

COMMUNITY ISSUES PROGRAM LIST-WLXK(FM)
First Quarter 2021 (January-March)

The following is a listing of some of the significant issues responded to by WLXK(FM), BOILING SPRINGS, NORTH CAROLINA, for the period of January 1 – March 31, 2021. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance. All times are Pacific Standard/Daylight Savings Time.

1. MENTAL HEALTH
2. PARENTING
3. HEALTH & WELLNESS
4. SPECIAL NEEDS

Issue	Program	Date	Time	Duration	Description of Program
Parenting	Closer Look	Jan 3	7:00 pm	29 minutes	<p data-bbox="1264 240 2011 279">Better Dads Have A Plan</p> <p data-bbox="1264 328 2011 701">“We know in business, we know in work that you have goals you have you have to meet: well what’s your fathering plan?” K-LOVE's Bob Dittman talks with Dr. Ken Canfield of the National Center For Fathering about learning how to be good dad. "We're creating this sense of destiny for our lives that will be played out over and over."</p> <p data-bbox="1264 750 1507 789">Related Links:</p> <p data-bbox="1264 847 1696 886">National Center for Fathering</p> <p data-bbox="1264 935 1591 974">Dr. Ken Canfield (bio)</p>

Parenting	Closer Look	Mar 21	7:00 pm	29 minutes	<p>‘Solo’ Parent Society Hosts Free Online Support Groups</p> <p>After 13 years of marriage, Robert Beeson suddenly found himself single. “My wife left me -- and left me with our three daughters who were 9, 7 and 4 at the time. It was the darkest season.” Grappling with this new solo responsibility, the divorced dad turned to his church for comfort and support. He was saddened to find very few Christian resources address the deep loneliness and doubt that many single parents endure. Out of his own need to be part of a welcoming faith community, Beeson founded the Solo Parent Society.</p>
Foster Care	Closer Look	Mar 28	7::30 pm	20 minutes	<p>Crossnore School and Children’s Home</p> <p>Bob Dittman talked with Brett Loftis, CEO of Crossnore School and Children's Home about the challenges faced by children in foster care in North Carolina. Brett mentioned they are able to serve 9 children per "cottage" and have over 20 cottages across the state, as well as additional foster parent families. They help children deal with the difficulty in transitioning from a home life into living with someone else, using various means of therapy to provide these kids with a bright future as they transition toward adulthood, graduating high school and beyond. They also help children with college scholarships or finances toward trade schools when possible to position them for independent living in the years to come.</p>

Human Trafficking	Closer Look	Mar 28	7:00 pm	13 minutes	<p>'Without Permission' Educates Parents And Police On Human Trafficking</p> <p>Your teen meets a nice stranger at the mall. Or a guy she doesn't know likes all her posts on Instagram. What begins as flattery and flirtation has led thousands of kids -- kids just like yours -- down the dark and demeaning path to human trafficking. Groups like Without Permission urge parents to warn their teens about the tricks child predators use to trap victims. K-LOVE's Kindra Ponzio talks with CEO Debbie Johnson, CEO of Without Permission. 1509 K St, Modesto, CA 95354 209.622.0156</p> <p>Related Links: Without Permission provides a free guide for families to become aware of dangers and to be safe 'digital citizens.'</p>
Addictions	Closer Look	Jan 10 Feb 7 Mar 7	7:30 pm	20 minutes	<p>Celebrate Recovery</p> <p>1. How long have you served with CR?2. What is role of CR Local Rep?3. Why did you get involved in CR4. Is Celebrate Recovery for addiction only? Tell us more about how CR helps with Hurts Hang-ups and Habits.5. What is the healing process through the Celebrate Recovery Program? Talk about Celebrate Recovery being a Christ-Centered 12 Step Recovery Program6. Is Celebrate Recovery for the whole family?7. How can someone find a Celebrate Recovery meeting near them?8. How can a church start the process of beginning a Celebrate Recovery Ministry?9. What else does a Celebrate Recovery Ministry do besides have a meeting once a week? 10. Is Celebrate Recovery in churches only?</p>

