



QUARTERLY REPORT PROGRAM LIST (KLVB-FM)
- First Quarter 2020 (January 1- March 31)
Compiled by Denice Carr

1. ADDICTIONS
2. FAMILY
3. EDUCATION
4. HEALTH
5. ECONOMY
6. CRIME
7. GOVERNMENT
8. FAITH & VALUES
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There follows a list of some of the significant issues responded to by, KLVF-FM, Citrus Heights/Sacramento, California, along with significant programming treatment of those issues for the period of January 1- March 31, 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	2/2	7:00 pm	30 minutes Segment 1	Vaping Often Fails as Alternative to Smoking- Vaping is marketed as a safe alternative to traditional cigarettes, but 'dual use' plus dramatic surge in teen addiction and recent links to lung disease send most e-cig claims up in smoke. K-LOVE's Billie Branham talks with Linda Richter of the Center on Addiction and Dr. Michael Blaha, cardiovascular research director at Johns Hopkins Hospital.
Addiction	Closer Look	2/16	7:00 pm	30 minutes Segment 2	Vets Regain Brotherhood, Mission Through 'Celebrate Recovery'- When soldiers trade their uniforms for civvies, they lose access to the human bonds unique to military service. Vets are forging new friendships and finding new purpose through Christian-based Celebrate Recovery 'Welcome Home' groups. K-LOVE's Frank Hammond talks with Quint Pitts, Iraq war veteran and National Dir. of CR Welcome Home.
Family	News	1/2	4:30 am 7:30 pm	20 seconds	Family movie night - a thing of the past. What will 2020 hold - it will look different for all of us - expected trends in parenting: less movie nights, instead gaming nights (group video gaming).
Family	News	1/9	4:30 am 7:30 am	20 seconds	A single mom, who grew up in the foster care system, adopting 6 boys! Saying they give me purpose. How lucky these kids are, I'm the lucky one!
Family	News	1/10	3:30 am 6:30 am	20 seconds	"Me time" is more important than date nights for a healthy relationship (8 in 10). A better you, makes for a stronger relationship. Ideal "me time", about an hour a day.
Family	News	1/20	4:30 am 6:30 am	20 seconds	(Majority avoid) Conflict/tension is a must, otherwise, no one is pushing hard enough to improve. (relationships/career). Listen, get curious before getting mad, growth, listen.
Family	News	1/21	3:30 am 6:30 am	20 seconds	70% of parents do an allowance (not so much about giving kids money but teaching them about handling finances) average: \$10 a week. The most saved for item for kids - Lego sets. As a kid, what did you save your money to buy?
Family	News	1/22	3:30 am 6:30 am	20 seconds	Phubbing your child can put them at an increased risk of depression. (research) PHUBBING? Snubbing people to look @ your phone (phone + snubbing = phubbing). Kids feel ignored, Phone @ mealtime, problematic, marriage (mistrust, cause arguments).
Family	News	1/24	3:30 am 6:30 am	20 seconds	More than 3 in 5 Americans are lonely (left out, misunderstood, no friends). Young workers and social media users feel it the most. In 2 years, a 13% increase.
Family	News	2/5	3:30 am 6:30 am	20 seconds	Facebook "Messenger for kids" making changes, giving parents more control over content. Social media for kids under 12 "training wheels for social media".
Family	News	2/24	3:30 am 6:30 am	20 seconds	According to parents, the top technique for getting kids to eat vegetables: Let your child help cook the meal.

Family	News	2/28	5:30 am	20 seconds	The best gift to give yourself: A full night sleep with no alarm, permission to say “NO” when you want to, make yourself your favorite dessert.
Family	Closer Look	1/19	7:00 pm	30 minutes Segment 2	'Adulting 101' Classes Popular with High schoolers- Teens are learning how to cook, handle finances, craft a resume, interview for a job and more. K-LOVE's Susan Miller talks with Cedar Ridge High School librarian Debbie Chavez about their program for kids who want to learn practical skills for being on their own.
