

# WCKB 780-AM

## ISSUES / PROGRAMS

*October, November and December, 2009*

1. I--Listeners wanted information about area job openings.  
P--WCKB aired a 5 minute report of local job listings, provided by the Dunn office of the North Carolina Employment Security Commission, each Monday at 12:45pm.
2. I--Listeners needed information on Social Security benefits, services and requirements.  
P--WCKB aired a 5 minute report, provided by the Fayetteville office of the Social Security Administration, each Tuesday at 12:45pm. A topic listing is attached.
3. I--Listeners wanted to know about problems and issues faced by senior citizens.  
P--WCKB aired a 1 minute feature, "Elder Care Made Easier," each Wednesday at 12:45pm. A topic listing is attached.
4. I--Listeners needed information about personal and public health issues.  
P--WCKB aired a 5 minute report, provided by the Harnett County Department of Public Health, each Thursday at 12:45pm. A topic listing is attached.
5. I--Listeners wanted to hear about programs and services offered by the Extension Service.  
P--WCKB aired a 5 minute report, provided by the Harnett County Cooperative Extension Service, each Friday at 12:45pm. A topic listing is attached.
6. I--Listeners wanted advice on issues facing today's families.  
P--WCKB aired "James Dobson Family Minute," a 1 minute report provided by Focus on the Family, Monday through Friday at 1:30pm. A topic listing is attached.
7. I--Listeners wanted information on issues faced by home schooling families.  
P--WCKB aired "Home School Heartbeat," a 2 minute report provided by the Home School Legal Defense Fund, each Sunday at 7:57am. A topic listing is attached.
8. I--Listeners wanted information on issues faced by and services available to military personnel, veterans, and their families.  
P--WCKB aired "American Forces Press Services Podcasts," found at [www.pentagonchannel.mil](http://www.pentagonchannel.mil). These 6-8 minute segments aired each Sunday at 10:38am. A topic listing is attached.
9. I--Listeners wanted information on statewide employment trends and available services.  
P--WCKB aired a 1 minute report provided by the North Carolina Employment Security Commission each Sunday at 10:45am. A topic listing is attached.
10. I--Listeners wanted information about credit, budgeting and finance.  
P--WCKB aired "My Money Life," a 2 minute report provided by Crown Financial Ministries, each Sunday at 10:47am. A topic listing is attached.
11. I--Listeners wanted current information on medical research and recommendations.  
P--WCKB aired a report from "Johns Hopkins Health Newsfeed", each Sunday at 10:51am. A topic listing is attached.

12. I--Listeners wanted current information on consumer interest topics.  
P--WCKB aired "Consumer Time," a 3 minute report provided by the United States Department of Agriculture, each Sunday at 10:53am. A topic listing is attached.
13. I--Listeners needed information on current agricultural issues and trends.  
P--WCKB aired "Ag Update," a 2 1/2 minute report provided by the United States Department of Agriculture, each Sunday at 10:57am. A topic listing is attached.
14. I--Listeners expected station participation in local charities and events.  
P--WCKB aired remote broadcasts and special interviews and public service announcements, and participated in local events. A list of these events and broadcasts is attached.

**SOCIAL SECURITY REPORT** *(October-December, 2009)*

10/06/09	Brenda Brown	Now's the time to apply online for a New Year retirement
10/13/09	*****	Get your benefit verification before the chill sets in
10/20/09	*****	Disabled? SS can help
10/27/09	*****	Flesh out your financial skeleton
11/03/09	*****	Moving? Keep in touch with your SS benefits
11/10/09	*****	What to do if SS pays you too much
11/17/09	*****	Questions & Answers
11/24/09	*****	This Thanksgiving, pass the mouse
12/01/09	*****	SS serves those who serve America
12/08/09	*****	Open season is here: time to hunt for your prescription drug plan
12/15/09	*****	Representative payees can report online
12/22/09	*****	Help for the homeless
12/29/09	*****	Questions & Answers

## **ELDER CARE MADE EASIER**

Dr. Marion Somers

*(October - December, 2009)*

10/07/09	Gardening
10/14/09	Small animals
10/21/09	Get organized
10/28/09	Make a family heirloom
11/04/09	Life highlights
11/11/09	Secrets
11/18/09	Local shows
11/25/09	Crimes against the elderly
12/02/09	Elder care lawyers
12/09/09	Meal time
12/16/09	Ethnic holiday celebrations
12/23/09	Home for the holidays
12/30/09	Elder abuse

