BEASLEY MEDIA GROUP, LLC ISSUES AND PROGRAMS REPORT FOR STATIONS WCSX-FM, WCSX-HD2, WCSX-HD3 3rd QUARTER, 2022 JULY 1ST- SEPTEMBER 30th

ISSUES OF CONCERN TO THE STATIONS WCSX-FM, WCSX-HD2, WCSX-HD3 ADDRESSED IN RESPONSIVE PROGRAMMING IN THE THIRD QUARTER 2022

- 1. NUTRITION
- 2. MILITARY AND VETERANS
- 3. CAREER OPPORTUNITIES
- 4. BLOOD DONATIONS/ AWARENESS
- 5. COMMUNITY FOOD DRIVE
- 6. SEPTEMBER 11^{TH} REMEMBRANCE
- 7. M1 CONCOURSE CHARITY FUNDRAISERS
- 8. MEN'S HEALTH/ PROSTATE AWARENESS
- 9. CANCER AWARENESS & AMERICAN CANCER SOCIETY CHARITY

PUBLIC AFFAIRS PROGRAMS WCSX-FM, WCSX-HD2, WCSX-HD3 PROGRAMS THAT ADDRESS COMMUNITY ISSUES

The Detroit Community Calendar & Events

(Sunday – 6:00 a.m. – 7:00 a.m.)

A locally produced show focusing on Topical issues of particular concern to Detroit and Metro Detroit residents and discussing upcoming events in the community.

THIRD QUARTER 2022

DETROIT COMMUNITY CALENDAR

July 3rd, 2022 Time: 6:00a-7:00a TOPIC: NUTRITION

LENGTH: 25 MINUTES

LENGTH: 25 MINUTES

Special Guest with Scott Shepard was Dr. Julie Gatza of The Florida Wellness Institute, a diet, and nutrition expert. Dr. Julie provided several tips on how to eat healthily and avoid "Grumpy Gut" during this summer travel season. When on vacation, most people don't eat healthy when away from home. She provided several tips to help digestion while traveling; the most essential tip is staying hydrated. Dr. Julie also gave "The Scoop on Poop - How your bathroom habits can greatly reflect your current state of health."Pay attention to your bowel frequency, consistency, shape, color, etc. These are vital signs to determine healthy digestion and eating habits. One time a day is fine. If there are no bowel movements for 2-3 days, that's a big problem. We tend to eat more "junk food" while traveling, so bring your own healthy food while on vacation, which is much easier to do when traveling by car, but you can do so with air travel too. Best to eat protein-heavy foods and green veggies. Drink lots of water always. Dr. Julie promoted her websites: FloridaWellnessInstitute.com and NaturesSources.com. Both websites provide tips and free information.

TOPIC: MILITARY AND VETERANS

This week's guests with Scott Shepard were Ziad Kassab and Scott Merian; both are on the committees for two Detroit area local charities: The Fallen and Wounded Soldiers Fund and The D-Man Foundation. They promoted 2 significant events in July to raise money to help support these two charities. On July 14th is the 5th Annual Salute Our Warriors Event in Rochester Hills, MI, and on July 16th is the D-Man Foundation Music Therapy Awareness Event in Berkley, MI. 97% of all money raised goes directly into these organizations for immediate use. The Fallen and Wounded Soldiers Fund gives direct assistance to military veterans for help in needs like rent/housing, paying utility bills, food, clothes, info on job opportunities, and therapy for physical disabilities and mental health issues/PTSD. The Salute Our Warriors Event will include: local & federal government officials, reps from the navy seals and special forces, a color guard, parade, awards ceremony, silent auction, and an original Rosie the Riveter, who is 101 years old will be honored, food, DJ and live music with Billy Cox who played bass in The Band of Gypsys with Jimi Hendrix. Money raised will help support Michigan-based soldiers and veterans. Last year in 2021, this event raised \$78,000. This year the goal is to raise \$100,000. The D-Man Foundation helps raise awareness for disabled and paralyzed military veterans regarding music therapy and making their own music. It's a one-of-a-kind recording studio in Berkley that is handicapped accessible, and useable. Paraplegics can actually record their own music by using their eyes, voice commands, and movements of the head. Paralyzed veterans can play instruments without the use of hands or feet. It's the only studio capable of doing this way of recording in the country.

