

# **QUARTERLY ISSUES PROGRAMS LIST**

**WWKL-FM**

**Hershey, PA**

**Q4 2022**

**October 1, 2022 to December 31, 2022**

**Attached hereto are descriptions of local issues addressed by the station and descriptions of how each issue was treated through the station's most significant issues-responsive programming or announcements during the report period.**

**ISSUE:** Halloween Safety

**HOW TREATED:** Program

**TITLE:** Keeping Your Kids Safe this Halloween

**DATE:** October 2, 2022

**TIME:** 6:00am

**DURATION:** 19:22

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** The Halloween season is here, and while decorating and dressing up is a favorite of many kids and adults alike, along with all that comes with it, there are many things to keep in mind to make sure it is all treats, and no tricks. From the costume choices, even the make-up, there are things a parent should do before sending their child out to trick or treat, including testing the makeup for allergies and checking its ingredients, and making sure costumes are flame retardant. Also writing your name and number on the costume is recommended in case a child gets lost. It's also good to realize that many kids have food sensitivities and allergies. It's reported that every 3 minutes, a food allergy reaction sends someone to the emergency room in the U.S. Whether you are a parent of a kid or a neighbor handing out candies, you should keep this in mind, and if willing can participate in the "teal pumpkin project", which means putting out a teal pumpkin and handing out allergy free items, including stickers and other fun items. Another concern is carving pumpkins. According to the CPSC, every year there are approximately 4,500 Halloween related injuries, with 41% of those from pumpkin carving activities. Other injuries can target adults, especially those decorating in big ways. Ladder falls top the list there, along with injuries from heavy lifting and other lacerations beyond pumpkin carving.

**GUEST:** Dr. Nancie Fitch, physician, and Harrisburg-area Medical Director with MedExpress

**ISSUE:** Adoption

**HOW TREATED:** Program

**TITLE:** Why Adopting a Teenager can be Rewarding

**DATE:** October 2, 2022

**TIME:** 6:00am

**DURATION:** 10:10

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Currently, there are more than 117,000 children in the U.S. foster care system waiting to be adopted. While many parents-to-be looking to adopt only consider a newborn or infant, there is a great need for those older children to find permanent, loving homes. To highlight the importance of adopting teens from foster care and showcase how teens can have as much of an impact on their family's life as parents have in theirs, the U.S. Department of Health and Human Services (HHS), Administration for Children and Families (ACF), AdoptUSKids, and the Ad Council are releasing new PSAs, inspired by real stories from adoptive families, to encourage prospective adoptive parents to consider adopting a teen from foster care. For more information go to [AdoptUSKids.org](https://www.adoptuskids.org)

**GUESTS:** Bob Herne, with AdoptUSKids and Michael Smith, an adoptive parent

**ISSUE:** Dental Hygiene and Employment

**HOW TREATED:** Program

**TITLE:** Practicing Good Dental Hygiene & the need for Dental Assistants

**DATE:** October 9, 2022

**TIME:** 6:00am

**DURATION:** 30:00

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** October is National Dental Hygiene Month and it was established to celebrate dental hygienists and raise awareness about oral hygiene. When it comes to oral hygiene, a person should incorporate the four daily habits to keep your teeth and gums healthy: brushing, flossing, rinsing, and chewing. When it comes to brushing, it is recommended to do it 2 or 3 times a day, for 2 minutes each time. Despite this recommendation, it is said the average person only brushes their teeth for 33 seconds. Food and beverages can also play a key role in good oral hygiene, as even with the best brushing and flossing practices, lots of sugary items can still cause cavities and other issues. Having your bi-annual checkups also not only ensure you have a clean mouth, dentists are trained to check for several other diseases, including oral cancer during a person's routine visit. When it comes to the staff at the dental office, hygienists and assistants are currently in high demand, in some parts of the US hygienists are being offered a higher starting wage than even some dentists. Many retired or quit during the COVID Pandemic.

