

# WCKB 780-AM

## ISSUES / PROGRAMS

*July, August and September, 2010*

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 "Focus on the 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**

*(July-September, 2010)*

07/06/10	Brenda Brown	Kids, invite your grandparents to our online office
07/13/10	*****	Follow SS on Facebook & Twitter
7/20/10	*****	SS is an open book
7/27/10	*****	Question & answers
8/03/10	*****	Less time inside means more time outside
8/10/10	*****	Nationally, locally & individually, SS makes a difference
8/17/10	*****	Sowing seeds for retirement
8/24/10	*****	SS travels too
8/31/10	*****	Request a speaker for your event
9/07/10	*****	Questions & answers
9/14/10	*****	Celebrating 75 years
9/21/10	*****	Payments arrive with direct deposit, no matter what
9/28/10	*****	Most popular online service turns 2

**ELDER CARE MADE EASIER**

Dr. Marion Somers

*(July - September, 2010)*

7/07/10	Time management tips
7/14/10	Working caregivers 6
7/21/10	Personal time
7/28/10	Guilt
8/04/10	Working caregivers 7
8/11/10	Working caregivers 8
8/18/10	Working caregivers 9
8/25/10	Working caregivers 10
9/01/10	Working caregivers 11
9/08/10	Working caregivers 12
9/15/10	Safety Issues
9/22/10	Lines of communication
9/29/10	Hiring an aide

**HEALTH DEPARTMENT REPORT**

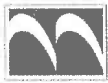
*(July - September, 2010)*

7/01/10	Belinda Rayner	Fireworks safety
7/08/10	*****	Sun safety
7/15/10	*****	Summer food safety
7/22/10	*****	Water safety
7/29/10	*****	Healthy & safe gardening
8/05/10	*****	World breastfeeding week
8/12/10	*****	Staying active in summer
8/19/10	*****	National immunization month
8/26/10	*****	Rethink your drink
9/02/10	*****	Refuel with breakfast
9/09/10	*****	National cholesterol education month
9/16/10	*****	Food safety for leftovers
9/23/10	*****	Food safety month
9/30/10	*****	Refuel with breakfast

**COOPERATIVE EXTENSION SERVICE REPORT**

*(July - September, 2010)*

7/02/10	Megan Ray	Food safety
7/09/10	*****	Diets don't work
7/16/10	*****	Food preservation
7/23/10	*****	Calcium
7/30/10	*****	Exercise
8/06/10	*****	Food safety
8/13/10	*****	Diets don't work
8/20/10	*****	Food preservation
8/27/10	*****	Calcium
9/03/10	*****	Food safety
9/10/10	Lynn Lambert	Harnett Regional Agricultural Fair update
9/17/10	*****	National 4-H week
9/24/10	Megan Ray	Calcium



**BRIARGATE**  
M E D I A

**SPOT PROMOTION**

Center Rd. Arapahoe • P.O. Box 994 • Colorado Springs, CO 80901 • (719) 331-3369

**FOCUS ON THE FAMILY  
PROGRAMMING  
LIVE PROMOTIONAL COPY**

**FOCUS ON THE  
FAMILY<sup>®</sup>  
MINUTE**

July 2010

"Focus on the Family Minute"  
Promos, July 2010

FOCUS ON THE  
FAMILY  
MINUTE

**For Use in Promoting  
Focus on the Family<sup>®</sup> Minute Broadcasts**

**Thursday, July 1: *The Great Cause***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Dr. D. James Kennedy reminds us to remember the "big picture" of life!

**Friday, July 2: *Romance Still Matters***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," speaker and humorist Zig Ziglar [ZIG-lur] reminds us that romance tends to wane in marriage but is still an important part of the relationship.

**Monday, July 5: *Love and Respect All***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family president Jim Daly says that confronting sin can be done with care and concern.

**Tuesday, July 6: *When His Change Comes***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and consultant Carl George points out that when a husband doesn't actively pursue personal growth, a wife can become frustrated and resentful at the lack of leadership in their home.

**Wednesday, July 7: *Thinking Correctly***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Dr. John Rosemond reminds us that parenting is more than just teaching kids to behave!

**Thursday, July 8: *A Little Different***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family's Dr. Juli Slattery discusses how people tend to divide over their differences when instead, we should recognize that God uses those distinctions to add variety and depth to His family.

