

KPRA - 89.5 FM - Ukiah, CA
Issues/Program List
“COMMUNITY BRIDGE”
A 5-Minute Program Heard Saturdays*
at 6:25 AM, 4:00 PM, and 6:55 PM
October - December, 2019

DATE	ISSUE	GUEST AND DESCRIPTION
October 5, 12, 19 & 26, 2019	Spreading the Gospel with tangible gifts to children across the world	<p><u>Host:</u> Charrie Slater</p> <p><u>Guest:</u> Susan Noll, Area Coordinator for Lake and Mendocino County, Operation Christmas Child, Ukiah, CA. www.samaritanspurse.org</p> <p><u>Description:</u> Susan spoke about what Samaritan’s Purse is and the many outreaches they have as an organization, with their main goal being to spread the Gospel. She told us about their project, Operation Christmas Child and how people can fill a shoebox full of toys, school supplies, clothing, etc. to give to underprivileged children. Susan told us about the time frame we have until we need to turn in our shoeboxes. For further information, you can visit their website.</p>
November 2, 9, 16 & 23, 2019	Spreading the Gospel with tangible gifts to children across the world	<p><u>Host:</u> Charrie Slater</p> <p><u>Guest:</u> Susan Noll, Area Coordinator for Lake and Mendocino County, Operation Christmas Child, Ukiah, CA. www.samaritanspurse.org</p> <p><u>Description:</u> Susan told us what we should pack inside of the shoebox we wish to donate. She told us to include school supplies, hygiene items, and toys. We should also include a picture and a note telling the child a little bit about yourself. She also told us about the items we should avoid packing, including toothpaste, foods, liquids, and war-related toys. Susan told us how we can find our local drop off site through their website.</p>
December 28, 2019	Spreading the Gospel with tangible gifts to children across the world	<p><u>Host:</u> Charrie Slater</p> <p><u>Guest:</u> Susan Noll, Area Coordinator for Lake and Mendocino County, Operation Christmas Child, Ukiah, CA. www.samaritanspurse.org</p> <p><u>Description:</u> After a quick recap of what Operation Christmas Child is, Susan told us a story about a child who was completely impacted through the program and came to faith in Jesus Christ. Something that seems simple to us—such as a baby doll, toothbrush, or soccer ball—can mean the world to someone else. She also told us how else we can all become involved in other ways besides packing shoeboxes. For further information, please visit the website.</p>

*November 29th through December 25th, 2019, KPRA’s local edition of *Community Bridge* was pre-empted by special Family Radio Christmas programming.

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October 5, 2019	Hearing Loss, Treatment, & Prevention (25-minute program)	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Dr. Stephen Boyce, MD, Otolaryngologist, Raleigh Capitol Ear, Nose, Throat and Member of the Christian Medical and Dental Association (Raleigh, NC). www.raleighcapitolent.com</p> <p><u>Description:</u> Hearing is one of our five (5) senses and is something people automatically ‘do’ every second of every day, all day long. But, unfortunately, millions of people are said to have hearing loss. Hearing loss can be present in any age group and there are different degrees of hearing loss – normal, mild, moderate, severe, and profound. Dr. Boyce informed listeners that 20% of all Americans have some degree of hearing loss—with the greatest amount of loss occurring in individuals between the ages of 60-69 years old. He shared what causes hearing loss, treatments, and recommendations on how to reduce the risk. He also encouraged listeners to be mindful of getting their hearing tested on a regular basis.</p>
October 12, 2019	Sharing the Miracle & Gift of Christmas with the Lost & Needy (25-minute program)	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Bill Pfister, Samaritan’s Purse Senior Regional Director for the Americas and Caribbean, Operation Christmas Child (Boone, NC). www.samaritanspurse.org/occ</p> <p><u>Description:</u> The mission of Operation Christmas Child is to demonstrate God’s love by using a shoebox (filled with gifts) to show God’s love in a tangible way, and with the assistance of the local church, share the Good News of Jesus Christ to children of need around the world. The shoebox connects people and brings hope to others. For many children, the gift is transformational to their lives. The shoeboxes often times will start with a “wow” item such as a stuffed animal, soccer ball with pump, or clothing outfit that will capture the child’s attention the instant he or she opens the box. Other items may include a fun toy, hygiene items, and school supplies.</p>
October 19, 2019	Importance of Men & Fathers to the Family (25-minute program)	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Layton Howerton, Pastor & Founder of Rem-Fire Project and Tin Cup Ministries (Whitefish, MT). www.thetincup.org</p> <p><u>Description:</u> Time constraints and family responsibilities are just two (2) of the factors in today’s culture that are pulling men away from the church. The Rem-Fire Project’s purpose is as a</p>