DETROIT COMMUNITY CALENDAR

July 10th, 2022 REPEAT Time: 6:00a-7:00a TOPIC: NUTRITION

LENGTH: 25 MINUTES

LENGTH: 25 MINUTES

Special Guest with Scott Shepard was Dr. Julie Gatza of The Florida Wellness Institute, a diet, and nutrition expert. Dr. Julie provided several tips on how to eat healthily and avoid "Grumpy Gut" during this summer travel season. When on vacation, most people don't eat healthy when away from home. She provided several tips to help digestion while traveling; the most essential tip is staying hydrated. Dr. Julie also gave "The Scoop on Poop - How your bathroom habits can greatly reflect your current state of health. "Pay attention to your bowel frequency, consistency, shape, color, etc. These are vital signs to determine healthy digestion and eating habits. One time a day is fine. If there are no bowel movements for 2-3 days, that's a big problem. We tend to eat more "junk food" while traveling, so bring your own healthy food while on vacation, which is much easier to do when traveling by car, but you can do so with air travel too. Best to eat protein-heavy foods and green veggies.

Drink lots of water always. Dr. Julie promoted her websites:

FloridaWellnessInstitute.com and NaturesSources.com. Both websites provide tips and free information.

TOPIC: MILITARY AND VETERANS

This week's guests with Scott Shepard were Ziad Kassab and Scott Merian; both are on the committees for two Detroit area local charities: The Fallen and Wounded Soldiers Fund and The D-Man Foundation. They promoted 2 significant events in July to raise money to help support these two charities. On July 14th is the 5th Annual Salute Our Warriors Event in Rochester Hills, MI, and on July 16th is

the D-Man Foundation Music Therapy Awareness Event in Berkley, MI. 97% of all money raised goes directly into these organizations for immediate use. The Fallen and Wounded Soldiers Fund gives direct assistance to military veterans for help in needs like rent/housing, paying utility bills, food, clothes, info on job opportunities, and therapy for physical disabilities and mental health issues/PTSD. The Salute Our Warriors Event will include: local & federal government officials, reps from the navy seals and special forces, a color guard, parade, awards ceremony, silent auction, and an original Rosie the Riveter, who is 101 years old will be honored, food, DJ and live music with Billy Cox who played bass in The Band of Gypsys with Jimi Hendrix. Money raised will help support Michigan-based soldiers and veterans. Last year in 2021, this event raised \$78,000. This year the goal is to raise \$100,000. The D-Man Foundation helps raise awareness for disabled and paralyzed military veterans regarding music therapy and making their own music. It's a one-of-a-kind recording studio in Berkley that is handicapped accessible, and useable. Paraplegics can actually record their own music by using their eyes, voice commands, and movements of the head. Paralyzed veterans can play instruments without the use of hands or feet. It's the only studio capable of doing this way of recording in the country.

DETROIT COMMUNITY CALENDAR

July 17th, 2022 Time: 6:00a-7:00a TOPIC: NUTRITION

LENGTH: 25 MINUTES

A special guest with Scott Shepard was Julie E. of Julie E-Health, a Holistic Wellness Practice founded in 2000. Julie is a licensed Nutritionist and a functional medicine expert. "Brain Fog" is a condition that can affect anyone over the age of 30 and not just older people who may suffer from "Senior Moments." These are frustrating mental lapses due to age and mainly by what we eat. Brain Fog can result from Candida, which is yeast overgrowth in the body caused by our diet. Candida is usually accompanied by symptoms other than brain fog, such as: bloating, gas, sugar cravings, dandruff, nail fungus, headaches, mood swings, anxiety, depression, and primarily itchy skin. They discussed ways to starve Candida. The holistic way of clearing brain fog is "tapping and swiping." You tap on the areas where major organs are located. You then swipe down your limbs while taking deep breaths and releasing that air intake forcefully. This will help clear blockages throughout the body. Natural medicines to help kill off Candida and improve our digestion include Kolorex and Absorb Aid. All this info and more is available for free on her website at Julie-E Health.com

TOPIC: CAREER OPPORTUNITIES

Scott Shepard's guest this week was C.J. Eason of Hired in Michigan, Job Fair Giant, WXYZ TV Channel 7 in Detroit, The Detroit Free Press, and several other publications. CJ is known as The Job Doctor. They discussed the hot jobs around Michigan and what industries are desperate for employee hires. They discussed how retirees are returning to the workforce and rebranding themselves because there are so many job openings, and the pay is better than ever. Also, they discussed all the job fairs and career expos happening every month around the Detroit area. CJ promoted these job fairs, plus how and where to get free career advice, resume tips, and interview process advice. CJ can be reached at HiredinMichigan.com and at JobFairGiant.com

