

1450 AM First Quarter Report, 2025

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LOCAL NEWS SCHEDULING: Monday – Friday

January – March, 2025

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

January – March, 2025 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
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	SATURDAY	3 MINUTES	7:30am – 7:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	8:00am – 8:10am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER HEADLINES	SATURDAY	3 MINUTES	8:30am – 8:33am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	5 MINUTES	9:00am – 9:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	5 MINUTES	10:00am-10:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	5 MINUTES	11:00am – 11:05am	LOCAL/NATIONAL NEWS/WEATHER/SPORTS
WJPA LOCAL NEWS/SPORTS/WEATHER FULL NEWSCAST	SATURDAY	10 MINUTES	12:00pm – 12:10pm	LOCAL/NATIONAL NEWS/WEATHER/SPORTS

January – March, 2025 AIRED PUBLIC SERVICE ANNOUNCEMENTS

LOCAL PUBLIC SERVICE ANNOUNCEMENTS	NATIONAL PUBLIC SERVICE ANNOUNCEMENTS
American Legion Post 175	Colon Cancer Screening
Carroll Township Social Club	Crohn's Disease
Citizens Library	Help For Seniors
Domestic Violence Services of S.W.P.A	Leukemia Survivors
ITAM (Italian American)	Shriners
JFK Catholic School	St. Jude's Children's Hospital
McGuffey Varsity Winter Cheer Camp	Starlight Children's Foundation
Spaghetti Dinner for Eric Burdette	Wheelchair for Veterans
Washington's Got Talent	

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January – March, 2025 RELIGIOUS PROGRAMMING

Program:	Date/Time:	Duration:	Information:
Legacy Church	Sunday Jan. – March, 2025 9 am	30 minutes	Local Church Service, broadcast for community benefit.
"Homecoming"	Sunday Jan. – March, 2025 9:30 am	60 minutes	Pre-Recorded National Religious Service Program.
St. James Parish	Sunday Jan. – March, 2025 10:30 am	60 minutes	Local Church Service, broadcast for community benefit.
Church of the Covenant	Sunday Jan. – March, 2025 11:30 am	30 minutes	Local Church Service, broadcast for community benefit.

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January – March, 2025 RECRUITMENT STATEMENT

From Program Director, Pete Povich:

Interns Matthew Johnson, a Trinity High School Graduate, and Todd Fisher, who is seeking a career change, both work with Bruce Sakalik in the news room doing training and learning to work in the news department. On March 15, George Lasko was invited to an event at the Pennsylvania Trolley Museum as part of Vintage Communications Day. On March 19, there was a student from W&J College that came to shadow, the student is in the communication/arts class.

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January – March, 2025 "INFOTRAK" Public Service Program, Sundays, 8AM

Date:	Issues:	Duration:	Guests & Narratives:
1/5/25	Consumer Matters Technology Government Regulation	9:16 minutes	Computer algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for nearly every American, from what products we buy, to how we consume our news or entertainment, to whom we date, and how we find a job. Dr. Hosnanagar discussed the potentially dangerous biases algorithms can give rise to as they increasingly run our lives, and offered suggestions for consumers to regain control.
1/5/25	Racism and Racial Bias Law Enforcement	7:57 minutes	Dr. Eberhardt talked about the numerous forms of bias hardwired into every human being. She said unconscious bias can be at work without our realizing it, even when we genuinely wish to treat all people equally. She explained how bias and racial inequality seeps into classrooms, police departments and businesses. She offered advice on how to recognize our own biases.
1/5/25	Public Health Policy Heart Disease	4:58 minutes	Dr. Fanaroff led a study that found that less than 10 percent of the treatment recommendations used by doctors to care for heart patients are based on evidence gained from multiple large, randomized clinical trials. He explained how the other 90 percent of treatments have come to be generally accepted by doctors. He hopes to see greater research to provide scientifically-supported treatment guidelines.
1/12/25	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.
1/12/25	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.
1/12/25	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.

