

**CMG NY/Texas Radio
WHRU-FM, Babylon, NY
ISSUES AND PROGRAMS LIST
4th QUARTER 2022**

Station WHRU 95.3 FM determined that the following were of significant concern to the Long Island, New York Community during the fourth quarter of 2022.

1. Charity Events
2. Economics/Government
3. Family & Parenting
4. Mental Health
5. Poverty
6. Public Health
7. Public Safety
8. Women's Issue
9. Veterans Support
10. Minority Issues
11. Education/Arts
12. Addiction

The following report summarizes a representative sample of programming that provided the most significant treatment of community issues during the past quarter. Programming frequently deals with more than one issue.

Prepared by:

Tianna Gratta
Office Manager
CMG NY/Texas Radio
WBAB-FM, WHFM-FM, WBLI-FM

WHRU-FM Program Descriptions

Plugged In To Long Island - Plugged In To Long Island is a one-half hour, station produced interview program focusing on Long Island area issues. It is heard Sunday mornings at 6:00AM and 6:30AM and is posted to wbab.com in podcast form. Plugged In To Long Island is produced by Cox Radio Long Island community affairs staff.

Radio Health Journal - Radio Health Journal is a one-half hour radio magazine produced by Media Tracks Communications that keeps tabs on the latest in the world of medicine- breakthroughs, what medical advances to look for, and eye-opening news. The show airs on Sunday morning at 5AM.

Legislative Gazette –Legislative Gazette is a one-half hour New York State (WAMC) produced discussion program focusing on New York State government and political issues. It is heard Sunday mornings between 5:30am and 6:00 am, inside Sunday morning public affairs programming.

WBAB Community Calendar – The WBAB Community Calendar is a listing of Public Service Announcements and community events throughout Long Island. The WBAB Community Calendar runs once per daypart daily, seven days a week. Events are also listed on www.wbab.com.

WHRU-FM 4th Quarter 2022 Issues & Programs

Issue – Charity Events

Plugged Into Long Island (Teachers Federal Credit Union) 10/9/22 at 6:30-7 AM (24 minutes)

Al Levine spoke with CEO Brad Calhoun about why Teachers Federal Credit Union is sponsoring the 'Making Strides Against Breast Cancer Long Island Walk' which is taking place on October 16th at Jones Beach State Park, as well as the other work the organization does throughout the community.

Plugged Into Long Island (Helping Hands Rescue Mission) 11/13/22 at 6:30-7 AM (26 minutes)

Al Levine spoke with President Kim Gambino about the HHRM Thanks-GIVING 58th Annual Food Drive coming up on November 15th as well as the other programs the organization runs throughout the year.

Issue – Economics/Government

BAB Community Calendar 10/1-10/7 (30 seconds – 25 ran times) 1002

Are you registered to vote at your current address? Register to vote, get voter information, or check your voter registration status at headcount dot org. Use your voice. This message is brought to you by headcount dot org, a non-partisan, non-profit organization dedicated to helping all Americans use their voices at the polls. Headcount dot org.

The Legislative Gazette 10/9/22 at 5:30-6am (28 mins)

Tech Company Micron announces a \$100 billion investment to build a series of state-of-the-art semiconductor fabrication plants near Syracuse, our political observer Alan Chartock shares his thoughts on pay to play political accusations against Governor Hochul, and a new study aims to predict how remote work will impact the economy and city planning.

The Legislative Gazette 11/6/22 at 5:30-6am (28 mins)

We'll learn more about the candidates running for Lt Governor, our political observer Alan Chartock speaks with Westchester County Executive George Latimer about the coming midterms, and we'll remind you to flip over your ballot Tuesday to consider the environmental bond act.