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		men's ministry dedicated to reigniting the remnant of the "lost tribe of unchurched and de-churched men in America to the Glory of God." Layton spoke about how this impacts and influences individuals, families and even communities. Layton encouraged listeners to get back under the umbrella of God's grace so they can walk in the protection, peace, and all the good things that God offers— and to stay away from the things of this world that are destroying lives and family. He also emphasized to listeners to reignite their flame (for God) by using the gifts God has given each of them for the kingdom of God, not missing those 'once-in-a-lifetime opportunities.'
October 26, 2019	Voting Values at the Ballot Box Matters (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> David Barton, Founder, WallBuilders (Aledo, TX). www.wallbuilders.com <u>Description:</u> WallBuilders is an organization dedicated to presenting America's forgotten history and heroes, with an emphasis on the moral, religious, and constitutional foundation on which America was built. David Barton shared how America was founded in 1776 on fundamental rights that have withstood the test of time – such as liberty, free speech, freedom of religion, due process of law, and freedom of assembly. He informed listeners about the cultural shift taking place throughout our nation that may undermine some of these rights and why it is critical for Christians to exercise their right to vote at the ballot box. David explained out of 72% of Americans professing to be Christians, 2 out of the 3 are registered to vote and only 1 out of 3 actually vote. He also encouraged listeners to educate themselves on what the Bible says about issues, to support Biblical standards, and recognize the religious freedoms in our government.
November 2, 2019	Generosity to the Poor & Oppressed; The Blessing of Being Chosen (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guests:</u> Michael Chitwood, Executive Director of Church, World Vision (Federal Way, WA). www.worldvision.org <u>Description:</u> World Vision has a mission to follow our Lord and Savior Jesus Christ in working with the poor and oppressed to promote human transformation, seek justice, and bear witness to the Good News of the Kingdom of God. Michael Chitwood talked about how individuals thousands of miles apart from one

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		another are connected through a picture of a child – and now child sponsor - that immediately connects the two and leads to child sponsorship and many new opportunities for both. He talked about how their new process works to have children choose a sponsor's photo (rather than the other way around), and the impact it has had on individuals who have participated. He also informed listeners that if American Christians would give just 1% more of their incomes, we could eradicate poverty in our lifetime.
November 9, 2019	Building Strong Family Relationships Promotes Peace (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Kari Trent-Stageberg, CEO & Speaker, StrongFamilies, Scottsdale, AZ. www.strongfamilies.com <u>Description:</u> Kari Trent-Stageberg talked about how StrongFamilies is committed to helping people build the lives and relationships they want, starting with knowing Christ in such a way to be truly set free to love self and others well. She explained the four (4) different personalities people have (the Lion, Otter, Golden Retriever, and Beaver) —all of which are found within every family— and how to better understand them. With the upcoming holidays, she shared a personal story of how she dealt with a conflict and struggle within her own family. She encouraged listeners to love their families. To really create lasting change in relationships, start with small things and do those things consistently.
November 16, 2019	Healthcare Options from a Biblical Perspective (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Lauren Gajdek, Vice President of Communications and Media, Christian Health Ministries, Barberton, OH. www.chministries.org <u>Description:</u> Lauren Gajdek explained what healthcare sharing is, how it works, and how Christian Healthcare Ministries differs from traditional types of health insurance. She also highlighted some of the benefits of participating in this type of healthcare proposal and plans offered for a catastrophic illness or injury.
November 23, 2019	Support for Adoptive Families in the U.S. (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Steve Biondo, President, Tim Tebow Foundation, Jacksonville, FL. www.timtebowfoundation.org <u>Description:</u> The Tim Tebow Foundation's mission is to bring faith, hope, and love to those needing a brighter day in their

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		darkest hour of need. Steve talked about how adoption can positively impact and influence the household, communities, and society and gave suggestions on how Christian communities can support U.S. families seeking adoption. He also shared a story on how the Foundation got started and how adoption is critical in that we are all image bearers of God, our Creator, and that the Bible clearly shows God's love for orphans by placing them in families.
November 30, 2019	*	* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 7, 2019	*	* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 14, 2019	*	* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 21, 2019	*	* <i>Community Bridge</i> was pre-empted by special Christmas programming.
December 28, 2019	Visual Storytelling Aids in Understanding the Bible. (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Mike McDonald, Director of Strategic Relationships, The Bible Project, Portland, OR. www.thebibleproject.com <u>Description:</u> The Bible is one unified story that leads to Jesus Christ. It was written over a 1500-year span, over forty (40) generations, by over forty (40) authors who were inspired by God from many walks of life, in different places (three (3) continents), times, moods, and in three (3) languages. It is very complex; it's complicated, hard to understand, and reading it can be a daunting task. The Bible Project offers free visual learning videos to supplement Biblical teachings and helps individuals navigate through it to bring better understanding of the Word of God. Mike also shared that spending time in the Bible reminds us of who we are and what our role is as a beloved child of God.