DETROIT COMMUNITY CALENDAR July 24th, 2022 REPEAT Time: 6:00a-7:00a TOPIC: NUTRITION

LENGTH: 25 MINUTES

A special guest with Scott Shepard was Julie E. of Julie E-Health, a Holistic Wellness Practice founded in 2000. Julie is a licensed Nutritionist and a functional medicine expert. "Brain Fog" is a condition that can affect anyone over the age of 30 and not just older people who may suffer from "Senior Moments." These are frustrating mental lapses due to age and mainly by what we eat. Brain Fog can result from Candida, which is yeast overgrowth in the body caused by our diet. Candida is usually accompanied by symptoms other than brain fog, such as: bloating, gas, sugar cravings, dandruff, nail fungus, headaches, mood swings, anxiety, depression, and primarily itchy skin. They discussed ways to starve Candida. The holistic way of clearing brain fog is "tapping and swiping." You tap on the areas where major organs are located. You then swipe down your limbs while taking deep breaths and releasing that air intake forcefully. This will help clear blockages throughout the body. Natural medicines to help kill off Candida and improve our digestion include Kolorex and Absorb Aid. All this info and more is available for free on her website at Julie-E Health.com

TOPIC: CAREER OPPORTUNITIES

Scott Shepard's guest this week was C.J. Eason of Hired in Michigan, Job Fair Giant, WXYZ TV Channel 7 in Detroit, The Detroit Free Press, and several other publications. CJ is known as The Job Doctor. They discussed the hot jobs around Michigan and what industries are desperate for employee hires. They discussed how retirees are returning to the workforce and rebranding themselves because there are so many job openings, and the pay is better than ever. Also, they discussed all the job fairs and career expos happening every month around the Detroit area. CJ promoted these job fairs, plus how and where to get free career advice, resume tips, and interview process advice. CJ can be reached at HiredinMichigan.com and at JobFairGiant.com

DETROIT COMMUNITY CALENDAR

July 31st, 2022

Time: 6:00a-7:00a

TOPIC: BLOOD DONATIONS/AWARENESS

Guest with Scott Shepard this week was Dawn Kaiser. She is the Vice President for Versiti Michigan, a Blood Donor Organization operating throughout Michigan and the Midwest. Dawn is a registered nurse and a phlebotomist. Versiti has partnered with Amazon for a blood donation campaign throughout August around the Metro Detroit area. They have a world-renowned Blood Research Institute based in Milwaukee, WI, and a lab testing facility center. The center is working on curing all blood diseases and bleeding disorders. Versiti collects more than 600,000 units of blood annually and is the provider for Beaumont Hospitals and Henry Ford Hospitals here in Metro Detroit. There is a dire need for blood donations due to the pandemic, especially during these summer months when more accidents happen. Their supply also helps with blood cancer treatments like leukemia and mass transfusions. Their blood drive is donated by the local community for the local community. Anyone can contribute up to 6 times a year or every 56 days. Ms. Kaiser discussed this summer campaign's great need for volunteers and monetary donations. There is also a need for drivers to deliver the blood to various hospitals and medical facilities. In addition, she promoted all their info, websites, and donation locations. Their website is versiti.org

LENGTH: 25 MINUTES

TOPIC: CAREER OPPORTUNITIES

Scott Shepard's guest this week was C.J. Eason of Hired in Michigan, Job Fair Giant, WXYZ TV Channel 7 in Detroit, The Detroit Free Press, and several other publications. CJ is known as The Job Doctor. They discussed the hot jobs around Michigan and what industries are desperate for employee hires. They discussed how retirees are returning to the workforce and rebranding themselves because there are so many job openings, and the pay is better than ever. Also, they discussed all the job fairs and career expos happening every month around the Detroit area. CJ promoted these job fairs, plus how and where to get free career advice, resume tips, and interview process advice. CJ can be reached at HiredinMichigan.com and at JobFairGiant.com

