

ISSUES / PROGRAMS

January, February, and March, 2018

1. I--Listeners wanted information about area job openings.
P--WCKB aired a 5 minute report of local job listings, gathered from the NC Works website of the North Carolina Division of Workforce Solutions, 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.
P--WCKB aired "Tips for Living Well" Monday through Friday at 7:00pm. These 60 second features by nutritionist, author, and speaker Pam Smith covered a variety of health issues; 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 "Focus on the Family Minute," Monday through Friday at 1:30pm. Each 60 second report, provided by Focus on the Family, dealt with questions and issues faced within the family and how current news impacts families.
7. I--Listeners wanted information on issues faced by home schooling families.
P--WCKB aired "Classical Conversations in Homeschooling," provided by Classical Conversations, each Sunday at 7:57am through February 28, 2017, and at 7:28am starting March 1, 2018. A topic listing is attached.
8. I--Listeners wanted to keep informed about events and issues of interest to our service men and women and their families.
P--WCKB aired "Military Spotlight," produced using information gathered from the Defense Video Imagery Distribution System. The 2:30 minute feature aired each Sunday at 10:42am.
9. I--Listeners wanted information on the health and well-being of their family pets.
P--WCKB aired "Vet Report with Nancy Shay," a 30 second feature provided by Coast to Coast Radio Networks, each Sunday at 10:45am and each Monday at 12:50pm. A topic listing is attached.

10. I--Listeners wanted the latest information on science topics.
P--WCKB aired "Science Made Simple," a 60 second report provided by Coast to Coast Radio Networks, each Sunday at 10:46am. A topic listing is attached.
P--WCKB aired "EarthDate," a 60 second report prepared with information from the Bureau of Economic Geology researchers. The program aired at 10:47am each Sunday. A topic listing is attached.
11. I--Listeners wanted information about credit, budgeting and finance.
P--WCKB aired "My Money Life," a 2 minute report from Crown Financial Ministries, each Sunday at 10:49am. A topic listing is attached.
12. I--Listeners wanted current information on medical research and recommendations.
P--WCKB aired a 1 minute report from "Johns Hopkins Health Newsfeed", each Sunday at 10:51am. A topic listing is attached.
13. 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.
14. 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.
15. 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 the special on-air interviews is attached.

SOCIAL SECURITY REPORT

(January - March, 2018)

1/02/18	Brenda Brown	Check out these new My SS features in the new year
1/09/18	*****	Celebrating our nation's diversity
1/16/18	*****	Things to think about before applying for disability benefits
1/23/18	*****	Ex-spouse benefits & how they affect you
1/30/18	*****	Four questions to ask yourself as you plan for retirement
2/06/18	*****	Easy access your SS benefit statement for 2017
2/13/18	*****	SS celebrates Black History Month
2/20/18	*****	SS collaborates with America Saves Week
2/27/18	*****	Reaching retirement age--here is what you need to know
3/06/18	*****	What day of the month do I get my SS payment?
3/13/18	*****	Women's history & SS
3/20/18	*****	Five facts you might not know about SS
3/27/18	*****	Connecting with SS

ELDER CARE MADE EASIER

Dr. Marion Somers

(January - March, 2018)

1/03/18	Cars, trucks, & SUVs
1/10/18	Handicapped elevators
1/17/18	Meditation
1/24/18	Volunteering
1/31/18	Humor therapy
2/07/18	Reminiscence therapy
2/14/18	Keeping meds straight
2/21/18	Teaching the computer
2/28/18	Ask your elder for help
3/07/18	Wish fulfillment
3/14/18	Brain exercises
3/21/18	Set goals
3/28/18	The mini-vacation

HEALTH DEPARTMENT REPORT

(January - March, 2018)

