



Quarterly Issues Report

For

WBGB / WBGB-HD1

4th Quarter 2023

October 1st through December 31st 2023

- 1) **Holiday Season 2023:** We look at a variety of Holiday inspired issues
- 2) **Politics 2023:** The Race for The White House continues
- 3) **Hunger & Homelessness:** A huge issue in Boston, shelter & food
- 4) **I'm Listening:** We continue to support the company's efforts on Mental Health
- 5) **Financial Issues:** from businesses to personal management, we look at many stories
- 6) **Veterans Issues:** The Issues that impact Veterans
- 7) **Jobs:** The job market and how to get a better one
- 8) **Health Issues:** We examined a number of health challenges
- 9) **Personal Growth & Relationships:** Looking at self-improvement
- 10) **Community Outreach:** We talk about ways people can assist in the community
- 11) **Pop Culture:** The stories that define popular culture in Boston & America

I. HOLIDAY SEASON 2023

New England Lifestyles

November 26th, 2023 6:00 am
20 minutes of 60-minute show

The Holidays can cause immense anxiety for many folks, and the need to chill out is vital. The #1 day of the year for heart attacks in Christmas so we wanted to talk Holiday Mental Health **with Dr. Gregory Janz PHD** and author of **Anxiety Reset** who talked in particular about addictions, why people stress out and steps to alleviate stress.

File Under: Holidays 2023 & Mental Health

New England Lifestyles

November 26th, 2023 6:30 am
December 17th, 2023 6:00am
32 minutes of 60-minute show

Each year WATCH, an organization called **World Against Toys Causing Harm** publishes the list of the year's most dangerous toys. We were joined by their **CEO Joan Siff** and went over what makes each of the toys so dangerous. We also discussed things parents can do to keep kids safe.

File Under: Toy Safety & Holidays 2023

New England Lifestyles

December 17th, 2023 6:30 am
25 minutes of 60-minute show

We once again put the spotlight on **Shriners Children's Hospital in Boston** by **interviewing one of their top Nurses Deborah Carlson**. We discussed their 110 years of providing brilliant medical care in the area of burns and soft palette issues at their Boston location, the amazing care provided and their willingness to treat anyone, regardless of their ability to pay. We discussed the need for donation so they can continue to provide the amazing level of care and research they bring to Boston.

File Under: Health Issues, Community Support

II. POLITICS 2023

New England Lifestyles

December 10th, 2023 6:30 am
25 minutes of 60-minute show

With the Republican front runner currently facing 91 felony charges and multiple states moving to remove him from the Presidential ballot, we thought it was the perfect time to speak with our resident **Political Expert Dr. Frank Sorrentino**, teacher at New York University and author of "**Presidential Power and the America Political System**". We discussed the reality of these charges, the possibility of a conviction prior to the election and the repercussions of a felon in the White House. We also talked about the race vs Biden and who may be the two alternate candidates for the Democrats and Republicans.

File Under: Politics 2023

New England Lifestyles

December 13rd, 2023 6:30 am
20 minutes of 60-minute show

Religion continues to play a major part of world politics and conflict, with the latest fighting between Israel and Hamas in the Gaza Strip illustrates. **Professor Patrick Hurley** joined us to discuss this author and his new book ***“Religion, Power & Illusion”*** and we got into the whole reality of how religion impacts world politics worldwide. The book traces how religion has always been more about power and control of people.

File Under: Politics 2023, Religion

III. HUNGER & HOMELESSNESS

New England Lifestyles

October 1st 2023 6:30 am
30 minutes of 60-minute show

We spoke to the **Director Of Community Outreach Paula Klim-White** of **The Women’s Lunch Place** about their efforts on behalf of homeless women. Shelters generally only allow guests to stay from 6pm to 6am, and they offer lunches, vocational training and mental health counselling for those who have dealt with trauma

File Under: Hunger & Homelessness, Community Outreach

New England Lifestyles

October 1st, 2023 6:30 am
30 minutes of 60-minute show

The fight against hunger is fought community to community, with virtually no town immune from food insecurity. We were joined by **Julie Lafontaine, the President and Founder of The Open Door**, a food pantry serving towns on the North Shore, primarily Gloucester, Ipswich and other towns on Cape Ann. They provide food, a mobile market and online ordering for families in need.

File Under: Hunger & Homelessness, Community Outreach

New England Lifestyles

October 29th, 2023 6:30 am
30 minutes of 60-minute show

Bridge Over Troubled Waters is a local Boston aid organization that works specifically with young people in Boston, ages 10 to 24 who are dealing with homelessness, abuse, addiction and more. We were joined by the **President & CEO Elisabeth Jackson** who talked about the programs and aid they provide for this high risk part of the homeless population

File Under: Hunger & Homelessness, Community Outreach

IV. MENTAL HEALTH/I’M LISTENING

New England Lifestyles

November 19th 6:00 am
15 minutes of 60-minute show

Audacy continued its commitment to mental health by interviewing Mental Health professional Dr. Moulter about kid’s mental health with Audacy host David O’Leary

New England Lifestyles

November 19th 6:15 am
15 minutes of 60-minute show

Audacy continued its commitment to mental health by interviewing Victor Armstrong who related his own mental health battle, hosted by Audacy host David O'Leary

File Under: Audacy & Mental Health

V. FINANCIAL ISSUES

New England Lifestyles

December 3rd, 2023 6:00am
22 minutes of 60-minute show

The Holiday's is a great time to get into a family argument. We spoke with Attorney Ali Katz about how to bring up the sensitive topic of money; what happens to family money after a parent's death, ways to budget, why lending money to family is always a bad idea and more.