Health & Wellness	Closer Look	Jan 10	7:00 pm	22 minutes	<p>Dr. Mimi Secor Prescribes P.A.N.D.E.M.I.C. Weight-Loss And Self-Care</p> <p>Dr. Mimi Secor didn't get truly serious about her own weight-management and overall health until her early 60's. Building on her personal success and with a nod to current events, she offers advice cleverly corresponding with each of the letters of the word "pandemic." K-LOVE's Marya Morgan talks with Dr. Mimi about what she calls the '8 pillars of health.'</p> <p>P.lanning/Preparing</p> <p>A.ccountability</p> <p>N.ighttime</p> <p>D.iet</p> <p>E.xercise</p> <p>M.indset</p>
-------------------	-------------	--------	---------	------------	---

					<p>I.nspiration/Intimacy</p> <p>C.oritsol</p> <p>RELATED LINKS:</p> <p>HealthConfidenceSuccess.com</p>
--	--	--	--	--	---

Health & Wellness	Closer Look	Jan 31	7:00 pm	28 minutes	<p>'Rest' Is More Than Sleep - What Kind Of Tired Are You?</p> <p>Rest is the root of the word 'restoration' - and restoration is a principle that medical internist Dr. Sandra Dalton-Smith sees as crucial to seven distinct areas of your life. "Rest isn't just the cessation of activity," she says, suggesting that for optimal health "you have to get to the point of knowing what restores you. What fills you back up?"</p> <p>7 types of Rest: Physical, Mental, Emotional, Spiritual, Social, Sensory and Creative.</p> <p>Related Links: Dr. Sandra Dalton-Smith - REST QUIZ - What Kind Of Rest Do You Need?</p>
-------------------	-------------	--------	---------	------------	---

Health & Wellness	Closer Look	Mar 14	7:00 pm	27 minutes	<p>Vaping Often Fails As Alternative to Smoking</p> <p>Vaping is marketed as a safe alternative to traditional cigarettes, but 'dual use' plus dramatic surge in teen addiction and recent links to lung disease send most e-cig claims up in smoke. K-LOVE's Billie Branham talks with Linda Richter of the Center on Addiction and Dr. Michael Blaha, cardiovascular research director at Johns Hopkins Hospital.</p> <p>RELATED LINKS:</p> <p>10 Surprising Facts About E-Cigarettes (Center on Addiction)</p> <p>Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products (Centers for Disease Control)</p> <p>"5 Vaping Facts You Need to Know," by Dr. Michael Blaha M.D., M.D.H.</p> <p>Linda Richter, Dir. of the Policy of Research and Analysis for the Center on Addiction (bio)</p> <p>"Can vaping damage your lungs? What we do (and don't) know," Harvard Health</p>
-------------------	-------------	--------	---------	------------	--

<p>Health & Wellness Pandemic Relief - Kids</p>	<p>K-LOVE's Positive People</p>	<p>March</p>	<p>Monthly Feature</p>	<p>60 second weekly promo Podcast 2:13</p>	<p>Pandemic Relief: Engaging Youth Through Sports Kevin Drake Making a Difference Via <i>Upward Sports</i> “Children have been put away in their homes and cooped up for a year now. And kids need exercise.” Kevin Drake works hard to provide a safe place for youngsters to get outside again. Children connect through sports leagues, like basketball and football. They learn teamwork and build friendships. Kevin works with churches through the national organization Upward Sports. His focus these days is on rebuilding relationships. “Churches are trying to figure out how to reconvene communities and get their people to come back. Sports offers an excellent way to do that.” For those families involved in the sports programs who may not know Christ, they get a chance to learn more through devotionals read during each game’s halftime. Kevin explains why he loves what he does. “You almost have to see it to believe it. To see how much enjoyment that the kids get from playing our leagues.”</p>
---	---------------------------------	--------------	------------------------	---	---

