

KDFR – 91.3 FM – Des Moines, IA
Issues/Program List
“COMMUNITY BRIDGE”
A 5-Minute Program Heard Saturdays*
at 6:25 AM and 6:55 PM
October - December, 2023

DATE	ISSUE	GUEST AND DESCRIPTION
October 7, 2023	Isolation of Seniors Treated in Midwest	<p><u>Host:</u> Jay Rudolph <u>Guest:</u> Lou Ann Johnson, Director, Community Lifeline Ministries, (Joliet, IL). www.clminc.org <u>Description:</u> Community Lifeline Ministries (CLM) of Joliet provides assistance and serves as a blessing to the elderly population. CLM has a food pantry and a soup kitchen where the seniors used to come and network, sitting and talking with each other. When the pandemic hit, CLM noticed that few senior citizens were coming out anymore; they stayed home and became isolated. CLM had a program called “Widow & Widower,” in which people would get together and share their experiences. It was renamed “Senior Outreach Ministry.” Seniors have needs; they sometimes just don’t know where to go and who to ask. Senior Outreach Ministry brings in speakers and resources, talking to seniors about topics like health or nutrition (the seniors suggest future topics). Tickets to special events are available to seniors.</p>
October 14, 2023	Battling Addictive Behaviors in Des Moines	<p><u>Host:</u> Jay Rudolph <u>Guest:</u> Melissa Dale, Director of Celebrate Recovery, Lutheran Church of Hope, (West Des Moines, IA). www.lutheranchurchofhope.org and https://wdm.lutheranchurchofhope.org/find-support/celebrate-recovery/ <u>Description:</u> Celebrate Recovery at Lutheran Church of Hope in West Des Moines addresses any type of addictive habits, hurts and hang-ups. Their Celebrate Recovery (CR) program provides a healing and healthy environment for adults affected: people hear about the healing power of Jesus Christ through recovery principles. When applied to people’s lives, these Biblical principles allow them to grow spiritually and free from their addictive, compulsive, and dysfunctional behaviors. CR follows the 12 steps of a normal recovery program; however, they follow the Beatitudes, as well. Those same 12 steps are used in their teen and youth programs. Since each program follows the same lessons, at the end of the day, the family can go home and talk about what they’ve learned. Family healing is critical.</p>

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October 21, 2023	Loaves & Fishes Meal Outreach Fights Iowa Inflation	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Sheila Wilcoxson, Ministry Leader, Loaves & Fishes Outreach, New Beginnings Church, (Shenandoah, IA). https://newbcchurch.com/ <u>Description:</u> Like the rest of the nation, southwest Iowa and Shenandoah has been impacted by inflation, with food having almost doubled in price. Loaves and Fishes (L&F) provides a wide variety of meals for adults and kids that attend Wednesday night services. The meals generally start at 6:15 PM, with a nice meal and some socializing to be enjoyed until the service. L&F was started due to the need and desire to give something back to the community. Building that connection with the community in good times is important because in a time of need, the connection with them is already there. People need to be there for their neighbors. They need to offer a word of encouragement and prayer and show them know that they care. The world needs more compassion.</p>
October 28, 2023	Mobile Ultrasounds Saves Lives in the Central US	<p><u>Host:</u> Jay Rudolph <u>Guest:</u> Matt Phillips, MD, Board President, Life on Wheels Alabama, (Montgomery, AL, with mobile unit in Birmingham, AL). https://www.lifeonwheelsalabama.com/ <u>Description:</u> Assistance with pregnancy decisions and needs related to pregnancy and pro-life counseling are real. Life on Wheels Alabama envisions an Alabama without abortion. Their mission is to use the power of ultrasound to serve women, save babies, and share Jesus. Pregnancy centers have done phenomenal work for a long time. Ultrasound is a powerful tool. When they learned that it could be used in the cause for life, it can be placed in pregnancy centers. In the 1990’s, ultrasounds began to be used in RVs and mobile units and the power of mobile units was uncovered. When women see their own baby on an ultrasound, the vast majority will decide to parent. The mobile experience is geared towards making a client feel safe, supported, and loved.</p>

