

WKZA-FM Issues and Programs List
1st Quarter January 2018

Date	January 7, 2018
Issue	Suicide, Parenting, Mental Health
Program	At about 6:30 am, we ran an 8 1/2 minute interview with John Huber, PhD, about the rate of attempted suicide for teens. He discussed that and other mental health risks from spending too much time online. He offered advice for parents to monitor and limit teens online time.

Date	January 14, 2018
Issue	Substance Abuse, Mental Health
Program	At about 6:30 am, we ran an 8 1/2 minute interview with author Annie Grace about how drinking may be too big a part of people's lives and how it can affect their health. She shared her story of addiction and how she quit, and discussed societal pressures and other reasons people drink.

Date	January 21, 2018
Issue	Employment, Education, and Career
Program	At about 6:30 am, we ran an 8:45 minute interview with lecturer Diane Mulcahy about the growing number of Americans working short term jobs and freelance assignments. She talked about accepting the changing nature of today's workforce and how to prepare for transitions in careers.

Date	January 28, 2018
Issue	Career, Parenting, Mental Health
Program	At about 6:30 am, we ran a 9 1/2 minute interview with author Deidre Maloney about balancing work and home lives. She talked about setting priorities and accepting that you can't have it all and why it's important to re-evaluate your priorities on a regular basis.