**Friday, July 9: *Process Brings Results***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," former Viet Nam vet and P.O.W. Lee Ellis reminds us that adversity can be one of life's best lessons!

"Focus on the Family Minute"  
Promos, July 2010

FOCUS ON THE  
FAMILY  
MINUTE

**Monday, July 12: Just Not There**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family president Jim Daly says teaching character starts at home.

**Tuesday, July 13: Motherhood and Career**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and family advocate Phyllis Schlafly reminds working moms to keep both home and career in perspective!

**Wednesday, July 14: A Reason to Reconcile**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Pastor Gary Richmond explains reconciling a broken marriage is better for your kids than forcing them to live in a broken home.

**Thursday, July 15: Ungodly Relationships**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author Lois Rabey talks about the dangers of immoral and unhealthy relationships.

**Friday, July 16: Life Isn't Fair**

How do you teach kids that life isn't always fair — without conveying a sense of hopelessness or depression? Find out more with author Jerry Jenkins at (Time: \_\_\_\_\_) on "Focus on the Family Minute."

**Monday, July 19: What Works**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and actress Lisa Weichel tells parents to stop comparing themselves to other moms and dads!

**Tuesday, July 20: Overcoming Grief**

Grief is one of the most difficult emotions to deal with — but if we don't work through it and learn to let go, it can burden us the rest of our lives. Learn more from the author and humorist Barbara Johnson at (Time: \_\_\_\_\_) on "Focus on the Family Minute."

**Wednesday, July 21: Good and Best**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family president Jim Daly encourages parents to remember that there are more important things in life than big houses and big paychecks.

"Focus on the Family Minute"  
Promos, July 2010

FOCUS ON THE  
FAMILY  
MINUTE

**Thursday, July 22: It'll Get Better**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Ann Ortlund of Renewal Ministries shares that commitment — more than emotion — is key to a healthy marriage.

**Friday, July 23: Preparing to Live**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," psychologist Dr. Les Parrott asks, "Are you living or just preparing to live?"

**Monday, July 26: Enjoy One Another**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author Lynne Hybels reminds couples to occasionally push aside the daily grind and put some fun back in their lives!

**Tuesday, July 27: Discipline of Work**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and Christian counselor Jean Lush reminds parents of the importance of teaching perseverance.

**Wednesday, July 28: Single Doesn't Mean Alone**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," single parent Sue Stephens says being single doesn't mean that you have to live an isolated life.

**Thursday, July 29: A Holy Agenda**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and comedian Dennis Swanberg reminds us that even in our daily struggles, God is actively working in our lives.

**Friday, July 30: When to Say "No"**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," pediatrician Dr. Bruce Naimore says we don't have to teach kids how to say "no," but we do need to teach them the appropriate time to say it!





**BRIARGATE**  
M E D I A

**SPOT PROMOTION**

Contact: Bill Abuckley • P.O. Box 998 • Colorado Springs, CO 80901 • (719) 531-3398

**FOCUS ON THE FAMILY  
PROGRAMMING  
LIVE PROMOTIONAL COPY**

**FOCUS ON THE  
FAMILY<sup>®</sup>  
MINUTE**

August 2010

"Focus on the Family Minute"  
Promos, August 2010

For Use in Promoting  
**Focus on the Family<sup>®</sup> Minute Broadcasts**

FOCUS ON THE  
FAMILY  
MINUTE

**Monday, August 2: Overwhelm the Negative**

Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute" author Dr. David Clarke describes how The Song of Solomon is more than a book about physical intimacy! Find out more on the next "Focus on the Family Minute"!

**Tuesday, August 3: A Better Individual**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author Carolyn Koons [KOONZ] suggests that a person can be whole and complete without being married. On the next "Focus on the Family Minute"!

**Wednesday, August 4: A Good Friend**

Don't have a close friendship? Focus on the Family president Jim Daly discusses the importance of a man having a good friend. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Thursday, August 5: Against the Current**

Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and teen advocate Susie Shellenberger [SHELL-in-BUR gur] outlines what it takes for a teen to stand against popular culture!

**Friday, August 6: Brutal Honesty**

Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute," psychologist and author Dr. Juli Slattery discusses how to work through issues while still esteeming your spouse! Find out more on the next "Focus on the Family Minute"!

**Monday, August 9: Healthy Authority**

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," psychologist Dr. Kevin Leman outlines how to accomplish discipline with just a few words. On the next "Focus on the Family Minute"!

