

Radio Station WRGC

540 AM-105.7 FM

Programs/Issues List

First Quarter-2024

Compiled by: Roy Burnette

REVIEWED AND APPROVED BY

andy Page 4-5-2024
Operations Manager Date

A. Focus On The Community

Airing Monday Through Friday 12:07 till 12:15 PM

ISSUE	SPEAKER	DATE AND TIME	CONTENT
Military Communications careers	Army Reserve Staff Sargent Garvin	01/02/2024 Time 12:07 - 12:15 PM	Importance of precise communications within the military scope of operations and to the outside community
Importance of getting vaccines	Dr Garko Herbalist	01/03/2024 Time 12:07 - 12:15 PM	Natural medications and importance of keeping places clean where germs grow, nose
Credit score	Jeanelle Ditto Sr Director of FICO	01/04/2024 Time 12:07 - 12:15 PM	Check your credit score and correct mistakes asap
ACT and SAT Parallel Learning	Dr Jordan Wright Educator	01/05/2024 Time 12:07 - 12:15 PM	Efforts to make these important tests accessible to students with disabilities under a reasonable accommodation
Atrial Fibrillation	Dr Turakhia American Heart Assoc.	01/08/2024 Time 12:07 - 12:15 PM	AFib likelihood increases with age and the longer one wears a heart monitor the better sample of heart activity
ACA Enrollment	Kathy Hempstead Robert Wood Johnson Foundation	01/09/2024 Time 12:07 - 12:17 PM	The open enrollment period is now underway, numerous options are available, the importance of health insurance, Insurance brokers may help you find a plan
End Family Fire, in home firearm deaths	Coleen Creighton Brady Foundation	01/10/2024 Time 12:07 - 12:15 PM	Guns are primary source for suicides, safe storage of firearms is essential, pain of a child suicide never goes away
Cigar smoking has become an epidemic	Dennis Henigan and Dr Kimberly American Lung Asso	01/11/2024 Time 12:07 - 12:15 PM	Tens of thousands of new smokers each month and over 800,000 a year, cigars marketed to young people, legislation to limit marketing menthol cigars to young people, major pushback from cigar manufacturers
Livestock precautions during the winter	Dr. Katherine Hempstead, Robert Wood Johnson Found.	01/12/2024 Time 12:07 - 12:15 PM	Mules, donkeys, horses need their hoofs trimmed once or twice a year if left standing in a pasture. Make sure cattle have a dry place to stand around the feed ring, foot care is critical so watch for it
Prostate health	Dr. Troy Duell; National Institute of Health	01/15/2024 Time 12:07 - 12:15 PM	Things of possible prostate cancer, avoid caffeine, don't put off examinations and treatment, see a doctor asap if changes occur
The Heart of The Matter	Dr Jodi Smith Cardiologist and patient Robin	01/16/2024 Time 12:07 - 12:15 PM	Define Heart Failure, do your information homework, share information with cardiologist and with a mentor

