

ISSUES / PROGRAMS

October, November, and December, 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 7:28am. 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

(October - December, 2018)

10/02/18	Brenda Brown	Medicare, explained
10/09/18	*****	Why SS retirement is important to women
10/16/18	*****	Need to change your name on your SS card?
10/23/18	*****	SS & Medicare working side by side
10/30/18	*****	Understanding spouses' benefits
11/06/18	*****	Helping veterans & active duty military members
11/13/18	*****	In this season of giving, help a loved one with SS
11/20/18	*****	Your SS, giving thanks, & spending quality time
11/27/18	*****	Do you think your income-related Medicare premium is incorrect?
12/04/18	*****	Be the first to know--online COLA notices
12/11/18	*****	Caring for children
12/18/18	*****	Beware of scammers pretending to be SS
12/25/18	*****	SS benefits to increase in 2019

ELDER CARE MADE EASIER

Dr. Marion Somers

(October - December, 2018)

10/03/18	Get organized
10/10/18	Make a family heirloom
10/17/18	Life highlights
10/24/18	Secrets
10/31/18	Local shows
11/07/18	Crimes against the elderly
11/14/18	Elder care lawyers
11/21/18	Ethnic holiday celebration
11/28/18	Meal time
12/05/18	Elder abuse
12/12/18	Weight loss
12/19/18	Moving your parents in
12/26/18	Forgetfulness

HEALTH DEPARTMENT REPORT

(October - December, 2018)

10/04/18	Erin Brown	National Breast Cancer Awareness Month
10/11/18	""	October is SIDS Awareness Month
10/18/18	""	Good health habits
10/25/18	""	Halloween the healthy way
11/01/18	""	National Breast Cancer Awareness Month
11/08/18	Belinda Rayner	Great American Smokeout
11/15/18	""	Thanksgiving food safety
11/22/18	""	National Diabetes Month
11/29/18	""	Flu shots recommended for people with diabetes
12/06/18	Erin Brown	12 ways to have a healthy holiday season
12/13/18	""	Health Dept provides food safety tips for the holidays
12/20/18	""	Health officials caution, "say no to raw dough"
12/27/18	""	Food safety for homemade eggnog

*Tips for
Living Well
on the
Radio*

Pam Smith
NUTRITIONIST • AUTHOR • SPEAKER



Sixty Second Daily Radio Programs
October 2018 Tracksheet

Date	Day	Title	Time
10/1/18	Mon	The Power of the Nap	:60
10/2/18	Tue	Clean Out the Cholesterol	:60
10/3/18	Wed	What About Fasting?	:60
10/4/18	Thur	The Practical Puree	:60
10/5/18	Fri	Waste or Waist?	:60
10/8/18	Mon	Frozen Food Basics	:60
10/9/18	Tue	Break the Caffeine Habit	:60
10/10/18	Wed	Nourish the Brain	:60
10/11/18	Thur	Sugar Roller Coaster Rides	:60
10/12/18	Fri	Osteoporosis	:60
10/15/18	Mon	Iron Poor Blood	:60
10/16/18	Tue	Sweet Alternatives	:60
10/17/18	Wed	Sweet Tooth	:60
10/18/18	Thur	Overcoming Setbacks	:60
10/19/18	Fri	The Ten Worst Foods-I	:60
10/22/18	Mon	The Ten Worst Foods-II	:60
10/23/18	Tue	Boosting HDL's	:60
10/24/18	Wed	The Fast Food Option	:60
10/25/18	Thur	Tasty Vinaigrettes	:60
10/26/18	Fri	Living Longer Better	:60
10/29/18	Mon	Marvelous Muffins	:60
10/30/18	Tue	Forgive to Live	:60
10/31/18	Wed	Calories are Not the Enemy!	: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



Sixty Second Daily Radio Programs
November 2018 Tracksheet

Date	Day	Title	Time
11/1/18	Thur	Magnesium Magic	:60
11/2/18	Fri	Peak Performance Traveling	:60
11/5/18	Mon	Wonderful Fish	:60
11/6/18	Tue	Whole Wheat or Rye?	:60
11/7/18	Wed	Energizing Decluttering	:60
11/8/18	Thur	America's Newest Nicotine?	:60
11/9/18	Fri	Energy to Sniff	:60
11/12/18	Mon	Holiday Menu Make-Overs	:60
11/13/18	Tue	Are You Stress Sick?	:60
11/14/18	Wed	Starving for Nutrition	:60
11/15/18	Thur	Natural isn't Always Safe	:60
11/16/18	Fri	Exercise Motivation	:60
11/19/18	Mon	The Top Six	:60
11/20/18	Tue	Holiday Battles	:60
11/21/18	Wed	Healthy Holidays-III	:60
11/22/18	Thur	See the Light	:60
11/23/18	Fri	Healthy Holidays-II	:60
11/26/18	Mon	Giving and Receiving	:60
11/27/18	Tue	Lactose Intolerance	:60
11/28/18	Wed	Holiday Survival 101	:60
11/29/18	Thur	Energy-Filled Holidays	:60
11/30/18	Fri	Party Well!	:60