1/04/18	Belinda Rayner	Resolutions for a healthy new year
1/11/18	*****	Make 2018 your year to quit smoking
1/18/18	*****	Discuss family health history
1/25/18	*****	Health effects of second-hand smoke
2/01/18	Erin Brown	Make it a healthy Valentine's Day
2/08/18	*****	This Valentine's Day, encourage the woman you love to get a mammogram
2/15/18	*****	American Heart Month / Go Red Lunch & Learn
2/22/18	*****	February is National Children's Dental Health Month
3/01/18	Belinda Rayner	National Nutrition Month
3/08/18	*****	Colorectal Cancer Awareness Month
3/15/18	*****	National Poison Prevention Week
3/22/18	*****	Healthy eating tips for older adults
3/29/18	*****	Eat more fruits & veggies

*Tips for
Living Well
on the
Radio*

Pam Smith
NUTRITIONIST • AUTHOR • SPEAKER



Sixty Second Daily Radio Programs

January 2018 Tracksheet

Date	Day	Title	Time
1/1/18	Mon	Facing the New Year	:60
1/2/18	Tue	Beat Post-Vacation Blues	:60
1/3/18	Wed	Ten Reasons to Exercise	:60
1/4/18	Thur	Morning Energy Crisis	:60
1/5/18	Fri	Winter Exercise	:60
1/8/18	Mon	Workout Shoe Smarts	:60
1/9/18	Tue	Join a Gym?	:60
1/10/18	Wed	Start Small	:60
1/11/18	Thur	Water Exercise	:60
1/12/18	Fri	The Energy to Exercise	:60
1/15/18	Mon	Dieting Tips-I	:60
1/16/18	Tue	Dieting Tips-II	:60
1/17/18	Wed	Workout Fatigue	:60
1/18/18	Thur	Snack Around the Clock	:60
1/19/18	Fri	Zesty Little Powerhouses	:60
1/22/18	Mon	Cheese Apple Slices	:60
1/23/18	Tue	Cut the Fat	:60
1/24/18	Wed	Chicken Soup	:60
1/25/18	Thur	The Eating-Energy Connection	:60
1/26/18	Fri	Hormone Hurricanes	:60
1/29/18	Mon	The Ever Changing Grocery Store	:60
1/30/18	Tue	A Nutrition Quiz	:60
1/31/18	Wed	Olive Oil	:60

For Radio Clearance, contact Nicole Ramsland
Phone: 407-574-8199 * E-Mail: Media@PamSmith.com
These radio programs can be downloaded for airplay at
www.RadioProgramsOnline.com/LIVINGWELL

*Tips for
Living Well
on the
Radio*

Pam Smith
NUTRITIONIST • AUTHOR • SPEAKER



Sixty Second Daily Radio Programs

February 2018 Tracksheet

Date	Day	Title	Time
2/1/18	Thur	Eating the Smart Weigh	:60
2/2/18	Fri	Too Much Too Late	:60
2/5/18	Mon	The Love Ingredient	:60
2/6/18	Tue	The Wonder Ingredient	:60
2/7/18	Wed	Surgery Snap-Back	:60
2/8/18	Thur	A Basket of Youth	:60
2/9/18	Fri	The Breakfast Solution	:60
2/12/18	Mon	PMS Blues	:60
2/13/18	Tue	The True Breakfast of Champions	:60
2/14/18	Wed	An Immune Boosting Prescription	:60
2/15/18	Thur	Time or Energy?	:60
2/16/18	Fri	Cyberstress Roadblocks	:60
2/19/18	Mon	Take Time Out for Energy	:60
2/20/18	Tue	Rest for Energy	:60
2/21/18	Wed	Bad Mood Glue	:60
2/22/18	Thur	Juicing	:60
2/23/18	Fri	Family Table	:60
2/26/18	Mon	So Why Does Bread Make You Fat?	:60
2/27/18	Tue	Weekly Checkup	:60
2/28/18	Wed	The Perfect Lunch	:60

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*Tips for
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Pam Smith
NUTRITIONIST • AUTHOR • SPEAKER