Health foods and snacks	Julie Hartman, nutritionist	01/17/2024 Time 12:07 -12:15 PM	Choose foods to lower cholesterol for snacks like Almonds, Chicken of the Sea fish, vegetable snacks, health foods for gametime
Magical Place We Call School	Kathleen Corley School Superintendent	01/18/2024 Time 12:07 -2:15 PM	She opened some creative schools before landing at Buford, South Carolina before developing a cutting-edge school
Follicular Lymphoma	Dr Elizabeth Budd Cities of home cancer center	01/19/2024 Time 12:07-12:15 PM	This is a very hard cancer to treat but a new treatment has been approved Cancer its prone to return. Guest: Rena has been in remission for seven years. If symptomatic go to oncologist immediately
Huge rise in lung cancer diagnoses	Dr Bobby Mahajan CDC	01/22/2024 Time 12:07-12:15 PM	Effects of smoking of the lungs, industrial pollutants affect the lungs, efficient tests and new medications are now available.
Forestry Management Seminar	Robert Hawk, NC Coop Extension	01/23/2024 Time 12:07-12:15 PM	How to get the best financial returns from your forest land regardless of the acreage
Liver cancer is one of the fastest growing cancers	Dr Aparna Kalyan Northwest Medical Group	01/24/2024 Time: 12:07-2:15 PM	Liver cancer is the sixth highest cause of death from cancer, often not connected to alcohol use, new treatment, be a self-advocate
Herbalife product innovation	John Hess Herbalife company	01/25/2024 Time 12:07-2:15 PM	Ways to improve chances of getting a good night's sleep, what not to do before going to bed
Dept. of Aging	Eddie Wells, Dir. Dept. on Aging	01/26/2024 Time 12:07-2:15 PM	Details of the upcoming Charlie's Challenge fundraiser for friends helping friends whose houses are losing heat, letting in rain, need medications, other services where to help money is available, lots of local doners
Blood Pressure issues and dangers	Dr Bartolet American Heart Assoc	01/29/2024 Time 12:07-12:15 PM	New blood pressure medication approved by the FDA so now insurance will help pay, a Medtronic procedure using mercury to replace a missing gene in one's system to lower blood pressure for a longer term impact
Increases in COPD	Dr Bobby Mahajan CDC	01/30/2024 Time 12:07-12:15 PM	Major increases in occurrences of COPD mostly from smoking and addition to menthol cigarettes, major marketing to younger smokers, advertising targets Blacks, Indians, and Mexicans
Long term study on lung health underway	Dr. Mercedes Carnethon ALA	01/31/2024 Time: 12:07-2:15 PM	Recruiting minority individuals for a longitudinal study on lung health and impact of various contaminants on one's lungs over a lifetime
Ground cover issues for pastures	Kendra Fortner, NC Coop Ext.	02/01/2024 Time: 12:07-2:15 PM	Freeze/thaw period is good time to plant clover; various types of clover dependent upon needs; need for weed control; Buttercup alert for pastures and hayfields
Heart Issues during Super Bowl	Dr. Suzanne Steinheim	02/02/2024 Time 12:07-2:15 PM	Tension from the big game is a perfect set-up for a heart attack. Previous attack victims have a 50% increase in risk.
HIV/AIDS	Kate Hayes/Alicia Diggs, HIV/AIDS Council	02/05/2024 Time 12:07-12:15 PM	Increased awareness of HIV cases among black women; lack of access to healthcare; encouragement to protect oneself; I Am a Work of Art campaign

Lung Cancer Therapy	Dr. Jason Porter, Janet Freeman	02/06/2024 Time 12:07-2:15 PM	Lung cancer is increasing among teens and young adults; marketing campaigns for cigars with menthol, etc.; even with new medications, best remedy is to not get cancer
Quit Smoking	Diane Bastille/Tammy, a former smoker	02/07/2024 Time 12:07-12:15 PM	Lung Association facts; tips from former smoker, who quit after having open heart surgery; get help sooner, not later.
Farming issues	Christie Griggs, Coop Extension	02/08/2024 Time 12:07-12:15 PM	“Back to Our Roots”, a year-long skills class; Pullet class, information on raising chickens to exhibit at fair. Plant sale. Camp Canvasback 4-H camp at NC Coast
Hemostasis research	Dr. Tami-Singleton	02/09/2024 Time 12:07-12:15 P.M.	Strategies for managing hemophilia, a genetic blood disorder in which the blood does not clot; newborn safety issue; can get infusion of missing protein
Heart Health	Dr. William Crowder, AHA/Stephanie	02/13/2024 Time 12:07-12:15 PM	HCM is hardening of the heart muscle, leading to shortness of breath; Stephanie received a 2022-approved medication and was running again after a few months.
Liver Cancer	Dr. Aparna Kalyn	02/14/2024 Time 12:07-12:15 PM	Early detection is not common, because liver cancer is difficult to diagnose; not dependent on alcohol use or hepatitis; chronic inflammation, but some new treatment options
Care for fruiting plants	Minda Daughtry, NC Coop Ext.	02/15/2024 Time 12:07-12:15 PM	Advice on pruning grapes, which produce on new wood; growing persimmons; 4-H Plant sale
Job Opportunities	Mike Despeaux, Southwestern Community College	02/16/2024 Time 12:07-12:15 PM	SCC Job Fairs, Feb. 22 and 29; importance of training and resume; use of new stimulation mannequins which resemble real “live” person
Army Opportunities for Athletes	Capt. Sarah Beard	02/19/2024 Time 12:07-12:15 PM	The Army offers a training program for athletes, competing for US Olympic Shooting Team, pay during training; prior honors and championships noted on applications
Dealing with grief and loss	Roy Smoot, Author “It All Matters”	02/20/2024 Time 12:07-12:15 PM	Experience as his wife’s stroke affected use of her hands, then died after a four-year struggle with brain cancer.
Life without the Power grid	Dr. William Forstein, Author of “Five Years After”	02/21/2024 Time 12:07-12:15 PM	Description of how some might survive after the power grid is destroyed by an electrical pulse; need for water; protecting what you need to survive; 1870 lifestyle impossible for today’s generation
Prostate Health	Dr. Troy Duell’s, NIH	02/22/2024 Time 12:07-12:15 PM	Don’t ignore signs of prostate problems; avoid caffeine; be physically active; saw palmetto and oil of pomegranate are helpful
Senior Games	Eddie Wells, Amanda Nations, Jackson Co Sr. Ctr.	02/23/2024 Time 12:07-12:15 PM	Early bird registration ends Saturday; Over 100 different activities available; local winners compete at state level; \$20 registration
Psoriasis	Dr. Melinda Greenfield, Sun Pharma Meds	02/26/2024 Time 12:07-12:15 PM	Hereditary plaques can be all over the body; not communicable, but has stigma; can occur at any time; Sun can be helpful, also lotions and creams