Family	Closer Look	1/26	7:00 pm	30 minutes Segment 2	Aged-Out Foster Teens Learn Sweet Skills at Non-Profit Bakery- K-LOVE's Monika Kelly goes on-location at 'For Goodness Bakes' to meet a master cookie-maker who converted her business to a job skills program that mentors kids forced out of foster care at age 18.
Family	Closer Look	3/1	7:00 pm	30 minutes Segment 1	4,000 Babies Safely Dropped off with 'Safe Haven' Laws- 20-yrs 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. K-LOVE'S Monika Kelly talks with executive director of The Hope Box, Sarah Keoppen and Heather Burner, executive director of the National Safe Haven Alliance. They find parents scared and desperate to secure a better life for their child. Call to Safely Surrender a Child: HOTLINE 1-888-510-BABY(2229) or Text SAFEHAVEN to 313131
Family	Closer Look	3/22	7:00 pm	30 minutes Segment 1	Foster Dad: "You Never Outgrow the Need For A Family" - Older kids in foster care ages 8-18 too often spend their childhoods between homes and 'age out' unprepared with no place to go for Thanksgiving. CAFO helps Christians reclaim their historic reputation for comforting vulnerable children. K-LOVE's Joel Reagan asks Jedd Medefind about the goals and work of the Christian Alliance for Orphans.
Family	Local Closer Look	1/26	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 others 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.
Family	Local Closer Look	3/29	7:30 pm	20 minutes	Aging Nursing Homes- Trained volunteers call older adults living alone in the Sacramento area through a program called Telephone Reassurance. The calls serve as a wellness check but also relieve loneliness. We'll talk about how loneliness can have an effect on the elderly and other benefits of the program. Linda Whiteside is program manager with Eskaton, the non-profit running telephone reassurance. Guest: Linda Whiteside, Program Manager, Telephone Reassurance Program.

Family	Amy and Skip show	1/7 1/13 1/27 2/19	3:00- 8:00 am	15 minutes	To Reply All...Or Not Parenting Mistakes Happen - A Lot Messing with Confidence Finding Love Is Tough
Education	News	1/16	5:30 am	20 seconds	A new school policy where parents are fined for every 5 minutes, they are late picking up their child (parents mixed reaction). Encourage parents to get there on time, \$ covering the costs to pay teachers who must stay late with the students. Stress felt by kids when mom/dad are late.
Education	News	2/13	3:30 am 6:30 am	20 seconds	Breakfast matters: teens who eat breakfast before school get better grades (DRs: brains need food: fuel).
Education	News	2/20	4:30 am 7:30 am	20 seconds	New study finding a connection between later school start times and a decrease in teen car crashes. (debate); rested, better test scores.
Education	News	2/24	4:30 am 7:30am	20 seconds	A teenager (Alex) challenging lawmakers to "Spend a day in my wheels"; they took him up on it. Alex is in a wheelchair and wants to make the world more accessible, classmates too.
Education	News	2/27	3:30 am 6:30am	20 seconds	Parents putting more than a thousand post-it notes on lockers at a high school in New York - face so much, they need encouragement 7 days handwriting all the notes, "Every day is a new beginning. Take a deep breath and start again".
Education	Closer Look	3/22	7:00 pm	30 minutes Segment 2	Free Music Lessons Give Foster Kids A New Groove- For foster children tossed by parental abuse or neglect, learning to play a musical instrument can be welcomed relief. "They're able to put the pain and the trauma that they've been through into songs that they're performing," says Laura Wood of Kids in A New Groove. K-LOVE's Felipe Aguilar tells us how KING works.
Education	Local Closer Look	3/22	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	News	1/3	3:30 am 6:30 am	20 seconds	For the third year in a row - the number 1 overall diet (health benefits, easy to follow) - Mediterranean Diet (lots of fruits/veggies, beans, nuts).
Health	News	1/9	3:30 am 6:30 am	20 seconds	The number of people losing their lives to cancer has dropped by almost 30% since the early 90s, millions of lives saved - WHY? Progress in treatment and research.
Health	News	1/16	3:30 am	20 seconds	After nearly three months, the e.coli scare with certain romaine lettuce from California is OVER - that's from the CDC, make your salad again with no worries!
