



**98.7 WEPN-FM
New York, New York**

***Public Service Report
Fourth Quarter 2016***

January 10, 2017

98.7 WEPN-FM, which is owned by and licensed to Emmis Broadcasting, is a “sports–talk” radio station broadcasting in the New York metro area that carries ESPN Radio Network programming as well as local programming furnished by New York AM Radio, LLC pursuant to a time brokerage agreement. ESPN Network News is broadcast at the top of each hour. As a public service to the local community, traffic and weather updates are provided (3) three times an hour during morning drive (6A–10A) and afternoon drive (4P–7P). Additionally, if there is a breaking, non-sports news story of national or local significance, the station will break into its regularly scheduled programming and simulcast ABC News coverage.

The station devotes most of its broadcast day to discussion of current sports events and sports issues, including coverage of all tri-state area teams (professional, collegiate and high school). Listeners from the tri-state area are invited to call-in and offer their perspective on the various issues being discussed. ESPN broadcasts professional, collegiate and high school home games for several local New York teams.

PART 1: PUBLIC SERVICE PROGRAMMING & PSA ANNOUNCEMENTS

New York Sports and Beyond: Aired Saturdays from 6am-7am and is repeated on Sunday mornings from 6am–7am, Hosted by ESPN’s Bill Daughtry.

New York Sports and Beyond is a weekly public affairs program that airs on ESPN New York 98.7FM and ESPNNewYork.com. The show podcast can be downloaded on ESPNNewYork.com and the ESPN Radio phone app. The show focuses on current topics dealing with public safety, community events, and issues affecting people both in and around the sports community. A community calendar is also presented each show making listeners aware of what special events and fundraisers are going on in the New York/New Jersey listening area.

Public Service Announcements:

During **Fourth Quarter 2016**, the station aired **401** 30-second public service announcements, free of charge, in varying dayparts, from advertisers, advertising agencies, community groups and various “grass roots” community efforts.

The station determined that the following issues were of particular importance to its listeners and its communities: What follows is a list of some of the most significant treatments of those issues during fourth quarter 2016:

- ***Health & Wellness***
- ***Community Events & Issues***
- ***Charities & Fundraisers***
- ***Education***
- ***Sports & Fitness***
- ***Race & Ethnicity***
- ***Safety While Driving***
- ***Drug Abuse***
- ***Communication***
- ***Animal Rescue***

HEALTH & WELLNESS

10-8-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

10-8-16 NY Sports and Beyond – Segment 3, 6:30a: Former NFL tight end **Ben Utecht** discusses his new memoir, “COUNTING THE DAYS WHILE MY MIND SLIPS AWAY: A Love Letter to My Family”. Terrified that his wife and four daughters would someday be living with a man who is a mere shell of his former self due to his concussion history, Utecht wrote this book for his family. He chronicles his life as an athlete and how multiple sports-related traumatic brain injuries have resulted in severe memory loss. As a result, he has emerged as a leading advocate for brain health. The book is his journey from his early days throwing a football back and forth with his father to speaking about the long-term effects of concussions before Congress, and how his faith keeps him strong and grounded as he looks toward an uncertain future.

10-8-16 NY Sports and Beyond – Segment 4, 6:45a: Dr. Mary Lee Esty co-authored “Conquering Concussion: Healing TBI Symptoms with Neurofeedback and Without Drugs.” The Denver Broncos talked all last week about being physical. Players said they could tell as the season-opening Super Bowl 50 rematch went on last Thursday night that the hits were adding up on Carolina Panthers star quarterback Cam Newton. According to most analysts, some of the hits the reigning NFL MVP took, including at least four apparent helmet-to-helmet shots, were over the line, even though referees threw only one flag. Given all the recent attention on head injuries and traumatic brain injury, many are outraged that the NFL isn’t doing more to protect players. This subject is bigger than just pro football. It’s not only athletes who suffer from the disease, but children, military members and even some abuse victims can suffer from concussions and brain injuries. Dr. Esty shares the subtle and sometimes surprising symptoms of traumatic brain injury (TBI), how it affects sufferers and proven ways to treat it and help the brain heal.

10-22-16 NY Sports and Beyond - Segment 3, 6:30a: Earlier this week, the NBA announced its first-ever youth basketball guidelines, which advises youth athletes to delay single-sport specialization until at least 14 years of age. This helps to promote player health and wellness, and encourages participation in multiple sports rather than overuse with one sport in particular. These new guidelines have received an inpouring of endorsement and support from the YMCA, Boys & Girls Clubs of America, Positive Coaching Alliance, Adidas, Nike, and Under Armour. Top New York City Orthopedic Surgeon and founder of Manhattan Orthopedic Care, **Dr. Armin Tehrany**, is in support of these new youth athletic guidelines. Dr. Tehrany discusses the dangers behind children specializing in one sport, how one-sport specialization in youth can impact physical and mental development, the importance of rest periods for young athletes, common youth sport injuries resulting from muscle/joint overuse, and how playing different sports help to develop different muscle groups in children.

11-12-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

11-12-16 NY Sports and Beyond – Segment 2, 6:15a: Dr. Depaak Kapoor of Advanced Urology Centers of New York has been working to educate the public about the importance of early prostate cancer screening. Prostate Cancer is the most common non-skin cancer affecting men in the U.S. One in seven men will be diagnosed with prostate cancer during his lifetime and despite early detection and treatment, one man dies every 30 minutes from this disease. These numbers are even higher if you are African American or have a family history of prostate cancer. Dr. Kapoor is working to raise awareness among families across the country of the importance of putting a prostate cancer check-up on the calendar for the men in their lives.

