

**KXFR, 91.9 FM, Socorro, NM**  
**Quarterly Issues/Program List**  
**April-June, 2018**

**PROGRAM: Community Involvement**

**AIRED: 1<sup>st</sup> & 3<sup>rd</sup> Saturdays at 1:15 am, 7:15 am, 1:15 pm & 5:15 pm**  
**(The duration of each interview segment is 15 minutes.)**

DATE	ISSUE	GUEST AND DESCRIPTION
April 7, 2018		*Due to technical issues, <i>Community Involvement</i> did not air as regularly scheduled.
April 21, 2018	<b>Charities, Public Safety, Health and Welfare, Education, Sexual assault prevention &amp; awareness</b>	<p><u>Host:</u> Larry Vavroch</p> <p><u>Guest:</u> Alexandria Taylor, Executive Director for Valencia Shelter Services in Los Lunas, New Mexico            (NOTE: Los Lunas, New Mexico is about 56 miles from station location. Valencia Shelter Services serves sexual assault and domestic violence victims in all of Socorro County since there is no shelter serving them within Socorro itself.)</p> <p><u>Description:</u> Valencia Shelter Services is a domestic violence, sexual assault and child abuse agency that includes Socorro and the surrounding counties. They provide shelter services, advocacy which are the crisis intervention services along with counseling services and a housing program for 30 families throughout the county. They also do prevention and outreach to educate the community on how they can take an active role in preventing violence. They also operate the Child Advocacy Center where they coordinate the investigation and treatment of child abuse cases. Helen's House is their emergency shelter for those who are fleeing domestic violence or sexual abuse and are finding themselves homeless and they strive to create a welcoming and holistic environment. Mental health staff provide counseling support and therapy and individuals can stay there for up to 90 days with the goal of helping them find safe, affordable housing.</p>
May 5, 2018	<b>Charities; education through extension outreach, hunger &amp; food distribution to the hungry</b>	<p><u>Host:</u> Larry Vavroch</p> <p><u>Guest:</u> Guadalupe Rincones, Extension Nutrition Educator for New Mexico State University, Socorro County Extension Service Office, Socorro, New Mexico</p> <p><u>Description:</u> ICAN (Ideas for Cooking and Nutrition) offers free nutrition education to residents of Socorro County with limited income. She coordinates these sessions that includes a fun food activity and a physical activity. With March as Nutrition Month, participants in ICAN also receive recipes, an exercise DVD and other useful items. They learn how to save money at the grocery store, store and handle food safely, become more physically active, eat a variety of nutritious foods, maintain a healthy weight and prepare quick and nutritious meals. As an example, she shows them how much sugar is in soft</p>

		<p>drinks after which they quickly change their eating or drinking habits. She educates them to read those nutrition labels, looking for the fat or salt and eating fruit such as apples and pears; suggesting they prepare extra meals and stay away from fast foods.</p> <p>She advocates cooking in a crock pot which is an easier alternative that she does quite frequently. Last year, she reached more than 5,000 adults and children in her outreach to the schools. She suggests they engage in physical activity with adults needing 30 minutes each day. ICAN is funded by SNAP-Ed and EFNEP and offered statewide through New Mexico State University's Cooperative Extension Service. Their upcoming program, Kitchen Creations is specifically for those with diabetes.</p>
May 19, 2018	<b>Charities; needs of older adults; proper nutrition, growing concerns of grandparents raising their grandchildren</b>	<p><u>Host:</u> Larry Vavroch</p> <p><u>Guest:</u> Linda Murillo, Senior Center Director for the Socorro Senior Center in Socorro, New Mexico</p> <p><u>Description:</u> With May designated as Older Americans Month, she shared about the Socorro Senior Center that operates three centers in the county. Their congregate meal site in Socorro serves up to 80 older adults each day along with congregate meals at the other two centers. They only deliver homebound Meals on Wheels meals one day a week with one fresh meal on Monday and four frozen meals but five fresh meals are delivered each day in Socorro. They also offer transportation to the center that offers a wide range of activities that includes exercise sessions, sewing circles, access to computers and workshops on issues impacting older adults. She focused on the needs of older adults especially of those raising their grandchildren referring to this as a crisis. As the result of funding, they now offer a homemaker program that includes light housekeeping, meal preparation or trips to the store which encourages social interaction, enabling them to live at home. The Foster Grandparent program reaches out to students in two elementary schools and the Senior Companion program that provides companionship to older adults.</p>
June 2, 2018	<b>Recreation needs of youth &amp; adults</b>	<p><u>Host:</u> Larry Vavroch</p> <p><u>Guest:</u> Cindy Rivera, Parks &amp; Recreation Director for the City of Socorro, New Mexico</p> <p><u>Description:</u> The city of Socorro's Recreation Department aims to create a healthier lifestyle for its citizens with a wide range of activities. With many sports leagues, in finishing up their coed volleyball league and their Little League baseball season starting. They also offer open swims, swimming lessons, swim team competition, their Youth Center offers many programs that includes field trips in the summer. At the center, that serves children ages five to 12, the Socorro Public Schools provide a teacher. They have a community garden there that the kids tend to. She personally shared about her favorite aspect</p>