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December 2, 2023*	Job Training in the Midwest	<p><u>Host:</u> Jay Rudolph <u>Guest:</u> Rev. Adrian Heath, President/CEO, Redeemed Connection Ministries NFP, (Joliet, IL). https://redeemedconnectionministries.org/ and https://redeemedconnectionministries.org/general-2 <u>Description:</u> Hope is the expectation that things will be better today and even better tomorrow, while despair comes in many different forms. Key among them is job loss. Redeemed Connection Ministries (RCM) of Joliet offers a vocational training program amidst the many facets of its work. RCM offers an 8-week paid job training program as a way to give hope and overcome despair, as they believe that there’s no medicine like hope. Many things affect an individual as they look for job training and one of the reasons RCM offers its paid job training program is to help the unemployed who have responsibilities, such as family. Without pay, the 4 – 8 hours of daily training would prevent a person from getting the help needed to obtain a job. This program has changed lives and has helped people learn skills and principles that point their lives in the right direction.</p> <p><i>*KDFR’s local edition of Community Bridge only aired one time 12/2/2023, due to technical issues.</i></p>
December 9, 2023	Helping the Less Fortunate in Des Moines at Christmas	<p><u>Host:</u> Jay Rudolph <u>Guest:</u> Kathy Coady, Chief Development Officer, Hope Ministries, (Des Moines, IA). www.hopeiowa.org <u>Description:</u> A lot of people in central Iowa are struggling with economic hardships and just brokenness. Many come to Hope Ministries for free meals, shelter, and life-transforming care. Hope Ministries helps with purchasing presents, as well as adequate food and clothing at Christmas time. Mission Christmas is their gift bag program. It is important that every man, woman & child in their care receives a Christmas gift. People can buy gift bags for those in need. It’s an easy way to let the less fortunate know that they are loved and remembered on Christmas. There are two food donation days before Christmas. The food is used for holiday meals and to restock their pantry. Since Hope Ministries is 100% privately funded, they can stay true to their Christ-centered mission. However, this requires thousands of people to partner</p>

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		with them so they can feed, shelter, and serve men, women and children every day.
December 16, 2023	Loaves & Fishes Meal Outreach Fights Inflation in Iowa	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Sheila Wilcoxson, Ministry Leader, Loaves & Fishes Outreach, New Beginnings Church, (Shenandoah, IA). https://newbcchurch.com/ <u>Description:</u> Like the rest of the nation, southwest Iowa and Shenandoah have been impacted by inflation, with food having almost doubled in price. Loaves and Fishes (L&F) provides a wide variety of meals for adults and kids that attend Wednesday night services. The meals generally start at 6:15 PM, with a nice meal and some socializing to be enjoyed until the service. L&F was started due to the need and desire to give something back to the community. Building that connection with the community in good times is important because in a time of need, the connection with them is already there. People need to be there for their neighbors. They need to offer a word of encouragement and prayer and show them that they care. The world needs more compassion.</p>
December 23, 2023*	*	* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 30, 2023	Using God’s Word to Help Central US Youth with Anxiety	<p><u>Host:</u> Jay Rudolph <u>Guest:</u> Zach Skipper, Founder & Executive Director, Bigtime Ministries, (Birmingham, AL). www.bigtimeministries.com <u>Description:</u> There is a rampant anxiety problem among middle and high school students. Bigtime is dedicated to discipling students through Bible studies, retreats, mission trips, and intentional relationships, all of which can serve to alleviate the anxiety of teens. As an interdenominational ministry dedicated to discipling students in grades 6-12 into a growing relationship with Jesus Christ, Bigtime helps its students turn to God’s Word and is there as they struggle and wrestle with the different kinds of anxiety. The amount of stress and not knowing how to handle the pressures of life gets to the best of youth sometimes but meeting with their peers, without the distraction of the opposite sex, allows students to focus better as the Bible is taught. (Weekly Bible studies are segregated by gender and grade.) While at school, students need to know supportive brothers and sisters in Christ.</p>

