**WASH-HD2 Radio**

**Issues/Programs**

**3RD QUARTER/2020**

**Quarterly Issues Program List**

**WASH-HD2**

**Third Quarter 2020 (1 July to 30 September)**

The following is a listing of some of the significant issues responded to WASH-HD2, WASHINGTON, NC, along with the most significant programming treatment of those issues for the period of 1 July to 30 September. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance. All times are Pacific.

1. VETERANS
2. FAMILY ISSUES
3. MENTAL HEALTH
4. FOOD INSECURITY
5. EDUCATION
6. HOMELESSNESS
7. ADDICTION
8. HEALTHCARE

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| --- | --- | --- | --- | --- | --- |
| Issue | **Program** | **Date** | **Time** | **Duration** | **Description of Program** |
| Childhood Issues | Closer Look | 7/5/20 | 7:00pm | 29min | 4,000 Babies Safely Dropped Off With ‘Safe Haven’ Laws  20-yrs ago the first Safe Haven laws passed allowing a woman who cannot care for her baby to walk away. Anonymously. Laws vary state-to-state but hospitals are approved surrender locations everywhere. Air1’s Monika Kelly talks with Exec Dir. of The Hope Box, Sarah Keoppen and Heather Burner, Exec Dir of the National Safe Haven Alliance. Call to Safely Surrender a Child: HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131  Related Links:  [National Safe Haven Alliance HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131](https://www.nationalsafehavenalliance.org/)  [The Hope Box (official)](https://www.thehopebox.org/)  ["Healthy newborn safely surrendered in New Haven Safe Haven Baby Box," The IndyChannel (Feb 2020)](https://www.theindychannel.com/news/local-news/newborn-safely-surrendered-in-new-haven-safe-haven-baby-box)  ["Senate panel agrees adding time to safe haven for babies a good step," KSL.com (Feb 2020)](https://www.ksl.com/article/46721228/senate-panel-agrees-adding-time-to-safe-haven-for-babies-a-good-step)  ["Safely Surrendered Baby Makes Guest Appearance at Baby Box Dedication" (RTV6 Indianapolis)](https://www.theindychannel.com/news/local-news/indianas-first-safe-haven-baby-box-baby-helped-unveil-new-box-in-greenwood?utm_source=maropost&utm_medium=email&category=homepage-showcase) |
| Food Insecurity | Closer Look | 7/12/20 | 7:00pm | 16min | Backyard Gardeners Can Donate Veggies Through Ampleharvest.org  Stay-at-home orders in Spring 2020 gave millions of new green thumbs a chance to grow. What can Americans do with all those extra cucumbers and tomatoes? Take them to a participating food pantry! Air1’s Marya Morgan talks with Ampleharvest.org founder and lifelong backyard gardener Gary Oppenheimer.  Related Links:  [Ampleharvest.org (official) - Find a Pantry Near You](https://ampleharvest.org/) |
| Addiction | Closer Look | 7/12/20 | 7:16pm | 15min | Celebrate Recovery Continues to Meet Despite COVID-19  Stay-at-home orders required the Christ-centered 12-step program to adopt virtual alternatives to traditional face-to-face meetings. Air1’s Frank Hammond asks Christe Dejorie, South Carolina Celebrate Recovery state rep about online groups, anonymity, and confidentiality rules for Zoom meetings and plans to go forward with the annual Celebrate Recovery conference in July.  Related Links:  [Celebrate Recovery (official)](https://www.celebraterecovery.com/) |
| Healthcare – Pandemic | Closer Look | 7/19/20 | 7:00pm | 22min | Dr. Mimi Secor Prescribes P.A.N.D.E.M.I.C. Weight-Loss and Self-Care  Dr. Mimi Secor didn’t get truly serious about her own weight-management and overall health until her early 60’s. Building on her personal success and with a nod to current events, she offers advice cleverly corresponding with each of the letters of the word "pandemic."  Air1’s Marya Morgan talks with Dr. Mimi about what she calls the '8 pillars of health.' P.lanning/Preparing, A.ccountibility, N.ighttime, D.iet, E.xercise, M.indset, I.nspiration/Intimacy, C.oritsol  RELATED LINKS:  [HealthConfidenceSuccess.com](https://www.coachkatanddrmimi.com/) |
| Healthcare | Closer Look | 7/19/20 | 7:22pm | 8min | Symptoms Special for Women Having Heart Attack  Air1’s Peter Kaye gets the story of heart attack survivor Edie Weinstine and talks with cardiologist Dr. Mara Caroline about women and heart health.  Related Links:  [American Heart Association - Go Red for Women](https://www.goredforwomen.org/en/about-heart-disease-in-women/facts) |