1/19/25	Personal Health Senior Citizens	8:56 minutes	Just 150 minutes of weekly exercise can cut a person's risk of a serious heart condition by 60%. Dr. Heffron outlined the findings of his study that used Fitbit data to examine how moderate physical activity dramatically reduces the risk of developing atrial fibrillation. He said low-impact options like recumbent cycling or water-based activities can still provide significant cardiovascular benefits for seniors with mobility challenges.
1/19/25	Retirement Planning	8:33 minutes	Financial security alone won't guarantee a fulfilling retirement. Prof. Amabile outlined her research with retirees, showing that the key to retirement satisfaction lies in creating a comprehensive "life map" that addresses identity, relationships, and daily structure. She noted that found that many struggle with the emotional aspects of retirement. She found that the key transition involves a phase where retirees explore new activities and relationships before settling into their new lifestyle.
1/19/25	Substance Addiction	5:06 minutes	E-cigarettes lead to better chances of quitting smoking than patches, gums, lozenges or other traditional nicotine replacement therapy. But then people have to face the next challenge: how to quit vaping. Dr. Hartmann-Boyce led a study that set out to identify the most effective strategies for helping people kick the vaping habit.
1/26/25	Crime Cybersecurity	8:56 minutes	Mr. Moore explained how artificial intelligence is revolutionizing cybercrime in alarming ways, making scams more personalized and harder to detect than ever before. He said criminals are leveraging AI to create highly convincing targeted attacks that could fool even the most cautious internet users. He offered suggestions to help consumers avoid online scams.
1/26/25	Parenting Children's Issues	8:29 minutes	40% of American children aged 6-12 face negative consequences due to anger issues. Ms. Clark outlined her organization's recent poll that revealed crucial insights about children's anger management and parental responses. She discussed common triggers like sleep deprivation and over-scheduling, and explained how parents can transform anger incidents into teachable moments and build healthier emotional responses within families.
1/26/25	Mental Health Rural Concerns	4:55 minutes	E-cigarettes lead to better chances of quitting smoking than patches, gums, lozenges or other traditional nicotine replacement therapy. But then people have to face the next challenge: how to quit vaping. Dr. Hartmann-Boyce led a study that set out to identify the most effective strategies for helping people kick the vaping habit.

2/2/25	Substance Abuse		More than 50 million Americans struggle with or are
2/2/25	Personal Health	8:26 minutes	affected by addiction. Mr. Drury explained how his organization is tackling the national addiction crisis, through technology, data, and AI to provide resources and practical solutions for families. He noted that the Partnership to End Addiction advocates for a public health approach, focusing on removing barriers to effective treatment and increasing investment in prevention. Ms. Sachs discussed the mind-body connection to
414140	Mental Health	8:50 minutes	pain, and how repressed emotions can sometimes manifest as physical pain. She talked about the power of "journal speak," an expressive writing technique that helps uncover and process repressed emotions, which can often be the root cause of chronic pain and conditions. She also stressed the importance of self-compassion, noting that it's essential to avoid self-criticism and instead practice patience and kindness towards oneself during the healing process.
2/2/25	Human Trafficking	4:59 minutes	Ms. Goetsch discussed the role of the trucking, bus and energy industries to combat human trafficking as part of their everyday jobs. She said the nation's 3.36 million truck drivers are in unique positions in the fight against human trafficking, because they often are in the same areas where human traffickers attempt to sell their victims."
2/9/25	Personal Health Workplace Matters	9:23 minutes	Prof. Smith shared her groundbreaking research on how our jobs affect our sleep patterns. She identified two distinct types of poor sleepers in the workforce: those with insomnia-like symptoms and "catch-up" sleepers who rely on weekend recovery. She noted that the findings are particularly concerning for blue-collar and shift workers, who face a higher risk of developing serious health conditions including heart disease and depression. She said addressing sleep health can be a win-win for both employees and companies, leading to improved performance, creativity, and profitability.
2/9/25	Housing Flood Insurance Climate Change	7:58 minutes	Living just outside a designated flood zone might be more dangerous and costly than many homebuyers understand. Ms. Sanchez explained how efforts to reduce flood risk can actually increase it by encouraging development just outside designated high-risk flood zones. While technically labeled as "safe," these areas face significant flood risks due to outdated maps and intensifying storms. She offered suggestions for homebuyers and homeowners to protect themselves.
2/9/25	Racism Mental Health	5:14 minutes	Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black Americans has been ignored far too long. She said that mental health professionals' lack of education in this area often results in misdiagnosis and mistreatment of stress, anxiety and fear in the black community.