<p>Health & Wellness - Cancer</p>	<p>K-LOVE's Positive People</p>	<p>March</p>	<p>Monthly Feature</p>	<p>60 second weekly promo Podcast 8:35</p>	<p>Matthew West Encourages Families Fighting Cancer Matthew West is a super successful Christian music artist who lends his talent and support to select ministries and projects that help others. "What separates Christian music from the rest of the world is God at work through the lyrics and the melodies, shooting straight to the hearts of people." And when a song he has written and performed can be of benefit to an outreach helping others, Matthew is often willing to come alongside and lend his name and talent to their project. That's the case with a ministry called Cancer Companions. On their web site, they offer hope and practical help: "Cancer Companions has Christian Bible Studies available in 21 states and online for any cancer patients, survivor, caregivers and loved ones." Bible studies are often available at churches, where specific cancer support, including prayer, is offered. When it comes to the anxiety that often accompanies a cancer diagnosis, Matthew looks at it this way: "I really think it does revolve around that word <i>uncertainty</i>. The unknown. A cancer diagnosis means you're about to walk a road. It's a road you've never walked before and you don't know how long that road is going to take you. You don't know what's on the other side of it, so my heart goes out to anybody who's dealing with a cancer diagnosis," Matthew speaks from his heart. As for the ongoing COVID situation, Matthew shares that "this past year of the pandemic has been a great opportunity for me to sort of get my priorities in check and sort of come off the road for a little while and take a deep breath and reexamine what matters. And I think that's a good key for all of us in our lives to just make sure that we're always checking our priorities, always checking our motivations, and then taking some inventory and making the changes that need to be made."</p>
---------------------------------------	---------------------------------	--------------	------------------------	---	---

Education	Closer Look	Jan 17	7:00 pm	29 minutes	<p>SCHOOL-AT-HOME: Advice For Distance Learning, Homeschooling</p> <p>Socially-distanced schooling in the age of COVID-19 has been bumpy for parents who feel inadequate as teachers. For some families, the shutdown drove disillusionment with public school curriculum, prompting a leap to homeschooling. Whether you homeschool or embrace distance learning, experts insist that school-at-home can indeed work for you. K-LOVE's Billie Branham reports.</p> <p>Guests:</p> <p>“Keeping it simple” is key says Arlene Pellicane, mom, author and host of Accessmore podcast <i>A Happy Home</i>. “Master the basics. Just focus on like two things that would help this distance learning thing work.”</p> <p>As homeschoolers, parents take full responsibility for what their children learn, a method mentor and coach Kayla Weller finds effective, flexible</p>
-----------	-------------	--------	---------	------------	--

					<p>and fun. "You can teach them what they're interested in and there's no set rules for how to teach," and "you would be surprised how much kids absorb when you take the time work with them."</p>
--	--	--	--	--	---

Faith & Spirituality	K-LOVE's Positive People	Jan March	Monthly Feature	60 second feature promo Podcast 7:55	<p>Steven Dyer Uses Horses to Help Humans Understand God's Guidance</p> <p>At his SBH horse stable business near rural Grove, Oklahoma, former Pastor Steven Dyer is very active on YouTube. Video topics include "Wild Mustang Challenge" and "Teaching a Pony to Not be Afraid." With deep experience and plenty of patience, Steve demonstrates various ways to befriend and train a horse. But as he works with horses, he is constantly reminded of God. "The more I'm around horses, I see the beauty of how they are created and how we interact with them. And one of my little personal theories is that I believe God created the horse just for us to ride. They are perfectly suited, as no other animal is in creation, to carry us from place to place," he marvels. Because of that, some of his YouTube videos are in a series called "Sermon by Horse." One teaching is called "Boundaries: This mustang needs boundaries, even if he doesn't want them. So do we." There's a definite backstory to that video teaching. "I guess I got the idea for that from when I was a teenager and people would say, 'God says <i>don't do this...</i>and God says <i>don't do that.</i>' And I remember thinking, 'God must not want me to have any fun'</p>
----------------------	--------------------------	--------------	-----------------	--	---

					<p>(he laughs) ... And then as I matured and began to serve the Lord, I realized that those boundaries are there for our protection and other peoples' protection as well." So, when Steve was training a horse recently, he thought, "You know, he'd really like to get out of this pen and run away and be free, but if he did, something bad would happen. So, I just saw the connection, the analogy, between boundaries we give to the horse to the boundaries that God gives us," and that inspired the bible teaching video on Boundaries, which we feature further below. Over the years, Steve has trained horses and taught people to ride in such diverse places as the Navajo Reservation and Saudi Arabia. And he consistently found by way of horses he was able to share faith in Christ with others. Steve has always been fond of horses. "The first time my parents put me on a horse, I was about five years old and I grabbed the reigns, whacked the horse, and said 'ya!,' and the horse took off running...and my mom started screaming... and I had the time of my life, loved it!"</p>
--	--	--	--	--	---

