

WCKB 780-AM

ISSUES / PROGRAMS

July, August, and September, 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

(July - September, 2019)

| | | |
|---------|--------------|--|
| 7/02/19 | Brenda Brown | Celebrating Independence Day |
| 7/09/19 | ***** | Scams come in many different forms |
| 7/16/19 | ***** | SS can help if you're young and lose a parent |
| 7/23/19 | ***** | SS terms in plain language |
| 7/30/19 | ***** | SS's definition of disability |
| 8/06/19 | ***** | SS's recent top five blog posts |
| 8/13/19 | ***** | Understanding SS benefits |
| 8/20/19 | ***** | Self-employment & SS |
| 8/27/19 | ***** | 5 ways to use SS online |
| 9/03/19 | ***** | Back to school with SS |
| 9/10/19 | ***** | SS celebrates Hispanic Heritage Month |
| 9/17/19 | ***** | Changing your direct deposit information with SS |
| 9/24/19 | ***** | Communities fighting fraud |

ELDER CARE MADE EASIER

Dr. Marion Somers

(July - September, 2019)

| | |
|---------|-------------------------|
| 7/03/19 | Personal time |
| 7/10/19 | Guilt |
| 7/17/19 | Working caregivers 7 |
| 7/24/19 | Working caregivers 8 |
| 7/31/19 | Working caregivers 9 |
| 8/07/19 | Working caregivers 10 |
| 8/14/19 | Working caregivers 11 |
| 8/21/19 | Working caregivers 12 |
| 8/28/19 | Safety issues |
| 9/04/19 | Lines of communication |
| 9/11/19 | Hiring an aide |
| 9/18/19 | Early signs of dementia |
| 9/25/19 | The blues |

HEALTH DEPARTMENT REPORT

(July - September, 2019)

| | | |
|---------|----------------|--|
| 7/04/19 | Erin Brown | Homemade ice cream: the scoop on salmonella |
| 7/11/19 | """""""""" | How to stay active in warm weather |
| 7/18/19 | """""""""" | Make health a family reunion affair |
| 7/25/19 | """""""""" | Home canning |
| 8/01/19 | """""""""" | Homemade ice cream: the scoop on salmonella |
| 8/08/19 | Belinda Rayner | Back to school--refuel with breakfast |
| 8/15/19 | """""""""" | Adults need vaccines, too |
| 8/22/19 | """""""""" | School bus safety |
| 8/29/19 | """""""""" | Back to school food safety |
| 9/05/19 | Erin Brown | National Preparedness Month |
| 9/12/19 | """""""""" | Food Safety Month |
| 9/19/19 | """""""""" | National Cholesterol Education Month |
| 9/26/19 | """""""""" | Take care of pre-diabetes with Prevent T-2 Program |

*Tips for
Living Well
on the
Radio*

Pam Smith
NUTRITIONIST • AUTHOR • SPEAKER



**Sixty Second Daily Radio Programs
July 2019 Tracksheet**

| Date | Day | Title | Time |
|---------|------|-----------------------------------|------|
| 7/1/19 | Mon | Hot Flash! | :60 |
| 7/2/19 | Tues | Don't Starve Yourself | :60 |
| 7/3/19 | Wed | Out of Gas | :60 |
| 7/4/19 | Thu | How Does Your Garden Grow | :60 |
| 7/5/19 | Fri | Smart Weight Loss | :60 |
| 7/8/19 | Mon | A Hard Day's Night | :60 |
| 7/9/19 | Tues | Raisin-Apple Oatmeal | :60 |
| 7/10/19 | Wed | A Color Story | :60 |
| 7/11/19 | Thu | The High Price of Diets | :60 |
| 7/12/19 | Fri | Accept Procrastination, Sometimes | :60 |
| 7/15/19 | Mon | The Four Letter Word | :60 |
| 7/16/19 | Tues | Breakfast Lotto | :60 |
| 7/17/19 | Wed | Tips for the Road Warrior | :60 |
| 7/18/19 | Thu | Food Safety | :60 |
| 7/19/19 | Fri | The Pregnant Father | :60 |
| 7/22/19 | Mon | Love Potion | :60 |
| 7/23/19 | Tues | The Best Exercise for You | :60 |
| 7/24/19 | Wed | Diets Make You Fat-II | :60 |
| 7/25/19 | Thu | Morning Sickness | :60 |
| 7/26/19 | Fri | Losing at the Diet Game | :60 |
| 7/29/19 | Mon | Come and Dine | :60 |
| 7/30/19 | Tues | Habits | :60 |
| 7/31/19 | Wed | The Water Advantage | :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
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Pam Smith
NUTRITIONIST • AUTHOR • SPEAKER



