

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
January-March, 2023

DATE	ISSUE	GUEST AND DESCRIPTION
January 7, 2023	Meals On Wheels Serves Older Adults in California	<p><u>Host:</u> Charrie Slater <u>Guest:</u> Robin Smith, Volunteer Services Specialist, Meals on Wheels, (Sacramento, CA). www.mealsonwheelsamerica.org <u>Description:</u> Meals on Wheels delivers meals to people 60 years and older. All meals go through a nutritionist. The people on the home-delivery program are generally isolated, frail, and homebound with little to no outside support. Meals on Wheels tries to have the same person deliver all meals so an in-depth relationship can develop. Every driver does a safety check while they’re visiting, but it’s not obvious. They’re looking for sudden weight loss, new bruising or confusion and loss of alertness. Any of these is a warning sign and will be brought to the attention of the person’s case worker (a lifeline to social services and the person’s emergency contact). A large reason for Meals on Wheels is to allow people to age in their own homes. Those safety checks allow family members to have peace of mind knowing that the person is being checked on a daily basis.</p>
January 14, 2023	530 Food Rescue Coalition in California	<p><u>Host:</u> Carmen Shantz <u>Guest:</u> Sheila McQuaid, Spokesperson, 530 Food Rescue Coalition, (Chico, CA). www.530foodrescue.org and www.foodrescuehero.org <u>Description:</u> 530 Food Rescue Coalition (FRC) was designed to address the rising food insecurity in the area. With food prices rising, food insecurity is increasing. 530 FRC dispatches volunteers to pick up good food that would be thrown out by grocers, restaurants, or farms and distributes the food to nonprofits and organizations that serve people in need. Volunteers download an app. When donated food is available near a volunteer, it alerts them when and where to pick it up. It also tells them where the nonprofit that needs the food is located. This program has potential to increase across the state.</p>
January 21, 2023	Plowshares Eliminates Hunger & Poverty in Ukiah	<p><u>Host:</u> Carmen Shantz <u>Guest:</u> Michelle Shaw, Executive Director, of Plowshares, (Ukiah, CA). www.plowsharesfeeds.org <u>Description:</u> The mission of Plowshares is 1) that no one in the community go hungry, 2) to operate a community-supported facility where services, advocacy and education help eliminate the causes of hunger and poverty, and 3) to maintain a supportive and</p>

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		<p>consistent environment where all are treated with respect, justice and dignity. Plowshares has a community dining room, Meals-on-Wheels program, and serves as a hub for connection to community resources. The dining room is open, no questions asked. A good percentage of those served are homeless, but they see people from all walks of life. They rely on monetary donations as well as grocery stores and restaurants who donate food every day.</p>
January 28, 2023	Status of Blood Donation	<p><u>Host:</u> Carmen Shantz <u>Guest:</u> Sue Thew, Communications Manager, Arizona Vitalent Blood Donation, (Scottsdale, AZ). www.vitalent.org <u>Description:</u> Winter is the most difficult time to maintain blood supplies. Blood drives are suspended because of vacations and plant closures. Many do not donate because it is cold and flu season. Due to Covid, many organizations realized the benefit of working virtually. A large percentage of their employees continue to work from home, leading to a large decrease in business blood drives. Overall blood drives are also down. Check out your local blood drives to donate or otherwise volunteer.</p>
March 4 & 18, 2023	Computers 4 Kids Assist California Youth in Academic Success	<p><u>Host:</u> Carmen Shantz <u>Guest:</u> Lewis Bair, Raymond Sherbourne and Aljandro Marmolejo, Staff Members, Computers 4 Kids, (Sacramento, CA). https://www.c4kca.org <u>Description:</u> Access to a household computer and connection to the Internet is important to many Americans. From accessing news sources to connecting to family and friends, the Internet provides an arena that provides service nearly all aspects of daily life. Students of all ages use computers and broadband connections to complete homework assignments and take online courses. Computers 4 Kids provides computers and internet access for disadvantaged youth and adults in the greater Sacramento Region to promote successful educational outcomes and productive lives. They rebuild donated computers and work with schools in the area to learn of students and even adults who wouldn't be able to afford a computer. They provide training to the students and families when they receive their computer to ensure success. In order to continue serving the disadvantaged youth in our community, Computers 4 Kids relies on volunteers and donations.</p>

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March 11, 2023	Importance of Pastoral Support in California Hospitals	<p><u>Host:</u> Carmen Shantz <u>Guest:</u> Kris Widmer, Chaplain, Oroville Hospital, (Oroville, CA). https://www.facebook.com/orochurches <u>Description:</u> Kris Widmer described the role he plays as chaplain at a hospital. He emphasized that the most important way he serves is through the ministry of presence – being there for patients, families, and even the staff as they are going through a health crisis. He will pray with them and offer spiritual counseling if they are receptive or request as such. But this presence also leads into serving in practical ways such as contacting loved ones, feeding a pet left at home, or whatever the need may be; if he can help, he will. He seeks to reassure patients and families and sees his ministry overall as a way to bring anyone he ministers to into the Kingdom of God.</p>
March 25, 2023	A Steppingstone Foundation Supports Education & Families	<p><u>Host:</u> Carmen Shantz <u>Guest:</u> Cindy Gattorna, Executive Director, A Steppingstone Foundation, (Phoenix, AZ). https://astepplingstone.org/ <u>Description:</u> A Steppingstone Foundation works with families and their young pre-kindergarten children to help them access quality education while also improving their own. They work with schools to set up a specific pre-K program for the children to prepare them for success in kindergarten and beyond. During this time, they also have classes for the parents to help them with literacy, and even acquire their GED, providing them with parenting skills that will help them support their kids. The progress of the children is followed and when they finish high school, they provide them with a scholarship for college or technical training. This program also provides tuition free childcare and enrichment for the younger siblings of the preschoolers.</p>

