

WMAG-WMKS-WTQR-WPTI-WVBZ
Greensboro, NC
Quarterly Issues/Programs List
First Quarter, 2014
04/01/2014

WMAG-WMKS-WTQR-WPTI-WVBZ provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **4H programs for young people:** We talked the benefits of 4H for young people in Guilford County. The different programs are available for all ages of young people. We discussed the plant sale that is going on to help raise money for 4H in Guilford County. Discussed the public speaking aspects and how it benefits young people in the future for jobs and public service. Also discussed how in 4H it is not just for rural kids. It is also for urban youth and how you can learn science and robotics.
- **Big Brothers & Big Sisters:** I talked with Brittney Pruitt Director Of Programs and Pamela Suber Vice President of Fund Development for Big Brothers and Big Sisters in Forsyth and Davie County. We discussed, Big Brothers and Big Sisters and how they mentor young people. We discussed what is involved in joining the program and becoming a mentor. We talked about how being a mentor can change the life of a young person and also change the life of the mentor. We discussed their main fund raising initiative Bowling For Kids that is coming up soon. We talked about how to become a part of the organization and help young children in the community.
- **Caring for your pets in cold weather:** Sandy Ellington Community Health Educator from the Guilford County Department of Public Health we talked about how winter and cold weather including ice and snow will affect pets. We asked if there were any special considerations for pet care in winter weather. What about outdoor pets what considerations are specially important for them. Who should you call if you see an animal that may not be doing well in the cold weather. Who should you call if you see a wild animal acting strangely in the neighborhood. How many instances of rabies are usually found yearly in Guilford County. Are rabid animals still out during the winter. What are the general health requirements for pets. Who should you contact for more information about taking care of your pets in cold weather.
- **Crime and Law Enforcement:** We talked about his health issues recently with his heart stent he had put in and whether or not it affects how he can do his job. We also discussed the legalization of marijuana that is happening across the country and whether or not it would be a good idea in Guilford County. We discussed how marijuana has become the criminalized over the past few years without any legislation actually affecting that. Sheriff Barnes also discussed how he would like to raise the amount of base pay for deputies in Guilford County to get him up to the point to where he does not lose deputies to other counties and other jobs.

- **Dealing with terminal illness:** Hospice of WS - Ann Geautruex - We discussed the history of Hospice in the US and in this area. Talked about the myths and misconceptions of Hospice care. Talked about how Hospice is provided at no cost to the family or the patient. Hospice care actually extends the life of the patient in most cases and eases the burden of caring for someone who is terminally ill.
- **Drug Addiction:** Almost two decades ago, Evans was riding high as the drummer for Collective Soul. The Stockbridge-based quintet shot to international fame with their 1994 release *Hints, Allegations and Things Left Unsaid*, and their mega-hit, *Shine*. In the span of seven years, they tallied a total seven #1 radio hits, 19 Top 40 singles, and sold more than 10 million albums and CDs worldwide. Evans says with fame came the spoils of success and lifestyle choices that almost killed him. It's nothing short of a miracle that I'm still alive. Drugs robbed me of almost everything including my family, friends, my home, and my dignity, Evans said. Through sobriety I've gained all of those things back and more. My life today is blessed and I want to share my experiences to help others. Evans said he was dismissed from the group in 2005 because of his excessive drug use. His mother's demise from complications of diabetes, the accidental death of a girlfriend and a pair of DUI arrests pushed him further into despair. Evans said he hit rock bottom while living on the run from police at a run-down motel in Atlanta, Ga. He says he was two days away from being homeless when he finally made the decision to get clean and sober in August 2009. Weeks after Evans (tm) sobriety anniversary, Collective Soul was inducted into the Georgia Music Hall of Fame. I still love all of the guys in Collective Soul because they are my brothers and we shared a lot of wonderful and life-changing experiences, Evans said. Me getting kicked out of the group was entirely my fault because of my addiction. It (tm)s something I (tm)ve finally come to terms with and must own up to in order to remain sober. After completing a yearlong recovery program at Waypoint Center in Dahlonaga, Ga., Evans became a substance abuse counselor, helping others to overcome their addictions. He recently married Kelsey Hamilton, also an entertainer, earlier this month.
- **Ending Homelessness:** Interviewed Daryl koziack, executive director of partners ending homelessness in Guilford County. Discussed how partners ending homelessness in Guilford County is an umbrella organization for all organizations that are partnered in trying to end homelessness in Guilford County. Discussed the count that is going on now in trying to find out how many homeless there are in Guilford County. Talked about the number of shelters in Guilford County and the number of people that are living outside of shelters. Discussed what is needed to actually end homelessness in Guilford County.
- **Food Safety and Restaurants:** Leanne Anton Environmental Health Specialist with the Guilford County Department of Public Health. We talked about how long leftover food from the holidays can be stored in the freezer or the refrigerator. How do you know if your refrigerator or freezer is working properly. When it comes to thawing out frozen foods what is the proper techniques to follow. What should you do with your food in your freezer and refrigerator if the power goes out. How long can cold foods be left out on the counter. How long after the expiration date would you be able to keep your food. How would you know if you got sick from the food you ate at the restaurant or if you just

