

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

Day	Date	Time	Duration	Description
Sunday	10/11/2020	9:00:30am	15:48 mins	<p>Interview 1: Lori Johnson, Co-founder of the Rockford Alliance Against Sexual Exploitation program (R.A.A.S.E.) discusses domestic violence awareness month. Domestic violence accounts for 37% of Rockford's violent crimes of which 25% of the homeless population due to domestic violence. Rockford is ranked as the 2nd highest city in Illinois' of incidents of sex trafficking. RAASE is a partner with the recently opened Family Peace Center of Rockford. Incidents of Sex trafficking and domestic violence amongst children is increasing due to the result of children spending more time online during Covid and these situations are almost always familial and involve exploitation. Anonymous apps like WhatsApp, Instagram, Facebook, and even Pinterest are being used to groom children by traffickers. If you see signs of someone being trafficked such as obsession with multiple cell phones or items they cannot afford, exhibiting anxiety, submissive or isolated behavior call the national hotline for Sex and Labor Trafficking at 888-373-7888. The RAASE program and Family Peace Center are being primarily funded by grants and donations. Donations of food, hygiene products, and volunteers for assisting the program are welcomed. The Trauma Center run by volunteers is currently open Tuesday's and Thursday's. For more information or to donate visit <a href="http://RAASE.net">RAASE.net</a>, <a href="http://familypeacecenter.org">familypeacecenter.org</a> or <a href="http://rockfordil.gov">rockfordil.gov</a>.</p>
Sunday	10/11/2020	9:16:48am	45 Sec.	PSA: No More Excuses, by Family Peace Center.org
Sunday	10/11/2020	9:17:18am	10:25 mins	<p>Interview 2: Tim Brown, Inspector for the Rockford Fire Department discusses things to look out for over the holidays to prevent cooking fires as part of Fire Prevention Week. Basic steps one can take to prevent fires in the household are being aware of your heating setup. If using an electric heater be sure to have an automatic shut off feature, do not use extension cords, be sure it is directly plugged into the wall, and have a 3-foot perimeter from the heater of objects that could be flammable. If you have a gas furnace, call a qualified professional to check on the heater. It is also important to have a fire and carbon monoxide detector at all levels of your home particularly in sleeping areas. Also be sure to check them monthly and that everyone understands the sound of the alarm and what the sounds mean. Have fire escape plans and be sure to practice them with your family at least twice per year. It is important to have 2 exits out of every room and multiple ways out of the home and establish a place to meet</p>

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

Day	Date	Time	Duration	Description
				outside in case of a fire emergency. Burning leaves is dependent your town's local city ordinances (Rockford does not allow burning of leaves). Fire pits are allowed if food is involved. To cook safely never leave the stove unattended, be sure children remain at least 3 feet away from the stove, never sleep or drink alcohol while cooking. For additional information visit <a href="http://NFPA.org">NFPA.org</a> .
Sunday	10/11/2020	9:27:43am	1 Min.	PSA: Rockford Fire Department Fire Safety Tips in Association with the National Fire Protection Agency
Sunday	10/25/2020	9:00:09am	16:43 mins	<p>Interview 1: Karen Carlson Executive Director of Gigi's Playhouse talks about the mission of the playhouse and the upcoming events at the play house for Down Syndrome Awareness month. There are 49 Gigi's Playhouse's around the country and 1 in Mexico. It is meant to be a place of safety, acceptance, and community for people with down syndrome of all ages. Until recently people with down syndrome were not afforded many opportunities to participate in activities that many other people take for granted. 1 in 700 babies born every year has Down Syndrome and it is the largest chromosomal disability in the world. Before the 1980's people with Down Syndrome either were institutionalized or kept indoors because there were no support programs available. People with Down Syndrome have high rates of depression and a 60% chance of heart defects that often require surgery, and as late as the 1990's, surgeons would not perform these needed operations due to discrimination. The services of Gigi's Playhouse last the entire lifetime of any and all members of the playhouse and are completely free of charge. There is a heavy reliance on community funding through fundraisers, private donations, and sponsorships as there are no official government support programs currently. With Covid-19 there has been a huge decline in fundraising this year, and with the increased risk of infection to members with Down Syndrome they have only recently reopened to individual members and some small group activities. They serve 375 members in our five county regions and have been blessed as members of a national organization to be able to stay open due to quick transition to digital fundraising and virtual sessions. For more information or to donate visit <a href="https://gigisplayhouse.org/rockford/">https://gigisplayhouse.org/rockford/</a>.</p>

