

WFEZ Community Issues and Programming

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January 1, 2023 – March 31, 2023

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WFEZ-FM / Cox Radio Miami**

WFEZ COMMUNITY ISSUES AND PROGRAMMING

January 1, 2023 – March 31, 2023

WFEZ serves the Miami / Fort Lauderdale / Hollywood market and all its surrounding communities. Listed below is a description of the community issues addressed by the station in its programming for the period January 1, 2023 – March 31, 2023.

Description of Regular Programming

Viewpoints – 2 segments, 23 minutes total

Sundays, 6:20 a.m.

A nationally syndicated program produced by Media Tracks, out of Des Plaines, IL. Viewpoints looks at issues in the news and in our lives.

Easy's Community Focus (30 minutes total, segments of varying length)

Sundays, 6:50 a.m.

A locally originated program addressing issues of concern to South Florida residents. Produced by WFEZ Community Affairs Host, Ellen Jaffe. Some segments produced by Community Affairs Correspondent, Jeff Martin.

Public Service Announcements / Community ID's

Locally produced, :30 in length, air in various hours daily.

Promos:

Locally produced, :30 in length, air between 12am and 6am

Following are the issues given significant treatment in programming:

- *Community Outreach / Events (COE)*
- *Crime and Violence (CRI)*
- *Diversity / Race Relations (DIV)*
- *Economy / Jobs (ECO)*
- *Education (EDU)*
- *Environment & Animal Welfare (ENV)*
- *Health (HEA)*
- *Human Services (HUS)*
- *Underserved Populations (USP)*

COMMUNITY OUTREACH / EVENTS

Programs:

Easy's Community Focus

January 1, 2023 - Segment 1 – Visit Lauderdale Food & Wine Festival - 15:11

Guest: Phil Marro, Organizer

Marro talks about working with Visit Lauderdale on the annual Food & Wine Festival to benefit Joe DiMaggio Children's Hospital. More than a dozen multi-cultural events are scheduled January 9th – 15th.

<http://www.vlfoodwine.com>

January 15, 2023 - Segment 2 – American Fine Wine Competition - 7:12

Guest – Shari Gherman, Event Co-Founder

Gherman talks about her involvement in creating the American Fine Wine Competition, with the requirement that it be a charity fundraiser. This year's event finale is Tuesday, January 17th, with gold-medal wine tastings, music, food, and entertainment. Proceeds benefits the Chip Cassidy Scholarship Fund for FIU students, as well as Ukrainian refugees.

<https://www.americanfinewinecompetition.org>

PSA'S:

1/17 – 2/5 – 18x – CMG Miami Gives Back – In-kind dollar value to charities

1/23 – 1/29 – 14x – South Beach Wine & Food Festival

2/3 – 2/12 – 20x – South Beach Wine & Food Festival

PROMOS:

1 / 2 – 1/7 – 8x – Visit Lauderdale Food & Wine Festival – Benefits Joe DiMaggio Children's Hospital

CRIME & VIOLENCE

Programs:

Easy's Community Focus

January 29, 2023 – Stand with Parkland (The National Association of Families for Safe Schools – 29:37

Guest: Tony Montalto, President; Vice President of the Parkland 17 Memorial Foundation

With the 5th Anniversary of the shooting at Marjory Stoneman Douglas High School approaching, we talk to Tony Montalto, whose daughter, Gina, was one of the 17 killed. Since the Parkland shooting, Montalto and families of the other victims have advocated for safer schools, mental health screening and support programs, and responsible gun ownership laws. Montalto talks about their success in creating change, including the institution of 'Red Flag Laws' to catch people who are not permitted to buy guns before they do so. Since the program began, at least 8,000 people have been red flagged trying to buy guns. As part of the Parkland 17 Memorial Foundation, he previews the site selected and the vision for the permanent memorial to those killed in the school shooting.

<http://www.standwithparkland.org> <http://www.parkland17.org>

February 5, 2023 - Segment 2 – Women in Distress of Broward County – 15:09

Guest: Dr. Linda Parker, President / CEO

Kicking off Teen Dating Violence Awareness Month, Dr. Parker discusses the risks of teens becoming involved in abusive relationships. She also shares a new form of outreach that Women in Distress has begun, speaking with hospital and Emergency Room employees to teach them how to identify signs of abuse, how to refer a possible victim for help, and how to handle a situation where a potential abuser has accompanied a victim to the hospital.