BAB Community Calendar 11/18-12/2 (30 seconds – 60 ran times) 1002

For those in need, Medicaid and Ship offer free or low-cost health coverage for children and teens, hospitals and doctor visits, prescriptions, shots and more. That's peace of mind for parents if a child is sick or gets injured. And parents may now be eligible for Medicaid too, even if they've applied in the past. Enrollment is always open. Visit Insure Kids Now do gov or call 1-877-KIDS-NOW. Sponsored by the US Department of Health and Human services.

The Legislative Gazette 12/25/22 at 5:30am-6am (28 mins)

Governor Hochul says she's not raising taxes in her new state budget proposal, our political observer Alan Chartock speaks with Newsday's Yancey Roy about multiple lawsuits filed against New York's new conceal carry weapons law, and we'll take you to Seneca Falls, the inspired location of the movie It's a Wonderful Life.

Issue – Family & Parenting

BAB Community Calendar 10/7-10/21 (30 seconds – 60 ran times) 1002

Did you know that those headaches and stomach aches your child gets may be a migraine? 10% of children and 28% of adolescents have migraine disease. And many children with migraines experience anxiety too. It's important for parents to know how migraines can impact their children's ability to learn. Migraines at School can help. Every child deserves the chance to flourish in school. Visit Migraine at School dot org. Sponsored by the Coalition for Headache and Migraine Patients.

BAB Community Calendar 10/21-11/4 (30 seconds – 60 ran times) 1002

Learning to cope with the loss of a loved one isn't easy, especially if you're a child. One in seven Americans experience the death of a parent and/or sibling by the age of 20. Camp Good Mourning is dedicated to helping children on Long Island grieve with the loss of a loved one. You can help by attending the Children's Grief Awareness Day Fundraiser on Saturday November 19th at Levittown Hall in Hicksville. TO register, go to Camp Good Mourning dot org. That's M-O-U-R-N-I-N-G. Sponsored by Camp Good Mourning.

Plugged Into Long Island (The Fresh Air Fund) 10/23/22 at 6:30-7 AM (22 minutes)

Christa spoke with CEO Lisa Gitelson about how the organization inspires children to try new things as well as the science behind children's emotional development growth during the COVID-19 pandemic.

Plugged Into Long Island (Inclusive Sports & Fitness Inc.) 11/6/22 at 6:30-7 AM (23 minutes)

Al Levine spoke with Founder & Executive Director Alex Lopez and Chief Operating Officer Andy Sanseviro about the Exceptional Race coming up on Saturday,

November 12th as well as how ISF provides an opportunity for children from all walks of life to stay active and maintain their physical fitness.

Issue – Mental Health

Radio Health Journal 10/23/22 at 5:00am (10 mins) Can Dreams Deepen Our Understanding of Mental Illness?

Even with a growing awareness of mental health, researchers say our compassion for those with mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams could help us better understand the daily lives of those with mental illnesses, such as schizophrenia

Radio Health Journal 11/13/22 at 5:00am (11 mins) How to Overcome Your Mental Blocks to Reach Success

Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why it's so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals.

BAB Community Calendar 10/21-11/4 (30 seconds – 59 ran times) 1004

The Covid-19 Pandemic has affected how we live our daily lives. Today, one in five Americans experience emotional and mental health challenges but many of us do not understand what we are facing or know how to ask for help. At the American Psychiatric Association Foundation, we have work every day to eliminate stigma, combat mental illness and substance use disorder and advance mental health. If you or someone you love needs help; you are not alone. Please visit [Mentally Healthy Nation dot org](http://MentallyHealthyNation.org) to learn more.

Plugged Into Long Island (Veterans Yoga Project) 12/25/22 at 6-6:30 AM (23 minutes)

Al Levine spoke with New York Regional Director & Teacher Deb Jeanette about the positive effects yoga has on mental health as well as how veterans can attend classes both on Long Island and online.

Issue – Poverty

Plugged Into Long Island (Helping Hands Rescue Mission) 10/2/22 at 6:30-7 AM (26 minutes)

Al Levine spoke with President Kim Gambino about the HHRM Thanks-GIVING 58th Annual Food Drive coming up on November 15th as well as the other programs the organization runs throughout the year.