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Duration</b>	<b>Description</b>
Sunday	10/25/2020	9:16:51	45 Sec.	PSA: GiGi's Playhouse Rockford
Sunday	10/25/2020	9:17:34	17:18 mins	<p>Interview 2: Dr. Lacey Stelle, Breast Surgeon and Breast Program Director at Swedish American Hospital discusses Breast Cancer Awareness month and tips for finding at risk symptoms. 12% of women in the United States will develop breast cancer in their lives. Frequently family medical history is used as an initial identifier of increased risk for patients to monitor more carefully or use preventative measures. Other major factors include high breast density, the BRCA 1 and 2 gene is in family medical history, and history of Ovarian cancer. For these reasons it is important to have knowledge of your family's medical history, get regular mammograms, and maintain a healthy lifestyle as preventative measures. It is important to know that exercising 30 minutes a day 5 days per week, balanced diet, and avoiding drugs and alcohol can significantly prevent your risk of breast cancer and if you have had breast cancer can prevent it returning. Age in itself has little to no direct correlation to breast cancer, and while it is rarer, men can develop breast cancer as well. While self-checkups tend to be more counterproductive, breast awareness is encouraged which includes general knowledge of breast shape, size, and breast tissue consistency. Diagnostic scanning as a follow up although frightening is important to handle potential breast cancer early, even though more likely than not abnormalities tend to be insignificant. Radiologists, Pathologists, Oncologists, Genetic Counselors, Nutritionists, Social workers, Physical and Occupational Therapists are all on call to help patients at Swedish Americans. For more information visit <a href="https://www.swedishamerican.org/locations/breast-health-center">https://www.swedishamerican.org/locations/breast-health-center</a>.</p>
Sunday	10/25/2020	9:34:52	30 sec.	PSA: Find Your Community at Breastcancer.org
Sunday	11/08/2020	9:00:09	12:09 mins	<p>Interview 1: Molly Sleger, dietician for Swedish American Hospital discusses struggling with hunger around the Holidays and how to help combat those feelings of hunger. With Rockford's 22% rate of hunger and 1 out of every 6 Americans facing hunger due to economic impacts of Covid-19 resources like Miss Carly's Community Center, Carpenter's Place Nonprofit Homeless Day Center, The Salvation Army, The</p>

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Duration</b>	<b>Description</b>
				Foster Youth Housing Assistance Program, food pantries like the Northern Illinois Food Bank and local churches prove very important to combating hunger locally. Other Also at your local doctor's office and hospital social workers are good resources to connecting people struggling with hunger to additional resources. Foodpantries.org, and freefood.org are also online national listings of food pantries across the country and you can narrow down to the state and city. If combating hunger due to dieting tap into your true hunger as opposed to your other senses tempting, you to eat when you are not hungry. Avoid restricting your diet to intensely as that can lead to binge eating. If the infrequency of a holiday meal is what tempts you try making it more often, so it is not as tempting. You can also meal plan so that there are less leftovers to tempt you. Snacking throughout the day, portion size, and exercise can also greatly decrease your hunger impulse.
Sunday	11/08/2020	9:12:18	15 Sec.	PSA: CDC.org; Avoid Repertory Illness by the National Association of Broadcasters
Sunday	11/08/2020	9:12:33	1 Min.	PSA: Rockford Fire Department Fire Safety Tips in Association with the National Fire Protection Agency
Sunday	11/08/2020	9:13:33	15:04 mins	Interview 2: Kristen Paul, Director of Stroll on State discusses changes to the annual event due to Covid-19. The event will be spread out to 4 weekends instead of 1 (November 28 <sup>th</sup> , December 5 <sup>th</sup> , December 12 <sup>th</sup> , and December 19 <sup>th</sup> ) and feature a socially distant Santa. If you cannot make it to see Santa there are 6 mailboxes throughout the city that if you deliver a message by December 7 <sup>th</sup> he will guarantee to respond to. Forms to fill for Santa are available at strollonstate.com or at the mailboxes. On November 28 <sup>th</sup> from 6-7pm on WREX Channel 13 there will be a commercial free hour of inspirational stories and songs followed by the annual tree lighting at Davis Park. The tree is decorated by all local volunteers and volunteers for outdoor work and preparations are welcomed. If you would like to volunteer online today go to strollonstate.com/volunteering. The most important dates for volunteers are November 20 <sup>th</sup> and 21 <sup>st</sup> for setup, and January 9 <sup>th</sup> for takedown and disassembling the decorations. For more information visit strollonstate.com.
Sunday	11/08/2020	9:28:37	30 Sec.	PSA: Stroll on State