11-12-16 NY Sports and Beyond – Segment 3, 6:30a: Linda Bernal is a 29-year-old Brooklynite whose dear friend Casey Blanton became an organ, eye and tissue donor following his tragic death on August 25, 2014 in San Antonio, TX. At the time of Casey’s death, Linda learned that his giving spirit would continue to live on through the gift of organ, eye and tissue donation. This selfless act propelled Linda and her entire family to register as organ donors. Casey’s gift of life, “opened my eyes and made me realized that I could also leave behind a gift to others.” On Sunday, Linda ran the NY Marathon in honor of her friend Casey, the inspiration that led to her first half marathon last year. Each breath she took at the marathon, was inspired by the recipient of Casey’s lungs who could finally breathe again as a result of Casey’s gift.

11-12-16 NY Sports and Beyond – Segment 4, 6:45a: Former Special Forces and Warriors Heart Co-Founder, **Tom Spooner**, is dedicated to helping veterans with their War at Home and reducing the average of 20 veteran suicides per day in the U.S. Tom is leading a team that just opened the first and only private treatment center in the U.S. for warriors only (veterans and first responders) as a solution to the long VA waitlists for addiction and PTSD treatment. Tom discusses how he overcame his personal battle with addiction after 21 years of service, how he almost committed suicide and why we need peer-to-peer healing for veterans. Tom is also a Mission 22 CoFounder (partner of Warriors Heart), and talks about the War at Home Memorial that had a formal dedication at the Warriors Heart Grand Opening in October with family members who have loved ones represented in the monument. While other rehabilitation centers have a veteran track, the veterans are still mixed with civilians during treatment compared to Warriors Heart that is solely dedicated to warriors.

11-19-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

11-19-16 NY Sports and Beyond – Segment 2, 6:15a: Frequent guest of the program, **Dr. Cass Ingram**, joins to discuss the potential medical benefits of cannabis. Dr. Ingram says cannabinoids, of which there are just over 60 types, are now being studied by scientists world-wide to ascertain their medicinal value in treating specific diseases and medical conditions. Humans produce many of their own cannabinoids, and dietary sources include dark leafy greens, especially parsley, black pepper, rosemary, oregano, basil, and sage.

12-10-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

12-10-16 NY Sports and Beyond – Segment 2, 6:15a: Joey Dweck is the founder of WeightLossBuddy.com, the internet's top-ranked online weight loss support site. Over the past two decades, he has assisted tens of thousands of dieters to attain their weight-loss goals. Statistics show that most diets go haywire during the last part of the year. Joey offers a strategy which he says is clinically proven to keep us thin and trim during what he calls the coming Cheating Season. Studies show that if an individual restricts calories for a five day period, they can then switch to an unrestricted calorie diet and actually lose weight, says Dweck. This simple dieting strategy allows us to watch our caloric intake for a few days now then enjoy all those wonderful holiday meals later in the month without guilt or weight gain.

12-17-16 NY Sports and Beyond – Segment 4, 6:45a: We've all heard of the term rehab, but doctors are preaching the importance of a term that many have never heard of before: "PRE-HAB". Pre-Hab is all about prevention and a proactive approach when it comes to injury. It involves mobility exercises, strength training and stretching to keep your body at its best rather than waiting until an injury pops up to start rehabbing. NYC top Orthopedic Surgeon and Founder of Manhattan Orthopedic Care, **Dr. Armin Tehrani**, tells us what pre-hab is, its benefits, and how it can lead to more effective workouts.

12-24-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease – 2016 Year in Review

12-24-16 NY Sports and Beyond – Segment 2, 6:15a: Bill is joined by **James Pardes**, Vice President of Marketing and Communications at LiveOnNY, and **James Nolan**, brother of Michael Nolan. As many know, Michael's life was tragically cut short at the age of 23 by a drive by shooting last September. In 2014, Michael was selected by the Oakland Athletics in the 18th round of the amateur draft. He never had the opportunity to pitch in the minors. Since then, family and friends are seeing Michael live on through the five people's lives he saved, resulting from his parents decision to donate his organs. Right now, New York is currently last in the country with regard to the percentage of residents registered as organ donors. Just 25% of New Yorkers are registered donors, as opposed to 50% of residents across the U.S. Currently, more than 10,000 people are waiting for a life-saving organ transplant in New York.

12-24-16 NY Sports and Beyond – Segment 4, 6:45a: Bill is joined by **Mike Sformo**, founder and CEO of Operation Backbone. Operation Backbone provides crucial brain & spine surgical treatments for severely wounded active duty soldiers, DOD, Special Forces & Spec Ops veterans. Operation Backbone was created to provide the most advanced brain and spine surgical treatments in the world for our soldiers, but the heart and soul of Backbone is for the spouses and families who work nonstop in silence everyday protecting, healing, and managing as best as they can to have a healthy and balanced life for their wounded spouse and their entire family.

PSA Source: Stand Up To Cancer

Dates Aired: 10/3 – 10/3

Number Aired: 1

Script: It's impossible to beat cancer alone. It takes researchers, doctors and donors. It takes community. It takes love and support and collaboration and persistence and resolve. It takes people like me and you. That's why Stand Up To Cancer and all our supporters are asking for your help. Let's beat cancer together. Join the movement now at standuptocancer.org.

COMMUNITY EVENTS & ISSUES

10-1-16 NY Sports and Beyond – Segment 4, 6:45a: Brooklyn Council Member, **Jumaane Williams**, went public with his private protest in solidarity with San Francisco 49ers Quarterback, Colin Kaepernick, who sat during the Pledge of Allegiance to protest against the oppression of black people and people of color. On September 14, Council Member

Williams protested during the Pledge of Allegiance at the City Council Stated Meeting, to push the conversation addressing the underlying causes of police-involved shootings and overall gun violence in Black and Brown communities. Jumaane Williams represents the people of the 45th Council District in Brooklyn, having originally been elected in 2009, and re-elected in 2013. Williams serves as Deputy Leader of the New York City Council and chair of the council's Committee on Housing and Buildings. Williams is co-chairman of the council's Task Force to Combat Gun Violence, a co-founding member of the Progressive Caucus, and a member of the Black, Latino & Asian Caucus.