have a virus. Who should you contact for more information if you have anymore questions.

- **Gardening educational programs for the public:** The Master Gardener program helps to educate and train people in the county so they can then go out into the community to help with gardening problems. The Master Gardener programs has a speakers bureau that made over 100 presentations during 2013.
- **Gardening for yourself & helping supply food banks:** We discussed how to start a vegetable gardening in February in this area. We also discussed organic gardening and what it means. What is the actual definition of organic gardening. When can you get started planting what goes on the ground when. What is better to plant from seeds vs transplants. We also talked about garden layout Rose vs blocks Square Foot Gardening rotation and succession planting. What can be done with extra produce this year what are some of the programs that are available for donating extra produce to the needy and the food banks.
- **Healthy Eating by growing your own garden:** We talked about the extremely cold weather how it is not beneficial and doesn't reduce the insect population in the spring or summer. like that uh talk about what's going on as far as gardening right Discussed how to prepare a garden bed and what types of vegetables you can start growing now during cold weather. Growing your own food helps to contribute to a more healthy lifestyle and can prolong your life and keep you in better health.
- **Hunger and Homelessness:** Rev Mike Aiken - Executive Director of the Greensboro Urban Ministry talked about the effects of this winters severe weather and power outages on the hungry and homeless in our community. He talked about the special needs these circumstances created and what was needed to solve the problems.
- **Living a healthy lifestyle:** Dr Ward Robinson medical director for the Guilford County Department of Public Health. We talk about healthcare in general talked about how people can remain healthy or be healthy and the importance of being healthy based on personal income and personal quality of life. We talked about how government regulation can have a positive effect on changing people's perceptions and attitudes towards health issues such as smoking.
- **Living with HIV/Aids:** We have been provided a 30 minute national show focusing on HIV/AIDS through our partnership with Greater Than AIDS/Kaiser Family Foundation featuring Alicia Keys. "We Are Empowered," is an intimate and inspiring half-hour conversation that Alicia had about friendship, love and strength with five women living with HIV in the U.S.
- **Nutrition Education:** We interviewed Gieseler Baker nutrition educator with the North Carolina Cooperative Extension Service at the Guilford County Center. Mar is National Nutrition Month and the theme is enjoying the taste of eating right. We discussed how most people eat for taste rather than what is actually good for them. We talked about how people can eat better and eat more foods that are good for them and make the foods taste better at the same time. We talked about the new

nutrition labeling that is coming and how it is going to help people be able to eat better. We discussed which foods people should eat more of in which foods people should eat less of. We talked about how you were people are drinking orange juice for breakfast now because of the perception that there is too much sugar in orange juice. We discussed how people should be more concerned with added sugar rather than the natural sugar that is occurring in foods.

- **Preparing for filing your 2013 taxes:** Talked about how to get ready for filing your taxes for 2013. What types of documents you need to start gathering up. Discussed changes that have taken place in tax laws in the past year. Also discussed scams that people need to be on the lookout for to avoid losing money. Mark discussed how you can get free help preparing your taxes if you are below a certain income level.
 - **Reaching non-traditional youth:** We talked with Sadie Payne the North Carolina Cooperative Extension Service Guilford County Center 4-h youth development agent. Sadie is involved with working with non traditional youth in 4h programs in Guilford County. We talked about the definition of non-traditional youth and how to reach those types of kids. We discussed the programs that are going on in the community now and how parents and educators can get 4H programs in the schools. We discussed the 4H programs that go on in the summertime and how to get kids involved with those. We discussed how there is no charge for 4h programs for young people to be involved. We talked about the need for volunteers to help out.
 - **Taxes and Scams:** IRS Spokesman Mark Hanson talked to listeners about some of the latest scams being directed at tax payers. The most egregious involves calling a tax payer and telling them they owe back taxes and they have to pay immediately with a pre-paid debit card or they will be arrested. In some cases the scammers know the victims Social Security number and they are able to spoof the IRS phone number on the victims caller ID. Mark explained that the IRS will never call a taxpayer and demand immediate payment and that the taxpayer should report if they are the recipient of an attempted scam. Mark also told listeners what they need to do to get help in filling out their tax forms before April 15. He pointed out how in some cases, a taxpayer can get free help with filling out their tax forms.
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WMAG-FM Weather and Traffic

Weather - WMAG runs a weather forecast once an hour between 5a-7p Mon-Fri and 6a-7p Sat-Sun.

