



QUARTERLY REPORT PROGRAM LIST (KLVB-FM)
- Third Quarter 2020 (July 1- September 30)
Compiled by Denice Carr

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2. FAMILY
3. HEALTH
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There follows a list of some of the significant issues responded to by, KLVB-FM, Citrus Heights/Sacramento, California, along with significant programming treatment of those issues for the period of July 1- September 30, 2020. The listing is by no means exhaustive. The order in which the issue appear does not reflect any priority or significance. All time are Pacific Time zones.

Issue	Program	Date	Time	Duration	Description of Program
Addiction	Closer Look	7/12	7:00 pm	30 minutes Segment 2	CLOSER LOOK: Celebrate Recovery Continues to Meet Despite COVID-19- Stay-at-home orders required the Christ-centered 12-step program to adopt virtual alternatives to traditional face-to-face meetings. Christe DeJorie, South Carolina Celebrate Recovery state rep about online groups, anonymity and confidentiality rules for Zoom meetings and plans to go forward with the annual Celebrate Recovery conference in July.
Family	Closer Look	8/2	7:30 pm	30 minutes Segment 1	CLOSER LOOK: Better Dads Have A Plan- "We know in business; we know in work that you have goals you have you have to meet: well what's your fathering plan?" A talk with Dr. Ken Canfield of the National Center for Fathering about learning how to be good dad. "We're creating this sense of destiny for our lives that will be played out over and over."
Family	Closer Look	8/9	7:30 pm	30 minutes Segment 1	CLOSER LOOK: Quarantine Drives Spike in Domestic Abuse- Physical bruises are only small part of what some women and men suffer, says Annette Oltmans of The MEND Project, which brings awareness to what she calls 'covert emotional abuse.' "Victims begin questioning reality and their own sanity," she explains, herself a survivor of domestic abuse – and a Christian – who knows firsthand what's it like to 'live it.' Pastor Paul Cole, president of the Christian Men's Network, has been deeply concerned by the quarantine effect on families already stuffed in a pressure cooker of unhealthy reactions. "A lot of times, we as men act out of anger, rage, disappointment – and we lash out at people," he says, and urges men in this trap to reach out for help.
Family	Local Closer Look	7/5	7:30 pm	20 minutes	Youth Truancy/Gangs- The effect of youth violence, substance abuse, truancy, gangs can have an adverse effect, not only on the youth struggling with these issues, but on their families, friends and potentially other members of their communities. Guest talks about his personal struggles when he lost his daughter Tracey to drugs and violence. In her memory, he now helps young people struggling with drugs, violence, truancy and gangs get away from these issues and find a way forward in life. Guest: Fred Biletnikoff, CEO & Founder, The Biletnikoff Foundation.

Education	Closer Look	7/26	7:00 pm	30 minutes Segment 2	CLOSER LOOK: 'Troops to Teachers' Gives Vets New Mission- With the motto 'proud to serve again' veterans can choose to transition from military life to active duty as schoolteachers. Find out how from new teachers Betsy Vane, RN and Dr. Christopher Perrin.
Education	Local Closer Look	8/9	7:30 pm	20 minutes	Education Schools- Children across the country are developing health issues like obesity and Type 2 diabetes. Educating kids and their families about eating healthier has been proven to make a difference and fruits and vegetables play in important role. Guest: Amber Stott, Founder &, CEO, Chief Food Genius.
Health	Closer Look	7/19	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Dr. Mimi Secor Prescribes P.A.N.D.E.M.I.C. Weight-Loss and Self-Care- Dr. Secor didn't get truly serious about her own weight-management and overall health until entering her early 60's. Building on her personal success and with a nod to current events, she offers advice corresponding with each of the letters of the word "pandemic." A talk with Dr. Mimi about what she calls the '8 pillars of health.' P.lanning/Preparing A.ccountability N.ighttime D.iet E.xercise M.indset I.nspiration/Intimacy Coritsol.
Health	Closer Look	7/19	7:00 pm	30 minutes Segment 2	CLOSER LOOK: Symptoms Special for Women Having Heart Attack- The story of heart attack survivor Edie Weinstine and talks with cardiologist Dr. Mara Caroline about women and heart health.
Health	Closer Look	7/26	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Vets Housed in Tiny Homes, Get Help for PTSD- Veterans Community Project in Kansas City supplies jobs and mental health resources regardless of discharge status. Men and women live in 'barracks-style' homes specifically designed for vets suffering PTSD. Co-founder and disabled vet Brandonn Mixon how VCP successfully rehabilitate America's forgotten soldiers.
Health	Closer Look	8/16	7:00 pm	30 minutes Segment 1	CLOSER LOOK: 'Rest' Is More Than Sleep – What Kind of Tired Are You? (+podcast) Rest is the root of the word 'restoration' – and restoration is a principle that medical internist Dr. Sandra Dalton-Smith sees as crucial to seven distinct areas of your life. "Rest isn't just the cessation of activity," she says, suggesting that for optimal health "you have to get to the point of knowing what restores you. What fills you back up?" 7 types of Rest: Physical, Mental, Emotional, Spiritual, Social, Sensory and Creative.