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October 1, 2019	Bullying & Homelessness	<u>Host:</u> Jason Frentsos <u>Description:</u> Three years ago, “Kyler” ended up in an emergency room after several middle-school classmates bullied him about his worn-out shoes. About a week after the incident, realizing that other students were probably bullied for similar reasons, Kyler decided to put a shoe donation box outside his family’s apartment. He then received permission from several stores in Colorado Springs to put out large cardboard boxes to collect shoes from customers. Kyler’s Kicks, as it’s now called, has since collected and given out more than 25,000 pairs of shoes — mostly to at-risk children, teenagers and homeless people.
October 2, 2019	Honoring America’s Veterans	<u>Host:</u> Jason Frentsos <u>Description:</u> Thousands of people turned out Tuesday to pay their respects to a deceased Army veteran who had no living family to attend his funeral. Some 4,000 people attended the veteran’s funeral at Sarasota National Cemetery, where he was buried with military honors. Originally only two people were to be there, but that quickly changed when the funeral director sent out a message on social media inviting the entire veteran community from across the state. One veteran in attendance said, “It’s what we do. It’s what these veterans deserve. It’s what this veteran deserves.”
October 3, 2019	Hurricane Dorian Relief Efforts	<u>Host:</u> Jason Frentsos <u>Description:</u> For years, visitors at the Siesta Oyster Bar in Sarasota, Florida, have been stapling dollars bills to every square inch of the neighborhood restaurant. Once famous for the monetary décor, now it’s becoming famous for taking the décor all down! Last month, employees began removing the bills in order to donate the money to the parts of the Bahamas devastated by Hurricane Dorian. So far, they’ve collected about \$15,000. Staff have worked through all of September to gently remove the bills from the walls and columns; it will likely take until mid-October to pull the rest!
October 4, 2019	Early Cancer Detection	<u>Host:</u> Jason Frentsos <u>Description:</u> Detecting cancer early on can make all the difference in treating the disease. That’s why a new cancer-detecting blood test has already made waves in the medical community. Researchers with the Dana-Farber Cancer Institute in Boston say trial runs of their new test have illustrated its ability to screen

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		patients for over 20 types of cancer with a high degree of accuracy. According to the research team, the test’s specificity, or ability to only display a “positive” result in patients who do in fact have cancer, is very high.
October 7, 2019	Educating Prisoners in the Culinary Arts	<u>Host:</u> Jason Frentsos <u>Description:</u> When an Italian chef isn’t operating his high-end gourmet restaurant, he’s busy training future chefs at the Cook County Jail in Chicago. It’s called Recipe for Change, where cutting skills are paired with life skills. Artisan pizza is made by inmates who are under close watch as they use chef’s knives chained to the table. The chef says, <i>“God gave me this responsibility – he called me eight years ago and I’m answering the call. My goal is to change something in the prison system. I’m here to bring love.”</i>
October 8, 2019	Animal Displacement following Hurricane Dorian	<u>Host:</u> Jason Frentsos <u>Description:</u> Animal rescuers in the Bahamas are calling a dog, “Miracle,” and for good reason. The Big Dog Ranch Rescue out of Palm Beach County, Florida, successfully used a drone last week to rescue a dog trapped under a building in the Bahamas one month after Hurricane Dorian devastated the Bahamas... after being found under an air conditioner, it was immediately rushed to the rescue for life saving treatment. Miracle is the 138th dog saved by Big Dog Ranch Rescue in the Bahamas.
October 9, 2019	Debt Relief for the Impoverished	<u>Host:</u> Jason Frentsos <u>Description:</u> One man is doing all he can to help students in his community by raising thousands of dollars to pay off school lunch debt for high school students. A former marine and father of three created a fundraiser on Facebook with the initial goal of collecting \$1,000 towards the negative lunch account balances at a local high school. He has raised more than \$7500 since the campaign began on Wednesday, saying, <i>Children should not be worried about their account balances, they just need to focus on school and getting food to feed their growing minds and bodies.”</i>
October 11, 2019	Christian Solidarity on the Playing Field	<u>Host:</u> Jason Frentsos <u>Description:</u> This week, more than 250,000 students across the nation joined together on football fields as part of a faith-filled initiative by the Fellowship of Christian Athletes (FCA),

