

# **QUARTERLY ISSUES PROGRAMS LIST**

**WQXA-FM**

**York, PA**

**Q1 2023**

**January 1, 2023 to March 31, 2023**

**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: Agriculture**

**HOW TREATED: Program**

**TITLE: How Mushrooms and Dairy Products are Fueling PA's Economy**

**DATE: January 1, 2023**

**TIME: 6:00am**

**DURATION: 18:42**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** The 107th Pennsylvania Farm Show is returning to the Farm Show Complex January 7th-14th. It showcases the quality and depth of PA's agriculture industry and the people who make it thrive. One of those industries is mushrooms. Mushrooms are the largest cash crop in the state. Growing mushrooms is a unique blend of recycling, science, and efficacy. This powerful combination makes them one of the most sustainably produced foods in the United States. Mushroom growers are known as the "ultimate recyclers" for their ability to convert byproducts and waste from other sectors of agriculture into the compost or medium used to grow mushrooms. Because of this recycling of other agricultural crops and byproducts, mushroom farms have a smaller environmental footprint than almost any other farms. Mushrooms are also good for you, being labeled a superfood; filled with a host of vitamins and minerals, have little to none of the things you don't want like calories, fat, sugar, salt, or gluten. For more information, visit [www.americanmushroom.org](http://www.americanmushroom.org). The dairy industry is also booming in PA. While it's not the top agriculture business in Pennsylvania, it's pretty close. PA ranks 2nd in the nation for the number of dairy farms and 8th in total milk production nationally. Dairy contributes to \$12.6 billion in annual revenue for Pennsylvania. Every one cow supports \$24,000 in annual economic revenue in PA, with 99 percent of all dairy farms in Pennsylvania are family owned. Milk is also the official beverage of the Commonwealth, as it's good for you too. One 8-ounce serving of whole milk delivers 13 essential nutrients including 8 grams of protein. Along with the impact of dairy on the economy and nutrition, the cows can teach people about the circle of life with the Farm Show's Calving Corner, which is an interactive, family friendly learning area, showcasing calves and cows, live births and more. For more information on all things dairy, go to [padairymen.com](http://padairymen.com)

**GUESTS: Dave Smith, Executive Director of the PA Dairymen's Association, and Gale Ferranto, President of Buona Foods and Mushroom Farmers of PA**

**ISSUE: Family Caregivers**

**HOW TREATED: Program**

**TITLE: Taking Care of the Caregivers**

**DATE: January 1, 2023**

**TIME: 6:00am**

**DURATION: 5:40**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Each year, around 53 million people provide a broad range of assistance to support the health, quality of life, and independence of someone close to them who needs assistance as they age or due to a disability or chronic health condition. According to a recent poll by the John A Hartford Foundation, caregiving for loved ones is going on, through every community in the US, but still nearly half of those polled over the age of 45 say they don't know where to turn for professional help for financial assistance. It's reported that those caregivers face a loss of approximately 522 billion dollars each year due to loss of income. Three-quarters of caregivers spend an average of \$7,200 annually on caregiving-related out-of-pocket expenses. The 2022 National Strategy report by the U.S. Department of Health and Human Services finds and the key federal and state actions needed to support family caregivers. For more information, visit [acl.gov/CaregiverStrategy](https://acl.gov/CaregiverStrategy)

**GUEST: Wendy Fox-Grage, Senior Policy Fellow for the National Academy for State Health Policy**

**ISSUE: Vaping**

**HOW TREATED: Program**

**TITLE: How to Talk to Your Kids about the Dangers of Vaping**

**DATE: January 1, 2023**

**TIME: 6:00am**

**DURATION: 6:00**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** As the kids get ready to head back to school after their winter recess, some may have been exposed to a potentially dangerous habit while on break; vaping. To combat this and help teach parents on how to spot signs of vaping and how to talk to their kids about it, the American Lung Association and the Ad Council have launched a series of public service announcements aimed at getting kids to quit vaping or not start at all. The new PSAs are part of a broader campaign to raise awareness about the risks associated with youth vaping and help parents with kids aged 10-14 start important conversations with their kids to prevent them from becoming addicted to e-cigarettes. Rates of e-cigarette use by teens increased 73% from 2016 to 2020. Currently 2.1 million kids use e-cigarettes and thousands of kids start vaping every day. For more information visit [TalkAboutVaping.org](http://TalkAboutVaping.org).