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January 7, 2023	<p style="text-align: center;">Wellness & Freedom in Christ: Stopping the Search for Control</p> <p style="text-align: center;">(25-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Tim Sanford, Clinical Director of Counseling Services, Focus on the Family (Colorado Springs, CO). https://www.focusonthefamily.com/ <u>Description:</u> There are moments in everyone’s lives when they can feel out of control. It could be a situation involving the loss of a job, losing a loved one or an unexpected illness – we all face seasons of intense uncertainty, fear, and perhaps hopelessness throughout our lives. However, Tim shared that a person only has control over two things: the present and his or her own self. The Bible lists self-control as a fruit of the Spirit. One is responsible to control himself or herself now and the rest is up to God, as He is sovereign in our lives. It is through seeking Christ and putting our trust in Him that we can manage uncertainty and fear, as well as enjoy the freedom of stopping the search for control. Tim gave tips for how to establish boundaries in relationships, whether family, work, or church-oriented, expressed the potential freedom that stopping the search for control gives to share the Gospel, recognize God’s sovereignty and faithfulness personally, and experience more peace.</p>
January 14, 2023	<p style="text-align: center;">Coast-to-Coast Review on the Economy, Educational System and Housing</p> <p style="text-align: center;">(25-minute program)</p>	<p><u>Hosts:</u> Jenny Burkhiser, Carmen Shantz, Virginia Beehn, and Charrie Slater <u>Guest:</u> Pastor Dennis Kreiss, Pine Grove Community Church (Pine Grove OR); Julia Foster, Executive Director of Read to Me Project (Salinas, California); Denise Green, Online Coordinator for K-12 Shenandoah Community School district (Shenandoah, IA); Tia Unthank, Community Engagement Specialist, (Jacksonville, FL; Jeremy Montgomery, Sunday Breakfast Rescue Mission (Philadelphia, PA) and Katie Ollston, Marian House (Baltimore, MD). <u>Description:</u> On this special edition of Community Bridge, a Coast-to-Coast review of the top issues of the Economy, the Educational System and Housing were highlighted in Family Radio communities across the nation. were stepping up to help bridge the gap and were making a difference serving others in their community. <u>The Economy:</u> The Bible has much to say about servanthood and extending the love of Jesus to those in need. Our first story</p>

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		<p>featured a church in a small community in Pine Grove, OR, sharing the abundant harvest God has provided to bless others who are struggling with food insecurity.</p> <p><u>Education:</u> One essential part of education is ensuring students are literate which is an important part to a child’s emotional and intellectual development. Unfortunately, however, the literacy rate for school children continues to decline. Julia Foster, Executive Director of Read to Me Project in Salinas, CA, shared about how they are helping local children who are behind educationally. Shenandoah, IA, was once referred to as the “seed and nursery center of the world.” Now, the school in this small community is planting seeds of skilled trades – such as electricity, construction and plumbing – offering students who may not go to college after high school and instead want to learn a skill trade – all while also helping people who are struggling to find affordable housing. As the country emerged out from the grips of the pandemic, many students returning to school found themselves afraid, not of what the school year would bring, or what their teach or classes would be like, but fear in being seen and wanting to hide. Tia Unthank, Community Engagement Specialist n Jacksonville, FL, disclosed that students are trying to hide behind their masks, not because they are afraid of Covid or contamination, but of being seen and wanting to hide.</p> <p><u>Homelessness:</u> Sadly, in today’s society with low wages, high rents, joblessness, increasing inflation and other factors contribute to the rise in homelessness. Jeremy Montgomery, Sunday Breakfast Rescue Mission of Philadelphia shared how one organization not only provided shelter, but also a warm meal and Christ’s Love while Katie Ollston talked about how the Marian House in Baltimore, MD, is aiding women and children in these circumstances, comforting them in their darkest moments and helping them recover from the trauma.</p>
January 21, 2023	<p style="text-align: center;">Local Church Support for Mothers and their Developing Children</p> <p style="text-align: center;">(25-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Robyn Chambers, Executive Director for Advocacy for Children, Focus on the Family (Colorado Springs, CO) www.focusonthefamily.com <u>Description:</u> Sadly, for many women with unexpected pregnancies, when they hear the word “church,” rejection comes</p>