		<p>this time of year in seeing youth and adults in the community being active. The city offers three parks and she described the amenities of those parks that includes the Rodeo Area soccer complex. She looked ahead to the school year and shared about their fall activities that includes the youth flag football program, youth and girls' volleyball program and volleyball for adults, along with their Youth Center afterschool program. Each of their coaches are volunteers and are also needing volunteers to help at the Youth Center.</p>
<p>June 16, 2018</p>	<p><b>Charities; fine arts &amp; music appreciation needs; social &amp; cultural needs of Socorro</b></p>	<p><u>Host:</u> Larry Vavroch  <u>Guest:</u> Ronna Kalish, Director of Performing Arts Series from Socorro, New Mexico  <u>Description:</u> The 4<sup>th</sup> of July celebration on the New Mexico Tech campus features a parade and other activities during the day that includes a concert by the Socorro Community Band, a family circus performance, cowboy and western music by Doug Figgs and the Cowboy Way, a demonstration by Rising Stars Dance Studio, two local bands and family activities such as waterslides will be taking place on July 4<sup>th</sup>, concluding with the traditional fireworks display that night. She saw the need to start an Independence Day event when she came to Socorro 26 years ago. Although they had a fireworks display, an event with activities was needed to bring people together for the entire day. She has experimented with the bands over the years and the event has grown and become a real community mainstay. She also gave an overview of the upcoming Performing Arts series this fall that features 12 concerts every season at the Macey Center on campus, always offering a wide variety of music and dance performances.</p> <p>*Due to technical issues, <i>Community Involvement</i> did not air at 1:15 am, 7:15 am and 1:15 pm as regularly scheduled.</p>

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**Community Bridge, Heard Saturdays**  
**at 12:00 am, 6:00 am, 12:00 pm, and 4:00 pm Pacific/Central and**  
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DATE	ISSUE	GUEST AND DESCRIPTION
April 7, 2018	<p><b>Colorectal cancer is very preventable, but few get screened.</b></p> <p><b>(15-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Dr. Irving Pike, President of the American College of Gastroenterology and Senior Vice President and Chief Medical Officer at John Muir Health (Walnut Creek, CA).  <u>Description:</u> Colorectal cancer affects the colon or rectum. The cancer often occurs when slow-growing polyps develop on the lining of the esophagus. Not much can be done to prevent polyps from growing, so it's important to do a colonoscopy every 10 years beginning at age 50. People with a family history of the disease or those of African-American descent should be screened earlier. Unlike other cancers, colorectal cancer is very preventable. Other exams are available to test for polyps, but a colonoscopy remains the most effective. In this exam, a small camera is inserted in an emptied colon to detect for polyps. If abnormal growth is found, tissue samples are taken for biopsy and the polyps are removed if deemed a problem. The test can be done without sedation. Once the cancer spreads to other organs, treatment would be ineffective. Smoking, being overweight, having a family history of the disease, and being African-American are factors that can increase one's risk. To learn more, go to <a href="http://gi.org/coloncancer">gi.org/coloncancer</a>.</p>
April 14, 2018	<p><b>Young Christian men need wisdom from older Christians.</b></p> <p><b>(30-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Kevin Harris, Executive Director of Radical Mentoring (Atlanta, GA).  <u>Description:</u> Reggie Campbell started Radical Mentoring in 2001 after realizing that his time was better spent on group mentoring rather than one-on-one mentoring. Today, Radical Mentoring is used in roughly 150 churches across the United States. The ministry equips older Christian men to mentor groups of 4-8 younger men for three hours a month for 9-12 months. They provide all the tools, resources, and content needed for free. This is not a men's group or Bible study. In the program, the men read a book, write a brief summary, and apply what is learned in their real life. Scripture memorization is a must. Discussions can be very personal and assignments are aimed at helping the men become better fathers, husbands, and Christians. Groups memorize Scripture, pray together, and keep one another accountable. Men have been radically transformed. Marriages have improved. Churches and communities have been changed. Radical Mentoring depends on donations for support. To learn more, go to <a href="http://radicalmentoring.com">radicalmentoring.com</a>.</p>

