

**WBTZ RADIO STATION**

**QUARTERLY ISSUES/PROGRAM LIST**

**OCTOBER 1, 2023 THROUGH DECEMBER 31, 2023**

AGING

EDUCATION

FUNDRAISING/VOLUNTEERING

HEALTH

HOUSING

The following pages list the programs aired on WBTZ during the fourth quarter of 2023. The 15-minute programs, ***In Touch, Health Source, and Cross Talk***, address a variety of issues of concern in our listening area. They ran on Sundays for a half hour from 6:30am-to-7am.

GINNY McGEHEE  
WBTZ RADIO  
HALL COMMUNICATIONS  
DECEMBER 31, 2023

## **AGING**

**PROGRAM:** In Touch

**DATE:** 10/15/23

**GUEST:** Marianne Apfelbaum, organizer of Vermont 50-Plus Expo

**DESCRIPTION:** a discussion about the full return of this annual free event starting 30 years ago focused on Vermonters 50 years of age and older to include services, education, entertainment and more

**HOST:** Ginny McGehee

## **EDUCATION**

**PROGRAM:** In Touch

**DATE:** 10/1/23

**GUEST:** Mark Redmond, executive director of Spectrum Youth and Families in Vermont

**DESCRIPTION:** a discussion about the success of the organization's success in helping at risk teens with drug addiction, education and job training while providing housing and meals

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 11/5/23

**GUEST:** Elizabeth Boudreau, director of events with the Vermont Handcrafters Association

**DESCRIPTION:** a discussion about its founding 70 years ago in the Barre area, its statewide growth as a members organization made of Vermonters, who are crafters making a huge variety of items and their upcoming 3 day show in Burlington

**HOST:** Ginny McGehee

**PROGRAM:** Cross Talk

**DATE:** 11/19/23

**GUEST:** Michael Olin of the American Red Cross, NNE

**DESCRIPTION:** a discussion about fire safety, fire prevention and how to prevent fires around the holiday season

**HOST:** Sarah Lemnah, Vermont Director of the American Red Cross

**PROGRAM:** In Touch

**DATE:** 12/3/23

**GUEST:** Dana Baron, president of the Alliance Francais of the Lake Champlain Region

**DESCRIPTION:** a discussion about the organization based in Paris with programs all over the world promoting French language and culture with classes of all levels for adults

**HOST:** Ginny McGehee

<b><i>FUNDRAISING/VOLUNTEERING</i></b>
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**PROGRAM:** In Touch

**DATE:** 10/8/23

**GUEST:** Travis Poulin of CVEOE (Champlain Valley Office of Economic Opportunity)

**DESCRIPTION:** a discussion about the Warmth Program, which raises money to help less fortunate pay for heat during the winter through individuals, businesses and organizations in the area

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 10/22/23

**GUEST:** Rob Meehan, executive director of Feeding Chittenden

**DESCRIPTION:** a discussion about the effort to feed those in need with groceries, warm meals and its need for volunteers and donations of food and money. Numbers in need have grown. Culinary job training is also part of the program.

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 11/12/23

**GUEST:** Travis Poulin of CVOEO

**DESCRIPTION:** a repeat of the 10/8/23 program

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 11/19/23

**GUEST:** Rob Meehan, executive director of Feeding Chittenden

**DESCRIPTION:** a repeat of the 10/22/23 program

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 11/26/23

**GUEST:** John Welsh, founder of Toys for Kids of Vermont

**DESCRIPTION:** a discussion about the toy program long before Toys for Tots by Welsh, who was a police officer called to a domestic finding a family with children on Christmas Eve with nothing for the holidays. He got them a tree, gifts and more. He got Marine buddies to help and grew the program in Vermont going statewide and it continues today