<http://www.womenindistress.org>.

Viewpoints

January 8, 2023, SEGMENT 2: A Pathway to Exoneration - 8:37

Guests: *Isaac Wright Jr., practicing attorney, author, Marked for Life: One Man's Fight for Justice from the Inside; Samuel Gross, Thomas, and Mabel Long Professor Emeritus of Law at the University of Michigan – Ann Arbor, founder, senior editor, The National Registry of Exonerations.*

Experts estimate that between 4-6 percent of prisoners behind bars are innocent. We explore what factors feed into these wrongful convictions and how advocates in the arena are fighting for justice.

<https://www.law.umich.edu/special/exoneration/Pages/about.asp>

PSA's:

1/1/2023 – 4x- AAA Tow to Go Program – Avoid Drunk Driving

Promos:

2/5 – 2/12 - 12x - Women in Distress – Teen Dating Violence Awareness Month: Red Flags

DIVERSITY / RACE RELATIONS

Programs:

Easy's Community Focus

January 1, 2023 – Segment 2 – Broward County Public Library System – 14:37

Guest: Allison Grubbs, Director

Grubbs talks about the diverse book selection for the National Endowment for the Arts' 'Big Read' in January & February. She also discusses the many events the libraries have scheduled in honor of Martin Luther King, Jr. Day.

<http://www.broward.org/library>

January 8, 2023 - Segment 1 – Unity in the Community of Pompano Beach– 16:20

Guest: Carolyn Mann, Scholarship Committee Chair for Unity in the Community

Boo discusses the services offered at the Pride Center, including a 5-point Wellness initiative. He invites everyone to their annual 'Wicked Manors' Halloween Celebration, a major fundraiser for the Pride Center and 9 other non-profits.

<http://www.pridecenterflorida.org> <http://www.wickedmanors.org>

February 12, 2023 - Segment 1 – Miami Dade County Public Library System– 18:00

Guest: Ray Baker, Director

Baker talks about the variety of events planned at different libraries to commemorate Black History Month. He also discusses opportunities for borrowing tablets and hot spots, as well as free professional tax preparation assistance available at the libraries.

<http://www.mdpls.org>; 305-375-BOOK

March 26, 2023 - Segment 1 – YWCA of South Florida – 11:49

Guest: Kerry Ann Royes, President / CEO

Royes discusses the YWCA's ongoing commitment to social justice for all, with their theme, 'Until Justice Just Is.' She talks about the evolution of their annual 21-Day 'Stand Against Racism' into the 21-day 'Community Justice Challenge', during which participants will receive daily emails with articles to read, videos to watch and discussion topics to open a line of communication between people of all backgrounds.

<http://www.ywcasouthflorida.org>

Viewpoints

January 1, 2023, SEGMENT 2: Who I Gen-Z? – 7:56

Guest: John Schlimm, researcher, professor, author, *What Would Gen-Z Do? Everything You Do Not Know About Gen-Z But Should.*

There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they are extremely tech-

savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z is and what impact they will have on the future world.

<https://fivethirtyeight.com/features/how-gen-z-could-transform-american-politics/>

February 12, 2023, SEGMENT 1: Forging Opportunity: The Early Women of the West – 9:07

Guest: *Winifred Gallagher, historian, author, New Women in the Old West.*

The Wild, Wild West: cowboys, shootouts, open prairies & gold mines galore. While this is a common stereotype surrounding the colonial West, there is much more about this region and period than meets the eye. For thousands of women, living out West meant greater independence, and an opportunity to start anew. Historian and author Winifred Gallagher joins us to share how the women of the Old West paved the way for women across the U.S.

<https://tinyurl.com/2p8ybvbp>

March 26, 2023, SEGMENT 1: The Untold Story of Edith Wilson – 10:18

Guest: *Rebecca Roberts, author, Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson.*

Women's History Month is a time to look back and honor the women of the past who have made a difference. One of these stories is that of Edith Wilson. On paper, she is known as Woodrow Wilson's second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent

<https://tinyurl.com/yc8rnnnu>

PSA'S:

3/1 – 3/31 – 93x – Women's History Month – Honoring 'Lifesavers' in the Community

PROMOS:

1/9 – 1/29 - 30x – Unity in the Community of Pompano Beach – Multi-Cultural Family Day

ECONOMY / JOBS

Programs:

Easy's Community Focus

January 15, 2023 – Segment 3 – Barry University – 8:23

Guest: Jennifer Pugh, Barry University's VP for University Administration

Pugh talks about Barry University's 'Nun Run' on January 21st, both a tribute to the founders of the University, and a fundraiser to assist low-income student remain in school.