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Sixty Second Daily Radio Programs
December 2018 Tracksheet

Date	Day	Title	Time
12/3/18	Mon	Brain Food	:60
12/4/18	Tue	Smoothies 101	:60
12/5/18	Wed	Holiday Happiness	:60
12/6/18	Thur	The Season to be Stressed	:60
12/7/18	Fri	Time Release Capsule	:60
12/10/18	Mon	Build up, Don't Fluff up	:60
12/11/18	Tue	Zinc Sense	:60
12/12/18	Wed	Power in a Bar	:60
12/13/18	Thur	I Hate to Cook Guide	:60
12/14/18	Fri	Shoe Retirement	:60
12/17/18	Mon	My Quickest Meals	:60
12/18/18	Tue	Kicking the Caffeine Habit	:60
12/19/18	Wed	The Pill Bonanza	:60
12/20/18	Thur	A Ginger Idea	:60
12/21/18	Fri	Blood Pressure	:60
12/24/18	Mon	Winter Weight Control	:60
12/25/18	Tue	Christmas Day	:60
12/26/18	Wed	May Cause Drowsiness	:60
12/27/18	Thur	Energy to Exercise	:60
12/28/18	Fri	Dieting Tips-I	:60
12/31/18	Mon	Turn off the Tube!	:60

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COOPERATIVE EXTENSION SERVICE REPORT*(October - December, 2018)*

10/05/18	Selena McKoy	Residential & commercial farm hurricane damage
10/12/18	Courtney Smith	Hurricane relief-recovery / food safety
10/19/18	Selena McKoy	Residential & commercial farm hurricane damage
10/26/18	Courtney Smith	Hurricane relief-recovery / food safety
11/02/18	Debbie Byrd	Encouraging abstinence
11/09/18	*****	Children's sleep habits
11/16/18	*****	The benefits of fathers' involvement with children
11/23/18	Melanie Graham	Reaching families where they live
11/30/18	Yvonne Ormond	Helping your child enjoy the benefits of physical activity
12/07/18	Debbie Byrd	Encouraging abstinence
12/14/18	Brian Parrish	Bermuda
12/21/18	*****	Cover crops
12/28/18	*****	Hurricane hay

CLASSICAL CONVERSATIONS ON HOMESCHOOLING
(Leigh Bortins)

(October - December, 2018)

- 10/07/18 Leah Bromin: Preparing son for college
- 10/14/18 Leah Bromin: The homeschool community a blessing
- 10/21/18 Mary Alphs: My favorite thing about homeschooling
- 10/28/18 Mary Alphs: Cultivating a love of learning
- 11/04/18 Shelly: Keeping the mission at the forefront
- 11/11/18 Kirsti: Drilling the fundamentals, removing fear
- 11/18/18 Shelly: Assessing your child's understanding
- 11/25/18 Kirsti: How kids are socialized
- 12/02/18 Shelly: Being lifelong learners
- 12/09/18 The difference between raising boys & girls
- 12/16/18 Project management & Christmas traditions
- 12/23/18 Christmas tradition
- 12/30/18 Education & sports as a homeschooler

MILITARY SPOTLIGHT

(October - December, 2018)

- 10/07/18 Memphis District native earns top engineer regimental honor
- 10/14/18 Never forget the importance of service on 9/11
- 10/21/18 Nonstop: a story from behind the scenes in NC
- 10/28/18 20th CBRNE soldiers build CWMD partnerships
- 11/04/18 Hurricane-related weather around Fort Bragg brings pet concerns
- 11/11/18 Pink Hill native serves aboard one of Navy's most advanced warships
- 11/18/18 Once a cook, always a cook
- 11/25/18 Bulldog Soldiers volunteer at local school
- 12/02/18 1st Armored Division KATUSA patching ceremony
- 12/09/18 Vietnam veteran is finally presented Bronze Star medal after 49 years
- 12/16/18 2018 Family of the Year: The gift of love, the love of giving
- 12/23/18 Commander, Navy Recruiting Command recognizes Sailors of the Year
- 12/30/18 Grit & determination: AFSOC airmen slide with Team USA bobsled

