

KPRA - 89.5 FM - Ukiah, CA
Issues/Program List
“COMMUNITY BRIDGE”
A 5-Minute Program Heard Saturdays*
at 6:25 AM and 6:55 PM
October – December, 2022

| DATE | ISSUE | GUEST AND DESCRIPTION |
|--------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| October 1** & 15,** 2022 | Financial Safety and Wellbeing in California | <p><u>Host:</u> Charrie Slater <u>Guest:</u> Celia SurrIDGE, Marketing and Communications Manager, Better Business Bureau (BBB) (Sacramento, CA). www.bbb.org <u>Description:</u> Celia told us about the fraud that has been recently reported numerous times to BBB.org. With the recent student loan forgiveness, scammers are on the attack. Celia told us some red flags to watch out for when it comes to student loan scams and how they are taking advantage of innocent people in Sacramento. The government would like to know about these scams, so please do not ignore it and report any scams. Scammers on the phone use scare tactics and time sensitive matters to get you to fall for their traps. Celia gave us advice when it comes to talking to a scammer, if you happen to find yourself in that situation. To report a scam or find out more information, please visit their website.</p> <p><i>**KPRA’s local edition of Community Bridge did not air as scheduled on October 1, 2022, at 6:25 AM or October 15, 2022, due to technical issues.</i></p> |
| October 8** and 22, 2022 | Providing Services and Resources to California Veterans | <p><u>Host:</u> Charrie Slater <u>Guest:</u> Lieutenant Jeff Boyd, Corps Salvation Army (Chico, CA). www.salvationarmy.org <u>Description:</u> Jeff shared with us how the Salvation Army helps those in need. A lot of people don’t realize the Salvation Army helps veterans and provides services to them. Jeff shared about some of the ways they help veterans and shared a specific story about a local veteran they helped. Each Salvation Army offers services but they can vary, so make sure to look up your local Salvation Army website if you’d like more information.</p> <p><i>**KPRA’s local edition of Community Bridge did not air as scheduled on October 8, 2022, due to technical issues.</i></p> |
| October 29, 2022 | Ukiah Children Spreading the Gospel, Educating, and Providing Necessities to Global Children | <p><u>Host:</u> Charrie Slater <u>Guest:</u> Susan Noll, Area Coordinator, Operation Christmas Child, Lake and Mendocino Counties (Ukiah, CA). www.samaritanspurse.org/occ <u>Description:</u> Susan told us about the Greatest Journey program provided through the Samaritan’s Purse outreach, Operation Christmas Child. It is a 12-week journey that takes children</p> |

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| | | through the Gospel and teaches them how to evangelize others themselves. Operation Christmas Child does provide materials to educate and comfort kids, but most importantly, it provides the love of Jesus Christ. Susan shared a wonderful story about the amazing work of God through this organization. For more information on your local outreach in Ukiah, please visit their website. |
| December 3, 2022 | Providing Resources, Education, Housing, and Employment to California’s Needy | <u>Host:</u> Charrie Slater <u>Guest:</u> Ana Bankert, Director of Development, Volunteers of America, Northern California and Northern Nevada (Sacramento, CA). www.voa-ncnn.org <u>Description:</u> Church doesn’t always have walls. Ana told us about the ministry taking place at <i>Volunteers of America</i> . They have numerous services, including housing and shelter, senior programs, youth programs, recovery programs, employment services, etc. Ana told us a little success story about how their organization has truly impacted someone within the Sacramento community. You can help this impact by volunteering at your local Volunteers of America site. For more information, please visit their website. |
| December 10, 2022 | Providing Hope and Comfort to Grieving Californians | <u>Host:</u> Charrie Slater <u>Guest:</u> Terry Davis, GriefShare Leader, Shoreline Church (Monterey, CA). www.griefshare.org <u>Description:</u> Celebrating the holidays without your loved ones can feel like the weight of the world is on your shoulders. Terry shared about his own experience with grief and losing a loved one, as well as some advice as to how to cope this holiday season if you’re going through a difficult time without a loved one. Everyone grieves differently, but there are certain things to do and not to do to be as healthy as possible. There are different online seminars and events that GriefShare puts on this time of year. To become involved within your own local GriefShare program, please visit their website. |
| December 17, 2022 | Enhancing Road Safety for the California Public | <u>Host:</u> Charrie Slater <u>Guest:</u> Samantha Demelo, Public Information Officer, California Office of Traffic Safety (Sacramento, CA). www.ots.ca.gov <u>Description:</u> Drunk driving can be more common during the holiday season, leading to more accidents. Samantha spoke about |

