



**95.3 FM**  
**First Quarter Report, 2024**

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**LOCAL NEWS SCHEDULING: Monday – Friday**

January – March, 2024

Program:	Day:	Duration:	Time:	Subject(s):
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	6:00am – 6:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	6:30am – 6:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	7:00am – 7:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	7:30am – 7:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	8:00am – 8:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	8:30am – 8:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	9:00am – 8:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	10:00am – 10:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	11:00am – 11:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	12:00pm – 11:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	1:00pm – 1:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	2:00pm – 2:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	3:00pm – 3:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	4:00pm – 4:05pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	4:30pm – 4:33pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS

LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	10 MINUTES	5:00pm – 5:10pm	LOCAL/NATIONAL NEWS/WEATHER/ SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	5:30pm – 5:33pm	LOCAL/NATIONAL NEWS/WEATHER/ SPORTS
LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	MONDAY THROUGH FRIDAY	5 MINUTES	6:00pm – 6:05pm	LOCAL/NATIONAL NEWS/WEATHER/ SPORTS
LOCAL NEWS/SPORTS/WEATHER HEADLINES	MONDAY THROUGH FRIDAY	3 MINUTES	7:00pm – 7:03pm	LOCAL/NATIONAL NEWS/WEATHER/ SPORTS

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January – March, 2024  
**LOCAL NEWS SCHEDULING: Saturday**

Program:	Day:	Duration:	Time:	Subject(s):
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	6:00am – 6:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	SATURDAY	3 MINUTES	6:30am – 6:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	7:00am – 7:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
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January – March, 2024  
**AIRED PUBLIC SERVICE ANNOUNCEMENTS**

LOCAL PUBLIC SERVICE ANNOUNCEMENTS	NATIONAL PUBLIC SERVICE ANNOUNCEMENTS
Avery United Methodist Church	CARE
California Area School District	Civility
Claysville Legion	Crohn’s Disease
D VSSP Domestic Violence Services	Lung Cancer Awareness
Lemoyne Community Center	Shriners
Life Point Church	Sr. Citizens Help Growing Old
Marianna Outdoorsmen Association	St. Josephs
Rotary, Wash Co. Watershed Alliance	St. Jude’s Children’s Hospital
Washington County Health & Welfare	Wheelchair Veterans
Washington Youth Baseball	

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January – March, 2024  
**RECRUITMENT STATEMENT**

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From Program Director, Pete Povich:

Intern Kevin Decker, a former radio newsman who was out of the business, returned looking to get back into the business but needed training. He was interested in producing sports.

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January – March, 2024  
**“INFOTRAK” Public Service Program, Sundays, 8AM**

Date:	Issues:	Duration:	Guests & Narratives:
1/7/24	Electric Vehicles Consumer Matters	8:44 minutes	Mr. Elek shared results of Consumer Reports’ newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.
1/7/24	Mental Health Telehealth Youth Issues	8:41 minutes	Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.
1/7/24	Aging Social Media	5:08 minutes	Ms. Korzen explained how she accidentally became a viral star on Tik Tok in her 80s, why she enjoys interacting with younger people, and how she uses humor to cope with aging. She explained why she thinks younger people are starting to look to older women for wisdom and life instructions.
1/14/24	Alcoholism	8:48 minutes	Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.
1/14/24	Personal Health Environment Consumer Matters	8:39 minutes	Prof. Jung led a study of Americans’ typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

1/14/24	Blood Donations Public Health	5:03 minutes	The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.
1/21/24	Property Taxes Inflation Home Ownership	8:54 minutes	More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.
1/21/24	Personal Health Nutrition	8:29 minutes	When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.
1/21/24	Homelessness Veterans' Concerns Domestic Violence	4:43 minutes	Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.
1/28/24	Digital Currencies Personal Finance	8:58 minutes	Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.
1/28/24	Substance Abuse Parenting	8:15 minutes	Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

1/28/24	Personal Health	5:01 minutes	Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.
2/4/24	Manufacturing Economy Government	8:43 minutes	The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.
2/4/24	Personal Health Science	8:37 minutes	Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.
2/4/24	Personal Finance Artificial Intelligence	5:04 minutes	Mr. Royal explained why Chat GPT and other artificial intelligences are very useful tools for financial planning and management. He outlined benefits and drawbacks of using AI for various tasks, like paying down debt, saving money, building a budget, and investing in the stock market. He noted that that the key to using AI effectively is to ask the right questions and to understand how the AI's recommendations fit one's own financial goals and circumstances
2/11/24	Mental Health Child Abuse	8:41 minutes	Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle.
2/11/24	Personal Health Longevity	8:35 minutes	Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