<https://tinyurl.com/yckh7845>

February 12, 2023 - Segment 2 – Job News USA – 12:22

Guest: Tiffany Price, General Manager

Price discusses the 'myth' that there are few good-paying jobs available and provides a preview of the next major Job Fair, February 23rd at the FLA Live Arena. More than 75 companies will be interviewing & hiring. She provides tip for being a memorable job candidate. Admission is free for applicants; pre-registration is recommended.

[http://www.jobnewsusa.com`](http://www.jobnewsusa.com)

Viewpoints:

January 1, 2023, SEGMENT 1: The Fallout from Industry Monopolies - 10:27

Guests: *Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project.*

This past November, thousands of Taylor Swift fans were left frustrated and disappointed after Ticketmaster's platform failed to deliver on general sale tickets for her upcoming tour. We discuss how this recent failure has stirred a larger conversation about the consequences & long-term effects of monopolies.

<https://www.senate.gov/senators/senators-contact.htm>

February 5, 2023, SEGMENT 1: The Many Causes of Supply Chain & Inflation Woes – 7:22

Guest: *James Rickards, economist, former Wall Street banker, author, Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy*

Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes.

<https://tinyurl.com/nhckajec>

February 5, 2023, SEGMENT 2: A Changing Palate Across Period of Economic Uncertainty – 10:37

Guest: *Jane Ziegelman, food historian, author, A Square Meal: A Culinary History of the Great Depression*

Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, and economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted

recipes and food trends. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.

<https://tinyurl.com/4s6afsp5>

February 26, 2023, SEGMENT 1: Looking Up: The Path to Financial Wealth – 8:12

Guest: *Scarlett Cochran, attorney, financial expert, author, it is Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve.*

For Scarlett Cochran, money management was not a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It was not until she was in her early twenties and struggling with money that she realized the importance of budgeting and accruing savings. We sit down and speak with Cochran to learn about her inspiring journey and path to financial wealth.

<https://tinyurl.com/bdef2nvz>

March 5, 2023 – Segment 1: A New Viewpoint: Speaking with Acclaimed Pastry Chef Joanne Chang – 8:32

Guest: *Joanne Chang, pastry chef, owner, Flour Bakery, Myers + Chang.*

A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat.

<https://www.bostonchefs.com/chef/joanne-chang/>

PSA'S:

1 / 2 - 1/8 – 14x – Neighborhood Housing Services of South Florida – Homebuyer Workshops
1/16 - 1/22 – 14x – Neighborhood Housing Services of South Florida – Homebuyer Workshops
3/12 – 3/18 – 14X – Kiwanis of Little Havana – Fundraisers - supplies & scholarships for students in need

PROMOS:

1/9 - 1/15 – 10x – Neighborhood Housing Services of South Florida – Homebuyer Workshops
1/30 – 2/12 – 20x – Neighborhood Housing Services of South Florida – Homebuyer Workshops
2/13 – 2/26 – 20x – Farmshare – Schedule of Food Distributions
2/13 – 2/22 – 15x – Job News USA – Job Fair
3/20 – 3/26 – 10x – City of Lauderhill – Free Smoke Detectors & Installation

EDUCATION

Programs:

Easy's Community Focus

January 8, 2023 - Segment 1 – Unity in the Community of Pompano Beach– 16:20

Guest: Carolyn Mann, Scholarship Committee Chair for Unity in the Community

Mann talks about Unity in the Community, the annual Pompano Beach Family Fun Day on January 28th, designed to bring the community together and raise funds for college scholarships awarded to local high school students.

<http://www.uicpompano.org>

January 22, 2023 – Girl Scouts of Southeast Florida - 27:14

Guests: Melinda Glasco, Marketing Director; Girl Scout 'Media Girl' Ronica

The guests talk about the life-long benefits of being a Girl Scout, from increasing confidence to environmental consciousness to learning business skills. The talk about 2023 Girl Scout Cookie Sales, February 1st thru March 5th; and the annual 'Give a Box, Get A Box' event to encourage donations of boxes of Girl Scout Cookies for our troops overseas.