DETROIT COMMUNITY CALENDAR

August 7th, 2022 Time: 6:00a-7:00a

TOPIC: COMMUNITY FOOD DRIVE

Guest with Scott Shepard this week was Patrick Schulte, the Chief Development Officer for Gleaners Community Food Bank in Detroit, Michigan. The entire month of August is Gleaners' big campaign called A Hunger Free Summer before the new school year begins. Many children in the Detroit area get their only meal of the day during the school's lunch program offered during school hours. In the Summer, while school is out, the need for nutritional food, especially for the kids, is more significant than at any other time of the year. Gleaners partners with various farmers, grocery chains, the USDA, and individual donors to raise food and distribute meals to those in need. This year the need is even more significant with inflation soaring and the after-effects of Covid. The main partner/sponsor with Gleaners this Summer is Citizens Bank, matching every dollar donated during August. Because of the various contributors working with Gleaners, one dollar donated can generate 3 meals. With Citizens Bank involved and matching every dollar donated during this month, \$1 can actually generate 6 nutritional meals through August 31st. The food is distributed to those in need through local food pantries, churches, schools, and community centers around Metro Detroit. Gleaners are the first real food bank in Michigan and was founded in 1977. It's their 45th anniversary here in 2022. Also promoted how to volunteer and how to donate money/funds. They have an emergency 211 phone number to get immediate help. The website to donate or volunteer at is: GCFB.org

LENGTH: 25 MINUTES

TOPIC: BLOOD DONATIONS/AWARENESS

LENGTH: 25 MINUTES

LENGTH: 25 MINUTES

Guest with Scott Shepard this week was Dawn Kaiser. She is the Vice President for Versiti Michigan, a Blood Donor Organization operating throughout Michigan and the Midwest. Dawn is a registered nurse and a phlebotomist. Versiti has partnered with Amazon for a blood donation campaign throughout August around the Metro Detroit area. They have a world-renowned Blood Research Institute based in Milwaukee, WI, and a lab testing facility center. The center is working on curing all blood diseases and bleeding disorders. Versiti collects more than 600,000 units of blood annually and is the provider for Beaumont Hospitals and Henry Ford Hospitals here in Metro Detroit. There is a dire need for blood donations due to the pandemic, especially during these summer months when more accidents happen. Their supply also helps with blood cancer treatments like leukemia and mass transfusions. Their blood drive is donated by the local community for the local community. Anyone can contribute up to 6 times a year or every 56 days. Ms. Kaiser discussed this summer campaign's great need for volunteers and monetary donations. There is also a need for drivers to deliver the blood to various hospitals and medical facilities. In addition, she promoted all their info, websites, and donation locations. Their website is versiti.org

DETROIT COMMUNITY CALENDAR

August 14th, 2022 REPEAT Time: 6:00a-7:00a

TOPIC: COMMUNITY FOOD DRIVE

Guest with Scott Shepard this week was Patrick Schulte, the Chief Development Officer for Gleaners Community Food Bank in Detroit, Michigan. The entire month of August is Gleaners' big campaign called A Hunger Free Summer before the new school year begins. Many children in the Detroit area get their only meal of the day during the school's lunch program offered during school hours. In the Summer, while school is out, the need for nutritional food, especially for the kids, is more significant than at any other time of the year. Gleaners partners with various farmers, grocery chains, the USDA, and individual donors to raise food and distribute meals to those in need. This year the need is even more significant with inflation soaring and the after-effects of Covid. The main partner/sponsor with Gleaners this Summer is Citizens Bank, matching every dollar donated during August. Because of the various contributors working with Gleaners, one dollar donated can generate 3 meals. With Citizens Bank involved and matching every dollar donated during this month, \$1 can actually generate 6 nutritional meals through August 31st. The food is distributed to those in need through local food pantries, churches, schools, and community centers around Metro Detroit. Gleaners are the first real food bank in Michigan and was founded in 1977. It's their 45th anniversary here in 2022. Also promoted how to volunteer and how to donate money/funds. They have an emergency 211 phone number to get immediate help. The website to donate or volunteer at is: GCFB.org

TOPIC: BLOOD DONATIONS/AWARENESS LENGTH: 25 MINUTES

Guest with Scott Shepard this week was Dawn Kaiser. She is the Vice President for Versiti Michigan, a Blood Donor Organization operating throughout Michigan and the Midwest. Dawn is a registered nurse and a phlebotomist. Versiti has partnered with Amazon for a blood donation campaign throughout August around the Metro Detroit area. They have a world-renowned Blood Research Institute based in Milwaukee, WI, and a lab testing facility center. The center is working on curing all blood diseases and bleeding disorders. Versiti collects more than 600,000 units of blood annually and is the provider for Beaumont Hospitals and Henry Ford Hospitals here in Metro Detroit. There is a dire need for blood donations due to the pandemic, especially during these summer months when more accidents happen. Their supply also helps with blood cancer treatments like leukemia and mass transfusions. Their blood drive is donated by the local community for the local community. Anyone can contribute up to 6 times a year or every 56 days. Ms. Kaiser discussed this summer campaign's great need for volunteers and monetary donations. There is also a need for drivers to deliver the blood to various hospitals and medical facilities. In addition, she promoted all their info, websites, and donation locations. Their website is versiti.org