Heart Attacks in women	Dr. Sharone Hayes, Women's' Clinic	02/27/2024 Time 12:07-12:15 PM	Women are twice as likely as men to have a heart attack, internationally 1 in every 80 minutes; risks and symptoms discussed
Art after Brain Injury	Morgan Lugo	02/28/2024 Time 12:07-12:15 P.M.	Art display in Spartanburg, featuring works with metal and bronze created by persons suffering brain injury
SCC Job Fair	Mike Despeaux, Tyler Goode	02/29/2024 Time 12:07-12:15 P.M.	Live Broadcast from the fair, about 70 vendors
Skin Cancer	Dr. Elizabeth Budd	03/01/2024 Time 12:07-12:15 P.M.	New medication showing promise to treat follicular melanoma, leads to remission, recently approved by FDA
Hypertension, Heart Disease	Stephanie Johnson, AMA	03/04/2024 Time 12:07-12:15 P.M.	50% of Black women suffer from hypertension; heart disease is the #1 killer of women. Release the Pressure Campaign
Army Reserve	Sgt. Ravel Lopez, Military Police Training Officer	03/05/2024 Time 12:07-12:15 P.M.	Duties of Military Police, security and investigations, training
Pickleball	Tom Webb, Dr. Beth McCrisken	03/06/2024 Time 12:07-12:15 P.M.	Health issues with country's fastest growing sport; safety practices including protective gear to prevent concussions
4-H Events	Kristie Griggs	03/07/2024 Time 12:07-12:15 P.M.	Summer camp, poultry club, fly fishing class, whittling instruction, and the Swain County Fair
Caring for chickens	Kendra Fortner, NC Coop Ext	03/08/2024 Time 12:07-12:15 P.M.	Baby chicks available; care by treating the soil in the lot if avian flu has been there before; protection from predators, etc.
Work that satisfies	Fred Sievert, Author of "Job of Consequence"	03/11/2024 Time 12:07-12:15 P.M.	Determine your values, find a job that fits; find the right environment and prepare for the long term
Alzheimer's	Stephanie Monroe, CDC; A Head Study	03/12/2024 Time 12:07-12:15 P.M.	Now enrolling people for a long term study; nearest location at Emory in Atlanta; symptoms may appear 20 years earlier than previously thought; triggers and symptoms
Alternative fuel	Tucker Perkins-National Propane Council	03/13/2024 Time 12:07-12:15 P.M.	Efficiency of propane for home and school buses, with less pollution; engine adaptation simple; reliable for vehicles and back-up generators
Domestic Violence	Sesanne Saucier-WNC Legal Aid	03/14/2024 Time 12:07-12:15 P.M.	Free or low-cost legal services available with Medicare and ACA; Break the Silence campaign for elder abuse, death threats, often unreported
Dealing with Grief	Theo Boyd, Author of "My Grief Is Not Like Yours"	03/15/2024 Time 12:07-12:15 P.M.	Narrative of the author's personal experience, dealing with the loss of her parents by accident and suicide, how to stay stable
Hometown Heroes Job Fair	Mike Despeaux, Southwestern Community College	03/18/2024 Time 12:07-12:15 P.M.	Job Fair including military recruiters, law enforcement, firefighters, etc.
Blood Cancer	Jae Nichelle, Artist and Mental Health Advocate	03/19/2024 Time 12:07-12:15 P.M.	Discussion of physical and mental anxieties dealing with incurable disease; importance of support groups; Jae started a podcast