10/01/18	Myth of healing properties		
10/07/18	Allergies		
10/08/18	Cranial cruciate injury		
10/14/18	Pets in cars		
10/15/18	Blocked cats		
10/21/18	Detecting pain in your pets		
10/22/18	Tips for finding a lost pet		
10/28/18	Helping pets cope with Halloween		
10/29/18	How to choose a pet sitter		
11/04/18	Choosing a veterinarian		
11/05/18	Grief counseling for pet owners		
11/11/18	Health answers online		
11/12/18	Cost of vet care		
11/18/18	Thanksgiving & pets		
11/19/18	Leftovers		
11/25/18	Older cats		
11/26/18	Horses & the cold		
11/02/18	First aid kit		
11/03/18	Holistic medicine		
12/09/18	Keep pets well-groomed		
12/10/18	Pet identification		
12/16/18	Service dogs		
12/17/18	How to calm an energetic dog		
12/23/18	Pet photography tips	12/30/18	Benefits of animals for people
12/24/18	Tips on boarding your pet	12/31/18	Birds as pets

SCIENCE MADE SIMPLE

(July - September, 2018)

10/07/18	How were the pyramids built?
10/14/18	Tree bats & wind turbines
10/21/18	Sailing rocks
10/28/18	World's coolest clock
11/04/18	3D printing
11/11/18	Space umbrella
11/18/18	Einstein's skateboard
11/25/18	Electric brain
12/02/18	Crime solving cameras
12/09/18	Oldest place on Earth
12/16/18	First moon walk
12/23/18	Blood falls
12/30/18	Pan stars

EARTH DATE

(October - December, 2018)

10/07/18	How old is Earth?
10/14/18	The colorful history of paint
10/21/18	Melting permafrost
10/28/18	Stories hidden in pollen
11/04/18	California's sinking valley
11/11/18	Storing energy in air
11/18/18	Fossil water
11/25/18	More earthquakes, more places
12/02/18	Who killed the Neanderthals?
12/09/18	Amazing caves
12/16/18	Fire in ice
12/23/18	Greenhouse - icehouse Earth
12/30/18	From greenhouse to icehouse

MY MONEY LIFE (Chuck Bentley)

(October - December, 2018)

- 10/07/18 When to meet an employees financial need
- 10/14/18 Getting in sync with God's plans
- 10/21/18 Be faithful to your creditors
- 10/28/18 Creating a debt payback plan
- 11/04/18 Listening to your spouse's counsel
- 11/11/18 The key to saving
- 11/18/18 Side-tracked by a get-rich-quick scheme
- 11/25/18 A charge to pastors
- 12/02/18 How did we get here?
- 12/09/18 Treat the problem, not the symptoms
- 12/16/18 Exposing your children to God's financial truth
- 12/23/18 Keep borrowing short term
- 12/30/18 Protecting job security

10/07/18	Richard Chaisson	TB vaccine
10/14/18	Veit Stuphon	Brain stimulation and risk
10/21/18	Lisa Maragakis	Pandemic
10/28/18	David Kass	Mitral valve clip
11/04/18	Seth Martin	Digital assistant
11/11/18	Matthew Johnson	Psilocybin utility
11/18/18	Nicolas Reed	Hearing loss impact
11/25/18	Michael Blaha	New physical activity guidelines
12/02/18	Roger Blumenthal	Cholesterol guidelines
12/09/18	Roger Blumenthal	Vitamin D & fish oil
12/16/18	Scott Berkowitz	Access to care
12/23/18	Gregory Hager	Beyond rehab
12/30/18	Jeffrey Kahn	Genetic testing

CONSUMER TIME*(October - December, 2018)*

10/07/17	Rod Bain, Richard Beard	Electical safety considerations for outdoor Halloween decorations
10/14/18	Rod Bain, Christopher Bernstein	Updates to USDA FoodKeeper app
10/21/18	Rod Bain, Caroline Crocoll	Extension resources for grandparents raising grandchildren
10/28/18	Stephanie Ho, Leigh Greenwood	Don't move firewood, unless you want to give invasive pests a free ride
11/04/18	Gary Crawford, Brad Rippey	A winter weather outlook that some can warm up to
11/11/18	Gary Crawford, Kayla Johnson	Pumpkin passion & pumpkin pie paranoia
11/18/18	Gary Crawford, Marianne Gravely	Turkey "fowl-ups" & foolishness
11/25/18	Gary Crawford, Dr. Susan Nelson	Your pet can be hurt by some holiday party foods]
12/02/18	Gary Crawford, Amanda Woods	Holiday gifts on a shoestring
12/09/18	Stephanie Ho, Fred Strathmeyer, John Crowe	Spread holiday cheer, not invasive pests
12/16/18	Gary Crawford, Ana Serafin Smith	Eating your holiday gifts
12/23/18	Gary Crawford, Anne Effland	Here comes <u>the</u> Santa Claus
12/30/18	Stephanie Ho, Carmen Rottenberg	USDA looks into the safety of one food of the future