**GUEST: Dr. Panagis Galiatsatos, Professor at Johns Hopkins School of Medicine and spokesperson for the American Lung Association**

**ISSUE: Healthcare**

**HOW TREATED: Program**

**TITLE: Now is the time to get Affordable Insurance through Pennie**

**DATE: January 8, 2023**

**TIME: 6:00am**

**DURATION: 19:15**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Pennie - Pennsylvania Health Insurance Exchange Authority - is the only place that provides financial savings to help lower your monthly premium and possibly out-of-pocket costs for Pennsylvanians. Thanks to updated federal laws with the Affordable Care Act, health coverage has never been more affordable with high quality coverage. Open enrollment is going on now, through January 15th. For those who qualify, there could even be zero cost plans. For more information, go to [pennie.com](http://pennie.com)

**GUEST: Chachi Angelo, Director of External Affairs with PENNIE**

**ISSUE: Sudden Cardiac Arrest**

**HOW TREATED: Program**

**TITLE: How a Tragic Situation in the NFL is Highlighting the Tragedy of Sudden Cardiac Arrest**

**DATE: January 8, 2023**

**TIME: 6:00am**

**DURATION: 11:22**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** In the wake of Buffalo Bill's Damar Hamlin's sudden cardiac arrest during Monday night's NFL game, Asheleigh Forsburg, Managing Director with The Peyton Walker Foundation joins the program to discuss the health concerns behind sudden cardiac arrest, what many might not know or understand, and how the foundation is working to help you and others through Central PA in protecting our youth and others from becoming a statistic.

**GUEST: Asheleigh Forsburg, Managing Director with The Peyton Walker Foundation**

**ISSUE: Healthcare Insecurity**

**HOW TREATED: Program**

**TITLE: There is help for those suffering from period poverty and healthcare insecurity**

**DATE: January 15, 2023**

**TIME: 6:00am**

**DURATION: 27:25**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** The Beacon Clinic provides free, faith-based, non-federally funded primary healthcare for persons in need through Dauphin, Cumberland and York Counties. Data shows that this region around Harrisburg represents some of the highest rates of uninsured individuals where major barriers to healthcare access exist. To learn more about its mission and what it's doing for the area, go to [beaconclinicpa.org](http://beaconclinicpa.org). The Period Project has teamed up with the Beacon Clinic to help those in the area dealing with period poverty. The mission of the Period Project is to eradicate period poverty in the Harrisburg area and raise awareness about its impact on the dignity and health of our community. We will act through community engagement and direct intervention with the unsheltered and those in need. Volunteers and donations are always needed. For more information, [theperiodprojectharrisburg.com](http://theperiodprojectharrisburg.com)

**GUESTS: Deb McClain, Executive Director of Beacon Clinic for Health and Hope, Megan Swope, Founder and President of The Period Project Harrisburg, and Kathleen Frasca, Volunteer with both Beacon Clinic and The Period Project**

**ISSUE: Education**

**HOW TREATED: Program**

**TITLE: Not all schools fit all kids - What Options are truly out there**

**DATE: January 22, 2023**

**TIME: 6:00am**

**DURATION: 11:05**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** National School Choice Week kicks off today and was established to raise awareness of the different types of schools or education options that parents can choose for their children. There's more than 26,000 events happening across the country this week in recognition of National School Choice Week, with nearly 1,000 events and activities happening here in Pennsylvania. A new parent survey was recently released by the National School Choice Awareness Foundation. Findings include: Half of all parents considered or are considering choosing new schools for their children, Black, Hispanic, and young millennial parents were most likely to consider new schools, Parents considered a wide variety of education options for their children, and half of parents want more options for their children's education, and most parents want more information about school choice options. For more information go to [schoolchoiceweek.com/guide-nscw-2023](https://schoolchoiceweek.com/guide-nscw-2023)

