#### WBTZ RADIO STATION

#### QUARTERLY ISSUES/PROGRAM LIST

#### JULY 1, 2023 THROUGH SEPTEMBER 30, 2023

AGING

COMMERCE

EMPLOYMENT/RECRUITMENT

ENVIRONMENT

HEALTH

HOUSING

The following pages list the programs aired on WBTZ during the third quarter of 2023. The 15minute programs, *In Touch, Health Source, and Aging Matters*, 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 SEPTEMBER 30, 2023

## AGING

PROGRAM: In Touch
DATE: 7/2/23
GUEST: Tracey Shamberger, director and business manager for Age Well
DESCRIPTION: a discussion about the many services available for much of northern Vermont for seniors including meals on wheels, connecting to organizations, tax preparation and social happenings
HOST: Ginny McGehee

PROGRAM: Aging Matters
DATE: 7/9/23
GUEST: Kate Gardner, project manager for AmeriCorps in Clinton County, New York
DESCRIPTION: a discussion about the rebranding of AmeriCorps from RSVP (Retired Seniors Volunteer Program) and it 200 to 300 volunteers
HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters
DATE: 8/6/23
GUEST: Justin Ihne of the YMCA in Plattsburgh
DESCRIPTION: a discussion with the new director on what the YMCA has to offer seniors
HOST: Maria Alexander, SCCCC

PROGRAM: In Touch
DATE: 8/20/23
GUESTS: Kevin Platte, president of Vermont Senior Games, athlete Sarah Bombardier and Vice President Maggie Leugers
DESCRIPTION: a discussion about the program, which exists in every state for athletes 50 and older in a wide variety of sports competitions in state, nationally and internationally promoting fitness and social activity
HOST: Ginny McGehee

PROGRAM: Aging Matters
DATE: 8/27/23
GUESTS: Jennifer Cross and Barbara Markey, Community Navigators for seniors in Clinton County
DESCRIPTION: a discussion about their work and a new grant for the delivery reform program
HOST: Maria Alexander, SCCC

# COMMERCE

PROGRAM: In Touch
DATE: 7/23/23
GUEST: Jenna Koloski, community engagement and policy director for the Vermont Council on Rural Vermont
DESCRIPTION: a discussion about a meeting for the community to discuss the future of Shelburne to focus on development, schools, roads and other concerns in Shelburne
HOST: Ginny McGehee

## **EMPLOYMENT**

PROGRAM: In Touch
DATE: 9/3/23
GUEST: Rhoni Baden, executive director of Vermont Works for Women
DESCRIPTION: a discussion about the organization's programs for girls in school and women of all backgrounds, including those incarcerated, with many non-traditional trades and jobs
HOST: Ginny McGehee

PROGRAM: In Touch
DATE: 9/10/23
GUESTS: Wendy House, Trooper/Recruiter and Administrative Captain Peter Acadi of the New York State
Police covering the largest area in the state, 5 counties bordering Canada
DESCRIPTION: a discussion about the need for troopers, training, benefits and salary and the plusses of being in law enforcement in the region
HOST: Ginny McGehee

## **ENVIRONMENT**

PROGRAM: In Touch
DATE: 9/24/23
GUEST: Amy Alfieri of Vermont Fish and Wildlife and manager of the Dead Creek Wildlife Management Area
DESCRIPTION: a discussion about the upcoming 21<sup>st</sup> annual Dead Creek Wildlife Day with a wide variety of activities for all ages
HOST: Ginny McGehee

## HEALTH

PROGRAM: Health Source
DATE: 7/2/23
GUEST: Bridget Shea, Registered Dietician at UVMMC
DESCRIPTION: a discussion about the pros and cons of the Keto diet
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 7/9/23
GUEST: Dr. Thomas Delaney
DESCRIPTION: a discussion about suicide, the 8<sup>th</sup> leading cause of death in Vermont and that it has become an epidemic
HOST: Alex Tiersey, UVMMC

PROGRAM: In Touch
DATE: 7/16/23
GUEST: Shannon Blake, war veteran and president and founder of Warriors Soar
DESCRIPTION: a discussion about his own psychological battles after returning home that led to starting his organization for war veterans to fish, sail, golf and spend time together
HOST: Ginny McGehee

PROGRAM: Health Source
DATE: 7/16/23
GUEST: Dr. Michelle Shepard
DESCRIPTION: a discussion about the impact of childhood experiences involving ACE (Adverse Childhood Experience study)
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 7/23/23
GUESTS: Bridget Shea, Registered Dietician, and Audrey Moore, Social Worker
DESCRIPTION: a discussion about the psychology of eating and how what we eat affects how we feel and the mind-body connection
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 7/30/23
GUEST: Robert Davis, MS, LEC Acupuncturist at UVMMC
DESCRIPTION: a discussion about the many uses of acupuncture in healing chronic pain
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 8/6/23
GUESTS: Emily Claremount, Registered Dietician, and Leah Prior, Chef Educator of UVMMC
DESCRIPTION: a discussion about how what you eat impacts chronic pain and foods that fight pain
HOST: Gerianne Higgins, UVMMC

PROGRAM: Health Source
DATE: 8/13/23
GUEST: Dr. Andrew Sullivan
DESCRIPTION: a discussion about M.S. (multiple sclerosis) how misdiagnoses can be reduced through MRI screening
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 8/20/23
GUEST: Dr. Peter Jackson
DESCRIPTION: a discussion about cannabis and the positive and negative effects on the body and brain
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 8/27/23
GUEST: Rich Wykoff, security officer at UVMMC
DESCRIPTION: a discussion about cybersecurity and the risks of sensitive data and how best to protect your information
HOST: Lauen Yandow, UVMMC

PROGRAM: Health Source
DATE: 9/3/23
GUEST: Dr. James Wallace
DESCRIPTION: a discussion about genetic testing and a new test tool that can calculate a person's risk of inheriting heart disease and cancer
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 9/10/23
GUEST: Endocrinologist Matthew Gilbert
DESCRIPTION: a discussion about diabetes Type 1 & 2 with the majority being adults with type 2 and that 30 million Americans suffer with it
HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source
DATE: 9/17/23
GUEST: Dr. Andrew Villanti
DESCRIPTION: a discussion about tobacco and its connection to lung cancer, the number one killer of men and women in the United States
HOST: Gina Brittain, UVMMC

PROGRAM: Health Source
DATE: 9/24/23
GUEST: Gail Finklestein, MSRN
DESCRIPTION: a discussion about e-cigs and how they have impacted the health of teenagers since they came on the market
HOST: Alex Tiersey, UVMMC

## HOUSING

PROGRAM: In Touch
DATE: 7/30/23
GUEST: Mark Redmond, executive director of Spectrum Youth and Family Services
DESCRIPTION: a discussion about this unique organization that provides housing, food and help with completing GEDs and job training for teens and young adults dealing with drug addiction and other issues
HOST: Ginny McGehee

#### PROGRAM: In Touch

DATE: 9/17/23

**GUESTS:** Kirby Dunn, outgoing director, and Connor Timmons, the new director for HomeShare Vermont **DESCRIPTION:** a discussion about the unique organization working to match people who are aging or have disabilities to share their homes with others looking for an affordable place to live, offering help and companionship, the extensive work to make the match. The even higher demand for housing has increased the work of this 40-year-old nonprofit **HOST:** Ginny McGehee