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		<p>to their mind. In a study conducted last year, it was revealed that many women with unexpected pregnancies go silently from the church pew to other sources that do not support life because they are convinced the church would rather gossip about their situation instead of helping them. This study, which was conducted by a nonprofit organization supporting more than 1,100 pregnancy centers across America, showed more than four in ten women who had abortions were churchgoers. Robyn shared the importance of pastors and church members to celebrate the life within and to offer friendship, emotional and material support, as well as support throughout the entire life of the child. Parents should be able to speak to their children about both the importance of abstinence until marriage, but also the sacredness of life and that God has a plan for each person.</p>
January 28, 2023	<p style="text-align: center;">The Christian Perspective on Healthy Eating Habits and Exercise (25-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Dr. Amy Givler, MD, Family Physician at Ochsner LSU Health Monroe Medical Center and Member of the Christian Medical & Dental Association (Monroe, LA). www.cmda.org <u>Description:</u> Around the first part of each year, thousands of people begin making plans/resolutions to live healthier lifestyles by losing weight, start exercising, etc. They stock up on healthier food choices, sign up for a membership at the local gym, etc. but shortly thereafter, all the well intentions succumb back to old habits. Even though research and healthcare providers claim lifestyle modifications can improve a person's life, less than 3 percent of Americans have a healthy lifestyle. Dr. Givler shared her own struggles with over eating and obesity, as well as shared that the American diet, mainly focused on carbohydrates, is linked to a cycle of building more hunger and resultant overeating: corn, flour, sugar, and potatoes are all staples and do not satisfy the appetite well or for long. Dr. Givler recommended that a more meat and complex carbohydrate diet be considered. She encouraged listeners to go to Scripture for their comfort and strength, rather than the food pantry and comfort foods, which are often linked to sugar and other hunger inducing carbohydrates.</p>

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February 4, 2023	<p>Parenting – Building Successful Young Lives Amidst Diminishing Morals, Ethics and Values</p> <p>(30-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guests:</u> Alex McFarland, Founder, Apologist, Evangelist and Author, Alex McFarland Ministries, (Pleasant Garden, NC). www.alexmcfarland.com <u>Description:</u> As America appears to be pulling further away from following God’s Word, many young people, and sadly many adults, are turning their backs on their faith in God. Last year, a survey revealed the younger a person is, the less likely he or she is to believe in God. It showed only 27% of Americans 18-29 years of age say they pray daily, and only 31% of young adults say they believe in God as described in the Bible. Concerning statistics, especially for parents trying to raise their children during these troubling times. Alex encouraged Christians to become involved in youth ministry to reach American youth, as well as emphasized the importance of prayer and revival, as well as church and the family. People need to come back to church so they can become strengthened in fellowship and the Word and then reach out to the youth.</p>
February 11, 2023	<p>Honoring God with our Finances in the Face of Rising Costs of Food, Gas and Housing</p> <p>(30-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Shana Burt, Financial Advisor & Host of <i>Financial Issues</i>, Financial Issues Stewardship Ministries (FISM) (Exton, PA). https://financialissues.org/ <u>Description:</u> Across the U.S., eggs, food, automobile fuel and housing rent has skyrocketed, rising by 40, 50, or even 100 percent as of the end of January. Shana alluded to Psalm 24 and encouraged that the earth is the Lord's and everything in it, as pointed to the parable of the talents in Matthew 25 and Luke 19. Using what God has given us wisely is the heart of the matter; she gave a story about how biblical investing was hard (even including her own story as a financial advisor that would only encourage investment in companies that did not engage in nonbiblical practices or support) but that when you do what the Bible say, He will honor that as a Good Father. She encouraged those who have the means to use their wise investments to support the church, other ministries and brothers and sisters in Christ financially struggling now. Many may have to tighten the belt around certain want items, but that those struggling for basic needs should go to their local church for support.</p>

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February 18, 2022	<p>Dental Healthcare for the Least of These (Underprivileged Children)</p> <p>(30-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guests:</u> Dr. Elise Shockley & Dr. Taylyn Padgett, Christ Community Services, Christian Medical and Dental Associations (CMDA), (Memphis, TN). www.cmda.gov <u>Description:</u> As Americans struggle with the rising cost of inflation and budget constraints, underserved families are also faced with many barriers when trying to provide good dental care for their children. Statistics show about half of all American children do not receive regular dental care because of social, economic, and geographic obstacles. Sadly, this number is higher for the least of these (underprivileged children). Drs. Elise Shockley and Taylen Padgett shared the importance of caring for children unable to get themselves to dental care or who do not know how important basic oral hygiene can be on their overall health. Both dentists are part of the residency program of the CMDA and share the Gospel while doing dental work for underprivileged kids. They gave some practical tips for parents or grandparents caring for kids regarding hygiene tips, how to have a good attitude about going to the dentist and how important that having a confident smile is for kids' emotional health, as well as how oral health is related to systemic health.</p>
February 25, 2023	<p>Responding with Justice in Our Culture with Godly Discernment</p> <p>(30-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Virgil Walker, Co Host of the <i>Just Thinking</i> podcast; Executive Director of Operations, G3 Ministries, (Atlanta, GA). <u>Description:</u> As Christians in America, we were all dismayed by news of the disturbing and tragic death of Tyre Nichols earlier this year, a young man brutally beaten and killed by five police officers in Memphis, Tennessee. Virgil explained that justice is always connected to the very nature of God and when we understand His righteousness according to His Word, then we can measure everything in society to determine what is unjust. While it may seem that the challenges are worse and more daunting than they have even been before, the truth is that there is nothing new under the sun. It is imperative that believers believe that God's Word is sufficient. Stay informed and connected to a Bible believing church and rest in God's peace. The answer and truth to all these issues is Gospel proclamation. Most are trying to effect change at the ballot box, but the reality is that nothing</p>