The forecasts last approximately 10 seconds .

Public Safety - Traffic - WMAG runs traffic weekdays in morning and afternoon drive.

There are 14 reports a day and each report lasts approximately 30 seconds.

Weekdays 5:55a, 6:10a, 6:30, 6:42a, 7:10a, 7:30a, 7:40a, 8:05a, 3:42p, 4:12p, 4:42p, 5:12p, 5:42 p.m, and 6:12P

WMKS ISSUES PROGRAMMING

WMKS News

WMKS does not currently carry news

Weather

One time an hour from 5a-8pm 7 days a week

Traffic – WMKS runs traffic weekdays in morning and afternoon drive.

There are 15 reports a day with each report lasting approximately 30 seconds

6:13am, 6:28am 6:43am, 7:13am, 6:28, 7:43am, 8:13am, 8:28am 8:43am, 3:28pm, 3:58pm, 4:28pm,
4:58pm, 5:58pm, 6:28

WPTI-News Weather and Traffic Times

<u>TRAFFIC</u>	<u>WEATHER (all reports :30 sec)</u>	<u>NEWS TOH</u>	<u>NEWS BOH</u>
6:00am (:30 seconds)	midnight & 12:30am	midnight (5 minutes)	12:30am (1 minute)
6:15am (:30 seconds)	1:00am & 1:30am	1:00am (5 minutes)	1:30am (1 minute)
6:30am (:30 seconds)	2:00am & 2:30am	2:00am (5 minutes)	2:30am (1 minute)
6:45am (:30 seconds)	3:00am & 3:30am	3:00am (5 minutes)	3:30am (1 minute)
7:00am (:30 seconds)	4:00am & 4:30am	4:00am (5 minutes)	4:30am (1 minute)
7:15am (:30 seconds)	5:00am, 5:30am, 5:45am	5:00am (5 minutes)	5:30am (1 minute)
7:30am (:30 seconds)	6a, 6:15a, 6:30a, 6:45a	6:00am (6 minutes)	6:30am (6 minutes)
7:45am (:30 seconds)	7a, 7:15a, 7:30a, 7:45a	7:00am (6 minutes)	7:30am (6 minutes)
8:00am (:30 seconds)	8a, 8:15a, 8:30a, 8:45a	8:00am (6 minutes)	8:30am (6 minutes)
8:15am (:30 seconds)	9:00am & 9:30am	9:00am (5 minutes)	9:30am (2:30 min)
8:30am (:30 seconds)	10:00am & 10:30am	10:00am (5 minutes)	10:30am (2:30 min)
8:45am (:30 seconds)	11:00am & 11:30am	11:00am (5 minutes)	11:30am (2:30 min)
3:30pm (:30 seconds)	noon & 12:30pm	noon (5 minutes)	12:30pm (2:30 min)
3:45pm (:15 seconds)	1:00pm & 1:30pm	1:00pm (5 minutes)	1:30pm (2:30 min)
4:00pm (:30 seconds)	2:00pm & 2:30pm	2:00pm (5 minutes)	2:30pm (2:30 min)
4:15pm (:15 seconds)	3:00pm & 3:30pm	3:00pm (5 minutes)	3:30pm (2:30 min)
4:30pm (:30 seconds)	4:00pm & 4:30pm	4:00pm (5 minutes)	4:30pm (2:30 min)
4:45pm (:15 seconds)	5:00pm & 5:30pm	5:00pm (5 minutes)	5:30pm (2:30 min)
5:00pm (:30 seconds)	6:00pm & 6:30pm	6:00pm (5 minutes)	6:30pm (1 minute)
5:15pm (:15 seconds)	7:00pm & 7:30pm	7:00pm (5 minutes)	7:30pm (1 minute)
5:30pm (:30 seconds)	8:00pm & 8:30pm	8:00pm (5 minutes)	8:30pm (1 minute)
5:45pm (:15 seconds)	9:00pm & 9:30pm	9:00pm (5 minutes)	9:30pm (1 minute)
6:00pm (:30 seconds)	10:00pm & 10:30pm	10:00pm (5 minutes)	10:30pm (1 minute)
	11:00pm & 11:30pm	11:00pm (5 minutes)	11:30pm (1 minute)

WTQR News runs local, state and national news during morning drive, there is a 90 second news at 5:10am, 6am and 7am total of 4:30 minutes per day, 22 minutes per week.

