



July 1, 2015

The following is a report on Public Affairs Programming for the Second Quarter of 2015 during which time the top issues of community interest and concern in St. Petersburg, Florida and the surrounding area were found to be:

Health
Economy
Education
Public Safety
Community Relations

In order to meet these issues, WXGL-FM airs two public affairs programs on Sunday mornings.

"Radio Health Journal" airs Sunday mornings at 6:00 a.m. "Spectrum" airs Sunday mornings at 6:30 a.m.

WXGL-FM also helps meet community issues through daily programming. As traffic and transportation are often major issues for residents of Tampa Bay, WXGL-FM airs traffic reports four times hourly on weekdays from 6:00 to 9:00 a.m. and 4:00 to 6:00 p.m.

WXGL-FM also runs a heavy schedule of :60 second Public Service Announcements produced by the Florida Association of Broadcasters throughout all hours of the day.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "John Larson", written over a circular stamp or seal.

John Larson
Director of Branding and Programming

JL/mlm

Health

Sunday, April 5, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guests: Dr. Ashley Gearhardt, Assistant Professor of Psychology, University of Michigan; and Dr. Vera Tarman, Medical Director, Renascent Addiction Treatment Center, Toronto, and author, Food Junkies: The Truth About Food Addiction.

Scientists are learning that some people can be physically addicted to certain kinds of foods, especially highly-processed foods, and suffer withdrawal when they can't have them. Mr. Pence, Dr. Gearhardt, and Dr. Tarman discussed the brain chemistry of food addiction, how it is virtually identical to the chemistry of drug addiction and alcoholism, and what it means for the nation's fight against obesity.

2nd Segment

Host: Nancy Benson. Guests: Dr. Carol Ewing Garber, Professor of Movement Sciences, Teachers College, Columbia University; and Dr. Vijay Vad, Sports Medicine Specialist, Hospital for Special Surgery, New York, Assistant Professor of Rehabilitation Medicine, Weill Cornell Medical College, and author, The New Rules of Running.

Studies are showing that people who train hard and long at running have death rates similar to couch potatoes while those who exercise moderately or even lightly are likely to live much longer. Ms. Benson, Dr. Ewing, and Dr. Vad discussed how much exercise is enough and how to make the most of light exercise.

Sunday, April 12, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guests: Sean Reynolds, color blind patient; Dr. Michael Marmor, Professor of Ophthalmology, Stanford University School of Medicine and Byers Eye Institute; and Dr. Don McPherson, Vice President of Products, Enchroma, Inc.

Color blindness (or color vision deficiency) affects up to eight percent of men. Until recently, doctors could do nothing to treat it. Now, high-tech glasses can make colors come alive for many people with the most common form of color blindness. Mr. Pence discussed how color blindness can affect people's daily lives and the glasses that can treat it with Mr. Reynolds, Dr. Marmor, and Dr. McPherson.

2nd Segment

Host: Nancy Benson. Guest: Harry Balzer, Chief Industry Analyst, NPD Group.

Most people would like to eat healthy foods. However, other factors such as cost and ease of preparation are much more important in our food choices. Ms. Benson and Mr. Balzer discussed why we choose the foods we eat.

Sunday, April 19, 2015 – Radio Health Journal 6:00 a.m.

15:00

Host: Reed Pence. Guests: Catherine Price, author, Vitamanía: Our Obsessive Quest for Nutritional Perfection; Dr. Valerie Tarasuck, Professor of Nutritional Sciences, University of Toronto; and Dr. Mara Vitolins, Professor of Epidemiology and Prevention, Wake Forest University Baptist Medical Center.

Vitamins are essential to our health, and most of those we need we can get through our diets. Many foods are fortified today. Mr. Pence discussed with Ms. Price, Dr. Tarasuck, and Dr. Vitolins how the standards for dietary minimums help prevent deficiency diseases, but little is known about whether it's possible to consume too many vitamins.