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		<p>about the president or governor transforms the heart. Only the Gospel transforms the human heart. We as God's people have an obligation to proclaim the Gospel, be connected to Gospel oriented ministries and churches and carry out His will.</p>
<p>March 4, 2023</p>	<p>Giving a Voice to Our Preborn Neighbors through the Pulpit (25-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Michael Spencer, Founder and President, Project LifeVoice, (Celina, OH). www.projectlifevoice.com <u>Description:</u> The mission of Project LifeVoice, is to "...equip and inspire pro-life ambassadors to speak compellingly and to act sacrificially on behalf of the most vulnerable, most abandoned and most oppressed among us: our preborn neighbors targeted by elective abortion. Michael shared the importance of pastors and those in the church giving a voice for children not yet born, using a story of how he did not stand up for a little boy who was being beaten by some older boys and to this day, he regrets it. Michael shared Scripture that supports how Christ was incarnate in the womb and how we need to reason together with others on the importance of life, as well as to protect the vulnerable and voiceless. Regarding changing the cultural conversation, he shared the SLED argument (size, location, development, etc.) as well as the importance of focusing on whether the preborn child is in fact a human. He gave practical tips to respectfully share with your pastor the importance of life, how to support local crisis pregnancy centers, and even pray outside abortion clinics.</p>
<p>March 11, 2023</p>	<p>How American Farmers and the Farm Bill Impact Our Food, Fuel, and Fiber (25-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Tammi Arender, Anchor/Reporter, Agricultural Network RFD-TV (Nashville, TN). www.rfdtv.com <u>Description:</u> Agriculture helps sustain life by providing the food we need to survive. It also contributes \$7 trillion to the U.S. economy. While we have been overwhelmed by the increase in food prices in the last year post COVID, (in 2022, food prices increased by 9.9 percent and all food price categories tracked by the USDA increased by more than 5 percent) farmers only take home \$0.13 of every dollar spent in a grocery store and the effects of the war on Ukraine are related to higher costs for fertilizer. When we think of agriculture, we often envision crop farming: the rich soil, tilling and cultivating of the land and</p>

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		<p>sowing, fertilizing, irrigating, and harvesting different types of plants and vegetation. However, crop farming is just one element - agriculture also involves raising livestock; industrial forestry and fishing; and agricultural support services. Overall, the Farm Bill's twelve titles help strengthen local infrastructure, support rural economic development initiatives, protect our nation's food supply, increase access to healthy food for low-income populations, and promote environmental stewardship and conservation. Learn more by accessing https://www.agriculture.senate.gov/farm-bill.</p>
<p>March 18, 2023</p>	<p>Respecting the legacy of Black women in American History (25-minute program)</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Patti Garibay, Founder and Exwecutive Director, American Heritage Girls, (Westchester, OH). americanheritagegirls.org <u>Description:</u> Research shows that role models represent and expand what is possible for girls, inspire them to be more ambitious and aim higher, and demonstrate the mindsets and behaviors that help them be successful. American Heritage Girls was founded by a group of parents wanting a faith-based, scout-type character development program for their daughters in 1995. The AHG Program is dedicated to the mission of building women of integrity through service to God, family, community and country. AHG across the nation and the globe participate in badge programs, service projects, leadership opportunities, and outdoor experiences, all with an emphasis on Christian values and family involvement. AHG emphasizes godly role models in American history for their scouts, including the legacy of Black American Harriet Tubman. Harriet was disabled and even had a bounty on her head, but she continued to work to free slaves and be part of the Underground Railroad because she knew her God was a God of freedom. Join a local troop by going to their website and searching your zip code.</p>
<p>March 25, 2023</p>	<p>Parenting: Teaching Children about the Value of Finding Their Identity in Christ Alone</p>	<p><u>Host:</u> Jenny Burkhiser <u>Guest:</u> Ryan and Bethany Bomberger, Co-Founders; Chief Creative Officer & Executive Director, The Radiance Foundation (VA). www.radiance.life <u>Description:</u> To be human is to be gendered — male or female. And one of the most important jobs of a parent is to help their</p>

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	(25-minute program)	<p>children develop as healthy boys or girls and into strong, confident men and women. Children's worldviews begin forming from a very young age (from 15 mos.) so children should be taught Biblical truth before a broken world reaches them. The Radiance Foundation is a faith-based, educational, life-affirming 501c3 nonprofit organization. The Radiance Foundation affirms that every human life has God-given purpose, leading congressional briefings and summits on Capitol Hill on abortion, adoption, and racism, as well as spoken to thousands of students on campuses around the world. Bethany and Ryan shared the story of Shadrach, Meshach and Abednego and how they lived in a time that seems to be more like today, but were met by Jesus in the fiery furnace. In the same way, they encouraged American Christians, parents and grandparents to be ready to stand for truth and teach children truth because God will show up. Psalms says that He knitted us together in our mother's womb and He knew us even before we were conceived and we can communicate this to children on who they were created to be: male or female and rooted in Christ.</p>