DETROIT COMMUNITY CALENDAR

August 21st, 2022

Time: 6:00a-7:00a

TOPIC: SEPTEMBER 11TH REMEMBRANCE

Guest with Scott Shepard this week was Bob Kalfaian, the Volunteer Event Director for Tunnel 2 Towers, a new Michigan charity/fundraising organization to help and support First Responders, Military Veterans, Firefighters, and their families. Tunnel 2 Towers began in New York City just after 9/11. It was started by the brother of a fallen firefighter who died in the World Trade Center attacks in

2001. This charity has grown, and it's now become a nationwide organization beginning in the Detroit area in 2022. On September 11th this year, it's the First Annual 5K Run/Walk Charity Event at the Lake St. Clair Metropark in Harrison Twp., MI. This fundraiser is to help local families of fallen police officers, fallen firefighters, and disabled military veterans. 95% of all money raised goes directly to families and veterans in need. They are helping to support various programs: housing for homeless military veterans, mortgage-free homes for families of fallen first responders, a Let's Do Good Village in Florida with 110 Smart Homes for disabled veterans, and providing rent/food assistance for those struggling financially. Besides the 5K charity run/walk in September, they are currently teamed up with 3 local Texas Roadhouse Restaurants in Metro Detroit, where 10% of your bill is donated directly to the Tunnel 2 Towers funds. They recently helped financially the families of 2 police officers who were killed in the line of duty, one in Detroit and one in Bloomfield Hills. Tunnel 2 Towers is on Facebook, and they have a website called T2T.org. Mr. Kalfaian promoted all their upcoming fundraiser events and how to donate/volunteer.

TOPIC: COMMUNITY FOOD DRIVE

Guest with Scott Shepard this week was Patrick Schulte, the Chief Development Officer for Gleaners Community Food Bank in Detroit, Michigan. The entire month of August is Gleaners' big campaign called A Hunger Free Summer before the new school year begins. Many children in the Detroit area get their only meal of the day during the school's lunch program offered during school hours. In the Summer, while school is out, the need for nutritional food, especially for the kids, is more significant than at any other time of the year. Gleaners partners with various farmers, grocery chains, the USDA, and individual donors to raise food and distribute meals to those in need. This year the need is even more significant with inflation soaring and the after-effects of Covid. The main partner/sponsor with Gleaners this Summer is Citizens Bank, matching every dollar donated during August. Because of the various contributors working with Gleaners, one dollar donated can generate 3 meals. With Citizens Bank involved and matching every dollar donated during this month, \$1 can actually generate 6 nutritional meals through August 31st. The food is distributed to those in need through local food pantries, churches, schools, and community centers around Metro Detroit. Gleaners are the first real food bank in Michigan and was founded in 1977. It's their 45th anniversary here in 2022. Also promoted how to volunteer and how to

donate money/funds. They have an emergency 211 phone number to get immediate help. The website to donate or volunteer at is: GCFB.org

DETROIT COMMUNITY CALENDAR August 28th, 2022

Time: 6:00a-7:00a

LENGTH: 25 MINUTES

LENGTH: 25 MINUTES

This week's guest with Scott Shepard was Dr. Julie Gatza, Co-founder of the Florida Wellness Institute and health & nutrition expert. Discussed with Dr. Julie the upcoming Labor Day Holiday barbecue gatherings and tailgating season with football games starting and all the pre-game BBQ action. The conversation included the healthiest foods for a BBQ, not only what to eat but how to eat and what to consume in the proper order. To best help with proper digestion and strengthen your internal enzymes, it's best to eat slowly and chew food at least a dozen times. This will help with digestion, but you'll feel full sooner and won't eat as much. There are 5 key digestive enzymes: Protease, Amylase, Lipase, Cellulase, and Lactase. Understanding the role of these enzymes helps with digestion, health & nutrition while getting the most out of your food. Dr. Julie says that gas/propane grills are better for you than charcoal grills. She promoted her Nature's Sources Dietary Supplements, especially their exclusive product AbsorbAid which significantly helps with digestion.