Sunday, April 26, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guest: Mary Roach, author, Gulp: Adventures On the Alimentary Canal.

Most people have little idea of what goes on in our digestive systems. Mr. Pence discussed with Ms. Roach what was found during an exhaustive investigation.

2nd Segment

Host: Nancy Benson. Guests: Dr. Norman Doidge, Professor of Psychiatry, University of Toronto, Columbia University Center for Psychoanalytic Training and Research, and author, The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity; and Dr. Edward Taub, Professor of Psychiatry, University of Alabama, Birmingham, and Director, UAB Taub Training Clinic.

Since the dawn of medicine, doctors have believed that once injured the brain cannot heal. Ms. Benson discussed with Dr. Doidge and Dr. Taub what they've learned about the brain's ability to heal and the ways they are beginning to tap into the brain to make it heal better and faster.

Sunday, May 3, 2015 – Radio Health Journal 6:00 a.m.

15:00

Host: Nancy Benson. Guests: Dr. Evonne Kaplan-Liss, Associate Professor of Preventive Medicine, Stony Brook University; Ashwin Mahotra, medical student, Stony Brook University; and Dr. Zack Berger, Assistant Professor of Medicine, Johns Hopkins University, and author, Talking to Your Doctor: A Patient's Guide to Communication in the Exam Room.

Doctors too often use language that's indecipherable to normal people. Ms. Benson discussed with Dr. Kaplan-Liss, Mr. Mahotra, and Dr. Berger how efforts are underway at medical schools to teach doctors to speak in plain language.

Sunday, May 10, 2015 – Radio Health Journal 6:00 a.m.

15:00

Host: Reed Pence. Guests: Dr. Andrea McKee, Chairman, Radiation Oncology, Leahy Hospital and Medical Center, Burlington, Massachusetts; Dr. Heather Wakelee, Associate Professor of Medicine, Stanford University and Stanford Cancer Institute; and

Dr. Joan Schiller, Deputy Director, Simmons Cancer Center, University of Texas Southwestern Medical Center, Dallas, and President, Free to Breathe advocacy organization.

Lung cancer is the world's #1 cancer killer, but its association with smoking has created a stigma that often stuns patients who have never smoked and results in much less research money for lung cancer than for other less lethal diseases. Mr. Pence discussed with Dr. McKee, Dr. Wakelee, and Dr. Schiller the issues and new treatments that provide hope.

Sunday, May 17, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guests: Harriet Brown, Associate Professor of Magazine Journalism, Newhouse School of Public Communication, Syracuse University and author, Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight and What We Can Do About It; and Dr. Carl Lavie, Medical Director of Preventive Cardiology, John Ochsner Heart and Vascular Institute, New Orleans and author, The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier.

The cultural bias against obesity is often justified on health grounds. However, recent studies show that people classified in the “overweight” BMI category actually have less mortality than normal weight people. Mr. Pence discussed with Ms. Brown and Dr. Lavie how culture drives our obsession with weight and what science really has to say about it.

2nd Segment

Host: Nancy Benson. Guest: Dr. Mitchell Gaynor, Assistant Clinical Professor of Medicine, Weill Cornell Medical Center, and author, The Gene Therapy Plan: Taking Control of Your Genetic Destiny with Diet and Lifestyle.

Many diseases have a genetic trigger. Ms. Benson discussed with Dr. Gaynor how alteration of the diet can override that programming. Dr. Gaynor also discussed how disease doesn't have to be preordained.

Sunday, May 24, 2015 – Radio Health Journal 6:00 a.m.

15:00

Host: Reed Pence. Guests: Dr. Richard Schwartz, Associate Professor of Psychiatry, Harvard Medical School, and co-author, The Lonely American: Drifting Apart in the 21st Century; and Dr. Tim Smith, Professor of Psychiatry, Brigham Young University.