11-26-16 NY Sports and Beyond – Segment 4, 6:45a: The CEO of The Bowery Mission, **Dave Jones**, calls in. During its 137th annual Thanksgiving Week celebration, The Bowery Mission served more than 11,000 meals, 7,000 on Thanksgiving Day alone, to men, women and children in all five boroughs of New York City and in Newark, NJ. On Thursday, November 24th at the Mission's flagship location (227 Bowery between Prince and Rivington Streets), more than 650 volunteers prepared traditional turkey dinners and served 1,800 guests in the Mission's century-old chapel filled with music and festive decorations for the holiday. The Bowery Mission has served homeless and hungry New Yorkers since 1879. Last year alone, the Mission provided more than 505,000 meals to men, women and children, 97,300 nights of shelter and 56,200 articles of clothing, as well as showers, haircuts, and expert medical and optometric care. Each meal and every night of shelter is an invitation to residential recovery programs, where men and women get a second chance and lives are transformed from hopelessness to hope. To ensure that at-risk children have a positive first chance at life, The Bowery Mission's city and summer camps serve nearly 1,200 at-risk children from poor city neighborhoods.

12-3-16 NY Sports and Beyond – Segment 4, 6:45a: Repeat from Segment 4 on 11/26/16

PSA Source: New York State Broadcasters Association
Products (3): Governor's Traffic Safety Committee 2016
Dates Aired: 10/1 – 12/31
Number Aired: 197

- GTSC (2016) – 4 Products
 - Impaired Drivers - Summary: A drunk driver killed my dad. Impaired drivers take lives.
 - Protect Your Child - Summary: Protect your child. Use the right car seat.
 - The Right Seat - Summary: Let me ask. Would you place your child in a car seat that's not correct for them? Choose the correct car seat for your child.
 - Pedestrian – Summary: Drivers and pedestrians see and be seen. The instant you stop paying attention could be the instant you'll always regret.

PSA Source: City Harvest
Dates Aired: 10/1 – 12/25
Number Aired: 119
Script: As New Yorkers, we know how to take care of our own. It's rescuing milk from a grocer in Brooklyn Heights. For our baby in Jackson Heights. It's rescuing vegetables at Union Square. For our fruits near Tompkins Square. It's rescuing bread at the convention center. For my dinner at the seniors center. Let's feed our people. Help City Harvest rescue access food for hungry New Yorkers. Donate now at cityharvest.org.

PSA Source: Empire City/Veteran Job Fair
Dates Aired: 11/12 – 11/17
Number Aired: 30
Script: Are you a veteran? Or do you know a veteran looking for a job? Visit the hire a hero job fair Thursday, November 17th at Empire City Casino. Over 60 employers will be on hand to salute and recruit our heroes to fill hundreds of positions. Veterans are encouraged to pre-register at empirecitycasino.com/veterans. That's empirecitycasino.com/veterans. You served our country, now let us serve you.

PSA Source: Jets Stomp Out Bullying
Dates Aired: 10/9 – 10/31
Number Aired: 54
Script: This is Eric Decker from the NY Jets. Bullying and cyberbullying have reached alarming proportions among our youth. That is why the Jets now have teamed up with stomp out bullying to tackle bullying in the tri

state area. Stomp out bullying is the leading national anti-bullying and cyberbullying organization for kids and teens in the U.S. If you or someone you know is a victim of bullying, please go to stompoutbullying.org for help.

CHARITIES & FUNDRAISERS

10-1-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

10-1-16 NY Sports and Beyond - Segment 2, 6:15a: Long Island native, **Jay Asparro**, will be running from Montauk to Plainview to raise money and awareness for Alzheimer's this November. The Ann Asparro run, in honor of his grandmother who was diagnosed with Alzheimer's about three years ago, takes place from November 4th-6th. Asparro will be running from the St. Therese of Lisieux church in Montauk to his hometown church, St. Pius X in Plainview. The first day he will run 29.4 miles from Montauk to Shinnecock. The second day, he will run 31.2 miles from Hampton Bays to Blue Point and run 29.4 miles the last day from Blue Point to Plainview. He is hoping to raise a total of \$40,000, which will all be donated to the Long Island Alzheimer's Foundation. So far, he has raised about \$3,500.

10-1-16 NY Sports and Beyond - Segment 3, 6:30a: Ahmadiyya Muslim Youth Association (AMYA) is embarking on its 5th annual nationwide walkathon on October 1st this year. In partnership with Why Hunger, Humanity First USA and other relief groups, AMYA seeks to raise funds and awareness to fight hunger in America. This nationwide effort features simultaneous walks in New York City and four other cities across the country. These walks draw over a thousand American Muslim youth and guests. **Haris Raja** is Vice President of AMYA and also responsible for organizing all 5 walks throughout the country.

11-19-16 NY Sports and Beyond - Segment 4, 6:45a: Former Rangers forward, **Anson Carter**, joins the program. Anson has accepted the challenge to "Sleep Out" with Covenant House this week to raise homeless awareness. He will spend one evening getting to know some of the homeless youth in our streets whose lives will be better because of your work and then spend the rest of the night sleeping on the street in their place. It will be uncomfortable. It will be dark. But for one night, Anson will give up the comforts of his home knowing that by doing so he can bring warmth and hope to young people who need it most. Thousands of kids spend each night on the unforgiving streets of our great cities. Countless others are staying with relatives or friends, dreading the day when there is no one else to take them in. One night can make a difference.

