

WAYM Issues and Programming Report January - March 2024

The following is a list of some of the more significant community issues addressed for our listeners in Spring Hill in the quarter specified. This listing is by no means complete, nor is the order in which the issues appear imply any degree of priority or significance.

TOPICS COVERED	DATE	TIME	PROGRAM	LENGTH	DESCRIPTION
Fitness	1/7/24	10:40p	WayCares	14 min	Fitness coach Chantel Hobbs shares about her fitness journey from severe obesity to a health weight and lifestyle. She vowed to lose weight and keep it off for good. And that's exactly what she did. Nearly 200 pounds lost and years later, she shares the power of the world's most natural exercise—walking. Almost anyone can do it, it rarely causes injury, it costs very little to get started, and it can be done anywhere at any time.
Faith	1/14/24	10:40p	WayCares	15 min	Dr. Terrance Chatmon founder of Victorious Family shares about Victorious Family's discipleship movement seeks to renew families' personal connection. to God and Holy Scripture, assist parents with raising their children as godly people, and resurrect family-centered faith that can resolve societal troubles and create a better world.
Faith	1/21/24	10:40p	WayCares	13 min	Rev. Joanne Noelle discussed the cares and concerns of kids as they experience the ups and downs of childhood. She shares how simple prayers taught by parents to help bring awareness of God. Rev. Noelle further shared how this can help bring peace to children as they face life's challenges.
Marriage	1/28/24	10:40p	WayCares	14 min	Clinical Psychologist Dr. David Hawkins talks about the concept of 90 Days to a Great Marriage. The aim is to help transform marriages from being mates to soulmates.
Family	2/4/24	10:40p	WayCares	15 min	Author Jackie Gibson, speaking from experience, shares the common emotions, questions, and feelings that arise when grieving a stillbirth or miscarriage. Grieving the loss of a child to stillbirth can be a lonely and agonizing experience. Sadly, this overwhelming loss is far more common than one may think, affecting around 1 in 160 births. Gibson honestly acknowledges the sorrow, the loneliness, and fears that come from suffering the loss of a child while pointing to hope.
Faith	2/11/24	10:40p	WayCares	14 min	Dr. Jerry Savelle shares encouragement for facing life's trials and challenges. He encouraged listeners to not give up and encouraged them with scripture and how God will come through for them as long as they do not quit.
Screen Time	2/18/24	10:40p	WayCares	15 min	Adam Holtz, Director of Culture and Media for Focus on the Family shares trends involving screen time, and how it impacts users. He further offered helpful information on making screen use intentional and how adults and parents can help form healthy habits for themselves and the next generations.
Building relationships	2/25/24	10:40p	WayCares	15 min	Dr. Vaughn Foster Sr. shares about Relationship Builders, Inc. a not-for-profit organization formed to assist individuals, couples, ministries, and businesses with building and rebuilding relationships and the people in them. He offered practical tips for relating to others.
Working mothers	3/3/24	10:40p	WayCares	15 min	Attorney and Author Susan Di Mickle shares from her experience of being a professional, a wife and mother. With more than 75% of mothers with school-age children work outside the home. Susan shares a funny, intelligent, relevant exploration of what it means to live out a vibrant faith amidst the many demands placed on women's time and energy.
Antibiotics and health	3/10/24	10:40p	WayCares	14 min	Dr. John Taylor his shares thoughts on the use of Antibiotics and individuals potential health from his perspective as a Naturopathic physician.
Faith, Parenting, Memorizing	3/17/24	10:40p	WayCares	14 min	Teach Kids About the Bible author Jonathan Gibson shares helps for parents to teach toddlers and preschoolers key Bible verses along with their ABCs. Each letter of the alphabet has a, foundational Bible verse that can be memorized.
Health	3/24/24	10:40p	WayCares	13 min	Troy Duell CEO of Centurion Labs shares about the effects of processed sugar on the body, including lighting up addiction centers in the brain, and impacting insulin levels. He further explains some common food label terms relating to sugars and artificial sweeteners. Duell also shares how to reduce processed sugars with nutritional foods like fruit and vegetables.
Mental health, parenting	3/31/24	10:40p	WayCares	15 min	Joannie Debrito, PH.D., LCSW, LMFT shares from her experience as a mental health professional about the leading causes of Anxiety and Depression in teens. She shares tips for parents and adults to help manage the leading causes to help teens to improve thier mental health.