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		encouraging their classmates to pray, read their Bibles, and commit their lives to Christ. Fields of Faith has seen thousands of kids turn their lives around at the event by tackle tough topics such as hopelessness, depression, loneliness. Its Executive Director said, <i>“In a world where bad news seems to be the norm, we’re happy to share the great news that lives are being changed – from the student leaders to the hurting teen, Fields of Faith motivates, rejuvenates and unites.”</i>
October 14, 2019	Vehicle Safety	<u>Host:</u> Jason Frentsos <u>Description:</u> A Pennsylvania woman was driving to her class last week when she heard a strange noise and smelled something burning – when she popped the hood, she found massive stash of walnuts squirrels had saved for the winter. After calling her husband to help clean up, it took the couple almost an hour to clean out over 200 walnuts and grass from under the hood. In a viral social media, the woman wrote, <i>“Here’s a little PSA for everyone on this rainy Monday ... Rodents and vehicles do not mix ... For those cars parked outside, do yourself a favor and check under the hood every once in a while.”</i>
October 15, 2019	Childhood Vehicle Safety	<u>Host:</u> Jason Frentsos <u>Description:</u> An Oklahoma boy is being hailed a hero after he broke into a hot car and saved a toddler who was locked inside A woman said that she and her 12-year-old son were walking into a shopping center yesterday afternoon when they saw the 2-year-old boy crying in a locked car. The boy used a ratchet strap from her car and part of a clothes rack from a store to break the windshield of the car. He then crawled inside to get the child out. Police said the toddler was red-faced and in a bit of distress, but otherwise doing OK – the mother, found inside the store, was given a fine under the “Forget Me Not” Law.
October 16, 2019	Emotional Support for Amputees	<u>Host:</u> Jason Frentsos <u>Description:</u> A children’s hospital in Massachusetts recently received more than 600 donated Barbie dolls with a prosthetic limb thanks to the efforts of an 18-year-old woman who also wears a prosthetic leg. “Chloe” has been a patient at the hospital since being born with a rare condition that cut blood flow to her leg. She and her mother reached out to friends and family on social media

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		for help finding the dolls. And this past Monday, Chloe arrived with a van full of more than 420 dolls to be donated... Mattel offered to donate 200 more dolls to the hospital.
October 17, 2019	Causes of Social Anxiety and Depression	<u>Host:</u> Jason Frentsos <u>Description:</u> Researchers from the American Geriatrics Society say there may be a link between osteoarthritis and social isolation. Many people who suffer from arthritis also deal with additional issues such as anxiety and depression, which may put them at a greater risk of becoming socially isolated. About 30% of adults over the age of 65 yrs. deal with some form of arthritis, with leg joints being a commonly affected body part.
October 18, 2019	Childhood Abandonment	<u>Host:</u> Jason Frentsos <u>Description:</u> For the first time ever, a 30-year-old man with special needs got to celebrate his birthday with a party -- thanks to his former teacher who hopes to adopt him. When officers found him wandering through the streets last month, they said he couldn't remember the name of anyone who could help him -- except his junior high school teacher, Ms. Girard, who he hadn't seen in years. At hearing this, Girard said she was willing to take the man in. <i>“He's never had a birthday present, Christmas, nothing,”</i> she said, <i>“So this year is going to be full of firsts.”</i>
October 21, 2019	Insect Safety and Awareness	<u>Host:</u> Jason Frentsos <u>Description:</u> While they may look super soft and cuddly, caterpillars can poison you. Stinging, venomous caterpillars have been plaguing the South and parts of the Midwest in recent weeks. On Oct. 4th, 2019, a Florida woman posted on Facebook that she was hospitalized after receiving a painful sting from a puss caterpillar – one of the most venomous of its kind. The stings cause itching and burning and can turn into a severe rash or even serious arthritis. While considered very dangerous, the good news experts say, is that these little critters are uncommon.
October 22, 2019	Childhood Literacy	<u>Host:</u> Jason Frentsos <u>Description:</u> A mother from New York who died two years ago has inspired thousands of books to be given to children around the world in her honor. High school English teacher Hindi Krinsky died at age 32 yrs. of complications from Crohn's disease in August 2018. After her death, friends came up with the idea to

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		build a community library and asked local parents to donate a book to place in it. The library has since become a non-profit, collecting and donating more than 40,000 books to organizations across the US, Puerto Rico and Israel. Krinsky’s friend said, <i>“By using Hindi’s passion and drive as fuel, we’re putting smiles on the faces of thousands of children throughout the world, by giving them the gift of literacy.”</i>
October 23, 2019	Memorializing Veterans of All Ethnicities	<u>Host:</u> Jason Frentsos <u>Description:</u> An African American World War I soldier was finally recognized for his military service over the weekend, decades after he was buried in an unmarked grave in Indiana. A memorial featuring a 21-gun salute, the retiring of colors and taps by a local American Legion Post was held for Leonard Inman on Saturday. A historian noticed Inman didn’t have a headstone and contacted the Veteran’s office... <i>“We just can’t let his memory be forgotten,”</i> she said, <i>“it needs to be kept alive and honored for his service and sacrifice.”</i>
October 24, 2019	Childhood Depression	<u>Host:</u> Jason Frentsos <u>Description:</u> With a growing number of school children experiencing anxiety and depression in recent years, teachers are beginning to take notice... one teacher started the Wellness Club at her Nebraska elementary school to fulfill that need. Since last year, she has been teaching the students for about an hour after school once a week for free... and this year, more than half of all the students at school participate. One first grader said <i>“It gives my brain a time to relax and focus if I’m frustrated,”</i> The CDC reports that 7 percent of children ages 3 to 17 have been diagnosed with anxiety, but incorporating wellness can manage symptoms.
October 25, 2019	PTSD Support	<u>Host:</u> Jason Frentsos <u>Description:</u> Many veterans suffer from post-traumatic stress disorder (PTSD). There’s a group in the St. Louis area helping veterans regain their lives with the companionship of a dog. When one such veteran returned home to Illinois after at least five deployments, he looked for help. A year ago, he applied for a Got Your Six support dog and one is now a part of his family. The trained dogs can alert veterans to symptoms of anxiety, interrupt nightmares, and remind their owners of tasks like taking