ACTUAL TIMES 6:10A, 6A, 7A

WTQR runs traffic weekdays in morning and afternoon drive. There are 18 reports a day and each report lasts approximately 30 seconds.
at least 9 min/day

Actual Times

5:55a

6:12a

6:26a

6:45a

7:03a

7:27a

7:55a

8:13a

8:35a

3:53p

4:27p

4:53p

5:27p

5:53p

6:27p

6:53p

WVBZ ISSUES PROGRAMMING

Issue	Program	Description	Date/Time/Length
Various	News	.No News	
Public Safety	Weather	WVBZ runs weather forecasts one an hour Mon-Fri from 6am to 8pm. Sat from 5am to 8pm and 14 times Sun between 5am and 8pm	At least 12 min/day
Public Safety	Traffic	WVBZ runs traffic, which is gathered and produced by our own staff, weekdays in morning and afternoon drive. There are 14 reports a day and each report lasts approximately 30 seconds.	Weekdays 6:30, 6:40 6:50, 7:04 7:30, 7:50 8:04, 8:15 8:50, 3:55 4:25, 4:50 5:25, 5:55 p.m. at least 7 min/day

Section III
WMAG - PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Brain Injuries	American Academy of Neurology	001:00	012
Health Care	NC Health Care :60	000:59	117
Saving energy	NC Dept. Of Energy:60	001:01	130
Taxes	PSA Free File	001:00	108
Health	PSA High Blood Pressure 30	000:30	091
Hunger	PSA Hunger	001:00	013
Military	PSA Navy Being There	001:00	020
Recycling	PSA Recycling	001:00	033
Teaching	PSA Teacher recruit	001:00	011
Fitness	PSA YMCA	000:59	027
Goodwill	PSA - Goodwill 30	000:30	086
Health	PSA - Nutrition 30	000:30	086
HEALTH AND FITNESS	AMERICAN HEART ASSOCIATION	000:30	030
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	369
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:31	136
Military and veterans	SHOW YOUR STRIPES	000:30	006
Military and veterans	SHOW YOUR STRIPES	000:31	007

PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:29	075
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	277
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:31	059

WPTI - PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Brain Injury	American Academy of Neurology	000:32	054
Brain Injury	American Academy of Neurology	001:00	070
Brain Injury	American Academy of Neurology	001:01	013
Brain Injury	American Academy of Neurology	001:02	027
Health Care	NC Health Care :60	000:59	121
Saving energy	NC Dept. Of Energy:60	001:01	114
Military	PSA Air Force	001:00	031
Health	PSA Asthma 30	000:30	108
Health	PSA Cholesterol	000:30	108
Hunger	PSA Summer Hunger 1	000:22	015
Hunger	PSA Summer Hunger 2	000:18	013
Hunger	PSA Summer Hunger 3	000:21	010
Hunger	PSA Summer Hunger 4	000:20	013
Autisim	PSA Autisum	001:00	015
Parenting	PSA Father Involvement	000:59	059
Fire safety	PSA Fire Safety 60	001:00	015
Taxes	PSA Free File	001:00	113
Health	PSA High Blood Pressure 30	000:30	096
Hunger	PSA Hunger	001:00	013
Israel	PSA Israel	001:00	034
Military	PSA Navy Being There	001:00	028
Healthq	PSA Pueumonia	000:30	107
Recycling	PSA Recycling	001:00	041
Saving energy	PSA Save Energy	000:15	260
Health	PSA St Jude	000:15	120
Health	PSA St. Jude	001:00	014

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Teaching	PSA Teacher recruit	001:00	011
Health	PSA YMCA	000:30	030
Health	PSA YMCA	000:59	033
Emergency planning	PSA - Emergency Plan	000:30	097
Goodwill	PSA - Goodwill 30	000:30	108
Health	PSA - Family Fitness	000:30	112
Health	PSA - Lupus	000:15	077
Nutrition	PSA - Nutrition 30	000:30	092
Child obesity	PSA Child Obes 30	000:30	075
Financial planning	PSA Financial Month 2 15	000:15	018
Financial planning	PSA Financial Month 15	000:15	015
Military and veterans	PSA Fisher House 15	000:15	095
Military	PSA Selective Service 30	000:30	010
Military	PSA Selective Service	000:57	125
Military	PSA WPTI Guard Support	000:29	045
HEALTH AND FITNESS	AMERICAN HEART ASSOCIATION	000:30	029
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:29	130
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	267
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:31	062
Military and veterans	SHOW YOUR STRIPES	000:30	040
Military and veterans	SHOW YOUR STRIPES	000:31	012

