

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ  
Significant Programming  
4<sup>th</sup> Quarter 2023 (October - December)

Central Florida Educational Foundation, Inc., licensee of WPOZ-Orlando, WDOZ-Pierson, WHYZ-Palm Coast, WMYZ-The Villages, and WCYZ-Ocala has found the following issues, problems, needs, and topics to be of particular concern to the members of the community.

1. Personal Health (13 programs)
2. Family Safety & Resources (12 programs)
3. Children's Health (4 programs)
4. Food Assistance (2 programs)
5. Mental Health (2 programs)
6. Unemployment (2 programs)
7. COVID-19 Resources (1 program)
8. Severe Weather Preparedness (1 program)

## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### Food Insecurities

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.03.23 at 7:00 a.m. and 8:30 a.m. about food insecurity. With prices at the grocery store soaring, Tyler McKenzie discussed the many families now dealing with food insecurity in our community. She shared resources that may be helpful for families who need help affording groceries.

### Respiratory Syncytial Virus (RSV)

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 10.03.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about Respiratory Syncytial Virus (RSV). He explained that cases of the common cold are increasing along with cases of RSV, which predominantly affects children. He shared information about the new RSV vaccine as well as symptoms to be looking for and when to see a doctor.

### Emergency Alert Test

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.04.23 at 7:00 a.m. and 8:30 a.m. about an emergency alert test. Tyler McKenzie talked about a national test of the emergency alert system. She shared information about the test and what residents can expect.

### Social Media Scam

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.10.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about a warning from the Federal Trade Commission. Grace Vasquez discussed scammers on social media assuming the identity of businesses like Apple, UPS, USPS, and major banks, including Wells Fargo. She shared some tips for recognizing these scams and avoiding them.

### Allergies

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 10.10.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. With more families spending time outdoors, Dr. Hendrix discussed allergies, symptoms, remedies, and treatments. He also talked about how to tell if you are dealing with allergies versus the common cold.

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### Roof Replacement Program

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.11.23 at 6:30 a.m. and 8:00 a.m. about a roof replacement program in Orange County. Grace Vasquez talked about how your home's roof can affect insurance coverage and shared details about a free roof replacement program for Orange County residents. She gave information about applying and eligibility requirements.

### Free Flu Shots

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.12.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about free flu shots. Grace Vasquez talked about the Fast & Free Flu Shot event being hosted in Ocala today. She shared details about this opportunity to get a free flu shot as well as other upcoming events.

### Jury Duty Scam

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.13.23 at 6:30 a.m. and 8:00 a.m. about a warning from the Volusia Sheriff's Office. Grace Vasquez discussed a phone scam that has been reported in Volusia County regarding jury duty. She shared what residents can do if they get a similar call and talked about a similar scam happening in Marion County.

### Free Flu Shots

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.16.23 at 6:30 a.m. and 8:00 a.m. about free flu shots. Tyler McKenzie talked about the Fast & Free Flu Shot event being hosted in Ocoee today. She shared details about this opportunity to get a free flu shot as well as other upcoming events.

### School Bus Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.16.23 at 7:00 a.m. and 8:30 a.m. about school bus safety. In light of National School Bus Safety Week, Tyler McKenzie discussed general safety rules for keeping students safe on the road and at the bus stop. She also shared tips for students as they ride the bus.

## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### Pink Eye

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 10.17.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about pink eye. With the kids in school, he discussed how easily it can spread and explained an antibiotic eye drop may be necessary to help reduce the spread within your family.

### Biketoberfest Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.20.23 at 7:00 a.m. and 8:30 a.m. about Biketoberfest. With thousands of motorcyclists in town, Tyler McKenzie reminded drivers, specifically those in Volusia County, to be extra careful as they are out on the roads, especially when switching lanes.

### Influenza

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 10.24.23 between 8:10-8:15 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about influenza. He discussed seeing a doctor who can test for flu and COVID-19 and what medications you can get to help.

### Halloween Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 10.31.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about Halloween safety. Tyler McKenzie shared tips from the US Consumer Product Safety Commission for families who are trick-or-treating. She also reminded drivers to be mindful when driving through neighborhoods, looking out for children, especially once the sun sets.

### Halloween Sickness

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 10.31.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix explained that it is typical for children to deal with stomach aches following Halloween and parents can help by encouraging moderation. He also explained that injuries are often up as kids are out running around the neighborhood and gave tips for keeping them safe and healthy.

## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### Stress Awareness

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.01.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about stress management. For National Stress Awareness Day, Tyler McKenzie talked about the effects of stress and shared tips for managing it such as taking breaks, getting more sleep, exercising, simplifying your schedule, or talking with someone you trust.

### Daylight Saving Time

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.01.23 at 6:30 a.m. and 8:00 a.m. about Daylight Saving Time. Tyler McKenzie talked about helping to prepare children for the time change. She suggested adjusting your kid's sleep schedule gradually over these next few nights and explained that making the change over four days works well for most kids but some will only need two.

### Daylight Saving Time

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.07.23 at 6:30 a.m. and 8:00 a.m. about Daylight Saving Time. Tyler McKenzie shared that it can take several days for the body to adjust to the time change, which may lead to grogginess and difficulty focusing. She gave some tips to help including trying to get out in the sunshine a little bit during the day and then going to bed a little earlier than you normally would this whole week as well as allowing yourself sometime in the evening to unwind and relax before going to bed.

