

ISSUES / PROGRAMS

January, February, and March, 2019

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 7:28am. 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, 2019)

1/01/19	Brenda Brown	Seasonal work can empower you
1/08/19	*****	Understanding SS disability benefits
1/15/19	*****	Top ten sites of SS
1/22/19	*****	Do you disagree with your disability decision? If yes, we will take a closer look.
1/29/19	*****	Extra help with Medicare prescription drug costs
2/05/19	*****	SS & Black History Month
2/12/19	*****	Who to contact--SS or Medicare?
2/19/19	*****	Retire online with SS, quickly & easily
2/26/19	*****	SS & America Saves Week
3/05/19	*****	Get your SS statement (SSA-1099)
3/12/19	*****	Understanding SS survivors benefits
3/19/19	*****	SS's resources for women
3/26/19	*****	See what you can do online during National SS Month

ELDER CARE MADE EASIER

Dr. Marion Somers

(January - March, 2019)

1/02/19	Forgetfulness
1/09/19	Be honest
1/16/19	Parkinsons disease
1/23/19	Social security
1/30/19	Get organized
2/06/19	Tasty beverages
2/13/19	Paranoid schizophrenia
2/20/19	Ask the right questions
2/27/19	Picky eaters
3/06/19	Move the body
3/13/19	Healthy aging tactics
3/20/19	Stay connected & volunteer
3/27/19	Gerontologists

HEALTH DEPARTMENT REPORT

(January - March, 2019)

1/03/19	Belinda Rayner	Make 2019 your year to quit smoking
1/10/19	*****	Resolutions for a healthy new year
1/17/19	*****	Staying active in cooler weather
1/24/19	*****	Cervical Cancer Awareness Month
1/31/19	*****	Be aware of your risk for Type 2 diabetes
2/07/19	Erin Brown	February is American Heart Month
2/14/19	*****	Make it a healthy Valentine's Day
2/21/19	*****	Treat yourself to a healthy Valentine's Day
2/28/19	*****	February is National Children's Dental Health Month
3/07/19	Belinda Rayner	National Nutrition Month
3/14/19	*****	Colorectal Cancer Awareness Month
3/21/19	*****	Diabetes Alert Day
3/28/19	*****	Healthy eating tips for older adults



Sixty Second Daily Radio Programs

January 2019 Tracksheet

Date	Day	Title	Time
1/1/19	Tue	Facing the New Year	:60
1/2/19	Wed	Beat Post-Vacation Blues	:60
1/3/19	Thur	Ten Reasons to Exercise	:60
1/4/19	Fri	Morning Energy Crisis	:60
1/7/19	Mon	Winter Exercise	:60
1/8/19	Tue	Workout Shoe Smarts	:60
1/9/19	Wed	Join a Gym?	:60
1/10/19	Thur	Start Small	:60
1/11/19	Fri	Water Exercise	:60
1/14/19	Mon	The Energy to Exercise	:60
1/15/19	Tue	Dieting Tips-I	:60
1/16/19	Wed	Dieting Tips-II	:60
1/17/19	Thur	Workout Fatigue	:60
1/18/19	Fri	Snack Around the Clock	:60
1/21/19	Mon	Zesty Little Powerhouses	:60
1/22/19	Tue	Cheese Apple Slices	:60
1/23/19	Wed	Cut the Fat	:60
1/24/19	Thur	Chicken Soup	:60
1/25/19	Fri	The Eating-Energy Connection	:60
1/28/19	Mon	Hormone Hurricanes	:60
1/29/19	Tue	The Ever Changing Grocery Store	:60
1/30/19	Wed	A Nutrition Quiz	:60
1/31/19	Thur	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 2019 Tracksheet

Date	Day	Title	Time
2/1/19	Fri	Eating the Smart Weigh	:60
2/4/19	Mon	Too Much Too Late	:60
2/5/19	Tue	The Love Ingredient	:60
2/6/19	Wed	The Wonder Ingredient	:60
2/7/19	Thur	Surgery Snap-Back	:60
2/8/19	Fri	A Basket of Youth	:60
2/11/19	Mon	The Breakfast Solution	:60
2/12/19	Tue	PMS Blues	:60
2/13/19	Wed	The True Breakfast of Champions	:60
2/14/19	Thur	An Immune Boosting Prescription	:60
2/15/19	Fri	Time or Energy?	:60
2/18/19	Mon	Cyberstress Roadblocks	:60
2/19/19	Tue	Take Time Out for Energy	:60
2/20/19	Wed	Rest for Energy	:60
2/21/19	Thur	Bad Mood Glue	:60
2/22/19	Fri	Juicing	:60
2/25/19	Mon	Family Table	:60
2/26/19	Tue	So Why Does Bread Make You Fat?	:60
2/27/19	Wed	Weekly Checkup	:60
2/28/19	Thur	The Perfect Lunch	:60

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*Tips for
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Sixty Second Daily Radio Programs