WTQR - PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Brain Injuries	American Academy of Neurology	001:00	015
Health care	NC Health Care :60	000:59	100
Saving energy	NC Dept. Of Energy:60	001:01	108
Military	PSA Air Force	001:00	013
Health	PSA High Blood Pressure 30	000:30	089
Internet	PSA Internet 60	001:00	103
Military	PSA Navy Being There	001:00	017
Recycling	PSA Recycling	001:00	027
Teaching	PSA Teacher recruit	001:00	014
Health	PSA YMCA	000:30	019
Health	PSA YMCA	000:59	029
Goodwill	PSA - Goodwill 30	000:30	094
Nutrition	PSA - Nutrition 30	000:30	093
HEALTH AND FITNESS	AMERICAN HEART ASSOCIATION	000:30	024
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	383
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:31	063
Military and veterans	SHOW YOUR STRIPES	000:30	046
Military and veterans	SHOW YOUR STRIPES	000:31	012

Section III
WVBZ PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Health Care	NC Health Care :60	000:59	002
Asthma	PSA Asthma 30	000:30	008
Cholesterol	PSA Cholesterol	000:30	008
HBP	PSA High Blood Pressure 30	000:30	005
Pueumonia	PSA Pueumonia	000:30	004
YMCA	PSA YMCA	000:30	003
Emergency Planning	PSA - Emergency Plan	000:30	009
Goodwill stores	PSA - Goodwill 30	000:30	007
Fitness	PSA - Family Fitness	000:30	007
Nutrition	PSA - Nutrition 30	000:30	005
Childhood obesity	PSA Child Obes 30	000:30	004
Selective Service	PSA Selective Service	000:57	006
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:29	008
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:30	355
MILITARY AND VETERANS	SHOW YOUR STRIPES	000:31	131
PSA	SHOW YOUR STRIPES	000:30	012

LOCAL PROGRAMMING - Triad Viewpoints Programs

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
Preparing for filing your 2013 taxes	Triad Viewpoints #1	Talked about how to get ready for filing your taxes for 2013. What types of documents you need to start gathering up. Discussed changes that have taken place in tax laws in the past year. Also discussed scams that people need to be on the lookout for to avoid losing money. Mark discussed how you can get free help preparing your taxes if you are below a certain income level.	IRS Spokesman Mark Hansen	01/05/2014 06:01 AM	014:47
Preparing for filing your 2013 taxes	Triad Viewpoints #2	Talked about how to get ready for filing your taxes for 2013. What types of documents you need to start gathering up. Discussed changes that have taken place in tax laws in the past year. Also discussed scams that people need to be on the lookout for to avoid losing money. Mark discussed how you can get free help preparing your taxes if you are below a certain income level.	IRS Spokesman Mark Hansen	01/05/2014 06:18 AM	014:22
Healthy Eating by growing your own garden	Triad Viewpoints #1	We talked about the extremely cold weather how it is not beneficial and doesn't reduce the insect population in the spring or summer. like that uh talk about what's going on as far as gardening right Discussed how to prepare a garden bed and what types of vegetables you can start growing now during cold weather. Growing your own food	Karen Neill from the NC Coop Extension Service	01/12/2014 07:01 AM	014:08

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		helps to contribute to a more healthy lifestyle and can prolong your life and keep you in better health.			
Gardening educational programs for the public	Triad Viewpoints #2	The Master Gardener program helps to educate and train people in the county so they can then go out into the community to help with gardening problems. The Master Gardener programs has a speakers bureau that made over 100 presentations during 2013.	Linda Brandon with the NC Coop Ext Service	01/12/2014 07:19 AM	014:09
Caring for your pets in cold weather	Triad Viewpoints #1	Sandy Ellington Community Health Educator from the Guilford County Department of Public Health we talked about how winter and cold weather including ice and snow will affect pets. We asked if there were any special considerations for pet care in winter weather. What about outdoor pets what considerations are specially important for them. Who should you call if you see an animal that may not be doing well in the cold weather. Who should you call if you see a wild animal acting strangely in the neighborhood. How many instances of rabies are usually found yearly in Guilford County. Are rabid animals still out during the winter. What are the general health requirements for pets. Who should you contact for more information about taking care of your pets in cold weather.	Sandy Ellington from the GCDPH	01/19/2014 07:02 AM	013:42
Food Safety and Restaurants	Triad Viewpoints #2	Leanne Anton Environmental Health Specialist with the Guilford County Department of Public Health. We talked about how	Leanne Anton GCDPH	01/19/2014 07:18 AM	013:46

