

WCKB 780-AM

ISSUES / PROGRAMS

October, November, and December, 2022

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, using information provided by 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 and/or Sampson County Cooperative Extension Service(s), 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 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 2:00 minute feature aired each Sunday at 10:40am. A topic listing is attached.
8. 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 10:43am and each Monday at 12:50pm. A topic listing is attached.
9. 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 10:44am. 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 10:45am each Sunday. 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 from 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 1 minute report from "Johns Hopkins Health Newsfeed", each Sunday at 10:49am. 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 10:51am. 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 10:55am. A topic listing is attached.
14. I--Listeners wanted to learn about lawn and garden care and landscape design.
P--WCKB aired "Southern Gardening," a 2 minute feature provided by the Mississippi State University Extension Service, each Sunday at 10:58am. 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, 2022)

- 10/04/22 Celebrating National Disability Employment Awareness Month
- 10/11/22 National Savings Day reminds us to plan for the future
- 10/18/22 Access your earnings history with My SS
- 10/25/22 SS online learning tools
- 11/01/22 Top five fraud & scam prevention tools
- 11/08/22 Access your earning history with My SS
- 11/15/22 Three SS online musts
- 11/22/22 Why it's important to report life changes when you receive SSI
- 11/29/22 Happy holidays from SS
- 12/06/22 SS benefits increase in 2023
- 12/13/22 New start dates for Medicare Part B coverage coming in 2023
- 12/20/22 Understanding SS benefits
- 12/27/22 SS supports rural communities

ELDER CARE MADE EASIER

Dr. Marion Somers

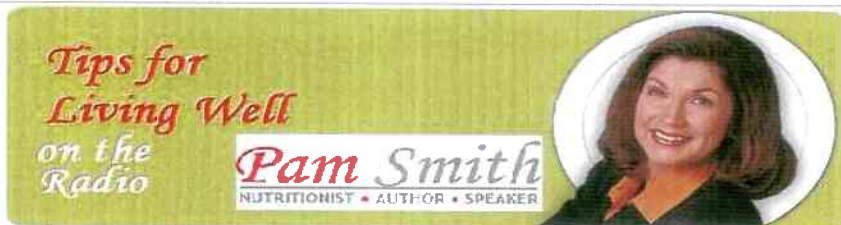
(October - December, 2022)

10/05/22	Staying calm
10/12/22	Legal papers
10/19/22	Guardianship
10/26/22	Finding religion
11/02/22	Adapted equipment
11/09/22	Discussing death
11/16/22	Interest in the arts
11/23/22	The elderly go online
11/30/22	Federally funded resources
12/07/22	Caring for my elder
12/14/22	Community support
12/21/22	Long distance elder care
12/28/22	Restricted medical information

HEALTH DEPARTMENT REPORT

(October - December, 2022)

10/06/22	Kayla Shamaly	Breast Cancer Awareness Month
10/13/22	*****	Fight the flu
10/20/22	*****	National SIDS Awareness Month
10/27/22	*****	Have a healthy Halloween
11/03/22	*****	Thanksgiving food safety
11/10/22	*****	The Great American Smoke out
11/17/22	*****	Antibiotic Awareness Week
11/24/22	*****	National Diabetes Month
12/01/22	*****	Holiday fire safety
12/08/22	*****	Stop the spread of flu
12/15/22	*****	Holiday food safety
12/22/22	*****	Say no to raw dough
12/29/22	*****	Take control of pre-diabetes



Sixty Second Daily Radio Programs

October 2022 Tracksheet

Date	Day	Title	Time
10/3/22	Mon	Frozen Food Basics	:60
10/4/22	Tues	Break the Caffeine Habit	:60
10/5/22	Wed	Nourish the Brain	:60
10/6/22	Thu	Sugar Roller Coaster Rides	:60
10/7/22	Fri	Osteoporosis	:60
10/10/22	Mon	Iron Poor Blood	:60
10/11/22	Tues	Sweet Alternatives	:60
10/12/22	Wed	Sweet Tooth	:60
10/13/22	Thu	Overcoming Setbacks	:60
10/14/22	Fri	The Ten Worst Foods-I	:60
10/17/22	Mon	The Ten Worst Foods-II	:60
10/18/22	Tues	Boosting HDL's	:60
10/19/22	Wed	The Fast Food Option	:60
10/20/22	Thu	Tasty Vinaigrettes	:60
10/21/22	Fri	Living Longer Better	:60
10/24/22	Mon	Marvelous Muffins	:60
10/25/22	Tues	Forgive to Live	:60
10/26/22	Wed	Calories are Not the Enemy!	:60
10/27/22	Thu	Magnesium Magic	:60
10/28/22	Fri	Peak Performance Traveling	:60
10/31/22	Mon	Wonderful Fish	:60