**GUEST: Shelby Doyle, vice president of public awareness at the National School Choice Awareness Foundation**



**ISSUE: Homelessness**

**HOW TREATED: Program**

**TITLE: How one local group is proving the Community Cares about the area Homeless**

**DATE: January 22, 2023**

**TIME: 6:00am**

**DURATION: 18:29**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Homelessness is an issue that continues to plague our country. In the U.S., more than 580,000 Americans have nowhere they can call home. In PA, more than 15,000 individuals, including children, fall into this category. One Carlisle area organization is working to help those through Cumberland County who are dealing with homelessness, by offering shelter, food, guidance and more. Community Cares works discreetly with families with the hope of giving them some dignity until they can get back on their feet. The organization is also on call to help people on the streets who have been reluctant to seek shelter. Donations are always accepted and volunteers welcome. There is also an event coming up February 25th, called the Coldest Night of the Year Walk. It kicks off at Messiah College at 4pm. For more info on Community Cares go to [morethanshelter.org](http://morethanshelter.org)

**GUEST: Beth Kempf, Executive Director of Community Cares**

**ISSUE: Exercise and Wellness**

**HOW TREATED: Program**

**TITLE: Taking care of your body so it helps take care of you**

**DATE: January 29, 2023**

**TIME: 6:00am**

**DURATION: 30:48**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Exercise more is a common resolution that people make each year, but by now many have let this resolution slide or didn't start a new routine at all. However, physical activity is essential to healthy living and according to the CDC can even help people who've contracted COVID-19 from getting very sick. Exercise can make a person feel better, improve brain health, and manage weight. Recent statistics from the CDC report when it comes to women's health, 13.9 percent of women 18 and over are in fair or poor health, 41.8 percent of women 20 and over are considered obese, 45.2 percent of women 20 and over have hypertension (measured high blood pressure and/or are taking antihypertensive medication), and only 20.4 percent of women 18 and over meet the 2018 federal physical activity guidelines for aerobic and muscle-strengthening activity. When it comes to then men: 13.2 percent of men 18 and over are in fair or poor health, 40.5 percent of men aged 20 or over are considered obese, 51.9 percent of men aged 20 or over have hypertension, with 28.3 percent of men 18 and over meet the 2018 federal physical activity guidelines for aerobic and muscle-strengthening activity. Always make sure to talk to your doctor if you are significantly increasing your activity level and discuss what may be best for you. Moderation is better than nothing at all, especially when starting a new routine. To help children prepare for weight and health success as adults, now is the time to also make sure they are incorporating a routine that includes at least 60 minutes a day of physical activity, 3 days a week and at least 3 days a week of muscle/bone strengthening activity. Unfortunately, genetics can play a role in a person's health and wellness. Knowing your family history can often allow a person to be more proactive in what their body needs to stave off things like high blood pressure, heart disease, and even cancer. And finally, having a positive outlook can often brighten someone's mood, positively affecting their health and wellness. While we all have stressful situations and negative experiences that come our way, learning how to let them go and moving forward is key.

**GUESTS: Dr. Nancie Fitch, Emergency Physician with MedExpress Urgent Care, Jerome Madison, General Manager of Oncology at Invitae, and Scott White, Entrepreneur and Author of 'The Life is Too Short Guy'**

**ISSUE: Arts & Entertainment**

**HOW TREATED: Program**

**TITLE: Central PA Music Hall of Fame and the 4rd annual Central PA Music Awards and Hall of Fame Inductions**

**DATE: February 5, 2023**

**TIME: 6:00am**

**DURATION: 31:53**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** The Central PA Music Hall of Fame was created by local musician Brandon Valentine. It is a 501c3 non-profit organization whose mission is to recognize, support, and grow the area's longstanding and diverse music heritage. In November, the CPMHOF inducted Bret Michaels at a small ceremony in Hershey. He is one of the most famous musicians to come out of Central PA. The 4th annual Central PA Music Awards (known as the local Grammys) is being held on Thursday, March 30th at the Hershey Theatre. Following last year's success, the show will feature a red carpet event and an after party at The Englewood, the CPMA's platinum sponsor