Health	Closer Look	8/23	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Build 'Emotional Resilience' To Cope with Disasters- Trauma can settle into your mind and affect your conscious or subconscious mind no matter who you are -- or how strong you think you 'should' be. A talk with Jamie Aten, founder of the Humanitarian Disaster Institute which studies mental and emotional reactions to disasters and offers training for Christian leaders preparing to weather societal storms.
Health	Closer Look	8/23	7:00 pm	30 minutes Segment 2	CLOSER LOOK: It Doesn't Have to End This Way: Suicide Prevention- 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 Gallinaugh of Range Suicide Prevention Council. A talk with Gallinaugh about suicide warning signs, help and hope. Related Links: CALL THE NAT'L SUICIDE HOTLINE 1-800-273 TALK (8255) Or call the PASTORS: 1-844-364-HOPE
Health	Closer Look	9/6	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Prescription P.A.N.D.E.M.I.C. Weight-Loss and Self-Care- Dr. Mimi Secor didn't get truly serious about her own weight-management and overall health until her early 60's. Building on her personal success and with a nod to current events, she offers advice cleverly corresponding with each of the letters of the word "pandemic." A talk with Dr. Mimi about what she calls the '8 pillars of health.'
Economy	Local Closer Look	8/16 9/13	7:30 pm	20 minutes	Economy Tourism- Colusa National Wildlife Refuge provides food and breeding ground for migratory birds. Not only is it integral to conservation, the refuge provides spectacular views perfect for family visits, photographers and artists. Curtis McCasland will talk about the refuge is located in Colusa County. Guests: Curtis McCasland, Lora Haller, Visitor Services Manager, Colusa Wildlife Refuge.
Crime	Local Closer Look	8/2 9/20	7:30 pm	20 minutes	Violence/Crime/Police/Prisons- Specific effect of issue on community is ex-inmates' lack of knowledge on where to get resources and support for getting ahead in life once out of prison, especially in finding spiritual support. Guest talks about how New Beginnings Discipleship Ministry is engaging ex-inmates once they get out of prison, helping them find support and resources to get ahead in life, as well as support in finding Christ. Guest: Randy Haskins, Founder & Director, New Beginnings Discipleship Ministry.
Government	Closer Look	8/30	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Count Everyone! Everyone Counts! (My2020Census.gov) A talk with Michael Cook of the U.S. Census Bureau about how the numbers are used