**Tuesday, August 10: A Healthy Expectation**

Newly married? On the next "Focus on the Family Minute," author Jerusha [jeh RU sha] Clark reminds couples to develop a realistic attitude towards marriage to get you through the worst of times. Find out more on the next "Focus on the Family Minute"!

"Focus on the Family Minute"  
Promos, August 2010

FOCUS ON THE  
FAMILY  
MINUTE

**Wednesday, August 11: *Growing a Garden***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family president Jim Daly compares raising a child to growing a garden. On the next "Focus on the Family Minute"!

**Thursday, August 12: *Weekend Warriors Beware***

Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute," fitness expert Dr. Ken Cooper expresses his concern for middle-aged men who only exercise on weekends!

**Friday, August 13: *Walled Off***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author Dennis Rainey observes that many marriages look good on the outside, but are still vulnerable to divorce.

**Monday, August 16: *The Perfectionist***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Dr. David Stoop brings you a word picture, illustrating the typical thought process involved in perfectionism.

**Tuesday, August 17: *The Realization***

Not feeling fulfilled? Co-host of Focus on the Family, John Fuller, shares how a marriage isn't a cure-all for all your relationship needs. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Wednesday, August 18: *On a Mission***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family president Jim Daly describes how he decided to prove a college professor wrong. Find out why on the next "Focus on the Family Minute"!

**Thursday, August 19: *Spending Money***

Coming up on the next "Focus on the Family Minute," financial counselor Larry Burkett [burr-KETT] explains how personality differences between a married couple can be a source of conflict when it comes to finances. That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Friday, August 20: *Paradox of Freedom***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author Dick DeVoss [dee-VOSS] explains how living by a set value system makes a difference in the lives of individuals — and society!

"Focus on the Family Minute"  
Promos, August 2010

FOCUS ON THE  
FAMILY  
MINUTE

**Monday, August 23: *Like Water on a Plant***

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," speaker Patricia Ashley [ASH-lee] encourages women to compliment their husbands — and enjoy the reaction!

**Tuesday, August 24: *Expressing Gratitude***

Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute," movie critic and culture analyst Michael Medved [MED ved] explains how an "attitude of gratitude" can help close the generation gap!

**Wednesday, August 25: *The Thick of It***

Conflicted priorities? Psychologist and author Dr. Juli Slattery discusses a wife and mother's need to nurture husband and children ... and the challenge that ensues. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Thursday, August 26: *Happy Days***

Kids unhappy? At (Time: \_\_\_\_\_) on "Focus on the Family Minute," psychologist Dr. Kevin Leman observes that smart parents know the difference between what kids need and what they want ... and keeping them happy is impractical.

**Friday, August 27: *Father Figure***

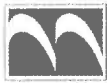
Absent father? Focus on the Family president Jim Daly describes the quality of a strong male role model to fatherless children. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Monday, August 30: *A Bowl of Soup***

Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute," Focus on the Family president Jim Daly reminds us that offering a meal isn't the same as feeding someone's spirit! Find out more on the next "Focus on the Family Minute"!

**Tuesday, August 31: *Tremendous Weight***

Feeling incomplete? On the next "Focus on the Family Minute," author Jerusha [juh RU sha] Clark reminds singles that marriage itself isn't what will make you whole. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!



**BRIARGATE**  
M E D I A

**SPOT PROMOTION**

Contact: Bill Abuckle • P.O. Box 993 • Colorado Springs, CO 80901 • (719) 531-5360

**FOCUS ON THE FAMILY  
PROGRAMMING  
LIVE PROMOTIONAL COPY**

**FOCUS ON THE  
FAMILY<sup>®</sup>  
MINUTE**

September 2010

"Focus on the Family Minute"  
Promos, September 2010

FOCUS ON THE  
FAMILY  
MINUTE

**For Use in Promoting  
Focus on the Family<sup>®</sup> Minute Broadcasts**

**Wednesday, September 1: *Illusions of Escape***

Does your teen girl desire to be perfect? At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author and speaker Kimberly Powers decries the desire to be rescued from the demands of reality!