Health	News	1/21	3:30 am 6:30 am	20 seconds	Some local pharmacies running out of Excedrin, the company pausing production over 'inconsistencies in how we transfer and weigh ingredients". Migraine, talk to pharmacist to find the best alternative.

Health	News	1/30	7:30 am	20 seconds	CVS is launching a prescription drug coverage plan with an option for diabetes drugs with no out-of-pocket cost.
Health	News	2/5	3:30 am 6:30 am	20 seconds	The FDA approving the first medication to help kids with peanut allergies. Less frequent/severe allergic reaction, one million kids in our nation have peanut allergies.
Health	News	2/5	3:30 am 7:30 am	20 seconds	Calorie counts may not be as precise as you think (new study showing the inexact method of counting calories used for more than a century - researchers looking @ nuts).
Health	News	2/7	3:30 am 7:30 am	20 seconds	Today is wear red day - all about raising awareness about heart disease in women, about 1 in 3 women lose their lives to heart disease every year (preventable).
Health	News	2/18	4:30 pm 7:30 pm	20 seconds	The worst shoes for your feet (long-term damage from your feet): ballet flats (not enough support), flip flops and heels. Advice: If you wear heels avoid wearing them while walking.
Health	News	2/26	4:30 am 7:30 am	20 seconds	Exercise better for your mental health than a bunch of money (millions in the study). Money helps; exercise helps more (healthier you, coping).
Health	News	2/28	4:30 am 7:30 am	20 seconds	Tough news (sensitive) - about 4 in 10 adults in our nation are obese (growing over the last couple of decades), (Aware) looking for ways to live healthier.
Health	Closer Look	1/19	7:00 pm	30 minutes Segment 1	'Tell Me More' -- 3 Words to Prevent Teen Suicide- Crushing loneliness and lack of purpose has seized millions of young adults, causing a frightening spike in teen suicides. K-LOVE's Monika Kelly gets advice from Maureen Underwood with the Society for the Prevention of Teen Suicide who also serves as a social worker and psychotherapist.
Health	Closer Look	1/26	7:00 pm	30 minutes Segment 1	Cancer Care Packs From 'Phil's Friends'- Cancer-survivor Phil Zielke was just 22 when he endured chemo for Stage 4 Lymphoma. Later he launched a ministry to send free comfort boxes and greeting cards to thousands of other cancer patients nationwide. K-LOVE's Tanya Bohannon asks him about his health and his mission of hope.
Health	Closer Look	2/16	7:00 pm	30 minutes Segment 1	VA Changes Improve Healthcare, Address Solider Suicide- U.S. Dept of Veterans Affairs has struggled with public trust after years of inefficient VA hospitals and slow response to a rising tide of soldier suicides. But comprehensive new laws seem to be making a difference in quality of care. K-LOVE'S Ed Lenane checks in with the VA's cabinet-level commander.
Health	Closer Look	3/8	7:00 pm	30 minutes Segment 2	Young Adults Fighting Loneliness Need Face-To-Face Friends- An alarming number of college students report thoughts of suicide, as cellphones, social media and pressures of school or sports distract many from enjoying basic human connection. Concerned adults are teaching them how to live face-to-face. K-LOVE's Rafael Sierra talks with Greg Jao, Sr. Asst to the President of InterVarsity Christian Fellowship.
Health	Closer Look	3/29	7:00 pm	30 minutes Segment 2	Men at High-Risk for Depression, Suicide After Divorce- Women tend to have better support systems than men to help process the emotional trauma of divorce. In contrast, men tend to isolate. "The issue is really how we handle pain," says Dr. Dale Brown,

					pastor and chaplain who suffered and recovered the loss of his own marriage. K-LOVE'S Ed Lenane reports.