Online security	Grace Hoyt, Google Online Security	03/20/2024 Time 12:07-2:15 P.M.	Google apps to protect passwords; use of fingerprints and pass keys, not easily scammed; tech to set kids' security on phones
Disaster Preparation	Jennifer Pipa, Red Cross	03/21/2024 Time 12:07-12:15 P.M.	Tips to be safe: Stay informed, have a Go-Bag with medicines and electronics; let others know your location and situation
Disability Awareness Month	Dr. Mai Pham	03/22/2024 Time 12:07-12:15 P.M.	15% of people suffer from a disability. Addressed challenges to mobility, communication, and care.
Dermatitis	Dr. John Browning, Univ. TX	03/25/2024 Time 12:07-12:15 P.M.	Atopic Dermatitis affects people of all ages, is not contagious, disrupts sleep.
Prostate Issues	Dr. Troy Duell	03/26/2024 Time 12:07-12:15 P.M.	Recognizing problems and ways to avoid them and medical treatment for prostate issues
Military Chaplain	Chief Paul Schlator Army Reserve Chaplain	03/27/2024 Time 12:07-12:15 P.M.	The services that are done by the Chaplain Corp in active-duty deployments embedded with units, conduct funeral services and in the hospital
Inflammable Bowel Disease	Dr. Satish Ibura; IBD Research in Houston	03/28/2024 Time 12:07-12:15 P.M.	Not to be confused with irritable bowel syndrome this chronic disease cannot be cured, but looking for better treatment
Author of book "Looking for Legends"	Thomas Tarantino Traveler and author	03/29/2024 Time: 12:07-12:15 P.M.	He and his wife have visited most of the famous places, met many of the explorers, publicity made the people more aware of place and history

Section B: Carolina Newsmakers

Provided by: The North Carolina News Network with Don Curtis

Airing: Sunday 5:00 till 6:00 PM

January 7, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH PATRICK WOODIE - PRESIDENT OF THE RURAL ECONOMIC DEVELOPMENT CENTER ECONOMY, RURAL DEVELOPMENT, POPULATION GROWTH, INVESTMENT, COVID-19, BUSINESS LOANS, TECHNOLOGY, INFRASTRUCTURE, TRANSPORTATION, EDUCATION, MEDICAID EXPANSION, BROADBAND, AND LEGISLATION.

JANUARY 14, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH ROBERT ORR - FORMER NORTH CAROLINA SUPREME COURT JUSTICE. COLLEGE ATHLETICS, NCAA, NAME IMAGE AND LIKENESS, MEDIA RIGHTS, MONEY IN SPORTS, EDUCATION, TITLE IX, COLLECTIVES, TRANSFER PORTAL, CONFERENCE REALIGNMENT, AND FUTURE OF ATHLETIC GOVERNANCE.

JANUARY 21, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH KAREN BRINSON BELL - EXECUTIVE DIRECTOR OF THE NORTH CAROLINA STATE BOARD OF ELECTIONS HOW THE STATE BOARD OF ELECTIONS IS ORGANIZED, PRIMARY ELECTION, ELECTION SECURITY, REDISTRICTING, EARLY VOTING, ABSENTEE VOTING, VOTER IDENTIFICATION, CAMPAIGN FINANCE, CAMPAIGN COMPLIANCE, SOCIAL MEDIA, ELECTION SECURITY, VOTER REGISTRATION, AND VOLUNTEERS.

JANUARY 28, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH LYNN MINGES - PRESIDENT AND CEO OF THE NORTH CAROLINA RESTAURANT AND LODGING ASSOCIATION COVID-19, RESTAURANTS, EMPLOYMENT, INFLATION, TECHNOLOGY, LODGING, TOURISM, EDUCATION, SCHOOL CALENDARS, SPORTS, CONVENTIONS, SERVING CAREERS, TRAINING, AND TRAVEL.