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		medication or finding a misplaced cellphone.
October 29, 2019	Giving Cookies for Cancer Research	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> A Little Rock girl spent her thirteenth birthday handing over a \$1,000 check to the CARTI Cancer Center Tuesday after raising money by selling cookies. Thirteen-year-old Mary Claire started baking five years ago with her mom. It has since become one of her favorite things to do. While her baking receives rave reviews, the cookies are helping people fight cancer. Mary Claire chose to bake hundreds of cookies for cancer for a school community service project and her sales have raised \$1,000 dollars. Mary Claire said her goal is to open her own bakery one day, where she can continue donating to cancer research.</p>
November 1, 2019	Fighting Homelessness	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> A sixteen-year-old, “Lia,” has always had a heart for two things – homeless children in her community and throwing birthday parties. So back in 2012, she and two of her friends started the Hopeful Hearts Club, a nonprofit group that hosts birthday parties for kids staying at the local homeless shelter. Each child gets a cake, a gift, and party decorations at no cost to families. Today, it has grown to more than 1,000 members, and people from all over the world are donating their time and talents to Lia’s project. <i>“If you see a need, try to fill it,”</i> Lia says, <i>“If you see someone who maybe is having a bad day, go and talk to them or offer them a smile.”</i></p>
November 4, 2019	Pet Safety	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> In the wake of the recent California wildfires, two women have developed an app that is making all the difference between life and death for our pets. It’s called Evac-U-Pet –and its co-creator says it’s “kind of like Uber for animal rescue.” The app connects animals in need with nearby volunteers who can transport them to safety. It also provides GPS routes to the nearest evacuation centers in the Los Angeles area. It has already helped save at least two dozen pets during October’s fires.</p>
November 5, 2019	Educating the Under-Privileged	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> Basketball star LeBron James is helping the families of impoverished and under-privileged children by adding safe housing to the school he founded in his Ohio hometown. The goal</p>

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		is to give students a stable place to live while they get their education at his I Promise School. James' foundation opened the school for at-risk third and fourth graders last year and plans to expand to first through eighth grade by 2022. He's also promised free tuition to the University of Akron when the students graduate.
November 6, 2019	Honoring Veterans	<u>Host:</u> Jason Frentsos <u>Description:</u> As you consider how to honor veterans in your community this weekend, folks in Utah recognized 22 military veterans in their 100th year of life or older during a ceremony yesterday in the state Capitol. Gov. Gary Herbert honored paratroopers, pilots, and crewmen from several branches of the armed forces who served in WW2. <i>“These veterans are a living history of the sacrifice and courage the Greatest Generation faced, both at home and abroad,”</i> Herbert said, <i>“We should strive to honor, listen and learn from these veterans’ service and sacrifice.”</i>
November 7, 2019	Honoring Veterans	<u>Host:</u> Jason Frentsos <u>Description:</u> What if this holiday season you received the gift of an early retirement? Well that's what a 69-year-old Vietnam veteran is getting this year thanks to the generosity of his boss of over 13 years. Albert has been an auto mechanic most of his life and was planning to retire after paying off his mortgage next year. Knowing his employee's need, his boss filled out a check last month for about \$5,000 and paid off his mortgage.
November 8, 2019	Providing Warm Clothing for the Needy	<u>Host:</u> Jason Frentsos <u>Description:</u> At the Edgemere Retirement Community in Dallas, 20 resident seniors are spreading love through knitting. They affectionately call themselves the Knit Wits. The club was formed back in 2010 when they decided to knit items for troops in Afghanistan. That labor of love quickly spread to local support groups helping others. In the last decade, they have knitted scarves, hats, blankets, and more for local charities. While they help others, they are also helping themselves. Its co-founder says, <i>“The repetitious motion of knitting, crochet and needlepoint is therapeutic, so we are helping ourselves as well as others.”</i>
November 11, 2019	Reuniting Veterans	<u>Host:</u> Jason Frentsos