2/16/25	Personal Health	8:29 minutes	Dr. Al-Aly shared his research that examined risk and benefits of popular weight loss medications like Ozempic and ZepBound. He found in addition to shedding pounds, the drugs may reduce the risk of substance use disorders, suicidal thoughts, and even Alzheimer's disease. However, he found significant side effects that many patients are not told about, including gastrointestinal issues, low blood pressure and fainting, sleep disturbances, kidney inflammation and potential pancreatitis.
2/16/25	Personal Finance Retirement Planning	8:53 minutes	Mr. Burns explained the psychology behind middle-class millionaires who build substantial wealth while maintaining surprisingly frugal lifestyles. He discussed the critical importance of setting goals, suggesting \$3 million as a comfortable retirement target in today's economy. He said having an investment cushion or emergency fund allows middle-class millionaires to take more financial risks, switch jobs, or start their own businesses without the constraints of living paycheck-to-paycheck.
2/16/25	Teenage Nutrition Parenting	5:13 minutes	Convincing teens to eat healthier might be simpler than many parents would guess. Ms. Sarwar found that homes stocked with fruits and vegetables naturally lead to healthier dietary choices among teenagers, while those with easy access to fats and sweets tend to result in poorer nutrition outcomes. Most surprisingly, her study found that having healthy food choices at home had a stronger influence on teens' eating habits than the neighborhood food environment, such as convenience stores and fast-food restaurants.
2/23/25	Parenting	7:43 minutes	Do parents really have favorites? Prof. Jensen shared his research that found that parents tend to favor daughters over sons, challenging common assumptions about family dynamics. He said children who feel less favored may experience increased depression, anxiety, and family conflict, with effects rippling into their adult relationships. He explained how parents can recognize unintentional favoritism, and how they can engage in conversations to help children understand seemingly unfair situations.
2/23/25	Consumer Matters Government Regulations Privacy	9:41 minutes	Ms. Cross explained why nearly half of US states with privacy laws are failing to protect consumers' personal data effectively. She said these laws often allow companies to continue collecting and sharing vast amounts of personal information, including browsing history, purchases, and household details, which are then used for targeted advertising. She encouraged listeners to stay informed, contact their lawmakers, and take immediate steps like limiting web cookies and being selective about app permissions to better safeguard their personal information.

2/23/25	Personal Finance	5:15 minutes	Ms. Joy shared her personal story of overcoming \$300,000 in debt. She outlined effective money habits to set realistic goals and achieve financial freedom. She said she found that that moving financial goal posts and sacrificing health for wealth is not the path to true fulfillment, and that achieving financial
3/2/25	Workplace Matters Disabilities	8:55	independence does not necessarily lead to lasting happiness. More than 50% of American workers battle chronic health conditions, yet most keep it secret due to
	Diversity	minutes	stigma and fear of negative career consequences. Dr Castrucci hopes to see a transformative shift in workplace culture, drawing parallels to how workplaces evolved to accommodate pregnancy. He emphasized that supporting employees' health management isn't just about compassion – it's smart business that benefits the entire economy.
3/2/25	Personal Health Women's Issues Minority Concerns	8:27 minutes	Only about 17% of cardiologists are women, ranking as one of the lowest specialties among female physicians, yet heart disease remains the number one killer of women. Dr. Lombard discussed her organization's recent survey that found that women (59%) are much more likely than men (36%) to agree that a doctor of their same gender can relate better to their experiences. She discussed what women should know about heart health, including how pregnancy-related conditions like preeclampsia can signal future cardiovascular risks, and the unique challenges minority women face in receiving adequate heart care.
3/2/25	Mental Health Technology	5:13 minutes	Could blocking your phone's internet access make you happier? Prof. Ward discussed his recent study that found that disconnecting from mobile internet can significantly boost mental health and attention spans. He said, while complete digital detox might seem daunting, the research suggests that even small steps toward disconnection can make a difference.
3/9/25	Education Career	8:37 minutes	Many young people struggle as they make the transition from the academic environment to the professional world. Dr. Seelig discussed skills and thought processes that can lead to success and resilience in their adult lives. She also talked about the effectiveness of our nation's higher education system in preparing students for life.
3/9/25	Food Poisoning Government Regulations	8:32 minutes	The Centers for Disease Control and Prevention has reported that the frequency of several types of food poisoning infections climbed last year, but that the increases could be the result of new diagnostic tools that help identify more cases. Mr. Corbo explained the complex system that tracks illnesses such as salmonella and campylobacter. He said illnesses connected to produce are on the rise, while meat and poultry cases are unchanged.

