



QUARTERLY REPORT PROGRAM LIST (WKVK-FM)
- Fourth Quarter 2019 (October 1- December 31)
Compiled by Denice Carr

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3. EDUCATION
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-WEATHER

There follows a list of some of the significant issues responded to by, WKVK-FM, Semora/Raleigh, North Carolina, along with significant programming treatment of those issues for the period of October 1- December 31, 2019. 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

Issue	Program	Date	Time	Duration	Description of Program
Addiction	News	10/8	3:30 am 7:30 am	20 seconds	Because of all the health concerns, Kroger and Walgreens now the latest stores to stop selling e-cigarettes.
Addiction	Closer Look	11/10	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	10/10	4:30 am	20 seconds	And you are 70% more likely to go to the gym if you do this, work out with your sweetie.
Family	News	10/30	3:30 am 6:30 am	20 seconds	Most teens spending at least 7 hours a day on devices - that time has doubled in the last 4 years.
Family	News	11/15	4:30 am 7:30 am	20 seconds	A reminder praying for our children this morning; hug them a little tighter, following a tragedy, another attack yesterday @ a southern California High School.
Family	Closer Look	11/24	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.
Family	Closer Look	12/8	7:00 pm	30 minutes Segment 1	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.
Family	Closer Look	12/8	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.
Family	Local Closer Look	11/24 12/22	7:30 pm	20 minutes	Health Diseases/Hospitals- F.C.S. has year round educational programs that promote Making Healthy Lifestyle Choices, Nurturing Families, Embracing Life as You Age, Securing Financial Stability, Promoting Healthy Homes and Communities, Accessing Nutritious Food and Empowering Community Leaders. Having clientele out to the Extension office demonstration kitchen to learn to prepare easy and nutritious meals

					<p>that are delicious. (Our nutrition education program assistant offers most of these programs, but I can talk about them.) Food preparation programs she has conducted include: Stories, Songs, and Stretches, Laugh & Learn Preschool Playdates, Stretch Your Holiday Dollar, Weight Loss Wars, FitBlue Walking Challenge, Farmer's Market Plate It Up! Plan. Eat. Move website USDA Food Safety. The Family and Consumer Sciences (FCS) Program in Caldwell County serves as a resource to the community in the following areas: Food Safety, Nutrition, and Health Family Financial Management Food Preservation-Canning, Nurturing Families, Healthy Aging, Leadership Development Healthy Homes and Communities, FCS Extension Agent, provides research-based educational opportunities through workshops, classes, collaborative projects, print materials, and other appropriate venues. All programs are driven by the needs of the community- identified by county residents and the local Extension Leadership Council. What is your position with the Caldwell County Cooperative Extension? What is your educational background? How long have you worked for Cooperative Extension? What kinds of programs do you offer in Caldwell County? Tell me a little bit more about these programs: Extension Homemakers, Stories, Songs, Stretches, Laugh and Learn Preschool Playdates, FitBlue App, Budgeting programs, Truth & Consequences, Weight Management Programs. How are your classes advertised? Who can take your classes? Depends on the class, but typically adults 18+. Is there a cost for your classes? What do you like the most about your job? How can we help you? Lose weight: eat right, exercise. Keep food safe at home. Select and prepare healthier food. Develop life skills. Develop a budget. Services- Pressure Canner Gauge testing. Free publications related to Food, Health and Home Food Preservation Information, Exhibits at health fairs, community events. Guest: Sonya G. Patterson, M.S. Ed. Family & Consumer Education Agent NC Cooperative Extension.</p>
Family	Amy and Skip show	10/2 10/7 10/30	3 am – 8 am	15 minutes	The Mystery of Parenting Pay your Kid?! Connected...Too Much?!
Education	News	10/1	5:30 am	20 seconds	Skills you wished you learned as a kid: 1. How to speak another language, 2. personal finances, 3. home repair.
Education	News	10/14	4:30 am 6:30 am	20 seconds	Is a later school start time a good idea? (teens healthier/perform better). California soon requiring later start times for most middle and high schools, 8am; 8:30am.
Education	News	10/31	5:30 am	20 seconds	A reason to grab a book - a report claiming 2/3rds of students can't read @ grade level.
Education	News	11/7	4:30 am 7:30 am	20 seconds	We learn the most when we fail (research). 15/85% rule. If you do something 100%, you will not be taking as much from the experience as when you struggle a little.
Education	News	11/8	4:30 am 7:30 am	20 seconds	Half of young adults believe college is no longer necessary. Working in the real world more benefit, less debt.