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		<p><u>Description:</u> Since 2005, the Honor Flight Network has given free commercial flights to nearly a quarter-million veterans to visit the World War II Memorial at the National Mall in Washington D.C. For many of these veterans, it's their first trip to Washington and the experience is emotional... arriving at Ronald Regan Airport, a few are seen weeping as crowds applauded in the terminal. One veteran said, <i>“When I came off the plane and people were clapping, I felt guilty. Probably because of the way we were treated when we got back. We were pelted with eggs and tomatoes. But now I had a lady on this trip come up and say, ‘Thank you.’ I was shocked. I shouldn’t be. But I am.”</i></p>
November 12, 2019	Hunger Relief during Thanksgiving	<p><u>Host:</u> Jason Frentsos <u>Description:</u> Two sisters under 10 yrs. old are on a mission to make sure families in need have the Thanksgiving dinners they deserve. What started as a bake sale has turned into a full-fledged online campaign which, this year alone, has raised enough money for 100 big boxes of food and over 100 turkeys. The sisters say that the spirit of the holidays is about showing gratitude for what you’ve been given... they’re thankful they have the support to give to families in need.</p>
November 13, 2019	Holiday Cheer to Troops Overseas	<p><u>Host:</u> Jason Frentsos <u>Description:</u> Tree farmers in Ohio are joining forces with the state to send a little holiday cheer to the troops overseas. The Ohio Department of Agriculture and the Ohio Christmas Tree Association are partnering in an effort that will ship more than 100 Christmas trees to military members stationed overseas. Both groups will work with volunteers to wrap, load and ship the trees. Each shipment will include decorations provided by school children, churches, and veterans' groups.</p>
November 14, 2019	Improved Quality of Life for Childhood Cancer Patients	<p><u>Host:</u> Jason Frentsos <u>Description:</u> Hampton University's newest safety is a bit small for Division I Football, but 6-year-old Caden is quickly becoming a part of the team. Caden, who six months ago was diagnosed with an aggressive brain tumor, was adopted by the Pirates through the Friends of Jaclyn Foundation, a nonprofit that aims to improve quality of life for childhood cancer patients. In the team meeting room, with several players and coaches cheering him on, Caden</p>

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		signed a document that awarded him “100 percent love.” While the future is uncertain, Caden’s mother said, <i>“With lots of prayers and family and people that love us, we thank God he is the way he is today.”</i>
November 18, 2019	Helping Homeless Veterans	<u>Host:</u> Jason Frentsos <u>Description:</u> An 8-year-old boy from Maryland is helping veterans get back on their feet, one care package at a time. After seeing a video online that showed veterans struggling with homelessness, Tyler asked his mother, <i>“If they’re heroes, why should they be on the street?”</i> Tyler then came up with the idea for “Hero Bags,” which are packs filled with clothes, bath products, food and bedding, which he could pass out to homeless veterans. Since becoming inspired four years ago, Tyler has helped to raise more than \$50,000 to help homeless veterans through his program.
November 19, 2019	Unity in Community	<u>Host:</u> Jason Frentsos <u>Description:</u> An 8-year-old Wisconsin girl, who became internationally known as a dog lover after a viral post asking dog owners to send pictures and letters, has died. The Team Emma Facebook page announced Emma died Nov. 17, 2019, in the arms of her parents after a battle with a rare and inoperable brain tumor. Her love for animals led some family friends to mail or email pictures of their dogs to cheer Emma up after her diagnosis earlier this year. In March, police from across the state lined the street outside her home with nearly 40 police dogs waiting to meet Emma. The parents say that, <i>“Through all of this battle, all Emma wanted to do was spread kindness and help animals.”</i>
November 20, 2019	Homelessness Recovery	<u>Host:</u> Jason Frentsos <u>Description:</u> Once a desperate mother of two young girls, homeless and an addict, foraging through restaurant dumpsters for scraps of food, Stephanie is now sober and rehabilitated twenty years later. Stephanie serves struggling families in her community as the founder of One Heart for Women and Children. Her nonprofit serves more than 3,000 people each month, providing everything from food to clothing to hygiene items and educational classes. <i>“We’re here to help anyone who needs the help,”</i> she said, <i>“We want every single person who walks through these doors to feel the same, which is to feel hope and to feel loved.”</i>

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November 21, 2019	Impromptu Concerts Comfort Hospital Patients	<u>Host:</u> Jason Frentsos <u>Description:</u> A talented violinist is lifting spirits one tune at a time for patients at a hospital in Maine. Sara has been playing in concert halls since she was 4 years old. The violin is a passion of hers, but another passion is nursing. Instead of choosing between her two loves, Sara decided to bring them together. Her mission now at the hospital is to always be of help, whether through a kind word, a smile or one of her impromptu concerts. Sara herself admits she never dreamed that one day performing and healing might play so well together.
November 25, 2019	Assistance with Winter Heating Bills	<u>Host:</u> Jason Frentsos <u>Description:</u> For lots of folks, winter means spending more time surviving than living. Unexpected winter costs, like furnace repairs, are more than most families can afford, but thanks to a Colorado based non-profit, residents are staying warm without the added expense. Energy Outreach Colorado is able to provide furnace repairs or replacements for families in need through fundraising and donations. After spending the last few months without a furnace, one woman said she and her family were shocked. <i>“I was crying because they weren’t coming to fix it, but to replace it! For us, this is huge. We were just surviving.”</i>
November 26, 2019	Providing Mobility to Children with Special Needs	<u>Host:</u> Jason Frentsos <u>Description:</u> A holiday surprise came early for some Kansas City-area kids who rely on wheelchairs to get around. They got a brand-new ride, thanks to a nonprofit and local high school robotics teams. About 150 students teamed up to modify 22 Power Wheels cars for kids with disabilities. Student Lexi said that, “We’re able to practice our STEM skills and use that for something that we know will help our community.” The gift of these cars is also the gift of independence.
November 27, 2019	Free Thanksgiving Meals	<u>Host:</u> Jason Frentsos <u>Description:</u> Scott and his family are celebrating Thanksgiving by giving back to their community with free holiday meals. For the 5th straight year, Scott says he put together about 200 meals with donations from his Waterville, Maine, community. Each meal delivered each meal delivered to someone in need will include seven to eight different food items. The gratitude they see from