**GUEST: Brandon Valentine, President & Founder, CPMHOF**

**ISSUE: Heart Health**

**HOW TREATED: Program**

**TITLE: Showing your Heart the Love it Deserves this American Heart Month**

**DATE: February 12, 2023**

**TIME: 6:00am**

**DURATION: 26:40**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** February is American Heart Month. According to the CDC, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States, with one person dying every 34 seconds in the U.S. from cardiovascular disease. Talking to your doctor is the first step at prevention, and while medications may be key in prevention, using a holistic approach in conjunction with this can be even better. Holistic therapies can include exercise and dietary changes. Always make sure what you ingest does not interfere with prescribed medications. Stress management is also a holistic approach to healing the heart, body, and soul. Techniques include light therapy, music therapy and yoga. UPMC also hosts a virtual "Cooking with a Cardiologist", with the next one coming up February 23rd. A person can sign up for the free program by going to [UPMC.com/VirtualEvents](https://www.upmc.com/VirtualEvents). When talking about heart health and incorporating a healthy diet for it, for many there can be barriers and misconceptions in doing so. As for which diet is best for your heart, Cleveland Clinic recommends the Mediterranean diet for lowering the risk of heart attack and stroke based on research trials that have proven the diet's cardiovascular benefits. When talking about heart health, there is one inherited heart condition that most people don't even know they have it. It's estimated that 700,000 Americans are living with Hypertrophic Cardiomyopathy or HCM, with 85 percent of those people not knowing it. HCM is a disease in which the heart muscle becomes thickened (hypertrophied). The thickened heart muscle can make it harder for the heart to pump blood. Typically, an inherited condition, complications of HCM can include Atrial fibrillation, Blocked blood flow, Mitral valve disease, Heart failure, fainting, and Sudden cardiac death.

**GUESTS:** Dr. Hemal Gada, President of the Heart and Vascular Institute at UPMC in Central Pa., and medical director of the Structural Heart Program, Dr. Leslie Ch, Director of the Cleveland Clinic's Women's Cardiovascular Center, Lisa Salberg, the founder and CEO of the Hypertrophic Cardiomyopathy Association (HCMA), and Dr. Matthew Martinez, a board-certified cardiologist, and Director of Atlantic Health System Sports Cardiology at Morristown Medical Center

**ISSUE: Blood Supply and Disaster Emergencies**

**HOW TREATED: Program**

**TITLE: Rolling up your sleeve to help the American Red Cross with their mission to help others in our area**

**DATE: February 19, 2023**

**TIME: 6:00am**

**DURATION: 14:55**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** The Central Pennsylvania Chapter of the American Red Cross is part of the 61-county Greater Pennsylvania Region, that serves people through Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry, and York Counties. Right now, our local chapter is putting out the call for blood and platelet donations. Because of the urgent need right now, through the support of Amazon, each donor before Feb 28th will receive a \$10 Amazon gift card. A person can donate blood every 56 days, and while there are some restrictions on who can give, the majority of those that don't donate are likely eligible. To learn more on if you qualify and to sign up to donate go to [www.redcrossblood.org](http://www.redcrossblood.org) or download the free donor app that also keeps track of all the times a person rolls up their sleeve. The Red Cross is also there for those dealing with disasters, including house fires. If you've been displaced, you're encouraged to call them at 1-800-RED-CROSS (1-800-733-2767) - 24 hours a day. The local chapter also provides help for members of the military, veterans, and their families to prepare for, cope with and respond to the challenges of military service. The Red Cross is also there to help with the good times, by teaching those in the community things like CPR, first aid, lifeguarding, learning to swim and even babysitting certification. For more on all the programs go to [redcross.org](http://redcross.org)

**GUEST: Laura Burke, Executive Director of the American Red Cross - Central Pennsylvania Chapter**

**ISSUE: Infrastructure & Employment**

**HOW TREATED: Program**

**TITLE: The big contributions engineers make every day on land and by sea**

**DATE: February 19, 2023**

**TIME: 6:00am**

**DURATION: 6:05**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Today kicks off Engineering Week in the U.S. This year's theme is 'Creating the Future!'. Engineers play a vital role in innovating solutions to global challenges that impact future generations. By working together to develop new technologies, products and opportunities, engineers create new possibilities that make the world a better place. It is also a time to emphasize the importance of learning math, science, and technical skills. Observances like this help ensure a diverse workforce by increasing understanding of and interest in engineering careers. With sustainability as a guiding principle, engineers work to strengthen the nation's security by building and maintaining America's water resources infrastructure and providing military facilities where service members train, work and live. With roots dating back to the American Revolution in 1778 and our first President, George Washington, the engineering field is a priority for innovation in the U.S and abroad, whether working with the Army, the Reserve, or as a civilian.