For Radio Clearance, contact Nicole Talbott
 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 2022 Tracksheet

Date	Day	Title	Time
11/1/22	Tues	Whole Wheat or Rye?	:60
11/2/22	Wed	Energizing Decluttering	:60
11/3/22	Thu	America's Newest Nicotine?	:60
11/4/22	Fri	Energy to Sniff	:60
11/7/22	Mon	Holiday Menu Make-Overs	:60
11/8/22	Tues	Are You Stress Sick?	:60
11/9/22	Wed	Starving for Nutrition	:60
11/10/22	Thu	Natural isn't Always Safe	:60
11/11/22	Fri	Exercise Motivation	:60
11/14/22	Mon	The Top Six	:60
11/15/22	Tues	Holiday Battles	:60
11/16/22	Wed	Healthy Holidays-III	:60
11/17/22	Thu	See the Light	:60
11/18/22	Fri	Healthy Holidays-II	:60
11/21/22	Mon	Turn off the Tube!	:60
11/22/22	Tues	Giving and Receiving	:60
11/23/22	Wed	Lactose Intolerance	:60
11/24/22	Thu	Energy-Filled Holidays	:60
11/25/22	Fri	Party Well!	:60
11/28/22	Mon	Brain Food	:60
11/29/22	Tues	Smoothies 101	:60
11/30/22	Wed	Holiday Happiness	:60

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Sixty Second Daily Radio Programs

December 2022 Tracksheet

Date	Day	Title	Time
12/1/22	Thu	The Season to be Stressed	:60
12/2/22	Fri	Time Release Capsule	:60
12/5/22	Mon	Build up, Don't Fluff up	:60
12/6/22	Tues	Holiday Survival 101	:60
12/7/22	Wed	Power in a Bar	:60
12/8/22	Thu	I Hate to Cook Guide	:60
12/9/22	Fri	Shoe Retirement	:60
12/12/22	Mon	My Quickest Meals	:60
12/13/22	Tues	Kicking the Caffeine Habit	:60
12/14/22	Wed	The Pill Bonanza	:60
12/15/22	Thu	A Ginger Idea	:60
12/16/22	Fri	Blood Pressure	:60
12/19/22	Mon	Winter Weight Control	:60
12/20/22	Tues	May Cause Drowsiness	:60
12/21/22	Wed	Dieting Tips-I	:60
12/22/22	Thu	Energy to Exercise	:60
12/23/22	Fri	Christmas Day	:60
12/26/22	Mon	Zinc Sense	:60
12/27/22	Tues	Ten Reasons to Exercise	:60
12/28/22	Wed	Winter Exercise	:60
12/29/22	Thu	Zesty Little Powerhouses	:60
12/30/22	Fri	Facing the New Year	:60

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COOPERATIVE EXTENSION SERVICE REPORT

(October - December, 2022)

10/07/22	Hunter Rhodes	Benefits of winter cover crops
10/14/22	Sydney Knowles	Handling holiday leftovers
10/21/22	Eileen Coite	Roadway safety during harvest season
10/28/22	Sydney Knowles	Handling holiday leftovers
11/04/22	James Hartsfield	Census of agriculture
11/11/22	Paul Gonzales	Lice
11/18/22	Hunter Rhodes	Benefits of winter cover crops
11/25/22	Max Knowles	Animal operators classes
12/02/22	James Hartsfield	Census of agriculture
12/09/22	Brad Hardison	North Carolina Christmas trees
12/16/22	Amanda Knight	4-H prepares youth leaders
12/23/22	Brad Hardison	North Carolina Christmas trees
12/30/22	Eileen Coite	Cooperative extension continues to serve our communities

MILITARY SPOTLIGHT

(October - December, 2022)

