

**KDFR – 91.3 FM – Des Moines, IA**  
**Issues/Program List**  
**“COMMUNITY BRIDGE”**  
**A 5-Minute Program Heard Saturdays**  
**at 6:25 AM, 4:00 PM, and 6:55 PM**  
**January – March, 2021**

DATE	ISSUE	GUEST AND DESCRIPTION
January 2*, 9, 16, 23 & 30, 2021	<b>Help for Local Farmers in Coping with Stress</b>	<p><u>Host:</u> Virginia Beehn  <u>Guest:</u> Tammy Jacobs, Hotlines Coordinator, Iowa Concerns (Ames, IA). <a href="http://www.extension.iowa.state">www.extension.iowa.state</a>  <u>Description:</u> Soon farmers will prepare for a new growing season. The Iowa Concerns hotline began in 1985 to help farmers cope with their concerns. Farmers are under more and different stress factors than other citizens – including inability to control weather or market conditions. Help is available for mental health crises, strategies for health, and help for others. Classes are offered to assist. Call the public hotline at 1-800-447-1985 for help.</p> <p>*KDFR’s local edition of <i>Community Bridge</i> did not air at 6:55 PM as scheduled on 1/2 due to technical problems.</p>
February 6 & 13, 2021	<b>Physical &amp; Spiritual Heart Health in Des Moines</b>	<p><u>Host:</u> Virginia Beehn  <u>Guest:</u> Dr. Jeffrey Barrows, Sr. Vice President of Bioethics and Public Policy, Christian Medical and Dental Associations (Bristol, TN). <a href="http://www.cmda.org">www.cmda.org</a>  <u>Description:</u> Heart disease is the biggest killer of people in the USA, including Des Moines. To avoid heart disease, keep as close as possible to your ideal body weight, eat mostly fruits, vegetables, and whole grains, and exercise about 30 minutes each day. Christians seem to live longer because they avoid alcohol and smoking, have a generally healthier lifestyle, and their tension levels are lower.</p>
February 20 & 27, 2021	<b>Loneliness in Isolation and the Remedy of the Church</b>	<p><u>Host:</u> Daniel Ridings  <u>Guest:</u> Pastor Jay Kim, Lead Pastor of Teaching, Westgate Church in Silicon Valley and Author, Analog Church (Santa Cruz, CA).  <u>Description:</u> COVID19 is not the only pandemic plaguing our communities. Loneliness and isolation have resulted in serious trends of diminishing mental health and related deaths. The Church throughout America, including Des Moines, has seen these trends play out within our own communities and we have a unique position to counter that pandemic—human connection. Even if the connection is distanced, it is a critical tool in encouraging others and saving lives.</p>

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March 6, 13, 20 & 27, 2021	<b>Building Free Desks for Kids Near Des Moines</b>	<u>Host:</u> Virginia Beehn <u>Guest:</u> Nate Evans, Founder, Evans Family Woodworking (Ankeny, IA). <a href="http://www.evansfamilywoodworking.com">www.evansfamilywoodworking.com</a> Facebook: Woodworking with a Purpose <u>Description:</u> Kids have a tough time learning remotely from home. Nate Evans teaches 7 <sup>th</sup> grade and felt the call to provide free desks to children as a way to serve God. With donations and volunteer help, he as built hundreds of desks to give away for free. Plans are available to anyone wanting to build desks in their neighborhood.

