**WASH-HD2 Radio**

**Issues/Programs**

**4TH QUARTER/2020**

**Quarterly Issues Program List**

**WASH-HD2**

**Fourth Quarter 2020 (1 October to 31 December)**

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 October to 31 December. 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. EDUCATION
2. DISABILITIES
3. MENTAL HEALTH
4. DOMESTIC ABUSE
5. HEALTHCARE
6. ADDICTION
7. GOVERNMENT
8. HUMAN TRAFFICKING

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| Issue | **Program** | **Date** | **Time** | **Duration** | **Description of Program** |
| Education | Closer Look | 10/4/20 | 7:00pm | 29min | SCHOOL-AT-HOME: Advice for Distance Learning, Homeschooling  Socially distanced schooling in the age of COVID-19 has been bumpy for parents who feel inadequate as teachers. For some families, the shutdown drove disillusionment with public school curriculum, prompting a leap to homeschooling. Whether you homeschool or embrace distance learning, experts insist that school-at-home can indeed work for you. Billie Branham reports. Guests: “Keeping simple” is key says Arlene Pellicane, mom, author and host of [Accessmore](https://www.accessmore.com/) podcast A Happy Home. “Master the basics. Just focus on like two things that would help this distance learning thing work.”  As homeschoolers, parents take full responsibility for what their children learn, a method[mentor and coach Kayla Weller](https://www.facebook.com/groups/homeschoolingmadeeasy) finds effective, flexible and fun. “You can teach them what they’re interested in and there’s no set rules for how to teach,” and “you would be surprised how much kids absorb when you take the time work with them.” |
| Disabilities – Community | Closer Look | 10/11/20 | 7:00pm | 16min | Special Needs Families Get 'Buddy Breaks' With Nathaniel's Hope  Special Needs families frequently suffer isolation. Nathaniel's Hope trains churches to provide respite care. Volunteers learn to do crafts and play games with the children for 3-hour blocks of time. "There’s no better cup of cold water you can give to a family impacted by disability than a break," says NH and Buddy Break co-founder Marie Kuck. It starts, she says, with having a willing heart. "Tear down those walls and build friendships." Monika Kelly reports.   RELATED LINKS:  [Nathaniel's Hope - Buddy Breaks](https://www.nathanielshope.org/our-programs/buddy-break/)  [Nathaniel's Hope - VIP Birthday Club](https://www.nathanielshope.org/our-programs/vip-birthday-club/) |
| Human Trafficking | Closer Look | 10/11/20 | 7:16pm | 14min | 'Without Permission' Educates Parents and Police on Human Trafficking  Your teen meets a nice stranger at the mall. Or a guy she doesn't know likes all her posts on Instagram. What begins as flattery and flirtation has led thousands of kids -- kids just like yours -- down the dark and demeaning path to human trafficking. Groups like Without Permission urge parents to warn their teens about the tricks child predators use to trap victims. Kindra Ponzio talks with CEO Debbie Johnson, CEO of Without Permission. 1509 K St, Modesto, CA 95354 209.622.0156  Related Links:  [Without Permission provides a free guide for families](https://withoutpermission.org/resource-guide/#HT_fam_sfty_guide) to become aware of dangers and to be safe ‘digital citizens.’ |
| Charity | Closer Look | 10/25/20 | 7:00pm | 29min | 2020 ‘Convoy of Hope’ Hauls Relief to Storm, Fire and Virus Victims  Closer Look update on our ministry partner! When disaster strikes, CONVOY OF HOPE big rigs show up, hauling so much more than tarps, lumber, bottled water and food. "It's starts with food but ends with Jesus," says COH spokesperson Jeff Nene. "Everywhere they go they just bring encouragement." Record storms, fires and floods kept Convoy of Hope busy this year and added to all that they're feeding millions of families hit by the pandemic! Marya Morgan reports.  RELATED LINKS:  [Convoy of Hope](https://www.convoyofhope.org/%20)  <https://www.klove.com/news/faith/convoy-of-hope-serves-10-million-meals-but-won-t-stop-there-12151> |
| Government | Closer Look | 11/1/20 | 7:00pm | 28min | Electoral College, President's Term: What Does the U.S. Constitution Say?  What does the U.S. Constitution say about elections? The electoral college? What are the legal limits on presidential duties? Marya Morgan talks with Katie Kennedy, a retired American government teacher and author of the illustrated children's book The Constitution Decoded. "If we don’t know [what the Constitution says](https://www.archives.gov/founding-docs/constitution), we can’t preserve our government."  RELATED LINKS:  [U.S. Constitution - National Archives (official)](https://www.archives.gov/founding-docs/constitution) |
| Healthcare | Closer Look | 11/8/20 | 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 – Veterans | Closer Look | 11/15/20 | 7:00pm | 30min | Arts & Crafts Ease PTSD In Veterans  24/7 Veterans Crisis Line for you or a loved one:  Call [800-273-8255](tel:+1-800-273-8255), then select 1.  [Start a confidential chat](https://www.veteranscrisisline.net/ChatTermsOfService.aspx?account=Veterans%20Chat/). or Text [838255](sms:838255).  If you have hearing loss, call TTY: [800-799-4889](tel:+18007994889).  [PTSD Foundation of America](https://ptsdusa.org/) works to free veterans of debilitating anguish that can lead to a breakdown in mental health. Bob Dittman talks with Ryan Rogers about healing from the 'moral injury' of combat.  Peer-to-peer [Warrior Groups](https://ptsdusa.org/get-help/) are available in cities nationwide.  Another, somewhat unique, outreach to injured vets utilizes leather, beads, paint and glue: since 1971, [Help Heal Vets](https://www.healvets.org/) has distributed more than 30-million arts and [crafts kits](https://www.healvets.org/pages/other-kits) – model cars, [leather work](https://www.healvets.org/pages/leather-kits), jewelry, needlepoint, clock-making – provided to veterans free of charge. But does art therapy work?  “Yes,” assures CEO Captain Joe McClain. "Got its start in WWI and has been used by clinicians in every conflict throughout." Bob Dittman reports. |