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October 7, 2023	U.S. Student Athletes Share Faith Today (25 minutes)	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Jeff Martin, Executive Vice President of Strategic Partnerships, <i>Fellowship of Christian Athletes</i>, (Kansas City, MO). www.fca.org; www.fieldsofffaith.com <u>Description:</u> The leading edge of Gen Z has turned 25 years of age, which means this cohort is starting to graduate from college, obtain jobs, vote, rent apartments—and walk into church. But Generation Z is the least religious generation in the United States: about 44% of Gen Z adults identify as atheist, agnostic, or have no specific religious affiliation, while only 35% identify as Christian. Notably, Generation Z Christians are “missionaries” to their own generation, with 82% of such teenagers reporting having shared about God in the last year. The Fellowship of Christian Athletes’ (FCA) vision is to see the world transformed by Jesus Christ through the influence of coaches and athletes growing in Christ and His Church. This year, FCA is hosting its <i>Fields of Faith</i> events, offering an athletic field as a neutral rallying point for a community of faith believers where side by side, student athletes invite, pray for, share with, and challenge their peers to read the Bible and follow Jesus Christ.</p>
October 14, 2023	Showing Care & Support for Your Pastor (25 minutes)	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Brian Kluth, National Spokesperson for the <i>Bless Your Pastor Movement</i>, (Golden, CO). www.blessyourpastor.org <u>Description:</u> Called shepherds of their flocks, those serving as pastors to care for the people of God have a high calling that comes with many demands: from church service preparations and attending to the numerous spiritual needs of the congregation to comforting and serving those who have lost loved ones. Sadly, the number of pastors seriously considering quitting full-time ministry has risen dramatically in recent years, citing stress of the job, loneliness and isolation, current political divisions, family problems, and financial strain, as many churches have limited budgets and are often not able to compensate their pastors or church staff very well. That’s why the <i>Bless Your Pastor Movement</i> was created to mobilize Christians and churches everywhere to show and share God’s love for their pastors and church staff even as churches work toward better compensation.</p>

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October 21, 2023	Comforting Israel Crisis-Impacted (25 minutes)	<p>To better love and care for pastors and church staff, go to BlessYourPastor.org to give your pastor various blessings.</p> <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> David Parsons, Vice President & Senior International Spokesman, <i>International Christian Embassy Jerusalem</i>, (Jerusalem, Israel). https://icejusa.org/ <u>Description:</u> Deadly terrorist attacks in Israel have resulted in a tragic and volatile situation. As Israel goes through its greatest trial in modern history, how can we respond biblically, praying for the peace of Jerusalem? The International Christian Embassy Jerusalem was established in 1980 in recognition of the biblical significance of all of Jerusalem and its unique connection with the Jewish people. Their goal is to stand with Israel in support and friendship, equip and teach the worldwide church regarding God's purposes with Israel and the nations of the Middle East, be an active voice of reconciliation between Jews, Christians, and Arabs, and support the churches and congregations in the Holy Land. With so many Jewish people living in unthinkable conditions right now in Israel and around the world — including innocent children, families, and elderly Holocaust survivors — generous donations can help The Fellowship provide basic necessities like food, medical assistance, and shelter as well as safety and security provisions. Americans with Jewish neighbors were encouraged to support their local synagogues and Jewish neighbors in these difficult times with a Christian testimony of comfort and love.</p>
October 28, 2023	Supporting Mental Health, Preserving Christian Music, & Hymns (25 minutes)	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Ron Maxwell, Founder of the <i>Christian Music Preservation Project</i>, (St. Petersburg, FL). www.musicprez.org <u>Description:</u> Martin Luther was facing giants. What did he do for courage? He wrote the hymn, “A Mighty Fortress Is Our God” with the timely words, “<i>Christ Jesus...must win the battle.</i>” Has God ever encouraged your heart with a special worship song at just the right time? Ron shared how Christian music is the best music in the world, supporting our faith, mental health, and overall health. That’s why they are working to preserve worship songs for future generations. There are many reasons to preserve the most powerful music in the world: from the deterioration of media, loss of</p>