File Under: Holidays 2023, Family Finances

New England Lifestyles

October 22nd, 2023 6:30 am
20 minutes of 20 minute show

We talked about the need of teaching kid about money with **Dr. Billy Hensley** of the **National Endowment for Financial Education**. He talked about the national push to make financial information education a required part of the curriculum to graduate from college. There are 15 states that have agreed to it, but Massachusetts has yet to make this a mandatory part of education. That needs to stop.

File Under: Finances, Education

New England Lifestyles

December 31st 2022 6:00 am
30 minutes of 60-minute show

Parents came make their kids millionaires if they lay out the right plan; we were joined by **Chris Carosa** author of the book "[From Cradle to Retirement The Child IRA](#)". He pieces together the thoughts and interviews he's accumulated over the past several years to reveal a practical "How-to" guide for parents, grandparents, and their financial advisers seeking to help young children reap the benefits of the Child IRA. Within this hands-on guide, From Cradle to Retirement weaves the fascinating history of the cultural views of retirement in America.

V. VETERANS ISSUES

New England Lifestyles

November 12th 2022 6:40 am
20 minutes of 60-minute show

We were honored to be joined by **Bronze Star recipient Army Chaplain Michael Jacques**, author of the new book [A Chaplains Battle: Powerlessness in an Explosive World](#)". He talked about the impact service has, how different soldiers handle their trauma differently, and what he saw that was the same with everyone; the desire to get home. He says what most vets want is simple and sincere conversation about their day or what it was like serving the country can go a long way in making them feel good about themselves,

File Under: Veterans Issues

New England Lifestyles

November 19th 6:00 am
15 minutes of 60-minute show

Audacy continued its commitment to mental health by focusing on the mental health of veterans in two important interviews. First we spoke to US Army Brigadier General Jack Hammond about the Home Base project in Boston for those dealing with mental health and brain injury issues.

New England Lifestyles

November 19th 6:15 am
15 minutes of 60-minute show

Audacy continued its commitment to veterans' mental health by interviewing Dr. Erin Fletcher of the Wounded Warriors Project, hosted by Audacy host David O'Leary

File Under: Audacy & Mental Health

VI. JOBS

New England Lifestyles

November 5th 2023 6:30am
20 minutes of 60-minute show

They say the squeaky wheel gets the grease, and our guest today says there is truth in that saying, a way to gripe your way to success. **Dr. Ivan Misner is the founder of BNI** and author of "*The Third Paradigm*" Sometimes the key to getting ahead is to "let the barking dogs into the room". That's where honesty and reality checks are given.

File Under: Jobs, Self-Motivation

New England Lifestyles

October 29th, 2023 6:10am
20 minutes of 60-minute show

The pandemic resulted in many folks reexamining their jobs, what they truly wanted and how to go about navigating a career change. We were join again by **Executive Coach and Performance Expert Kate Eckman**, who has written a new book called "*The Full Spirit Workout-A Ten Step System to Shed Self Doubt and Create a Fulfilling Life*". She encourages folks to find what truly makes them happy and to find a job which aligns with these values and dreams

File Under: Jobs & Employment

VII. HEALTH ISSUES

New England Lifestyles

November 19th, 2023 6:00 am
20 minutes of 60-minute show

November is **Diabetes Awareness** month and we spoke to **Christian Fauria of Sports Radio WEEI** about the journey has had in the fight against Diabetes. A former patriots pro athlete, Christian's son Caleb was diagnosed with Diabetes in High school and now he stages a variety of fundraisers in order to help fund support and research.

File Under: Health Issues, Diabetes, Community Outreach

New England Lifestyles

November 19th, 2023 6:00 am
20 minutes of 60-minute show

November is **Diabetes Awareness** month and we spoke to **Rachel Gibbons, the Executive Director of the local efforts of the American Diabetes Association**. Almost 1/3 of people worldwide will deal with this nefarious illness and we talked warning signs, ways to avoid Type 2 and what research is saying about a cure.

File Under: Health Issues, Diabetes, Community Outreach

New England Lifestyles

November 19th, 2023 6:20 am
20 minutes of 60-minute show

Heather Walker was the Celtics Director of Public Relations and a friend to almost everyone in Boston. She sadly passed away after a courageous fight against an aggressive form of **Glioblastoma Brain Cancer**. We were joined by her husband **Stephen Walker** who discussed her legacy and the Celtics naming their new press room after her.