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		people is a big reason why the family keep doing this – they realize a tough situation could be right around the corner for anyone.
December 2, 2019	Christmas Cards for Overseas Military	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> A New Hampshire woman is doing all she can to make sure American troops know people are thinking of them this holiday season. What started as a family tradition is now a massive non-profit operation called Holiday Cards for our Military. Laura has helped collect more than 100,000 holiday cards and is sending them to members of all five military branches, all over the world. <i>“It’s easy to lose sight that there are plenty of people, especially the military, who are far away from home,” she said. “I’m hoping that they know we’re thinking of them, we appreciate them, and we really love them.”</i></p>
December 4, 2019	Providing Easy Ways to Donate Meals	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> Folks in downtown Denver are discovering a new way to give to those in need – and all it takes is the push of a button! They’re called. “Light the World Giving Machines...” and they look like your typical vending machine, but instead, you use it to donate to local and global charities. Shoppers can donate items like books, meals and personal care items. <i>“It’s just like walking up to a machine and getting a candy bar,” one family said, “We’re so blessed and there is such an abundance in our world, it’s easy to forget that something like this can make a big difference in someone else’s world.”</i></p>
December 5, 2019	Christmas Cards for Overseas Military	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> With Christmas just three weeks away, Laura and her team are hard at work trying to make sure that they bring holiday smiles to U.S. troops overseas and across the nation. For the past 16 years, Laura has helped collect more than 160,000 holiday cards and is sending them to members of all five military branches, all over the world. Many of the letters and notes to the service members begin with, "Dear Warrior," and include handwritten notes and homemade illustrations from children across the nation.</p>
December 6, 2019	Repurposing Old Bicycles for the	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> The Chicago Police Department and an organization</p>

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	Homeless/Refugees	called <i>Working Bikes</i> can put them to good use! The two have recently partnered together to make sure unclaimed or abandoned bicycles are distributed to those in need. The bikes provide transportation to people in homeless transition, refugee resettlement, and youth empowerment programs in the area, and also sends the bikes to impoverished countries throughout the world. Since its inception, <i>Working Bikes</i> has recovered tens of thousands of discarded and donated bicycles from Chicago and the Midwest and has redistributed more than 70,000 of them worldwide.
December 9, 2019	Toys for Under-Privileged Children	<u>Host:</u> Jason Frentsos <u>Description:</u> An Arkansas teenager made a big donation to Arkansas Children's Hospital on Friday to help make kids a little happier on Christmas day. Since she was nine years old, Hadley has raised her own money to buy toys for kids at Arkansas Children's Hospital. Fifteen-year-old Hadley says the hospital is close to her heart because she's spent several days there herself battling with chronic illness... that's why it's so important for her to give back to the hospital. This year, she's raised over \$3,000. She says, <i>“I hope that they can get joy and kind of be distracted from anything else that may be going on that they're dealing with and they can have joy for just a little bit.”</i>
December 12, 2019	Childhood Hunger	<u>Host:</u> Jason Frentsos <u>Description:</u> A New York State police department is providing an example of how one act of kindness can spark other acts of kindness. Police in Suffern, NY, are paying off more than \$1,500 in lunch money that students owed their elementary school. And because of that, others want to do the same thing at their schools. One school principal says it's a win-win for everyone: “the message is - be kind, be nice, help other people. We are a community. We all have to help each other.”
December 13, 2019	Charitable Giving during the Holidays	<u>Host:</u> Jason Frentsos <u>Description:</u> Amid all the crumpled bills and pocket change, a Salvation Army bell ringer in Indiana recently found a shiny gold coin in his red kettle... but not just any gold coin, it's a 1915 Corona Austrian gold coin worth about \$1,500 dollars. The Salvation Army says, <i>“it's not all that uncommon for people to</i>

