



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

1. ADDICTIONS
2. FAMILY
3. HEATLH
4. GOVERNMENT
5. FAITH & VALUES
6. PUBLIC SAFETY

There follows a list of some of the significant issues responded to by, WLTK, New Market, Virginia, 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.
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.
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. 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?" 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.'
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.
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-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. 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
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