Sixty Second Daily Radio Programs
March 2018 Tracksheet

Date	Day	Title	Time
3/1/18	Thur	The Perfect Lunch	:60
3/2/18	Fri	Breathe to Energize	:60
3/5/18	Mon	Fat: The Good, the Bad and the Very Confusing	:60
3/6/18	Tue	Hydration Helps	:60
3/7/18	Wed	Hot Flash Hiatus	:60
3/8/18	Thur	CFS	:60
3/9/18	Fri	More Water Please	:60
3/12/18	Mon	Quick Pick Fruit Tips-II	:60
3/13/18	Tue	The Best News on the Exercise Front	:60
3/14/18	Wed	Feeding Your Workout	:60
3/15/18	Thur	Food Battles	:60
3/16/18	Fri	Drink Water to Energize	:60
3/19/18	Mon	Jump Start your Energy with Exercise	:60
3/20/18	Tue	Welcome Spring	:60
3/21/18	Wed	Quick Energy Tips	:60
3/22/18	Thur	Turn on the Tunes	:60
3/23/18	Fri	Eat More, Weigh Less	:60
3/26/18	Mon	Fine Tune Your Workout	:60
3/27/18	Tue	Sleep Robbers	:60
3/28/18	Wed	After Lunch Blues	:60
3/29/18	Thur	Energize Through Exercise	:60
3/30/18	Fri	Just Breathe	:60

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COOPERATIVE EXTENSION SERVICE REPORT

(January - March, 2018)

1/05/18	Brian Parrish	Alfalfa
1/12/18	Ashley Kelly	Heart disease
1/19/18	*****	Hypertension
1/26/18	*****	Diabetes
2/02/18	*****	Stroke
2/09/18	*****	Heart disease
2/16/18	*****	Hypertension
2/23/18	*****	Diabetes
3/02/18	Greg Honeycutt	March is National Nutrition Month
3/09/18	*****	Added sugar
3/16/18	*****	Reducing sodium
3/23/18	*****	Increasing healthy fats
3/30/18	*****	Food safety for Easter

CLASSICAL CONVERSATIONS ON HOMESCHOOLING
(Leigh Bortins)

(January - March, 2018)

- 1/07/18 John F. Kennedy
- 1/14/18 What is the purpose of education?
- 1/21/18 A community of homeschoolers can be an asset
- 1/28/18 Cultivating good study skills in your children
- 2/04/18 Homechooling middle schoolers
- 2/11/18 The skill sets students focus on
- 2/18/18 Answering questions as they come to mind
- 2/25/18 The value of cursive writing
- 3/04/18 Difficulty is an opportunity that leads to mastery
- 3/11/18 Start foreign language studies early
- 3/18/18 Classical Conversations' 3-day parent practicum
- 3/25/18 Can every parent homeschool?

MILITARY SPOTLIGHT

(January - March, 2018)

- 2/11/18 Army wins 2018 Armed Forces Cross Country title
- 2/18/18 Ullr Shield validates Fort McCoy's joint capability, expands Marines' cold-weather skills
- 2/25/18 Sailors finish snow sculpture during 69th annual Sapporo Snow Festival
- 3/04/18 2017 JAG Legalman of the Year and Naval Legal Service Command Sailor of the Year
- 3/11/18 NECC names 2017 Sailors of the Year
- 3/18/18 Last shot decides Army Air Rifle title
- 3/25/18 FORSCOM surgeon explains how Black History Month observance will guide America forward

1/07/18	Spidey sense
1/14/18	Vaping
1/21/18	Beaches
1/28/18	Voting
2/04/18	Fake in museums
2/11/18	Watson
2/18/18	Games with a purpose
2/25/18	Sea changes
3/04/18	Japanese roach
3/11/18	Rediscovered species
3/18/18	Peanut allergy
3/25/18	Cloudy sky

EARTH DATE*(January - March, 2018)*

1/07/18	Carbon opposites
1/14/18	The amazing miracle material
1/21/18	Lithium chill
1/28/18	Earth's changing gravity
2/04/18	Measuring gravity from space
2/11/18	Landslides
2/18/18	Dust in the wind
2/25/18	The many facets of salt
3/04/18	Prehistoric soundscape
3/11/18	Lightning strikes
3/18/18	Secrets of the glacier
3/25/18	Digging soil

MY MONEY LIFE (Chuck Bentley)

(January - March, 2018)

- 1/07/18 A stewardship perspective on work & retirement
- 1/14/18 Know what you spend
- 1/21/18 How much is enough?
- 1/28/18 God's definition of success
- 2/04/18 Teaching kids about money
- 2/11/18 Submitting your will & wealth to God
- 2/18/18 The key to saving
- 2/25/18 Desert Pete
- 3/04/18 Collecting money from customers
- 3/11/18 Keeping a vow
- 3/18/18 Make saving automatic
- 3/25/18 Can a Christian offer a bribe?