Sixty Second Daily Radio Programs
August 2019 Tracksheet

| Date | Day | Title | Time |
|---------|------|-------------------------------------|------|
| 8/1/19 | Thu | Dispelling Myths About Dieting | :60 |
| 8/2/19 | Fri | Beating the Tiredness Trap | :60 |
| 8/5/19 | Mon | Buffet Bulge | :60 |
| 8/6/19 | Tues | Heading off Diabetes | :60 |
| 8/7/19 | Wed | Memory Fixes | :60 |
| 8/8/19 | Thu | The High Protein Myth | :60 |
| 8/9/19 | Fri | Don't Lose It- Use It! | :60 |
| 8/12/19 | Mon | The Importance of Iron | :60 |
| 8/13/19 | Tues | Nutrition Capsules? | :60 |
| 8/14/19 | Wed | The Pay-Later Penalty | :60 |
| 8/15/19 | Thu | Stabilize Your Blood Sugars | :60 |
| 8/16/19 | Fri | Chicken Soup | :60 |
| 8/19/19 | Mon | Dying for Energy | :60 |
| 8/20/19 | Tues | Feeding Your Young Athlete | :60 |
| 8/21/19 | Wed | Take Charge of Your Appetite | :60 |
| 8/22/19 | Thu | The Truth Sets You Free | :60 |
| 8/23/19 | Fri | Pasta: Brown Gold | :60 |
| 8/26/19 | Mon | A Sweet Soda | :60 |
| 8/27/19 | Tues | Your Football Soccer Tennis Athlete | :60 |
| 8/28/19 | Wed | Calling a Truce to Food Wars | :60 |
| 8/29/19 | Thu | Starved for Flavor | :60 |
| 8/30/19 | Fri | Salt: Don't Pass It On! | :60 |

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Sixty Second Daily Radio Programs
September 2019 Tracksheet

| Date | Day | Title | Time |
|---------|------|--------------------------------|------|
| 9/2/19 | Mon | Salt: Don't Pass It On! | :60 |
| 9/3/19 | Tues | Nutrition Martyrdom | :60 |
| 9/4/19 | Wed | Taming the Appetite Monster | :60 |
| 9/5/19 | Thu | The Positive Side of Nutrition | :60 |
| 9/6/19 | Fri | F-I-T-T Exercise Guide | :60 |
| 9/9/19 | Mon | Clean Plate Club Dropouts | :60 |
| 9/10/19 | Tues | Walking: A Fitness Alternative | :60 |
| 9/11/19 | Wed | What's Eating You? | :60 |
| 9/12/19 | Thu | Build Better Brainpower | :60 |
| 9/13/19 | Fri | Liquid Snacks? | :60 |
| 9/16/19 | Mon | Living Better Longer | :60 |
| 9/17/19 | Tues | Powering Work-outs | :60 |
| 9/18/19 | Wed | Snacks vs. Sleep | :60 |
| 9/19/19 | Thu | Healthy Steaming | :60 |
| 9/20/19 | Fri | Fall Harvest | :60 |
| 9/23/19 | Mon | Women and Heart Disease | :60 |
| 9/24/19 | Tues | The Diet Generation | :60 |
| 9/25/19 | Wed | Make Time for Sleep | :60 |
| 9/26/19 | Thu | Overcoming Arsenic Hour-I | :60 |
| 9/27/19 | Fri | Overcoming Arsenic Hour-II | :60 |
| 9/30/19 | Mon | The Power of the Nap | :60 |

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COOPERATIVE EXTENSION SERVICE REPORT

(July - September, 2019)

| | | |
|---------|----------------|-------------------------------------|
| 7/05/19 | Selina McKoy | Home irrigation |
| 7/12/19 | ***** | Missing fruit |
| 7/19/19 | ***** | Strawberries |
| 7/26/19 | ***** | Carpenter bees |
| 8/02/19 | ***** | Home irrigation |
| 8/09/19 | ***** | Missing fruit |
| 8/16/19 | ***** | Moss |
| 8/23/19 | ***** | Dying trees |
| 8/30/19 | ***** | Japanese beetles |
| 9/06/19 | Greg Honeycutt | Preparing for a hurricane |
| 9/13/19 | ***** | Backyard barbecue safety |
| 9/20/19 | ***** | Food safety in a power outage |
| 9/27/19 | ***** | Money saving tips for healthy meals |

CLASSICAL CONVERSATIONS ON HOMESCHOOLING
(Leigh Bortins)

(July - September, 2019)

- 7/07/19 Purpose of the Global Home Education Conference
- 7/14/19 The effects of lawyers & statisticians on homeschooling
- 7/21/19 New initiatives started at GHEC
- 7/28/19 Why are parents drawn to home education?
- 8/04/19 Graduate interview--Amanda Alphs
- 8/11/19 Graduate interview--James Sanford
- 8/18/19 Graduate interview--Rebecca Leak
- 8/25/19 Graduate interview--William Bortins
- 9/01/19 Graduate interview--Elise Wiggins
- 9/08/19 Homeschool Legal Defense Assn
- 9/15/19 Should I attend my state homeschool conference?
- 9/22/19 Two reasons for Shakespeare
- 9/29/19 Biblical geometry and geography