BAB Community Calendar 10/7-10/21 (30 seconds – 60 ran times) 1002

More than 63,000 people on Long Island struggle with food insecurity. With Thanksgiving coming up, many families can't afford to put food on the table. But you can help every year the Lighthouse Mission distributes Thanksgiving meals and turkeys to around 1,200 families on Long Island. In-person donations can be brought to the main office, which is located at 1543 Montauk Highway in Bellport. To learn more, visit Light House Mission dot com or call 631-758-7584.

Plugged Into Long Island (N.Y. Container & Trailer Co.) 10/30/22 at 6:30-7 AM (24 minutes)

Val spoke with N.Y. Container & Trailer Co. President Barry Quick & Long Island Cares Community Events & Food Drive Manager Billy Gonyou, MS about the Truckers for Turkey Food Drive taking place on Sunday, November 6th at the Westbury Music Theatre as well as why the two organizations chose to partner with each other to help the community.

Plugged Into Long Island (Island Harvest) 12/4/22 at 6-6:30 AM (26 minutes)

Al Levine spoke with President & CEO Randi Shubin Dresner about the different ways to help reduce food insecurity on Long Island as well as the programs the organization is running during the holiday season.

Plugged Into Long Island (Eileen's Free Bodega) 12/18/22 at 6-6:30 AM (24 minutes)

Christa spoke with Founder Amanda Sweeney about the current state of food insecurity on Long Island as well as how the organization's two community fridges are helping combat the issue.

Issue – Public Health

Radio Health Journal 10/23/22 at 5:30am (13 mins) “Field in Crisis”: Doctors Need 26.7 Hours in a Day to Care for Patients

Primary care physicians have been experiencing a shortage in recent years. Couple that with a demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts discuss the systemic changes needed to turn the field around.

Radio Health Journal 11/6/22 at 5:30am (15 mins) Have We Relied Too Much on Healthcare

Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur.

Plugged Into Long Island (Suffolk County Lions Diabetes Education Foundation) 11/20/22 at 6:30-7 AM (24 minutes)

Christa spoke with Chair Lorri Rieger about what SCLDEF has been doing to help spread awareness for National Diabetes Awareness Month as well as explain the other programs ran to promote a healthy lifestyle throughout the year.

Plugged Into Long Island (Your CBD Store) 12/4/22 at 6:30-7 AM (24 minutes)

Christa spoke with Chief Science Officer Dr. Anthony Ferrari about the science behind the medical benefits from CBD as well as the different purposes it serves.

Radio Health Journal 10/2/22 at 5:30am (14 mins) Pharmacy Deserts: The Shrinking Access to Healthcare

Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue.

Radio Health Journal 10/9/22 at 5:30am (14 mins) Dissecting the Emergency Room: Every Patient has a Story.

As an ER doctor, Jay Baruch wears many hats. He's a healer, listener, traffic director, and so much more during each shift. But in such a chaotic space, how can doctors maximize their time with patients? Baruch explains his beliefs on medicine's moral center and changes that need to be implemented to give patients the best outcomes

Issue - Public Safety

The Legislative Gazette 10/30/22 at 5:30-6am (28 mins)

President Biden visits Syracuse this week to celebrate the \$100 billion investment in Central New York **our political observer Alan Chartock shares his thoughts on an audit that finds New York City is not prepared for the next super storm, ten years after Sandy**, and the two candidates for Governor square off in their one and only debate before the election.

Plugged Into Long Island (EcoTech Management) 12/11/22 at 6-6:30 AM (17 minutes)

Pete Rizzo spoke with Director of Marketing Victoria Curcio about the importance of recycling E-Waste as well as how to spot the signs for unsafe data in your electronics.

