

WPBM-CD

QUARTERLY ISSUES/PROGRAMS LIST

Second 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. 04/05/23, 1:30am; 04/06/23, 9:00am and 2:00pm; 04/07/23, 8:00pm, 04/08/23, 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. 04/12/23, 1:30am; 04/13/23, 9:00am and 2:00pm; 04/14/23, 8:00pm; 04/15/23, 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. 06/14/23, 1:30am; 06/15/23, 9:00am and 2:00pm; 06/16/23, 8:00pm; 06/17/23, 10:30am. 30 minutes. Subject: Making Healthy Snacks. Extension Agents Adam Huber and Anna Meador. Making easy and nutritious fruit snacks with your kids. Combining flavor, color and nutrition.

MAINTAINING YOUR HOME

Family Lifestyles. 05/17/23, 1:30am; 05/18/23, 9:00am and 2:00pm; 05/19/23, 8:00pm; 05/20/23, 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. 04/26/23, 1:30am; 04/27/23, 9:00am and 2:00pm; 04/28/23, 8:00pm; 04/29/23, 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. 04/17/23, 1:30am; 04/18/23, 9:00am and 2:00pm; 04/19/23, 8:00pm; 04/20/23, 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. 05/10/23, 1:30am; 05/11/23, 9:00am and 2:00pm; 05/12/23, 8:00pm; 05/13/23, 10:30am. 30 minutes. Subject: Kid Activities. Extension Agents Julia Wilson and Sonya Carter. When the boredom sets in after school is over for the summer, here are some great activities for kids – both educational and fun.

Family Lifestyles. 05/24/23, 1:30am; 05/25/23, 9:00am and 2:00pm; 05/26/23, 8:00pm; 05/27/23, 10:30am. 30 minutes. Subject: Projects for the Fair. Extension Agents Julia Wilson and Lisa Pritchard. Fun projects that kids (and adults) can do that can be entered into various categories at the fair.

Family Lifestyles. 05/31/23, 1:30am; 06/01/23, 9:00am and 2:00pm; 06/02/23, 8:00pm; 06/03/23, 10:30am. 30 minutes. Subject: Container Gardening. Extension Agents Julia Wilson and Adam Estes. Getting the most out of a small space. What to plant, when to plant and how to take care of a small vegetable garden.