Health	Local Closer Look	1/5 2/16	7:30 pm	20 minutes	GROUPS: Vets/Special Needs/ Orphans- The challenges vets face when returning from serving in military, fun services to vets helping them to adapt which include various amputees, physical and emotional disabilities. Guest: CEO Mikhail Venikov, Ranger Road,
Health	Local Closer Look	1/19	7:30 pm	20 minutes	Health Insurance- Specific effect of issue on community is providing a solution for terminally ill men and women living in the street who need health care-hospice support and services. How Joshua's House Hospice will be able to provide hospice to terminally ill homeless men and women, providing support and comfort and helping them pass away with respect and dignity. Guest: Marlene Von Friedrichs-Fitzwater, Founder/CEO, Joshua's House Hospice Administrative Office.
Health	Local Closer Look	3/1	7:30 pm	20 minutes	GR GROUPS: Vets/Special Needs/Orphans- Horse therapy, the benefits and success of being on a horse and using so many muscles, great results and fun and therapeutic for the patients. Guest: Dr Kristine Corn, Founder and Director, Ride to Walk.
Health	Amy and Skip show	2/5 2/6 2/18 2/24	3:00 – 8:00 am	15 minutes	Stop Second-Guessing Bad Hair Day Oh, My Feet! Get Kids to Eat Their Veggies
Economy	News	1/6	3:30 am 6:30 am	20 seconds	(Start to the first full week of work after the holidays for many). Top ways to be more productive @ work. Multi-task less: research shows that trying to accomplish several things @ once it compromises your productivity and you're probably not doing either task very well. Don't get interrupted: blocking off a big chunk of time for uninterrupted focus, even an email reply "I check email from 8-11am and will get back to you as soon as possible. Take a break (walk, lunch) let your mind relax - gives you better focus.
Economy	News	1/6	4:30 am 7:30 am	20 seconds	We are on track for one of the worst flu seasons in decades, (unpredictable). Flu activity considered HIGH in about 3 dozen states.
Economy	News	1/10	5:30 am	20 seconds	The not so happy part following Christmas, now the bills! Spending more than a \$1,000 on gifts, most using credit. How do you deal with it? Snowball method (Dave Ramsay) pay off your highest interest rate credit card, then transfer the money you've been using to aggressively pay off the smaller balances. Start saving now for Christmas this year (divide the amount you spent for Christmas by 12 and set that amount aside every month).
Economy	News	1/16	4:30 am 7:30 am	20 seconds	When you became an adult, your biggest goal? Today: Education, becoming financially independent from mom/dad (travel, grow spiritually, start career). Lower on the list marriage/purchasing a home (change over the last several dades).

Economy	News	1/24	4:30 am 7:30 am	20 seconds	You change nothing - but your credit score may drop because of a new credit scoring system. Debt levels/late payments.
Economy	News	2/25	3:30 am 6:30 am	20 seconds	Amazon is expanding their cashierless stores into a full-blown grocery store, (Seattle) Everything you expect in a regular grocery store, minus the cashiers.
Economy	News	2/25	4:30 am 7:30 am	20 seconds	Hardest working cities: (hours worked/multiple jobs) 1. Anchorage 2. San Francisco 3. Virginia Beach. What makes someone a hard worker?
Economy	Amy and Skip show	2/4 2/25	3:00 – 8:00 am	15 minutes	THIS Is Messing With Your Money You're A Hard Worker
Crime	Closer Look	3/15	7:30	30 minutes Segment 1	Restaurant Staffed By Recovering Addicts- Rob Perez only hires cooks and servers working to beat drug or alcohol addiction. "They have an opportunity to give great service, a smile, awesome food and impact the way the general public feels about recovery. "K-LOVE'S Monika Kelly talks to the business owner about DV8 Kitchen in Lexington, KY.
Crime	Closer Look	3/15	7:30 minutes	30 minutes Segment 2	Gangs Now Turn Wrenches with Help of Police - Policemen get greasy with local at-risk kids to teach automotive repair and restoration. D.R.A.G.G. (Drag Racing Against Gangs & Graffiti) offers highschool credits and positive relationships with law enforcement. K-LOVE's Kindra Ponzio spoke with co-founder Police Sgt. Charles Woodruff, Oxnard Police Dept.
Crime	Local Closer Look	2/23	7:30 pm	20 minutes	Disaster /Emergency/Terror Prep- Discussed church security and safety. Where are churches lacking in their programs and what they can do about it. Guest: Chaplain Minda Russell, Executive Director, Law Enforcement Chaplaincy Sacramento.