Mental Health Veterans	Closer Look	Feb 7	7:00 pm	12 minutes	Arts & Crafts Ease PTSD In Veterans Help Heal Vets has distributed more than 30-million arts and crafts kits - model cars, leather work , jewelry, needlepoint, clock-making - provided to veterans free of charge. But does art therapy work? "Yes," assures CEO Captain Joe McClain. "Got its start in WWI and has been used by clinicians in every conflict throughout."
------------------------	-------------	-------	---------	------------	---

Mental Health Veterans & PTSD	Closer Look	Feb 7	7:15 pm	16 minutes	<p>Post Traumatic Stress Foundation</p> <p>PTSD Foundation of America works to free veterans of debilitating anguish that can lead to a breakdown in mental health. K-LOVE's Bob Dittman talks with Ryan Rogers about healing from the 'moral injury' of combat. Peer-to-peer Warrior Groups are available in cities nationwide.</p> <p>24/7 Veterans Crisis Line for you or a loved one:</p> <ul style="list-style-type: none"> • Call 800-273-8255, then select 1. Start a confidential chat. or Text 838255. • If you have hearing loss, call TTY: 800-799-4889.
Mental Health Children	Closer Look	Feb 14	7:00 pm	27 minutes	<p>Help for Kids Suffering Sadness, Anxiety In Pandemic</p> <p>The digital age exposes modern kids to bad news and bitter opinions their parents never knew. "Social media, media, news, political unrest, all these things that once kids were mostly sheltered from - now they're seeing them 24 hours a day," notes Julie Lowe, licensed counselor and author of Childproof and Building Bridges: Biblical Counseling for Children and Teens</p>

Abuse	Closer Look	Mar 7	7:00 pm	28 minutes	<p>Quarantine Drives Spike In Domestic Abuse Pastor Paul Cole, president of the Christian Men’s Network, has been deeply concerned by the quarantine effect on families already stuffed in a pressure cooker of unhealthy reactions. “A lot of times, we as men act out of anger, rage, disappointment – and we lash out at people,” he says, and urges men in this trap to reach out for help. K-LOVE’s Billie Branham reports.</p> <p>RELATED LINKS: The National Domestic Abuse Hotline 1-800-799-7233 https://www.thehotline.org/ The MEND Project - Educate. Equip. Restore Christian Men's Network</p>
-------	-------------	-------	---------	------------	--

Special Needs - Autism	K-LOVE's Positive People	Jan	Monthly Feature	60 second feature promo Podcast 10:29	<p>Discovering He's on The Autism Spectrum, Pastor Jim Is Now Helping Others With Special Needs</p> <p>Pastor Jim McCaffrey was struggling with life issues that didn't make much sense - job losses, relational and social road bumps. "Early on, I always struggled with being able to keep a job, was horrible with interviews especially, just could never get he right words and things out to make a good interview or impression during an interview. So, ministry jobs, just regular employment, all those kinds of things were very difficult. Relationships-wise, it was hard making friends, understanding people, different things like that. So, yeah, it was definitely a struggle." At age 35, he knew he had to understand what he was dealing with. "I was sick of moving. I was sick and tired of having to pack up the house (with his wife and five daughters) and move after two years, uproot my family, my kids from schools and friends. This really got to the point of frustration not understanding what was going on at that time." Then there was a revelation. It took time and considerable research, but Jim was diagnosed as being on the autism spectrum. And that</p>
------------------------	--------------------------	-----	-----------------	--	---

					<p>has opened the door to beneficial workarounds and has even led to new forms of ministry to help others.</p>
--	--	--	--	--	--

				<p>Jim explains that autism caused him to be focused - heavily focused - on different things, like reptiles and drums. "I'm a drummer and musician and I love it. And I would just dive right into learning as much as I can. It consumes a lot of my time and energy and so forth. And this is one of the things that happens with those on the autism spectrum, you just get this crystal-clear focus on it and that's what your emphasis goes to." Pastor Jim acknowledges "I had a lot of weird quirks and my wife can definitely tell you they're weird, and that's okay (he laughs)." On our podcast, below, he explains some of those quirks. He still misses cues at times. "I am not good with small talk and things like that" and "reading people is not a good area for me." But now, knowing it's autism he's dealing with, he has been able to understand relational gaps and work on improving. Life is better. Not perfect. Having experienced what autism can bring, Jim, the pastor at Gunpowder Baptist Church in Freeland, Maryland, is active in helping churches find ways to minister to people with all sorts of special needs. He has even worked on a project with the Tim Tebow Foundation, a <i>Night to Shine</i>, held in Puerto Rico. Jim believes special needs have often been "overlooked" by churches, but is</p>
--	--	--	--	--