**Thursday, September 2: *A New Relationship***

On the next "Focus on the Family Minute," marriage therapist Dr. Jim Talley [TAL lee] encourages couples who may be thinking about divorce, that reconciliation is still possible — if both are willing to change! That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Friday, September 3: *Meet the Teacher***

On the next "Focus on the Family Minute," educator Dr. Cliff Schimmels [SHIM-uhls] shares wise ideas for developing positive relationships with your children's teachers. That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Monday, September 6: *Training Our Appetites***

On the next "Focus on the Family Minute," international speaker and author Dr. Ravi [Rah-vee] Zacharias [zak'-uh-RIE-us] explains how passion is a gift from God — but one that needs to be disciplined and brought under His authority. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Tuesday, September 7: *Admitting Failure***

Parents make mistakes too! At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author John Dobbert [DOB-urt] advises parents to admit their mistakes to their children — and to let them see that failure is a normal part of life!

**Wednesday, September 8: *Giving and Getting***

On the next "Focus on the Family Minute," marriage counselor David Field explains what can happen to the marriage relationship when one partner is more interested in getting rather than giving! That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

"Focus on the Family Minute"  
Promos, September 2010

FOCUS ON THE  
FAMILY  
MINUTE

**Thursday, September 9:** *A Great Signal*

Focus on the Family President Jim Daly and Vice President of Government and Public Policy Tom Minnery [MIN er ee] discuss how today's technology is turning the tide toward pro-life decisions! Find out how at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Friday, September 10:** *A Grandparent's Role*

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," author Dr. Jay Kesler [KESS-ler] examines the significant role grandparents play in their grandchildren's — and children's — lives!

**Monday, September 13:** *School Projects*

Is your child overwhelmed by a school project? Coming up at (Time: \_\_\_\_\_) on "Focus on the Family Minute," educator Cheri [cherry] Fuller illustrates how to help younger children manage homework by breaking big projects into small pieces!

**Tuesday, September 14:** *The Easy Part*

Newly married? Marriage and family therapist Teri Reisser cautions young couples not to let beginning feelings of a relationship suffer as changes happen over the years. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Wednesday, September 15:** *The Culture of Life*

How can we change Roe v. Wade? Focus on the Family president Jim Daly says a change of heart must come first. Find out how at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Thursday, September 16:** *Wrapped Around It*

Your teenager fixated on having a boyfriend? Author and co-founder of Walk the Talk Youth Ministries, Kimberly Powers encourages parents to be very attuned to their daughters' longings. Find out how at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Friday, September 17:** *Mount Momma*

On the next "Focus on the Family Minute," best-selling author Julie Barnhill encourages every mom to forget about perfection in motherhood and just be yourself. That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Monday, September 20:** *The Perfect Setup*

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," Physicians Resource Council member, Dr. Paul Reisser, explains how to avoid disillusionment in marriage.

3

"Focus on the Family Minute"  
Promos, September 2010

FOCUS ON THE  
FAMILY  
MINUTE

**Tuesday, September 21:** *Architects of Family Life*

Are you over-scheduled? Author Dr. Leslie Parrott comments on how we need to better direct our family life. Find out more at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Wednesday, September 22:** *Not Wired Like You*

Focus on the Family president Jim Daly discusses a couple's differing perspectives in marriage. Find out how at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Thursday, September 23:** *Obsessed*

On the next "Focus on the Family Minute," author Beth Felker Jones discusses the places we look to fulfill our deepest needs. That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Friday, September 24:** *Those First Few Years*

Teach them while they're young. On the next "Focus on the Family Minute" psychologist and author Dr. Juli Slattery stresses that a child needs to understand that Mom and Dad are the boss. Find out how at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Monday, September 27:** *Family and Education*

At (Time: \_\_\_\_\_) on "Focus on the Family Minute" educator Dr. Cliff Schimmels [SHIH-muhls] reveals how a child's home environment affects his education!

**Tuesday, September 28:** *All the Way*

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," the late Dr. Adrian [AY dree un] Rogers explains to teens what "going all the way" really means! That's at (Time: \_\_\_\_\_) on "Focus on the Family Minute"!

**Wednesday, September 29:** *Unpredictable Consistency*

At (Time: \_\_\_\_\_) on "Focus on the Family Minute," psychologist Dr. John Rosemond recommends changing up the discipline to keep your children on their toes!

**Thursday, September 30:** *Seeds of Encouragement*

On the next "Focus on the Family Minute" at (Time: \_\_\_\_\_), author Dennis Rainey [RAIN-ee] illustrates how words can make our marriage either grow or wither!