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January 3, 2023	Providing Shelter for Winter Storm Victims	A barber did his part to help save lives during the blizzard that hit Buffalo, NY, over the holiday weekend. Craig Elston, the owner of a local barbershop, turned his shop into a shelter for those who were stuck outside in subzero cold! He posted a video to social media inviting people who needed shelter to come and stay at his barber shop. Some 50 people came in and out of his shop over the weekend with more than half staying all weekend! Some of the guests tried to repay Craig for his efforts, but he declined, saying that “it’s what he’s supposed to do.”
January 4, 2023	Restoring Order Following Travel Chaos	When thousands of flights were canceled over the holidays, “good Samaritans” were texting strangers with the location of their lost luggage! One of those good Samaritans was Brittany Loubier, who found herself searching through what she called an "Armageddon of luggage" at the Tampa Airport the day after Christmas. Brittany said there were "hundreds, if not thousands" of bags piled up at the baggage claim from flights all over the country. Knowing she was stuck at the airport, she decided to reunite some travelers with their bags by texting the number listed on the luggage tag. She sent at least 50 text messages while sifting through all the luggage. Brittany said she was just trying to help people.
January 5, 2023	Giving Back with Acts of Kindness	A woman who lost her sight feared she would never be able to ride a bike again, but she's back on two wheels, thanks to a local business' act of kindness! When Jeanette Stevens, an avid cyclist, lost her eyesight at age 34 years, she began cycling again with the help of <i>Charlotte Tandems</i> , a charity which loaned her a 2-person bicycle for a year after teaching her how to ride one. But when the bike had to be returned, Jeanette couldn't afford a new one. Well, when a local bike shop heard Jeanette's story, they decided to pitch in and buy her some new wheels!
January 6, 2023	Fatherhood Engagement	Chicago resident Joseph Williams is a father of five, so he knows a thing or two about what it takes to be a good parent. Williams says his own experience of growing up without his dad inspired him to start reading books to students in his community. In 2017, Joseph founded “ <i>Mr. Dad’s Father’s Club</i> .” The Club encourages fathers and positive male mentors to be actively involved in children’s lives through mentoring and literacy. “I thought it was so important to not only be involved in my children’s lives,” he said, “but to encourage other fathers to be engaged in their children’s lives.” Joseph said one of the organization’s goals is to help fathers stay active in their community.

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January 10, 2023	Youth Violence	If the key to reducing youth violence is simply to build bonds with the next generation, then some high schoolers in Sacramento have found their way... on the asphalt! <i>Project Lifelong</i> helps kids develop a love for skateboarding while keeping them out of trouble! Once a week, skateboarders come rolling off the street and onto the Arden Middle School tennis courts. The program works by pairing up a high school student to mentor middle school students. In return, <i>Project Lifelong</i> takes the high schoolers on out-of-town educational trips.
January 11, 2023	Cancer Therapy	A loved one and a cancer diagnosis: it's an experience through which you hope you'll never have to go. But for Laura Sexton of North Carolina, the reality of her father's brain tumor brought not only a mix of emotions but a soothing burst of creativity, as well. It was during his journey through cancer therapy that Sexton drew upon her artistic talents as a means of healing. She took photographs "to remember the moments." And from those photographs painted a series of images depicting her father's battle with cancer. Sexton sees her art as a vehicle for connecting and empowering others to grow. She hopes the pieces give solace to other families going through similar circumstances.
January 12, 2023	Fundraiser for Destitute Employee	A waffle house's customers are raising money for a beloved employee who hides her personal struggle with a smile. Cynthia Morrison has worked at an Atlanta waffle house for 37 years and was recently diagnosed with Stage One Multiple Myeloma. Well, when the news of Cynthia's illness spread around the restaurant, customers began stepping up to help. One long-time customer left a \$120 tip for Morrison that day, but his generosity didn't stop there. In less than a week, friends set up a GoFundMe for Cynthia. More than \$5,000 had been donated in a matter of days. Cynthia faces eight more rounds of chemotherapy and for weeks she won't be able to work.
January 13, 2023	Empowering the Special Needs Community	If you have a child or friend with autism, then you know how difficult it can be for them to land a steady job. Well, a bakery in Brooklyn, NY, is helping to change that! Molly Sebastian and Alison Berkley, two mothers with special needs children, combined their expertise to open <i>Invictus Bakery</i> , where people with autism could gain these job skills with introductory cooking classes, cake school, and a business entrepreneurship class. A lot of the bakers Molly and Alison work with don't get many chances to work, even though the women say they're

