

Date - 4/5/2015

Length - 14:35

Time - 7:00am

Guest - Karen Neill from the NC Cooperative Extension service

Topic - Karen discussed how local gardening can help foster better nutrition in children and adults. Local gardening and using locally grown products bought at local farmers markets can also help to create a better economy for local farmers.

Date - 4/5/2015

Length - 14:51

Time - 7:15am

Guest - Peggy Lewis local coordinator for 4 H programs in Guilford County.

Topic - Peggy discussed the upcoming programs and events that will be available for children in the 4-H programs. Since Guilford county is more urbanized than other counties, the programs are not all geared to a rural audience. They have robotics programs and other science and tech programs available for youth.

Date - 4/12/2015

Length - 29:42

Time - 7:00am

Guest - Mark Hanson spokesman for the IRS

Topic - Mark discussed the options available for local listeners to get help in getting their taxes done before the deadline of 4/15. Mark talked about how taxpayers can get free help from the IRS website. Mark also talked about how to avoid being scammed by people trying to collect your tax refund. Mark gave advice on what new tax laws have taken effect this year and how they can take advantage of some of the new laws to save money on their taxes.

Date - 4/19/2015

Length - 14:39

Time - 7:00am

Guest - Alex Lewis from the Guilford County Department of Public Health

Topic - Food Deserts - Alex Lewis talked about the problem of food deserts in our community. A food desert occurs when a neighborhood lacks a grocery store within easy walking or driving distance. Food deserts result in a lack of good nutrition for kids, the elderly and families. The Guilford County Health Department has a mobile food truck that travels to these neighborhoods and gives the residents the ability to buy good fresh fruits and vegetables at a low price that everyone can afford.

Date - 4/19/2015

Length - 14:56

Time - 7:15am

Guest - Vonda Pabon from the Guilford County Department Of Public Health

Topic - New immunization rules - New immunization rules take effect this year for students just entering school and for those students about to enter the 6th grade. These new immunization rules must be followed in order to enroll their children into the public schools this year. We also talked about the importance of immunization for everyone and how immunizations are safe.

Date - 5/03/2015

Length - 29:50

Time - 7:00am

Guest - Margaret Elliott and Corey Miller

Topic - Hope Du Jour - Hope Du Jour is the main fund raising event for Crisis Control Ministries in Winston Salem. We discussed how Crisis Control uses the funds to help the growing number of people in the community who are homeless, hungry or in need of financial or medical help. Restaurants in the area agree to donate 10% of all of their proceeds from one day to Crisis Control. Dozens of restaurants in the area participate and people in the community look forward to going out to eat helping to provide funds for Crisis Control.

Date - 5/10/2015

Length - 30:00

Time - 7:00am

Topic - Education - Thanking America's Teachers. Special program from iHeartMedia

Date - 6/28/2015

Length - 14:49

Time - 7:15am

Guest - Barbra Strong

Topic - Raising Children - Family Life Counselor Barbra Strong from the NC Cooperative Extension Service talked about raising children to have respect for themselves and of other people. She talkad about the importance of giving children a positive outlook on life by not mistreating or rediculing them. Make sure the discipline you give kids doesn't go too far and cause more problems than it solves. She is available to help families in raising their children.