Radio Health Journal 12/11/22 (10 mins) Why Getting Stuck in a Crowd is More Dangerous Than You Think

The recent tragedy in South Korea during Halloween seemed to have come out of nowhere. However, crowd dynamic experts say it was actually the perfect storm for catastrophe. Crowd surges occur when too many people are packed into one place and often results in the death of those unlucky enough to be stuck in the middle. An expert explains what happens during a crowd surge and how to stay

safe in the middle of large gatherings.

Issue – Women’s Issues

Plugged Into Long Island (Girls Inc. of Long Island) 10/23/22 at 6-6:30 AM (23 minutes)

Pete Rizzo spoke with Executive Renee Flagler about the Fuel Her Fire Luncheon taking place at The Heritage Club in Bethpage on November 3rd at 11 am as well as how the organization helps inspire confidence in women across Long Island.

Radio Health Journal 10/30/22 at 5:30am (15 mins) The Conversation Around Stillbirth That’s Long Overdue

Elizabeth O’Donnell experienced a stillbirth in 2020. Through her grief, she created Aaliyah in Action, a non-profit that helps women in similar situations, in honor of her daughter. She believes stillbirth prevention needs to be a public conversation – one that can save thousands of babies.

Issue – Veteran’s Issue

BAB Community Calendar 10/1-10/7 (30 seconds – 25 ran times) 1002

There are over 95,000 Veterans living on Long Island. Some of these veterans are living with PTSD, traumatic brain injuries, depression, anxiety, and loneliness. You can help serve the people who served you by donating and volunteering with the non-profit organization “Help Heal Veterans”. Whether it’s therapy kits or becoming a pen pal, any act of service helps. To learn more visit, healvets.org. Sponsored by Help Heal Veterans.

Plugged Into Long Island (Catholic Health Suffolk County Marathon) 10/16/22 at 6-6:30 AM (25 minutes)

Val spoke with Suffolk County Executive Steve Bellone, COO of Good Samaritan Hospital Colonel John McMurry, Founder of Race Awesome & Suffolk Marathon Race Director Cory Roberts, and Director of Suffolk County Veterans Service Agency Tom Ronanye about what the runners have to look forward to for the 8th Annual Suffolk County Marathon.

Plugged Into Long Island (Hope For The Warriors) 10/30/22 at 6-6:30 AM (16 minutes)

Pete Rizzo spoke with Communications Director Matt Holton about the 'Run For The Warriors' event taking place at Belmont Lake State Park on November 6th at 9 am as well as how the organization helps veterans transition from the military and back into society.

Plugged Into Long Island (Hades Hounds LEMC) 11/6/22 at 6-6:30 AM (22 minutes)

Pete Rizzo spoke with Hades Hounds LEMC Long Island President Danny Ferrente, Sergeant at Arms Mark Rolon, and United Veterans Beacon House Executive Director Frank Amalfitano about how the two organizations collaborated together for the upcoming Turkey Food Drive taking place on Sunday, November 13th from 9 am to 12 pm at the Broadway Tavern in Malverne.

Radio Health Journal 11/20/22 at 5:30am (14 mins) Has Healthcare Let Down the Men and Women Who Served Our Country?

Suzanne Gordon's new book "Our Veterans" explores the question: have we failed our service members? Though the VA Healthcare system is a great resource, too many veterans are unable to access it. Gordon exposes our society's insufficient care for the men and women who've served our country and offers solutions to help right these wrongs.

Issue – Minority Issues

BAB Community Calendar 10/7-10/21 (30 seconds – 61 ran times) 1004

Over 25 million people around the world benefited directly from OX-FAM America's programs last year – including here in New York. OX-FAM fights inequality to create a future of equal rights and equal treatment so that everyone can thrive, not just survive. Learn how you can offer lifesaving support to people experiencing crises right now by visiting OX-FAM America dot org. Sponsored by OXFAM America.

Plugged Into Long Island (Lend A Hand Project) 10/9/22 at 6-6:30 AM (24 minutes)

Val spoke with Executive Director Lisa Pollack about how LAHP offers "individualized attention" with its services as well as the work the organization does to help Holocaust survivors living on Long Island.