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		all “super talented.” Alison said, “They will stun you with what they can do in the bakery!”
January 16, 2023	Law Enforcement Community Engagement	A police officer in Denver went above and beyond the call of duty to help a citizen in need...and just last week she received an award from the nonprofit <i>Citizens’ Appreciate Police</i> . When Officer Melissa Martin responded to a noise complaint on New Year's Eve, she learned the woman there had just escaped an abusive relationship and recently moved into an apartment on her own. The woman told Martin she was struggling with mental illness and hadn't eaten in four or five days. Officer Martin found her refrigerator empty and decided to buy the woman groceries for the week with her own money.
January 18, 2023	Homeless Outreach	After his aunt took him to feed the homeless, one teenage boy started a non-profit dedicated to helping his newfound friends! Fourteen-year-old “Jahkil” is the founder of <i>Project I Am</i> , a nonprofit devoted to helping the homeless. <i>Project I Am</i> brings awareness to homelessness and provides support to those in need. Jahkil began the initiative when he was just 8 years old! Today, he packages “blessing bags,” containing different daily essentials for the homeless. Jahkil says he hopes his actions inspire others to be change agents.
January 19, 2023	Children’s Cancer Foundation	Every dog lover will tell you about how their dog makes their home a better place! And thanks to one non-profit dog foundation, they’re making children’s cancer centers better places, as well! The <i>Doug the Pug Foundation</i> brings joy and needed support to children battling cancer. <i>Doug The Pug</i> is a social media sensation, with over 18 million followers across the Internet and his owners decided it was time to spread more joy and kindness to children and families facing cancer. The Foundation also sends pug-love packages to children in hospitals and raises funds for families struggling financially. Doug’s owners hope that just as their dog snuggles up to a child who needs the most love, others will sit with someone new at a lunch table or extend a hand to a neighbor in need.
January 20, 2023	Rewarding a Winter Storm Hero	A man who saved the lives of 24 people by breaking into a school in Buffalo, NY, during the historic blizzard was just given a pair of Super Bowl Tickets by his hometown team. Jay Withey, the 27-year-old mechanic and hero, received the reward from the Buffalo Bills and Blue Cross Blue Shield. Former Bills running back Thurman Thomas personally delivered the surprise to Withey. Jay broke the school window on Christmas Eve in order to get 2 dozen people, including

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		several seniors and two dogs, out of hurricane-force winds and frigid cold! The school declined to press any charges, nor did they accept the groups’ repeated attempts to pay for the window.
January 24, 2023	Anonymous Generosity	For ten years, a farmer in Alabama has been anonymously paying his neighbors’ pharmacy bills! Hody Childress, a farmer and U.S. Air Force veteran, had been keeping it a secret since 2012 when he walked into a drug store in his hometown of Geraldine. He would simply walk up to the counter and say, “Here, this \$100 is for anyone who can’t afford their prescription. Do not tell a soul that the money came from me. Tell them it’s a blessing from God.” A month later, Hody walked back saying the same thing. His family said he contributed thousands of dollars to a pharmacy over the years. Hody passed away on New Year’s Day and now his family and friends are paying it forward, keeping the pharmacy fund going.
January 27, 2023	Woman with Lifelong Illness Celebrates Longevity	A woman in South Carolina has just celebrated her 50th birthday after doctors said she wouldn’t make it past the age of one. Rema Kabore has lived with cerebral palsy all her life. She wasn’t able to walk until she was 13 years old, having several surgeries along the way. On Rema’s recent birthday, a family friend planned a surprise party at a restaurant in Greenville. As the party was wrapping up, another act of kindness happened before the group could leave the restaurant. A woman from a different group decided to pay for the birthday lunch!
February 1, 2023	Football Fans Receive Free Big Game Tickets	A mother and son in Philadelphia were surprised with \$500 and playoff tickets after a random act of kindness. Bryanne McBride and her son Mason were out running errands Saturday afternoon, getting ready to watch the Eagles game at home when they encountered a stranger who asked them for some money. "Do you have a dollar by chance? I'm just trying to grab the bus..." but this was no ordinary stranger. Zach Dereniowski runs the "MD Motivator" account on social media and is known for rewarding people for their acts of kindness. After giving Zach some money, he returned the favor by giving Bryanne and Mason \$500 in cash and two tickets to the Eagles-Giants playoff game.
February 3, 2023	Giving Inmates a Fresh Start	Inmates looking to get a fresh start out of prison are faced with a variety of challenges, but one bakery in St. Louis has the recipe for lasting success! Kalen McAllister, a former prison chaplain, knew that counseling from inside the prison walls was only a partial solution. Change was needed outside, too. So, after retirement, she opened

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		<i>Laughing Bear Bakery</i> in St. Louis, a nonprofit business where a criminal record is required to land the job. She says it all starts with a hiring model that considers a crime to be just one part of a person’s past—instead of the whole of who someone is and has the potential to be. While Kalen takes no pay, she says her reward comes from seeing her employees figure out the “recipe for their lives.”
February 6, 2023	Affordable Food Access	South LA Cafe is putting the community first, serving up coffee and connection. Joe and Celia Ward-Wallace, two lifelong South Los Angeles residents, are passionate about coffee but wanted their community to have access to fresh, affordable and healthy food options. So, they created their very own grocery giveaway. Celia said that for more than 100 weeks now, the couple has distributed free groceries to 1,000 people a week in the community.
February 9, 2023	Boy Sells Discounted Eggs	Well, even though egg prices are slowly starting to decline, it’s still hitting the family pocketbook hard. But an 11-year-old is doing something to change that – he’s supplying a local bakery with farm-fresh eggs for half the price! Courtney Johnson is the owner of Sweet Anna's Bakery in North Carolina and she’s been struggling as egg prices have skyrocketed. Eleven-year-old “Rylen” and his family own chickens that produce about 20 eggs per day... and recently he took to social media announcing they had a surplus and would sell them at half price. Courtney saw the post and asked to purchase -- all of them.
February 14, 2023	Valentine’s Generosity	A North Carolina woman is celebrating Valentine's Day by delivering hundreds of flower arrangements to widows. Last year, 30-year-old Ashley Manning started her "Valentine's Day Widow Outreach" by asking her followers on Instagram to send her names and addresses of widows so she could bring them flower arrangements. She ended up delivering 121 arrangements, even though her goal was just 25. This year, with the help of 150 volunteers, Ashley plans to deliver 400 arrangements thanks to donations from local businesses.
February 15, 2023	Organ Donation	An Ohio teen made the selfless decision to be an organ donor and little did he know his choice would save the life of 5 people, including a woman with a missing heart valve. Keisha Dulin waited for years on a transplant list. She worried about leaving her children with no parent. Then in June of 2020, she got a phone call saying she’d receive her new heart. But what was good news for Keisha meant sad news for another family. Aimee Cordrey’s son Nick was only 15 years old when he suffered an aneurysm and died. Nick decided to be an organ donor