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>long leftover food from the holidays can be stored in the freezer or the refrigerator. How do you know if your refrigerator or freezer is working properly. When it comes to thawing out frozen foods what is the proper techniques to follow. What should you do with your food in your freezer and refrigerator if the power goes out. How long can cold foods be left out on the counter. How long after the expiration date would you be able to keep your food. How would you know if you got sick from the food you ate at the restaurant or if you just have a virus. Who should you contact for more information if you have anymore questions.</p>			
Living a healthy lifestyle	Triad Viewpoints #1	<p>Dr Ward Robinson medical director for the Guilford County Department of Public Health. We talk about healthcare in general talked about how people can remain healthy or be healthy and the importance of being healthy based on personal income and personal quality of life. We talked about how government regulation can have a positive effect on changing people's perceptions and attitudes towards health issues such as smoking.</p>	Dr Ward Robinson-GCDPH Medical Director	01/26/2014 07:01 AM	014:05
Living a healthy lifestyle	Triad Viewpoints #2	<p>Dr Ward Robinson medical director for the Guilford County Department of Public Health. We talk about healthcare in general talked about how people can remain healthy or be healthy and the importance of being healthy based on personal income</p>	Dr Ward Robinson-GCDPH Medical Director	01/26/2014 07:19 AM	013:54

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		and personal quality of life. We talked about how government regulation can have a positive effect on changing people's perceptions and attitudes towards health issues such as smoking.			
Living with HIV/Aids	Triad Viewpoints #1	We have been provided a 30 minute national show focusing on HIV/AIDS through our partnership with Greater Than AIDS/Kaiser Family Foundation featuring Alicia Keys. "We Are Empowered," is an intimate and inspiring half-hour conversation that Alicia had about friendship, love and strength with five women living with HIV in the U.S.	Alicia Keys	02/02/2014 07:01 AM	012:21
Living with HIV/Aids	Triad Viewpoints #2	We have been provided a 30 minute national show focusing on HIV/AIDS through our partnership with Greater Than AIDS/Kaiser Family Foundation featuring Alicia Keys. "We Are Empowered," is an intimate and inspiring half-hour conversation that Alicia had about friendship, love and strength with five women living with HIV in the U.S.	Alicia Keys	02/02/2014 07:17 AM	014:54
Ending Homelessness	Triad Viewpoints #1	Interviewed Daryl koziack, executive director of partners ending homelessness in Guilford County. Discussed how partners ending homelessness in Guilford County is an umbrella organization for all organizations that are partnered in trying to end homelessness in Guilford County. Discussed the count that is going on now in trying to find out how many homeless there are in	Daryl Koziack Ex Dir Partners Ending Homelessness	02/09/2014 07:02 AM	014:05

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>Guilford County. Talked about the number of shelters in Guilford County and the number of people that are living outside of shelters. Discussed what is needed to actually end homelessness in Guilford County.</p>			
Ending Homelessness	Triad Viewpoints #2	<p>Interviewed Daryl koziack, executive director of partners ending homelessness in Guilford County. Discussed how partners ending homelessness in Guilford County is an umbrella organization for all organizations that are partnered in trying to end homelessness in Guilford County. Discussed the count that is going on now in trying to find out how many homeless there are in Guilford County. Talked about the number of shelters in Guilford County and the number of people that are living outside of shelters. Discussed what is needed to actually end homelessness in Guilford County.</p>	Daryl Koziack Ex Dir Partners Ending Homelessness	02/09/2014 07:19 AM	015:01
Big Brothers & Big Sisters	Triad Viewpoints #1	<p>I talked with Brittney Pruitt Director Of Programs and Pamela Suber Vice President of Fund Development for Big Brothers and Big Sisters in Forsyth and Davie County. We discussed, Big Brothers and Big Sisters and how they mentor young people. We discussed what is involved in joining the program and becoming a mentor. We talked about how being a mentor can change the life of a young person and also change the life of the mentor. We discussed their main fund raising initiative Bowling</p>	Brittney Pruitt- Pamela Suber	02/16/2014 07:02 AM	014:02