**HEALTH DEPARTMENT REPORT**

*(October-December, 2009)*

10/01/09	Belinda Rayner	Breast Cancer Awareness Month
10/08/09	*****	Flu vaccines
10/15/09	*****	Pink Sunday
10/22/09	*****	SIDS Awareness Month
10/29/09	*****	Halloween health & safety tips
11/05/09	*****	H1N1 flu
11/12/09	*****	Great American Smoke Out
11/19/09	*****	Thanksgiving food safety
11/26/09	*****	American Diabetes Month
12/03/09	*****	Hand Washing Awareness Week
12/10/09	*****	Holiday stress
12/17/09	*****	Healthy holidays
12/24/09	*****	Guilt-free holiday food
12/31/09	*****	Fitting in winter activity

**COOPERATIVE EXTENSION SERVICE REPORT**

*(October-December, 2009)*

10/02/09	Carolyn Greene	What is Child Care Resource & Referral?
10/09/09	Tara Fish	Finding quality child care
10/16/09	Nancy Lee	Infant safe sleep
10/23/09	Mindy Parrish	Halloween safety
10/30/09	Wendy Velazquez	Early literacy
11/06/09	Carolyn Greene	What is Child Care Resource & Referral?
11/13/09	James Choate	Voluntary ag district
11/20/09	*****	Land preservation
11/27/09	*****	Farm bill
12/04/09	Carolyn Greene	What is Child Care Resource & Referral?
12/11/09	James Choate	Voluntary ag district
12/18/09	*****	Commodity meetings, voluntary ag district
12/25/09	*****	Farm bill

For Use in Promoting  
**James Dobson Family Minute®** Broadcasts

**Thursday, October 1:** *A Shared Vision*

Next on "**James Dobson Family Minute**" at (Time: \_\_\_\_\_), psychologists Dr. James Dobson and Dr. Bill Maier give advice to men on how to share their vision with their wives.

**Friday, October 2:** *Who's Responsible for Sex Education?*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologist and author Dr. James Dobson, with Dr. Bill Maier, addresses the family's and church's role — in educating kids about sex!

**Monday, October 5:** *Not Going to Give Up*

Do you want to crawl in a hole these days? At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson encourages listeners that they can be effective in their sphere of influence.

**Tuesday, October 6:** *Behavior and Consequence*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologists Dr. James Dobson and Dr. Bill Maier encourage parents to let kids learn — on their own — the relationship between behavior and consequences!

**Wednesday, October 7:** *The Effect of Dating Paranoia*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologist Dr. James Dobson and colleague Dr. Bill Maier examine how desperation and control can often destroy a dating relationship.

**Thursday, October 8:** *Reconciling Authority and Love*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologist Dr. James Dobson, with Dr. Bill Maier, explains how following a simple formula can keep parents from placing unrealistic expectations on their children!

**Friday, October 9:** *Not Enough Time*

Running out of time? At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson cautions young couples to make time to nurture their relationship.

**Monday, October 12:** *So Many Questions*

Are you searching for meaning? At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson reminds listeners that you don't have to have all the answers.

**Tuesday, October 13:** *A Defiant Nature*

At (Time: \_\_\_\_\_), psychologist Dr. James Dobson illustrates why the challenging behavior of the strong-willed child is often an extension of his or her personality! Coming up with Dr. Bill Maier on "**James Dobson Family Minute**"!

**Wednesday, October 14:** *Don't Change Your Husband*

Coming up at (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologists Dr. James Dobson and Dr. Bill Maier observe that in marriage it is essential not to try to mold your spouse in to something they're not.

**Thursday, October 15:** *A Lot More to It*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson reminds us that standing up for traditional marriage is advocating for the best interests of our children.

**Friday, October 16:** *The Rocket Girl*

Coming up at (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologists Dr. James Dobson and Dr. Bill Maier outline the emotional and relational changes a pre-teen girl faces as she enters adolescence and early adulthood!