11-26-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

11-26-16 NY Sports and Beyond - Segment 2, 6:15a: **John Sanful**, Executive Director of Ice Hockey in Harlem, joins the program. IHH and Philadelphia's Ed Snider Youth Hockey Foundation will face-off in a head-to-head fundraising battle in recognition of Giving Tuesday. Giving Tuesday is a global day of giving that harnesses the collective power of individuals, communities, and organizations to encourage philanthropy and to celebrate generosity worldwide. The organization that raises the most money by the end of Giving Tuesday will be crowned Face Off Champs. Ice Hockey in Harlem's mission is to improve the social and academic well-being of children from the Harlem community. The program offers students from low-income families a chance to learn the fundamentals of hockey and to gain a greater understanding of team sports and the importance of education and an active lifestyle. Ice Hockey in Harlem believes all children, regardless of economic status, should have the opportunity to enjoy and to benefit from playing ice hockey. Our goal is to empower our young student athletes through education, ice hockey, and mentorship. Since 1987, Ice Hockey in Harlem has enriched the lives of thousands of boys and girls from the Harlem community.

11-26-16 NY Sports and Beyond - Segment 3, 6:30a: **Wes Moe**, Senior Director of Programs for New York Cares, calls in. We all know what it's like to be cold, but imagine having no respite, no hope of getting warm anytime soon. New York Cares runs the Coat Drive to ensure every New Yorker has the opportunity to stay warm, healthy, and safe over the winter.

12-3-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

12-3-16 NY Sports and Beyond - Segment 2, 6:15a: Repeat from Segment 2 on 11/26/16

12-3-16 NY Sports and Beyond - Segment 3, 6:30a: Repeat from Segment 3 on 11/26/16

12-10-16 NY Sports and Beyond - Segment 4, 6:45a: Tavis Eaton, ex-Marine and founder of Hoodies for the Homeless, joins the program. The New York Giants, along with Hoodies for the Homeless, a movement powered by music that encourages people to donate hoodies and socks for the homeless, partnered with New York Cares, VANS, and Havas with one goal in mind: to collect over 40,000 clean hoodies during the Dallas Cowboys vs. New York Giants game on December 11th. Hoodies for the Homeless was launched in 2015 as a movement powered by music that encourages people to donate hoodies for the homeless. Hoodies for the Homeless was created to bring awareness to the issue of homelessness and inspire community participation by having clothing drives at concerts as part of ticket sales. Since its launch, Hoodies for the Homeless has collected over 5,000 hoodies, which have been distributed in partnership with the Coalition for the Homeless.

EDUCATION

10-22-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

10-22-16 NY Sports and Beyond - Segment 2, 6:15a: Bill speaks with **David Kim**, the founder of C2 Education the nation's leading test prep & college counseling company, and one of the nation's leading experts on getting into college and the SAT & ACT tests. David started C2 Education out of his Harvard dorm room 20 years ago and now C2 Education has 230 locations around the country as well as more than 40 locations in the tri-state area. David discusses the SAT test coming up on November 5th, and how high schoolers and their parents can get prepared for these tests.

SPORTS & FITNESS

10-15-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

10-15-16 NY Sports and Beyond - Segment 2, 6:15a: Dana Cavalea is a Strength and Conditioning coach who trains Major League Baseball players in the offseason, an Entrepreneur who owns and operates a personal training / gym facility in New York called ML Strength, and a motivational speaker who travels across the country to share his knowledge, career and experiences with other coaches and entrepreneurs who are looking to better themselves or their businesses. Cavalea's extensive professional background includes being the Head Strength and Conditioning Director for The New York Yankees where he coached and trained Derek Jeter, Andy Pettitte, Jorge Posada, Mariano Rivera and the entire NY Yankees team. He is the youngest to have held that position, when he was hired by the team at the age of 22. This is where he honed his skills and revamped the training/nutrition plan for the players and got them in the best shape for the game, winning a World Series in 2009. In addition, Cavalea was the recipient of the 2009 MLB Nolan Ryan Award. This award is given to MLB's Top Strength Coach as voted by his peers. Cavalea continues to train MLB's top celebrity athletes including Phil Hughes, Alex Rodriguez and Justin Verlander. He also trains high profile individuals and entrepreneurs while running his own company, ML Strength.

10-15-16 NY Sports and Beyond - Segment 3, 6:30a: John Gallucci wants to mandate athletic trainers at all youth athletic events. When you watch a game at the professional or college level and a player gets hurt, it doesn't take long for a trainer or doctor to race onto the field to take care of the athlete. Depending on the severity of the injury, the player is either helped off the field, taken to the locker room for X-rays or even to a hospital. Things are different at the youth level. A majority of high schools in New Jersey have a certified athletic trainer, but there are very few schools in New York that follow suit. For many high schools and teams at the club, little league or pee-wee levels, the only recourse available when an athlete gets hurt is calling an EMT.

10-15-16 NY Sports and Beyond - Segment 4, 6:45a: The National Winter Activity Center (NWAC) is a 501(c)(3) nonprofit facility formed by the National Winter Sports Education Foundation (NWSEF) with a mission to improve the lives, health, and fitness of youth through participation in winter activities. Bill is joined by CEO **Schone Malliet**, the founder of the nation's first kids-only ski resort that teaches kids life lessons through winter sports. Schone was previously a CEO of a software company and wealth manager at Wells Fargo. Originally from the South Bronx, he is an African American military veteran, alpine ski racing coach and member of the National Brotherhood of Skiers. Malliet has worked to turn his inevitable passion for skiing into a resort dedicated to providing NYC area youth with the experience of winter sports. His vast knowledge and experience in a range of business endeavors assisted him in raising more than \$12 million in upgrades/renovations to revamp and open the exclusive facility. As a result, the center will provide exposure for kids of all economic levels and various geographic regions, who otherwise would not think to try winter sports.