**GUEST:** Dr. Alessandro Bartoletti with Elco Family Dental

**ISSUE:** Breast Cancer

**HOW TREATED:** Program

**TITLE:** Pink Hands of Hope

**DATE:** October 16, 2022

**TIME:** 6:00am

**DURATION:** 26:33

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Pink Hands of Hope is a non-profit based in Mechanicsburg dedicated to helping women in Central PA during their fight against breast cancer. They have a thrift store to help raise money as well as a supply of free products and services to help make the breast cancer journey a little easier. They provide wigs, caps, "knitted knockers" and many other items. They have also joined with several local police departments to raise money for the cause. Capt. Leon Crone with Lower Allen Township Police Department talked about how officers are participating in No Shave November and Nifty Nails to help raise money for Pink Hands of Hope. The department also sells pink police patches to raise money.

**GUESTS:** Deb Donadee, Executive Director of Pink Hands of Hope and  
Capt. Leon Crone, Lower Allen Township Police Dept.

**ISSUE:** Cyber Security and Online Crime

**HOW TREATED:** Program

**TITLE:** Protecting Ourselves from Online Criminals

**DATE:** October 23, 2022

**TIME:** 6:00am

**DURATION:** 21:35

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** October is national crime prevention and cyber security awareness month. When specifically addressing Cyber Security Awareness, President Biden has designated this month as a time for the public and private sectors to work together to continue raising awareness about the importance of cybersecurity and equip the American people with the resources needed to be safer and more secure online. The biggest thing we need to be aware of is that criminals/hackers are always working for ways to top the latest cybercrime. Keeping an eye on red flags, in email, texts, and more is the first step in protecting your personal network. If you do end up falling prey to a phishing scam and get hacked, there are things you can do. For more information go to [PA.gov/cyber](https://PA.gov/cyber)

**GUEST:** Erik Avakian, Chief Information Security Officer for the Commonwealth

**ISSUE:** Health Insurance

**HOW TREATED:** Program

**TITLE:** What to Watch out for When Picking Medicare Benefits

**DATE:** October 23, 2022

**TIME:** 6:00am

**DURATION:** 6:30

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Open Enrollment is going on now for all Medicare Participants. It runs through December 7, 2022. According to the latest statistics, nearly 64 million people are currently enrolled in Medicare. Every year, at this time, open enrollment gives those subscribers the opportunity to reevaluate what they are paying into and pick different plans based on their changing needs, but often people do not take the time to look at their options and what works for them and their changing health concerns. This year, there are a few challenges facing seniors, beyond years past, including inflation and higher cost of living. The Inflation Reduction Act is something to keep in mind, but will not affect Medicare until 2025. For more free help in understanding options and misconceptions, by going to [askchapter.org](http://askchapter.org)

**GUEST:** Ari Parker, Author and Medicare Expert

**ISSUE:** Childhood Illness

**HOW TREATED:** Program

**TITLE:** How the Children's Miracle Hospital is Giving Back to Families Dealing with Childhood Illnesses in our Area and Beyond

**DATE:** October 30, 2022

**TIME:** 6:00am

**DURATION:** 17:00

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Penn State Health Children's Hospital in Hershey has been helping those under 18 since 2013 with a variety of ailments, including cancer, heart disease, neonatal care, and even emergency and mental health services. Included in its mission is improving the understanding of disease mechanisms and enhancing treatment and prevention of childhood illnesses through research. Penn State is also affiliated with the Children's Miracle Hospital Network, which is a nonprofit organization that raises funds for children's hospitals in the U.S. and Canada. Donations support the health of 10 million children each year and their families through a variety of different programs. One family that is a benefactor of that is Brittany and her daughter Penny. Penny was born in 2020, with a small chance of survival, so was brought to Hershey for treatment. Pre-birth examinations showed she would suffer from birth defects, such as Dandy-Walker Syndrome, a rare genetic disorder that causes a shrunken cerebellum. She also has vision defects, troubles with her breathing, and has a club foot. She continues to spend time in the hospital off and on and goes through several therapy treatments to help her survive and thrive, but she has beaten all the odds, thanks in part to the services from CMN. For more information on the programs served through the Children's Miracle Network in Hershey, go to [CMNHershey.org](http://CMNHershey.org)