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| | | impaired driving, how to identify and report it, and gave advice on how to stay safer on the road while traveling this season. She spoke about distracted driving and what that can look like. Samantha shared some general safety tips when it comes to road safety that apply to everyone. For more information or resources, please visit their website. |
| December 24 & 31,*** 2022 | *** | *** <i>KPRA's local edition of Community Bridge did not air as scheduled on December 24 & 31, 2022, due to special Family Radio Christmas programming.</i> |

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| October 1, 2022 | <p style="text-align: center;">Showing Care and Support for Your Pastor and Church Staff</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Brian Kluth, Spokesperson, Bless Your Pastor (Golden, CO). www.blessyourpastor.org <u>Description:</u> Those serving as pastors to care for the flock of Christ realize it is a high calling and one that comes with many demands: from church service preparations, to attending to the numerous spiritual needs of the congregation and special visits, to comforting those who have lost loved ones. In addition to this long list may be matters involving their own families! This reveals little wonder as to why many pastors are in crisis and need of our care. National research has revealed that many pastors face personal and financial challenges. An all-time high of 42% of pastors have seriously considered leaving fulltime ministry this past year and 90% of pastors are experiencing financial stress. Brian Kluth informed listeners that the <i>Bless Your Pastor</i> movement is for all churches across America, with information about where listeners can access free resources. He spoke about how the recent pandemic impacted the church and shared a story of how the Bless Your Pastor movement has encouraged pastors who would have otherwise left the pulpit.</p> |
| October 8, 2022 | <p style="text-align: center;">Inviting the Homeless Into our Hearts, Churches, and Communities</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Candace Gregory, President & CEO, Open Door Mission (Omaha, NE). www.opendoormission.org <u>Description:</u> Whether it is a man, woman, child or even a family that one sees holding up a sign on a street corner or when passing someone sleeping in an unhabitual location or similar situations – the image of homelessness can become fixed in our minds. Sadly, in today’s society, with low wages, high rents, joblessness, increasing inflation and other factors, homelessness is no longer what most people think of as an inner-city problem and can look different from one location to another. Candace Gregory talked about seeing people at the worst of times as they experience homelessness or go through the doors of a mission to get help, commenting that if you are having a bad day, just go to their website and read some of the heart-breaking stories of what some of those experiencing homelessness go through but also whose lives are transformed because of their mission center. She</p> |

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| | | also shared interesting facts and tips on how to help someone experiencing homelessness. |
| October 15, 2022 | <p style="text-align: center;">Walking with Christ During Times of Depression</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Paul Asay, Movie Reviewer, Author, Plugged In/Focus on the Family (Colorado Springs, CO). www.focusonthefamily.com <u>Description:</u> Millions of people in America suffering from depression know all too well how trapped they feel when struggling with depression. Their days are filled with emptiness, anxiety, shame, sadness, and a never-ending search for something to relieve the immense burden of hopelessness. Paul Asay and his family know this all too well, as he and his son have experienced depression. Paul explained what depression is, sharing information about depression that many people may not be aware of as well as about the unique challenges the individual and the family must deal with during these times. He also talked about viewing depression and suffering as gifts one can learn and grow stronger from and how God can provide hope and beauty when everything seems so bleak and hopeless.</p> |
| October 22, 2022 | <p style="text-align: center;">Keeping Vulnerable Youth Safe and Supported in Christ</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Rachel Karman, Director, Young Life One (San Diego, CA). www.younglifeone.org <u>Description:</u> After the recent pandemic when social distancing, social isolation and masks were the norm, economic hardships and hostile situations (violence, trafficking, substance abuse, etc.) rose to higher levels, leaving many homeless, including young children and young adults. Rachel Karman talked about her younger years, growing up in a Christian family and needing a good role model in her life to help her make wise decisions. She spoke about how the Bible gives us examples of how God can transform a young life, meeting the individual at one of the lowest times in their life and how individuals are able to turn their life around because someone has taken the time to show them the love of Jesus, giving them hope. Rachel also talked about her work and experience with Young Life One - in identifying, supporting and reaching out to vulnerable youth, whether they are homeless, incarcerated, or trafficked, gaining</p> |