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		For Kids that is coming up soon. We talked about how to become a part of the organization and help young children in the community.			
Big Brothers & Big Sisters	Triad Viewpoints #2	I talked with Brittney Pruitt Director Of Programs and Pamela Suber Vice President of Fund Development for Big Brothers and Big Sisters in Forsyth and Davie County. We discussed, Big Brothers and Big Sisters and how they mentor young people. We discussed what is involved in joining the program and becoming a mentor. We talked about how being a mentor can change the life of a young person and also change the life of the mentor. We discussed their main fund raising initiative Bowling For Kids that is coming up soon. We talked about how to become a part of the organization and help young children in the community.	Brittney Pruitt- Pamela Suber	02/16/2014 07:21 AM	013:53
Gardening for yourself & helping supply food banks	Triad Viewpoints #1	We discussed how to start a vegetable gardening in February in this area. We also discussed organic gardening and what it means. What is the actual definition of organic gardening. When can you get started planting what goes on the ground when. What is better to plant from seeds vs transplants. We also talked about garden layout Rose vs blocks Square Foot Gardening rotation and succession planting. What can be done with extra produce this year what are some of the programs that are available for donating extra produce to the needy and the food banks.	Karen Neill	02/23/2014 07:02 AM	013:40

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
4H programs for young people	Triad Viewpoints #2	We talked the benefits of 4H for young people in Guilford County. The different programs are available for all ages of young people. We discussed the plant sale that is going on to help raise money for 4H in Guilford County. Discussed the public speaking aspects and how it benefits young people in the future for jobs and public service. Also discussed how in 4H it is not just for rural kids. It is also for urban youth and how you can learn science and robotics.	Peggy Lewis Joyce	02/23/2014 07:19 AM	014:34
Crime and Law Enforcement	Triad Viewpoints #1	We talked about his health issues recently with his heart stent he had put in and whether or not it affects how he can do his job. We also discussed the legalization of marijuana that is happening across the country and whether or not it would be a good idea in Guilford County. We discussed how marijuana has become the criminalized over the past few years without any legislation actually affecting that. Sheriff Barnes also discussed how he would like to raise the amount of base pay for deputies in Guilford County to get him up to the point to where he does not lose deputies to other counties and other jobs.	Guilford County Sheriff BJ Barnes	03/02/2014 07:02 AM	014:19
Crime and Law Enforcement	Triad Viewpoints #2	We talked about his health issues recently with his heart stent he had put in and whether or not it affects how he can do his job. We also discussed the legalization of marijuana that is happening across the country and whether or not it would be a good idea in Guilford	Guilford County Sheriff BJ Barnes	03/02/2014 07:19 AM	014:03

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>County. We discussed how marijuana has become the criminalized over the past few years without any legislation actually affecting that. Sheriff Barnes also discussed how he would like to raise the amount of base pay for deputies in Guilford County to get him up to the point to where he does not lose deputies to other counties and other jobs.</p>			
Nutrition Education	Triad Viewpoints #1	<p>We interviewed Gieseler Baker nutrition educator with the North Carolina Cooperative Extension Service at the Guilford County Center. Mar is National Nutrition Month and the theme is enjoying the taste of eating right. We discussed how most people eat for taste rather than what is actually good for them. We talked about how people can eat better and eat more foods that are good for them and make the foods taste better at the same time. We talked about the new nutrition labeling that is coming and how it is going to help people be able to eat better. We discussed which foods people should eat more of in which foods people should eat less of. We talked about how you were people are drinking orange juice for breakfast now because of the perception that there is too much sugar in orange juice. We discussed how people should be more concerned with added sugar rather than the natural sugar that is occurring in foods.</p>	Gieseler Baker	03/09/2014 07:00 AM	014:23