<http://www.gssef.org>

February 26, 2023 – Kiwanis Club of Little Havana Foundation – 28:55

Guest: Alex Perez, President

Perez shares the evolution of the Kiwanis in more than 50 years of community service. They help children and low-income families with school supplies, college scholarships, free summer camp and more. Carnaval Miami, with multiple events, funds their charity initiatives. Events include Carnaval on the Mile, Calle Ocho and Art on the Drive.

<http://www.kiwanislittlehavanafoundation.org>

Viewpoints

January 29, 2023 – Segment 1: For the Love of Crosswords – 7:34

Guest: Adrienne Raphel, author, *Thinking Inside the Box*.

The first crossword was published in 1913 by journalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from the New York Times to USA Today. Self-acclaimed lovers of crosswords are known as 'cruciverbalists' and compete online as well as create these puzzles for publishing. We speak with crossword expert Adrienne Raphel to find out more about this beloved word game.

<https://www.adrienneraphel.com/thinking-inside-the-box.html>

January 29, 2023 – Segment 2: Banned Books: Two Sides to the Story - 11:37

Guests: Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty

Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers. We discuss the controversy by highlighting two differing perspectives on the debate.

<https://www.ala.org/advocacy/bbooks> <https://www.momsforliberty.org>

March 19, 2023 – Segment 2: What Led to the Largest Higher Education Strike in U.S. History? – 7:21

Guest: *Kelsey Wardlaw, masters candidate, Latin American Studies, University of California-San Diego.*

Late last year, more than 48,000 graduate students, researchers and teaching assistants unionized and went on strike against the University of California system, encompassing nine college campuses. Across the state, schools like Berkeley, UCLA, and University of California-San Diego to name a few came to a standstill as thousands demanded higher pay, better healthcare, and other improved benefits. We speak with master's student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward.

<https://tinyurl.com/myvbz2pm>

March 26, 2023 – Segment 2: A Withholding of Public Information – 7:02

Guest: *Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, The Declassification Engine: What History Reveals About America's Top Secrets.*

Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that is aiming to make this process more efficient and speedier.

<https://tinyurl.com/bdwhvysu>

PSA's:

1/1 – 3/31 – 34x – Florida A & M University

2/6 – 2/12 – 14x – Girl Scouts of Southeast Florida – Cookie Sales Underway

2/20 – 2/26 – 14X – Girl Scouts of Southeast Florida – Cookie Sales Underway

PROMOS:

1/1/23 – 2x – Miami Dade County Public Library System – Digital App Change

1/1/23 – 2x – Broward County Libraries – Digital App Change

1 / 2 – 1/20 – 27x – Barry University 'Nun Run' fundraiser to support low-income students

2/20 – 2/26 – 10x - Miami Dade County Public Library System – Digital App Change

2/20 – 2/26 – 10x – Broward County Library System – Digital App Change

ENVIRONMENT / ANIMAL WELFARE

Programs:

Easy's Community Focus

March 12, 2023 - Segment 2 – YMCA of South Florida – 17:13

Guest: Sheryl Woods, President / CEO

With its vast number of creek, lakes, oceans and backyard swimming pools, South Florida has a high rate of drownings each year, especially during school breaks. Woods shares the story of how 'Swim for Jenny' week at the Y began, in remembrance of a 12-year-old girl who died because she did not know how to swim. During Spring Break week, March 20 – 24th, each local Y with an Aquatic Center will provide a week of free swim classes to all who register, up to capacity, all ages welcome. The goal is to reduce drownings and teach people about the risks of different kinds of bodies of water found in South Florida. <http://www.ymcasouthflorida.org>

March 19, 2023 - Segment 1 – Miami Dade County DERM – 10:44

Guest: Miami-Dade County Mayor, Daniella Levine Cava

As an avid proponent of protecting South Florida's environment and natural resources, Mayor Cava speaks about Baynanza, the annual Biscayne Bay Shoreline Clean Up. The mayor explains the many reasons the annual clean-up is important, including for tourism and the economy, as well as to protect our natural resources, wildlife, and sea life. She encourages listeners to participate at any of 41 locations on April 15th.