TOPIC: SEPTEMBER 11TH REMEMBRANCE

Guest with Scott Shepard this week was Bob Kalfaian, the Volunteer Event Director for Tunnel 2 Towers, a new Michigan charity/fundraising organization to help and support First Responders, Military Veterans, Firefighters, and their families. Tunnel 2 Towers began in New York City just after 9/11. It was started by the brother of a fallen firefighter who died in the World Trade Center attacks in 2001. This charity has grown, and it's now become a nationwide organization beginning in the Detroit area in 2022. On September 11th this year, it's the First Annual 5K Run/Walk Charity Event at the Lake St. Clair Metropark in Harrison Twp., MI. This fundraiser is to help local families of fallen police officers, fallen firefighters, and disabled military veterans. 95% of all money raised goes directly to families and veterans in need. They are helping to support various programs: housing for homeless military veterans, mortgage-free homes for families of fallen first responders, a Let's Do Good Village in Florida with 110 Smart Homes for disabled veterans, and providing rent/food assistance for those struggling

financially. Besides the 5K charity run/walk in September, they are currently teamed up with 3 local Texas Roadhouse Restaurants in Metro Detroit, where 10% of your bill is donated directly to the Tunnel 2 Towers funds. They recently helped financially the families of 2 police officers who were killed in the line of duty, one in Detroit and one in Bloomfield Hills. Tunnel 2 Towers is on Facebook, and they have a website called T2T.org. Mr. Kalfaian promoted all their upcoming fundraiser events and how to donate/volunteer

DETROIT COMMUNITY CALENDAR

September 4th, 2022

Time: 6:00a-7:00a

TOPIC: SEPTEMBER 11TH REMEMBRANCE

LENGTH: 25 MINUTES

Guest with Scott Shepard this week was Bob Kalfaian, the Volunteer Event Director for Tunnel 2 Towers, a new Michigan charity/fundraising organization to help and support First Responders, Military Veterans, Firefighters, and their families. Tunnel 2 Towers began in New York City just after 9/11. It was started by the brother of a fallen firefighter who died in the World Trade Center attacks in 2001. This charity has grown, and it's now become a nationwide organization beginning in the Detroit area in 2022. On September 11th this year, it's the First Annual 5K Run/Walk Charity Event at the Lake St. Clair Metropark in Harrison Twp., MI. This fundraiser is to help local families of fallen police officers, fallen firefighters, and disabled military veterans. 95% of all money raised goes directly to families and veterans in need. They are helping to support various programs: housing for homeless military veterans, mortgage-free homes for families of fallen first responders, a Let's Do Good Village in Florida with 110 Smart Homes for disabled veterans, and providing rent/food assistance for those struggling financially. Besides the 5K charity run/walk in September, they are currently teamed up with 3 local Texas Roadhouse Restaurants in Metro Detroit, where 10% of your bill is donated directly to the Tunnel 2 Towers funds. They recently helped financially the families of 2 police officers who were killed in the line of duty, one in Detroit and one in Bloomfield Hills. Tunnel 2 Towers is on Facebook, and they have a website called T2T.org. Mr. Kalfaian promoted all their upcoming fundraiser events and how to donate/volunteer

TOPIC: NUTRITION

LENGTH: 25 MINUTES

This week's guest with Scott Shepard was Dr. Julie Gatza, Co-founder of the Florida Wellness Institute and health & nutrition expert. Discussed with Dr. Julie the upcoming Labor Day Holiday barbecue gatherings and tailgating season with football games starting and all the pre-game BBQ action. The conversation included the healthiest foods for a BBQ, not only what to eat but how to eat and what to consume in the proper order. To best help with proper digestion and strengthen your internal enzymes, it's best to eat slowly and chew food at least a dozen times. This will help with digestion, but you'll feel full sooner and won't eat as much. There are 5 key digestive enzymes: Protease, Amylase, Lipase, Cellulase, and Lactase. Understanding the role of these enzymes helps with digestion, health & nutrition while getting the most out of your food. Dr. Julie says that gas/propane grills are better for you than charcoal grills. She promoted her Nature's Sources Dietary Supplements, especially their exclusive product AbsorbAid which significantly helps with digestion.