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January 2, 2021	<b>Seeking God First in Career Decisions</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Russell Gehrlein, Author and Blogger for the Institute for Faith, Work and Economics and The Gospel Coalition (Tysons, VA). <a href="http://www.tifwe.org">www.tifwe.org</a> <u>Description:</u> Whether it is the first job right out of school or the search for a ‘dream job,’ choosing a career is a big decision and not one to be taken lightly. The choice can be the difference between a life filled with boredom and dread or a rewarding one filled with joy and contentment. Russell Gehrlein talked about how to seek God first in navigating through career decisions and letting God lead in your quest for a rewarding career.
January 9, 2021	<b>Learning to Surrender to God’s Plan Despite Crisis</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Meg Apperson, Author, Blogger, and Homeschooling Mom (NC). <a href="http://www.fourfinelives.com">www.fourfinelives.com</a> <u>Description:</u> Many moments throughout a person’s life are filled with hopes and dreams, and of days filled with joy and peace. Sadly, along the journey, there are periods of pain suffering and trials. Meg Apperson shared the touching story of what happened when the unexpected happened in her life. She talked about the life crisis that led to a surrender to God’s perfect plan and how God helped her learn how to find love, peace, and joy amidst the pain of her suffering.
January 16, 2021	<b>Information about the Covid-19 Vaccine</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Dr. Jeff Barrows, Senior Vice President of Bioethics and Public Policy, Christian Medical and Dental Associations (Bristol, TN). <a href="http://www.cmda.org">www.cmda.org</a> <u>Description:</u> The highly anticipated vaccine for the novel Coronavirus (Covid-19) has finally been developed and many questions have surfaced as distribution begins throughout the United States. Dr. Jeff Barrows unpacked valuable information about the vaccine – what has been done to plan for the distribution of the vaccine, the benefits, the side effects, and how the vaccine will be administered – all from a Christian doctor’s perspective.

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January 23, 2021	<b>The Art of Crucial Thinking and Life Application</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Dr. Kevin Jones, Dean, Assistant Professor of Education, Cedarville University (Cedarville, OH). <a href="http://www.cedarville.edu">www.cedarville.edu</a> <u>Description:</u> In today's society, there is an abundance of information at our fingertips. Some information is true, some can be misleading, and unfortunately, some of the information is false. Dr. Kevin Jones explained the difference between critical thinking and crucial thinking, the art of how to crucially think and apply it to our daily lives. He also talked about the importance of studying Scripture as a way to draw closer to God and honor God with how you think.
January 30, 2021	<b>Investing Proactively with God's Provisions</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Arthur Ally, Founder and President, Timothy Plan (Maitland, FL). <a href="http://www.timothyplan.com">www.timothyplan.com</a> <u>Description:</u> Money is central to everything we do and as Arthur Ally explained, when we do things the world's way, it does not work out well. Emotions driven by greed and fear can lead to disaster, whereas emotions of contentment and thankfulness can have just the opposite effect. Mr. Ally discussed how being open-handed with God's money can help us in realizing it is more blessed to give than to receive and the importance of being pro-active with God's provisions by investing wisely.
February 6, 2021	<b>Court Decisions Supports Parents Directing their Children's Education</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Jeanne Allen, Founder and CEO, The Center for Education Reform (CRE) (Washington, DC). <a href="http://www.edreform.com">www.edreform.com</a> <u>Description:</u> Approximately 13% of a student's life is spent in school each year. Some of the greatest joys and proudest moments for any parent/grandparent is seeing their child receiving a diploma as a result of hard work. Unfortunately, many are questioning what the children are today learning, as illiteracy rates and dropout rates continue to escalate. Jeanne Allen explained how education is supposed to shape and improve a person and talked about the recent Supreme Court decision supporting parents to direct the education of their children. One example she gave was giving parents the opportunity to pick the school and environment for their child in which to learn. CER

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		provides all the tools and resources packed in a virtual backpack and advocates parent power to help transform the education of the child.
February 13, 2021	<b>Shaping Your Teen's Faith</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Dan Dupee, President Emeritus, Coalition for Christian Outreach (Pittsburgh, PA). <a href="http://www.ccojubilee.org">www.ccojubilee.org</a> <u>Description:</u> The environment teenagers are growing up in is very different in the world today. Teenage pressures and social media are just some of the concerns. Dan Dupee talked about what the core message social media and other venues are giving to kids. He explained how Bible scriptures, ways parents can influence and shape a child's life, and why the home is the greatest place for growing your child's faith and trust in God.
February 20, 2021	<b>How Americans can Serve Veterans with Biblical Resources and Encouragement</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Rev. Dr. Paul McCullough, Veteran, American Bible Society (Philadelphia, PA). <a href="http://www.americanbible.org">www.americanbible.org</a> <u>Description:</u> Military life can be difficult, not only for those in active duty, but also for veterans and even for family members. Rev. Dr. McCullough spoke about the benefits, difficulties, and sacrifices of military service. He explained how veterans, active military, and others can find freedom in the Bible, how it can help one gain an understanding of God's love, and how God is always there to help one get through the ups and downs of life. He also shared information about American Bible Society's Operation 500 Challenge that inspires others to 75 days of reading the Bible.
February 27, 2021	<b>The Importance of Civil Rights in America: From the Womb to the Tomb</b>  (25-minute program)	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Alveda C. King, Evangelist, Pastoral Associate, Priests for Life (Cocoa, FL). <a href="http://www.civilrightsfortheunborn.com">www.civilrightsfortheunborn.com</a> and <a href="http://www.prolifecentral.com">www.prolifecentral.com</a> <u>Description:</u> Alveda C. King grew up during the civil rights movement, which was led by her uncle, Rev. Dr. Martin Luther King, Jr. Ms. King shared why it is important for society to again value humanity in every stage of living. Ms. King explained there will be times when we will not always agree with each other, but we can learn to communicate and begin to see