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| | | <p>their trust, showing they genuinely care about helping them through the difficult time in their life.</p> |
| October 29, 2022 | <p style="text-align: center;">Hurricane Ian Response Update (25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guests:</u> Edward Graham, Vice President of Operations, and Jason Kimak, Senior Director of North American Ministries, Samaritan Purse, (Boone, NC). www.samaritanpurse.org <u>Description:</u> After Hurricane Ian devastated parts of Florida and other parts of the Southeast, relief efforts from local volunteers to major organizations have activated to help those who were unfortunately impacted by the storm. Edward Graham talked about how many of the elderly who are on fixed incomes, living in mobile homes, were affected by the hurricane. He talked about some of the big issues – getting water, power and housing – and how Samaritan’s Purse, along with volunteers, are trying to help the people in these communities. Jason Kimak had just returned from a second trip down to the response sites in Florida and gave listeners an update on the progress being made in that area and talked about the people who were impacted. He also shared practical ways listeners could join the efforts to assist with the relief, including ways for those who are unable to travel to Florida. Stories were told about the people too shocked to either come out of or go back to their homes and about how chaplains and volunteers are praying with these people, showing them there is hope through Jesus Christ.</p> |
| November 5, 2022 | <p style="text-align: center;">Bringing Gospel Hope to Vulnerable Children through Adoption (30-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Herbie Newell, President & Executive Director, Lifeline Children’s Services (Birmingham, AL). www.lifelinechild.org <u>Description:</u> As states across America consider abortion laws, part of the conversation has turned focus on supporting the countless children and parents whose lives could be saved or transformed by adoption. Every year, around 135,000 children are adopted in the United States and there are around 437,000 children who are in foster care on any given day. The process to adoption can be lengthy and costly, but Herbie Newell noted the rewards are priceless. He shared some facts about adoption of which people may not be aware, some common struggles, and/or concerns families may have when considering adopting a child, as well as the joys and benefits of adoption. At Lifeline</p> |

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| | | <p>Children’s Services, their vision is “...for vulnerable children and their communities to be transformed by the Gospel...” with a mission “...to equip the Body of Christ to manifest the Gospel to vulnerable children.” Herbie gave some practical ways churches and communities can help care for vulnerable children through adoption and foster care.</p> |
| November 12, 2022 | <p style="text-align: center;">Establishing Boundaries for Healthy Relationships and Individuals Wellness</p> <p style="text-align: center;">(30-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guests:</u> Lysa TerKeurst, Best-Selling Author and President, Proverbs 31 Ministries (Matthews, NC). www.proverbs31.org <u>Description:</u> Society sets boundaries for many different things – from stop signs to walls, traffic lanes and time to limits, to laws that keep us safe, just to name a few. Lysa TerKeurst talked about why it is also important to have relationship boundaries and how it relates to a person’s emotional well-being and their general health and welfare. Lysa gave clarity to what is healthy and what is not healthy inside a personal relationship and how this extends out to other relationships, the community, city, and eventually to the nation. She helped listeners understand signs that individuals may need to implement boundaries in their own lives and what the potential consequences are of not setting boundaries in our lives and relationships. She also stated that she believes we are in the middle of a mental health crisis, as many people are not willing to accept the reality that some relationships need healthier boundaries, along with clear communication. Lysa talked about how we can love others without losing the best of who we are.</p> |
| November 19, 2022 | <p style="text-align: center;">Celebrating the Dignity, Impact, and Sacrifice of Birthmothers in Adoption</p> <p style="text-align: center;">(30-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Paul Batura, Vice President of Communications, Focus on the Family (Colorado Springs, CO). www.focusonthefamily.com <u>Description:</u> Seeing the gratitude and joy on the faces of new adoptive parents can sometimes overshadow the feelings of guilt and immense sadness for the birthmother: one situation, completely different circumstances, opposite emotions. In a post-Roe era, Paul Batura shared why it is important for Christians to emphasize and celebrate the dignity, impact, and sacrifice of birthmothers in adoption. He talked about some of the situations with which birthmothers are faced that may lead to</p> |