| Addiction | Closer Look | 11/22/20 | 7:00pm | 28min | Vaping Often Fails as Alternative to Smoking  Vaping is marketed as a safe alternative to traditional cigarettes, but 'dual use' plus dramatic surge in teen addiction and recent links to lung disease send most e-cig claims up in smoke. Billie Branham talks with Linda Richter of the Center on Addiction and Dr. Michael Blaha, cardiovascular research director at Johns Hopkins Hospital.  RELATED LINKS:  [10 Surprising Facts About E-Cigarettes (Center on Addiction)](https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes)  [Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products (Centers for Disease Control)](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)  ["5 Vaping Facts You Need to Know," by Dr. Michael Blaha M.D., M.D.H.](https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping)  [Linda Richter, Dir. of the Policy of Research and Analysis for the Center on Addiction (bio)](https://www.centeronaddiction.org/about/staff-biographies)  ["Can vaping damage your lungs? What we do (and don’t) know," Harvard Health](https://www.health.harvard.edu/blog/can-vaping-damage-your-lungs-what-we-do-and-dont-know-2019090417734) |
| Charity | Closer Look | 11/29/20 | 7:00pm | 29min | 2020 ‘Convoy of Hope’ Hauls Relief to Storm, Fire and Virus Victims. Closer Look update on our ministry partner! When disaster strikes, CONVOY OF HOPE big rigs show up, hauling so much more than tarps, lumber, bottled water and food. "It's starts with food but ends with Jesus," says COH spokesperson Jeff Nene. "Everywhere they go they just bring encouragement." Record storms, fires and floods kept Convoy of Hope busy this year and added to all that, they're feeding millions of families hit by the pandemic!   Marya Morgan reports.  RELATED LINKS:  [Convoy of Hope](https://www.convoyofhope.org/%20)  <https://www.klove.com/news/faith/convoy-of-hope-serves-10-million-meals-but-won-t-stop-there-12151> |
| Mental Health | Closer Look | 12/6/20 | 7:00pm | 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 Gallinagh 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 Becky Hansen talk with Gallinagh 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 our Pastors: 1-844-364-HOPE (4673). |
| Mental Health | Closer Look | 12/6/20 | 7:15pm | 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. 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 | 12/13/20 | 7:00pm | 28min | Help for Kids Suffering Sadness, Anxiety in Pandemic  The digital age exposes modern kids to bad news and bitter opinions their parents never knew. “Social media, media, news, political unrest, all these things that once kids were mostly sheltered from – now they’re seeing them 24 hours a day,” notes Julie Lowe, licensed counselor and author of Childproof and [Building Bridges: Biblical Counseling for Children and Teens](https://www.ccef.org/building-bridges/). The barrage of mystifying information crowds into their minds alongside the other considerable pressures of growing up. This overload can drive kids into dangerous states of anxiety or depression. [Suicides among young children have been steadily rising the last decade.](https://www.insider.com/cdc-suicide-rate-in-young-people-10-24-continues-climb-2020-9) Child mental health experts urge parents to look for signs your child is struggling to process the tension and uncertainty of current events “We have to look at their behavior and figure out what’s going on with them,” McCombs warns. “They show it in isolation, in being irritable, they have meltdowns; they’re crying, they’re angry, they tend to be more selfish; they tend to try to control things around them because so many things in their lives are out of control.” Shifts in behavior or intensity of that behavior are indicators they may be overwhelmed. “Parents need to be students of their kids, they need to understand them, listen to them and acknowledge their loss.” |
| Domestic Abuse | Closer Look | 12/20/20 | 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. 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). |
| Special Needs | Closer Look | 12/27/20 | 7:00pm | 16min | Special Needs Families Get 'Buddy Breaks' With Nathaniel's Hope  Special Needs families frequently suffer isolation. Nathaniel's Hope trains churches to provide respite care. Volunteers learn to do crafts and play games with the children for 3-hour blocks of time. "There’s no better cup of cold water you can give to a family impacted by disability than a break," says NH and Buddy Break co-founder Marie Kuck. It starts, she says, with having a willing heart. "Tear down those walls and build friendships." Monika Kelly reports.   RELATED LINKS:  [Nathaniel's Hope - Buddy Breaks](https://www.nathanielshope.org/our-programs/buddy-break/)  [Nathaniel's Hope - VIP Birthday Club](https://www.nathanielshope.org/our-programs/vip-birthday-club/) |