<http://www.miamidade.gov/baynanza>

March 26, 2023 - Segment 2 – PAWS (Pets Are Worth Saving) fundraising auxiliary of Humane Society of Broward County – 19:18

Guests: Sheryl Maher, President; Alyse Lemstrom, Vice-President

Maher and Lemstrom are co-chairs of the PAWS 'Enchanted Masquerade Ball,' this year's fundraiser for the Humane Society of Broward County. They touch on some of the long-term financial impacts of the Pandemic when the shelter had to limit staff onsite and schedule animal visits to maintain safety protocols. Although many people adopted pets during the lockdown period of the Pandemic, a large number returned them to the shelter afterwards, creating additional expenses for HSBC. This year's fundraiser is themed like a Venetian Ball, with guests attending in masks and costumes. In addition to cocktails, dinner, dancing and auctions, the evening always features a guest pet available for adoption. All funds benefit services provided to shelter pets, including extensive veterinary treatments.

<http://www.pawsbroward.com>

Viewpoints

January 15, 2023, Segment 2: A Key Vulnerability to U.S. Power Grids – 8:37

Guests: Adrienne Lotto, senior vice president, Grid Security, Technical, and Operations at the American Public Power Association.

In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what is driving this uptick, how power companies and government organizations are responding and what you should know as a consumer.

<https://www.ready.gov/power-outages>

January 22, 2023, Segment 2: How Did Past Civilizations Keep Time? – 9:16

Guest: *Chad Orzel, associate professor, physics, astronomy, Union College.*

From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.

<https://www.union.edu/physics-and-astronomy/faculty-staff/chad-orzel>

February 12, 2023, Segment 2: A Disintegrating Framework – 9:45

Guest: *Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology; Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University.*

Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries.

<https://www.faa.gov/newsroom/faa-notam-statement>

February 26, 2023, Segment 2: Green Burials – 9:10

Guests: *Hayley Campbell, journalist, author, All the Living and the Dead; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary*

Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that is shied away from, it is something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes.

<https://tinyurl.com/4273v253>

March 12, 2023, Segment 2: Animal Control and Rescue - 9:31

Guests: *Laurie Zaleski, author, Funny Farm: My Unexpected Life with 600 Rescue Animals; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina.*

More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.

<https://funnyfarmrescue.org/our-story/>

PSA'S:

1/ 2 – 1/8 –14x – Miami-Dade County, Broward County – Christmas Tree Recycling

1/9 – 1/15 – 14x – Deering Estate – Nature Events Programming
2/12 – 2/14 – 6X – Humane Society of Broward County – Adopt a Sweetheart Event

PROMOS:

1/1 – 1/7 – 10x – Heal the Planet – Snyder Park Nature Tours
1/23 – 2/5 – 20x – Humane Society of Broward County – Pet of the Week
2/27 – 3/19 – 30x - Miami-Dade County DERM – Baynanza Biscayne Bay Shore Clean Up
3/20 – 3/31 – 18x – Humane Society of Broward County – PAWS Gala

HEALTH

Programs:

Easy's Community Focus

January 15, 2023, Segment 1 – City of Miami Gardens – 14:53

Guests: Thamara LaBrousse, Director of 'Live Healthy Miami Gardens'

Miami Gardens Councilman Robert Stephens III

The guest talk about the City's 'Healthy Living Challenge,' a free 6-week program to encourage residents to learn about healthy living, nutritious eating, and the benefits of being active. Experts will guide participants through the program which kicks off Saturday, January 21st.

<http://www.livehealthymiamigardens.com>

February 19, 2023 – Segment 1 – American Heart Association / Cleveland Clinic Weston Heart & Vascular Center - 24:20

Guest: Cardiologist, Dr. David Baran

February is Heart Month and Dr. Baran provides the latest information about heart disease, prevention, detection, and treatment. Like many other diseases that are most survivable when caught early, Dr. Baran urges listeners to go for annual checkups – something that many people stopped doing during the Pandemic. He invites listeners to join him at the American Heart Association's Broward Heart Walk on March 12th to gather more information and to start being active.

<http://www.clevelandclinic.org>

March 5, 2023 - Segment 1 – American Heart Association – 16:46

Guest: Chandra Roberson, Senior Development Director, Greater Miami / Fort Lauderdale Chapter

Roberson discusses the importance of knowing about heart disease and shares how the Heart Walk has evolved to include mental health as a factor in physical health. This year's event on March 12th will include Goat Yoga and a 'Stomp Out Stress' zone. All ages are welcome, as are dogs. There is no registration fee.