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Reaching non-traditional youth	Triad Viewpoints #2	We talked with Sadie Payne the North Carolina Cooperative Extension Service Guilford County Center 4-h youth development agent. Sadie is involved with working with non traditional youth in 4h programs in Guilford County. We talked about the definition of non-traditional youth and how to reach those types of kids. We discussed the programs that are going on in the community now and how parents and educators can get 4H programs in the schools. We discussed the 4H programs that go on in the summertime and how to get kids involved with those. We discussed how there is no charge for 4h programs for young people to be involved. We talked about the need for volunteers to help out.	Sadie Payne	03/09/2014 07:18 AM	013:54
Dealing with terminal illness	Triad Viewpoints #1	Hospice of WS - Ann Geautruex - We discussed the history of Hospice in the US and in this area. Talked about the myths and misconceptions of Hospice care. Talked about how Hospice is provided at no cost to the family or the patient. Hospice care actually extends the life of the patient in most cases and eases the burden of caring for someone who is terminally ill.	Ann Geautruex	03/16/2014 07:04 AM	014:17
Dealing with terminal illness	Triad Viewpoints #2	Hospice of WS - Ann Geautruex - We discussed the history of Hospice in the US and in this area. Talked about the myths and misconceptions of Hospice care. Talked about how Hospice is provided at no	Ann Geautruex	03/16/2014 07:22 AM	013:42

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		<p>cost to the family or the patient. Hospice care actually extends the life of the patient in most cases and eases the burden of caring for someone who is terminally ill.</p>			
Drug Addiction	Triad Viewpoints #1	<p>Almost two decades ago, Evans was riding high as the drummer for Collective Soul. The Stockbridge-based quintet shot to international fame with their 1994 release Hints, Allegations and Things Left Unsaid , and their mega-hit, Shine. In the span of seven years, they tallied a total seven #1 radio hits, 19 Top 40 singles, and sold more than 10 million albums and CDs worldwide. Evans says with fame came the spoils of success and lifestyle choices that almost killed him. It's nothing short of a miracle that I'm still alive. Drugs robbed me of almost everything including my family, friends, my home, and my dignity, Evans said. Through sobriety I've gained all of those things back and more. My life today is blessed and I want to share my experiences to help others. Evans said he was dismissed from the group in 2005 because of his excessive drug use. His mother's demise from complications of diabetes, the accidental death of a girlfriend and a pair of DUI arrests pushed him further into despair. Evans said he hit rock bottom while living on the run from police at a run-down motel in Atlanta, Ga. He says he was two days away from being homeless when he finally made the</p>	Shane Evans	03/23/2014 07:01 AM	014:22

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>decision to get clean and sober in August 2009. Weeks after Evans (tm) sobriety anniversary, Collective Soul was inducted into the Georgia Music Hall of Fame. I still love all of the guys in Collective Soul because they are my brothers and we shared a lot of wonderful and life-changing experiences, Evans said. Me getting kicked out of the group was entirely my fault because of my addiction. It (tm)s something I (tm)ve finally come to terms with and must own up to in order to remain sober. After completing a yearlong recovery program at Waypoint Center in Dahlonega, Ga., Evans became a substance abuse counselor, helping others to overcome their addictions. He recently married Kelsey Hamilton, also an entertainer, earlier this month.</p>			
Hunger and Homelessness	Triad Viewpoints #2	<p>Rev Mike Aiken - Executive Director of the Greensboro Urban Ministry talked about the effects of this winters severe weather and power outages on the hungry and homeless in our community. He talked about the special needs these circumstances created and what was needed to solve the problems.</p>	Rev Mike Aiken	03/23/2014 07:19 AM	013:07
Taxes and Scams	Triad Viewpoints #1	<p>IRS Spokesman Mark Hanson talked to listeners about some of the latest scams being directed at tax payers. The most egregious involves calling a tax payer and telling them they owe back taxes and they have to pay immediately with a pre-paid debit card or they will</p>	Mark Hanson	03/30/2014 07:02 AM	014:01

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
		<p>be arrested. In some cases the scammers know the victims Social Security number and they are able to spoof the IRS phone number on the victims caller ID. Mark explained that the IRS will never call a taxpayer and demand immediate payment and that the taxpayer should report if they are the recipient of an attempted scam. Mark also told listeners what they need to do to get help in filling out their tax forms before April 15. He pointed out how in some cases, a taxpayer can get free help with filling out their tax forms.</p>			
Taxes and Scams	Triad Viewpoints #2	<p>IRS Spokesman Mark Hanson talked to listeners about some of the latest scams being directed at tax payers. The most egregious involves calling a tax payer and telling them they owe back taxes and they have to pay immediately with a pre-paid debit card or they will be arrested. In some cases the scammers know the victims Social Security number and they are able to spoof the IRS phone number on the victims caller ID. Mark explained that the IRS will never call a taxpayer and demand immediate payment and that the taxpayer should report if they are the recipient of an attempted scam. Mark also told listeners what they need to do to get help in filling out their tax forms before April 15. He pointed out how in some cases, a taxpayer can get free help with filling out their tax forms.</p>	Mark Hanson	03/30/2014 07:19 AM	014:02