DETROIT COMMUNITY CALENDAR

September 11th, 2022

Time: 6:00a-7:00a

TOPIC: M1 CONCOURSE CHARITY FUNDRAISERS LENGTH: 25 MINUTES

This week's guest with Scott Shepard was M1 Concourse CEO Tim McGrane, who took over as CEO last year. M1 Concourse is a unique membership auto racing club and tracks for car enthusiasts who can store their vehicle on-site and race on the track. It is not for competitive racing but for members to take their car on the track and drive at full speed, one vehicle at a time. M1 Concourse celebrates its 6^{th} anniversary this year. It is an 87-acre property in Pontiac, MI, featuring a 1 1/2 mile high-performance track. General Motors opened the property in 1905 and became a GM factory/plant soon after. Their brand-new events section opened this year, mainly for charity functions, private parties, and corporate events. They had a lot of charity functions this year and several more to come, including The American Speed Festival in October. This event is to raise money for several local charities in the Pontiac, MI, area, where M1 Concourse is located. They also have a Cars & Coffee event once a month to raise funds for M1 Mobility, which is an organization to provide transportation to those who need rides. M1 Mobility will provide transportation for young and old who need rides to school, after-school programs, doctor appointments, elderly care, and essential services. They also

help with a music program called Accent Pontiac for kids interested in a music career. Other upcoming fundraiser events include The Checkered Flag Ball Foundation, The Detroit Discovery Ball, and Real Men Wear Pink Gala to support The American Cancer Society. Donations from these help children's tuitions to educate and learn about a career in the auto industry. Promoted their various social media outlets and websites: M1Concourse.com and AmericanSpeedFestival.com

TOPIC: MEN'S HEALTH/ PROSTATE AWARENESS Length: 25 Minutes

The guest with Scott Shepard was Dr. Michael Lutz, President of The Michigan Institute of Urology (MIU) and The Men's Health Foundation. He is in charge of the upcoming 12th Annual Men's Health Event in October at Ford Field in Downtown Detroit. Dr. Lutz is also the coordinator for the premiere of a new, award-winning documentary called The Black Walnut. This free event at Wayne State University will show the movie and have a Q & A after the film with the producer/director. The Black Walnut is about awareness of the much higher risk for African-American Men getting prostate cancer and how the disease is much more aggressive in black men. Black men are twice as likely to have prostate trouble than white men and need more early detection/advanced screenings. The movie is a one-night-only on September 30th, including a roundtable discussion featuring experts in the field and partners with The Karmanos Cancer Institute. Their flagship event every year for The MIU/Men's Health Foundation happens on October 8^{th.} It's called The Men's Health Expo. Several Beasley Media Group radio stations will be there. It's a free all-day event that will include everything regarding men's health, including HIV tests, mental health seminars, blood work, cardiac screenings, blood pressure check-ups, vision & hearing tests, oral cancer screenings by dentists, and prostate screenings. Their websites for more info are MIUMensHealthFoundation.org and TheMensHealthEvent.com. Donations will help support The Blue Fund, which financially supports those who can't afford doctors or medical insurance.

DETROIT COMMUNITY CALENDAR September 18th, 2022 REPEAT Time: 6:00a-7:00a

TOPIC: M1 CONCOURSE CHARITY FUNDRAISERS LENGTH: 25 MINUTES

This week's guest with Scott Shepard was M1 Concourse CEO Tim McGrane, who took over as CEO last year. M1 Concourse is a unique membership auto racing club and tracks for car enthusiasts who can store their vehicle on-site and race on the track. It is not for competitive racing but for members to take their car on the track and drive at full speed, one vehicle at a time. M1 Concourse celebrates its 6^{th} anniversary this year. It is an 87-acre property in Pontiac, MI, featuring a 1 1/2 mile high-performance track. General Motors opened the property in 1905 and became a GM factory/plant soon after. Their brand-new events section opened this year, mainly for charity functions, private parties, and corporate events. They had a lot of charity functions this year and several more to come, including The American Speed Festival in October. This event is to raise money for several local charities in the Pontiac, MI, area, where M1 Concourse is located. They also have a Cars & Coffee event once a month to raise funds for M1 Mobility, which is an organization to provide transportation to those who need rides. M1 Mobility will provide transportation for young and old who need rides to school, after-school programs, doctor appointments, elderly care, and essential services. They also help with a music program called Accent Pontiac for kids interested in a music career. Other upcoming fundraiser events include The Checkered Flag Ball Foundation, The Detroit Discovery Ball, and Real Men Wear Pink Gala to support The American Cancer Society. Donations from these help children's tuitions to educate and learn about a career in the auto industry. Promoted their various social media outlets and websites: M1Concourse.com and AmericanSpeedFestival.com