4

## HOME SCHOOL HEARTBEAT

*(July - September, 2010)*

- 7/04/10 To secure our God-given rights
- 7/11/10 How "we the people" limit government
- 7/18/10 Not just words
- 7/25/10 History we love to learn
- 8/01/10 Parenting comes in seasons
- 8/08/10 Taking the terrible out of the twos
- 8/15/10 Help with the planning process
- 8/22/10 Help with teaching & housework
- 8/29/10 What's in a goal
- 9/05/10 Is home schooling the answer
- 9/12/10 Stories for the heart
- 9/19/10 Life skills 101
- 9/26/10 Back to the spelling bee

**7/04/10**

(Thursday, July 01, 2010, 1:31:34 PM | Pentagon Channel)

In the AFPS podcast for July 1, the U.S. Senate unanimously confirmed Army Gen. David H. Petraeus to be commander of U.S. Forces Afghanistan; Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen spoke at the Aspen Security Forum about his recent trip to Afghanistan, Pakistan and Israel; President Barack Obama announced an agreement to delay the transfer of wartime control of troops to South Korea; former Secretary of Defense Donald Rumsfeld was honored with a second portrait at a Pentagon ceremony; the Defense department aims to trim 100 billion dollars from overhead costs over the next five years; a new center to diagnose and treat traumatic brain injuries opened at the National Naval Medical Center in Maryland; the process of registering and filing absentee ballots is made easier for servicemembers; and, a tip on setting up an "active duty alert" to protect against identity theft.

**7/11/10**

(Thursday, July 08, 2010, 3:47:27 PM | Pentagon Channel)

In the AFPS podcast for July 8, Army Gen. David H. Petraeus formally assumed the command of the International Security Force in Afghanistan; Lt. Gen. David M. Rodriguez discussed the progress the coalition forces are making in Afghanistan; Vice President Joe Biden and his wife Dr. Jill Biden met with servicemembers in Iraq on Independence Day; Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen and his wife Deborah discuss the need for support for returning veterans; and the TSA reminds servicemembers not to bring explosives on commercial flights when returning from the battlefield.

**7/18/10**

(Thursday, July 15, 2010, 1:54:52 PM | Pentagon Channel)

In the AFPS podcast for July 15: The military continues to assist humanitarian recovery operations in Haiti six months after an earthquake; an interview with the commander of NATO Training Mission - Afghanistan updates the growing capabilities of Afghan forces; defense department officials announce the final states that will host regional homeland response forces; Defense Secretary Robert Gates urges servicemembers to participate in a survey related to the possible congressional repeal of Dont Ask Dont Tell; President Barack Obama asks federal employees to submit ideas to the SAVE award program to cut wasteful spending; a new Veterans Administration policy makes it easier for veterans with post traumatic stress disorders to seek treatment; a cyber-security forum examines the challenging mission of the U.S. Cyber Command; and, tips on steps to take after an identity theft occurs.

**7/25/10**

(Thursday, July 22, 2010, 2 hours ago | Pentagon Channel)

In the AFPS podcast for July 22: At talks in South Korea, Secretary of Defense Robert Gates announced a series of joint military exercises called Invincible Spirit; also in South Korea, Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen met with U.S. servicemembers at Camp Red Cloud; in Afghanistan an international aid conference covered plans to hand over more responsibility for security to the Afghan government; a NATO Training Mission-Afghanistan immersion English language program called Thunder Lab is helping prepare pilots for the Afghan air force; in Washington, U.S. Forces, Iraq, Commander Army Gen. Ray Odierno updated reporters on the troop drawdown and progress being made by Iraqi security forces; a White House plan to crack down on illegal immigration and drug trafficking includes a temporary deployment of the National Guard to the southwest border; the top officer for U.S. Africa Command, Army Gen. Kip Ward explained the stabilizing impact of the AFRICOM mission; testimony on Capitol Hill highlighted efforts to prevent suicide among servicemembers and vets by removing the stigma of seeking mental health care; and details about the Oct. 25 launch of a revised MYCAA program that aims to help military spouses train for portable careers.