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| | | consideration of adoption for her child, touching on stories and offering examples of how precious children – both born and those in the womb – are in God’s sight. Paul also gave some practical ways people can celebrate the strength, courage and selflessness of birthmothers, as well as how the church can support birthmothers who have chosen life for their children. |
| November 26, 2022 | <p style="text-align: center;">Building Strong, Fulfilling, and Transformational Work Teams</p> <p style="text-align: center;">(30-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Rusty Chadwick, Director, WinShape Teams (Mt. Berry, GA). www.teams.winshape.org <u>Description:</u> Go anywhere in the United States and you will no doubt see, hear or read of businesses announcing they are hiring. Even with high unemployment rates, growing inflation and economic woes, businesses are struggling to find enough people to hire, schools are desperately trying to fill vacant teaching positions, and restaurants are asking patrons to have patience because they are short-staffed. With millions of people in need of a job, many wonder why workers cannot be found to fill the empty positions. As of December 2021, the U.S. Department of Labor Statistics revealed there were 11 million job openings and almost 6.9 million unemployed. Rusty Chadwick shared a couple of the reasons why jobs are left unfilled, including a lack of purposeful work and fulfilling work environments. He mentioned people are looking for a place where there is a purpose for what they are doing, while being fulfilled in the process. These are some of the things that people are drawn to when looking for work. He talked about how God created people to work; the work, however, needs to be honoring to God. How we do our work is more significant than the actual work we are doing - which says a lot about our character. Healthy teams, as he shared, are when purposes are accomplished and people are fulfilled.</p> |
| December 3, 2022 | <p style="text-align: center;">Food Insecurity and Economic Concerns Can Further Impact the Food Insecure</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Gary LeBlanc, Founder & CEO, Mercy Chefs (Portsmouth, VA). www.mercychefs.com <u>Description:</u> With the current state of the economy, many people here in America are experiencing food insecurity. These are individuals who may lack consistent access to food or who may not be able to afford food. Through Mercy Chefs, Gary</p> |

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| | | <p>LeBlanc and his organization have served over 20 million meals- from backyards to disaster zones across the country and areas around the world to people suffering from food insecurity. He has seen first-hand the incredible difference a hot meal can make and how shared what took place in his life when he felt called to just “go feed people.” Gary shared some interesting stories about sharing the Gospel over a shared meal; he even encouraged the single mom listening with little food to reach out to a local church.</p> |
| December 10, 2022 | <p style="text-align: center;">How Your Faith this Christmas Season Brings Hope to Your Community</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Robert Morgan, Author, Speaker, and Bible Teacher Robert J. Morgan Ministries (Nashville, TN). www.robertjmorgan.com <u>Description:</u> Christmas has long been a cherished time of the year, filled with festivities of the holiday season. Sadly, over the years, celebrating the birth of Jesus, our Lord and Savior, candlelight services at church, and spending time with family have been replaced with gift giving, busyness, and focusing on fictional characters...leaving many people wondering what Christmas is even about anymore. In years past, churches throughout America were generally filled with people attending Christmas services. In recent years, the number of people attending church continues to decline. Surprisingly, this decline includes church services celebrating Christmas. Robert Morgan spoke about the importance of singing hymns in church, how it is a form of worship that draws us closer to God and hymns can be a source of comfort and encouragement. Robert shared the history of some hymns, clarified the meaning of lyrics and how hymns (the lyrics) can help people with scripture memorization.</p> |
| December 17, 2022 | <p style="text-align: center;">Building Lasting Friendships Filled with Depth and Intentionality</p> <p style="text-align: center;">(25-minute program)</p> | <p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Lisa Anderson, Director and Host, Boundless Show, Focus on the Family (Colorado Springs, CO). www.focusonthefamily.com <u>Description:</u> Making friends at any age can be hard. True, genuine friendships can even be harder to come by. A recent survey found that nearly 58% of people in America feel lonely and without good community. Prior to the pandemic, America was facing mental health challenges and this issue continues to</p> |

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| | | <p>be problematic throughout the country which can often complicate building friendships. Lisa Anderson talked about the connection between loneliness and the ability for people to build friendships and why people who struggle with loneliness. She shared how the Bible can offer us an example of how God can help fill the void. Also in the discussion, Lisa talked about the importance of friendships and how God has designed us to live in intentional, personal community with one another.</p> |
| December 24, 2022* | * | * <i>Community Bridge</i> was pre-empted by special Christmas programming. |
| December 31, 2022* | * | * <i>Community Bridge</i> was pre-empted by special Christmas programming. |