Loneliness affects far more than our mental health. Mr. Pence discussed with Dr. Schwartz and Dr. Smith how studies are now showing that loneliness and social isolation also have profound effects on our physical health and increase the risk of death substantially.

Sunday, May 31, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guests: Annette Bar-Cohen, Executive Director, Center for Advocacy Training, National Breast Cancer Coalition; and Dr. Charis Eng, Professor and Chair, Genomic Medical Institute, Cleveland Clinic Lerner Research Institute.

Testing for breast cancer genes BRCA-1 and 2 has been inaccessible to many women due to extremely high cost. Now, a new \$249 breast cancer gene test is available. Mr. Pence, Ms. Bar-Cohen, and Dr. Eng discussed whether this changes who should be tested and the ramifications of widespread testing.

2nd Segment

Host: Nancy Benson. Guests: Dr. Charles Wysocki, Behavioral Neuroscientist Emeritus, Monell Chemical Senses Center; and Neil Pasricha, author, The Book of Awesome.

The sense of smell evokes powerful memories and makes food taste good, but it also has important functions in interpersonal relations and personal safety. Ms. Benson, Dr. Wysocki, and Mr. Pasricha discussed the science behind it.

Sunday, June 7, 2015 – Radio Health Journal 6:00 a.m.

15:00

Host: Nancy Benson. Guest: Dr. Susan Ball, Associate Professor of Medicine, Weill Cornell Medical College, Assistant Director, Birnbaum Unit, Center for Special Studies, New York Presbyterian Hospital, and author, Voices in the Band: A Doctor, Her Patients, and How the Outlook on AIDS Care Changed from Doomed to Hopeful.

When AIDS first became widespread in the 1980's, it was a death sentence. Ms. Benson spoke with Dr. Ball, who has spent her entire career on the front lines of HIV, and she recounted the gloom and desperation of the early days and the transition of HIV into a treatable chronic disease.

Sunday, June 14, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guest: Dr. Robert Wachter, Professor and Associate Chairman, Department of Medicine, University of California, San Francisco, and author, The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age.

Digital technology has revolutionized many industries, but medicine has lagged behind. Mr. Pence and Dr. Wachter discussed why the shift hasn't occurred yet, what the consequences are, and what it will take to bring health care technology to its full potential.

2nd Segment

Host: Lynn Holley. Guests: Dr. Barry Gordon, Professor of Neurology and Cognitive Science, Johns Hopkins University; and Dr. Henry Roediger, Washington University, St. Louis.

Some people who remember things extremely well may claim they have a “photographic memory”. However, some experts say such a thing doesn’t really exist. Ms. Holley, Dr. Gordon, and Dr. Roediger discussed how memory works.

Sunday, June 21, 2015 – Radio Health Journal 6:00 a.m.

30:00

Host: Reed Pence. Guests: Dr. Arthur Wisot, Professor of Obstetrics and Gynecology, UCLA School of Medicine and Reproductive Partners Medical Group; Dr. Barry Behr, Professor of Obstetrics and Gynecology and Lab Director, Fertility and Reproductive Health Program, Stanford University; and Courtney Kinney, IVF recipient.

More than five million children have been born as a result of invitro fertilization, but many are born as twins, triplets, and even quadruplets. Mr. Pence discussed with Dr. Wisot, Dr. Behr, and Ms. Kinney the challenges that result in multiple births and new technology that promises to reduce the number of multiples in IVF.

2nd Segment

Host: Lynn Holley. Guest: Jennifer Shannon, Co-Founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, California, and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens.

Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. Ms. Holley discussed with Ms. Shannon, whose daughter was afflicted, the social anxiety warning signs in children and how the disorder can be treated.

Economy

Sunday, April 12, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Lenzo Canty, Certified Public Accountant, Tampa.

Mr. Canty provided a check list of Internal Revenue Service changes for 2014 taxpayers. He and Mr. Greene covered details such as the form needed to file an extension regarding the tax return, standardized deductions, what is and is not allowed, and other important information to help our listeners file their 2014 tax returns.