**GUEST: Army Reserve Colonel Andrew Sinelli**

**ISSUE: Tax Laws**

**HOW TREATED: Program**

**TITLE: Big Changes in Tax Laws Could Short your Return, How you Can be Prepared**

**DATE: February 19, 2023**

**TIME: 6:00am**

**DURATION: 6:55**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Tax Filing Season is under way for 2022 earnings, however changes made in the last year to tax laws have some wondering where their money is. So you are prepared when you file what you need to know about key tax provisions, the Inflation Reduction Act, inflation adjustments, the delay of new 1099-K reporting, and new tax trends. Also if you bought into crypto currency in 2021 and had success with that, but now see a loss, you can use that in this year's filing, plus other tips on how to maximize your refund to get every dollar you deserve. The last day to file this year is April 18th.

**GUEST: Lisa Greene-Lewis, CPA and tax expert**

**ISSUE: Driving Laws & Road Safety**

**HOW TREATED: Program**

**TITLE: Top Avoidable Causes of Car Crashes and Proposed Legislation to Lower Driving Age in PA**

**DATE: February 26, 2023**

**TIME: 6:00am**

**DURATION: 22:40**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** According to the CDC, every day in the U.S. motor vehicle crashes kill over 100 people, making it a public health concern. When you break down that statistic, per mile driven, teen drivers ages 16–19 have a fatal crash rate almost three times as high as drivers ages 20 and older which makes motor vehicle crashes the leading cause of death for that age group. In addition, these statistics don't account for the number of people injured or the cost that comes along with each crash, including medical costs and cost estimates for lives lost. There are many factors that can cause a crash that can be avoided. Topping the list is distracted driving, from phones to food and even other passengers can cause a driver to take their eyes off the roadway and cause a crash. Other avoidable causes of accidents include speeding, aggressive driving, and drinking and driving. When looking at the concern of young drivers behind the wheel, Pennsylvania has done some work by putting newer legislation on the books to try to curb this statistic here. This includes changes to the requirements of those with a junior license, limiting the number of passengers and having 65 hours behind the wheel in practice before a teen can take their road test. But right now, there are two state Representatives, Stephen Kinsey and Democrat from Philadelphia and Eric Nelson a Republican from Westmoreland, that are looking to introduce a new bill when the house reconvenes, that if approved would lower the eligible driving age in PA to 15. Their reason is it would mean more financial empowerment for Pennsylvania's youth and more tax revenue for the state. Some, however, believe 15 is too young and this age group is even more distracted than the teens just a year older. If the law was changed, Bill believes drivers education should become a requirement too. Older adults also need to be mindful that getting behind the wheel can also become an issue, as they may begin to experience delayed reaction time or other cognitive or physical impairments affecting their ability to safely operate vehicles. Family members are advised to monitor and talk with parents when concerns start to arise before they too become a statistic.

**GUEST: Bill Hotham, Retired PA State Trooper and Owner of Platinum Driving School and Testing Center**



**ISSUE: Employment**

**HOW TREATED: Program**

**TITLE: How to go After the Career You Want even When some Companies are Cutting Back**

**DATE: February 26, 2023**

**TIME: 6:00am**

**DURATION: 4:35**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Despite news of layoffs, hiring freezes and rescinded offers, the employment market remains strong, and if you are looking for a new job this could be the perfect time to shift your search into high gear. According to new research from Robert Half: 58% of companies anticipate hiring for new permanent positions and 72% expect to bring in more specialized contract professionals in the first half of 2023, up from six months ago. When beefing up your resume, know that beyond skills, the top factors that can tip the scales in an applicant's favor are: Knowledge of the company, Timeliness and professionalism during interviews, and Passion for the company's mission. Still, employers can be picky about their potential new hires and what they are looking for to fill the job openings. For more information visit [roberthalf.com](http://roberthalf.com)