**8/01/10**

(Thursday, July 29, 2010, 2:11:00 PM | Pentagon Channel)

In the AFPS podcast for July 29: Coverage of remarks made by Chairman of the Joint Chiefs, Navy Adm. Mike Mullen during a 10 day trip to India, Pakistan and Afghanistan; Adm. Mullen also commented on the leak of classified documents by the organization Wikileaks; a trip by Deputy Defense Secretary William Lynn to Guam ahead of a realignment of U.S. troops there; an announcement by Defense Secretary Robert Gates that the U.S. is ending a ban on military relations with Indonesian special forces; an interview with the director of the new Defense Department Office of Operational Energy Plans and Programs; highlights from the annual meeting of the Military Child Education Coalition; and, news you can use to help catch identity thieves.

**8/08/10**

(Thursday, August 05, 2010, 1:36:51 PM | Pentagon Channel)

In the AFPS podcast for August 5: President Barack Obama addressed a national meeting of the Disabled American Veterans organization in Atlanta, Ga. He discussed the end of the combat mission in Iraq and improvements at the Veterans Administration that will benefit returning servicemembers; at a National Guard Family Program Workshop in New Orleans, La., Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen explained the need to focus on reintegration programs and support; the U.S. military rushes aid to Pakistan where monsoons have killed 1,500 people and impacted millions of lives; President Obama signed a supplemental war fund bill to ensure overseas operations continue without interruption; the commander of ISAF and U.S. troops in Afghanistan, Army Gen. David Petraeus issued his first guidance document on counterinsurgency tactics; Second Lady, Dr. Jill Biden is scheduled to make her acting debut playing herself on the Aug. 8th "Army Wives" television show; and, the U.S. Coast Guard celebrated its 220th birthday this week

**8/15/10**

(Thursday, August 12, 2010, 3:32:24 PM | Pentagon Channel)

Secretary of Defense Robert Gates announced spending cuts at DoD; military officials endorsed the efficiencies which are aimed at keeping U.S. forces prepared to meet current and future challenges; Pakistani officials and the public are showing their appreciation to U.S. servicemembers who are providing assistance after devastating floods; Marine Corps Gen. James Mattis assumed command of U.S. Central Command; Leticia Long began work at the National Geospatial-Intelligence Agency, making her the first woman to head a major U.S. intelligence agency; and, news you can use to repair credit damaged by identity thieves who may open fraudulent accounts.

**8/22/10**

(Thursday, August 19, 2010, 3:57:41 PM | Pentagon Channel)

In the AFPS podcast for August 19: The commander of U.S. and NATO troops in Afghanistan, U.S. Army Gen. David Petraeus described efforts to drive the Taliban from their sanctuaries in southern Afghanistan and to expand newly secured parts of the country; Gen. Petraeus also discussed the impact of July, 2010 as a starting date for a responsible U.S. troop drawdown; Afghan President Hamid Karzai issued a decree to disband operations by private security contractors within four months; U.S. military support to the humanitarian flood relief mission in Pakistan expanded as the scope of the disaster worsened; U.S. military cargo planes delivered emergency supplies to Moscow to help Russia fight wildfires; a new DoD report gave members of Congress an updated picture on the status of the military in China; a new program begins Oct. 1 to upgrade Department of Defense Education Activity schools; and, Family Matters blogger Elaine Wilson offered back to school tips to relieve stress for military children and parents.

**8/29/10**

(Thursday, August 26, 2010, 2:04:13 PM | Pentagon Channel)

In the AFPS podcast for August 26: Vice President Joe Biden marked the transition of U.S. forces in Iraq from a combat to a support mission at a Veterans of Foreign Wars convention in Indianapolis, Ind.; Army Lt. Gen. William B. Caldwell IV, commander of NATO Training Mission Afghanistan and Combined Security Transition Command Afghanistan reviewed progress and challenges related to building a professional Afghan military; Gen. James T. Conway, commandant of the Marine Corps addressed the conditional drawdown in Afghanistan which is slated to begin in July, 2011; U.S. military support for flood relief in Pakistan continued; a rundown of key recommendations from a final report on the shootings at Fort Hood, Texas; and, a warning on potential health risks from using electronic cigarettes.