**Monday, October 19:** *Strong-Willed/Compliant Children*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologists Dr. James Dobson and Dr. Bill Maier describe one of the basic, innate differences between strong-willed and compliant children!

**Tuesday, October 20:** *Friendships Outside of Marriage*

Coming up at (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologists Dr. James Dobson and Dr. Bill Maier talk about the importance of a stay at home mom's need to have friendships and support from other female friends.

**Wednesday, October 21:** *Adolescent Insecurity*

On the next "**James Dobson Family Minute**," Drs. James Dobson and Bill Maier advise parents to discuss the insecure feelings that accompany adolescence with their teens! That's at (Time: \_\_\_\_\_) on "**James Dobson Family Minute**"!

**Thursday, October 22:** *Democracy's Achilles Heel*

Are we in danger of losing our democracy? Find out more at (Time: \_\_\_\_\_) on the next "**James Dobson Family Minute**," as Drs. James Dobson and Bill Maier discuss the vulnerabilities in democracy.

**Friday, October 23:** *If I Can Just ...*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson warns listeners against looking so much toward the future that they miss what's happening right now.

**Monday, October 26:** *Good Foundation for Marriage*

Next on "**James Dobson Family Minute**" at (Time: \_\_\_\_\_), psychologists Dr. James Dobson and Dr. Bill Maier discuss why abstinence while single makes for a healthy physical marriage.

**Tuesday, October 27:** *A Physical Cause*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson informs listeners about the physical causes of depression.

**Wednesday, October 28:** *Don't Just Get Angry*

Frustrated? At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**" with Dr. Bill Maier, psychologist Dr. James Dobson encourages frustrated listeners to use it as a catalyst for change.

**Thursday, October 29:** *Who Wins It?*

At (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," psychologists Dr. James Dobson and Dr. Bill Maier explain why kids push their parents to the limit in the battle of wills!

**Friday, October 30:** *The Seed of Adolescence*

Coming up at (Time: \_\_\_\_\_) on "**James Dobson Family Minute**," with Dr. Bill Maier, author and speaker Dr. James Dobson likens adolescence to a budding plant — and reminds parents to be patient as their teen grows!



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*James Dobson*  
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MINUTE®**

November 2009

"James Dobson Family Minute"  
Promos, November 2009

For Use in Promoting

**James Dobson Family Minute® Broadcasts**

*Focus on Families*  
**FAMILY  
MINUTE**

**Monday, November 2: Enjoy Each Day**

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologists Dr. James Dobson and Dr. Bill Maier talk about the little moments that can make marriage special.

**Tuesday, November 3: Sibling Rivalry: The Newborn**

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologists Dr. James Dobson and Dr. Bill Maier illustrate how parents can prepare older siblings for the arrival of a newborn into the family!

**Wednesday, November 4: A Staggering Need**

Staggering need of children around the world does not lessen the significance of each child's life. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" with Drs. James Dobson and Bill Maier!

**Thursday, November 5: Reduce Your Guilt**

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologists Dr. James Dobson and Dr. Bill Maier encourage parents trying to cope with a strong-willed child to remember the struggle is often caused by the inborn personality of their child!

**Friday, November 6: Financial Pressure**

Psychologists and family advocates Dr. James Dobson and Dr. Bill Maier illustrate how freedom from debt takes discipline and financial planning. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute"!

**Monday, November 9: Boundaries and Discipline**

Coming up at (Time: \_\_\_\_\_) on "James Dobson Family Minute," Drs. James Dobson and Bill Maier offer some classic advice for parents on how to establish boundaries and define discipline with their kids!

**Tuesday, November 10: Focus on Families**

Focusing on families is the heart of psychologist Dr. James Dobson's message on marriage. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" with Dr. Bill Maier!

**Wednesday, November 11: Veteran's Day**

Remembering the sacrifice of our military veterans is a timeless observance. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" as Drs. James Dobson and Bill Maier discuss the reasons behind Veteran's Day!

**Thursday, November 12: An Inkling to Adopt**

Do you have the urge to help children in need? At (Time: \_\_\_\_\_) on "James Dobson Family Minute," with Dr. Bill Maier, author Dr. James Dobson urges you to answer that urge and discover the path to adoption.