**GUEST: Randi Weitzman, Career and workplace expert for talent solutions firm Robert Half**

**ISSUE: Dementia - FTD**

**HOW TREATED: Program**

**TITLE: What to know about Frontotemporal Dementia or FTD**

**DATE: March 5, 2023**

**TIME: 6:00am**

**DURATION: 15:55**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** When we hear people talking about dementia, we often associate that with Alzheimer's Disease; however, there are many forms of dementia including Frontotemporal Dementia or FTD. While FTD isn't rare, it's often not talked about unless you know someone with it. It's making news now, however, as Bruce Willis' family recently came out saying the actor is suffering with this. Frontotemporal dementia is an umbrella term for a group of brain disorders that primarily affect the frontal and temporal lobes of the brain. These areas of the brain are generally associated with personality, behavior, and language. Signs and symptoms vary, depending on which part of the brain is affected. Some people with frontotemporal dementia have dramatic changes in their personalities and become socially inappropriate, impulsive, or emotionally indifferent, while others lose the ability to use language properly.

Frontotemporal dementia can be misdiagnosed as a psychiatric problem or as Alzheimer's disease. But frontotemporal dementia tends to occur at a younger age than Alzheimer's disease. Frontotemporal dementia often begins between the ages of 40 and 65 but occurs later in life as well. FTD is the cause of approximately 10% to 20% of dementia cases. With any type of dementia, taking care of your health from a younger age can help keep symptoms at bay, that includes diet, sleep and exercise.

**GUEST: Dr. Claire Flaherty, a neuropsychologist at Penn State Health Milton S. Hershey Medical Center**

**ISSUE: Ukraine War & World Peace**

**HOW TREATED: Program**

**TITLE: One year into the War in Ukraine and what this means for the US**

**DATE: March 5, 2023**

**TIME: 6:00am**

**DURATION: 8:18**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** We are now one year into the conflict between Russia and Ukraine, with no end in sight. According to the latest UN human rights office data, at least 8,000 non-combatants - meaning civilians in Ukraine have been confirmed killed with more than 13,000 injured during this period. When it comes to soldiers in this war, it's reported that 10s of thousands of troops have been killed and injured on both sides. The US and other allies of the Ukraine have been there, offering up billions for their fight against Russia, but some believe there's other ways to fight this war than with weapons. The Friends Committee on National Legislation (FCNL) believes that this discourse is failing Ukrainians, Russians, and Americans alike—and that it's vital for Congress to begin a new conversation. However, President Biden was just in Ukraine and trying to use his words and other methods to get Vladimir Putin to end the conflict. Biden announced new sanctions against Russia in hopes they'd back down, but instead Putin doubled down and said he would back out of the nuclear treaty with the U.S, which could cause harm here in the states too. Still, FCNL believes there is a way to have a diplomatic end to the war, and without it, and the longer the war goes on, the more people will suffer—and the higher the risk is for the world as a whole. For more on their mission - visit [www.fcnl.org](http://www.fcnl.org)

**GUEST: Bridget Moix, general secretary of the Friends Committee on National Legislation (FCNL)**

**ISSUE: Hearing Health**

**HOW TREATED: Program**

**TITLE: Are you listening? The importance of Keeping your Hearing Health in Check**

**DATE: March 5, 2023**

**TIME: 6:00am**

**DURATION: 6:30**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** World Hearing Day was recognized on March 3rd, with this year's theme "Ear and hearing care for all! Let's make it a reality." An estimated 48 million people living in the United States are experiencing some degree of hearing loss, but there are things one can do to take action on their hearing health, including getting hearing checked regularly by a doctor and audiologist and wearing protective gear to cover their ears, especially when in known loud environments. Hearing loss is often ignored, yet statistics show that Among school-aged children 6–19 years of age, almost 15% have hearing loss and in adults, hearing loss is among the most common chronic health conditions—more common than diabetes or cancer. For more information go to [www.asha.org](http://www.asha.org)