2/11/24	Taxes Transportation Infrastructure	5:00 minutes	America's roads are in bad shape and getting more wear than ever. Mr. Groehn discussed ways that road repairs and improvements may be paid for in the future, as a growing number of electric vehicle owners sidestep the gasoline taxes that currently finance road maintenance.
2/17/24	Alcohol Abuse Child Abuse & Neglect Foster Care	9:27 minutes	Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.
2/17/24	Government Assistance Disabilities Rural Concerns Aging	7:46 minutes	Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.
2/17/24	Personal Health Education	5:10 minutes	Formal education typically occurs in early life, and yet it appears to influence cardiovascular health for decades, according to a study led by Dr. Magnani. He found that that on average, cardiovascular disease strikes later in life for individuals with progressively higher education levels. He discussed results of his study and the potential reasons behind them.
2/25/24	Mental Health Personal Health	9:33 minutes	Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.
2/25/24	Women's Health Domestic Abuse Mental Health	7:47 minutes	Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but it is now often termed anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

2/25/24	Home Safety Government Regulation Consumer Matters	5:01 minutes	Dr. Bonne led a study of injuries caused by glass-topped tables. She said the furniture causes thousands of injuries each year, many requiring significant surgeries and long hospital stays. She said the U.S. Consumer Product Safety Commission requires tempered glass for products like doors and car windshields but it is voluntary for horizontal surfaces.
3/3/24	Food Safety Personal Health Consumer Matters	8:14 minutes	Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.
3/3/24	Traffic Fatalities Government	8:54 minutes	Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety
3/3/24	Scams/Crime Senior Citizens	5:03 minutes	Each year, older adults lose more than \$28 billion to financial scams targeting the elderly. Nearly three-quarters of that money is stolen by people the elderly adult knows – people they trust. Prof. Horta shared results of her study that found that older adults have a harder time overcoming their first impressions of people's trustworthiness when that trust is violated, potentially leaving them more open to deception and scams. She offered suggestions for seniors to recognize changes in behavior in relatives or friends who may not have their best interests at heart.
3/10/24	Personal Health	7:29 minutes	Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.
3/10/24	Sexual Abuse Parenting Mental Health	9:40 minutes	Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

3/10/24	Parenting Obesity Consumer Matters	4:51 minutes	Advertising works, and Dr. Emond's study found that kids who were exposed to TV ads for high-sugar cereals were more likely to subsequently eat the cereals they had seen advertised. She talked about the effect this may have on diet quality and childhood obesity, and offered suggestions to parents on how to maintain control of TV watching, particularly for small children.
3/16/24	Personal Health Aging	8:50 minutes	Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprising impact. He found that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic Whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.
3/16/24	Education Parenting	8:31 minutes	Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.
3/16/24	Child Safety Parenting	5:04 minutes	Accidental medicine poisoning sends a child under 6 to the emergency room every nine minutes, and every 12 days, a child dies. Dr. White outlined most common poisoning scenarios and the steps that parents of small children must take to avoid a tragedy.
3/24/24	Emergency Services Public Health Government	8:12 minutes	Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.
3/24/24	Teenager Concerns Parenting Mental Health	9:12 minutes	Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices and power.

3/24/24	Home Ownership Consumer Matters Legal Issues	4:58 minutes	A recent legal settlement may change how Americans buy and sell homes. Mr. Ostrowski explained how the changes may affect commission expenses and home prices. He said the changes will take effect in July 2024, and while there may be a learning curve for consumers, the end result will be greater transparency, and the ability to negotiate with real estate agents to reduce commission costs.
3/31/24	Housing Community Development Government	8:53 minutes	Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal, and that approaches should be changed to allow neighborhoods to undergo incremental change over time.
3/31/24	Personal Health	8:30 minutes	Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average. She said obesity is by far the biggest risk factor for sleep apnea. She noted that a recent study said the worldwide estimate of those with sleep apnea totals roughly 1 billion, compared to 1.2 billion with high blood pressure.
3/31/24	Education	4:51 minutes	Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.

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