1/07/18	Patricia Davidson	Man flu
1/14/18	Corinne Keet	Exercise & air pollution
1/21/18	Henry Halperin	MRI safety
1/28/18	Andrew Pekosz	Protecting yourself from the flu
2/04/18	Nickolas Papadopoulos	Screening for cancer
2/11/18	Renee Boss	Communication (w/families of sick infants)
2/18/18	Eric Strain	Managing the opioid crisis
2/25/18	Rebecca Gottesman	Sugar & dementia
3/04/18	Eric Strain	Kratom & FDA
3/11/18	Karen Swartz	Depression & teens
3/18/18	Karen Swartz	Depression & teens
3/25/18	Christopher Fetsch	Athletic performance & the brain

CONSUMER TIME

(January - March, 2018)

1/07/18	Gary Crawford, Barbara O'Neill	It's a new year with a new chance to check your finances
1/14/18	Gary Crawford, Dr. Karen Ensle	The best way to shed those extra holiday pounds
1/21/18	Gary Crawford, Dr. Susan Nelson, Victor Buono	Feel fat after the holiday? Your pet may be feeling fat, too
1/28/18	Gary Crawford, Eric Romich	Lots to consider before putting in a home solar power system
2/04/18	Gary Crawford, Sandy Proctor	The new math--added sugar subtraction
2/11/18	Rod Bain, Gisele Jefferson	Be aware of tax identity theft & fraud
2/18/18	Gary Crawford, Dr. Angela Fraser	Expert says we need another look at current hand washing advice
2/25/18	Gary Crawford, Pres. Donald Trump, Kristine Tidgren	A few changes from the new tax law are already showing up
3/04/18	Gary Crawford, Kristine Tidgren	Next year could be a simpler tax filing season for many of us
3/11/18	Stephanie Ho, Brandon Lipps	Public input sought on upcoming dietary guidelines update
3/18/18	Gary Crawford, Brian Todd	Supermarkets vs the world--fighting back
3/25/18	Gary Crawford, Anne Effland, Marianne Gravely	Food safety & those decorated eggs

AG UPDATE*(January - March, 2018)*

1/07/18	Rod Bain, Bill Schillinger	An introduction to dryland farming
1/14/18	Gary Crawford, Shayle Shagam	Hog producers still planning of ramping up output
1/21/18	Rod Bain, Michelle Degenhart	Inside egg grading & inspection
1/28/18	Rod Bain, Richard Myers, Ray Hammerschmidt, Doug Meckes	The land grant university role in ag biodefense
2/04/18	Stephanie Ho, Sonny Perdue, Joe Parsons, Barbara Rater	Return Ag Census questionnaire before February 5th deadline
2/11/18	Stephanie Ho, Steve Deiss, Frank Price, Pepe Martinez	Prescribed burns have benefits, but find an expert to help
2/18/18	Stephanie Ho, Rob Johansson	Seasonal crop insurance deadlines are fast approaching
2/25/18	Rod Bain, Joe Outlaw, Patrick Westhoff	Examples of economics in a new farm bill
3/04/18	Stephanie Ho, Joe Gaynor	Looking for current commodity prices? Take a trip to MARS
3/11/18	Gary Crawford, Joanna Hitchner	The battle for acres--corn vs soybeans
3/18/18	Rod Bain, David Tarpy	Steps to start a honeybee colony
3/25/18	Rod Bain, Ted McKinney	Touching all the bases in US ag trade approach