**GUESTS:** Katie Anderson, Director, Children's Miracle Network and Penn State Health Children's Hospital

Brittany Baumgartner, parent of Penny Nelson and a Miracle Family



**ISSUE:** Autism

**HOW TREATED:** Program

**TITLE:** Treating Teens on the Autism Spectrum with New VR Technology

**DATE:** October 30, 2022

**TIME:** 6:00am

**DURATION:** 10:10

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** As of this year, according to the CDC, here in the United States, about 1 in 44 children has been identified with autism spectrum disorder (ASD), an increase in prevalence, by 178-percent since 2000. In Pennsylvania, the statistics are on par with the national numbers, however officials here also believe there are many more in the state still not diagnosed. There are signs to look out for and how to address with your primary care doctor if concerned, and then how to investigate testing and help. Virtual Reality (VR) is becoming a new tool to help some of these patients by creating educational content that is in a realistic setting, yet safe, for a full immersive learning experience absent the real-world consequences that leads to the transference of skills on a path towards enhancing lives. Right now, the program is targeted to autistic teens between 12-17 with a goal of teaching independent living skills through different scenarios, like cooking, shopping, and other real-life experiences. The goal is to bring the VR program into the work world, to help also teach vocational preparedness.

**GUEST:** Dr. Kryn McClain with Paragon Behavioral Health Services

**ISSUE:** Veterans Issues & Veterans Support

**HOW TREATED:** Program

**TITLE:** The Issues Veterans Face in PA

**DATE:** November 6, 2022

**TIME:** 6:00am

**DURATION:** 25:14

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** The Department of Military and Veterans Affairs (DMVA) hosted a 5-part virtual town hall series recently to address transportation issues that veterans in PA face along with some available resources. Brig. Gen. (PA) Maureen Weigl talked about how people can listen back to the town halls as well as other issues that veterans in PA face, including mental health, health care, and aging. In fact, PA has the 4th largest veteran aging population. With Veteran's Day coming up, we talk about how people can show support and find resources if they are helping a veteran in need.

**GUEST:** Brig. General (PA) Maureen Weigl, Deputy Adjutant General for Veterans Affairs

**ISSUE:** Recycling

**HOW TREATED:** Program

**TITLE:** Recycling: More than Putting Items in a Green Bin

**DATE:** November 13, 2022

**TIME:** 6:00am

**DURATION:** 15:38

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Each year in the U.S, National Recycle Day is recognized on November 15th. We recognize this day in hopes that we are reminded of the importance of recycling, along with reusing and reducing what we use. There are three main types of recycling. The first, and probably one you are most familiar with, is called primary recycling. Primary recycling is the process of recycling materials into more of the same items – glass bottles into glass bottles, plastic bottles into plastic bottles, paper into paper, cardboard boxes into cardboard boxes. The next type is secondary recycling. Similar to primary recycling in that secondary recycling uses the same materials. However, the process creates something new. Plastic bottles become plastic furniture; rubber tires become playground turf. Finally, tertiary recycling chemically transforms a product into a new, usable product. One problem with people not recycling or reusing, it's reported that each day, America's waterways and landfills are filled with 60 million empty, single use water bottles. We could help reduce this number by not only reusing these bottles and then recycling them, but by using reusable drinking bottles and cuts and opting for a water filtration system if needed. You can also reuse and recycle by shopping at second hand stores, from clothing to furnishing. Recycling not only creates jobs in PA, but is essential in helping our environment. More information can be found at [PA.gov/recycling](http://PA.gov/recycling)

**GUEST:** Larry Holley, Manager of the Division of Waste Minimization and Planning at the Pennsylvania Department of Environmental Protection

**ISSUE:** Lung Cancer

**HOW TREATED:** Program

**TITLE:** Lung Cancer Treatments are not One-Size Fits All

**DATE:** November 13, 2022

**TIME:** 6:00am

**DURATION:** 14:32

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** November is Lung Cancer Awareness Month; with the focus this year on research and a better understanding of the disease. Tragically, lung cancer is the second most common cancer and is also known as the leading cause of cancer deaths in men and women worldwide. It's reported that each year in the U.S. more than 218,000 people are diagnosed with lung cancer, and about half of those people succumb to it. While smoking is considered a major contributing factor to lung disease, there are often non-smokers diagnosed. Symptoms include cough (often with blood), chest pain, wheezing, and weight loss. These symptoms often do not appear until the cancer is advanced, which is why the death rate is higher than all other cancers. If someone is a smoker, the Great American Smoke Out is this Thursday. It is a great time to think about looking for help to make a plan for breaking the habit.