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		people as human beings. She emphasized once we begin to value all human life – from the womb to the tomb - we will begin to see each other as human beings, as brothers and sisters.
March 6, 2021	<b>Covid-19 Vaccine Information – Facts Vs. Fiction</b>  <b>(25-minute program)</b>	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Dr. Jeff Barrows, Senior Vice President of Bioethics and Public Policy, Christian Medical and Dental Associations (Bristol, TN). <a href="http://www.cmda.org">www.cmda.org</a> <u>Description:</u> A lot of information is circulating about the Covid-19 vaccine and it is difficult to determine what is true, what information we should know, and what we need to know. Dr. Jeff Barrows gave an overview of what vaccines are available at this time, the dosage details, and possible side effects. He also explained what information is fact-based versus what is fiction to help listeners have a better understanding of the Covid-19 vaccine options.
March 13, 2021	<b>Equipping Girls with the Armor of God in Spiritual Battleground</b>  <b>(25-minute program)</b>	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Patti Garibay, Founder and Executive Director, American Heritage Girls (Cincinnati, OH). <a href="http://www.americanheritagegirls.org">www.americanheritagegirls.org</a> <u>Description:</u> Each generation is confronted with struggles. Today's youth are no exception. They see chaos, mayhem, shootings, riots, etc., leaving many wondering about God. Many Generation Z's are self-identifying as atheists, which is twice the rate of adults. The good news is they are very interested in learning about faith and in God because many do not know anything about Him. Patti Garibay shared how parents and grandparents can shape their child or teen to help them understand who they are and Whose they are - which will help them know how to handle these struggles. Patti talked about taking moments of adversity and learning something positive from them. She also spoke about how American Heritage Girls is helping girls learn about women of the Bible and understand how to suit up with the full armor of God to help grow strong in their faith and overcome life's struggles.

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March 20, 2021	<b>The Need to Regulate Screen Time and Reconnect (25-minute program)</b>	<p><u>Host:</u> Jenny Burkhiser</p> <p><u>Guest:</u> David Murrow, Best-selling Author and Director, Church for Men (Phoenix, AZ). <a href="http://www.churchformen.com">www.churchformen.com</a></p> <p><u>Description:</u> Have you ever thought about how much time is spent each day watching some sort of screen? From smartphones, computers, television, and others, if you add it all up, the results might surprise you. The Bible is very clear on what we are to fix our eyes upon, so anything we are looking at great length is ultimately, the object of our worship. David Murrow offered practical ways to regulate screen time and explained the importance of fixing our eyes on Jesus and reconnecting with our families.</p>
March 27, 2021	<b>Passover's Cultural and Spiritual Implications for American Christians (25-minute program)</b>	<p><u>Host:</u> Jenny Burkhiser</p> <p><u>Guest:</u> Rev. Malcolm Hedding, International Spokesperson, Member of Board of Trustees, International Christian Embassy Jerusalem (Jerusalem, Israel). <a href="http://www.int.icej.org">www.int.icej.org</a></p> <p><u>Description:</u> Christians in America and throughout the world are preparing for what is one of the most important celebrations of the year...the resurrection of Jesus Christ from the dead (after his crucifixion and burial). Leading up to this triumphant celebration is Palm Sunday, which is connected to the ancient Israeli celebration of Passover that we read about in the Scripture or Old Testament of the Bible. To previous generations, the week of Easter was big – if not bigger than – Christmas. But today's society does not seem to observe the events leading up to Easter as noteworthy, even in our American Christian culture. Rev. Malcom Hedding explained what Passover is and talked about the Passover Seder and some of the events/celebrations – such as the Celebration of Pentecost – that are not celebrated much in today's society. He shared how Christian families now must realize it is their responsibility to bring their children up in the Lord and make sure they follow Jesus. He emphasized that there has to be some type of liturgy, devotion and/or celebration that is dignified, loving and warm that involves children. He also shared a Passover Seder Liturgy document for listeners to access, if interested.</p>