- 10/02/22 Triple ceremony brings a new command team to USACAPOC(A)
- 10/09/22 6th Marine Corps district conducts "Pacesetters Leading the Way" campaign
- 10/16/22 Four OCS graduates swear in as Judge Advocates
- 10/23/22 If you want it, go get it--a glimpse in the life of NC Air NG's first female Raven
- 10/30/22 USNCC, WGU begin first cyber classes
- 11/06/22 If you want it, go get it--a glimpse in the life of NC Air NG's first female Raven
- 11/13/22 Army explosive ordnance disposal soldiers train to field new robots on Ft. Stewart
- 11/20/22 Remembering fallen heroes through competition
- 11/27/22 2d TSB members attend AUSA
- 12/04/22 II MEF building shared understanding with Navy counterparts
- 12/11/22 Sec. of Defense Austin visits Ft. Bragg, welcomes XVIII Airborne soldiers home
- 12/18/22 NCNG receives new UH-72B Lakota helicopters
- 12/25/22 Siler City NC Guard soldiers deploy

YOUR VET REPORT (*host: Nancy Shay*)

(October - December, 2022)

10/02/22	Exercise based on dog breeds
10/03/22	Getting horses ready
10/09/22	Gerbils as pets
10/10/22	Fall preparation for your horse
10/16/22	Rats as pets
10/17/22	Parrots as pets
10/23/22	Rabbits as pets
10/24/22	Guinea pigs as pets
10/30/22	Exercise for arthritic pets
10/31/22	Is your cat lazy or sick?
11/06/22	Rabbits as pets
11/07/22	Guinea pigs as pets
11/13/22	Dog riding in cars
11/14/22	Cat carriers
11/20/22	Feline pancreatitis
11/21/22	Sharing Thanksgiving dinner
11/27/22	Pet health insurance
11/28/22	Obesity
12/04/22	Giving medications
12/05/22	Good nutrition
12/11/22	Dogs dragging food away
12/12/22	Giving a gift to a shelter
12/18/22	Best spots for cats & dogs
12/19/22	Animal intelligence
12/25/22	Improving pet health
12/26/22	Antifreeze poisoning

SCIENCE MADE SIMPLE

(October - December, 2022)

10/02/22	Pain
10/09/22	Words from the past
10/16/22	Killer space rocks
10/23/22	Ancient computers, part 1
10/30/22	Ancient computers, part 2
11/06/22	Ancient computers, part 1
11/13/22	Ancient computers, part 2
11/20/22	A message in dino teeth
11/27/22	Dino dining
12/04/22	Solar sailing, part 1
12/11/22	Solar sailing, part 2
12/18/22	Solar sailing, part 3
12/25/22	Solar sailing, part 4

EARTH DATE

(October - December, 2022)

10/02/22	Pacific ring of fire
10/09/22	How trees lift water
10/16/22	How fossils form
10/23/22	First map of the ocean floor
10/30/22	Beneficial leeches
11/06/22	First map of the ocean floor
11/13/22	World's strongest metal
11/20/22	The demise of Mesopotamian empires
11/27/22	Tyrannosaur on your table
12/04/22	Lightning cleans the atmosphere
12/11/22	New Zealand's fatal eruption
12/18/22	Antarctica's largest land creature
12/25/22	Nazca ojos

MY MONEY LIFE (Chuck Bentley)

(October - December, 2022)

- 10/02/22 Retirement planning
- 10/09/22 Insurance planning
- 10/16/22 Money & mental health
- 10/23/22 Time to buy a new house?
- 10/30/22 Try living on an allowance
- 11/06/22 Time to buy a new house?
- 11/13/22 Retirees are returning to work
- 11/20/22 Do you know any lovers of money?
- 11/27/22 Others can help up achieve our financial goals
- 12/04/22 Reduce your financial stress
- 12/11/22 Want a promotion?
- 12/18/22 Save money--create new traditions
- 12/25/22 Avoid compromising devotion to Christ for job security

10/02/22	Alex Pantelyat	Can singing improve voice quality in people with Parkinson's disease?
10/09/22	William Nelson	How many lymph nodes need to be removed when cancer is found?
10/16/22	William Nelson	How might cancer & diabetes be linked?
10/23/22	Anna Durbin	Why are so many people choosing not to get the most recent Covid booster?
10/30/22	Anna Durbin	The new bivalent Covid vaccines should help with a fall/winter surge
11/06/22	Anna Durbin	Why are so many people choosing not to get the most recent Covid booster?
11/13/22	Sean Leng	What are the dynamics of Covid vaccination in older adults?
11/20/22	Sarven Sabunciyan	How are messenger RNAs involved with disorders like depression?
11/27/22	William Nelson	Can a common cancer mutation now be controlled?
12/04/22	Peter Abadir	If cell free DNA is associated with dementia, would removing it help?
12/11/22	Karen Swartz	Who will be screening young people for anxiety & depression?
12/18/22	William Nelson	Why don't more people with cancer enroll in clinical trials?
12/25/22	Wen Shen	Should women take hormone therapy for menopause?