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“FAMILY NEWS TODAY” with Jason Frentsos
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| October 3, 2022 | Drug Treatment for Former Addicts | It took many twists and turns for Megan Cohen to find the grace she needed to bring her life back from the brink. As a former addict who had been in over 70 treatment centers, Megan says it was the kindness of strangers on the street that inspired her to start the <i>Grace Project</i> ... a non-profit that gives back to struggling addicts. Every Thursday night, friends and family join her to distribute food, jackets, and toiletries in addition to sweeping the littered streets. Megan hopes that the project will evolve into a resource to support entire families who struggle with similar circumstances. |
| October 5, 2022 | Bring Your Bible to School Day | Students across the nation are gearing up to share their faith and celebrate religious freedom this week during <i>Bring Your Bible to School Day</i> . The annual event, sponsored by Focus on the Family, encourages young students to boldly live out their faith. Last year, more than 500,000 students participated and were a part of shining God's light in their schools. Many parents even posted pictures of their children with their Bibles on social media using the hashtag #BringYourBible. |
| October 6, 2022 | Mentorship | Now we all need a mentor to walk with us through life and mentorship can especially help young adults learn and grow as they transition into adulthood. One Florida non-profit is helping some of these teens who are serving time in juvenile detention centers. <i>Verb Kind</i> was inspired by a small group of volunteers who would spend time with the kids in the Orlando Juvenile Detention Center once a week. The program has now expanded across the state of Florida as they work with incarcerated youth to show them love, attention, and the possibility of breaking the cycle. |
| October 7, 2022 | Water Safety | Whether you're planning your next family vacation or heading out on the water this weekend, it's important for both kids and adults to know the basics of water safety. The <i>Sea Tow Foundation</i> provides boat safety tips, as well as free life jackets to boaters across the country. What began in 2008 as a single life jacket loaner booth for boaters has now turned into the world's largest life jacket giveaway. Since then, they've loaned out more than 90,000 life jackets to local businesses and organizations. |
| October 10, 2022 | Restoring Dignity to the Homeless | Imagine that you and your family are homeless... and after months or years of waiting, you finally get a home. But on your first day, you turn the key, open the door ... and realize you don't have so much as a bed to sleep in or a couch to sit on. Well, this is where <i>Digs with Dignity</i> |

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| | | steps in. Co-founder Kim Haney says their mission is to help people transitioning out of homelessness following a job loss or any other cause. In just a few hours, Digs with Dignity can transform a barren space into a family home. |
| October 12, 2022 | Sharing Musical Gifts with Seniors | An Illinois man has discovered his musical gifts carry a healing power beyond anything he could have imagined. For the last few months, Ryan Carney has carried his cello into numerous senior care facilities to play for the residents. It’s an act of kindness inspired by his late father who battled terminal brain cancer. Drawing on his musical background, he began playing at senior care homes in hopes that the music would also touch others with cognitive decline. |
| October 13, 2022 | Buddy Benches | It can be difficult for young children to make friends at school, which may lead to loneliness and isolation. However, one Indiana third grader is making a difference for those feeling alone. While most kids are heading off to play with friends, “Zachary” got to work figuring out what he needed to do to get a buddy bench for his school. When kids sit on a buddy bench, it signals to their classmates and teacher they’re feeling alone or have no one with which to play. The company which creates the benches told Zach it needed 250 pounds of small plastic lids and tops to be melted down and made into the bench. |
| October 17, 2022 | Free Lunch for Healthcare Heroes | He’s an office clerk by day, but during his lunch breaks, Patrick Rhodes is a hero who helps other heroes! Patrick created the <i>Lunch for Healthcare Heroes</i> campaign in April 2020 when he personally paid for and delivered more than 600 pizzas and sandwiches to hospitals in the Tampa, Florida, area. Last year, Pat partnered with the <i>Inspire Foundation</i> , breaking his own goal of delivering 2,021 more free meals to community heroes. He's even expanded his operation to include free school supplies for teachers. And yes, this year he plans to top it all with more free meals! |
| October 19, 2022 | Helping Incarcerated Youth | A North Carolina man is using his trade skills to give back to the community by helping people turn mistakes into opportunities. For the last 15 years, David Moore has been mentoring the incarcerated and at-risk youth in his auto body shop. He founded <i>Southside Rides Foundation</i> to help people, who because of their past, have few other options. Moore said, “Growth starts with being brave enough to try on your own...just go out there and see what you can do!” Local dealerships have hired over 200 people who went through his program and around 30 have opened their own businesses. |

