

## WPBM-CD

### QUARTERLY ISSUES/PROGRAMS LIST

#### First Quarter 2024

#### Description of Programming

Family Lifestyles – A 30 minute weekly community affairs program hosted by Southern Kentucky County Extension Agents. Produced in studio and on location. Issues of interest to south central Kentucky are addressed, often featuring guests for additional information and viewpoints.

From the Heart: God At Work- A 30 Minute daily program produced in our studios. We highlight people and organizations working to help others in our area. Features a host and one or more guests.

#### NUTRITION

Family Lifestyles. 01/31/24, 1:30am; 02/01/24, 9:00am and 2:00pm; 02/02/24, 8:00pm, 02/03/24, 10:30am. 30 minutes. Subject: Healthy Breakfast. Extension Agents Adam Huber and Anna Meador demonstrate the preparation of two colorful, healthy breakfasts. First, a breakfast pizza and then a breakfast quesadilla.

Family Lifestyles. 01/17/24, 1:30am; 01/18/24, 9:00am and 2:00pm; 01/19/24, 8:00pm; 01/20/24, 10:30am. 30 minutes. Subject: Food Borne Illness. Extension Agents Lynn Blankenship and LaToya Drake. A thorough description of food borne illness is followed by many suggestions of how to avoid it, both at home and away from home.

Family Lifestyles. 02/14/24, 1:30am; 02/15/24, 9:00am and 2:00pm; 02/16/24, 8:00pm; 02/17/24, 10:30am. 30 minutes. Subject: Cheese. Extension Agents Lynn Blankenship and Rachel Vance. All about cheese. Different types are shown along with their health benefits. They demonstrate an easy make at home cheese.

Family Lifestyles. 03/06/24, 1:30am; 03/07/24, 9:00am and 2:00pm; 03/08/24, 8:00pm; 03/09/24, 10:30am. 30 minutes. Subject: Easy Healthy Meal Prep. Extension Agents Tracy Cowles and Janey Cline. Tips to plan ahead and make meal preparation fast, easy, nutritious and inexpensive.

Family Lifestyles. 02/21/24, 1:30am; 02/22/24, 9:00am and 2:00pm; 02/23/24, 8:00pm; 02/24/24, 10:30am. 30 minutes. Subject: Cooking Skills. Extension Agents Kelly Burgess and LaToya Drake explain and demonstrate many of the basic cooking skills needed today. They include measuring and measuring tools as well as cutting and various cutting tools.

## HEALTH

Family Lifestyles. 01/10/24, 1:30am; 01/11/24, 9:00am and 2:00pm; 01/12/24, 8:00pm; 01/13/24, 10:30am. 30 minutes. Subject: Folk Medicine. Extension Agents Lynn Blankenship and LaToya Drake explore folk medicine from our area of the country. Many natural remedies for common ailments.

Family Lifestyles. 02/07/24, 1:30am; 02/08/24, 9:00am and 2:00pm; 02/09/24, 8:00pm; 02/10/24, 10:30am. 30 minutes. Subject: Mental Health. Extension Agents Lynn Blankenship and Sonya Carter talk about our resilience and how important it is to our mental health. Taking care of ourselves is vital.

Family Lifestyles. 03/02/24, 1:30am; 03/03/24, 9:00am and 2:00pm; 03/04/24, 8:00pm; 03/05/24, 10:30am. 30 minutes. Subject: Heart Health. Extension Agent Kelly Burgess explains different types of heart disease, the risk factors and steps you can take to minimize your risk of heart disease.

Family Lifestyles. 03/27/24, 1:30am; 03/28/24, 9:00am and 2:00pm; 03/29/24, 8:00pm; 03/30/24, 10:30am. 30 minutes. Subject: Wellness. Extension Agent Kelly Burgess talks about dimensions of wellness. These include physical, emotional, spiritual, intellectual, financial and others.

## FAMILY WELFARE

Family Lifestyles. 01/03/24, 1:30am; 01/04/24, 9:00am and 2:00pm; 01/05/24, 8:00pm; 01/06/24, 10:30am. 30 minutes. Subject: 4H Programs. Extension Agents Adam Huber and Anna Meador explore the many different 4H programs available for children of all ages. These include cooking, science, robotics, livestock, etc. They also demonstrate how to make a healthy frozen yogurt.

Family Lifestyles. 01/24/24, 1:30am; 01/25/24, 9:00am and 2:00pm; 01/26/24, 8:00pm; 01/27/24, 10:30am. 30 minutes. Subject: Winter Preparation. Extension Agents Adam Huber and Anna Meador explain many things you can do to prepare your home and your family for inclement winter weather.

Family Lifestyles. 03/20/24, 1:30am; 03/21/24, 9:00am and 2:00pm; 03/22/24, 8:00pm; 03/23/24, 10:30am. 30 minutes. Subject: Summer Camps. Extension Agent Anna Meador. Information for families about upcoming 4H summer camps. Who can go, how can they register, what will they do at camp? Everything a family needs to know!

### FINANCES

Family Lifestyles. 02/28/24, 1:30am; 02/29/24, 9:00am and 2:00pm; 03/01/24, 8:00pm; 03/02/24, 10:30am. 30 minutes. Subject: Tax Season. Extension Agents Tracy Cowles and Janey Cline show you how to prepare for tax season. They help you get your records organized as well as explaining what you need to keep (for how long) and what you can discard.

### SOCIAL SERVICES

From the Heart: God at Work. 03/25/24, 7:00pm; 03/26/24, 12:00am and 8:00am; 03/28/24, 7:00pm, 03/29/24, 12:00am and 8:00am. 30 minutes. Subject: Crisis Pregnancy Home. Host Kathy Benz interviews two representatives of St. Gianna Crisis Pregnancy Home about this new resource available to pregnant women needing housing during and after their pregnancy. All services are free to the ladies.

From the Heart: God at Work. 03/26/24, 7:00pm; 03/27/24, 12:00am and 8:00am; 03/29/24, 7:00pm, 03/30/24, 12:00am. 30 minutes. Subject: Crisis Pregnancy Home. Host Kathy Benz interviews two different representatives of St. Gianna Crisis Pregnancy Home about this new resource available to pregnant women needing housing during and after their pregnancy. All services are free to the ladies.