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		digital devices and hard drives due to failures, accidents, thefts and fires, to increasing censorship, the threat to Christian music is real. The Music Preservation Project values creating a plan that will provide access to the most powerful music in the world, now and for future generations. Prayers, ideas, involvement and financial support for this historic Project were welcomed to help preserve, promote & provide the music worth saving!
November 4, 2023	The US Gas Market and Conservation: Lowering Pump Pain (25 minutes)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Scott Angelle, former U.S. Bureau of Safety and Environmental Enforcement Director and Founder of USA Energy Workers, (Lafayette, LA). https://usaenergyworkers.com/ <u>Description:</u> Thanksgiving and Christmas are supposed to be times of gratitude and joy—not stress and anxiety. However, inflation-battered drivers will have to dig deeper into their wallets to afford the cost of this year’s holiday road trips with friends and family as gasoline prices are on the rise yet again and the cost of nearly everything is up thanks to increasing inflation. With the average price for a gallon of gasoline is \$3.82 – 60 cents higher than at the beginning of 2023, how can one best plan ahead to enjoy creating memories with loved ones without the needless worry? Tips to conserve fuel include planning for trips, pack light, do not needlessly idle a vehicle with it running, clean or replace the air filter, and limit high speed, starts and stops. Scott maintained that there is a need for more American-produced and generated energy, with superior climate and environmental metrics as derived from USA Energy Workers. His perspective was to balance the 3Es: Environment, Energy, and Economy, encouraging American energy policy that includes traditional and renewable energy resources that support US energy workers, Americans in poverty and on fixed incomes, and the economy.
November 11, 2023	Saving Lives, Restoring Families, & Changing Legacies of American Veterans through Christ (~40 minutes)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Brandon Kunath, American Combat Veteran and National Programs Director, Mighty Oaks Foundation, (Magnolia, TX). https://www.mightyoaksprograms.org/ <u>Description:</u> Jesus Christ can change a legacy forever—no matter how broken. Branden Kunath shared his own story and how to be a part of changing legacies for veterans—lives saved and families restored as they become “mighty oaks” rooted in God’s Word.

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		<p>Post-traumatic stress can occur following a life-threatening event like military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults. People who suffer from PTSD often suffer from nightmares, flashbacks, difficulty sleeping, and feeling emotionally numb. Members of the military exposed to war/combat and other groups at high risk for trauma exposure are at risk for developing PTSD. Among veterans returning from the current wars in Iraq/Afghanistan, PTSD and mild to moderate traumatic brain injury (TBI) are often linked and their symptoms may overlap. The physical changes that take place in the body and brain following trauma are beginning to be understood, but most treatments for these changes are still experimental. This makes it difficult to “hold on” until hope can be found for many veterans. The Mighty Oaks Foundation is committed to serving the brokenhearted by providing intensive peer-based discipleship through a series of programs, outpost meetings, and speaking events, hosting Mighty Oaks Warrior Programs for men and women, as well as Marriage Advance Programs. The Warriors who attend are fully sponsored for training, meals, and lodging needs to ensure that upon arrival to the ranch, each Warrior is focused solely on recovery and identifying purpose going forward.</p>
November 18, 2023	<p style="text-align: center;">Building a Family Economy for Strong Households, Communities, Society, & Earth Stewardship (35 minutes)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Ray Simmons, Pastor of Ascension Reformed Church and Author of <i>The Confessional County: Realizing the Kingdom through Local Christendom</i>, (Montgomery County, IA). https://gatherandgrow.us/ <u>Description:</u> As we are celebrating Thanksgiving in a few weeks, we will be remembering the Pilgrims as well as revisiting the stories and history of our American forefathers and families. Today, moral values and families are declining, even as record inflation, homelessness and crimes such as flagrant shoplifting are seen. The Scripture notes that the home is the focus of discipleship and fathers are key to this, however, about 41% of children in America are born without present fathers. Division in the family and lack of spiriting maturity shows a struggling community, along with children showing a consumer mindset or the lack of understanding the biblical laws of harvest. The Family</p>