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| October 21, 2022 | Clean Clothes for the Homeless | A group of “angels” are taking their fight to the streets to help the South Carolina homeless with a mobile trailer. Recently, the non-profit, <i>Jean’s Angels</i> , unveiled their new laundry truck. It has four washer and dryer units and will be brought to spots where the area’s homeless are known to gather, giving folks in need a chance to clean their clothes. (Clothes may have been donated.) |
| October 24, 2022 | Childhood Cancer Awareness | So, just how far would you walk for your child? A young dad just completed a 1,200-mile trek from Maine to North Carolina over the course of 45 days – and he did it BAREFOOT! Army Major Chris Brannigan’s walk was part of an effort to raise money and awareness for a rare genetic disease that his 9-year-old daughter “Hasti” has been diagnosed. He and his wife also operate the charity – <i>Hope for Hasti</i> . Brannigan’s feet are badly blistered and callused and he suffers some nerve damage, but he said it was all worth it to educate people about the Cornelia de Lange Syndrome. The barefoot walk raised \$125,000. |
| October 27, 2022 | Supporting the Families of U.S. Soldiers | For kids, having a parent in the military who’s deployed can be hard. One project, called <i>Hearts and Heroes</i> , is aiming to make things a little easier on them. Hearts and Heroes creates dolls that resemble children’s loved ones, so kids can spend time with them, even if they’re not physically together. Hearts and Heroes also creates dolls for police officers, firemen, doctors, and others whose professions involve long nights and time away from families. Whenever a child loses a parent in the line of duty, Hearts and Heroes sends the family a custom doll with the name and badge or rank that resembles the person who died. |
| October 28, 2022 | Rescuing Pets Post Hurricane Ian | A rescue mission dubbed <i>Operation Noah’s Ark</i> was launched earlier this week to cage and ferry hundreds of birds off Pine Island in Florida after it was hit hard by Hurricane Ian. Even though authorities have pleased with residents to leave the island, Will Peratino and Lauren Stepp did not want to leave and abandon their 275 parrots at the Malama Manu Sanctuary. |
| November 1, 2022 | Repairing Homes for People in Need | Veterans in St. Louis, Missouri, recently received free home repairs from a group of volunteers, who say it’s their way of saying “thank you” to those who served the country. <i>Rebuilding Together</i> , which helps repair homes for people in need, teamed up with the Home Depot Foundation, to repair veteran Kenneth Young’s home in St. Louis, putting down new floors and painting walls. Elain Powers, of Rebuilding Together St. Louis, said there was yardwork and cleanup involved and they also worked on railings for the home front steps. |

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| November 3, 2022 | Overseas Bible Distribution | A Texas-based Christian ministry just delivered its largest donation of Bibles to Macedonia, where many lack access to the Word of God! North Macedonia's government allowed the Eastern European Missions (EEM) to donate over 225,000 children's Bibles after hearing about the organization's previous work, including the delivery of 650,000 Bibles in Croatia last year. After EEM delivered the Bibles, Macedonia's Department of Religious Relations distributed them to churches and individuals. |
| November 4, 2022 | Hair Loss in Cancer Patients | Now if you know what's it's like to deal with hair loss, imagine how it must feel for children battling cancer! Well, one Louisiana business owner is helping solve that problem by giving free wigs to children who are suffering with health-related hair loss. Tiffani Calix opened her wig shop after she herself was dealing with hair loss following the birth of her baby. She sold all types of wigs and accessories for adults but carried nothing for kids! Finally, Tiffany decided she couldn't keep turning away young people in need. |
| November 7, 2022 | Beauty Concierge for Women with Terminal Illness | There's no doubt that looking good helps you feel good, and that's why a volunteer nonprofit called <i>Simply from The Heart</i> is giving the gift of "beautiful" to women battling terminal illness. Jackelyn Kastanis was inspired to start the organization when she found out her childhood best friend had cancer. |
| November 10, 2022 | Tree Planting | A 23-year-old Canadian man from Quebec has broken a Guinness World Recording, planting more than 23 THOUSAND trees in 24 hours! Guinness confirmed that Antoine Moses planted 23,060 trees in just one day. When you do the math, that's one tree every 3.5 seconds... or 16 trees a minute! An amateur athlete, running multiple marathons and training for an upcoming Ironman, Antoine says he approaches the tree planting like a sport. |
| November 11, 2022 | Creating Fresh Hiring Opportunities | A brownie bakery outside New York City is creating sweet new hiring opportunities for all who have a passion for work! For the past four decades, Greyston Bakery in Yonkers, NY, has implemented a policy called "open hiring," which simply requires applicants to want to work -- no other questions asked. The bakery, which produces 12 million pounds of brownies a year, wants all the help it can get. Employees say the open hire policy builds trust and drives ambition. |
| November 15, 2022 | Bringing Attention to God's Creation | Some people go to incredible lengths to bring attention to God's creation. Well, a British endurance swimmer recently became the first person to swim across the Red Sea, hoping to shine a spotlight on its |