					and Rev. Dr. Marlyn Bussey, pastor of St. James AME Zion Church about why she thinks faith leaders should actively encourage people to participate.
Government	Closer Look	9/20 9/27	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Register to Vote for Election 2020: It's Not Too Late! On Tuesday November 3rd, U.S. citizens will exercise their constitutional right to choose their own national, state and local leaders -- by vote. Will you be one of them? K-LOVE's Marya Morgan talks with Andrea Hailey of VOTE.ORG about helping you register in time to cast your ballot for Election 2020.
Government	PSA	9/21- 9/28	48 spots 6 times a day	30 seconds	With the Presidential election coming in November, listeners are encouraged to register and vote. And listen to the Closer Look program "Register to Vote for Election 2020: It's Not Too Late".
Faith & Values	Closer Look	7/12	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Backyard Gardeners Can Donate Veggies Through Ampleharvest.org- Stay-at-home orders in Spring 2020 gave millions of new green thumbs a chance to grow. What can Americans do with all those extra cucumbers and tomatoes? Take them to a participating food pantry! A talk with Ampleharvest.org founder and lifelong backyard gardener Gary Oppenheimer.
Faith & Values	PSA	6/29- 7/11	104 spots, 8 times a day	30 seconds	Governor Gavin Newsom announced the launch of a first-in-the-nation "Great Plates Delivered" program, a meal delivery service for California's older adults. Great Plates Delivered has two purposes: Help seniors and other adults at high risk from COVID-19 to stay home and stay healthy by delivering three nutritious meals a day and Provide essential economic stimulus to local businesses struggling to stay afloat during the COVID-19 crisis. Dial 211 to get connected for local support.
Faith & Values	PSA	6/30- 7/12	104 spots, 8 times a day	30 seconds	Move America Forward- MOVE AMERICA FORWARD.ORG, sending troop and k9 care packages to our troops serving in harm's way. To honor and support the four-legged warriors who serve, we are proud to offer our K9 Care Packs! These packages include KONG Brand durable dog toys. Please join me in thanking our troops for their service by sponsoring a heartfelt care package of cookies, coffee, treats, and a personalized note from you. For some troops, it may be the only mail they receive all year. Your tax-deductible gift will help make sure none of our troops are forgotten. visit MOVE AMERICA FORWARD.ORG to sponsor a care package That's MOVE AMERICA FORWARD.ORG Don't our troops deserve your support? You can plan a packing party for youth groups, church groups, businesses, team buildings, etc

Public Safety	Closer Look	7/5 9/13	7:00 pm	30 minutes Segment 1	CLOSER LOOK: 4,000 Babies Safely Dropped Off With 'Safe Haven' Laws- 20-yrns ago the first Safe Haven laws passed allowing a woman who cannot care for her baby to walk away. Anonymously. Laws vary state-to-state, but <i>hospitals</i> are approved surrender locations everywhere. A talk with Executive Director of The Hope Box, Sarah Keoppen and Heather Burner, Executive Director of the National Safe Haven Alliance. Call to Safely Surrender a Child: HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131
Public Safety	Closer Look	8/23	7:00 pm	30 minutes Segment 1	CLOSER LOOK: Build 'Emotional Resilience' To Cope with Disasters- Trauma can settle into your mind and affect your conscious or subconscious mind no matter who you are -- or how strong you think you 'should' be. A talk with Jamie Aten, founder of the Humanitarian Disaster Institute which studies mental and emotional reactions to disasters and offers training for Christian leaders preparing to weather societal storms.
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Public Safety	BREAKAWAY News	8/19	5:35 am	60-90 seconds	LNU Lightening Complex Fire – Napa, Solano, Sonoma, Lake Counties Updates with information on evacuations, location of fires and containment provided with periodic updates. Known as the LNU Lightening Complex Fire due to lightning strikes, three major wildfires located in Napa County, in particular, the Hennessey Fire, has burned hundreds of thousands of acres moving north into Lake County and south and east into Solano county causing evacuations. Also included is a fire in Sonoma County near the Russian River area and the 101 corridor NW of Santa Rosa near Windsor, Healdsburg and Geyserville. Evacuation orders regularly updated with locations and other emergency information.
Public Safety	Local Closer Look	8/23 9/27	7:30 pm	20 minutes	Animal Safety/Control- A rescue for disabled, senior or dogs ready to be euthanized. use of foster families until adoption. Guest: Nicole Mizener, Director, Ruff Pack Refuge.