### Coughs

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 11.07.23 between 8:10-8:15 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. With increased cases of RSV and influenza, Dr. Hendrix talked more cases of coughs as well. He explained that coughs can linger long after you have recovered from the actual illness and will normally improve over time. He also shared some natural remedies that may help and when to consult a doctor.

## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### Bear Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.14.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about safety around bears. After multiple reports of bear sightings in Seminole County, Tyler McKenzie talked about way to keep your family, and even the bears, safe. She suggested keeping your garage door closed, keeping your trash bins off the curb until collection day, keeping your dog inside especially after dark, and what to do if you see a bear.

### Influenza

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 11.14.23 between 8:10-8:15 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about influenza. He discussed seeing a doctor who can test for influenza and what medications might help if you do test positive.

### Job Fair

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.15.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about a job fair. Tyler McKenzie discussed the opportunity for job seekers to meet face-to-face with employers who are hiring. She shared the event details, who would be present, and registration information.

### The Great American Smokeout

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.16.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about The Great American Smokeout. Tyler McKenzie talked about this annual event to encourage cigarette and smokeless-tobacco users to stop using tobacco products for at least 24 hours. She discussed the health concerns associated with smoking. She also shared tips and encouragement for those who are trying to quit.

### Food Distribution Event

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.20.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about a food distribution event. Tyler McKenzie discussed an opportunity for families to get free food for the holidays. She shared the details, location, and time for the event and suggested families arrive early as it is a first-come, first-serve event.

## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### COVID-19 Test

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.21.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about free COVID-19 tests. Tyler McKenzie talked about an opportunity for families to receive free COVID-19 test kits. She gave instructions for requesting the kits and details regarding the number of tests residents are eligible to receive.

### Thanksgiving Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 11.21.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about food safety. With most families preparing a big meal this week, he reviewed the temperatures that different foods need to be cooked to, how long food can sit out before needing to be refrigerated, and how long leftovers can keep.

### Pneumonia

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 11.28.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix discussed pneumonia. With cases of influenza and RSV up, he explained that there is also an increase in cases of pneumonia. He reviewed the symptoms and when to see a doctor.

### Hurricane Season

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (3) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.30.23 at 6:00 a.m., 7:30 a.m., and 9:00 a.m. about Hurricane Season. Tyler McKenzie discussed the final, official day of Hurricane Season and the storms we saw during this season. She explained that even though major storms are less likely at this point in the year, they can still happen and it is best to be prepared.

### Holiday Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 11.30.23 at 6:30 a.m. and 8:00 a.m. about holiday safety. Tyler McKenzie talked about a new campaign by the Altamonte Springs Police Department to keep shoppers safe during the holiday season. She discussed break-ins that have already been reported and what residents should know.

## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### Cold and Flu Season

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 12.05.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix explained that cases of the common cold and influenza are up, likely as a result of holiday travel. He discussed what to do if you think you might have influenza as well as the differences between the flu and a cold.

### Fevers

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 12.12.23 between 8:15-8:20 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about fevers. He explained that fever themselves are not actually harmful and are just the result of the immune system fighting an infection. For those dealing with one, he gave tips for controlling it and the importance of being tested to get on the proper medication.

### Job Fair

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 12.14.23 at 6:30 a.m. and 8:00 a.m. about a job fair for veterans. Tyler McKenzie shared information about a hiring event for veterans. She gave the event details and directions to find more information.

### Gift Card Scams

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 12.14.23 at 7:00 a.m. and 8:30 a.m. about holiday gift card scams. Tyler McKenzie talked about a warning from the Better Business Bureau regarding stolen gift card numbers and gave tips for avoiding the scam.

### Influenza

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 12.19.23 between 8:10-8:15 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about a 40% increase in cases of influenza in central Florida. He discussed seeing a doctor who can test for influenza and how to tell the difference between it and a cold.



## WPOZ/WDOZ/WHYZ/WMYZ/WCYZ Issues/Programs List for 4th Quarter 2023

### Cold Weather Safety

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 12.20.23 at 7:00 a.m. and 8:30 a.m. about cold weather safety. With the drop in temperatures, Tyler McKenzie discussed important reminders when using space heaters. She also suggested electric blankets and heating pads as a safer alternative, especially at night.

### Influenza

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (1) 3-minute interview segment during Z88.3 Mornings with Ellis and Tyler on 12.26.23 between 8:10-8:15 a.m. Dr. Timothy Hendrix, Medical Director of AdventHealth Centra Care, was their guest. Dr. Hendrix talked about influenza. He discussed the severity of this flu season, seeing a doctor who can test for influenza if you are experiencing flu symptoms, and what medications can help.

### Post-Holiday Blues

WPOZ/WDOZ/WHYZ/WMYZ/WCYZ aired (2) 1-minute segments during Z88.3 Mornings with Ellis and Tyler on 12.30.23 at 6:30 a.m. and 8:00 a.m. about post-holiday blues. Tyler McKenzie explained that many struggle with feelings of sadness or even depression after the holidays. For those struggling, she suggested not rushing to take your decorations down too quickly, getting outside for some fresh air, and being around others.