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| | | gorgeous coral reefs! Lewis Pugh spent a total of 16 days in the shark-infested waters, dodging oil tankers and battling dehydration. In total, he covered a distance of roughly 76 miles from October 11-26, 2022, swimming between 3 and 7 miles each day. The purpose of the swim was to highlight the coral reefs, which are abundant in the Red Sea's waters. He says the coral and wildlife there have grown accustomed to the high-water temperatures over the years, making it home to some of the most resistant coral in the world. |
| November 17, 2022 | Police Officer Kindness | A police officer in Georgia went above and beyond the call of duty to help a woman who needed to get to work. The woman was recently the victim of a robbery and had all of her credit cards and money stolen! She was trying to pump gas in her car with a pre-paid debit card, but the transaction was declined. Officer Harrison of McDonough Police Department noticed the woman, now visibly frustrated, struggling at the pump... and so he walked over to help! The woman explained to him that her car was completely empty out of gas and she didn't know how she'd get to work. She told the officer that she was going to have to leave her car at the gas station and walk to her job in the rain. That's when Officer Harrison took out his own credit card and paid for the woman's entire tank of gas so she could get to work. |
| November 21, 2022 | Giving Former Inmates a Second Chance | After spending 10 years in prison, a former inmate is helping others find freedom through fitness! After being released for the crime of drug trafficking, Hector Guadalupe had trouble finding a job on the outside because of his past. But thanks to his passion for fitness, he eventually prevailed making name for himself in the New York fitness scene... now, he devotes much of his time helping others do the same. His non-profit, <i>A Second U Foundation</i> , helps formerly incarcerated men and women get certified as personal trainers and build careers in the fitness industry. |
| November 23, 2022 | Kindness to Strangers | A man in San Francisco has the goal of completing 30 acts of kindness before his 30th birthday. Bryan Tsiliacos was nervous about turning 30 in 2023. One day he decided to write down all the things he was grateful for in his life. He said, "And at that moment, I realized that every wonderful thing that has happened to me was thanks to the support and generosity of others." That's how <i>30 Acts of Kindness by 30</i> all started. So far, Bryan has donated hundreds of supply kits to middle schools, whipped up desserts for firefighters and packaged care |

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| | | boxes for local animal shelter workers. Around \$12,000 of supplies were donated by 18 sponsors from across the country. |
| November 24, 2022 | Young Student Saves Classmate from Choking | A 9-year-old in Wisconsin is being called a hero after she saved the life of a classmate who was choking. During lunchtime at Madison Elementary School, “Essie,” a fourth grader, noticed one of her classmates was in trouble. She said, “I just saw that she was holding her neck, and I rushed up there as fast as I could.” Essie wrapped her arms around the student and began performing the Heimlich Maneuver. Her classmate's airway was cleared and within seconds the girl was breathing fine. Essie said that she learned the technique two years earlier from a YouTube video, when she was 7 years old, and that the lesson stayed with her. |
| December 1, 2022 | Overcoming Physical Disabilities | A father-son duo is overcoming the odds and redefining what it means to be champions. Twenty-eight-year-old Johnny Agar has cerebral palsy and so his father Jeff takes on triathlons for two people, totaling 400 pounds with their equipment. When Jeff swims, he pulls Johnny. When Jeff runs, he pushes Johnny. And when Jeff bikes, he hauls his son. Jeff, who isn't even a fan of triathlons said, “This is Johnny's dream and I'm giving him the legs and the power to do it. I think we're just trying to show him: you can't let obstacles stand in your way.” Together, Johnny and Jeff have completed more than 200 races across nine states over the past 14 years. |
| December 7, 2022 | Fighting Hunger | One non-profit is making sure no food goes to waste this Christmas! Leah Lizarondo launched <i>The Good Food Project</i> in 2015 to redirect food headed for the landfill back into household kitchens as healthy, heat-and-eat meals. All of the food is perfectly good to eat, but due to aesthetic standards and expiration dates, it can no longer be sold! Leah created an app that gives volunteers pick-up locations and delivery destinations, so they can jump in their car and close the gap between the food surplus and those who need it. The app, <i>Food Rescue Hero</i> , is now used by a growing team of 25,000 volunteer drivers in 15 cities. |
| December 5, 2022 | Giving the Gift of Mobility | A group of Florida retirees are volunteering their time to give the gift of mobility to the world. At Penney Retirement Community, volunteers spend hours a day building hand-powered carts known as personal energy transportation carts or PETS. So far, the volunteers have built 13,000 of them! PETS have been delivered to 106 countries. Ninety-five-year-old Sid Roy has been a volunteer since the beginning. He says the support the vehicles give others is priceless. “Now they can |