March 2019 Tracksheet

Date	Day	Title	Time
3/1/19	Fri	Breathe to Energize	:60
3/4/19	Mon	Fat: The Good, the Bad and the Very Confusing	:60
3/5/19	Tue	Hydration Helps	:60
3/6/19	Wed	Hot Flash Hiatus	:60
3/7/19	Thur	CFS	:60
3/8/19	Fri	More Water Please	:60
3/11/19	Mon	Quick Pick Fruit Tips-II	:60
3/12/19	Tue	The Best News on the Exercise Front	:60
3/13/19	Wed	Feeding Your Workout	:60
3/14/19	Thur	Food Battles	:60
3/15/19	Fri	Drink Water to Energize	:60
3/18/19	Mon	Jump Start your Energy with Exercise	:60
3/19/19	Tue	Welcome Spring	:60
3/20/19	Wed	Quick Energy Tips	:60
3/21/19	Thur	Turn on the Tunes	:60
3/22/19	Fri	Eat More, Weigh Less	:60
3/25/19	Mon	Fine Tune Your Workout	:60
3/26/19	Tue	Sleep Robbers	:60
3/27/19	Wed	After Lunch Blues	:60
3/28/19	Thur	Energize Through Exercise	:60
3/29/19	Fri	Just Breathe	:60

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COOPERATIVE EXTENSION SERVICE REPORT

(January - March, 2019)

1/04/19	Debbie Byrd	Encouraging abstinence
1/11/19	Brian Parrish	Bermuda
1/18/19	""""""""""	Cover crops
1/25/19	Polly Allegra	Harnett County Child Care Resource & Referral
2/01/19	""""""""""	Harnett County Adolescent Parenting program
2/08/19	""""""""""	Benefits of fathers' involvement
2/15/19	""""""""""	Self-confidence in your teen
2/22/19	""""""""""	Harnett County Parenting Matters program
3/01/19	Courtney Smith	4-H overview and upcoming programs
3/08/19	""""""""""	4-H overview and upcoming programs
3/15/19	""""""""""	4-H overview and upcoming programs
3/22/19	""""""""""	4-H overview and upcoming programs
3/29/19	""""""""""	4-H overview and upcoming programs

CLASSICAL CONVERSATIONS ON HOMESCHOOLING
(Leigh Bortins)

(January - March, 2019)

- 1/06/19 What makes education classical?
- 1/13/19 What is the purpose of education?
- 1/20/19 Learning in a community
- 1/27/19 Does homeschooling trap children in their homes?
- 2/03/19 Homeschooling is a family affair
- 2/10/19 The skill sets students focus on
- 2/17/19 Exuberant love of learning
- 2/24/19 The value of cursive writing
- 3/03/19 Difficulty is an opportunity that leads to mastery
- 3/10/19 Start foreign language studies early
- 3/17/19 Classical Conversations' 3-day parent practicum
- 3/24/19 Two tasks institutional schools cannot do
- 3/31/19 Cultivating wonder and curiosity in science

MILITARY SPOTLIGHT

(January - March, 2019)

- 1/06/19 NRD San Antonio holds annual training, awards banquet
- 1/13/19 New commander takes the 47th OG under her wing
- 1/20/19 WBAMC welcomes first born of 2019
- 1/27/19 2nd MLG Marines, Sailors participate in first Innovation Bootcamp
- 2/03/19 An unexpected Christmas card for the holidays
- 2/10/19 Army HRC installs first female CSM/Senior Enlisted Leader
- 2/17/19 From stadium lights to saving lives
- 2/24/19 Navy snow team arrives in Sapporo to build snow statue
- 3/03/19 Navy Medicine's Physical Therapist of the Year focused daily on the mission
- 3/10/19 5-113th FA commences pre-mobilization drills in New Mexico desert
- 3/17/19 Ready to fight & win--2nd SFAB tests readiness at JRTC
- 3/24/19 Like father, like son--National Guard soldiers serve, deploy together
- 3/31/19 The voice of a Paratrooper

1/06/19	Blood donor month
1/07/19	New Year's resolutions
1/13/19	Cats & car carriers
1/14/19	Winter care for your horse
1/20/19	Dogs & cabin fever
1/21/19	Weird cat behavior
1/27/19	Dogs & humans
1/28/19	Pheromones
2/03/19	Litter box training
2/04/19	Outdoor poisons
2/10/19	The bloat
2/11/19	Declawing
2/17/19	Training to be a vet
2/18/19	If your dog is bitten
2/24/19	Swallowing an object
2/25/19	Muzzling your pet
3/03/19	Heartworm
3/04/19	Temperatures
3/10/19	Canine distemper virus
3/11/19	Canine influenza vaccine
3/17/19	Rewarding good behavior
3/18/19	Collars
3/24/19	Buying an aquarium
3/25/19	Caring for fish
3/31/19	Pets are great companions

1/06/19	Teeth & heart
1/13/19	Arctic ice
1/20/19	Coral reefs
1/27/19	Human DNA
2/03/19	Big rocks
2/10/19	Deet
2/17/19	Saturn's rings
2/24/19	Saltwater man
3/03/19	The sea
3/10/19	Diabetes belt
3/17/19	Underwater noise
3/24/19	Evolution of currencies
3/31/19	Global warming

EARTH DATE

(January - March, 2019)