Sunday, May 3, 2015 –Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: State Representative Ed Narain, Tampa.

Mr. Greene discussed with Representative Narain his first legislative session and how the session ended abruptly without having passed a state budget. Mr. Narain urged listeners to become much more involved in what happens in State government instead of leaving most of the influence on legislation up to lobbyists.

Sunday, May 17, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Jenny George, Disability Program Navigator, Career Source Tampa Bay, Tampa.

Mr. Greene and Ms. George explained the requirements for all people (regardless of age) in qualifying for a Ticket to Work, which affects those who are on S.S.I. and S.S.D.I.

Sunday, May 31, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Charles White, Entrepreneur, Riverview.

Mr. White, who is a former NFL player, shared with Mr. Greene and our listeners his journey from Upstate New York to Bethune-Cookman University to professional football to being in business for himself. Mr. White said his father was his most influential mentor. His father was a business owner himself, and he taught him sound business principles. As a result, Mr. White's company, which has offices in New York and Tampa, employs 24 people.

Sunday, June 7, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Walter Walker, Jr., Counselor, Housing and Education Alliance, Tampa.

Mr. Greene and Mr. Walker discussed the current housing market, high number foreclosures, loan modification, first-time home buyer's class, and improving credit and credit scores. They also covered the rental market and how those prices are rapidly escalating. Reasonably priced or affordable housing stock is being bought in bulk by foreign and domestic investors.

Education

Sunday, April 5, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: B. Jean Mann, Retired Educator, Temple Terrace.

Mr. Greene and Ms. Mann discussed the state-mandated Common Core battery of standardized tests that students in various grades will soon begin taking. Ms. Mann compared the complexity of this test with the F.C.A.T.

Sunday, April 26, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guests: Bobbi and Wilson Blount, Tuskegee University – Tampa Bay Alumni Association – Wesley Chapel.

Mr. Greene and Mr. and Mrs. Blount discussed many of the success stories that have graduated from the historically black university of Tuskegee University. As they prepare for their annual scholarship fundraiser, the guests talked about their journey at this institution and the recruitment effort underway to get students from the Bay Area to

attend school there. The University's signature programs are veterinary medicine, education, and aviation.

Sunday, May 10, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Dr. Bill Law, President of St. Petersburg College.

Mr. Greene and Dr. Law talked about some of the signature programs at one of Florida's oldest and most progressive institutions of higher learning. Dr. Law also did a comparison of the college's relatively low cost per credit hour as compared to larger state schools and private colleges. Dr. Law presented an overview of the \$15 million campus located in the Midtown section of South St. Petersburg that will serve an underserved student population within walking distance.

Sunday, May 24, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Ross Anderson, Founder, Men of Vision, Hillsborough County.

Mr. Greene and Mr. Anderson provided many details about what is working with an intensive male specific mentoring program at seven schools in Hillsborough County. As a result, this non-profit program which received a \$50,000 grant from the Tampa Bay Lightning Foundation was able to graduate 18 students, all of whom are college-bound. The boys have been in the program since 9th grade.

Sunday, June 28, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Dr. Keith Berry, Professor, Hillsborough Community College, Tampa.

Mr. Greene and Dr. Berry gave listeners tips on keeping their children learning during their summer vacation period by exposing them to positive learning experiences. Dr. Berry talked about his summer field trips and travel experiences and how that helped him become a better student and test taker. Dr. Berry used those experiences to share with his two sons as well as the baseball team he coaches. The point of his effort is to make those he mentors more well-rounded individuals and to keep them away from a steady diet of social media.

Public Safety

Sunday, April 19, 2015 – Radio Health Journal 6:15 a.m.

15:00

Host: Nancy Benson. Guest: Johann Hari, author, Chasing the Scream: The First and Last Days of the War on Drugs.

Many people have misconceptions about what addiction is and is not. Ms. Benson discussed with Mr. Hari how these myths fuel the war on drugs and alternatives that might really curb addiction and drug trafficking.