TOPIC: MEN'S HEALTH/ PROSTATE AWARENESS Length: 25 Minutes

The guest with Scott Shepard was Dr. Michael Lutz, President of The Michigan Institute of Urology (MIU) and The Men's Health Foundation. He is in charge of the upcoming 12th Annual Men's Health Event in October at Ford Field in Downtown Detroit. Dr. Lutz is also the coordinator for the premiere of a new, award-winning documentary called The Black Walnut. This free event at Wayne State University will show the movie and have a Q & A after the film with the producer/director. The Black Walnut is about awareness of the much higher risk for African-American Men getting prostate cancer and how the disease is much more aggressive in black men. Black men are twice as likely to have prostate trouble than white men and need more early detection/advanced screenings. The movie is a one-night-only on September 30th, including a roundtable discussion featuring experts in the field and partners with The Karmanos Cancer Institute. Their flagship event every year for The MIU/Men's Health Foundation happens on October 8th. It's called The Men's Health Expo. Several Beasley Media Group radio stations will be there. It's a free all-day event that will include everything regarding men's health, including HIV tests, mental health seminars, blood work, cardiac screenings, blood pressure check-ups, vision & hearing tests, oral cancer screenings by dentists, and prostate screenings. Their websites for more info are MIUMensHealthFoundation.org and TheMensHealthEvent.com. Donations will help support The Blue Fund, which financially supports those who can't afford doctors or medical insurance.

DETROIT COMMUNITY CALENDAR September 25th, 2022 Time: 6:00a-7:00a TOPIC: NUTRITION

LENGTH: 25 MINUTES

A special guest with Scott Shepard was Stuart Tomc, a functional food expert, author, and nutritionist for over 30 years. The interview focused on how to "Battle anxiety and depression one meal at a time." There are ways to lift our moods using nutritional sciences. Also, food can help to contain allergies during this now Fall Season. Anxiety and depression seem to be at an all-time high now, with the substance abuse and mental health service administration (SAMHSA) receiving more calls than ever. They received 22,000 calls just last month, which is an 891% increase. To help with allergies during Autumn, some foods can limit the effects, especially a Mediterranean diet, including olives, olive oil, tomatoes, onions, and fish. One of the newer and more popular ways to deal with anxiety and depression now is CBD oils. CBD oils also help with physical pain as well. These are different from THC and recreational marijuana. Stuart Tomc has CBD products available at PlusCBDoil.com or at CVsciences.com. There are dietary supplements that can help with depression-like 5HTP and Omega3.

TOPIC: CANCER AWARENESS & AMERICAN CANCER SOCIETY LENGTH: 25 MINUTES

A special guest with Scott Shepard was Jason Roycht, Vice Chairman for The Detroit Discovery Ball, raising money for The American Cancer Society. The Detroit Discovery Ball happens on October22nd at Huntington Place in Downtown Detroit. This is the 3rd year for the DDB event, which is their largest fundraiser of the year. Roycht discussed the event and what will take place, how to get tickets, how people can donate auction items, and how to volunteer for the gala. All money goes to The American Cancer Society (ACS). This will help them financially and help cancer patients, survivors, and their families. ACS helps people with cancer risk include: early detection, prevention, treatment, advocacy, policy changes, patient support, education, and discovery. Also, the impact on the family is enormous. They need help with travel expenses, lodging, and emotional support. Since 1991 events like this have raised \$3 Billion for the ACS. Last year The DDB raised almost \$500,000. Currently, 1 in 2 men and 1 in 3 women are at cancer risk. There are $3 \frac{1}{2}$ million more survivors now than just 10 years ago. Breast cancer deaths have dropped 40% since 1988, thanks to ACS and early detection. Roycht promoted how to help, donate, volunteer, and support the organization and how to attend the DDB. The theme will be "REAL MEN WEAR PINK." The website is DetroitDiscoveryBall.org

WCSX 94.7 PSA Activity

Each of these PSA's aired July 01st, 2022 – September 30th, 2022, between the hours of 12 a.m. - 12 midnight.

MAB:	219
Feeding America:	28
Emergency Preparedness:	36
Poison Control:	35
Caregiver Asst:	35
Veterans Crisis:	35
Boating/Fishing:	37
Parkinson's:	35
Total:	460