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| | | support themselves. They can start their own business, they can get married, have children, and support their families. It just gives a new lease on life.” |
| December 9, 2022 | Toys for Needy Children | A brother and sister from Ohio are spreading the joy of Christmas by donating tens of thousands of toys to sick children! “Tyler” and “Monica” have donated nearly 50,000 toys to one of the largest pediatric hospitals in the country through their annual holiday toy drive. This year, the siblings are hoping to bring another 11,500 toys for the children at Nationwide Children’s Hospital in Columbus, Ohio. the toys are packed in a U-Haul vehicle and various cars and taken directly to the children. |
| December 12, 2022 | Returning Lost Cash to Rightful Owner | A few Home Depot employees in Nashville, TN, found an envelope full of cash and decided to do the right thing, tracking down the rightful owner using social media. Adam Adkisson said it was a typical day at work until he noticed an envelope on the ground in Aisle 22. At first, he thought it was empty, but after taking a closer look, he saw it was filled with money. There was \$700 in cash to be exact! So, he handed it over to his manager, Alissa, who turned to social media! A man named Mark was able to confirm it belonged to his business partner by describing the appearance of the envelope and the details written on the back. The owner said he was grateful because he planned to use the money to buy his little ones a Christmas gift. |
| December 14, 2022 | Kentucky Disaster Relief | Thousands of people are picking up the pieces after devastating tornadoes ripped across the Midwest and South last week. But on the ground, we see neighbors helping neighbors! Several relief organizations have jumped into action! In Illinois, the Midwest Food Bank and Salvation Army brought food and supplies across border lines to the Kentucky tornado survivors. The Ohio Task Force One deployed a team to the Bluegrass State, helping gather essential items to the areas hit hardest by the storms. Operation BBQ Relief, a nonprofit that serves barbecue to disaster victims, is opening up a mobile kitchen to provide up to 25,000 meals per day! |

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| December 15, 2022 | Bibles for Athletes | The Fellowship of Christian Athletes (FCA) reports that the group distributed nearly 200,000 Bibles to student-athletes in 2022. Since its launch 68 years ago, the FCA has given out three million Bibles with the "commitment to utilize Scripture." CEO Shane Williamson said, "We are committed to God's Word and Biblical truth, and we continue to be amazed at what God is doing to get His Word into the hands of coaches and athletes around the world." The FCA's mission is to lead every coach and athlete into a growing relationship with Jesus Christ and His Church. |
| December 16, 2022 | Giving Back Christmas for 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. Fifteen years ago, Mark Abbott was registered homeless. He said, "Because of that experience, I realized how important it is to have a home to which you can go. For that reason, I decided to use the light display to raise money for St Martin's homeless charity." Mark is hoping the winter wonderland will raise funds for the charity which offers emergency residential care to sofa surfers and those at risk of becoming homeless. |
| December 19, 2022 | Young Siblings Support Local Charities | A family in Georgia has found a creative way to brighten Christmas for many while helping others all year long. "Caroline" and "Harrison" started thinking about Christmas long before any of their friends did. Not for what they'll get, but what they'll give. The brother and sister share their art skills each fall when Harrison designs a Christmas card and Caroline draws a gift tag. Their parents get thousands of them printed to sell and the money goes to a local charity. "When I draw the cards, I know they'll be for a good cause," Harrison said, "It's also enjoyable to draw them." The kids help pick the charity that gets the money. Harrison's donating to <i>Open Hearts Community Mission</i> for the second year in a row. Caroline's helping fund dance studio scholarships for kids from the <i>Boys and Girls Club</i> . Both say the idea of using their talents to help others makes Christmas even better. |
| December 21, 2022 | 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. Last Wednesday, Turquoise Parker, the teacher behind the "foodraiser," was in the gym at Lakewood Elementary filling up paper bags with bread, macaroni and cheese, beans, and other |

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| | | groceries. She was able to collect enough groceries to feed all students from 12 different school districts through the holiday break. |
| December 23, 2022 | Giving Christmas to Needy Families | Well, a Christmas giveaway in Syracuse, NY, is spreading goodwill and cheer to over 2,000 families in need! Thousands of volunteers wearing Christmas sweaters and reindeer antlers swarmed the On Center stadium for the Salvation Army’s annual Christmas giveaway. Families got to select toys for their children and food boxes to bring home for a complete Christmas dinner. Around 2,100 families registered to for the event and around 20,000 donations were received. “We came to spread the cheer the best we can,” one volunteer said. “If we can help others be their best, we can be our best.” |