10-22-16 NY Sports and Beyond - Segment 4, 6:45a: US Paralympian, **Amanda McGrory**, joins the program ahead of her participation in this year's New York City Marathon. McGrory won her New York City Marathon debut in 2006, and broke the event record by more than two and a half minutes en route to her second five-borough title in 2011. Also in 2011, she won the London and Paris marathons only one week apart, and she earned the bronze medal at the IPC Athletics World Championships Marathon that summer. In the current Abbott World Marathon Majors series, she's placed fourth in Tokyo (2:10:56), fifth in Boston (1:49:31), fourth in London (1:47:41), third in the Rio Paralympic Marathon (1:38:45), and third in Chicago (1:47:55). This summer, McGrory competed in five events at the Rio Paralympic Games, taking home three medals. She began her medal-winning run with a silver in the 1500 meters, followed by a bronze in the 5000 meters two days earlier, and took another bronze in the marathon on the final day of competition. Now a seven-time Paralympic medalist, McGrory is one of many top wheelchair athletes to have competed on the powerhouse track and field team at the University of Illinois at Urbana-Champaign. McGrory has a rare condition called transverse myelitis, having developed paraplegia a day after receiving an allergy shot that inflamed her spinal cord at the age of five.

10-29-16 NY Sports and Beyond - Segment 4, 6:45a: Bill is joined by **Glenn Beckmann**, director of marketing for Schutt Sports. Concussions at all levels of football are a constant topic for debate, and Schutt is at the forefront of the industry and continues to be a leader at manufacturing the safest possible football helmet. Glenn is one of the world's leading experts on helmets and helmet safety and discusses the advancements Schutt and other helmet makers are making in helmet technology and the resulting impact on football safety at all levels, not just the NFL. Glenn emphasizes that no football helmet, regardless of the manufacturer, can prevent concussions.

11-5-16 NY Sports and Beyond - Segment 4, 6:45a: Repeat from Segment 4 on 10/29/16

12-10-16 NY Sports and Beyond - Segment 3, 6:30a: When 3-pointers were finally allowed in his son's basketball league, writer **Dan Shanoff**, found a way to contain the unbridled fifth-grade joy of firing them up: a ticket-based motivational system. Here's how it works: For every play a kid makes that is actually one we as coaches want them to make -- a good shot, a solid screen, hustling after a loose ball, making a deflection, picking a teammate up off the floor -- they earn a point. "It's just like a Chuck E. Cheese ticket," says Dan. "Amass enough points and you get the green light to take a 3."

12-17-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease – 2016 in Review

12-17-16 NY Sports and Beyond - Segment 2, 6:15a: Repeat from Segment 3 on 12/10/16

12-17-16 NY Sports and Beyond - Segment 3, 6:30a: Repeat from Segment 4 on 10/15/16

12-24-16 NY Sports and Beyond - Segment 3, 6:30a: It's being called the most shocking collapse in golf history. How could Jordan Spieth bounce back from this? What can we learn from his epic fail? "You have to think like C.R.A.P. both on the golf course and off," says **Andrew Wittman PhD**, former Marine turned mental toughness coach working with athletes, executives and more. "When the pressure is dialed up, Clarity, Relevance, Accuracy and Precision are critical to your thought process. As Jordan Spieth recovers, he'll clearly identify his new target, the US Open, decide what's not relevant in his preparation, the media, noise, lowlights of the Masters, and attack his new goal with accuracy and precision." Andrew Wittman PhD is a Marine Corps veteran, a former police officer and federal agent. He has taught mental toughness and leadership for over 25 years, working in sports and business. Andrew was the Special Agent in Charge of Nancy Pelosi's security detail, and Joe Lieberman's lead advance agent, and he has personally protected Hillary Clinton, King Abdullah of Jordan, Benjamin Netanyahu, the Prime Minister of Israel, Fortune 20 CEOs and Sir Elton John. Having returned from working in Afghanistan, the Middle East, and Kosovo, Andrew speaks, trains, and consults corporations worldwide and is the author of *Ground Zero Leadership: CEO of You.*

12-31-16 NY Sports and Beyond - Segment 3, 6:30a: There seems to be a lot of craziness that courses through the sports world, on the field and in the stands. Athletes choke when the game's on the line, betraying years of training and allowing their minds and bodies to desert them when the stakes are highest. Coaches routinely make decisions that don't maximize their chances of winning. Fans wear "lucky" t-shirts when their teams are playing, convinced their failure to do so will trigger defeat, and they hurl themselves over banners to catch a free t-shirt propelled by an air cannon that they wouldn't pay a dime for on the street. However, it turns out, so often the appearance of lunacy in sports isn't lunacy at all but rather something routed in basic human psychology, neuroscience, and cognitive tendency. In "THIS IS YOUR BRAIN ON SPORTS: The Science of Underdogs, the Value of Rivalry and What We Can Learn from the T-Shirt Cannon", Sports Illustrated executive editor and best-selling author, **L. Jon Wertheim**, teams up with Tufts psychologist, Sam Sommers, to take readers on a wild ride into the inner world of sports and what it can teach us about human nature. Through the prism of behavioral economics, neuroscience, and psychology, they reveal the hidden influences and surprising cues that inspire and derail us on the fields of play and by extension, in corporate board rooms, office settings, and our daily lives.

RACE & ETHNICITY

10-8-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

10-8-16 NY Sports and Beyond - Segment 2, 6:15a: San Francisco 49ers QB, Colin Kaepernick, refused to stand up for the national anthem, saying "I'm not going to stand up to show pride in a flag for a country that oppresses black people and people of color." He has focused particularly on the epidemic of young black men who have been killed by police. But there is more to the story than the very important issue of race alone. Ableism is also a key factor. **Jennifer Laszlo Mizrahi** is president of RespectAbilityUSA, a nonprofit organization advancing opportunities for people with disabilities in America. Colin Kaepernick is right to focus on race, but it's more than race alone. The discrimination and challenges faced by people with multiple minority statuses (i.e., disability + racial minority) requires national attention and resources.