| Veterans | Closer Look | 7/26/20 | 7:00pm | 12min | Vets Housed in Tiny Homes, Get Help for PTSD  Veterans Community Project in Kansas City supplies jobs and mental health resources regardless of discharge status. Men and women live in 'barracks-style' homes specifically designed for vets suffering PTSD. Air1’s Joel Reagan asks co-founder and disabled vet Brandonn Mixon how VCP successfully rehabilitates America's forgotten soldiers.  RELATED LINKS:  [Veterans Community Project (website)](https://www.veteranscommunityproject.org/)  [Veterans Community Project (Facebook)](https://www.facebook.com/veteranscommunityproject/) |
| Veterans | Closer Look | 7/26/20 | 7:13pm | 16min | 'Troops to Teachers' Gives Vets New Mission  With the motto 'proud to serve again' veterans can choose to transition from military life to active duty as schoolteachers. Air1’s Billie Branham finds out how from new teachers Betsy Vane, RN and Dr. Christopher Perrin.  RELATED LINKS:  [Troops to Teachers - Proud to Serve Again](https://proudtoserveagain.com/) |
| Family Issues | Closer Look | 8/2/20 | 7:00pm | 30min | Better Dads Have A Plan  “We know in business; we know in work that you have goals you have you have to meet: well what’s your fathering plan?” Air1’s Bob Dittman talks with Dr. Ken Canfield of the National Center for Fathering about learning how to be good dad. "We're creating this sense of destiny for our lives that will be played out over and over."  Related Links:  [National Center for Fathering](http://fathers.com/%20)  [Dr. Ken Canfield (bio)](https://fathers.com/ken-canfield/) |
| Domestic Abuse | Closer Look | 8/9/20 | 7:00pm | 29min | Quarantine Drives Spike in Domestic Abuse  Physical bruises are only small part of what some women and men suffer, says Annette Oltmans of The MEND Project, which brings awareness to what she calls ‘covert emotional abuse.’  "Victims begin questioning reality and their own sanity,” she explains, herself a survivor of domestic abuse – and a Christian – who knows firsthand what’s it like to ‘live it.’  Pastor Paul Cole, president of the Christian Men’s Network, has been deeply concerned by the quarantine effect on families already stuffed in a pressure cooker of unhealthy reactions. “A lot of times, we as men act out of anger, rage, disappointment – and we lash out at people,” he says, and urges men in this trap to reach out for help. Air1’s Billie Branham reports.  RELATED LINKS:  The National Domestic Abuse Hotline 1-800-799-7233  <https://www.thehotline.org/>  [The MEND Project - Educate. Equip. Restore](https://themendproject.com/)  [Christian Men's Network](https://cmn.men/)  [Advice for Men: New Surge of Domestic Violence and How to Stop it – by Pastor Paul Cole](https://ww2.klove.com/news/health/advice-for-men-new-surge-of-domestic-violence-how-to-stop-it-15043?preview=true)  YOU ARE NOT ALONE. If your partner physically or emotional abuses you -- or you don’t know how to stop hurting your family... Call the CLOSER LOOK PASTORS (844) 364 4673 (HOPE). |
| Healthcare | Closer Look | 8/16/20 | 7:00pm | 28min | ‘Rest’ Is More Than Sleep – What Kind of Tired Are You?  Rest is the root of the word ‘restoration’ – and restoration is a principle that medical internist Dr. Saundra Dalton-Smith sees as crucial to seven distinct areas of your life. “Rest isn’t just the cessation of activity,” she says, suggesting that for optimal health “you have to get to the point of knowing what restores you. What fills you back up?”  7 types of Rest: Physical, Mental, Emotional, Spiritual, Social, Sensory and Creative.  Related Links:  [Dr. Saundra Dalton-Smith - REST QUIZ - What Kind of Rest Do You Need?](https://ichoosemybestlife.com/quiz/rest-quiz-test/) |
| Mental Health | Closer Look | 8/23/20 | 7:00pm | 14min | Build ‘Emotional Resilience’ To Cope with Disasters  Trauma can settle into your mind and affect your conscious or subconscious no matter who you are -- or how strong you think you ‘should’ be. Air1’s Monika Kelly talks with Jamie Aten, founder of the Humanitarian Disaster Institute which studies mental and emotional reactions to disasters and offers training for Christian leaders preparing to weather societal storms.  Related Links:  [Humanitarian Disaster Institute - Wheaton College, IL](https://www.wheaton.edu/academics/academic-centers/humanitarian-disaster-institute/research/)  [Reopening the Church (HDI)](https://www.reopeningthechurch.com/)  [Spiritual First Aid Hub (HDI)](https://www.spiritualfirstaidhub.com/) |