**GUESTS:** **Becky Slemmons, Director of Tobacco Sensation Initiatives with the American Cancer Society**

**Dr. Dwight Owen, Thoracic Oncologist**

**Montessa Lee, A small cell lung cancer patient, diagnosed at 28 and non-smoker**

**ISSUE:**               **Fighting Harmful Addictions**

**HOW TREATED:**   **Program**

**TITLE:**               **Taking Steps to Prevent Addiction Before it can Happen**

**DATE:**               **November 20, 2022**

**TIME:**               **6:00am**

**DURATION:**       **20:25**

**TYPE:**               **People and Perspectives Interview Show**

**DESCRIPTION:** Compass Mark, based in Lancaster County, was established in 1966 with a mission to prevent addiction through education, skill-building, and community mobilization throughout the area. Through Community and School-based programs, Compass Mark can reach out to the youth and those at risk to give resources needed to prevent addiction. There is also an Information & Referral Team that people can reach by calling or messaging Compass Mark through its website, that offers anonymous, confidential support around a variety of topics, including alcohol, drug, or gambling concerns for a loved one, treatment referrals, support groups, tobacco cessation programs, and interventions. Anyone interested in becoming a volunteer or learning more about Compass Mark and its mission can go to [compassmark.org](http://compassmark.org)

**GUEST:**               **Eric Kennel, Executive Director of Compass Mark**

**ISSUE:** Mental Health Disparities

**HOW TREATED:** Program

**TITLE:** The Economic Burden of Mental Health Inequities

**DATE:** November 20, 2022

**TIME:** 6:00am

**DURATION:** 6:48

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** A new report is out that investigated the financial and human cost associated with not investing in mental healthcare in the US until after it's a problem. The Economic Burden of Mental Health Inequities in the United States Report found that nearly 117,000 lives and approximately \$278 billion dollars could have been saved over a four-year period. Also, according to the report, minorities and other ethnic groups are even more underserved with less resources available. The Covid pandemic brought to light the need for better mental health treatments, destigmatizing mental health and treating it as a chronic condition, and why it's vital to address it sooner rather than after the fact, not just for lives it can save, it can save money. More on the report can be found at <https://satcherinstitute.org/research/ebmhi/>

**GUEST:** Daniel Dawes, Professor & Executive director of the Satcher Health Leadership Institute

**ISSUE:** Hunger & Food Insecurity

**HOW TREATED:** Program

**TITLE:** Taking Care of our Neighbors Struggling to keep Food on the Table this Holiday Season

**DATE:** November 27, 2022

**TIME:** 6:00am

**DURATION:** 10:58

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** The Midwest Food Bank of PA is headquartered in Middletown, serving people in need and food-insecure throughout the South-Central PA area. They often work with other nonprofits, like churches and schools, to distribute food and other resources to those they serve. One of its programs, Hope Packs, is something they participate in every Friday throughout the school year, qualifying children to receive a pack of shelf-stable food. This helps to ensure that children arrive at school on Monday morning ready to learn. And with the upcoming Holidays, the Midwest Food Bank of PA is working even harder to help those struggling, through food drive projects, holiday meal kits and even doing a winter meal program, which consists of doing pasta and soup kits that families can utilize after the holidays, in January/February, when the holidays have subsided. The Food Bank relies mostly on its volunteers and donations to help with its mission to serve South Central PA. Can get more info at [midwestfoodbank.org](http://midwestfoodbank.org)