12-31-16 NY Sports and Beyond - Segment 4, 6:45a: It was 1936. Hitler was coming to power and the Third Reich was hosting the Summer Olympics that year in Berlin. In America, the racial divide was prominent and African Americans were treated like second class citizens. Ironically, 18 black Olympic athletes traveled to Germany for the Summer Games and that country rolled out the red carpet in spite of an undercurrent of Aryan superiority and anti-Semitism. Those young men and women carried the weight of a race and a nation on their shoulders and did the unexpected with grace and dignity. "**Olympic Pride, American Prejudice**" is their story. This independent documentary and labor of love was directed, written, and executive produced by **Deborah Riley Draper**.

SAFETY WHILE DRIVING

10-29-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

10-29-16 NY Sports and Beyond - Segment 2, 6:15a: Bill is joined by **Kate Carr**, CEO/President of Safe Kids Worldwide. A new report released today from Safe Kids Worldwide reveals that school zones can be unsafe places for students. The research observed 39,000 walkers and 56,000 drivers in school zones and recorded risky behaviors, including distracted walking by students, distracted driving by those dropping off, unsafe speed limits, unmarked crosswalks and limited crossing guards. This comes at a time when, according to data from NHTSA, pedestrian deaths among 12 – 19 year olds have increased 13 percent in the past two years. In fact, 5 teens die every week while walking. And in the past three years, distracted walking has increased from 1 in 5 to more than 1 in 4 for high school students and from 1 in 8 to 1 in 6 for middle school students. Safe Kids Worldwide is calling on communities to make safe school zones a priority by lowering and enforcing speed limits of no more than 20 mph, installing signs and crosswalks where needed, and enforcing smart policies for dropping off and picking up students. And finally, to put an end to distraction while driving and crossing the street.

11-5-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

11-5-16 NY Sports and Beyond - Segment 2, 6:15a: Repeat from Segment 2 on 10/29/16

DRUG ABUSE

12-31-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease – 2016 in Review

12-31-16 NY Sports and Beyond - Segment 2, 6:15a: The Senate is expected to vote this week on whether to provide government funding of over \$700 million to combat the nation's painkiller and heroin abuse problem, which has reached epidemic proportions in recent years, passing car accidents in 2014 as the No. 1 cause of injury death. The Comprehensive Addiction and Recovery Act, also an important issue in the Presidential 2016 race, is a remedy doctors endorse as a way to battle the biggest epidemic in the country. **Dr. Marc Galanter**, the Director of Division of Alcoholism and Drug Abuse at NYU School of Medicine, joins the program. He has spoken on this issue throughout the country and teaches other doctors the intricacies in treatment. He also has a new book out in May from Oxford University Press, "What is Alcoholics Anonymous?"

COMMUNICATION

10-29-16 NY Sports and Beyond - Segment 3, 6:30a: **Peter Macias**, Director of Communications for the American Red Cross, joins the program. The challenge is real for families trying to connect with their military loved ones stationed around the world, but now there's an app for that. The American Red Cross is launching the new Hero Care App to connect members of the military, veterans, and their families with vital Red Cross emergency and non-emergency services from anywhere in the world. The Hero Care App allows families in the middle of an emergency to reach out to their military loved ones to initiate the effort to bring them home if necessary. It also puts access to vital Red Cross services right at the fingertips of the military and veteran communities.

11-5-16 NY Sports and Beyond - Segment 3, 6:30a: Repeat from Segment 3 on 10/29/16

ANIMAL RESCUE

11-19-16 NY Sports and Beyond - Segment 3, 6:30a: **Keri Kutansky and Anna Khazanova** of AMA Animal Rescue join the program. Having volunteered in many animal shelters across New York City, co-founders, Mariya and Anna, decided to get more involved. They began by raising money for the animals that lived in these shelters. When they started to do more hands-on work, they noticed how fast animals were disappearing from their cages. They found out that animals in kill-shelters are marked for death just to cut costs and save cage space. Mariya and Anna couldn't stand by and let that happen. That is why in the year 2013, AMA Animal Rescue was born. Today, AMA Animal Rescue is a dedicated team of young women who, with the help of volunteers, continue AMA's original mission to rescue and rehabilitate helpless stray and kill-shelter animals. In just the first year of operations, AMA has rescued, fostered and adopted out nearly 100 animals. As a now registered New York State 501(c)(3) not-for-profit organization, AMA Animal Rescue relies solely on charitable donations from community members like you and your company, to fund their work. The ultimate goal of AMA Animal Rescue is to open up a true no-kill animal sanctuary in order to rescue more animals into a safe and comfortable environment. An AMA sanctuary with a spacious backyard, clean cages and veterinary services for the animals that were once discarded, unwanted and abused. The main purpose of the facility is to serve as a loving home for these homeless animals while AMA works hard on finding them permanent placement.

PART 2: PUBLIC SERVICE ACTIVITIES / COMMUNITY OUTREACH

COMMUNITY SERVICE

The staff of ESPN New York has forged relationships with the local community in recognition of its obligation to the citizens of the tri-State Area. We participate in fundraisers for local organizations / charities / schools and build awareness by drawing area residents to these events. Support is provided by giving station “gift packs” when requested by community groups. They consist of ESPN’s promotional items (T-shirts, hats, etc.) and are provided to organizations free of charge to use as auction items, prizes and/or “thank you gifts” to persons who help staff the charity event. Various members of ESPN Radio, including on-air talent, will often attend charity events and represent the team at ESPN New York.

New York Cares Day for Schools

Date: October 22nd, 2016

Location: New York, NY

Details: ESPN volunteers will engage in revitalization work and reorganize class rooms at PS 188.