3/9/25	Children's Health	4:59 minutes	Dr. Siegel led a small study of middle school students, examining their cardiovascular risk factors. He found that a third of the children had abnormal levels of cholesterol or blood sugar, and several were found to have undiagnosed diabetes. He said every child should be routinely tested for cardiovascular risks, but only 25-30% are.
3/16/25	Retirement Planning Senior Healthcare Aging	8:15 minutes	More than 80% of 65-year-olds will need long-term care, yet most fail to anticipate these costs. Prof. Wettstein explained why many older adults are dangerously unprepared for their future healthcare expenses, particularly when it comes to long-term care needs. He also discussed potential explanations of why, while financial advisors are aware of these risks, their clients often remain uninformed.
3/16/25	Natural Disasters Climate Change	9:08 minutes	Prof. Guiterman explained how modern-day suppression of low-severity wildfires has led to a buildup of fuels, resulting in more severe and destructive fires. By analyzing tree ring records, his study revealed that historical fires were less severe despite coinciding with droughts, as indigenous land management practices and reduced fuel loads helped mitigate the risks. He said while wildfires can be destructive, fire can also play a beneficial role in forest ecosystems.
3/16/25	Children's Nutrition Youth Sports	5:10 minutes	Prof. Fields surveyed high school athletes' knowledge of proper nutrition, and found students, both athletes and non-athletes, have significant gaps in their understanding of essential nutritional requirements, often underestimating their needs for carbohydrates and calories while overestimating their need for protein and fat. She offered suggestions to support healthy skeletal development and reduce the risk of future injuries and osteoporosis.
3/23/25	Rural Concerns Employment Economy	9:01 minutes	While a number of metropolitan regions across the US are struggling, many more midsize and rural counties are wrestling with long-term decline. Dr. Swenson explained why most of the country's smaller urban and rural counties are not growing in terms of population and jobs, and will not grow in the future. He said government policies need to address the issue and assure access to necessary public services and modern technologies, to ensure that rural residents are connected to today's society.
3/23/25	Sexual Harassment Workplace Matters Women's Concerns	8:16 minutes	Ms. Rikleen discussed workplace misconduct, sexual harassment and other negative behaviors on the job. She believes the best way to address these problems is to eliminate the fear of retribution against those who report the misconduct. She said that change is also needed in the court system because judges and juries often discount the credibility of victims and are reluctant to hold employers accountable.

3/23/25	Emergency Preparedness First Aid	5:00 minutes	Mr. Estela outlined essential skills and tools that can be helpful to anyone in an emergency situation, particularly on camping trips and other outdoor activities. He also discussed the importance of being mentally prepared to act in the event of a lifethreatening emergency.
3/30/25	Home Ownership Minority Concerns Government Regulation	9:07 minutes	Black homeownership rates remain significantly lower than the national average, despite the Fair Housing Act which was enacted in 1968. Ms. Bell explained how historical redlining practices continue to shape today's housing market, creating persistent racial disparities in homeownership rates across America. She discussed special purpose credit programs and community land trusts that can help level the playing field for black homeownership.
3/30/25	Senior Employment Retirement Planning	8:06 minutes	Prof. Kullgren discussed employment beyond age 65. He said while financial benefits are important, the cognitive and social advantages of staying professionally active prove equally valuable. More than a third of older Americans retire due to disabilities or chronic illnesses, but Prof. Kullgren believes employers can address these health challenges to enable more older adults to participate in the workforce and realize the benefits of working.
3/30/25	Technology Consumer Matters	5:10 minutes	Do consumers trust AI? Prof. Marmalejo-Ramos found that those less familiar with statistics and artificial intelligence technology tend to be more trusting, while older individuals and women approach AI with greater caution. He discussed the need for comprehensive AI literacy and said that as AI increasingly weaves itself into our daily lives, from job applications to medical diagnoses, we must equip ourselves and future generations with the knowledge to navigate this technological revolution.