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January 4, 2021	<b>Bringing Christmas Hope to Hospitalized Children</b>	<u>Description:</u> We all need a good hug sometimes, and one Milwaukee man made sure that children in 5 area hospitals got huge bear hugs over the holidays. Since starting the Bear Hug project, Noel Shosow has provided the comfort of over 500 stuffed bears to hospitalized children for Christmas. The bears are all purchased from the Build-A-Bear Workshop and each comes with a ribbon and birth certificate. Noel says, “It is important for kids in the hospital to get a bear for Christmas... it’s important to see them smile.”
January 5, 2021	<b>Lifesaving Organ Donations</b>	<u>Description:</u> A California man is on a mission to deliver bone marrow to others after a stranger’s donation saved his own daughter. As a volunteer courier for <i>Be the Match</i> , Scott MacGregor makes life-saving bone marrow deliveries to patients who need transplants. After his 7-year-old daughter Taryn received a lifesaving transplant, he wants to pay it forward and share the same gift with other families. He urges everyone to sign up on the <i>Be The Match Registry</i> to see if they could potentially give a life-saving bone marrow donation.
January 6, 2021	<b>Feeding Healthcare Workers on the Frontlines</b>	<u>Description:</u> A Pennsylvania business owner is trying to make a positive impact on his home community of Williamsport during the pandemic. Mark Mangiardi is delivering free food to health care workers, long-term care facilities, and even schools. His pizzeria has already provided thousands of dollars in meals since March.
January 7, 2021	<b>Christmas Gifts for the Community</b>	<u>Description:</u> Hundreds of residents in Edmonton, Canada, woke up Christmas morning to a special blessing in their mailboxes. An anonymous donor left envelopes containing an inspirational rhyme, along with \$250 gift-cards on approximately 400 doorsteps throughout the city. One woman who had just been laid off said, “this is a month of groceries for us... it’s very heartwarming and touching that someone would do that.” This spirit of giving and generosity was apparently contagious... many of the recipients went on to donate their gift cards to charity.
January 8, 2021	<b>Honoring Veterans</b>	<u>Description:</u> The owner of a business destroyed in the Christmas Day bombing in downtown Nashville, Tennessee, was reunited with a family heirloom assumed to be gone with the building. After searching through the rubble of Best Boutique, rescue teams told owner Sandy Lee they discovered a portion of a damaged American flag. Lee said



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		the flag carries a lot of meaning for her family since her husband Geoffrey was a veteran of the Army; the flag had been in their store since the day they opened more than 10 years ago. Those who helped in the search framed the flag and presented it to the Lees Saturday to show their appreciation for Mr. Lee’s service.
January 11, 2021	<b>Overcoming Addiction</b>	<u>Description:</u> It took many twists and turns for Megan Cohen to find the grace she needed to bring her life back from the brink. As a former addict who has been in over 70 treatment centers, Megan says it was the kindness of strangers on the street that inspired her to start the Grace Project... a non-profit that gives back to struggling addicts. Every Thursday night, friends and family join her to distribute food, jackets, and toiletries in addition to sweeping the littered streets. Megan hopes that the Project will evolve into a resource to support entire families who struggle with similar circumstances.
January 12, 2021	<b>Fighting Cancer</b>	<u>Description:</u> A Connecticut three-year-old has been a fighter ever since his cancer diagnosis, and now he’s using his fighting energy to help others! Little “Naaman,” diagnosed with Leukemia soon after birth, helps design colorful and cozy non-slip socks that other young cancer fighters can wear while staying in the hospital. The organization behind the socks, Resilience Gives, has donated nearly 7,000 pairs of socks and a little over \$140,000 to area hospitals. Naaman’s mom said, “It’s wonderful when someone’s knocking on your door and bringing you something and it’s not another doctor or nurse... I know that it’s bringing them some joy.”
January 13, 2021	<b>Homelessness</b>	<u>Description:</u> After coming on hard times, Sean Curry of Marin County, California, is experiencing homelessness and he gets by digging through dumpsters. Last month, he found a wallet inside a dumpster outside a local coffee shop and did the right thing by returning it to its owner with all the contents intact. The family whom the wallet belonged to is now showering Curry with gratitude by starting a GoFundMe Campaign to help him find shelter and get back on his feet. As of yesterday, the campaign has raised more than \$46,000.
January 15, 2021	<b>Supporting Businesses Amidst</b>	<u>Description:</u> A man in Idaho used part of his stimulus money to leave a generous tip at a local pizza restaurant. The anonymous donor left a \$600 tip on a \$100 meal, even though the restaurant already includes