**Friday, November 13: Men Without Christ**

Coming up at (Time: \_\_\_\_\_) on "James Dobson Family Minute" with Dr. Bill Maier, Dr. James Dobson observes that a large number of men don't know Christ.

**Monday, November 16: Strong Man**

Are you a NICE guy? Psychologists Dr. James Dobson and Dr. Bill Maier remind husbands and fathers of the importance of true masculinity! Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute"!

**Tuesday, November 17: A Change in Standards**

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," Drs. James Dobson and Bill Maier explain why teens who have a lack of adult influence and direction often engage in pre-marital, promiscuous behavior!

**Wednesday, November 18: Profoundly Disturbing**

Pro-choice groups would rather you not know what happens. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" with Drs. James Dobson and Bill Maier!

**Thursday, November 19: Bedrock of Civilization**

Psychologist Dr. James Dobson and colleague Dr. Bill Maier try to imagine a civilization without marriage — on the next "James Dobson Family Minute" at (Time: \_\_\_\_\_)!

**Friday, November 20: Influence Lasts a Lifetime**

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," with Dr. Bill Maier, psychologist Dr. James Dobson shares how his father's influence — impacted him for a lifetime!

**Monday, November 23: Completely Different — I**

Coming up at (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologists Dr. James Dobson and Dr. Bill Maier discuss the message today's Pop culture sends about the nature of men and women.

**Tuesday, November 24: Completely Different — II**

Continuing yesterday's discussion, Drs James Dobson and Bill Maier demonstrate what research has proved about the different natures of men and women! Find out more, at (Time: \_\_\_\_\_), on "James Dobson Family Minute"!

**Wednesday, November 25: Two-Career Homes**

Psychologist and family advocate Dr. James Dobson discusses the daily turmoil sometimes found in families with two working parents. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" with Dr. Bill Maier!

**Thursday, November 26: Tradition: Kernels of Corn**

Coming up, author Dr. James Dobson suggests a touching Dobson family tradition as a special way of giving thanks. Find out more at (Time: \_\_\_\_\_) with Dr. Bill Maier on the next "James Dobson Family Minute"!

**Friday, November 27: Fighting the Current**

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologist Dr. James Dobson addresses the ongoing battle many men and women face to find balance between their jobs and family life — coming up with Dr. Bill Maier on "James Dobson Family Minute"!

**Monday, November 30: Competition Among Siblings**

At (Time: \_\_\_\_\_), with Dr. Bill Maier on the next "James Dobson Family Minute," psychologist Dr. James Dobson addresses the issue of competition and self esteem among siblings!



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*James Dobson*  
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December 2009

"James Dobson Family Minute"  
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**Tuesday, December 1: *How to Destroy Your Marriage***

On the next "James Dobson Family Minute" at (Time: \_\_\_\_). Dr. Bill Maier and psychologist Dr. James Dobson explain how poor self-esteem can ultimately ruin a marriage!

**Wednesday, December 2: *Comparing the Kids***

Next at (Time: \_\_\_\_) on "James Dobson Family Minute," Drs. James Dobson and Bill Maier caution parents against making comparative statements about their kids — as they can promote discord and a sense of resentment!

**Thursday, December 3: *Special-Interest Marketing***

Is Christmas becoming politically correct? Find out more at (Time: \_\_\_\_) on the next "James Dobson Family Minute" as Drs. James Dobson and Bill Maier discuss what can be done if people of faith make their feelings known!

**Friday, December 4: *Tell Her She's Gonna Grow***

At (Time: \_\_\_\_) on "James Dobson Family Minute," Dr. James Dobson, with psychologist Dr. Bill Maier, encourages parents to talk to their child about the physical changes that take place during adolescence!

**Monday, December 7: *No Two Alike***

At (Time: \_\_\_\_) with Dr. Bill Maier on "James Dobson Family Minute," psychologist Dr. James Dobson explains why children who grow up in the same family atmosphere can have completely different personalities and perspectives on life!

**Tuesday, December 8: *Just Be There***

Is a loved one struggling with depression? At (Time: \_\_\_\_) on "James Dobson Family Minute" with Dr. Bill Maier, psychologist Dr. James Dobson discusses the best thing you can do for them.