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

Day	Date	Time	Duration	Description
Sunday	11/22/2020	9:00:09	13:55 mins	<p>Interview 1: Lauren V. Davis, President of Winnebago buy local discusses how over the holiday season to support local businesses. Winnebago buy local is a nonprofit organization designed to help promote locally owned businesses, assist local business owner's make business practices sustainable, and educate business owners by offering courses on marketing on social media. To join costs a 1-time payment of \$75 and gets you listed on the website's directory as well as access to many local resources to support your business. Do not wait until signs of a store closing to begin supporting business as that is far too late. Think of local businesses you really appreciate and share their social media posts, share via word of mouth, write reviews, and when you have the option to be sure to buy locally instead of at a larger business. Buying locally keeps two-thirds of every dollar you spend in your community. Neighborhoods supported by locally owned businesses also raise local property value for tourist's interested in moving into the local area. Many local businesses have also adapted to Covid by starting online stores making supporting local businesses more convenient and safer. For more information on local businesses in the area, and how to support them, visit <a href="http://Winnebagobuylocal.com">Winnebagobuylocal.com</a></p>
Sunday	11/22/2020	9:14:04	38 Sec.	PSA: Winnebago Buy Local (Support Local Businesses)
Sunday	11/22/2020	9:14:42	13:36 mins	<p>Interview 2: Joshua Binning, owner of Lucha Cantina, and Paul Sletten, owner of Abreo Social, and Disco Chicken discuss how Covid has affected their restaurant's business, and how to best support them and other local restaurants. It has been a very tough balance between trying to do what is safest for the customers, and to do what is best to keep your business open, and with all of the updating of safety regulations, and different information being updated constantly it tends to be quite stressful and chaotic. Paul has consolidated his workers and resources into Disco Chicken and put out a food truck to push more sales while closing down Abreo as a cost saving measure. Joshua meanwhile also started a new restaurant called Ranchero Pizza as a way to supplement income and double the chances of income by investing in 2 types of cuisine. The holidays unlike years past present the issue of being unable to support the typical crowd size in seating due to safety guidelines so they have done many more outdoor events and</p>

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

Day	Date	Time	Duration	Description
				<p>collaborated with other businesses to gain more attention and appeal to more customers. A positive of Covid is instead of these restaurants competing for customers they are constantly communicating to learn strategies and share supplies to support each other through Covid. The greatest help for businesses during this time is making sales and expressing your experiences with friends and families so they are encouraged to purchase from local businesses as well. For menu, catering options, available times, and ordering from Abreo Social, Disco Chicken, Lucha Cantina, and Ranchero Pizza respectively, visit the following websites:</p> <p>1. Abreo.orderze.net 2. discochicken.orderze.net</p> <p>3. lucharockford.com 4. rancheropizza.com</p>
Sunday	11/22/2020	9:58:18	45 sec.	PSA: WBL.com; Support Local Restaurants, (Go Local)
Sunday	12/6/2020	9:00:09	11 mins.	<p>Interview 1: Sergeant Paul Sarantopoulos of the Rockford City Police Department discusses safe holiday shopping practices to ensure your belongings are not stolen. With the increased use of masks, it has been harder to identify potential suspects. To protect belongings, they should be placed in a place you are conscious of and that is harder to steal from such as a wallet in your front pocket. Also, lock packages in your vehicles trunk as opposed to leaving them visible in the back seat. Winter tends to have higher incidence of car thefts so be sure not to leave your keys in the car with the vehicle unattended. To protect your private information while shopping online be sure your internet browser is up to date, make sure the website you are on is secure (look for http(s) instead of http), use unique and effective passwords, and be skeptical about deals that seem too good to be true. Also do not make purchases on public Wi-Fi networks. If you are not home, or a package is delivered try to have someone trusted hold it, bring it into the house, or have the package delivered to a safe location to avoid package theft. Good lighting and leaving on electronics such as T. V's/Radios can help decrease the chances of burglary. For non-emergencies contact the Rockford Police Department at 815-966-2900, or in case of emergency call 911. For more tips visit <a href="https://www.facebook.com/RockfordIllinoisPoliceDepartment">https://www.facebook.com/RockfordIllinoisPoliceDepartment</a></p>
Sunday	12/6/2020	9:11:09	30 Sec.	PSA: All in Illinois/ Safe Holiday