AG UPDATE*(October - December, 2018)*

10/07/18	Gary Crawford, Shayle Shagam	Some record high numbers in the hog business
10/14/18	Gary Crawford, Shayle Shagam	A 71-year-old story of "eggcellence"
10/21/18	Stephanie Ho, Sonny Perdue, Mike Pence, Bill Northey, Vicki Christiansen	USDA pitches in to help with hurricane recovery efforts
10/28/18	Rod Bain, Brian Logan, Kim Winter	"Batty" examples of integrated pest management
11/04/18	Rod Bain, Sonny Perdue	Partnership eradicates pesky cotton pest in US
11/11/18	Rod Bain, Ted McKinney	Going one-on-one in ag trade missions
11/18/18	Stephanie Ho, Sonny Perdue	How does "China Impact" affect USDA's trade mitigation levels?
11/25/18	Rod Bain, Gregg Doud	A preview of upcoming US trade negotiations
12/02/18	Rod Bain, Brad Harris, Ron Jessen, David Booth, John Mishler	Winter maintenance tips for farm machinery
12/09/18	Rod Bain, Maryanne Hansan	Holiday packaging promotion from a processing industry perspective
12/16/18	Stephanie Ho, Peter Bretting	USDA stores genetic resources that may be handy later
12/23/18	Rod Bain, Jim Rockis	Genetics & research grows Christmas tree industry
12/30/18	Rod Bain, Matt Lohr	Meet the new NRCS chief

SPECIAL BROADCASTS / COMMUNITY EVENTS

(October - December, 2018)

- October 2, 2018 WCKB aired a live interview with LeAnn Blackmon of the Harnett County Division on Aging. She discussed the Medicare Open Enrollment Period, and how to choose the right plans for your needs. The interview aired from 12n - 12:30pm.
- October 10, 2018 WCKB aired a live interview with Shirley Allen, president of the Coats Area Chamber of Commerce, about the upcoming Coats Farmers Day Festival. The interview aired from 12n - 12:20pm.
- October 30, 2018 WCKB aired a live interview with Sharon Stevens of the Dunn Area Tourism Authority. She talked about the upcoming NC Cotton Festival. The interview aired from 12n - 12:20pm.
- November 8, 2018 WCKB aired a live interview with Heather Lawson of the Dunn Area Chamber of Commerce. She discussed the upcoming Business Fest event in Dunn, including sponsor information and special activities planned. The interview aired from 12n - 12:20pm.
- November 13, 2018 WCKB aired a live interview with Eleni Kelly of the Erwin Area Chamber of Commerce, to preview planned Christmas events and activities in the town. The interview aired from 12n - 12:20pm.
- November 21, 2018 WCKB aired a live interview with Sharon Stevens of the Dunn Area Tourism Authority. She discussed upcoming holiday events in the Dunn area. The interview aired from 12n - 12:20pm.
- November 28, 2018 WCKB aired a live interview with Lewis Bell, Michael West, and Jeffrey Newberry concerning the benefit concert to be held December 2nd in Dunn. Proceeds will assist local victims of Hurricanes Florence and Michael. The interview aired from 12n - 12:20pm.
- December 3, 2018 WCKB aired a live interview with Shirley Allen of the Coats Area Chamber of Commerce, to preview planned Christmas events and activities in the town. The interview aired from 12n - 12:20pm.
- December 10, 2018 WCKB aired a live interview with Sandra Lawson of the US Small Business Administration. She discussed the help available for victims of the recent hurricanes and upcoming SBA application deadlines. The interview aired from 12:15pm - 12:30pm.
- December 12, 2018 WCKB aired a live interview with Pastor Richard & Amy Beasley of Redemption Outreach Center, with details of their free Christmas event/giveaway. It aired from 12n - 12:15pm.
- December 13, 2018 WCKB aired a live interview with Dunn Police Chief Charles West. He talked about holiday safety and steps to take to avoid becoming a crime victim. The interview aired from 12n - 12:20pm.