**Wednesday, December 9: *Chief Provider***

Coming up next, Dr. James Dobson and colleague Dr. Bill Maier discuss that a man gains satisfaction from providing for his family. To find out more tune in at (Time: \_\_\_\_) for the next "James Dobson Family Minute"!

**Thursday, December 10:** *The Fantasies of Christmas*

At (Time: \_\_\_\_\_) on "James Dobson Family Minute" with Dr. Bill Maier, psychologist Dr. James Dobson shares his beliefs about children and mythical holiday traditions!

**Friday, December 11:** *The Myth of Safe Sex*

At (Time: \_\_\_\_\_) on "James Dobson Family Minute" with Dr. Bill Maier, psychologist and author Dr. James Dobson dispels the myth that condoms provide adequate protection against sexually transmitted diseases.

**Monday, December 14:** *Meet Needs and Grow*

Where does individual maturity come from? Psychologists Dr. James Dobson and Dr. Bill Maier stress that life isn't about just meeting our personal wants! Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute"!

**Tuesday, December 15:** *Emotional Help*

Christians are not immune to depression. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" with Drs. James Dobson and Bill Maier!

**Wednesday, December 16:** *Adolescent Pulling Away*

At (Time: \_\_\_\_\_), with Dr. Bill Maier, psychologist Dr. James Dobson describes why it's healthy for children to emotionally "pull away" during the teen years! Find out more, on the next "James Dobson Family Minute"!

**Thursday, December 17:** *P. C. Christmas*

Happy Holidays? Or Merry Christmas! Coming up with Dr. Bill Maier at (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologist Dr. James Dobson laments the cultural trends that threaten our historical and religious traditions.

**Friday, December 18:** *Marriage and Hard Times*

Psychologist and family advocate Dr. James Dobson and colleague Dr. Bill Maier stress the necessity of preparing your marriage for the storms of life. Find out more at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute"!

**Monday, December 21:** *Trust in Marriage*

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," Drs. James Dobson and Bill Maier discuss the trust issues required in a marital relationship.

**Tuesday, December 22:** *Out of Control*

A teen's need for control can get out of control very quickly. Find out what this can mean for your teen at (Time: \_\_\_\_\_), on the next "James Dobson Family Minute" with Drs. James Dobson and Bill Maier!

**Wednesday, December 23:** *Stop Whining in its Tracks*

At (Time: \_\_\_\_\_), with Dr. Bill Maier on "James Dobson Family Minute," psychologist Dr. James Dobson offers a simple solution to quiet whining toddlers!

**Thursday, December 24:** *Sharing at Christmas*

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologists Dr. James Dobson and Dr. Bill Maier challenge listeners to extend hospitality beyond the ordinary friend and family relationships!

**Friday, December 25:** *Twenty Bucks of Hope*

At (Time: \_\_\_\_\_) on "James Dobson Family Minute," family advocate Dr. James Dobson remembers his father's example of Christmas generosity! Find out more at (Time: \_\_\_\_\_) with Dr. Bill Maier on the next "James Dobson Family Minute"!

**Monday, December 28:** *Drastic Measures*

Peer pressure seems to be an all time high. Find out what this means for your teen at (Time: \_\_\_\_\_) on the next "James Dobson Family Minute" with Drs. James Dobson and Bill Maier!

**Tuesday, December 29:** *Stay-at-Home Moms*

At (Time: \_\_\_\_\_) with Dr. Bill Maier on "James Dobson Family Minute," psychologist Dr. James Dobson addresses the need of stay-at-home moms to get out of the house!

**Wednesday, December 30:** *Making Time for Marriage*

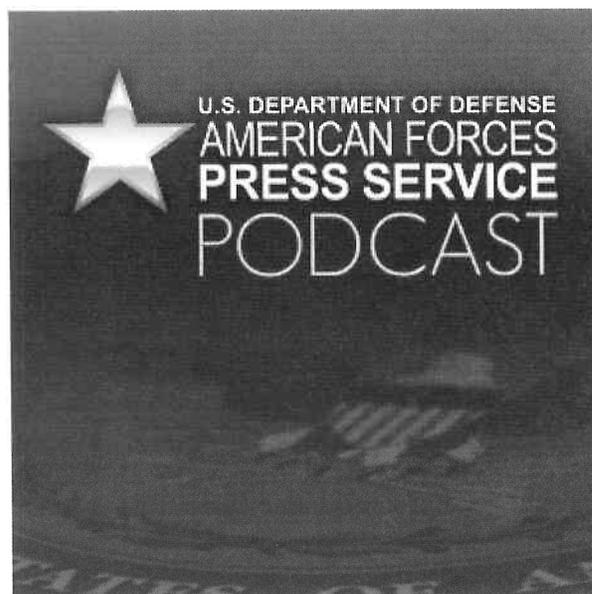
At (Time: \_\_\_\_\_) on "James Dobson Family Minute," psychologists Dr. James Dobson and Dr. Bill Maier warn newlyweds not to invest more time in earning a living than in building their relationship.

