

COMMUNITY ISSUES PROGRAM LIST- WGTI
Fourth Quarter 2020 (October-December)
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The following is a listing of some of the significant issues responded to by WGTI, WINFALL, NC for the period of October 1st-December 31st. 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 Daylight Time.

1. Special Needs
2. Children's Mental Health
3. School at Home
4. Convoy of Hope
5. Suicide Prevention
6. Mental Health

Issue	Program	Date	Time	Duration	Description of Program
Special Needs	Closer Look	10/5/2020-10/11/2020	7pm	15:46	<p>Special Needs Families Get 'Buddy Breaks' With Nathaniel's Hope</p> <p>Special Needs families frequently suffer isolation, so 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. "There's no better cup of cold water you can give to a family impacted by disability than a break," says NH and Buddy Break co-founder Marie Kuck. It starts, she says, with having a willing heart. "Tear down those walls and build friendships."</p> <p>Related Links: https://www.nathanielshope.org/our-programs/buddy-break/ https://www.nathanielshope.org/our-programs/vip-birthday-club/</p>
Children's Mental Health	Closer Look	12/7/2020 - 12/13/2020	7pm	27:44	<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. The pandemic made a dire situation even worse. The barrage of mystifying information crowds their minds along with the other pressures of growing up. This can drive kids to anxiety, depression or even suicide. Monika Kelly gets advice from child mental health experts.</p> <p>Related Links: https://www.klove.com/news/closer-look/health-and-safety/closer-look-help-for-kids-suffering-sadness-anxiety-in-pandemic-1076 https://www.air1.com/news/closer-look/health-and-safety/help-for-kids-suffering-sadness-anxiety-in-pandemic-1077</p>

School at Home	Closer Look	10/12/2020 - 10/18/2020	7pm	28:54	<p>SCHOOL-AT-HOME: Advice For Distance Learning, Homeschooling</p> <p>“Keeping it simple” is key says Arlene Pellicane, mom, author and host of Accessmore podcast A Happy Home. “Master the basics. Just focus on like two things that would help this distance learning thing work.” As homeschoolers, parents take full responsibility for what their children learn, a method mentor and coach Kayla Weller finds effective, flexible and fun. K-LOVE's Billie Branham reports.</p>
Convoy of Hope	Closer Look	10/19/2020 - 10/25/2020	7pm	28:23	<p>2020 ‘Convoy Of Hope’ Hauls Relief To Storm, Fire and Virus Victims</p> <p>When disaster strikes, CONVOY OF HOPE big rigs show up, hauling so much more than tarps, lumber, bottled water and food. "It's starts with food but ends with Jesus," says COH spokesperson Jeff Nene. K-LOVE's Marya Morgan reports. Related Links: https://www.convoyofhope.org/ https://www.klove.com/news/faith/convoy-of-hope-serves-10-million-meals-but-won-t-stop-there-12151</p>
Suicide Prevention	Closer Look	11/30/2020 - 12/6/2020	7pm	14:45	<p>It Doesn't Have To End This Way: Suicide Prevention</p> <p>If someone decides to end their own life, you may never fully understand why. "But you can imagine how much psychological pain that person had to be in," says Pat Gallinagh of Range Suicide Prevention Council. If someone decides to end their own life, you may never fully understand why. "But you can imagine how much psychological pain that person had to be in," says Pat Gallinagh of Range Suicide Prevention Council.</p> <p>CALL THE NAT'L SUICIDE HOTLINE 1-800-273 TALK (8255) Or call the K-LOVE PASTORS: 1-844-364-HOPE (4673).</p>

Mental Health	Closer Look	11/2/2020 - 11/8/2020	7pm	27:58	<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. Saundra 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: https://ichoosemybestlife.com/quiz/rest-quiz-test/</p>
Dare County NC Family & Consumer Science Agent Dee Furlough	Local News	12/20/2020	7:30pm	n/a	<p>What kinds of programs do you offer in Dare County? Tell me a little bit more about these programs: Cook Smart, Eat Smart classes Freezer Meal classes Med Instead of Meds ServSafe Food Safety classes Food Preservation Workshops (Canning, Freezing, Dehydrating)</p> <p>The core of Family & Consumer Sciences focuses on nutrition, food safety, health and wellness, food preservation, local foods and chronic disease reduction. Cook Smart/Eat Smart is a 12 hour hands-on cooking course that teaches basic cooking skills and meal planning with a focus on nutrition and affordability. The Freezer Meal classes are also hands-on and participants learn a lot about food safety while creating healthy freezer meals that can later be made in a slow-cooker to encourage healthier eating and time shared around the dinner table. Food Preservation classes teach folks the safe way to can, freeze and dehydrate foods. These are also hands-on classes in which participants get to make and take home food products.</p>
NCSU Extension Organizational Development Leader Shannon Brooks	Local News	10/11/2020	7:30pm	n/a	<p>What is Extension? How does Extension serve all of North Carolina? How can I find out what Extension offers in my county? How can I get involved with Extension? Is a job with Extension right for me? How is Extension responding to Covid-19?4H, FCS, Horticulture, Master Gardener, Clubs, Online Free Training</p>

<p>Albemarle Commission Area Agency on Aging - Lynne Raisor</p>	<p>Local News</p>	<p>10/4/2020</p>	<p>7:30pm</p>	<p>n/a</p>	<p>Causes of Caregiver Isolation and Loneliness shown in the example</p> <p>-Impacts of Caregiver Isolation</p> <p>-Strategies for Staying Well:</p> <p> Respite</p> <p> Support</p> <p> Maintaining Sense of Self</p>