CONSUMER TIME

(October - December, 2022)

10/02/22	Gary Crawford, Dr. Ken Hellevang	How to prepare your family & your home for flooding
10/09/22	Gary Crawford, Dennis Patton	Fall is the best time to wage war against weeds in the lawn
10/16/22	Gary Crawford, Gordi Blum	A big project to make our national forest experience safer & better
10/23/22	Gary Crawford, Meredith Carothers	Keeping scary bacteria from haunting your Halloween party
10/30/22	Gary Crawford, Gordi Blum	What is the future of recreation in our national forests?
11/06/22	Gary Crawford, Janae McNally	When someone else wants to be you
11/13/22	Gary Crawford, Meredith Carothers	How big a turkey do you need to buy & why?
11/20/22	Gary Crawford, Anne Efland	Report reveals the truth about Thanksgiving
11/27/22	Gary Crawford, Elizabeth Kiss	Some advice for holiday shoppers
12/04/22	Gary Crawford, Tom Vilsack, Stacy Dean	Changes proposed for USDA's Women, Infants, & Children Nutrition Program
12/11/22	Gary Crawford, Bradford Wiles	Some good toy suggestions for young children
12/18/22	Gary Crawford, Meredith Carothers	Some safety tips for shipping & receiving perishable holiday foods
12/25/22	Gary Crawford, Anne Efland	Santa is an international celebrity with a complex past

AG UPDATE

(October - December, 2022)

10/02/22	Rod Bain, Nathan Kauffman, Julia Asherman, Diana Davy, Adam Brown	Farm credit concerns for young, beginning, & underserved farmers
10/09/22	Rod Bain, Tom Vilsack	Fertilizer production expansion program opens application period
10/16/22	Rod Bain, Mae Wu	Programs supporting local & regional food system development
10/23/22	Rod Bain, Marcia Bunger	The latest on two crop insurance products
10/30/22	Rod Bain, Zach Ducheneaux	Disasters, on-site grain storage, & USDA assistance
11/06/22	Rod Bain, Marcia Bunger	The latest on two crop insurance products
11/13/22	Rod Bain, Jewel Bronaugh	Building ag trade opportunities in East Africa
11/20/22	Rod Bain, Zach Ducheneaux	Election season continues for FSA county committees
11/27/22	Rod Bain, Zach Ducheneaux	Navigating the farm loan application tool
12/04/22	Rod Bain, Tom Vilsack	An AIM for climate during US gathering
12/11/22	Rod Bain, Clay Hamilton	Conducting ag trade business in Spain
12/18/22	Rod Bain, Seth Myer	December notable news from USDA reports
12/25/22	Rod Bain, Joe Biden, Tom Vilsack	Strengthening US-Africa ag relations & market opportunities

SOUTHERN GARDENING (Gary Bachman)
(produced by the Mississippi State University Extension Service)

(October - December, 2022)

10/02/22	Garden neighbors
10/09/22	Confederate rose
10/16/22	Garden tool care
10/23/22	Compact snap dragon
10/30/22	Golden rod
11/06/22	Compact snap dragon
11/13/22	Twisted plants
11/20/22	Winter lichen
11/27/22	Garden ornaments
12/04/22	Mail order plants
12/11/22	Yaupon holly
12/18/22	Stewartia
12/25/22	Nature's mulch

SPECIAL BROADCASTS / COMMUNITY EVENTS

(October - December, 2022)

- October 4, 2022 WCKB aired a live interview with Lee Ann Blackmon of the Harnett County Division on Aging. She discussed the Medicare annual enrollment period, and help available in the local office. The interview aired from 12n - 12:30pm.
- October 5, 2022 WCKB aired a live interview with Eddy Blackman and Earl House of the Erwin Lions Club. They shared information about the upcoming Vision First Concert Ball and how the Lions Club works to help those with vision needs. The interview aired from 12n - 12:15pm.