**Thursday, December 31:** *Reality Check*

Do you have many distractions in your daily life? At (Time: \_\_\_\_\_) on "James Dobson Family Minute" with Dr. Bill Maier, psychologist Dr. James Dobson warns us not to lose sight of the big picture.

- 10/04/09 Homeschool co-ops: where do you find support?
- 10/11/09 Homeschool co-ops: why a network?
- 10/18/09 What is Asperger's Syndrome?
- 10/25/09 Homeschooling a child with Asperger's: there's no place like home
- 11/01/09 You can homeschool
- 11/08/09 Achieving balance
- 11/15/09 Call to a mission
- 11/22/09 Discover the rest of the world
- 11/29/09 More than just geography
- 12/06/09 What is engineering?
- 12/13/09 Testimony of faithfulness
- 12/20/09 Modeling Christianity for our children
- 12/27/09 Homeschooling through illness & disability--getting the family involved

## American Forces Press Service

**Episode #15: Weekly AFPS News Roundup for Dec. 17** (air date Dec 20, 2009)

Today, December 17, 2009, 1 hour ago | Pentagon Channel

This weeks AFPS podcast features several stories related to Afghanistan including a discussion on moving forward from the Chairman of the Joint Chiefs of Staff, Adm. Mike Mullen, a Pentagon Briefing with Dutch Army Maj. Gen. Mart de Kruif, and a new offensive, "Operation Cobras Anger." Also, Defense Secretary Robert M. Gates town hall meeting with troops; a health conference focused on trauma; a new high tech prosthetic knee and cyberforensics. Plus news you can use about budgeting during the holidays and President Obama accepting the Nobel Peace Prize.

 [AFPS\\_Podcast\\_121709\\_121709120221.mp3](#)

[Show all items](#)

## American Forces Press Service



### Episode #16: Weekly AFPS News Roundup for Dec. 31

*air date Jan 3, 2010*

Yesterday, December 31, 2009, 10:18:10 AM | Pentagon Channel

The final AFPS podcast of 2009 includes news related to a foiled Christmas Day terror attack aboard a commercial jet; the Chairman of the Joint Chiefs of Staff updates a military guidance document; a look at progress in justice system in Iraq; U.S. Navy Vice Adm. James Winnefeld is nominated to head NORTHCOM and NORAD; technology advances underwater explorations by archaeologists with the U.S. Navy History and Heritage Command and tips on lifting financial burdens for a fresh start in 2010.

 [AFPS\\_Podcast\\_123109\\_123109101810.mp3](#)

[Show all items](#)

NC EMPLOYMENT SECURITY COMMISSION REPORT

(October - December, 2009)

10/04/09	Moses Carey (ESC Chairman)	ESC/community college partnership
10/11/09	.....	Employing disabled workers
10/18/09	.....	Workforce Investment Act
10/25/09	.....	Online job bank
11/01/09	.....	Career resource centers
11/08/09	.....	Remote services center
11/15/09	.....	Job information service
11/22/09	.....	Remote services center
11/29/09	.....	Technological advances
12/06/09	.....	Employing disabled workers
12/13/09	.....	Professional screening
12/20/09	.....	Job information service
12/27/09	.....	ESC/community college partnership

**"MY MONEY LIFE"**

**Chuck Bentley**

*(October-December, 2009)*

- 10/04/09 Five ways to improve your budget
- 10/11/09 New low for salary hikes
- 10/18/09 Working for the Lord
- 10/25/09 Convert to Roth IRA?
- 11/01/09 Battling slow mortgage lenders
- 11/08/09 Eating out on a budget
- 11/15/09 Saving money on your insurance costs
- 11/22/09 Tapping the 401(K)
- 11/29/09 How to waste a severance
- 12/06/09 Part-time job ideas
- 12/13/09 Check fees are back
- 12/20/09 Church job-networking
- 12/27/09 Follow up online job applications