**GUEST: Dr. Marquitta Merkison, certified Audiologist and Associate Director of Audiology Practices at ASHA**

**ISSUE: Women's History Month**

**HOW TREATED: Program**

**TITLE: Local Women Making History in their Profession and Inspiring the Next Generation**

**DATE: March 12, 2023**

**TIME: 6:00am**

**DURATION: 25:55**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** March is Women's History month. When it comes to women making history, we often don't have to look further than our own backyards. Doctors Jacqueline Evans and Abby Geletzke got into the field at a time most women were discouraged from taking on such a task, they credit their families for not seeing the gender and lifting them up to pursue their passions. According to 2017 data from the Association of American Medical Colleges, women make up less than one-quarter of 10 surgical specialties, and are the least represented in orthopedic surgery, at 5.3%. Only in obstetrics and gynecology do women outnumber men, at 57%. In their 20+ years in the medical and surgical field, there have been some challenges to balancing a work/home life, in particular being a mother, but they know the women they treat are their reason for doing what they do, and hope there's a time more women continue to enter medical/surgical field, to a point that there doesn't need to be statistics of how many females are in certain medical fields. And when it comes to inspiring young women to be all they can in the world of sports, the women of the Harrisburg Havoc are doing just that. Harrisburg's first all-women's tackle football team is continuing to break glass ceilings, showing Central PA that women can play the game just as well, if not better than men. There are still big inequities between men's football teams and women in the league, in particular the men get paid to play and the women don't, but their passion for the game is their reward. In their off time, they go to community events with the hopes of inspiring the next generation of young women to tackle their dreams, whatever they may be. [harrisburghavoc.com](http://harrisburghavoc.com)

**GUESTS: Dr. Jacqueline Evans, gynecologic oncologist with UPMC Hillman Cancer Centers in Central PA, Dr. Abby Geletzke, breast surgeon with UPMC Hillman Cancer Centers in Central PA, Jeff Thomas, General Manager of Harrisburg Havoc, Kaeli Thomas, co-Owner and player with Harrisburg Havoc, and Janel Wesley, a Navy recruiter and Harrisburg Havoc teammate**

**ISSUE: Vehicle Safety**

**HOW TREATED: Program**

**TITLE: Using Daylight Saving to Check Your Vehicle's Recall Status**

**DATE: March 12, 2023**

**TIME: 6:00am**

**DURATION: 4:31**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** Today is Daylight Saving Day. While most of us know we need to spring the clocks ahead an hour and change our smoke alarm batteries, did you know we should also check our vehicles for any recalls? The National Highway Traffic Safety Administration (NHTSA) continues its effort to 'spring forward' to safety by encouraging consumers to check their vehicles for safety recalls twice a year—timed conveniently with the beginning and end of Daylight-Saving Time. During the annual Vehicle Safety Recalls Week (March 7-12), drivers are urged to utilize NHTSA's free VIN lookup tool on NHTSA.gov. If there are any recalls on your vehicles, manufacturers are required to fix the problem by repairing it, replacing it or offering a refund. There is also an app that can be downloaded, also a free service. The SaferCar app can quickly notify consumers of a recall on any of their vehicles and related equipment such as tires or car seats.

**GUEST: Dr. Stephen Ridella, Director, Office of Defects Investigation, National Highway Traffic Safety Administration (NHTSA)**

**ISSUE: Down Syndrome Awareness**

**HOW TREATED: Program**

**TITLE: Recognizing World Down Syndrome Day on the Homefront**

**DATE: March 19, 2023**

**TIME: 6:00am**

**DURATION: 18:21**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** World Down Syndrome Awareness Day is March 31st. According to the CDC, Down Syndrome remains the most common chromosomal condition diagnosed in the United States with 6,000 babies born each year with it, or about 1 in 700 babies. The date of Down Syndrome Awareness Day comes from the term Trisomy 21. About 95% of people with Down syndrome have Trisomy 21.2. With this type of Down syndrome, each cell in the body has 3 separate copies of chromosome 21 instead of the usual 2 copies. Many people with Down Syndrome have common facial features and no other major birth defects. However, some people with Down syndrome, about 50 percent, might have one or more major birth defects or other medical problems. Some of the more common health problems among children with Down syndrome are hearing loss, obstructive sleep apnea, ear infections, eye diseases, and heart defects. To raise awareness and their mission of inclusivity, 3-21 for Life is hosting its 2nd Annual World Down Syndrome Day event. It's being held from 11AM-9PM at Rubber Soul Brewing in Hummelstown. To learn more about Down Syndrome, their mission, and the event go to [www.321forlife.com](http://www.321forlife.com)