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	<b>the COVID-19 Pandemic</b>	an 18% tip on the tab. He left a note on the receipt saying “I’ve been able to work as normal throughout the pandemic, but still got stimulus \$, so I want to share with you all!” The restaurant’s owner left a grateful post on social media and said, “There is kindness all around us, you just have to open your eyes to it!”
January 18, 2021	<b>Honoring Martin Luther King, Jr.</b>	<u>Description:</u> Serving others on Martin Luther King Day may look and feel different this year, but several organizations are offering ways to virtually volunteer and celebrate Dr. King's legacy from home. One way to spread goodwill is by making at-home care packages ... Operation Gratitude has set up an Amazon wish list to support out troops overseas with items like socks, sunscreen, and beef jerky. They also offer a step-by-step guide on how to create letters of gratitude for essential workers and knit soft keepsakes (like crochet hats and scarves for deployed troops) when home feels far away.
January 19, 2021	<b>COVID-19 Memorial</b>	<u>Description:</u> A mesmerizing field of red, white, and pink flags has transformed the grass in front of a Texas man’s home into a blanket of color. Shane Reilly has planted a flag for every Texan lost to COVID-19, saying that it’s become a memorial for the 32,000 lives lost. He’s now putting out more than 200 flags every day and is hoping to the move the memorial to the Texas Capitol lawn.
January 21, 2021	<b>Donating Meals for the Hungry</b>	<u>Description:</u> While the needs were great for 2020, the outpouring of help was even greater! With a record number of families going hungry last year during the pandemic, the FoodBank of Northern Indiana truly stepped it up, distributing more than nine million meals last year, which is a 35 percent increase from previous years. There were 210 mobile food pantries, which helped feed 62,000 households...that amounted to nearly 12 million pounds of food. And they anticipate the need to be just as great in 2021. They encourage you to be a part of the cause and sign up to volunteer at your local food bank.
January 25, 2021	<b>Caring for the Environment</b>	<u>Description:</u> In an epic cleanup weekend, volunteers dug out more than 9,000 pounds of trash from along the banks of the Tennessee River. The team is planning another event in April and aims to collect 100,000 pounds of trash by the end of the year.

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January 28, 2021	<b>Increasing COVID-19 Vaccinations</b>	<u>Description:</u> So, who do you call to help speed up the Covid vaccination line? Well, when South Carolina vaccination sites were experiencing heavy delays, they decided to bring in one of the pros of drive thru – local Chick-fil-a manager Jerry Walkowiak. Chick-fil-a frequently gets top marks in consumer satisfaction for drive-thrus, and Jerry has proven why! Instead of just giving advice, he was seen directing traffic through the ten vaccination sites at the drive, cutting the wait time down to 15 minutes.
February 1, 2021	<b>Transportation for the Needy</b>	<u>Description:</u> It is hard enough to get around in a car during the winter months but imagine having to get around on a bike! Well, that is what one Chick-fil-a employee in Wisconsin does every day to get to work but now that’s all changed thanks to the generosity of a co-worker. When 17-year-old “Haley” won a car at the annual Chick-fil-a holiday raffle, instead of driving the car home, she immediately thought of her friend in need. Haley decided to give the car away so that her friend could safely get to her job and never have to bike to work again.
February 4, 2021	<b>Bible Translation Efforts Worldwide</b>	<u>Description:</u> While the COVID-19 pandemic has created new challenges for Bible translation efforts worldwide, Wycliffe Bible Translators has pressed on with its mission despite the challenges. The group saw the completion of more Bible translations in 2020 than in any other single year...the New Testament alone has been translated into 141 languages. Interim CEO Tim Neu says that instead of slowing down because of COVID-19, for some national Bible translators, translation has “actually accelerated.” Praise the Lord that His Word will not return void!
February 5, 2021	<b>Supporting Veterans</b>	<u>Description:</u> Blessed with a generous heart and a love for art, an Illinois high school student born with Down’s Syndrome has found a way to communicate through brush strokes on canvas. “Emmet” has created vibrant paintings ever since he was 4 years old, and now his work has garnered thousands of dollars through packed gallery showings, allowing him to donate over \$17,000 to foundations supporting veterans and first responders as well as to the National Association for Down Syndrome. His parents, who were told their son may never hold a pencil, say they love watching Emmett paint a different ending to his story.