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 12/17/23

**GUEST:** John Welsh, founder of Toys for Kids of Vermont

**DESCRIPTION:** a repeat of the 11/26/23 program

**HOST:** Ginny McGehee

## **HEALTH**

**PROGRAM:** Health Source

**DATE:** 10/1/23

**GUEST:** Dr. Joseph Rivera, Emergency Medicine

**DESCRIPTION:** a discussion about the new pediatric Emergency Room at UVMMC and its much-improved capability to treat kids taken to the hospital

**HOST:** Alex Tiersey, UVMMC

**PROGRAM:** Health Source

**DATE:** 10/8/23

**GUESTS:** Bridget Shea, Registered Nurse, and Emily Claremont, Registered Dietician at UVMMC

**DESCRIPTION:** a discussion about the benefit of vitamin D when daylight and sunshine are in short supply

**HOST:** Alex Tiersey, UVMMC

**PROGRAM:** Health Source

**DATE:** 10/15/23

**GUEST:** Dr. Bruce Trainmer, Neurosurgeon

**DESCRIPTION:** a discussion about the Sciatic nerve, the largest nerve in the body, how it can cause severe pain and how to relieve that pain

**HOST:** Michael Carrese, UVMMC

**PROGRAM:** Health Source

**DATE:** 10/22/23

**GUEST:** Dr. Jennifer Dundee

**DESCRIPTION:** a discussion about PCOS, how it can cause infertility and how to treat it

**HOST:** Alex Tiersey, UVMMC

**PROGRAM:** In Touch

**DATE:** 10/29/23

**GUEST:** Laurie Emerson, executive director of NAMI (National Alliance for Mental Health) Vermont

**DESCRIPTION:** a discussion about Vermont's upcoming annual conference, best practices and information on dealing with loved ones who suffer and how covid made all of us more aware of mental health

**HOST:** Ginny McGehee

**PROGRAM:** Health Source

**DATE:** 10/29/23

**GUESTS:** Emily Claremont, Registered Dietician, and Leah Prior, Chef Educator

**DESCRIPTION:** a discussion about food pain management and how what you eat impacts chronic pain and food that fight pain

**HOST:** Geriann Higgins, UVMMC

**PROGRAM:** Health Source

**DATE:** 11/5/23

**GUEST:** Registered Dietician Bridget Shea

**DESCRIPTION:** a discussion about the Ketogenic Diet and the pros and cons of the Keto diet

**HOST:** Alex Tiersey, UVMMC

**PROGRAM:** Health Source

**DATE:** 11/12/23

**GUEST:** Dr. Matthew Ailoff

**DESCRIPTION:** a discussion about various veins, a cosmetic nuisance or a source of pain and how to treat the symptoms

**HOST:** Gina Britain, UVMCC

**PROGRAM:** Health Source

**DATE:** 11/26/23

**GUEST:** Dr. Thomas Delaney

**DESCRIPTION:** a discussion about suicide, the 8<sup>th</sup> leading cause of death in Vermont, how it has become an epidemic and prevention

**HOST:** Alex Tiersey, UVMCC

**PROGRAM:** Health Source

**DATE:** 12/10/23

**GUESTS:** Occupational Therapist Nicole Hocko and Physical Therapist Tim Bissonette

**DESCRIPTION:** a discussion about concussions and what to do if you or a friend suffers a concussion

**HOST:** Annie Macken, UVMCC

**PROGRAM:** Health Source

**DATE:** 12/17/23

**GUEST:** Registered Dietician Bridget Shea

**DESCRIPTION:** a discussion about Celiac disease, what it is and how going gluten-free is important to those who suffer with it. It is not just a diet trend

**HOST:** Alex Tiersey, UVMCC

## **HOUSING**

**PROGRAM:** In Touch

**DATE:** 12/10/23

**GUESTS:** Kirby Dunn, executive director of HomeShare Vermont and the new incoming director, Connor Timmons

**DESCRIPTION:** a discussion about the unique organization that pairs homeowners with those looking for housing in exchange for help and or some rent providing those in need of some assistance with a housemate and those in need of housing with an affordable option...founded over 30 years ago

**HOST:** Ginny McGehee