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		just the year before...and his mother never thought she'd have to honor his decision so soon. When Keisha reached out to Nick's family to thank them for the gift of life, Aimee shared how she found a note Nick wrote with a wish list. Well, Keisha has now made it her mission to finish Nick's bucket list, starting with his goal of visiting all 50 states!
February 21, 2023	Free Haircuts for Children with Special Needs	A barber in Cincinnati is giving free haircuts to children with special needs, and as a result, he's made a new friend! Two years ago, Vernon Jackson had an idea to raise money to give free haircuts to children with disabilities. He called the program GIFTED. That's how he met 7-year-old "Ellison." Ellison has Down's Syndrome and like most kids with special needs, he faces challenges daily. One of those being getting a haircut. Ellison's mother, Julie, said that navigating a haircut for a child with Down's Syndrome has been stressful, but that was before finding Jackson's GIFTED program. She now says having a barber who takes his time and gives her son a special experience is something every parent should be able to have.
February 22, 2023	Helping the Elderly Retire Early	A family in South Carolina has raised thousands of dollars for an elderly delivery driver who fell on their front porch while delivering their food. Seventy-two-year old Barbara is a pizza delivery driver in South Carolina and earlier this month, she fell on the front porch of a family's home. Homeowner Lacey Kreighton posted the doorbell camera footage to social media and created an online fundraiser to help bless Barbara with some extra cash. The fundraiser immediately took off, raising over \$263,000 for Barbara. Thanks to the extra cash, Barbara's put in her two-week notice and is "officially retiring."
February 24, 2023	Youth Engagement	Brian Ferreira is a Detroit Police Officer who patrols the city's streets, always ready to respond to emergencies. But now he's also started making youth stops, handing out books and basketballs to kids from the trunk of his police cruiser. "Whenever I'm able to give that kid a book and see that smile, see them get excited, it makes my day," he said. As for funding the initiative, Officer Ferreira initially purchased books using his own money. He searched Facebook Marketplace for deals and later got donations from other officers and the public. Now with over 30 basketballs and more than 300 books distributed so far, this father of 2 girls is on a mission to bring a positive change within the community, one kid at a time.
February 28, 2023	Young Leaders of America	With all the ingredients for success, an accomplished North Carolina student runs her own bakery while balancing academics and athletics.

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		<p>“Nicole” not only makes an effort as an involved student and athlete, but also operates her business <i>Homemade Nicole</i>, baking cupcakes, cakes, pies, and other sweets right out of her kitchen. When not serving delicious baked goods, Nicole serves as vice president of Future Business Leaders of America at her school and is also active in her church. "After college," she said, "I want to be a journalist or a filmmaker. But at the end of the day, I'm going to have my bakery one day. I'm going to have my own doors to open up and for everyone to come."</p>
March 1, 2023	Good Samaritan at the Grocery Store	<p>Thanks to a random act of kindness at a Louisiana grocery store, a new friendship was born between two complete strangers! Jason Boudreaux shared a story on his Facebook page describing the moment a grocery store cashier told him his card was declined. All of a sudden, Jason heard a voice speak up from behind saying "I got you." Jason said "No you don't... you probably didn't hear the price." The man responded, "Yes Sir, I did, and I got you." Jason snapped a quick selfie with the good Samaritan before they parted ways. With help from social media, the two men celebrated a birthday together.</p>
March 3, 2023	Police Assistance for the Needy	<p>A pair of police officers in Michigan are being praised for going above and beyond the call of duty. When Lieutenant Allen and Officer Smith arrived at the scene of a serious accident, they saw that one of the drivers, Bryanna Fantozzi, was six months pregnant. She was on her way to make a grocery delivery when she got into the accident due to the icy roads! Well, not wanting a fellow member of the community to go hungry, Officers Allen and Smith switched their police hat for another hat! They loaded the entire grocery order into their police cruiser and made the delivery.</p>
March 6, 2023	Positive Parenting	<p>One father has become an internet sensation by giving fatherly advice to those who may not have had a dad to answer their questions. Rob Kenney started his YouTube channel, "Dad, how do I?" almost three years ago during the pandemic, posting "how to" videos on things such as how to tie a tie or change windshield wipers. He says he learned a lot of things the hard way when his dad left at 14 years and he's just trying to pass along some information! He believes his experience without a dad has helped him relate to the feeling of not having somebody there to walk him through some basic things. As he has forgiven his dad, he thinks it's important for dads to forgive!</p>