Education	Amy and Skip show	11/7	3 am – 8 am	15 minutes	You Learn the Most When...
Health	News	10/1	4:30 am 7:30 am	20 seconds	Big push-back on new research claiming eating red meat is not as bad as we've been told.
Health	News	10/1	3:30 am 6:30 am	20 seconds	Zantac and some generic heart burn medications over a possible connection to cancer, the FDA continues investigating the products.
Health	News	10/4	3:30 am 6:30 am	20 seconds	Choosing a positive attitude helps to keep your brain more alert/focused.
Health	News	10/7	4:30 am 6:30 am	20 seconds	Mental health awareness week. This year, 1 in 5 will deal with mental illness, less than half get help.
Health	News	10/8	4:30 am 6:30 am	20 seconds	To improve your health, women should go out with friends twice a week. Stronger immune system, less stressed, more generous.
Health	News	10/9	4:30 am 7:30 am	20 seconds	This flu season expected to be one of the worst in years, things could hit a little earlier too. Flu season: late October to March.
Health	News	11/6	5:30 am	20 seconds	Even with all the health concerns, the number of teens vaping continues to increase.
Health	News	11/7	3:30 am 6:30 am	20 seconds	1 in 3 struggles with sleeping - if you deal with insomnia, you're more likely to have a stroke/heart attack.
Health	News	11/18	3:30 am 6:30 am	20 seconds	It's early but already 30 states are seeing flu activity (highest/ earliest number is a decade), typically when the flu starts early, it means it will be a tough flu season.
Health	News	11/18	5:30 am	20 seconds	How you arrange your bedroom affects your sleep. Science/ thousands of sleepers: 75% said you got the best sleep when your bed is centered on an interior wall. Clean your room, too (less clutter, better sleep).
Health	News	11/19	3:30 am 6:30 am	20 seconds	Love Hallmark Christmas movies- there's a scientific reason why? Predictable story lines/happy ending: comfort/" life is simple" themes gives you a break from the more complex issues of real-life.
Health	News	12/4	4:30 am 7:30 am	20 seconds	From the CDC - now 1 in 5 young adults are pre-diabetic.
Health	News	12/5	3:30 am 6:30 am	20 seconds	New research claiming that hair dye and chemical hair straighteners may increase your risk for breast cancer.... experts saying - don't be alarmed, just be aware.
Health	News	12/6	4:30 am 7:30 am	20 seconds	Doctors finding face injuries from cellphones are on the rise (broken nose dropped phone on face, texting while walking). Head/neck, most connected to distraction.
Health	News	12/9	3:30 am 6:30 am	20 seconds	From the CDC - more than 6 million teenagers have used tobacco products in the past month. Vaping behind the increase,

Health	News	12/9	5:30 am	20 seconds	Half of us give up on our diets during the holidays - the biggest temptations: cookies, pies and home-cooked meals. 1 in 3 admit to having to undo a button on their pants because of eating too much.
Health	News	12/18	4:30 am 7:30 am	20 seconds	A whole lotta flu season still left - spreading across the nation. Feel sick, stay home, wash your hands often.
Health	News	12/27	3:30 am 6:30 am	20 seconds	New studies show that we are getting more and more obese. Predictions are that more than half the country will be clinically obese by 2030.
Health	News	12/30	5:30 am	20 seconds	Christmas over -struggle to stay 'happy'. 1. Celebrate minor holidays (family traditions, plan now (first day of Spring, Groundhog Day). 2. Make a photo book from Christmas.
Health	News	12/31	4:30 am 7:30 am	20 seconds	Planning on a resolution for 2020?? Most popular? 1. Lose weight - experts say 75% of weight loss is your diet. 2. Get organized - simple/easy way to get organized: write things down. 3. Learn new skill/hobby - youtube the most common place to learn something new. 4. Live life to the fullest - decide what matters to you and put it first.
Health	Closer Look	10/6 10/20	7:00 pm	30 minutes Segment 1	Faith Office of V.A. Tackles Soldier Suicide- Every day dozens of soldiers who came home safe from war decide to end their own lives. The U.S. Dept. of Veterans Affairs officially recognizes the role that faith can play in recovering from PTSD. K-LOVE's Ed Lenane catches up with Conrad Washington, the Deputy Dir. of the Center for Faith and Opportunity Initiative for the VA.
Health	Closer Look	10/6 10/20	7:00 pm	30 minutes Segment 2	PTSD Healing Possible Through 'Welcome Home Initiative'- Welcome Home Initiative retreats are entirely free for a veteran or their spouse to attend, meals and hotels provided. "One of the biggest things we do is to anoint the trigger finger of the veteran or the thumbs of a 50 cal gunner," says Rev. Nigel Mumford, a symbolic act he told K-LOVE's Ed Lenane has delivered many men from painful memories.
Health	Closer Look	11/24	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.
Health	Closer Look	11/24	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.
Health	Closer Look	12/15	7:00 pm	30 minutes Segment 2	Horses Help People with Disabilities- There's a growing interest nationwide in the unique way that horses interact and assist people living with physical, emotional or neurological limitations. K-LOVE's Richard Hunt visits Ride to Walk in Lincoln CA to talk with Dr. Kristine Corn about equine therapy.