MILITARY SPOTLIGHT

(July - September, 2019)

- 7/07/19 US Army Reserve soldier reflects on family's service to the nation
- 7/14/19 Hendrix assumes RIA-JMTC command
- 7/21/19 Brave Battery, 5/113th FA returns home
- 7/28/19 Dragon Warrior 2019: Troops compete to earn title as XVIII Airborne Corps' best
- 8/04/19 Why I joined--Daniel Cole
- 8/11/19 Meet a missile maintainer--Karlis Hardesty
- 8/18/19 Fort Lee Quartermaster Battalion bids farewell to commander
- 8/25/19 42nd CST welcomes back a familiar face
- 9/01/19 RQ-11 flown during exercise Agile Spirit 19
- 9/08/19 XVIII Airborne Corps invites soldiers to leadership development discussion
- 9/15/19 Competing for the title of "Best Medic"
- 9/22/19 Chasing stars--a soldier continuing on his father's legacy
- 9/29/19 Fort Bragg remembers 9/11 with heartfelt ceremony

| | | | |
|---------|---------------------------------|---------|----------------------|
| 7/01/19 | Therapy dogs | | |
| 7/07/19 | Homemade pet food | | |
| 7/08/19 | Adopt a pet | | |
| 7/14/19 | Cats are low maintenance | | |
| 7/15/19 | Training your pet | | |
| 7/21/19 | Vaccines are not a guarantee | | |
| 7/22/19 | Brushing your dog's teeth | | |
| 7/28/19 | Health certificate for travel | | |
| 7/29/19 | Senior dog changes | | |
| 8/04/19 | Calming music for animals | | |
| 8/05/19 | Care of tropical fish | | |
| 8/11/19 | Children reading to dogs | | |
| 8/12/19 | Introducing dogs to each other | | |
| 8/18/19 | Responsible pet owners | | |
| 8/19/19 | Food pantries for pets | | |
| 8/25/19 | Why dogs love ear rubs | | |
| 8/26/19 | Car safety for pets | | |
| 9/01/19 | Vaccines | | |
| 9/02/19 | Physical exams for cats | | |
| 9/08/19 | Laryngeal paralysis | | |
| 9/09/19 | Cryptorchidism | | |
| 9/15/19 | Puppy's immune system | | |
| 9/16/19 | Nutritional needs of older pets | | |
| 9/22/19 | Diagnostic testing | | |
| 9/23/19 | Overweight dogs | | |
| | | 9/29/19 | Dog rally |
| | | 9/30/19 | Socializing a kitten |

SCIENCE MADE SIMPLE

(July - September, 2019)

| | |
|---------|-------------------------------------|
| 7/07/19 | Self-cleaning clothes |
| 7/14/19 | Genes |
| 7/21/19 | A big discovery about little people |
| 7/28/19 | Synesthesia |
| 8/04/19 | Glow kitties |
| 8/11/19 | A famous flower |
| 8/18/19 | Creativity & science |
| 8/25/19 | Speed of light |
| 9/01/19 | Baby's stress |
| 9/08/19 | Secret signals |
| 9/15/19 | Heads & batteries |
| 9/22/19 | Ruffling feathers |
| 9/29/19 | Time travel |

EARTH DATE*(July - September, 2019)*

| | |
|---------|----------------------|
| 7/07/19 | Spidey silk |
| 7/14/19 | Storing CO2 |
| 7/21/19 | Full steam ahead |
| 7/28/19 | The man & the canyon |
| 8/04/19 | Core of the realm |
| 8/11/19 | The alien element |
| 8/18/19 | Beach reading |
| 8/25/19 | Climate escalator |
| 9/01/19 | Migrating plants |
| 9/08/19 | The scent of rain |
| 9/15/19 | Spindletop |
| 9/22/19 | Magnetoreception |
| 9/29/19 | Watershed event |

MY MONEY LIFE (Chuck Bentley)

(July - September, 2019)