Government	News	1/8	3:30 am 7:30 am	20 seconds	Praying for our leadership (also of course the men/women serving our country) with everything so unsettled in the Middle East.
Government	News	1/30	3:30 am	20 seconds	The Pentagon says 50 American soldiers suffered traumatic brain injuries in the Iranian missile strike in Baghdad earlier this month. Most of them have returned to active duty in Iraq. We're praying for them all.
Government	Local Closer Look	2/2 3/15	7:30 pm	20 minutes	Move America Forward- Packing care packages for troops and their k-9 that are deployed overseas. Impact a simple package can make and mean to the soldiers. Guest: Scott Raab, Outreach Director, Move America Forward.
Faith & Values	News	1/2	3:30 am 5:30 am 7:30 am	20 seconds	The bill was \$23 - the couple leaving their server a \$2020 tip." Happy New Year" - the server and single mom left in tears, months ago she was homeless, saying the tip has given her and her family "a chance @ life".
Faith & Values	News	1/22	3:30 am 6:30 am	20 seconds	Winter scarves lining streets in Chicago - with notes attached: "I am not lost, but I'm happy you found me. If you are cold and you need me, please take me. You are loved." (homeless outreaches. Does it solve their suffering? No - does it hold value? Yes.

Faith & Values	Closer Look	1/5	7:00 pm	30 minutes Segment 1	Between Storms: Convoy of Hope Community Events- "Change in a city comes through loving the city, being kind." COH Event Planners aspire to create a space where low-income families feel loved and accepted adding fun services like nail salons, kid zones and free family portraits to the festivities. Volunteers are committed to treating attendees with dignity and respect, which begins with an enthusiastic welcome at the gate. K-LOVE's Richard Hunt talks with Jeff Nene, national spokesman for Convoy of Hope and Michael Redmond, Vice President of Community Events.
Faith & Values	Closer Look	1/5	7:00 pm	30 minutes Segment 2	Ministries Share 1-Roof to Streamline Services- Take a creepy old' abandoned hospital and add a determined group of Christians and you get a co-op office space where charities and ministries set-up a "one-stop shop" for people in need. K-LOVE'S Felipe Aguilar talks with Sid Streebeck and Steve Reshetar of the MATT 25 Hope Center in Clovis, NM.
Faith & Values	Closer Look	1/12	7:00 pm	30 minutes Segment 1	Legendary NFL Coach & NASCAR Owner Remembers Son as Faith Hero- Barely a month after racing boss J.D. Gibbs died of a devastating neurological disease, his team made NASCAR history by finishing 1st-2nd-3rd at Daytona 500. His legendary dad, NFL Coach Joe Gibbs celebrates J.D. as one of his personal faith heroes. K-LOVE's Ed Lenane has that story.
Faith & Values	Closer Look	1/12	7:00 pm	30 minutes Segment 2	50 Ways to Bless Your Pastor- 50% of pastors make less than \$50K per year. More than half have no healthcare or money for retirement. Brian Kluth, a pastor once richly blessed by the kindness of his congregation founded a website for low-cost ideas that improve financial and family life for church leaders. K-LOVE's Billie Branham reports.
Faith & Values	Closer Look	2/9	7:00 pm	30 minutes Segment 1	Free Makeovers Uplift Women Who Are Homeless- " <i>Evoking Humanity Not Vanity</i> " is the tagline for a ministry giving free hair, makeup and skin care to women on the streets. K-LOVE'S Kindra Ponzio hears from Empowering Through Beauty founder Tanisha Akinloye.
Faith & Values	Closer Look	2/23	7:00 pm	30 minutes Segment 1	Girls in Dark Places Have MERCY MULTIPLIED FREE Christ-based residential treatment centers provide young women suffering addictions or eating disorders a place to live and heal. K-LOVE's Monika Kelly talks with founder Nancy Alcorn about Mercy Multiplied and their outreach to unwed mothers and victims of human trafficking.