File Under: Health Issues, Cancer, Community Outreach

New England Lifestyles

November 5th, 2023 6:00am
15 minutes of 60-minute show

We discussed the state of the fight against Alzheimer's disease with **Chris Schneider, Director of Communications for the Alzheimer Associations** local efforts about the illness; warning signs, ways to cut your risk, and the Light The World Initiative.

File Under: Health Issues, Alzheimer's Awareness

New England Lifestyles

October 22nd, 2023 6:00am
15 minutes of 60-minute show

October is Breast Cancer Awareness month and we spoke to the **Breast Cancer Research Foundation** with **Board Member Simone Winston** about the work of the foundation, how they fund various projects and how her personal battle with Breast Cancer changed her life for the better. Their researchers have made tremendous discoveries.

File Under: Health Issues, Breast Cancer and Community Outreach

VIII. SELF IMPROVEMENT/PERSONAL GROWTH

New England Lifestyles

October 8th, 2023 6:30 am
25 minutes of 60-minute show

We talked about Parenting with Psychologist **Dr. Tan Seelee** author of the new book "*The Listening Space*", which is a book about motivating and assisting our kids as they grow and develop.

File Under: Parenting, Family Relations

New England Lifestyles

October 8th, 2023 6:15 am
20 minutes of 60-minute show

They say the hardest part of self-improvement is taking the first step. We were joined by **Dr. Richard Bandler** author of “**Thinking On Purpose**” which is a 15 day plan to get motivated.

File Under: Self Improvement

New England Lifestyles
November 5th, 2023 6:30 am
30 minutes of 60-minute show

Marriage is VERY hard, we spoke with **Charlie & Linda Bloom** Clinical Psychologists & authors of the new book *An End to Arguing: 101 Valuable Lessons for All Relationships* as a comprehensive guide to relational challenges, perfect for anyone looking to improve their relationships and discover qualities that are inherent in argument-free relationships with romantic partners and beyond.

File Under: Family Issues, Mental Health

New England Lifestyles
November 5th, 2023 6:30 am
15 minutes of 60-minute show

Time management befuddles almost everyone. We were joined by **Optimal Performance Consultant Boris Bloom** the author of a new book called “**The Art of Taking Action**”. There are so many distractions with things like iPhone and social media, you need to have a plan to achieve your goals.

File Under Self Help, Time Management

IX. COMMUNITY FUNDRAISERS

New England Lifestyles
December 24th, 2023 6:15am
20 minutes of 60-minute show

.It’s Girl Scout Cookie season and we talked to **Erin Sullivan from the Girl Scouts of Eastern Massachusetts**. The Director of Product Programs and Retail. These cookies are the biggest fundraiser for the group each year and fund a number of community support programs and helping young women understand their power.

File Under: Community Fundraisers, Girls Issues

New England Lifestyles
December 10th, 2023 6:50am
10 minutes of 60-minute show

We spoke to **Greg Hill of Sports Radio WEEI** about the Holiday undertaking of his **GREG HILL FOUNDATION**. The two big events are *the Jingle All The Way 5k* and *The Last Night, a Black Tie New Year’s Eve* event to raise emergency fund for local families in need. The foundation has raised over \$30 million over the years.

File Under: Community Fundraisers

New England Lifestyles

November 11th, 2023 6:40am
20 minutes of 60-minute show

We spoke to the mother and the founder of **BEN'S MISSION**, 10 year old **Ben Fernekees** who started helping addicts on the streets at Mass & Cass, a location known for homelessness and addiction. His mother was an addict and now they make hats, socks and other vital items for those still struggling with addiction in the streets.

File Under: Community Fundraisers, Addiction

New England Lifestyles
October 15th 2023 6:35am
25 minutes of 60-minute show

The annual **SHRINERS HAUNTED WALK** is being held by local Hospital Shriners Children's on October 22nd in Wellesley and we joined by **Dr. Robert Sheridan**, one of the caregivers, and by **the Griggs Family, Nathan & Jenny** who's child was helped by the Hospital

File Under: Community Fundraisers, Health and Recovery

X. POP CULTURE

New England Lifestyles
October 8TH, 2023 6:00am
10 minutes of 60-minute show

"The Proof Is Out There" is a TV series on The History Channel and we spoke to **host and journalist Tony Harris** about the new information coming out about UFO's and the whole UFO/cytology phenomenon which is always the source of great chatter & theories.

File Under: Government Cover-ups, Pop Culture

New England Lifestyles
December 10th, 2023 6::00am
December 31st, 2023 6::00am
15 minutes of 60-minute show

We talked to **Tom Werman**, a former Record Executive with Epic Records and music producer of bands like Twisted Sister, Motely Crue and more about his new book "Turn It Up", which tells great stories of the artists and personalities in the music biz of the 80's and 90's.

File Under: Music, Pop Culture

New England Lifestyles
December 24th, 2023 6: 00am
10 minutes of 60-minute show

The Boston Red Sox are a major part of the landscape of New England, and they are gearing up for the launch of another season soon. Before Spring Training comes RED SOX WINTER WEEKEND coming to Springfield's MGM and the MASS MUTUAL Center January 19th and 20th. Those who attend can meet players, hear conversations and access next season's tickets.

File Under: Boston Sports, Pop Culture