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April 21, 2018	<p><b>Misuse or improper storage of medicine can lead to medical emergencies.</b></p> <p><b>(15-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Anita Brikman, Executive Director of Consumer Health Products Association Educational Foundation (Washington, DC).  <u>Description:</u> Each year, about 60,000 young kids go to the emergency room after accidentally ingesting medicine. As people spring clean, it's important to remember to keep medicine up and away, out of reach of children who are naturally curious. The Centers for Disease Control has partnered with the Consumer Healthcare Products Association in the Up and Away campaign to share this message. Child-resistant containers are effective in keeping young hands out of medicine bottles, but the safety cap must be closed (until the lid clicks) after usage. Liquid medicine must never be dispensed with dinner spoons. Adults should use the dosage container included with the medicine for correct dispensing. Over-the-counter medication may seem harmless, but overdosing or improper use can lead to serious effects for young kids. Likewise, household cleaning supplies should also be secured in an area kids cannot access. Always keep the public poison control phone number handy in your phone in case of an emergency: (800) 222-1222. For more information, go to <a href="http://upandaway.org/">upandaway.org/</a> or <a href="http://knowyourotcs.org/">knowyourotcs.org/</a>.</p>
April 28, 2018	<p><b>Identity theft and scams target Medicare beneficiaries.</b></p> <p><b>(30-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Cate Kortzeborn, Deputy Regional Administrator of Medicare for California (San Francisco, CA).  <u>Description:</u> Seniors receiving Medicare can expect to receive a new Medicare ID card in the mail. These are paper cards that no longer display personal social security numbers. Instead, the new cards will have a randomly selected ID number. This is to help prevent fraud, such as ID theft. The mailing has begun, but will take up to a year to deliver. It is vital for seniors to make sure their address with Social Security is correct. Fraud and scams continue to be a problem, not just for the elderly, but for all age groups. Older adults, however, are easy targets, so they need to be more vigilant. These new cards are free, so beware of anyone selling them. Although the ID cards are new, no other changes are being made with Medicare. Once the new cards are received, beneficiaries should discard their old card. Doctors and hospital facilities are aware that the cards are being replaced. Lost cards may be easily obtained by printing a new card from Medicare's</p>

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		website. For more information, go to <a href="http://medicare.gov/">medicare.gov/</a> or call them at Public Line 1-800-MEDICARE or 1-800-633-4227.
May 5, 2018	<p><b>At-risk students can become successful students with positive role-models and influences.</b></p> <p><b>(15-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Tiffany Miller, Vice President of Government Relations, Communities in Schools (Arlington, VA).  <u>Description:</u> Communities in Schools began about 40 years ago on the premise that caring adults can positively influence a struggling student’s perspective on school and life. Their new survey asked adults how prepared or unprepared they felt high school graduates are for success in college and in the workplace. About 3% felt most high school students are very prepared for college, while only 22% felt high school graduates are prepared. Poverty is a key factor on why students fall behind or give up on school. Struggling students can change after an adult shows care, shows an interest in them, or shows belief in the student. Communities in Schools (CIS) serve 1.5 million students in 2,300 schools in 25 states across the nation, not including the District of Columbia. Their Site Coordinators work with school administrators to identify and support struggling students. This includes finding resources addressing housing, hunger, and other issues, so students can focus on their academics. As a result, at-risk students are graduating and entering college. To learn where your nearest CIS program is or to learn more, go to <a href="http://communitiesinschools.org">communitiesinschools.org</a> or call them at Public Line 800-CIS4KIDS (800-247-4543).</p>
May 12, 2018	<p><b>School shootings and violence is a concern to students and their families.</b></p> <p><b>(15-min program *)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Sally Burke, President of Moms in Prayer Int’l (Poway, CA).  <u>Description:</u> School shootings are happening much too frequently. Moms in Prayer is a Christian ministry where moms meet together to pray for their children and school. Only two moms are needed to set up a Moms in Prayer group. The ministry provides support material for purchase and for free to help the groups. Some women may not be used to praying aloud and some may think an hour-long prayer meeting too long, but many of the participants find the hour is not enough as they pray to God for protection, guidance, wisdom, and salvation over their children, family, school administrators, etc. The prayer meetings are set up to start and end on time and to avoid gossip or off-topic discussions. They follow the Lord’s Prayer as a guide: praise, silent confession, thanksgiving, and intercession. Lives have been transformed through these weekly, hour-long prayer sessions. Moms in Prayer is currently in</p>