**GUEST:** Kathy Anderson-Martin, Executive Director of Midwest Food Bank of PA

**ISSUE:** Blood Donations

**HOW TREATED:** Program

**TITLE:** The Ongoing Need for Blood Donations

**DATE:** November 27, 2022

**TIME:** 6:00am

**DURATION:** 15:49

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Every day in the US and throughout South-Central PA, the need for blood donations is a constant. The Central PA Blood Bank is responsible for supplying 23 local hospitals, with a need of getting a total of 75,000 blood donations each year, or 200 units of donations each day. While someone with O negative or positive is considered the universal donor, which is especially important when someone comes in during an accident and needs transfusion and there isn't time to find out what blood the patient is, all blood type donations are needed. A person can donate every 56 days, or roughly every two months. If someone is not sure if they are eligible to donate because of health issues or other concerns, they are encouraged to call 1-800-771-0059 or email: [CentralPennBloodBank@cpbb.org](mailto:CentralPennBloodBank@cpbb.org) with any questions. A person can schedule an appointment to donation, find out where a local blood drive is, or set up a blood drive by calling, emailing, or logging on to the website, [717giveblood.org](http://717giveblood.org)

**GUEST:** Patrick Bradley, President and CEO of the Central Pennsylvania Blood Bank



**ISSUE:**                **AIDS/HIV Prevention**

**HOW TREATED:**   **Program**

**TITLE:**                **World AIDS Day Awareness - Why we All Should Spread the Word**

**DATE:**                **December 4, 2022**

**TIME:**                **6:00am**

**DURATION:**        **9:47**

**TYPE:**                **People and Perspectives Interview Show**

**DESCRIPTION:** Each year, World AIDS Day is recognized on December 1st, with the month dedicated to raising awareness of the issue and working to help end the HIV epidemic. Unfortunately, many stereotypes still exist today on who can get HIV, but awareness starts by knowing anyone is potentially susceptible to getting the disease. There are higher risk factors, such as men who have sex with men, anyone who has had multiple sex partners, or someone who uses IV drugs. In those circumstances, it is recommended a person be tested every three months, but in general its recommended anyone over the age of 18 and is sexually active get a test. Medications and treatments have also come a long way since the world first became aware of HIV/AIDS in the 80's, and if diagnosed early, it is possible to still live an active, healthy life. Some people may put off testing for fear they cannot afford treatments, but Hamilton Health has free health services for all. To learn more, go to [hamiltonhealthcenter.com/Hope-HIV](http://hamiltonhealthcenter.com/Hope-HIV)

**GUEST:**                **Alexandria Gannett, HIV and Reproductive Services Director with Hamilton Health Center, Inc.**

**ISSUE:** Homelessness

**HOW TREATED:** Program

**TITLE:** How the Bethesda Mission is Working to Improve the Lives of Those Struggling

**DATE:** December 4, 2022

**TIME:** 6:00am

**DURATION:** 13:20

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** Bethesda Mission is all about seeing people's lives redeemed and restored, through its mission of serving men, women, and children throughout Central PA. Along with its shelters in Harrisburg, Bethesda Mission realized that poverty and hunger are less visible, yet harder to cure in outlying areas, and began an outreach program to rural communities in 1996. By January 2001, Bethesda Mission Rural Outreach Ministries was in full operation, distributing thousands of pounds of food and household supplies throughout the region out of rented warehouse space in Mechanicsburg, PA. To help these communities, the Bethesda Mission is hosting a food drive now through December 15, 2022. In addition, they are hosting a free, community event to bring light up Italian Lake with Christmas Spirit and fun, both December 10th and 11th. If interested in learning more about Bethesda Mission or ways you can help, including volunteer opportunities, go to [Bethesdamission.org](http://Bethesdamission.org)

**GUEST:** Scott Dunwoody, Executive Director of Bethesda Mission

**ISSUE:** Sleep Health

**HOW TREATED:** Program

**TITLE:** Sleeping your way to a Healthy Lifestyle

**DATE:** December 4, 2022

**TIME:** 6:00am

**DURATION:** 7:25

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** According to the CDC, about 70 million Americans suffer from chronic sleep problems; for some of those people, it is a year-round issue, for others it can come and go. It is said though, while diet and exercise are known keys to helping with physical health, sleep should not only round out these things, it should be top of importance of the three factors. Quality sleep is key to all health aspects, including mental health, heart health, women's health, and more. One of the most common sleep disruptions is sleep apnea, which can impact all types of people from all walks of life and is often misdiagnosed. The first step toward diagnosis is recognizing the symptoms of sleep apnea, which include snoring, gasping for air during sleep, restless sleep, daytime fatigue, dry mouth upon waking up. The next step is seeing a doctor. Sleep apnea is often associated with people who are older, overweight, and unhealthy – it may surprise people that, sleep apnea can affect anyone. Stress, like stress associated with the holidays can also trigger sleep issues. It is recommended to disconnect from electronic devices at least an hour before going to bed, to help with better night sleep.