Health	Amy and Skip show	10/28 10/31	3 am – 8 am	15 minutes	Wake Up with A Smile Sniff and Whip Your Stress Away
Economy	News	11/14	3:30 am 6:30 am	20 seconds	The biggest milk producer in our nation filing for bankruptcy protection. Changing what they drink (Dean Foods). Consumption of milk has dropped almost 30% in the last two decades.
Economy	News	11/20	3:30 am 6:30 am	20 seconds	Could be paying more for your live Christmas tree this season - shortage @ some of the top Christmas tree farms (hot weather/too much rain). 32 million live trees sold last year, up 5 million from last 2017.
Economy	News	12/2	3:30 am 6:30 am	20 seconds	Expecting almost \$10 billion dollars in sales today ONLINE - Happy Cyber Monday. This year's Black Friday was the biggest ever for online sales, over \$7 BILLION in sales.
Economy	Amy and Skip show	11/11	3 am – 8 am	15 minutes	Scrimp on THIS to Save Big
Crime	News	11/14	4:30 am 7:30	20 seconds	Costco warning customers about a fake \$75 coupon (social media) - saying it's a scam.
Crime	News	11/19	3:30 am 6:30 am	20 seconds	Robocalls hitting a record number last month - more than 5 BILLION - the #1 scam: fake debt collectors. Where you get hassled the most? California, New York and Texas.
Crime	News	12/3	3:30 am 6:30 am	20 seconds	A warning from the FBI about newer 'smart TVs' - concerns about security/hackers (may be watching /listening). Microphones/cameras built in, advice: learn how to control features.
Crime	Closer Look	11/3	7:00 pm	30 minutes Segment 1	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	11/3	7:00 pm	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 high school credits and positive relationships with law enforcement. K-LOVE's Kindra Ponzio spoke with co-founder Police Sgt. Charles Woodruff, Oxnard Police Dept.
Government	News	10/4	3:30 am 6:30 am	20 seconds	The deadline now less than a year away to upgrade your driver's license to a "REAL ID" - which will be required @ airport security. 3 out of 4 don't have it, confused. Enhanced ID, star in the top corner.
Government	Closer Look	11/10	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.

Government	Closer Look	12/29	7:00 pm	30 minutes Segment 1	U.S. Gov't Grants Churches Money for Migrant Kids, Opioid Addiction, Mental Illness Uncle Sam actively partners with faith-based groups to help people in need, providing training and connecting them with taxpayer dollars. K-LOVE's Ed Lenane gets details from faith office directors Kevin Smith of Homeland Security (DHS) and Shannon Royce of Health and Human Services (HHS).
Faith & Values	News	10/12	5:30 am	20 seconds	Almost \$8 million dollars in medical bills - paid off for about 6,000 families thanks to a church in Indiana: practical way to show God's love, get a letter in the mail (strangers).
Faith & Values	News	10/28	5:30 am :30 am	20 seconds	For the last decade, the US the most generous country in the WORLD. Helped a stranger, donated money, volunteered time (2 out of three).
Faith & Values	Closer Look	10/13	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	10/13	7:00 pm	30 minutes Segment 2	Ministries Share 1-Roof to Streamline Services- Take a creepy ol' 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	10/27	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	10/27	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.
Public Safety	News	10/11	4:30 am 7:30 pm	20 seconds	Some Chicken products sold at several grocery store chains (Kroger/Aldi) being recalled over listeria concerns. Nationwide; ready to eat products.
Public Safety	News	10/28	4:30 am	20 seconds	Statewide emergency in California because of the growing wildfires (hundreds of thousands evacuating).
Public Safety	News	10/29	3:30 am 7:30 am	20 seconds	Pray for those affected by all wildfires burning in California (firefighters/families) (evacuations/power out). Some calling it the 'new normal'.