					<p>seeing considerable interest taking place. And, with two Master's degrees and life experiences, he's willing to do what he can to help foster better understanding and serving people in Christ's name.</p>
--	--	--	--	--	--

Special Needs - Canine Companions	Closer Look	Jan 24	7:00 pm	15 minutes	<p>Tails Wag for People In Need: Canines For Christ</p> <p>Dogs....just get us. They have this innate ability to sense when we are in pain, to share in our joy, to cuddle up when we need it most. A dog ministry, Canines for Christ, reaches into people's lives when they need that comfort.</p> <p>Related Links: Canines for Christ</p>
Special Needs	Closer Look	Mar 28	7:15 pm	15 minutes	<p>Special Needs Families Get 'Buddy Breaks' With Nathaniel's Hope</p> <p>Special Needs families frequently suffer isolation. Nathaniel's Hope trains churches to provide respite care. Volunteers learn to do crafts and play games with the children for 3-hour blocks of time. <i>"There's no better cup of cold water you can give to a family impacted by disability than a break,"</i> says NH and Buddy Break co-founder Marie Kuck. It starts, she says, with having a willing heart. <i>"Tear down those walls and build friendships."</i> K-LOVE's Monika Kelly reports.</p> <p>RELATED LINKS: Nathaniel's Hope - Buddy Breaks Nathaniel's Hope - VIP Birthday Club</p>

Animal Rescue	Closer Look	Jan 24	7:15 pm	13 minutes	<p>Dog Is Their Co-Pilot: Pittsburgh Aviation Animal Rescue (PAART) Co-pilots John Plesset and Brad Childs fly single-engine planes based out of Pittsburgh, PA. They didn't set out to use their 1974 Piper Warrior to relocate dogs from overcrowded shelters, but one phone call back in 2009 changed the game. Their mission is moving the excess population of dogs, cats and other surrendered or abandoned pets from one city to another can give the animal a better chance of finding a "forever" home.</p> <p>Related Links: Pittsburgh Aviation Animal Rescue Team (PAART)</p>
Finances	Closer Look	Feb 28	7:00 pm	28 minutes	<p>Families Living on One-Income, Possible? (K-LOVE Closer Look) - Families with two working parents sometimes wonder - could we make it if one of us lost our job? COVID-19 layoffs forced the question on thousands of households, and for others the pandemic reignited serious table talk about money. "We live in a culture that I would call a 'two-income world,'" says budgeting expert Mary Hunt. She readily admits the challenges of living on one income. "But here's the good news - yes! yes you <i>can</i> do this."</p>

Job Loss Employment	K-LOVE's Positive People	March	Monthly Feature	60 second feature promo Podcast 14:42	<p>If You've Lost A Job, Dale Kreienkamp Offers Biblical & Practical Guidance</p> <p>Dale Kreienkamp has as heart for people who've lost their jobs. His professional & ministry mission? To help those in a crisis, one he knows all too well.</p> <p>Kreienkamp - "I twice went through a journey of being unemployed, and it was that journey that led me to the place where I am today that is, how do I give back and help others who are going through that journey of unemployment."</p> <p>Losing a job is tough... but to move forward, Dale says, you've got to look ahead</p> <p>Kreienkamp - "It's okay to grieve. It's okay to be sad that we've lost that job. But we're going to have to move past that in order to move forward, so we have to let go of the past before we can move to the future. "</p> <p>... and trusting God is key:</p> <p>Kreienkamp - "It's an opportunity to let go and let Him take over and use this process to draw us closer to Him and help us move forward to the next opportunity that's going to be there for us."</p> <p>So, be hopeful! Dale says finding a new job is just a matter of time.</p>
---------------------	--------------------------	-------	-----------------	---	--