**GUEST:** Dr. Carlos Nunez with ResMed

**ISSUE:** Mental Health Screenings

**HOW TREATED:** Program

**TITLE:** Anxiety and Depression Screenings for Adults Should be a Medical No-Brainer

**DATE:** December 11, 2022

**TIME:** 6:00am

**DURATION:** 17:24

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** The U.S. Preventive Services Task Force recently issued recommendations about anxiety screenings for adults, recommending adults not only have screenings as part of their health care, but having follow-up appointments are vital in having good mental health. Anxiety and depression, even suicidal thoughts or behaviors, are mental health conditions affecting the lives of many adults in the United States. There are several forms of anxiety, including generalized anxiety disorder and social anxiety, but all forms are characterized by excessive fear or worry. Depression, or major depressive disorder, is a condition that negatively affects how people feel, think, and act. Depression can also occur during pregnancy or up to one year after childbirth; this is known as perinatal depression. The hope is that these guidelines bring more attention to anxiety and how it manifests. Often vague symptoms like migraines, IBS, or chest pain can be physical manifestations of anxiety, which is affecting a person's physical health too. There is also a new ad campaign out to reduce the stigma in seeking help when dealing with any type of mental health issue. For more information go to [adcouncil.org/mental-health](http://adcouncil.org/mental-health)

**GUESTS:** Dr. Melissa Brown, Psychologist with UPMC

David Huntsman of the Huntsman Mental Health Foundation,

Heidi Arthur, Chief Campaign Development Officer with the Ad Council

**ISSUE:** Holiday Safe Travel

**HOW TREATED:** Program

**TITLE:** Travel Tips that Can Save you Time, Money, and Headaches this Holiday

**DATE:** December 11, 2022

**TIME:** 6:00am

**DURATION:** 10:35

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** The holiday season is upon us, and with that comes the busiest travel season of the year. Americans are preparing for a busy and expensive holiday season as high travel demand and surging prices collide. In fact, flight prices are up 50% from 2021 and continue to rise by 5% every week. Yet the pandemic-related travel boom shows no signs of slowing, with large crowds expected in airports, supermarkets, and malls over the holidays. Whether you are flying to your Christmas destination, or taking weekend road trips to partake in holiday-type activities, there are several ways to still save money, including what days you chose to book your flights, checking the right apps for discounts and finding more eco-friendly driving routes with less expensive gas stops. A recent survey also found that 37% of Americans intend to travel with their pets over the holiday; but before heading out the door with your fur babies, there are things to keep in mind to make it a more comfortable and safer trip for all involved.

**GUESTS:** Marley McAliley, Google Technology Expert

Dr. Tracey Deiss, Veterinarian and Medical Lead for Core Therapeutics

**ISSUE:** Consumer Rights and Scam Warnings

**HOW TREATED:** Program

**TITLE:** How to Protect Your Wallet from Known Scams Making the Rounds to the Games Some Retailers Might Play with Pricing

**DATE:** December 18, 2022

**TIME:** 6:00am

**DURATION:** 28:25

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** AARP has a free service to the public, in keeping up with the latest scams and fraud cases that you should keep an eye out for to not fall prey to; especially during the holiday season many fake charities are calling for donations and trying to get access to your personal information instead, fake websites and email advertisements for too good to be true wish list items are likely a scam, and watch out for gift card trickery. Some scammers will scrape the code off the back of them in the supermarket and when it's activated when you purchase it, they then take the money on the card. To get more information, go to [aarp.org/Fraudwatchnetwork](http://aarp.org/Fraudwatchnetwork) or text FWN to 50757 for bi-weekly alerts. If you think you have spotted a scam or have been a victim of one, call the Fraud Watch hotline at 877 908-3360 and they will investigate. Another warning that isn't quite a scam, but could be costing you still is your typical trip to the store. Grocery and retail stores may not always be following Pennsylvania's laws and it's up to the consumer to call them out on it. Issues you might not typically spot or let slide that are against the law is taxing an item that is not taxed and charging you a different price at the register than on the sign on the shelf. Another issue getting consumers is the now coined phrase "shrinkflation", where companies lessen the amount of an item in its packaging and sell it for the same price as before. It's recommended to double check the store shelves where labels what the size of product should be, and if it doesn't match, call store out on it. Once is a mistake, continuing to not change any of these issues could be a reason to file a civil case against the store.