**09/05/10**

(Thursday, September 02, 2010, 2:19:31 PM | Pentagon Channel)

In the AFPS podcast for September 2: The end of the combat mission in Iraq is announced by President Barack Obama; the President visited with troops at Ft. Bliss, Texas; support for returning veterans is also addressed; Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen spoke with community leaders in the Midwest on specific ways to help veterans reintegrate; Defense Secretary Robert Gates addressed an American Legion convention in Milwaukee, Wis.; National Guard troops began serving on the U.S. border with Mexico to support border security; flood waters in Pakistan started to recede while U.S. military assets continue to help millions impacted by monsoon rains; tensions on the Korean peninsula have temporarily suspended ongoing U.S. recovery efforts of servicemembers who have been missing in action since the Korean War; and, a preview of a new suicide prevention program called Restoring Hope.

**9/12/10**

(Thursday, September 09, 2010, 2:48:53 PM | Pentagon Channel)

In the AFPS podcast for September 9: A recap of visits to Afghanistan by top U.S. defense officials including Secretary of Defense, Robert Gates; Army Gen. David Petraeus, the Commander of U.S. and NATO forces in Afghanistan clarified the counterinsurgency tactic that has been reducing civilian casualties; Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen received an update on training army and police forces in Afghanistan from Lt. Gen. William B. Caldwell, IV, Commander, NATO Training Mission – Afghanistan (NTM-A); Adm. Mullen also paid a visit to Turkey to thank leaders for their contributions to NATO missions including in Afghanistan; an update on coordinated U.S. and Pakistan military efforts to bring relief to flood victims; a program to help former members of the military community find employment in the health care industry won a top award from the Newmans Own company; the federal government launched a new Challenge website to encourage the public to help solve complex problems; and, more about the DoD suicide prevention awareness campaign, Restoring Hope.

**9/19/10**

(Thursday, September 09, 2010, 2:48:53 PM | Pentagon Channel)

In the AFPS podcast for September 9: A recap of visits to Afghanistan by top U.S. defense officials including Secretary of Defense, Robert Gates; Army Gen. David Petraeus, the Commander of U.S. and NATO forces in Afghanistan clarified the counterinsurgency tactic that has been reducing civilian casualties; Chairman of the Joint Chiefs of Staff, Navy Adm. Mike Mullen received an update on training army and police forces in Afghanistan from Lt. Gen. William B. Caldwell, IV, Commander, NATO Training Mission – Afghanistan (NTM-A); Adm. Mullen also paid a visit to Turkey to thank leaders for their contributions to NATO missions including in Afghanistan; an update on coordinated U.S. and Pakistan military efforts to bring relief to flood victims; a program to help former members of the military community find employment in the health care industry won a top award from the Newmans Own company; the federal government launched a new Challenge website to encourage the public to help solve complex problems; and, more about the DoD suicide prevention awareness campaign, Restoring Hope.

**9/26/10**

(Thursday, September 23, 2010, 11:19:58 AM | Pentagon Channel)

In the AFPS podcast for September 16: NATO representatives in Afghanistan said that despite threats, the Taliban failed to derail parliamentary elections held last week; NATO International Security Assistance Force commanders said the addition of U.S. forces in northern Afghanistan has changed the face of the NATO mission there; President Barack Obama presented the Medal of Honor for conspicuous gallantry to the family of Air Force Chief Master Sgt. Richard L. Etchberger who was killed in action 42 years ago in Laos; Defense Secretary Robert M. Gates led a Pentagon ceremony for National POW/MIA Recognition Day; highlights from the latest coverage on suicide prevention and the defense department campaign called Restoring Hope; Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, announces the second annual Warrior Games to be held in Colorado Springs, Colo., in May 2011; in advance of U.S. general elections in Nov., an Absentee Voting Week program is being held from Sept. 27 – Oct. 4, 2010; and, a tip about ordering yearly free credit reports to protect against identity theft.



NC EMPLOYMENT SECURITY COMMISSION REPORT

(July - September, 2010)

7/04/10	Lynn Holmes (ESC Chairman)	ESC/community college partnership
7/11/10	.....	Summer jobs
7/18/10	.....	Summer Youth Employment Program
7/25/10	.....	ESC/community college partnership
8/01/10	.....	ESC/community college partnership
8/08/10	.....	Summer jobs
8/15/10	.....	ESC/community college partnership
8/22/10	.....	ESC/community college partnership
8/29/10	.....	ESC/community college partnership
9/05/10	.....	ESC/community college partnership
9/12/10	.....	ESC/community college partnership
9/19/10	.....	Summer jobs
9/26/10	.....	ESC/community college partnership