Public Safety	News	10/30	3:30 am 7:30 am	20 seconds	Dangerous wildfires throughout California (hurricane force winds) - so many doing good (help) basketball star LeBron James sending a taco truck to help feed first responders. Show appreciation; putting your life @ risk
Public Safety	News	11/7	5:30 am	20 seconds	More than 2 million pounds of chicken "ready-to-cook" products being recalled (Simmons Foods), sold in several states (metal in the meat).
Public Safety	News	11/18	4:30 am 7:30 am	20 seconds	Nissan recalling close to half a million vehicles because of a possible fire danger, including a handful of models made over the last couple of years (Brake system).
Public Safety	News	12/20	3:30 am 6:30 am	20 seconds	Sunday starts the peak Christmas travel season through New Year's Day, expected to break records (flying and driving) over 115 million traveling. Highest number in 20 years.
Public Safety	News	12/23	4:30 am 7:30 am	20 seconds	Millions are still expected to hit major airports today and tomorrow. Even though your weather may be fine, it's a good idea to check with your airlines before leaving for the airport for any delays.
Public Safety	News	12/26	3:30 am 6:30 am	20 seconds	The busiest travel day left in 2019, millions are hitting the road and airports today and fortunately for most of the nation, the weather is cooperating. Parts of the mid-west reporting 35-year highs. Experts advise still checking ahead to make sure you won't face any delays.
Public Safety	News	12/27	3:30 am 6:30 am	20 seconds	Ford has announced a recall of over half a million mid-size sedans. The 2006-2010 Fusions, Milans and MKZ's are being recalled for a brake issue.
Public Safety	News	12/31	3:30 am 6:30 am	20 seconds	It is New years eve - hours away from 2020 - bumping up security all over the nation (preparing for celebrations). New York City, people start to line up this morning.
Public Safety	Closer Look	12/15	7:00 pm	30 minutes Segment 1	Self-Driving Cars Expected to Save Lives- Human error costs 40,000 lives every year on American roads. Safety and tech experts eagerly observe current tests of self-driving cars with hopes the vehicles will someday prevent deadly crashes. Kelly Nantel of the National Safety Council and automotive tech expert Tim Spell talk with K-LOVE'S Rafael Sierra about how autonomous vehicles work -- and how far away we are from trusting them.
Public Safety	Amy and Skip show	11/20	3 am – 8 am	15 minutes	Danger! Unsafe Christmas Toys
Public Safety -Weather	News	11/8	3:30 am 6:30 am	20 seconds	About 2/3rds of the nation (middle of the nation - east) dealing with possibly record low cold at least through the middle of next week.
Public Safety -Weather	News	11/12	3:30 am 6:30 am	20 seconds	Snow/freezing weather from Texas to Maine for the next few days at least, feeling more like the middle of winter than the middle of November for 2/3rds of the nation.
Public Safety -Weather	News	11/26	:30 am :30 am	20 seconds	Several strong storms this week (Thanksgiving), concerns the balloons may not fly during the Macy's Thanksgiving Day parade (too windy), make the call on Thursday. Last time grounded because of bad weather, 1971.

Public Safety -Weather	News	12/10	3:30 am 6:30 am	20 seconds	Nearly 65% of the U.S. will feel below-freezing weather this week (Great Lakes, MW, south).
Public Safety -Weather	News	12/13	3:30 am 6:30 am	20 seconds	Big jump in traveling this Christmas season, 115 million traveling. Driving between December 21-New Year's. That's 4 million more than last year. Worst traffic: the day after Christmas, AAA: Christmas cheer is at an all-time high, economy doing well.