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February 9, 2021	<b>Reaching Seniors</b>	<u>Description:</u> A group of compassionate volunteers is helping make life a bit sweeter for seniors this year — and especially for Valentine's Day! They are called the Cupid Crew, an organization that's teamed up with American Association of Retired Persons and the Girl Scouts to delivers roses and heartfelt notes and cards to senior citizens. Laura Larson and her family have been a part of the Cupid Crew since 2016, visiting senior communities every Valentine's Day to carry out the group's mission of spreading love and kindness. They know their work this year is more important than ever before. Laura said, "It's so evident to me how much just a few minutes of my time makes a difference to them."
February 12, 2021	<b>Kidney Transplants Needed</b>	<u>Description:</u> Kebra Peebles is now all smiles, but that was not always the case. A rare kidney condition led to her undergoing dialysis and eventually receiving two kidney transplants. Doctors said it was possible she would not survive giving birth due to her rare kidney condition, but Kebra was determined not to end her two pregnancies. Little did she know that her son would years later donate his own kidney to help save her life. Eighteen-year-old Kendall Henderson said watching his mother undergo dialysis prompted him to learn more about organ donation and eventually decided to donate his kidney last year. Thanks to his sacrifice, Kebra says, “I feel great now... I feel like a new person!”
February 15, 2021	<b>COVID-19 Victories</b>	<u>Description:</u> An Arkansas woman hospitalized with COVID-19 in November finally returned home last week after making a miraculous recovery. Doctors at Slaine Memorial Hospital had given up on Rhonda Whitem as her health declined after 2 weeks on a ventilator. Told she had just a few hours to live, the family said their goodbyes through her hospital door. Then, in a remarkable turn of events, everyone witnessed a miracle. Rhonda eyes opened and she became responsive for the first time in weeks. The family, as well as doctors, were in awe of the improvement. Over the next 10 weeks, Rhonda continued to defy the odds, beginning rehabilitation at the hospital, where she relearned to eat, drink, and walk. She says while the road to recovery has been long, but the journey home is worth every step.
February 19, 2021	<b>Kindness Amidst Texas Snowstorm</b>	<u>Description:</u> Now as with every disaster, opportunities arise for spreading kindness to strangers. And that is exactly what an Austin, Texas, family has done for a young delivery driver. Chelsea Timmons

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		was delivering her last grocery order on Sunday when her car slid down the driveway of the family to whom she was delivering. She tried calling a tow truck, but they were only being used for emergencies. When the homeowners saw she was in trouble, they asked her to stay the night. Doug Condon says Chelsea has spent the last five nights in their guest bedroom...they come together for meals and the dogs sleep in bed with her. He added that once the weather improves, they will send her on her way, of course with some blankets and sandwiches just in case!
February 23, 2021	<b>Supporting Struggling Restaurants in COVID-19</b>	<u>Description:</u> A Wisconsin restaurant owner is using his own money to help struggling local restaurants during the pandemic. Adolfo Melendez used his own advertising money to buy more than \$2,000 in gift cards to help promote restaurants in his community. At the end of last year, he started raffling them off to customers on his restaurant's Facebook page. Winners received \$20 gift card to a local restaurant. Melendez says it's important to help keep small businesses open during the pandemic because they are the staples of the community, even if they are your own competitors.
February 25, 2021	<b>Bone Marrow Transplant</b>	<u>Description:</u> A California man is on a mission to deliver bone marrow to others after a stranger's donation saved his own daughter. As a volunteer courier for Be the Match, Scott MacGregor makes life-saving bone marrow deliveries to patients who need a transplant. After his 7-year-old daughter Taryn received a lifesaving transplant, he wants to pay it forward share the same gift with other families. He urges everyone to sign up on the Be the Match Registry to see if they could potentially give a life-saving bone marrow donation.
February 26, 2021	<b>Plumbing Assistance Following Texas Snowstorm</b>	<u>Description:</u> A New Jersey plumber, who wanted to help Texans dealing with burst pipes and other damage after last week's winter storms, drove to Houston with a truck full of tools and got to work. Along with his wife and 2-year-old son, Andrew Mitchell decided to make the 25-hour drive from Morristown after hearing that local plumbers were overwhelmed with calls and that some customers could not get help for weeks. One customer had contacted 15 plumbers without success before hearing about Mitchell's plumbing from a friend on social media. The Jersey plumbers have already made a difference, completing more than a dozen jobs in 2 days.