Sunday, May 3, 2015 – Radio Health Journal 6:15 a.m.

15:00

Host: Reed Pence. Guests: Peter Kissinger, President and Chief Executive Officer, AAA Foundation for Traffic Safety; Dr. Kelly Browning, Executive Director, Impact Teen Drivers; Dr. Robert Foss, Director, Center for the Study of Young Drivers, University of North Carolina-Chapel Hill; and Dr. David Hurwitz, Assistant Professor of Transportation Engineering, Oregon State University.

Teenage drivers are the most dangerous people on the road. Graduated driver's license programs have improved their record, but a new study finds teen drivers are often distracted before crashes. Brain biology plays a role. Mr. Pence discussed with Mr. Kissinger, Dr. Browning, Dr. Foss, and Dr. Hurwitz aspects of distracted driving and ways to get teens to pay attention on the road.

Sunday, May 10, 2015 – Radio Health Journal 6:15 a.m.

15:00

Host: Nancy Benson. Guests: Jonathan Jones and Kylene Jones, co-authors, The Provident Prepper: A Common Sense Guide to Preparing for Emergencies.

Many people will have to deal with a natural disaster at some point in their lives. Ms. Benson, Mr. Jones, and Ms. Jones discussed the key elements of preparation.

Sunday, May 24, 2015 – Radio Health Journal 6:15 a.m.

15:00

Host: Nancy Benson. Guests: Dr. Francesco Pia, water safety educator; and Mario Vittone, Retired Marine Safety Specialist, U. S. Coast Guard.

Seven hundred children under the age of fifteen drown in the U. S. each year, most within sight of a parent or other adult. Ms. Benson, Dr. Pia, and Mr. Vittone discussed one of the major reasons ... drowning doesn't look like most people picture it. So, we are unaware that a child is in trouble.

Sunday, June 7, 2015 – Radio Health Journal 6:15 a.m.

15:00

Host: Reed Pence. Guests: Dr. John Caffaro, Distinguished Professor, California School of Professional Psychology; Nancy Kilgore, PTSD trainer, abuse survivor, and author, Girl in the Water; and Dr. Mandy Morrill, Assistant Professor of Psychology, Valparaiso University.

Psychological or physical abuse by siblings is much more common than most people realize. It can leave severe psychological scars. However, parents often downplay it, calling it "normal sibling rivalry". Mr. Pence, Dr. Caffaro, Ms. Kilgore, and Dr. Morrill discussed the extent of the problem, warning signs of abuse, and how parents can act without involving family services officials and endangering the family.

Community Relations

Sunday, April 19, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Loretta Calvin, Spokesperson for Dress For Success – Tampa Bay.

Mr. Greene and Ms. Calvin discussed the various programs designed to help women who have barriers such as domestic violence, single parenting, low self-esteem, and lack of education/training, to actually become “success stories”. The clients take 8-week self-awareness/self-improvement classes and are then awarded tools to succeed in the workplace, starting with new workplace-appropriate clothing.

Sunday, June 14, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Eleanor Saunders, Executive Director, ECHO (Emergency Care Help Organization), Brandon.

Ms. Saunders shared with Mr. Greene some of the many success stories about how this non-profit organization is helping people to attain a GED, access a food pantry, get clothing for those who have a limited wardrobe, attend job readiness classes and support groups for teen mothers, as well as access available services for those who have drug abuse issues.

Sunday, June 21, 2015 – Spectrum 6:30 a.m.

30:00

Host: Dayle Greene. Guest: Odie Clark, Counselor, Idlewild Baptist Church, Lutz.

Mr. Greene and Mr. Clark discussed some of the community services provided by this faith-based organization. The services include providing back to school supplies for Central City school children in East Tampa and teaching men how to be responsible fathers. Idlewild has a ministry that helps fathers (whether separated or divorced) be more supportive and involved in the lives of their children.