FEBRUARY 4, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH BRAD CRONE - PRESIDENT OF CAMPAIGN CONNECTIONS ELECTIONS, VOTING, PRIMARIES, GOVERNOR'S RACE, COUNCIL OF STATE RACES, SPORTS BETTING, ADVERTISING, CONGRESSIONAL SEATS, ISSUES, IMMIGRATION, NATIONAL DEBT, ECONOMY, ARTIFICIAL INTELLIGENCE, FAIR ELECTIONS, AND REDISTRICTING.

FEBRUARY 11, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH DR. MIKE WALDEN - NC STATE ECONOMICS PROFESSOR EMERITUS ECONOMY, ELECTIONS, INTEREST RATES, FEDERAL RESERVE, SAVINGS, DEBT, INTERNATIONAL TRADE, STOCK MARKET, NATIONAL DEBT, SOCIAL SECURITY, STUDENT DEBT, GAS PRICES, JOB GROWTH, EDUCATION, AND HEALTH CARE.

FEBRUARY 18, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH DR. SCOTT RALLS - PRESIDENT OF WAKE TECH COMMUNITY COLLEGE EDUCATION, POPULATION GROWTH, HEALTH CARE, UNIVERSITY SYSTEM, COST OF EDUCATION, TEXTBOOKS, HOUSING, FACULTY, STUDENTS, ONLINE COURSES, ATHLETICS, AND PUBLIC SAFETY.

FEBRUARY 25, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH SHAWN HARDING - PRESIDENT OF THE NORTH CAROLINA FARM BUREAU FARM BUREAU BACKGROUND, AGRICULTURE, TOBACCO, COTTON, COVID-19, WORKFORCE, REPAIRS, GRAINS, WEATHER, ENERGY, INFLATION, FARM BILL, RECRUITING NEW FARMERS, FORESTRY, AND BROADBAND.

MARCH 3, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH TOM JENSEN - EXECUTIVE DIRECTOR OF PUBLIC POLICY POLLING PRESIDENTIAL PRIMARY, ELECTIONS, YOUNG VOTERS, NORTH CAROLINA GOVERNOR'S RACE, REDISTRICTING, NC CONGRESSIONAL DISTRICT 1, US SENATE OUTLOOK, US HOUSE OUTLOOK, ADVERTISING, SOCIAL MEDIA, DEBATES, UNAFFILIATED VOTERS, ARTIFICIAL INTELLIGENCE, AND ECONOMY.

MARCH 10, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH REID WILSON - SECRETARY OF THE NORTH CAROLINA DEPARTMENT OF NATURAL AND CULTURAL RESOURCES ENVIRONMENT, EDUCATION, CULTURE, RECREATION, STATE PARKS, HISTORICAL MARKERS, MUSIC, SYMPHONY, STATE LIBRARY, ARCHEOLOGY, ZOO, ARTS COUNCIL, STATE ARCHIVES, MUSEUMS, AND NATURAL RESOURCES.

MARCH 17, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH KODY KINSLEY - SECRETARY OF THE NORTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES MEDICAID EXPANSION, HEALTH CARE, BEHAVIORAL HEALTH, MENTAL HEALTH, OPIOIDS, COVID-19, ADDICTION, HOSPITALS, TECHNOLOGY, RABIES VACCINES, GROWING CAREGIVING WORKFORCE, CHILD CARE, AND EDUCATION.

MARCH 24, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH MIKE CAUSEY – SECRETARY OF THE NORTH CAROLINA DEPARTMENT OF INSURANCE, HOME OWNERS INSURANCE, INSURANCE RATES, NATURAL DISASTERS, RATE BUREAU, CLIMATE CHANGE, AUTOMOTIVE INSURANCE, DISTRACTED DRIVING, REPLACEMENT VALUE COVERAGE, FRAUD, SCAMS, AND OPERATION MEDICINE DROP.

MARCH 31, 2024

CAROLINA NEWSMAKERS:

INTERVIEW WITH PHIL BERGER - SENATOR PRO TEM OF THE NORTH CAROLINA SENATE LEGISLATIVE SESSION, STATE BUDGET, ECONOMY, INFRASTRUCTURE, RAINY DAY FUND, TRANSPORTATION, MEDICAID EXPANSION, HEALTH CARE, HOSPITALS, SPORTS BETTING, CASINOS, TOLL ROADS, BUSINESS INCENTIVES, EDUCATION, LEANDRO, SCHOOL SAFETY, ARTIFICIAL INTELLIGENCE, AND IMMIGRATION.

WRGC Programs and Issues document for January, February, and March 2024