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March 1, 2021	<b>Overcoming Homelessness</b>	<u>Description:</u> She calls it “act of repairing the world!” As 13-year-old “Lindsay” became aware of the day-to-day hurdles homeless people living on the streets of Los Angeles faced, she came up with the idea to launch Shoes for Soles, an outreach program that collects and distributes shoes for Southern Californians in need. Since its inception, Shoes for Soles has “re-homed” 30,000-plus pairs of gently used shoes collected during school drives. Lindsay’s mission to help people who are down at the heel put their best foot forward ... something she believes is at the heart and “sole” of her mission. “That one pair of shoes,” she says, “could change someone’s life!”
March 3, 2021	<b>Rebuilding the Community</b>	<u>Description:</u> An abandoned neighborhood in Detroit came alive, all thanks to an empty lot, a fire truck full of water and a local mother with a big heart. Kaytea Moreno-Elst saw the lot and thought it would be a perfect place to build an ice-skating rink. Soon, a fire department got word and donated all of the water in their truck’s tank to lay the ice down. Then, skating groups from across the community donated skates and gear. Now, kids and their parents have been showing up in droves enjoying the rink every single day. Kaytea says, “This is their recess, this is their after-school program, this is just for them!”
March 5, 2021	<b>Raising Money for Frontline Drivers During COVID-19</b>	<u>Description:</u> A Pennsylvania town banded together to thank their beloved UPS driver who sometimes worked 70 hours per week to make sure they all had their packages after the pandemic hit. It was a total surprise for the driver, Chad Turns. To show their appreciation for his dedication, residents coordinated the surprise with the local UPS office and dispatch. Chad believed he was picking up a delivery from a firehouse. But instead, he was greeted with cheers, balloons, and several residents ready to present him with cards, gifts and \$1,000 raised for him by the community. One thankful resident said, “We just think his caring and compassionate attitude is something we wanted to reward -- he’s one in a million.”
March 9, 2021	<b>Assistance for Struggling Neighbor</b>	<u>Description:</u> Well, just when things couldn’t get any worse for Jane Cunningham, a single mom of three struggling with health and financial issues, the roof over her Massachusetts home caved in completely... and she couldn’t afford to fix it! Mold started to grow inside her home, causing even more health and safety issues. But when local contractor Dave Fenton heard about Jane’s plight from a friend, he quickly