<http://www.browardheartwalk.org>

March 5, 2023 – Cleveland Clinic Weston Hospital – 14:54

Guest: Dr. Brenda Jimenez Cantisano, Colorectal Oncologist

As March is colon cancer awareness month, Dr. Jimenez Cantisano explains how colon cancer develops, discusses the risk factors, preventive measure, and the importance of colonoscopies in catching this type of cancer early, increasing the likelihood of high survival rates.

<https://tinyurl.com/5n8xcz48>

Viewpoints

January 8, 2023 – Segment 1: Falling Asleep in Space – 8:47

Guests: *Dr. Fred Turek, professor, biology and director, Center for Sleep and Circadian Biology at Northwestern University; Dr. Emmanuel Urqujeta, chief medical officer, Translational Research Institute for Space Health, and assistant professor, Center for Space Medicine, Baylor College of Medicine.*

If you have trouble falling or staying asleep, you know that not getting good rest take a toll on how you feel physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body.

<https://www.feinberg.northwestern.edu/sites/sleep/>

January 15, 2023 – Segment 1: How to Better Deal with Stress This Year – 8:47

Guests: *Dr. Elissa Epel, health psychologist, professor, vice chair, Department of Psychiatry and Behavioral Sciences, University of California – San Francisco, author, The Stress Prescription: Seven Days to More Joy and Ease.*

We speak with University of California – San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits.

<https://www.elissaepel.com>

January 22, 2023 – Segment 1: The Damaging World of Women’s Elite Running – 8:37

Guest: *Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a Man’s World.*

Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women’s track and field. Early in her career, she was a prized hopeful for bringing home Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us to talk about the toxic culture in many elite running organizations and what needs to change to better support young, vulnerable athletes.

<https://www.laurenfleshman.com>

February 19, 2023 – Segment 1: In Awe: A Renewed Lens on Life – 9:24

Guest: *Dacher Keltner, professor, psychology, University of California-Berkeley, author, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life.*

It can be hard to explain what it is like to feel in awe. We speak with renowned social psychologist Dacher Keltner about awe and what experiences elicit this emotion.

<https://tinyurl.com/mvc52edk>

March 12, 2023 – Segment 1: Real Self-Care is Setting Boundaries – 7:37

Guest: *Nedra Glover Tawwab, licensed therapist, social worker, relationship expert, author, Drama Free: A Guide to Managing Unhealthy Family Relationships.*

Acclaimed therapist and social worker Nedra Glover Tawwab joins us this week to talk about boundaries we need in our relationships – whether with friends, colleagues, family, or romantic relationships.

Tawwab breaks down how to set these boundaries and approach difficult conversations.

<https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>

March 19, 2023 – Segment 1: Food’s Connection to Our Mental Health – 10:47

Guest: *Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, Eat & Flourish: How Food Supports Emotional Well-Being.*

You are probably familiar with the saying: 'You are what you eat.' It is no secret that the foods we consume directly correlate to how we feel, look and more. But there is more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

<https://www.norton.com/books/9781682686904>

PSA'S

1/29 – 2/2 – 8x – American Heart Association – Wear Red Friday for Heart Month
2/15 – 2/26 – 24x – American Heart Association – Broward Heart Walk
3/20 – 3/24 – 8x – Memorial Hospital Cancer Fund – March 4 Cancer fundraiser
3/25 – 3/31 – 10x – Tell Robert Foundation for Mental Health Awareness – 3rd Annual 5k

PROMOS:

2/6 – 2/19 – 20x – American Heart Association – Heart Month: One Lifestyle Change
2/27 – 3/11 – 18x – American Heart Association – Broward Heart Walk

HUMAN SERVICES

Programs:

Easy's Community Focus

February 19, 2023 – Segment 2 – Women in Distress of Broward County - 6:27

Guest: Emily Janas, Director of Outreach and Prevention Education

As a follow-up to CEO, Dr. Linda Parker's visit to Community Focus on February 5th, Janas provides specific signs to watch for to indicate that someone may be in an abusive relationship. In keeping with a major theme at Women in Distress, Janas reminds listeners that "love shouldn't hurt."

<http://www.womenindistress.org>

March 12, 2023 – Segment 1 – Feeding South Florida - 14:56

Guest: Paco Velez, President / CEO

Velez discusses the ever-changing challenges to ending food insecurity, including supply chain issues, bird flu (increased egg prices) and inflation. The Outrun Hunger 5k on April 8th will help the organization continue to provide 4 meals for just \$1.00. Register at <http://www.feedingsouthflorida.org>.