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		<i>mysteriously leave high-valued items in kettles... apparently things like wedding rings and "the occasional gold tooth pop up now and then." Kettle funds help operate two community centers, homeless shelters for women and children, and multiple food pantries across the country.</i>
December 16, 2019	Bedding for the Homeless	<u>Host:</u> Jason Frentsos <u>Description:</u> Instead of asking for a long list of birthday presents this year, 5-year-old Tyler from Illinois is asking his friends and family to donate bedding to children in need. The bedding is being donated to the Christian non-profit <i>Sleep in Heavenly Peace</i> , which works with churches across America making sure children have a bed to sleep in every night. Almost two months later, much to Tyler's delight, the bedding donations are still coming in. His mother said, <i>"I was concerned he'd feel disappointment at his birthday party when all he received was bedding, but he surprised me with his giving heart."</i> Tyler hopes to continue collecting throughout the holiday season and receive at least 100 pieces of bedding.
December 17, 2019	Childhood Hunger	<u>Host:</u> Jason Frentsos <u>Description:</u> For the past eight years, 18-year-old Kylee has made it her mission to fight childhood hunger. The cause is a personal one – growing up with an addict mother, Kylee suffered through food insecurity herself for most of her childhood. But at only 10 years old, she came up with the idea for the nonprofit "Kylee's Kare Kits for Kidz." Her original goal was 10 kits a week for kids who don't have enough food at home and on the weekends. With the help of volunteers, different organizations and donors, Kylee's nonprofit produces 500 kits a week. <i>"All my friends are a part of it, my family is a part of it,"</i> she said. <i>"It's something that I've made some of my best friends through this."</i>
December 18, 2019	Donating Toys to Children in Hospital	<u>Host:</u> Jason Frentsos <u>Description:</u> A 10-year-old boy from New Hampshire is using his love of Legos to put smiles on the faces of children in the hospital. Blake started Legos of Love in October and has raised over \$3,000 in just two months. He's used that money to give Legos to kids in hospitals throughout New Hampshire and Massachusetts. <i>"Just seeing all the people in the hospital if they weren't feeling well, and</i>

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		<i>Legos can help me sometimes, and I just thought it would be nice to give it to them,” Blake said.</i>
December 19, 2019	Fighting Holiday Hunger	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> Three years ago, Massachusetts resident Peter’s 33-year-old son, Travis, passed away from a drug overdose while living on the street. This tragedy inspired Peter to spring to action and make sure that everyone had a warm meal to eat during the wintertime. He started by distributing soup and warm clothing to those who need it—now, he even has a set of buses to help him reach even more folks. <i>“What does a hot cup of soup mean?” “Warmth and kindness and love, that’s what it means to me.”</i></p>
December 20, 2019	Finding Homes for Children During the Holidays	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> Five siblings in foster care no longer have to worry about being split up from one another after all of them were adopted by the same parents this month. On Tuesday, just days before Christmas, James and Whitney officially adopted the siblings, ranging from ages 4-11, after they’d been told that they would likely be split up in foster care. The couple said, <i>“This was what we were supposed to do in life... and God really has blessed us with these kids.” Ahead of Christmas, the children said it feels like the best gift ever – just another sign that Christmas miracles do happen!</i></p>
December 23, 2019	Homemade Toys for Christmas	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> An 80-year-old veteran from North Carolina has created toys for children in need for the past 50 years. All made out of wood, Jim carves out cars, dolls, piggy banks, tractors and firetrucks. Aside from the wooden scraps he gets from nearby homeowners, he pays for everything out of pocket. Jim will give around 300 handmade toys to the Salvation Army and all of them will go to children in need this Christmas. It's a lot of work, but he says it's all worth it. <i>“I love when people ask me how much I get paid for making these toys. I tell them my pay is when I see the smile on kids' faces!”</i></p>
December 30, 2019	Improving Consumer Services	<p><u>Host:</u> Jason Frentsos</p> <p><u>Description:</u> A Chick-fil-A employee in Wilmington, North</p>

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		<p>Carolina, has caught the attention of his community thanks to his infectious smile and excellent customer service. Jeremiah stands outside in a heavy jacket and fuzzy winter hat in the drive-thru line, taking orders with a smile and kind words. His efforts in going the extra mile are now being noticed by thousands on Facebook – one person commented, <i>“Literally the most positive person, rain or shine. I’m so happy that he is getting the recognition he deserves and has earned simply for being an upbeat and genuine human being.”</i> Jeremiah says it’s all about making a positive impact... <i>“Seeing these lives transform just by talking with them and taking their orders and being kind and nice -- it's awesome.”</i></p>
December 31, 2019	Year End Charity	<p><u>Host:</u> Jason Frentsos <u>Description:</u> Despite all of the negative headlines of the past year, we also remember some of the heartwarming acts of kindness and generosity of 2019. A favorite story this year is when 7-year-old Emma, fighting a rare brain tumor on her brain stem, asked for letters from dogs, the response was incredible – she got 50,000 of them, from as far away as Scotland and Venezuela. Her family also got enough money in her GoFundMe account to offset medical expenses. Just one example of people rising above our flaws and doing good for one another.</p>