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		<p>Economy was defined as productive families that are unified and complementary, practically providing for the needs of the family and producing things as distinguished from the individual or corporate economy where the family is fragmented and each goes to his own place through the day. Children are part of serving and helping in age-appropriate ways. The husband and wife work together in a family economy per Genesis 2. While the Industrial Revolution had many positives, it moved fathers from the home during the most productive hours of the day and machinery took the place of the family helping each other. Deuteronomy 6 is a very good picture of the blessings of being in a covenant community, family, or church. For example, Pastor Simmons has built a family economy through a construction business; while he makes bids for jobs, his sons perform the construction and his daughter is responsible for accounting. Pastor Simmons advised to start your own family economy to be self-sufficient, including family devotions in the evenings for family discipleship. Grandparents can teach their grandchildren and multigenerational family unit is biblical and early puritans were interdependent and formed a microeconomy. He shared how one family has opened a store with the mother and kids homeschooling in the back while the father maintains the store. There are practical steps that parents and even grandparents can take now to build a successful and God honoring “family economy” model of the pilgrims and puritans – including bee keeping, raising chickens, and growing your garden.</p>
November 25, 2023*		* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 2, 2023*		* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 9, 2023*		* <i>Community Bridge</i> was pre-empted by special Christmas programming.
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FAMILY STATIONS, INC.**

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“FAMILY NEWS TODAY” with Jason Frentsos

A 2-Minute Program Heard Weekdays

at 5:57AM, 6:57AM, 7:57AM, & 8:57AM Eastern/Mountain

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October 2, 2023	Wedding Day Charity Rescue	In a heartwarming display of kindness, a passerby came to the rescue of a bride whose wedding day nearly took a turn for the worse when her car broke down enroute to the church.
October 3, 2023	Food Insecurity	A group of students in St. Petersburg, Florida, is helping other students with food insecurity and in need through a local nonprofit organization.
October 4, 2023	Kindness of Healthcare Heroes	A high school senior, who wasn't able to attend her homecoming dance due to a recent brain surgery, received a heartwarming surprise when the hospital staff brought the homecoming festivities to her.
October 6, 2023	Saving Pet's Lives	A postal worker in Georgia has emerged as an unexpected hero by saving the life of a dog who was bitten by a venomous snake.
October 9, 2023	Honoring Heroes	Every day, folks across the country remember the heroes who gave their lives to save ours, including one woman who has found a way to honor them through her love for cooking.
October 10, 2023	Autism Awareness	A thrift store in Tampa, Florida, is giving back in a big way selling secondhand goods to help those living with autism.
October 12, 2023	Acts of Goodwill	When a thrift store manager in California found a pile of cash in donated clothes, he tracked down the owner and returned the money.
October 13, 2023	Philanthropy	A billionaire who managed to give away his entire fortune during his lifetime passed away this weekend at the age of 92 years of age.
October 16, 2023	Church Food Pantry	A megachurch in Nebraska plans to build a food pantry and an auto repair shop to serve low-income community members.
October 17, 2023	Free Haircuts	A barber on Chicago's Southside has spent the last 20 years giving out free haircuts to anyone in need, from star athletes to military brass!
October 20, 2023	Supporting Israel	Christians from around the quad cities of Iowa and Illinois joined together for an evening to honor Israel.