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		50 stations nationwide and over 140 countries overseas. To find your nearest Moms in Prayer group or to establish one, go to <a href="http://momsinprayer.org/">momsinprayer.org/</a> or call Public Line (855) 769-7729.
May 19, 2018	<b>Around 60,000 young kids end up in the ER from accidentally ingesting medicine.</b>  <b>(15-minute program)</b>	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Anita Brikman, Executive Director of Consumer Health Products Association Educational Foundation (Washington, DC). <u>Description:</u> As we spring clean, it's important to keep medicine up and away, out of reach of curious children. Every year, about 60,000 young kids go to the emergency room after accidentally ingesting medicine. The Centers for Disease Control has partnered with the Consumer Healthcare Products Association in the Up and Away campaign to address medicine safety at home. Child-resistant containers are effective in keeping kids from accessing medicine bottles, but the safety cap must be closed (until the lid clicks). Liquid medicine must never be dispensed with dinner spoons, but rather with the dosage container included with the medicine. Over-the-counter medication may seem harmless, but overdosing or improper use can lead to serious effects for young kids. Likewise, household cleaning supplies should also be secured in an area kids cannot access. Always keep the public poison control phone number handy in case of an emergency: (800) 222-1222. For more information, go to <a href="http://upandaway.org/">upandaway.org/</a> or <a href="http://knowyourotcs.org/www.upandaway.org">knowyourotcs.org/www.upandaway.org</a> .
May 26, 2018	<b>Christian leaders are needed in the military.</b>  <b>(30-min program*)</b>	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Brigadier General David Warner, Executive Director of Officers' Christian Fellowship (OCF) and United States Air Force Retired (Englewood, CO). <u>Description:</u> Officers' Christian Fellowship is a ministry that helps military leaders be positive, Christ-like role-models as they serve their nation and their God. In addition to this, they reach out to soldiers and military families to ensure that the spiritual needs of the Body are met. There are 500 fellowships in the U.S. and around the world, consisting of service members of all ranks and their families. Fellowships are also online. Military service brings about many challenges, so it's important to be rooted with other believers. The result of this fellowship has led nonbelievers to inquire about the service member's faith. OCF works alongside military chaplains to support believers. General Warner estimates that 60-70% of the military identifies as Christian. General Warner was a believer when he joined the military, but lacked an

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		<p>understanding of saving-faith and what it means to be a Christian. OCF helped him turn his life over to Christ. Today, he and his wife serve OCF as a couple. The fellowship is open to anyone, military or not. For more information, go to <a href="http://ocfusa.org/">ocfusa.org/</a>.</p>
June 2, 2018	<p><b>College affordability is needed as student debt continues to rise.</b></p> <p><b>(15-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Steve Klinsky, Founder and CEO of Modern States (New York, NY).  <u>Description:</u> Last fall, a nonprofit was formed to address the estimated 1.4 trillion dollars of outstanding student debt. Modern States' Freshman Year for Free program allows anyone in the world to take online college courses at their leisure and take CLEP exams for college credits. Students can essentially complete their freshman year of college for free, reducing the cost of a higher education. Video courses are taught by noted professors from around the country. Classes include lower division college courses, such as English, Chemistry, Spanish, Philosophy, etc. In order to get college credit for the course, students must take and pass the CLEP exam at one of their 1,800 national sites. About 2,900 U.S. colleges and universities, such as Purdue and Texas Christian, accept CLEP credits. The Modern States passing rate for the exams is higher than the national average. The College Board, administrator of the exam, charges \$85 per test, but Modern States is currently covering the cost for the first 10,000 students. Since its launch, over 60,000 people have taken these free courses. Learn more at <a href="http://modernstates.org/">modernstates.org/</a>.</p>
June 9, 2018	<p><b>Children need an active, loving father.</b></p> <p><b>(30-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Rick Johnson, Founder and President of Better Dads Ministries (Portland, OR).  <u>Description:</u> Dads play an important role in shaping a boy or girl's future. Boys without fathers often lack confidence, do not take risks, and may experiment with drugs and alcohol. Many fatherless boys seek approval in many ways, sometimes with detrimental consequences, such as incarceration. Girls lacking that fatherly affection may experience abuse as they search for love. Rick has authored a number of books and speaks across the country to build up fathers. In one book, he shares that some great dads gauge the amount of laughter in their home as an indicator of an engaged, healthy home life. Rick created the Christian ministry, Better Dads, to help fathers become just that--better dads. Shortly after starting the nonprofit, a local school with many</p>

