

WPBM-CD

QUARTERLY ISSUES/PROGRAMS LIST

Third Quarter 2023

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.

NUTRITION

Family Lifestyles. 07/26/23, 1:30am; 07/27/23, 9:00am and 2:00pm; 07/28/23, 8:00pm, 07/29/23, 10:30am. 30 minutes. Subject: Beef. Extension Agents Lynn Blankenship and LaToya Drake. Different types of beef (grain-fed, grass-fed), different cuts of beef, health issues that can be helped or harmed by the type of beef you consume.

Family Lifestyles. 09/06/23, 1:30am; 09/07/23, 9:00am and 2:00pm; 09/08/23, 8:00pm; 09/10/23, 10:30am. 30 minutes. Subject: Seasoning your Food. Extension Agents Lynn Blankenship and LaToya Drake demonstrate various herbs and other flavors you can use to prepare your food and cut down on the salt.

Family Lifestyles. 09/20/23, 1:30am; 09/21/23, 9:00am and 2:00pm; 09/22/23, 8:00pm; 09/23/23, 10:30am. 30 minutes. Subject: Cheese. Extension Agents Lynn Blankenship and Rachel Hance explore the various types of cheeses available – each of the flavors and nutritional information. They also demonstrate an easy make-at-home cheese.

Family Lifestyles. 09/27/23, 1:30am; 09/28/23, 9:00am and 2:00pm; 09/29/23, 8:00pm; 09/30/23, 10:30am. 30 minutes. Subject: Charcuterie. Extension Agents Lynn Blankenship and Rachel Hance explain charcuterie in it's many forms. They give advice on the items you can use to build your charcuterie and make it healthy.

HEALTH

Family Lifestyles. 07/05/23, 1:30am; 07/06/23, 9:00am and 2:00pm; 07/07/23, 8:00pm; 07/08/23, 10:30am. 30 minutes. Subject: Radon. Extension Agent Lynn Blankenship talks with specialists Hardin Stevens and Stacy Stanifer about radon. What is it, how can you tell if it is in your home and what can you do about it.

Family Lifestyles. 08/16/23, 1:30am; 08/17/23, 9:00am and 2:00pm; 08/18/23, 8:00pm; 08/19/23, 10:30am. 30 minutes. Subject: Staying Healthy. Extension Agents Lynn Blankenship and LaToya Drake explain the health benefits of getting outside and keeping moving.

Family Lifestyles. 08/23/23, 1:30am; 08/24/23, 9:00am and 2:00pm; 08/25/23, 8:00pm; 08/26/23, 10:30am. 30 minutes. Subject: Folk Medicine. Extension Agents Lynn Blankenship and LaToya Drake explore historical natural remedies, particularly from the Appalachian Region, which includes Kentucky.

Family Lifestyles. 08/30/23, 1:30am; 08/31/23, 9:00am and 2:00pm; 09/01/23, 8:00pm; 09/02/23, 10:30am. 30 minutes. Subject: Food Borne Illness. Extension Agents Lynn Blankenship and LaToya Drake. LaToya relates her recent scary experience with a food borne illness. They explain the ways to keep food safe from dangerous bacteria.

FAMILY WELFARE

Family Lifestyles. 07/12/23, 1:30am; 07/13/23, 9:00am and 2:00pm; 07/14/23, 8:00pm; 07/15/23, 10:30am. 30 minutes. Subject: Hunger. Extension Agent LaToya Drake and Ashley Brauer of Foundation for a Healthy Kentucky focus on ways to help families in Kentucky eat good, healthy meals and stay within their household budget.

Family Lifestyles. 08/02/23, 1:30am; 08/03/23, 9:00am and 2:00pm; 08/04/23, 8:00pm; 08/05/23, 10:30am. 30 minutes. Subject: 4H. Extension Agents Brandon Bell and Amy Branstetter along with Marla Young explain the many types of programs 4H has to offer our youth. They explain the core content that all 4H programs use.