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October 23, 2023	Celebrating Life	A man from Houston who was given just two months to live is crediting God for keeping him alive.
October 25, 2023	Road Safety	A small town is putting a stop to speeding by planting thousands of flowers, which have caused drivers to slow down as they pass by!
November 1, 2023	Repairing Homes for People in Need	Veterans in St. Louis recently received free home repairs from a group of volunteers who say it’s their way of saying “thank you” to those who have served the country.
November 2, 2023	Anti-Choking Devices	A family in Lowell, Massachusetts, has donated hundreds of anti-choking devices to schools in their community.
November 4, 2023	Repurposing Furniture for Needy	A Christian teacher is building custom furniture items out of his garage in Iowa... and it’s all for a good cause!
November 6, 2023	Overcoming Disabilities	A ten-year-old quadruple amputee says he’s on top of the world after summiting a 650-foot mountain to raise money for other children with disabilities.
November 10, 2023	Flagpole for Freedom	One family is making it their mission to remember veterans and their sacrifices by creating the world’s tallest flagpole and building a park to honor every fallen soldier.
November 11, 2023	Creating Hiring Opportunities	A brownie bakery outside New York City is creating sweet new hiring opportunities for all who have a passion for work!
November 13, 2023	Dental Care for Veterans	A Houston dentist met a U.S. Air Force veteran who was struggling with dental issues and decided to surprise him with \$15,000 worth of dental work.
November 16, 2023	Operation Christmas Child	Volunteers across the country are unrolling the packing tape this week as Operation Christmas Child has officially opened up their drop-off centers for <i>National Shoebox Collections Week!</i>

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November 21, 2023	Supporting Local Businesses	A business owner in Portland recently suffered a string of break-ins at his establishment, but amidst all the challenges, a stranger's selfless act sparked a chain of generosity in the community.
November 27, 2023	Ending Youth Crime	A man tracked down the teenager who mugged his nephew. Rather than hand him in to the police, he spoke to the teenager about turning his life around.
November 28, 2023	Giving Tuesday	Following two of the biggest shopping days of the year, Black Friday and Cyber Monday, <i>Giving Tuesday</i> celebrates generously giving back.
December 1, 2023	Food Bank Donation	Last week, an anonymous donor stepped forward with an extraordinary \$800,000 donation, completely covering the expenses associated with the relocation of a Food Bank in Auburn, Washington!
December 4, 2023	Spreading Christmas Cheer	Every Christmas, a woman in Philadelphia hands out hundreds of stuffed animals...not for kids, but for seniors in need of some Christmas cheer.
December 11, 2023	Sharing Christmas Hope	A family in Georgia has found a creative way to brighten Christmas for many while helping others all year long.
December 12, 2023	Tennessee Disaster Relief	As residents of Middle Tennessee continue to clean up following the devastating tornadoes that tore through the area on Saturday, relief organizations like <i>Convoy of Hope</i> have been on the ground serving the residents with food, water, and other necessities.
December 13, 2023	Christmas Sock Giveaway	Thanks to a generous teenager, there are hundreds of people across the nation getting socks for Christmas—they couldn't be happier about it.
December 14, 2023	Toys For Joy	Loud cheering amid encouraging words of prayer could be heard as over 2,500 families and children received donated toys and boxes filled with groceries during a California church's drive-through distribution event, <i>Toys for Joy</i> .

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December 15, 2023	Homes for Pets	A 9-year-old girl from Colorado has turned her personal loss into an inspiring mission to bring joy to pets without homes!
December 18, 2023	Giving Back to Veterans at Christmas	Christmas is a time when people give thanks and help their fellow neighbors. Military families are no exception. For the many American veterans who need a helping hand during the holiday, <i>Code of Vets</i> is there to step in.
December 19, 2023	Celebrating First Responders	First responders always deserve our gratitude, but especially during the holidays, and the <i>Tunnels to Towers Foundation</i> is helping do just that!
December 20, 2023	Feeding School Children at Christmas	A North Carolina teacher said with the help of donations from the community, she was able to buy \$100,000 worth of groceries at Costco to help feed 5,000 students in Durham Public Schools through the holiday break.
December 22, 2023	Giving Christmas to Homeless Charity	Christmas is the season of giving AND giving back! A former homeless man has decorated his home with more than 16,000 Christmas lights to raise money for a local homeless charity.