1/06/19	The curious tale of whales
1/13/19	Devil's tower
1/20/19	Cleopatra loved the flood
1/27/19	Bugs on the wing
2/03/19	What a waste
2/10/19	Managing aquifers
2/17/19	A tale of two volcanoes
2/24/19	Best friends forever
3/03/19	Rivers of wind
3/10/19	High impact mystery
3/17/19	Ripples in earth's crust
3/24/19	Water of life
3/31/19	So cheap, yet so valuable

MY MONEY LIFE (Chuck Bentley)

(January - March, 2019)

- 1/06/19 Make a vow to become debt free
- 1/13/19 Questions to ask before a purchase
- 1/20/19 Become a good steward this year
- 1/27/19 Creating the family budget together
- 2/03/19 Creating an "as-is" budget
- 2/10/19 Teaching children to do quality work
- 2/17/19 What the Bible says about debt
- 2/24/19 Is money the root of all evil?
- 3/03/19 Building a surplus takes time
- 3/10/19 A budget built for two
- 3/17/19 Why pay off your mortgage?
- 3/24/19 Improving gas mileage
- 3/31/19 Why does God give a surplus?

1/06/19	Matthew Elrich	AFM
1/13/19	Erin Michos	Weight history
1/20/19	Eric Strain	Pain treatment
1/27/19	William Nelson	Blood clots & cancer
2/03/19	Paul Rothman	Clinical trials & industry
2/10/19	William Nelson	Who responds (to cancer treatment)?
2/17/19	Rita Kalyani	Emergency & diabetes
2/24/19	Constantine Lyketsos	Blood pressure & dementia
3/03/19	Sarah Szanton	CAPABLE program
3/10/19	Stephen Meltzer	Barrett's esophagus
3/17/19	Steven Cohen	Expensive & ineffective
3/24/19	Jennifer Coughlin	PET & post-lyme
3/31/19	Stephen Meltzer	Better testing

CONSUMER TIME

(January - March, 2019)

1/06/19	Gary Crawford, Sonny Perdue	Some changes coming in school meal nutrition rules
1/13/19	Stephanie Ho, Carmen Rottenberg	USDA food safety checks help catch tainted beef
1/20/19	Stephanie Ho, Daniel Stone, Susan Fugate, Peter Bretting	Thank USDA's "food explorer" for the colorful foods in your diet
1/27/19	Stephanie Ho, Matt McKenna	How can rural areas attract more private investment
2/03/19	Gary Crawford, Janell Goodwin	Don't fumble the ball when hosting that Super bowl party
2/10/19	Stephanie Ho, Sonny Perdue, Brandon Lipps	USDA proposes tightening work rules for SNAP recipients
2/17/19	Gary Crawford, Karen Ensley	Have you already broken your New Year's resolution to exercise?
2/24/19	Gary Crawford, Kristine Tidgren	Most of us may have an easier time filing our taxes this year
3/03/19	Gary Crawford, Dr. Joanne Bankston	You may qualify for free in-person help with your taxes
3/10/19	Gary Crawford, Annemarie Kuhns	What's in store for food prices in 2019?
3/17/19	Gary Crawford, Sonny Perdue, Greg Cox	Do you have high speed internet access? Millions don't.
3/24/19	Gary Crawford, Laura Strange	A declaration of independents--independent grocery stores, that is
3/31/19	Gary Crawford, Dennis Patton	Don't wait to repair trees that were damaged this winter

AG UPDATE

(January - March, 2019)

1/06/19	Rod Bain, Rob Myers	The "alternative" scene involving crops
1/13/19	Gary Crawford, Ted McKinney	Progress on two trade fronts
1/20/19	Rod Bain, Ted McKinney	USMCA and US ag trade benefits
1/27/19	Rod Bain	Decades of past ag research are evident on farms today
2/03/19	Rod Bain, Seth Meyer	A first look at USDA Ag Outlook Forum 2019
2/10/19	Rod Bain, Kevin Ross, Brent Vandyke, Scott Hayes, Colin Woodall	Where the new Farm Bill builds upon the old
2/17/19	Rod Bain, Rob Johannson, Mark Hudson, Seth Meyer	Crafting the major February USDA reports
2/24/19	Stephanie Ho, Joe Parsons	Release of 2017 Ag Census delayed until April
3/03/19	Stephanie Ho, Joe Parsons, Adam Cline	Two Ag Census follow-up surveys taking place now
3/10/19	Rod Bain, Kathleen Delate	Grower considerations in switching to organic corn & soybeans
3/17/19	Rod Bain, Neil Parish	Brexit & a potential US/UK trade agreement
3/24/19	Rod Bain, Ted McKinney	Mexico's importance as an ag trade partner with the US
3/31/19	Stephanie Ho, Steve Mercer, Pres. Donald Trump	US-Brazil ag agreement highlights

SPECIAL BROADCASTS / COMMUNITY EVENTS

(January - March, 2019)

January 28, 2019

WCKB aired a live interview with Allison DeLong, district administrator for the Guardian Ad Litem program. She discussed the need for GAL advocates, their duties and responsibilities, and required training. The interview aired from 12n - 12:25pm.