Faith & Values	Closer Look	2/9	7:00 pm	30 minutes Segment 2	K-LOVE Pastors: What God Says About Your Looks- Pastor Bill and Pastor Joesy talk about self-esteem and body-shaming. Contact the CLOSER LOOK PASTORS (800) 525-LOVE (5683).
Faith & Values	Closer Look	2/23	7:00 pm	30 minutes Segment 2	Grieving Mom Washes, Colors Hair for Women on Skid Row When Shirley Raines lost her son to an accident, she struggled to regain a sense of purpose in life. She realized the only way out of her deep depression was to serve others. K-LOVE's Kindra Ponzio talks with Shirley about sparking hope for chronically homeless women through Beauty2theStreetz.

Faith & Values	Closer Look	3/8	7:00 pm	30 minutes Segment 2	Scared Kids Get News Blankets, Stuffed Animals- Project Night-Night fills thousands of tote bags with cushy comfort for kids in homeless shelters. Each tote comes with a cuddly stuffed animal, a brand-new warm blanket and a new children's book for bedtime reading. K-LOVE's Billie Branham hears from PNN founder Kendra Stitt Robins about how they help kids have sweeter dreams.
Faith & Values	Local Closer Look	1/5	7:30 pm	20 minutes	Homelessness Housing/Hunger- Waking the Village is a Sacramento non-profit the offers housing and support to local homeless, parenting youth and their children. Waking the Village is long-term and offers art classes, childcare and support to help young people reach their potential with education, job opportunities, parenting information and connections to things like counseling. Each of Waking the Village's four programs center on an interactive environment that inspires growth and builds community. The organization is expanding in 2020 to include several additional homes. Guest: Mazelle Lolmaugh, Lead House Director/Operations Manager, Waking the Village.
Faith & Values	Local Closer Look	3/8	7:30 pm	20 minutes	Homelessness Housing/Hunger- Waking the Village is a Sacramento non-profit the offers housing and support to local homeless, parenting youth and their children. Waking the Village is long-term and offers art classes, childcare and support to help young people reach their potential with education, job opportunities, parenting information and connections to things like counseling. Each of Waking the Village's four programs center on an interactive environment that inspires growth and builds community. The organization is expanding in 2020 to include several additional homes. Guest: Mazelle LolmaughLead House Director/Operations Manager, Waking the Village .
Public Safety	News	1/22	7:30 am	20 seconds	Toyota and Honda recalling millions of vehicles because of airbag glitches.
Public Safety	News	1/23	4:30 am 7:30 am	20 seconds	Plans to tighten rules around service animals on flights - the biggest change: only dogs that are trained to help passengers with psychiatric needs would qualify. The number of support animal grown dramatically in the last few years.
Public Safety	News	1/23	3:30 am 6:30 am	20 seconds	A warning from FedEx - don't fall for a new scam that tries to trick you into opening a text/email about a delivery. Click the link, go to a fake site grab personal information, delete, don't open and contact FedEx.
Public Safety	News	1/31	3:30 am 6:30 am	20 seconds	The US State Department is advising us not to make travel plans due to the coronavirus outbreak.
Public Safety	News	2/13	4:30 am 7:30 am	20 seconds	Honda recalling hundreds of thousands of their Odyssey minivans because of a possible wiring issue.
Public Safety	News	2/19	3:30 am 6:30 am	20 seconds	After recent privacy concerns, video doorbells (Ring) are updating their security to prevent hacks. One of the fastest growing smart devices.

Public Safety	News	2/20	3:30 am	20 seconds	Contigo recalling millions of kid's water bottles for a second time because of a choking hazard. Waterspout can fall off, recalled in August; now issues with the replacement lids
Public Safety	PSA	3/24-4/10	65 spots, 5 times a day	30 seconds	Covid – 19- There are everyday actions to help prevent the spread of respiratory diseases. Wash your hands, Avoid close contact with people who are sick, Avoid touching your eyes, nose and mouth, Stay home when you are sick, Cover your cough or sneeze, Clean and disinfect frequently touched objects, For more information, visit CDC DOT GOV SLASH COVID-19. This message brought to you by the National Association of Broadcasters and K-LOVE.