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		reached out to Jane, made some calls to his handy friends, and immediately got to work! With Dave’s help, not only did Jane get a brand-new roof, but the volunteer workers also tackled the mold and moisture issues indoors! And they did it all for FREE! Jane was overjoyed that so many perfect strangers stepped up to do the work for her family. “Their efforts,” she says, “were life changing!”
March 10, 2021	<b>Helping Military Families</b>	<u>Description:</u> Volunteers for a California nonprofit that helps veterans and their families have finished building a wheelchair ramp for a disabled Coast Guard veteran who hadn't left his home in two years. Eighty-three-year-old Chuck Wood served in the Coast Guard during the Cold War, but for the last two years, he was unable to leave his Sacramento home without a ramp because leaving his front door required descending several steps. But Veterans of All Wars Riders stepped in when no one else would and got the ramp built last week. Veterans of American Wars President Richard Randall said Chuck was thrilled to death, adding that “the look on his face, smiling from ear to ear -- that was all we needed.”
March 12, 2021	<b>Making a Heart Transplant Possible</b>	<u>Description:</u> Well, a town in South Carolina proved this year that when the community rallies together, there is no limit to what can be accomplished. After 7-year-old “Lamere” found out that he needed a heart transplant, his elementary school helped raise funds to make sure the surgery was possible. The effort has been dubbed <i>Hearts for Lamere</i> . Within days, donations all around the country started to roll in to make sure he would be in line for a new heart.
March 16, 2021	<b>Saving Lives by Donating Platelets</b>	<u>Description:</u> Marcos Perez has helped thousands of lives by donating his platelets every two weeks for the past 37 years. This wonderful act of kindness was inspired by the very transfusion that saved his life when he was born prematurely. He's been trying to pay it forward ever since. On Thursday, Perez will be rewarded for hitting another milestone: donating 120 gallons of platelets to help save lives. In total, it is estimated that he’s touched the lives of over 2,800 people. He says, "If someone was there for me, why can't I be there for someone else?"
March 18, 2021	<b>Battling Cancer</b>	<u>Description:</u> The Philadelphia nonprofit <i>Legacy of Hope</i> has been helping those battling cancer with free grocery deliveries during the COVID-19 pandemic. It is a heartwarming mission that involves local



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		hospitals, community police officers, and local Shop Rite grocery stores. Every Tuesday through the nonprofits' Emergency Patient Support Network, officers load up on groceries, which are discounted at three stores. From there, they head out to drop off the groceries to families on the brink of going hungry. All the food is carefully picked out by an oncology nutritionist and every family receives two weeks of free groceries. Officer Lynneice Hill said, “Coming from a family with grandparents and losing them to cancer, it's no greater joy than to be able to show up at someone's house with a bunch of groceries.” <i>Legacy of Hope</i> works with all hospitals and social workers in the Philadelphia area.
March 19, 2021	<b>Paintings Offer Hope</b>	<u>Description:</u> “Daisy” is a natural artist AND a humanitarian! The 10-year-old known as “mini-Monet” has already established quite a career selling her stunning floral paintings...and while people do pay for her pieces, she doesn’t keep a dime to herself. In 2017, one of her paintings representing a cancer battle with dark and light-toned flowers, sold for just under \$13,000... with all proceeds going toward the nonprofits Firefly and Cancer Research. Since then, Daisy has sold dozens of originals and prints of her work, earning more than \$65,000! And true to her giving nature, she’s donated every cent to charity. Daisy has clearly been blessed with artistic talent, but more than that – she has the gift of generosity!
March 25, 2021	<b>Thankfulness for Truckers</b>	<u>Description:</u> A little kindness can go a long way, and that’s certainly true for one senior who’s getting a lot of mileage by handing out personalized thank-you cards to long-haul truckers. After seeing several news stories that detailed some of the harsh realities truckers face in the age of COVID—Beverly Perrin decided these unsung essential workers deserved some recognition. Last April, Beverly and her husband began delivering batches of around 100 personalized thank-you cards every month or so to a truck-stop near their home in Ontario.
March 29, 2021	<b>“Paying it forward” to Neighbors</b>	<u>Description:</u> An anonymous coffee lover is demonstrating love for his neighbors this week after paying for \$4,000 worth of coffee and doughnuts earlier this month. The generous customer pulled up to the drive-thru, asking if he could purchase \$1,000 in gift cards... when the cashier asked if he was sure, he then upped his order to \$4,000. The

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		customer then instructed the staff to use the cards to pay for every subsequent customer’s order, no matter the bill. This kind gesture was his way of "paying it forward."
March 31, 2021	<b>Cleaning the Environment and Exercising</b>	<u>Description:</u> A walk each morning can do wonders for your health, and if you’re like Billy Adams, it’ll also do wonders for the environment! Since last summer, the software executive has been selecting a different 12-mile route every day, picking up just about any piece of garbage on it—rain or shine! As Billy sets off on foot for a brisk walk, he uses his hands to pick up trash... usually for about three hours! His sister says he’s “somebody who likes to do the right thing. If he sees trash on the ground, he can’t just walk past it.” Billy is now organizing a weekend clean-up for Earth Day so he can get others hooked on doing good!