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March 7, 2023	Assistance for Struggling Waffle House Employee	An 8-year-old boy in Arkansas is raising money to help a hard-working waffle house employee buy a car and find a decent apartment. “Kayzen” and his family are regulars at their local waffle house and they’re on a mission to help Devonte! The family recently learned that Devonte was walking to and from work every day and that his wife and their two daughters were living in a motel room due to black mold in their apartment. Kayzen decided to create a GoFundMe to help Devonte get a car and find a clean rental property for his family. Kaizen set an initial goal of \$5,000 to get Devonte a reliable vehicle, but already the online fundraiser has amassed more than \$57,000.
March 9, 2023	Youth Sponsored Shoe Drive	A 9-year-old girl from Virginia has started her own shoe drive to help other students in need! Winter Davis started a nonprofit, <i>Winter’s Place</i> , after a few of her friends weren’t able to play with her outside because they didn’t have proper shoes to protect their feet. Winter’s mother, Kendra, said she’s always had a caring heart. Kendra said they have all seven school districts in their area helping them bring the school drive together. So far, the drive has panned over seven cities and they’ve collected and donated about 75 pairs of shoes and counting.
March 10, 2023	Foster Parenting	A North Carolina foster dad is being hailed a hero after adopting a 13-year-old boy who was abandoned as a child at the hospital by his adoptive parents. Peter Mutabazi is a single, foster father who says it’s truly been a joy to welcome 24 foster kids into his home over the last 3 years, and now, he’s changed 13-year-old Tony’s life forever. When he was 11 years old, Tony’s adopted parents left him at a hospital and never returned. That’s when Peter received a call asking if he could take Tony for the weekend. But then he learned Tony’s story. Tony and Peter have been together ever since. Father and son are looking forward to welcoming a new foster child who will join their home soon.
March 14, 2023	Reuniting Lost Pet with Owner	A small puppy dumped on the side of the street now has a future as a beloved service dog! Lying on the sidewalk of a park in Colorado Springs, Bruno — a young pitbull, not even a year old — spent the night waiting for his owners, who would never return. Thankfully, Carl Anderson, an Air Force veteran who lives across from the park, found Bruno after seeing the car drop him off in the park. The next morning, Bruno was still laying in the same place, but Carl was able to bring him inside to give him food and water. Bruno was placed in the shelter at the Humane Society of the Pikes Peak Region, but a rescue eventually agreed to take Bruno in and allow Carl to become his foster home.

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March 16, 2023	Mental Health Awareness	A Southern Baptist Pastor in Missouri just set a world record for running 153 consecutive marathons to raise awareness for adoption, foster care, and youth mental health. Pastor Malachi O’Brien of <i>The Church at Pleasant Ridge</i> completed the feat on March 8, breaking his own world record, which he set just months ago. Pastor O’Brien was adopted when he was three years old. He and his wife recently adopted a child through the foster care system. They are also passionate advocates for mental health care after their oldest daughter survived a suicide attempt. And as for the 153 marathons... that was inspired by the 153 fish the disciples catch in John 12:11.
March 20, 2023	Creating Opportunity for the Homeless	After 30 years of living on the streets, one California man was pulled to his feet and given a second chance by a man who lived on the opposite side of the country... and now the two are best friends! Scott Kuczmarski was visiting California in 2019 when he met Robert Pineda as he was riding a bicycle with 300 pounds of personal stuff on it! After mustering up the courage to talk to Pineda, the two met for coffee. They instantly had a connection and proceeded to meet for breakfast "almost every day for the next two or three weeks. Scott eventually helped Robert get care through the Opportunity Center of the Midpeninsula, an affordable apartment complex for the homeless which also offers free health care.
March 22, 2023	Elementary School Kindness to Strangers	For the last 7 years, third grade students at an elementary school in British Columbia have performed acts of kindness for strangers in their community. It's part of Watson Elementary's <i>Kindness Project</i> . The project first started back in 2017 when teachers Jen Thiessen and Kyla Stradling came up with the idea. Over the years, either one or two Grade 3 classes from Watson have taken it on, but this year, five classes took part making it the biggest one to date. The students raise money for the project by selling cupcakes and then they go to local parks and hand out flowers, chocolates, dog treats and coffee to strangers. Some stay back and put together care packages for homeless people. So far this year, they’ve raised \$1,400.
March 27, 2023	School Lunch Debt	A North Carolina pastor has been helping children, whether they need clothes, housing, or even a family! When Pastor Dickie Spargo learned that a growing number of kids in his county have unpaid school lunch accounts totaling \$13,000, he decided his church was going to share the burden. In less than two weeks, the congregation raised \$23,000. “What a great opportunity to bless these kids,” the pastor told his

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		congregation after delivering the check. The \$23,000 donation from the large Christian church will eliminate student lunch debt for the year, and the rest will help pay off debt for next school year.
March 31, 2023	Support for Nashville School Shooting Victims	A family in Nashville has launched a GoFundMe campaign for the family of Mike Hill, who was one of the six victims killed in a shooting at The Covenant School in Nashville, TN, this week. Mike served as the school's custodian for nearly 15 years... he was a father to eight children and a grandfather to close to a dozen kids. As of yesterday morning, the GoFundMe for Mike the page has raised more than \$500,000 from a total of 7,600 donations. The page's original fundraising goal was \$25,000. Mike's family said Hill's family said they are “aware of this fundraising effort and has been beyond moved by the outpouring of love.”