**GUEST:** Mary Bach, AARP Volunteer and Chair of Consumer Issues Task Force

**ISSUE:** Hunger & Food Insecurity

**HOW TREATED:** Program

**TITLE:** Helping Thy Neighbor Even When the Holidays are Over

**DATE:** December 25, 2022

**TIME:** 6:00am

**DURATION:** 9:02

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** The Central Pennsylvania Food Bank is a nonprofit organization committed to ending hunger in 27 counties across central Pennsylvania. By working with more than 1,300 local agencies and programs, it serves over 152,000 people in need each month through our two Healthy Food Hubs, located in Harrisburg and Williamsport. Its mission includes fighting hunger, improving lives, and strengthening communities. It also supports several programs throughout the area aimed at helping children in need, seniors, and our veterans. According to a study by the USDA's Economic Research Service, veterans between the ages of 18 and 64 had a food insecurity rate of just over 11%. And while many people are celebrating Christmas today, and may have even offered up donations through the holiday season, those battling food insecurity will still be in need come the new year; in fact the months of January, February, and March often families in need are decided whether to heat their home or put food on the table and why the CPFEB hopes that people will still come out to support them, as you never know if it's your neighbors that are struggling, as it's reported 1 in 9 people in our area are in fact food insecure. For more information on all the programs offered through the CPFEB, to donate food or your time, or to get help for you and your family, go to [centralpafoodbank.org](http://centralpafoodbank.org)

**GUEST:** Joe Arthur, Executive Director of the Central Pennsylvania Food Bank

**ISSUE:** Toy Safety

**HOW TREATED:** Program

**TITLE:** Keeping Kids Safe from Toy Dangers

**DATE:** December 25, 2022

**TIME:** 6:00am

**DURATION:** 13:10

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** While exchanging gifts this holiday season there are things to keep in mind, especially if the gifts are for children under the age of 5. According to a Consumer Product Safety Commission report, yearly more than 85 thousand kids are treated for toy related emergencies at the ER. Some of the most common injuries caused by toys include choking on small parts or components, including small batteries and magnets, strangulation from loose fabric, string, or rope, lead poisoning from ingesting lead-based paint on toys, cuts from broken parts made up of plastic or glass, and punctures from sharp pieces or toy components. If you are unsure your child ingested something, like magnets or batteries, which can cause serious damage to one's intestines, you should immediately take them to ER or call a doctor to get checked before causing more damage and the child needs surgery.

**GUEST:** Dr. Indranil Sau, Pediatric General Surgery with UPMC



**ISSUE:** Bladder Health

**HOW TREATED:** Program

**TITLE:** Having an Overactive Bladder is Not an Aging Problem

**DATE:** December 25, 2022

**TIME:** 6:00am

**DURATION:** 4:45

**TYPE:** People and Perspectives Interview Show

**DESCRIPTION:** For the approximately 33 million Americans affected by symptoms of overactive bladder (OAB), traveling, or attending events may be limited, always worrying about where the nearest bathroom may be and whether they will make it in time. OAB is a common condition where the bladder muscle suddenly contracts too frequently and often. Many patients may feel embarrassed to talk about it with their doctor. OAB can lead to frequent urination, usually eight or more times in 24 hours, and urge urinary incontinence or the sudden loss of bladder control. For some, the urge to urinate can be so sudden and strong that patients may not make it to the restroom in time and result in leakage. If you think you may be experiencing these symptoms, patients should talk to their doctors who may recommend lifestyle changes such as dietary adjustments and bladder training exercises. There are medications a doctor can prescribe that may help.

**GUEST:** Dr. Ashley Tapscott, Urologist and Bladder Health Expert