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Duration</b>	<b>Description</b>
Sunday	12/6/2020	9:11:39	30 Sec.	PSA: WLUV Soliciting Non-Profits for station to do free PSAs
Sunday	12/6/2020	9:12:09	16:22 mins	<p>Interview 2: Kevin Polky, founder, and Executive Director of KP Counseling discusses dealing with depression and mental health issues over the holidays. It is important to remember everyone handle's depression and grief differently so be sure to support family going through depression or loss is given the support, and space to feel those feelings and not suppress them. The first holiday without a family member can be especially difficult so be aware that grief can come in waves which eventually pass. To support someone going through grief, it often helps to share positive stories with the person. Traumatic loss can impact differently and often take longer to emotionally heal from than a prolonged decline toward death. Regrets and the loss of what could have been for an individual can also be unique responses for grieving family members. Check in with family members every year to let them know you are thinking of them as it is common for support to concentrate in the first year but following years they feel more alone. Especially due to COVID-19 it is important to think of new and safe ways to send support as you may not be able to see loved ones. Calling, sending a card and a token gift, or a video chat are all good ways for accomplishing this.</p>
Sunday	12/6/2020	9:28:31	70 Sec.	PSA: Family Counseling Services
Sunday	12/20/2020	9:00:09	13:12 mins	<p>Interview 1: Pam Osborne, Executive Director of Keep Northern Illinois Beautiful (KNIB) discusses recycling Christmas trees after the holiday season. KNIB lots to deposit Christmas trees for recycling will be available starting the day after Christmas and run through January 15<sup>th</sup>. In the Rockford area there are 4 locations:</p> <ol style="list-style-type: none"> <li>1. The west lot of Sandy Hollow Golf Course at 2670 Sandy Hollow Road ;2. Leving's Lake at 1420 Pierpont Avenue; 3. Andrew's Park at 800 North Central Avenue ;4. Gambino Park at 4421 Pepper Drive; 5. Alpine Park at 950 South Alpine Road</li> </ol> <p>Other nearby locations include:</p> <ol style="list-style-type: none"> <li>1. Martin Park at 5600 park Ridge Road in Loves Park.</li> <li>2. Bowman Park at South Walnut Street in Cherry Valley</li> <li>3. Schoonmaker Park at 10500 Ventura Boulevard in Machesney Park.</li> </ol>

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

Day	Date	Time	Duration	Description
				<p>The trees once dropped off are mulched by KNIB and the mulch is free for the public to use. It is important to make sure all decorations are off of the tree before donating it because every part is put to use. Metal tree stands, and Christmas lights can be recycled in Machesney Park and Rockford. Wreath's, flocked trees, ornaments and tinsel they cannot recycle unfortunately.</p> <p>There are 2 separate recycling centers for electronics, wiring, and plastics, and metals that ship out 18,000 pounds per week.</p> <p>1. 4665 Hydraulic Road in Rockford 2. 8409 North Second Street in Machesney Park  For more information visit <a href="http://www.knib.org">www.knib.org</a></p>
Sunday	12/20/2020	9:13:21	50 sec.	PSA: Keep Northern Illinois Beautiful (KNIB)
Sunday	12/20/2020	9:14:11	18:45 mins	<p>Interview 2: Crystal Cohoon, Marketing and Communications Director at the Rockford Rescue Mission discusses combating homelessness around the holidays and the rest of the year. This organization is community funded with little government assistance and over the past 5 years the homelessness rate has increased in Rockford to 22%. The Rockford Rescue Mission's goal is to provide shelter, food, and resources to the homeless in Rockford and help fix the issues that caused the members to lose their homes. COVID-19 has only increased the issue, and with spacing constraints it has presented challenges for meeting the increased need. With food, an overnight crisis center, and a medical center that has quadrupled its number of medical cases from years past, the Rockford Rescue Mission has been equipped, but it remains a constant struggle to keep the employee's, volunteers, and members safe. The mission averages 133 people sleeping at the mission nightly, and beds have had to be arranged separately from the bunk beds of years past with additional beds in the eating area in some circumstances. On call volunteers are a very important resource the rescue mission can use in case of sudden surges of people that need assistance. They have been averaging 433 meals a day and had 158 thousand meals served last year. With COVID-19 more meals are being sent to go unless there is an urgent need for housing. If destructive lifestyle is one of the main factors in someone's homelessness there is a free long term recovery program that is 9-12 months long to help break these cycles, as well as a work center for resources to find jobs, and it is also available to the public. They partner with the</p>

**WLUV-AM Loves Park, IL**  
**Quarterly Issues & Programs Report**  
**Fourth Quarter 2020**  
**Due January 10, 2021**

Day	Date	Time	Duration	Description
				<p>Citygate Network across the country to form a beneficial network of resources to accommodate the homeless and get them back on their feet while also having the option to send members to another location if a member's safety is in jeopardy from someone else or their own lifestyle.</p> <p>The WTVO telethon on January 28<sup>th</sup> at 7pm will help financially support the Rockford Rescue Mission as they have been unable for a large part of the year to have fundraisers like years past. The Rockford Rescue Mission's thrift store which had been closed for much of the year has recently reopened with a contactless donation center to donate goods for the mission, or for others to buy at discount prices. For more information visit <a href="http://Rockfordrescuemission.org">Rockfordrescuemission.org</a></p>
Sunday	12/20/2020	9:32:56	30 sec.	PSA: Rockford Rescue Mission