**GUESTS: JoAnn Pagano, Co-Founder of 3-21 for Life, Meg Kutz, Co-Founder of 3-21 for Life, and Lauren Talhelm, Committee Member of 3-21 for Life**

**ISSUE: ALSP**

**HOW TREATED: Program**

**TITLE: It's ALSP Awareness month, so what is this rare disorder all about?**

**DATE: March 19, 2023**

**TIME: 6:00am**

**DURATION: 12:46**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** March marks Adult-onset Leukoencephalopathy with axonal spheroids and pigmented glia - more commonly known as ALSP - awareness month; however many of us have never heard of this rare, but deadly disorder. ALSP is caused by mutations in the CSF1R gene and is usually passed on to family members through a parent that has the disorder. While ALSP is thought to be a rare disorder, it is being learned that it can often be misdiagnosed. Currently, it's estimated that approximately 10,000 people are affected by ALSP in the United States, with similar prevalence in Europe and Japan. There is currently no cure, no FDA approved treatments, and typically those diagnosed don't live past 50 years old. ALSP is a progressive disease that is characterized by issues with judgment, personality and psychological changes, and problems with movement. Sisters Hope Foundation was formed due to the President's personal experience with it. Heidi lost her mother, uncle, two sisters, and most recently a cousin and nephew to ALSP. For more on what the organization is doing for patients and caregivers through our area and across the U.S, go to [sistershopefoundation.org](http://sistershopefoundation.org)

**GUEST: Heidi Edwards, President & Founder OF Sisters' Hope Foundation**



**ISSUE: Colon Cancer Prevention and Cancer Support**

**HOW TREATED: Program**

**TITLE: Steps you can take in preventing Colon Cancer, but where you can find needed support if you get a cancer diagnosis**

**DATE: March 26, 2023**

**TIME: 6:00am**

**DURATION: 19:05**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** March is National Colorectal Cancer Awareness Month. Colorectal cancer often develops silently, without symptoms, and in 2023 alone an estimated 153,020 people in the U.S. will be diagnosed with colorectal cancer and an estimated 52,550 will die — making this disease the second-leading cause of cancer deaths. Most cases are diagnosed in people over age 50, however, the incidence rate of young-onset colorectal cancer — affecting people under age 50 — is rising every year. Unlike most cancers, colorectal cancer is highly preventable with screening. People at average risk should get checked starting at age 45. On-time screening is essential to catch this disease early and is the No. 1 way to prevent it. For a free screening recommendation based on personal risk and to learn more by visiting [getscreened.org](https://www.getscreened.org).

Now, if someone gets a cancer diagnosis, it can leave many patients feeling uncertain, and overwhelmed. It's important to have a good network of family and friends, along with a strong health care network, to help ease some of these troubles. Advice and support shared by survivors and caregivers, can be found on [YourCancerStory.com](https://www.YourCancerStory.com)

**GUESTS: Dr. Cedrek McFadden, board-certified colorectal and general surgeon, Karen Woomey, colorectal cancer patient, Sarah DeFeo, Ovarian Cancer Research Alliance (OCRA) Chief Program Officer, and Jamie Selzer, Ovarian cancer survivor**

**ISSUE: Kidney Health**

**HOW TREATED: Program**

**TITLE: Taking care of your Kidneys**

**DATE: March 26, 2023**

**TIME: 6:00am**

**DURATION: 10:52**

**TYPE: People and Perspectives Interview Show**

**DESCRIPTION:** March is National Kidney Month; a time to take control of your kidney health and learn if you are at risk. It's currently reported that an estimated 37 million American adults are affected by chronic kidney disease (CKD), which is the gradual loss of kidney function over time. Because of that, it's also reported that 9 out of 10 adults don't realize they have it since the symptoms don't really grab a person's attention until it's advanced. Early action can slow or possibly prevent the progression of kidney disease. It is important to speak to your doctor about how to manage and treat CKD to help slow disease progression and how to manage and treat HK. Up to 40-50% of patients with CKD have HK. For more information visit: [unfilteredkidneyconvos.com](http://unfilteredkidneyconvos.com)

**GUESTS: Dr. Jessica Coleman, Nephrologist, Nephrology & Hypertension Medical Associate, and David Rush, Kidney Health Advocate & Consultant / CKD Warrior**