March 19, 2023 – Segment 2 – Tell Robert Foundation for Mental Health Awareness - 15:32

Guest: Stephanie Fenstersheib, Co-Founder

Fenstersheib talks about the 3rd annual Tell Robert 5k to benefit local organizations that provide mental health services locally. Fenstersheib and her brother founded the organization after their other brother, suffering from mental illness, killed himself and their father. She relates how meeting other people who have been impacted by mental illness, whether in a loved one or themselves, provides catharsis after trauma and creates a bonded community. The event is on April 15th at Charnow Park in Hollywood.

<https://tellrobertfoundation.com/tellrobert-3rd-annual-5k-april-2023/>

Viewpoints

February 19, 2023, Segment 2: The Unseen Faces of Homelessness – 9:05

Guest: Nikita Stewart, reporter, The New York Times, author, Troop 6000: The Girl Scout Troop That Began in a Shelter and Inspired the World.

At the beginning of 2020, there were about 580,000 Americans homeless on a given night, according to the National Alliance to End Homelessness. Fast forward almost three years and this number has stayed about the same. With basic living prices and rent still high, we share the many faces of homelessness and one inspiring story about resilience in the face of several challenges.

<https://tinyurl.com/3d9kmbzn>

March 5, 2023, Segment 2: Online Sports Betting: A Lucrative New Industry or a Gateway to Gambling Addiction? – 9:11

Guests: Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program

Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population.

<https://tinyurl.com/ms3s7f7w>

PSA's:

1/1 – 3/31 – 25x – Florida Department of Elder Affairs – Services Available

1/1 – 3/31 – 25x – Ounce of Prevention Fund of Florida - Services

2/27 – 3 /11 - 30x – Kiwanis Club of Little Havana – Youth Development Programs Fundraisers

Promos:

1/9 - 1/29 – 30x – Kids in Distress – KidHero 5k

2/13 – 2/17 – 8x – Women in Distress – Resource Fair and Food Distribution

2/27 – 3/18 – 30x – Kiwanis of Little Havana – Carnaval Miami fundraiser for Youth Programs

3/20 – 3/31 – 18x – Fathers MIA – Programs for youth growing up without fathers

3/20 – 3/26 – 10x – Kids in Distress – Duckfest Duck Derby fundraiser

UNDERSERVED POPULATIONS

Programs:

Easy's Community Focus

January 8, 2023 – Segment 2 – Broward Outreach Center / The Caring Place – 15:27

Guest: Vickie Frazier-Williams, Economic Development Chair for. Delta Sigma Theta Sorority, Broward Alumnae Chapter

Frazier—William shares Delta Sigma Theta's plans to make over an entire floor of Broward Outreach Center, 'The Caring Place', for homeless families. The group will reveal their work and accept donations of clothing (all ages & genders), toys, books, and bedding at the Center at 2056 Scott Street in Hollywood on Martin Luther King, Jr. Day, 1/16/23, marking it as a day of service.

<http://www.browardoutreachcenter.org>, <http://www.dts.southbroward.org>

February 5, 2023 – Segment 1 – Be Strong International – 18:45

Guest: Michelle Shirley, President / CEO

Shirley talks about Be Strong International's work with teens in Miami-Dade and Broward Counties who are from low-income and broken families and missing social skills development. Be Strong teaches the teens communication and relationship skills, and works with the parents too, to help families engage with each other. The program has improved the student's academic success along with their interpersonal skills, giving them increasingly better chances of becoming independent, contributing members of society.

<http://www.bestrongintl.org>

PSA's:

1/9 – 1/15 – 14X – Broward Outreach Center – Delta Sigma Theta makeover of homeless housing

2/11 – 2/16 – 12x – Girl Scouts of Southeast Florida – Cookies for the Military

PROMOS

1/ 2 – 1/22 – 30x – Veterans Resources – Camp LeJeune – Keep Our Pact Act

1/30 – 2/12 – 20x - Veterans Resources – Camp LeJeune – Keep Our Pact Act

2/27 – 3 / 4 – 10x – Miami Vet Center – Demystifying Veterans Housing Seminar

3/5 – 3/10 – 8X – Veterans Resources – Keep Our Pact Act Fair