10/04/09	Lawrence Cheskin	BMI & mortality
10/11/09	Mark Riddle	Cost of mental illness
10/18/09	Aaron Millstone	Why get the flu shot?
10/25/09	Mitchell Goldstein	Flu masks
11/01/09	Ben Park	Protective mastectomy
11/08/09	Constantine Lyketsos	Dementia & diabetes
11/15/09	Ben Park	Should you be screened for cancer?
11/22/09	Redonda Miller	Discharge instructions
11/29/09	Redonda Miller	Discharge problems
12/06/09	Parul Christian	Vitamins & infant survival
12/13/09	David Thomas	Getting H1N1 vaccine
12/20/09	Una McCann	Sleep apnea cause
12/27/09	Frank Witter	Asthma treatment & pregnancy

## CONSUMER TIME

*(October - December, 2009)*

10/04/09	Gary Crawford, John Sinenesky	Emergency experts urge use of NOAA weather radios
10/11/09	Gary Crawford, Joe Wysocki	Your home may be hazardous to your health
10/18/09	Gary Crawford, Bob King	Advice for early jack-o-lantern pumpkin shoppers
10/25/09	Gary Crawford, Katharine Kaplan	Home energy vampires
11/01/09	Gary Crawford, Bruce Snead	It's not too late to check that furnace
11/08/09	Gary Crawford, Alex Narr	Families urged to be prepared for disasters
11/15/09	Gary Crawford, Bruce Snead	A sure way to reduce your heating costs this winter
11/22/09	Gary Crawford, Kathy Bernard, Shelly Feist	Preparing a safe holiday meal
11/29/09	Gary Crawford, Joe Wysocki	Two home health hazards--mold & radon
12/06/09	Gary Crawford, Ellen Davis, Pam Goodfellow, Nancy Lewis	Holiday shopping on a recession budget
12/13/09	Gary Crawford, Nigel Manley, Nicole Fisher	Big project brings Christmas trees to our troops
12/20/09	Gary Crawford, Chuck Smith	Toys can be too much of a good thing
12/27/09	Gary Crawford, Buzz Warren, Charles Barden	More use from that old Christmas tree

## AG UPDATE

*(October - December, 2009)*

10/04/09	Gary Crawford, Joe Glauber, Gerry Bange	Some improvement projected for pork industry
10/11/09	Rod Bain, Shayle Shagam	Decreasing hog inventories in 3rd quarter
10/18/09	Rod Bain, May Peters	Global ag trade & recent economic concerns
10/25/09	Rod Bain, Dan McGlynn	Sign up underway for USDA crop programs
11/01/09	Susan Carter, Gerry Bange	Soybean & rice production is up; cotton forecast is down
11/08/09	Rod Bain, Brent Orr	Inside the numbers of recent DCP & ACRE signup
11/15/09	Susan Carter, Charlie Koiner	The changing face of farming
11/22/09	Susan Carter, Joe Glauber	Few changes in the corn, soybean & cotton outlook
11/29/09	Susan Carter, Gerry Bange	Cotton forecasts are down & wheat is a mixed bag
12/06/09	Rod Bain, Kay Simmons	Complete corn genome sequencing is released
12/13/09	Susan Carter, Tom Vilsack	Embracing climate change technology
12/20/09	Rod Bain, Bill Murphy	New crop insurance agreement & its potential benefits
12/27/09	Rod Bain, Jerold Mande	Small plant food safety help desk now available for processors

**SPECIAL BROADCASTS / COMMUNITY EVENTS**

*(October - December, 2009)*

Nov 3, 2009

WCKB broadcast live on the opening day of the first Harnett Regional Agricultural Fair, 3pm til 5pm. Prior to the broadcast, interviews were aired with the fair's manager and director, to gather community support and involvement.

Nov 16-20, 2009

WCKB served as a collection point for Operation Christmas Child shoebox gifts. OCC is a ministry of Samaritan's Purse.