**"MY MONEY LIFE"**  
**Chuck Bentley**

*(July - September, 2010)*

- 7/04/10 Practical wedding gifts
- 7/11/10 3 ways to avoid credit card penalties
- 7/18/10 How to "un-retire"
- 7/25/10 Energy saving gadgets
- 8/01/10 Healthcare scams
- 8/08/10 Finding missing moolah
- 8/15/10 Seniors scamming seniors
- 8/22/10 Guerilla grocery shopping
- 8/29/10 When big payoffs hurt your credit score
- 9/05/10 Cutting big expenses
- 9/12/10 Scammers target the unemployed
- 9/19/10 Limited job options for boomers
- 9/26/10 Retirement mistakes to avoid

7/04/10	Lawrence Appel	Sugar & blood pressure
7/11/10	Martin Makary	Frailty
7/18/10	Rick Lange	Heart risk assessment
7/25/10	Redonda Miller	Self-management of high blood pressure
8/01/10	Gerald Hart	Can prediabetes be diagnosed accurately?
8/08/10	Michelle Bellantoni	Helping yourself
8/15/10	Myron Weisfeldt	No mouth-to-mouth
8/22/10	Neil Bressler	Blindness & diabetes
8/29/10	William Nelson	No tanning beds
9/05/10	William Nelson	Palliation
9/12/10	Adam Kaplin	24/7 mood
9/19/10	Morgan Grams	Kidney failure
9/26/10	Anne Burke	Surgery or pregnancy

## CONSUMER TIME

*(July - September, 2010)*

7/04/10	Gary Crawford, Mark Lino	Study shows how much it will cost to raise that new baby
7/11/10	Gary Crawford, Tom Vilsack, Jack Parrow	Wildfire safety is as easy as "ready, set, go"
7/18/10	Gary Crawford, John Simenesky	Weather warnings from NOAA radio can save your life
7/25/10	Gary Crawford, Sandy Proctor	Some tips on how to reduce salt & sodium intake
8/01/10	Susan Carter, Dr. Robert Post	2010 dietary guidelines for Americans
8/08/10	Susan Carter, Penelope Slade-Sawyer, Dr. Robert Post	Eating behavior & dietary health
8/15/10	Susan Carter, Mike Walden	The development of consumer credit
8/22/10	Gary Crawford, David Clement	Yard & garden goofs & gaffes
8/29/10	Gary Crawford, David Clement	Yard & garden goofs & gaffes, part 2
9/05/10	Gary Crawford, Sandy Proctor	Packing a good, safe, nutritious school lunch
9/12/10	Gary Crawford, Shayle Shagam, Ephriam Leibtag	Eggs & bacon costing more
9/19/10	Susan Carter, Dini Miller	The truth about bed bugs
9/26/10	Susan Carter, Brian Mabry	Smartphone app alerts consumers about recalls

**AG UPDATE***(July - September, 2010)*

7/04/10	Susan Carter, Tom Vilsack	The future of America's renewable energy strategies
7/11/10	Rod Bain, Jim Miller	The framework to resolve the US-Brazil cotton dispute
7/18/10	Gary Crawford, Joe Glauber	Acreage report had some surprises
7/25/10	Susan Carter, Jerry Bange	July production projections for corn, soybeans & rice
8/01/10	Gary Crawford, Dave White, Steve Robinson, John Lohr	Streamlining how USDA conservation programs operate
8/08/10	Gary Crawford, Jim Miller, Jonathan Coppess	New conservation reserve sign-up underway
8/15/10	Rod Bain, Brandon Willis	Deadline for first SURE program sign-up is approaching
8/22/10	Rod Bain, Don Ort	FACE & climate change impact on crops
8/29/10	Rod Bain, Taun Beddes	The battle against fire blight
9/05/10	Susan Carter, John Porcari	Transportation investments in rural America
9/12/10	Rod Bain, Tom Vilsack	Positive growth reflected in recent farm income reports
9/19/10	Rod Bain, Gerry Bange	Reasons behind rise in US ag export forecast
9/26/10	Gary Crawford, Jonathan Coppess	Conservation signup results are in

**SPECIAL BROADCASTS / COMMUNITY EVENTS**

*(July - September, 2010)*

September 24, 2010

WCKB broadcast live from the Harnett County Shrine Club Fish Fry. The event raised money and awareness for the Shriners Hospitals for Crippled and Burned Children. The broadcast lasted from 11am til 1pm and from 4pm til 6pm.