- 7/07/19 Be faithful to your creditors
- 7/14/19 Know who you're giving to
- 7/21/19 What is wealth?
- 7/28/19 How debt diverts us from God's will
- 8/04/19 Using your business to train the unemployable
- 8/11/19 The source of true peace
- 8/18/19 How much is enough?
- 8/25/19 Can a Christian offer a bribe?
- 9/01/19 A plan and an envelope, part 1
- 9/08/19 A plan and an envelope, part 2
- 9/15/19 How to survive a cut in pay
- 9/22/19 Re-think the American Dream
- 9/29/19 How Americans waste money

| | | |
|---------|--------------------|-----------------------------------|
| 7/07/19 | Cristian Tomasetti | Random DNA |
| 7/14/19 | Nancy Schoenborn | Harms of screening |
| 7/21/19 | Peter Campochiaro | Eye medicine reservoir |
| 7/28/19 | Tom Smith | Expanding palliative care |
| 8/04/19 | Erin Michos | Regulating supplements |
| 8/11/19 | Jason Brandt | Healthiness of high fats? |
| 8/18/19 | Anne Marie Lennon | Pancreatic cysts |
| 8/25/19 | Patricia Davidson | Palliative care |
| 9/01/19 | Cynthia Munro | Stress and memory |
| 9/08/19 | Keenan Walker | Drop in blood pressure & dementia |
| 9/15/19 | William Nelson | Liver cancer & statins |
| 9/22/19 | Shel Gottlieb | Salt sensitivity |
| 9/29/19 | Chris Abularrage | Medical therapy |

CONSUMER TIME*(July - September, 2019)*

| | | |
|---------|--|---|
| 7/07/19 | Gary Crawford, Anne McCann | Vacationing with your pet |
| 7/14/19 | Gary Crawford, Chantel Oyi | Rapid raspberry recipes |
| 7/21/19 | Gary Crawford, Dr. Chad Roy, Janell Goodwin | Can you salvage food items touched by flood waters? |
| 7/28/19 | Rod Bain, Karen Chan | Organizational tips to keep clutter at bay |
| 8/04/19 | Rod Bain, Philip Hayes | Searching the research on sugar-related products |
| 8/11/19 | Stephanie Ho, Gregg Rapp | What's the latest trend in restaurant menus? |
| 8/18/19 | Stephanie Ho, Sonny Perdue, Pat Dombroski, Tori Cappiello, Jo Ann Mattson, Brandon Lipps | USDA's Food & Nutrition Service marks 50th anniversary |
| 8/25/19 | Stephanie Ho, Vicki Christianson, Steve Censky, Penny Atkinson | Smokey Bear celebrates 75th birthday |
| 9/01/19 | Gary Crawford, Chris Bernstein | A food safety symphony of errors |
| 9/08/19 | Rod Bain, Brad Rippey | A rise in Atlantic hurricane activity for the rest of 2019? |
| 9/15/19 | Rod Bain, Alisha Coleman-Jensen | A decline in US household food insecurity |
| 9/22/19 | Rod Bain Al Remley | Forest fun on a fee-free day |
| 9/29/19 | Rod Bain, Karen Bennett | Why leaves change color when the weather changes |

AG UPDATE*(July - September, 2019)*

| | | |
|---------|--|---|
| 7/07/19 | Stephanie Ho, Richard Mayfield | USDA's rural development still has \$2 billion to fund community projects |
| 7/14/19 | Rod Bain, chuck Schwab | Rollover Protection Systems' role in farm equipment & farm safety |
| 7/21/19 | Stephanie Ho, Rob Johansson | What was in USDA's latest crop production report? |
| 7/28/19 | Stephanie Ho, Richard Fordyce | Need help figuring out which USDA farm loan is right for you? |
| 8/04/19 | Gary Crawford, Greg Ibach, Alexandra Dunn, Sen. Pat Roberts | Many unknowns face fledgling hemp industry |
| 8/11/19 | Rod Bain, Laurel Kubin | Living off an irregular income on the farm |
| 8/18/19 | Rod Bain, Barry Ward | Unusual ag income sources & 2019 tax implications |
| 8/25/19 | Rod Bain, Ralph Jolliffe | Forage a growing feature of custom harvester work |
| 9/01/19 | Rod Bain, Robert Lighthizer, Josh Tonsager, Jim Monroe, Kent Bacus, Pres. Donald Trump | Potential of potential US-Japan trade deal for ag |
| 9/08/19 | Gary Crawford, Warren Preston | USDA's latest export forecasts |
| 9/15/19 | Gary Crawford, Steve Peterson | More ways to pay FSA |
| 9/22/19 | Gary Crawford, Rob Johansson, Mark Jekanowski | Some tentative USDA forecasts for corn & soybeans |
| 9/29/19 | Gary Crawford, Sonny Perdue, John Block, Dan Glickman, Tom Vilsack | Former ag secretaries endorse US/Mexico/Canada trade deal |

SPECIAL BROADCASTS / COMMUNITY EVENTS

(July - September, 2019)

September 12, 2019

WCKB aired a live interview with Heather Lawson of the Dunn Area Chamber of Commerce. She invited listeners to attend the upcoming Dunn Business Fest and shared information about the event. The interview aired from 12n - 12:10pm.