Asphalt Screams

Date: October 28th, 2016

Location: New York, NY

Details: Volunteers assist coaches with games and activities at this free, Halloween-themed community event.

Book Buddies

Date: November 3rd, 2016

Location: New York, NY

Details: Volunteers are matched with local students and through a series of letters, the volunteer and student discuss an assigned book, which helps the student build vocabulary, writing and grammar skills.

NYC Marathon

Date: November 6th, 2016

Location: New York, NY

Details: Volunteers are at the finish line in Central Park handing out food bags and water to the runners as they finish the race.

Blood Drive

Date: November 8th, 2016

Location: New York, NY

Details: Volunteers donate blood to save lives.

USO Holiday for Heroes at Yankee Stadium

Date: November 9th, 2016

Location: New York, NY

Details: Volunteers help stuff and assemble more than 5,000 USO care packs for active-duty troops at Yankee Stadium.

Team Build Opportunity

Date: December 6th, 2016

Location: New York, NY

Details: ESPN Volunteers help share the joy of the holidays by decorating PS 18 and turning the school into a winter wonderland.

Special Olympics Floor Hockey

Date: December 10th, 2016

Location: New York, NY

Details: ESPN Volunteers attend the Special Olympics Floor Hockey Tournament at the Javits Center and escort athletes, award medals, keep score, distribute lunch and more.

Toys for Tots Toy Drive

Date: December 15th, 2016

Location: New York, NY

Details: Volunteers bring an unwrapped toy for kids in need.

GMA “Warm Coats & Warm Heart” Annual Coat Drive

Date: December 19th, 2016

Location: New York, NY

Details: Volunteers bring in new or gently used coats for the homeless and/or people in need.

Christmas Spectacular

Date: December 20th, 2016

Location: New York, NY

Details: Volunteers help chaperone underserved kids from PS 196 to see the Christmas Spectacular at Radio City Music Hall.

COMMUNITY CALENDAR

Within the ESPN New York website, there is a “community calendar” feature. Visitors to the website can submit community events taking place throughout the tri-state area. Events include school fundraisers, community performances, street festivals, concerts, free health screenings and more. These events are also frequently mentioned on air during NY Sports & Beyond. **Fourth Quarter 2016** calendar entries are below:

Coffee Festival

October 1, 2016

Brooklyn, NY

Taste coffee from 20 specialty roasters and coffee shops, with snacks and entertainment.

Affordable Art Fair

October 1-2, 2016

New York, NY

Browse contemporary paintings, prints, sculptures, and photographs from 50 galleries at the Affordable Art Fair, which includes workshops and activities.

Architecture & Design Films

October 1-2, 2016

New York, NY

Architecture & Design Film Festival features films, panel discussions with design leaders and filmmakers, and parties.

Renaissance Fair

October 1-2, 2016

New York, NY

Travel one hour north to 16th century England to see knights joust, mingle with costumed minstrels, shop in an artisan market, play games, and watch shows.

Muddy Obstacle Race

October 2, 2016

Bronx, NY

Down & Dirty Obstacle Race is a 3 or 6 mile race with 20 challenging obstacles at Pelham Bay Park.

Pickle Day

October 2, 2016

New York, NY

Buy a pickle on a stick or other pickle-themed food, take part in activities, and dance to DJ music at Lower East Side Pickle Day on Orchard St., where vendors once sold pickles from barrels.

Pop Culture Convention

October 6-9, 2016

New York, NY

Fans of comic books, games, sci-fi, anime, manga, and popular culture meet artists, celebrities, vendors, and publishers at New York Comic Con at the Jacob Javits Convention Center.

Columbus Day Parade

October 10, 2016

New York, NY

Watch 35,000 marchers and 100 bands, floats, and contingents go up Fifth Avenue from 47th to 72nd street.

Wine and Food Festival

October 13-16, 2016

New York, NY

New York City Wine & Food Festival features cooking demonstrations by celebrity chefs, seminars, classes, wine tasting, and celebrity dinners, which all support charity.

Cultural Film Festival

October 13-16, 2016

New York, NY

The Margaret Mead Film Festival screens 50 outstanding non-fiction films and hosts special events and performances that explore world cultures at the American Museum of Natural History.

Gluten-Free Expo

October 15-16, 2016

Secaucus, NJ

Sample and purchase products from 150 vendors at the Gluten Free & Allergen Friendly Expo.

Bronx Bike Ride

October 23, 2016

New York, NY

Register to join the family-friendly Tour de Bronx, which follows a scenic 25-mile or 40-mile course from the Grand Concourse in the Bronx to a music festival in New York Botanical Garden.

Masquerade Ball

October 29, 2016

New York, NY

Danse Macabre Masquerade by Dances of Vice is a Venetian carnival of court jesters, fire breathers, diabolists and roving minstrels, with decadent scenes from the underworld.

Thriller Dance

October 29, 2016

New York, NY

Watch or participate as a zombie on Thrill the World Day, dancing to Michael Jackson's "Thriller".

Halloween Festival for Kids

October 30, 2016

Queens, NY

Wear a costume to Children's Fall Festival, which has games and bounces, a haunted house, a corn maze, a petting zoo, pony rides, pig races, country music, crafts, and food at Queens County Farm Museum.

Halloween Parade

October 31, 2016

New York, NY

The big village Halloween Parade features 53 bands, dancers, artists, puppets, and thousands of New Yorkers in costume parading up 6th Avenue from Spring St. to 16th St.

Whisky Festival

November 1, 2016

New York, NY

Taste 300 whiskies, and learn from master distillers and blenders at WhiskyFest at Marriott Marquis.

Food & Design Event

November 3, 2016

New York, NY

Enjoy tastes from top chefs and browse luxury home products at Taste of T at Architects and Designers Building.