| Mental Health | Closer Look | 8/23/20 | 7:15pm | 15min | It Doesn't Have to End This Way: Suicide Prevention  If someone decides to end their own life, you may never fully understand why. "But you can imagine how much psychological pain that person had to be in," says Pat Gallinaugh of Range Suicide Prevention Council.  But it doesn't have to end that way. Suicide can be prevented.  Talking is where it starts.  "Say, 'yeah we see you’re hurting, you’re in a lot of pain' -- and let them know that help is available."  Hear Air1’s Becky Hansen talk with Gallinaugh about suicide warning signs, help and hope.  CALL THE NAT'L SUICIDE HOTLINE 1-800-273 TALK (8255)  Sometimes no matter how hard you try it’s all just ‘too much’.  And that’s okay.  If you or someone you know is thinking of suicide call the national hotline. TALK. You are loved.  Or call the AIR1 PASTORS: 1-844-364-HOPE (4673). |
| Government | Closer Look | 8/30/20 | 7:00pm | 29min | Count Everyone! Everyone Counts! (My2020Census.gov)  [My2020Census time](https://my2020census.gov/)! Every 10 years, every person on U.S. soil is required to be counted, by order of the Constitution. For households that don't respond as required, a census taker will knock on their door. No area is too remote. No outskirts too far. “Census takers are in rural parts of Alaska on snowmobiles,” Cook says, and for coastal fringes, “census takers will kayak to communities that are not connected to roads.”  Air1’s Marya Morgan talks with Michael Cook of the U.S. Census Bureau about how the numbers are used and Rev. Dr. Marlyn Bussey, pastor of St. James AME Zion Church about why she thinks faith leaders should actively encourage people to participate.  RELATED LINKS:  [U.S. Census - self-reporting -10 Questions](https://my2020census.gov/)  [Explore the U.S. Census Form before you answer: what do they want to know?](https://2020census.gov/en/about-questions.html) |
| Healthcare | Closer Look | 9/6/20 | 7:00pm | 22min | Dr. Mimi Secor Prescribes P.A.N.D.E.M.I.C. Weight-Loss And Self-Care  Dr. Mimi Secor didn’t get truly serious about her own weight-management and overall health until her early 60’s. Building on her personal success and with a nod to current events, she offers advice cleverly corresponding with each of the letters of the word "pandemic."  Air1’s Marya Morgan talks with Dr. Mimi about what she calls the '8 pillars of health.'  P.lanning/Preparing, A.ccountibility, N.ighttime, D.iet, E.xercise, M.indset, I.nspiration/Intimacy, C.oritsol  RELATED LINKS:  [HealthConfidenceSuccess.com](https://www.coachkatanddrmimi.com/) |
| Childhood Safety | Closer Look | 9/13/20 | 7:00pm | 29min | 4,000 Babies Safely Dropped Off With ‘Safe Haven’ Laws  20-yrs ago the first Safe Haven laws passed allowing a woman to walk away from her baby. Anonymously. Laws vary state-to-state but hospitals are always approved surrender locations. Air1’s Monika Kelly talks with exec dir. of The Hope Box, Sarah Keoppen and Heather Burner, Exec Dir of the National Safe Haven Alliance. They usually find these parents scared and desperate to secure a better life for their child. Call to Safely Surrender a Child: HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131  RELATED LINKS:  [National Safe Haven Alliance HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131](https://www.nationalsafehavenalliance.org/)  [The Hope Box (official)](https://www.thehopebox.org/)  ["Healthy newborn safely surrendered in New Haven Safe Haven Baby Box," The IndyChannel (Feb 2020)](https://www.theindychannel.com/news/local-news/newborn-safely-surrendered-in-new-haven-safe-haven-baby-box)  ["Senate panel agrees adding time to safe haven for babies a good step," KSL.com (Feb 2020)](https://www.ksl.com/article/46721228/senate-panel-agrees-adding-time-to-safe-haven-for-babies-a-good-step)  ["Safely Surrendered Baby Makes Guest Appearance at Baby Box Dedication" (RTV6 Indianapolis)](https://www.theindychannel.com/news/local-news/indianas-first-safe-haven-baby-box-baby-helped-unveil-new-box-in-greenwood?utm_source=maropost&utm_medium=email&category=homepage-showcase) |
| Government | Closer Look | 9/20/20 | 7:00pm | 18min | Register to Vote for Election 2020: It's Not Too Late!  On Tuesday November 3rd, U.S. citizens will exercise their constitutional right to choose their own national, state and local leaders -- by vote. Will you be one of them?  Air1’s Marya Morgan talks with Andrea Hailey of [VOTE.ORG](https://www.vote.org/) about helping you register in time to cast your ballot for Election 2020. |
| Government | Closer Look | 9/27/20 | 7:00pm | 18min | Register to Vote for Election 2020: It's Not Too Late!  On Tuesday November 3rd, U.S. citizens will exercise their constitutional right to choose their own national, state and local leaders -- by vote. Will you be one of them?  Air1’s Marya Morgan talks with Andrea Hailey of [VOTE.ORG](https://www.vote.org/) about helping you register in time to cast your ballot for Election 2020. |