Gamblin interviewed Ruth Breslin about online resources at: [CCVillage.com](http://CCVillage.com). Podcast: <https://lifetalk.net/podcast>

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ISSUE: Overcoming Trauma, Mental Health

PROGRAM TITLE: American Indian and Alaska Native Living

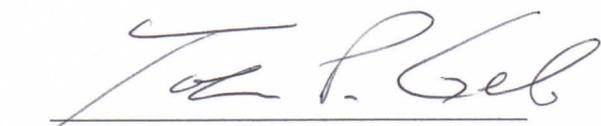
Date: 12/14/21

Time of day: 5:00 PM

Duration: 58 Minutes

Program Description:

Most people experience some type of trauma in life. Dr. David DeRose, MD, interviewed Ingrid Weiss Slikkers, LMSW, CCTP, CFTP; Executive Director, International Center for Trauma Education & Care. Slikkers provided insights into how to survive and thrive in the context of trauma. For further information: [TraumaCare@Andrews.edu](mailto:TraumaCare@Andrews.edu)  
Podcast: LifeTalk.net/podcasts.

  
Signature of licensee

January 1, 2022

Date