

## WPBM-CD

### QUARTERLY ISSUES/PROGRAMS LIST

#### Fourth 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. 11/01/23, 1:30am; 11/02/23, 9:00am and 2:00pm; 11/03/23, 8:00pm, 11/04/23, 10:30am. 30 minutes. Subject: All About Milk. Extension Agents Lynn Blankenship and LaToya Drake. Is milk the perfect food? What do you need in addition to milk in your diet? Tips for buying and using milk. Also information for those with milk allergies.

Family Lifestyles. 11/15/23, 1:30am; 11/16/23, 9:00am and 2:00pm; 11/17/23, 8:00pm; 11/18/23, 10:30am. 30 minutes. Subject: Bread making. Extension Agents Lynn Blankenship and LaToya Drake. What are the advantages of making your own bread versus buying it? How to make nutritious bread, along with variations of basic bread,

Family Lifestyles. 11/29/23, 1:30am; 11/30/23, 9:00am and 2:00pm; 12/01/23, 8:00pm; 12/02/23, 10:30am. 30 minutes. Subject: Paw-Paws. Extension Agents Lynn Blankenship and Megan Tredway. Great information on these plants which grow well in the area and have delicious and nutritious fruit.

## MAINTAINING YOUR HOME

Family Lifestyles. 10/11/23, 1:30am; 10/12/23, 9:00am and 2:00pm; 10/13/23, 8:00pm; 10/14/23, 10:30am. 30 minutes. Subject: Houseplant Propagation. Extension Agents Lynn Blankenship and Mason Crawford demonstrate the different techniques for propagating your houseplants, as well as keeping them healthy. The benefits of healthy plants in your home.

Family Lifestyles. 12/20/23, 1:30am; 12/21/23, 9:00am and 2:00pm; 12/22/23, 8:00pm; 12/23/23, 10:30am. 30 minutes. Subject: Emergency Preparedness. Extension Agents Julia Wilson and Sonya Carter. What you need to have your home prepared for an emergency. How to prepare your children to react appropriately in an emergency.

## FAMILY WELFARE

Family Lifestyles. 10/04/23, 1:30am; 10/05/23, 9:00am and 2:00pm; 10/06/23, 8:00pm; 10/07/23, 10:30am. 30 minutes. Subject: Raising Chickens. Extension Agents Lynn Blakenship and Mason Crawford explain how to raise chickens at home. What equipment do you need and how do you use it successfully. The good, the bad, and the ugly about chickens.

Family Lifestyles. 10/18/23, 1:30am; 10/19/23, 9:00am and 2:00pm; 10/20/23, 8:00pm; 10/21/23, 10:30am. 30 minutes. Subject: Horses. Extension Agents Lynn Blankenship and Lindsay Hayvaert explain how to take care of horses, how to train horses and how to prepare horses to show them.

Family Lifestyles. 11/22/23, 1:30am; 11/23/23, 9:00am and 2:00pm; 11/24/23, 8:00pm; 11/25/23, 10:30am. 30 minutes. Subject: Hunger. Extension Agent LaToya Drake. Where to find food when your resources are depleted. How to help others – especially children – who are going hungry.

Family Lifestyles. 12/06/23, 1:30am; 12/07/23, 9:00am and 2:00pm; 12/08/23, 8:00pm; 12/09/23, 10:30am. 30 minutes. Subject: BRADD. Extension Agent LaToya Drake. A discussion with two representatives from BRADD (Barren River Area Development District) focusing on benefits for the elderly. Many free resources are available for the asking.