BAB Community Calendar 11/4-11/18 (30 seconds –60 ran times) 1002

Doctors Without Borders delivers emergency medical aid to over 70 countries and is on the ground in emergencies from Ukraine to Afghanistan. Doctors Without Borders believes people deserve to be treated with compassion and dignity. Patients receive treatment completely free of charge and without regard to race, religion, or politics. Doctors Without Borders will continue to put its patients first. To learn more visit Doctors Without Borders dot org. Sponsored by Doctors Without Borders

Issue – Education/Arts

Plugged Into Long Island (Hey Long Island... Do U Remember?) 10/16/22 at 6:30-7 AM (24 minutes)

Val spoke with authors Kimberly Towers & Jordan Kaplan about their upcoming

Author's Book Signing on October 22nd and Author's Talk/Book Talk on November 12th as well as how the "Hey Long Island... Do U Remember?" Facebook group inspired them to write the book.

BAB Community Calendar 11/18-12/2 (30 seconds –60 ran times) 1004

Did you know that art can help improve your mental health, self-awareness, and problem-solving skills? Organizations such as the Greater Port Jefferson Arts Council supports artistic activity for music, film, visual arts and more. If you're looking to get involved in the local arts scene, the 26th Annual Charles Dickens Festival is taking place on December 3rd and 4th in Port Jefferson. For more information visit G-P-J-A-C dot org or call 631-473-5220.

Plugged Into Long Island (Girl Scouts of Suffolk County) 11/20/22 at 6-6:30 AM (24 minutes)

Pete Rizzo spoke with President & CEO Tammy Severino about the 19th Annual Light Show & Enchanted Forest taking place from November 26th to December 30th at Smith Point County Park as well as some of the other programs the Girl Scouts run throughout the year.

Plugged Into Long Island (Greater Port Jefferson Arts Council) 11/27/22 at 6:30-7 AM (23 minutes)

Val spoke with Chair Allan Valera, Secretary Liaison Lisa Seckler-Roode, & Performer George Overin about the 26th Annual Charles Dickens Festival taking place on December 3rd & 4th in Port Jefferson as well as the other programs GPJAC runs throughout the year.

Issue - Addiction

Radio Health Journal 11/27/22 at 5:00am (10 mins) Love the Person: Hate Their Behavior: Supporting an Addict

Addiction doesn't just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction.

BAB Community Calendar 12/2-12/16 (30 seconds – 60 ran times) 1004

Unused prescription opioid pain medicines can spell risk if they're taken by someone they weren't prescribed for. Or harm, if accidentally taken by a child or a pet. Safely dispose of opioids before they can hurt your family. Find a drug take-back option, such as medicine drop-off boxes. If there isn't one available, check the FDA's flush list. If your medicine isn't on the flush list, you can dispose of it in the trash. Get information to keep your family safe. To learn more visit F-D-A dot gov slash drug disposal.

BAB Community Calendar 12/16-12/30 (30 seconds – 60 ran times) 1002

Did you know about 15 percent of New Yorkers drink alcohol excessively? If you or someone you know is struggling with alcohol abuse, Suffolk County Alcoholics Anonymous is here to help. Alcoholics Anonymous is for people to share their experience, strength, and hope to help others recover from alcoholism. The only requirement for an AA membership is a desire to stop drinking. Visit Suffolk NY-Y dash A-A dot org to learn more about upcoming meetings and events in Suffolk County.

Radio Health Journal 12/18/22 (10 mins) Ending Overdose: Making the Antidote More Accessible than the Drug

The National Safety Council reports that opioid overdoses have become the number one cause of death for people aged 18 to 45. In an effort to save lives, Theo Krzywicki created the non-profit End Overdose. The organization informs and arms the public with the tools to prevent and reverse opioid overdoses. He explains the signs of an overdose and how to use life-saving devices like Naloxone.