Wine Tasting in New Jersey

November 4, 2016

Short Hills, NJ

Sample 150 wines with hors d'oeuvres and live jazz at New Jersey Harvest Wine Festival at the Hilton in Short Hills, NJ.

NYC Marathon

November 6, 2016

New York, NY

The world-famous New York City Marathon begins in Staten Island and runs through all five boroughs before ending at Central Park. Stand along Central Park to cheer on the finishers.

Veterans Day Parade

November 11, 2016

New York, NY

America's Parade entertains 600,000 spectators as it goes up Fifth Avenue from 26th to 52nd Street. Opening ceremony 10 a.m., wreath laying 11 a.m., parade 11:25 a.m.

Fine Art Show

November 11-14, 2016

New York, NY

See contemporary design, decorative art, antiquities, and ethnographic art from around the world at The Salon Art + Design in the Park Avenue Armory.

Latin Culture

November 11-20, 2016

New York, NY

Latin American Cultural Week offers dozens of music, dance, theater, art, literature, and film events.

Holiday Market – Union Square

November 17 - December 24, 2016

New York, NY

Find handmade jewelry, fine art, clothing, ornaments, toys, food, and drink at Union Square Holiday Market in Union Square Park.

Holiday Train Show

November 18 – December 31, 2016

New York, NY

Watch model trains zip around miniature New York landmarks made of plant materials, and enjoy kids' activities at the Holiday Train Show at New York Botanical Garden.

Wine Tasting

November 19, 2016

New York, NY

Sample 175 wines with hors d'oeuvres and live jazz at NYC Autumn Wine Festival in Broad Street Ballroom.

Craft Show

November 19-20, 2016

Brooklyn, NY

American Fine Craft Show features high-quality works from 90 juried craft artists at Brooklyn Museum.

Thanksgiving Day Parade

November 24, 2016

New York, NY

Watch giant balloons, floats, marching bands, clowns, and performers as Macy's Thanksgiving Day Parade goes down Central Park West and 6th Avenue.

Brooklyn Holiday Bazaar

November 26-27, 2016

Brooklyn, NY

Brooklyn Holiday Bazaar features handpicked local artisans, food vendors, and craft activities for kids in Gowanus, Brooklyn.

Model Train Show

November 26-27, 2016

Edison, NJ

Billed as the largest train and toy show in the Northeast, Greenberg's Great Train and Toy Show features train displays, train rides, and 150 vendors at New Jersey Convention & Exposition Center in Edison, NJ.

Israeli Minority Film Festival

December 1-8, 2016

New York, NY

The Other Israel Film Festival shows dramatic and documentary films and holds panel discussions about the history and culture of minority populations in Israel.

Internet Privacy Exhibit

December 1-18, 2016

New York, NY

The Glass Room is a free interactive exhibit about preserving your personal data, privacy, and security, with a data detox counter and workshops.

The Nutcracker

December 1-31, 2016

New York, NY

George Balanchine's The Nutcracker is a holiday tradition with old-fashioned costumes, a tree that grows before your eyes, crystal-shaped snowflakes, fine choreography by New York City Ballet, and Tchaikovsky's captivating music.

Innovative Theater Festival

September 1-18, 2016

New York, NY

See 26 new and innovative works, including comedy, dance, drama, music, poetry, and puppetry, during Dream Up Festival.

Whiskey Tasting

December 2, 2016

Brooklyn, NY

Taste U.S. and Scottish whiskey with bread made in a wood-fired oven at the Whiskey Tasting at Old Stone House of Brooklyn, with access to exhibits.

Ugly Sweater Pub Crawl

December 3, 2016

New York, NY

Wear your tackiest holiday duds for drink specials on the Ugly Sweater Pub Crawl.

Colombian Music Festival

December 3, 2016

New York, NY

Enjoy an evening of Colombian rhythms and styles with 30 musicians plus dancers at Encuentro NYC Festival at Le Poisson Rouge.

Nutcracker Dance

December 3, 2016

New York, NY

Nutcracker Winter Suite is a one-hour, family-friendly version that includes only the dance performances.

Family Musical: Rudolph

December 16, 2016

New York, NY

Based on the TV classic, Rudolph the Red-Nosed Reindeer is a cheerful, song-filled live adventure featuring Santa, Mrs. Claus, the Abominable Snow Monster, Hermey the Elf, and Rudolph in The Theater at Madison Square Garden.

Star-Studded Concert

December 9, 2016

New York, NY

Jingle Ball brings big-name music artists every December to Madison Square Garden.

Motorcycle Show

December 9-11, 2016

New York, NY

Find sport bikes, dirt bikes, scooters, ATVs, expert advice, live entertainment, and family activities at the International Motorcycle Show in the Jacob Javits Convention Center.

Santa Bar Crawl

December 10, 2016

New York, NY

Wear a Santa suit and start at one of the bars that will be listed on the Santacon website. Organizers ask Santas to obey all laws and be polite.

Cheese Festival

December 10, 2016

Queens, NY

Taste unlimited samples from 30 artisanal creameries plus chef dishes, desserts, and beverages at The Great Northeast Cheese Fest at Flushing Town Hall .

Prayers for Pets

December 11, 2016

New York, NY

Arrive early with your pet for Blessing of the Animals by a minister and a rabbi at Christ Church.

Menorah Lighting

December 24-31, 2016

Brooklyn, NY

Celebrate Chanukah nightly with live music and hot latkes at the Lighting of the Menorah, which is 32 feet tall at Grand Army Plaza.

New Year's Eve – Times Square

December 31, 2016

New York, NY

New Year's Eve in Times Square has dazzling lights, big-name music, balloons, confetti, fireworks, and a crystal ball that drops at midnight. Join the crowd and see it live.

New Year's Eve Run

December 31, 2016

New York, NY

Free music and dancing begin at 10 p.m., fireworks at midnight, plus a 4-mile Midnight Run that requires registration.