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		single moms asked Rick to create a program for them. It was so successful that more programs have been created. The Better Dads website has a lot of videos and tips, such as how to communicate with teens. Rick suggests listening whenever possible and taking walks or doing an activity to get kids comfortable enough to talk. For more information, go online to <a href="http://betterdads.net/">betterdads.net/</a> .
June 16, 2018	<b>God needs to be the center of a father's life.</b>  <b>(15-minute program)</b>	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> Brian Goslee, Founder & CEO of Changed Through Faith Ministries (Cincinnati, OH). <u>Description:</u> Being a great father is an admirable goal, but when God is not the center of our life, we're left to live life on our own, trying to do things our own way. In the end, we can be left with frustration and disappointment. Brian Goslee's goal was just that—be the best father to his two kids, because he didn't have one growing up. Brian realized, however, how far different fathering is when he put God first in his life. Changed Through Faith Ministries helps fathers grow in their walk with God, so they can be the best fathers and husbands possible. Their two main programs are Donuts with Dad and the Father and Son Baseball Classic. These are fun, welcoming, and non-threatening events for fathers to grow with their children, with others, and with the Lord. Changed Through Faith events are free and the outreach is looking to expand. Anyone interested in starting a similar ministry is welcome to contact Brian. There are a lot of free resources online for fathers at <a href="http://changedthroughfaith.com/">changedthroughfaith.com/</a> .
June 23, 2018	<b>Fatherless boys need positive role models to help them forgive their dads.</b>  <b>(30-minute program)</b>	<u>Host:</u> Jenny Burkhiser <u>Guest:</u> John Smithbaker, Founder of Fathers in the Field (Loveland, CO). <u>Description:</u> About 50% of all U.S. boys are not living with their father. John Smithbaker was one of these boys and to cope, he tried to excel in everything he did to prove that he was worthy. His father not only abandoned his family, but he wanted to abort John. John vowed to never forgive his dad until the Lord revealed himself to John one day. John forgave his dad and felt healing and newness of life. Looking back at his difficult childhood, he realized how influential his uncle and his friend's dad were in his life. They took him fishing and spent time with him, showing him what a Godly man was like. It was through these life experiences that Fathers in the Field, a Christian ministry that works closely with churches to train Christian men to mentor fatherless boys, was formed. This is a three-year commitment between the men,

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		<p>single moms, and their sons as the men prove themselves trustworthy and dependable to boys who are all too familiar with broken promises. By going to church, hanging out, or doing daily chores, the boys learn to trust, forgive their dads, and hopefully, give their lives to God. Fatherlessness is a growing epidemic that is destroying families and the church needs to realize this is its mission field. To learn more, go to <a href="http://fathersinthefield.com/">fathersinthefield.com/</a>.</p>
June 30, 2018	<p><b>Kids needs to play it safe this summer.</b></p> <p><b>(30-minute program)</b></p>	<p><u>Host:</u> Jenny Burkhiser  <u>Guest:</u> Aileen Imai, Injury Prevention Coordinator at Miller Children's &amp; Women's Hospital Long Beach (Long Beach, CA).  <u>Description:</u> School is out and summer is finally here. Whether it's biking, skateboarding, swimming, or just hanging out around the house, keeping the kids safe this summer is important. Sunscreen with a 30 SPF or higher should be applied when playing outdoors and reapplied every two hours. Kids should always wear a helmet when biking, skateboarding, etc. to protect their heads from injury. Avoid buying used helmets, because they may have been in a crash. Discard helmets that have been in accidents. An adult should always keep a watchful eye on kids when they are in a swimming pool. In the car, young kids should be strapped in the proper car seat or booster. Many local police agencies will provide free seat inspections. For long road trips, provide activities to keep kids occupied and keep drivers from being distracted. As the weather warms, it's important to never leave kids in the car as the temperature inside the car quickly rises. Even on a cool day, the inside of a car can get to dangerous levels. A tip is to take off one shoe and place it in the back as a reminder that "little Susie" is there. For more tips, go to <a href="http://millerchildrenshospitallb.org/injuryprevention">millerchildrenshospitallb.org/injuryprevention</a>.</p>

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