

WFLC Community Issues and Programming



WFLC Community Issues and Programming
July 1, 2019 – September 30, 2019

Dir. of Operations/Programming and Marketing Dir. Jill Strada
WFLC-FM / Cox Radio Miami
October 1, 2019

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WFLC Community Issues and Programming

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WFLC Community Issues and Programming

July 1, 2019 - September 30, 2019

WFLC serves the Miami / Ft. Lauderdale / Hollywood market and all of its surrounding communities. Listed below is a description of the community issues addressed by the station in its programming for the period July 1, 2019 – September 30, 2019

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Description of Regular Public Affairs Program

The regular public affairs programming schedule includes the weekly, Sunday broadcast of:

6:00 am **Community Convo's with KimmyB.**
Produced by WFLC / Cox Radio Miami
45Minutes

Community Convo's with KimmyB is a public affairs show which showcases discussions with the people, charities, and community organizations that work tirelessly to educate and benefit the people of South Florida. The show educates listeners on programs and services that are available to them, as well as highlighting those individuals and organizations that are reaching out and affecting change, and how our listeners can get involved in order to help make a difference in their community.

WFLC serves the Miami / Ft. Lauderdale market and all of its surrounding communities. Listed below is a description of the community issues addressed by the station in its programming for the period July 1, 2019 – September 30, 2019.

Health - (HEA)

July 14, 2019 6:00 a.m.

Community Convo's with KimmyB – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

July 21, 2019 6:00 a.m.

Community Convo's with KimmyB – Miami Dade County Department of Health/WIC Program

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August 4, 2019 6:00 a.m.

Community Convo's with KimmyB – Broward County/United Way/One Community Partnership 2

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency, recovery, and wellness*.

TOPIC: With May being Mental Health Awareness Month we had Elkin Alfred from United Way of Broward County and Tiffany Lawrence with OCP2 in to talk about Mental Health, living with Mental Health disorders and the ongoing battle to end the stigma surrounding the Mental Health conversation. We talked about depression, triggers, environmental and occupational factors that can lead to higher levels of stress & anxiety which of course negatively impact our Mental Health and Wellness. Tiffany touched on the heightened rates of depression and anxiety as well as rising suicide rates affecting younger people, especially those in the LGBTQIA community. Elkin highlighted cultural issues and stereotypes that negatively impact the African American and Latino communities, making it more difficult for individuals to ask for help and/or access resources. We also addressed how, as a community, we can be more aware and engaged with friends, family members, co-workers, etc. who may be struggling with Mental Health Issues, and most important we discussed techniques and ways in which to ask and identify if/when we or others may need help.

August 11, 2019 6:00 a.m.

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Community Convo's with KimmyB – The Miami Diaper Bank

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TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden buying these products can pose for disadvantaged and low-income families, and ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

September 8, 2019 6:00 a.m.

Community Convo's with KimmyB – Florida Department of Health Tobacco Free Florida/Group Quit Program

Duration: 00:25:00 minutes

Tobacco Free Florida (TFF) launched in 2007. TFF is administered through the Florida Department of Health's Bureau of Tobacco Free Florida (BTFF) and funded by money derived from the state's tobacco settlement agreement with the major tobacco companies in 1997. TFF reaches millions of Floridians through hard-hitting media campaigns, public relations, social media, evidence-based tobacco cessation services, grassroots initiatives, county-level grants that advance tobacco-free policies, a youth-led movement called Students Working Against Tobacco (SWAT), school-based interventions, and surveillance and evaluation to ensure effectiveness.

TOPIC: A counselor who with Tobacco Free Florida (TFF) Group Quit program in partnership with Nova Southeastern University came in to give some backstory on TFF, what types of services they supply, who is eligible to participate, and how people can take advantage of all TFF's FREE programs designed to help individuals quit tobacco. Her area of specialty is the Group Quit program, so we talked at length about the benefits of Group Quit, the difficulties and

challenges many smokers face when trying to quit, and who to contact and where to go to sign up for Group Quit.

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September 22, 2019 6:00 a.m.

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September 29, 2019 6:00 a.m.

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Underserved Populations-USP

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July 28, 2019 6:00 a.m.

Community Convo's with KimmyB – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all, so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in “food deserts” or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

August 4, 2019 6:00 a.m.

Community Convo's with KimmyB – Broward County/United Way/One Community Partnership 2

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August 18, 2019 6:35 a.m.

Community Convo's with KimmyB – Urban Oasis Project

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Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all, so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

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August 18, 2019 6:00 a.m.

Community Convo’s with KimmyB – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

Dibia DREAM is a registered 501(c)3 non-profit committed to fostering life skills development through STEM and recreational education for underserved youth in Miami and New Orleans. At Dibia DREAM, we help youth win at life.

Topic: Dibia DREAM founder Brandon Okpalobi came in to discuss the work his organization is doing here in our South Florida community. We talked about his upbringing, his education at the University of Miami, the impact that sports coupled with great teachers, coaches, and mentors had on his life and the value of education over everything else. Brandon talked about the rapidly changing workforce in America and the need for our young people to be able to access STEM and STEAM field programs, training, and education, which is what his organization focuses on, as well as the importance of providing all children with equal access to “experiences” outside of their daily norms in an effort to foster self-confidence and encourage them to think and dream bigger. He also gave out information on the organizations Free S.T.E.M. Saturdays programs.

August 25, 2019 6:00 a.m.

Community Convo’s with KimmyB – The Miami Diaper Bank

Duration: 00:20:00 minutes

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September 1, 2019 6:30 a.m.

Community Convo's with KimmyB – The Children's Trust Family Expo

Duration: 00:20:00 minutes

The Children's Trust is a non-profit 501c3 organization focused on partnering with the community to plan, advocate for and fund strategic investments that improve the lives of all children and families in Miami-Dade County. The Children's Trust envisions a community that works together to provide the essential foundation to enable children to achieve their full potential.

Topic: We discussed the work The Children's Trust does in and for our South Florida community and their upcoming Annual Family Expo. The Children's Trust Family Expo is a FREE event open to the entire community where families can enjoy a full day of activities while parents gain access to valuable info regarding community partnerships, after-school care and programming, free resources from the Children's Trust as well as their extensive network of vetted organizations and outreach programs. There are also free health and wellness screenings, first

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August 25, 2019 6:25 a.m.

Community Convo's with KimmyB – Arsht Center Arts Launch

Duration: 0:25:00 minutes

Since opening in 2006, the Arsht Center, a 501C3 non-profit organization, has emerged as a leader in presenting innovative programming that mirrors South Florida's diversity as well as a catalyst for billions of dollars in new development in the downtown area.

TOPIC: Andrew Goldberg, VP of Marketing for the Adrienne Arsht Center for the Performing Arts, came in to discuss the Arts Launch 2019. Arts Launch is the biggest free community event in Miami that celebrates the performing arts and other arts disciplines. This open house is the annual kick-off to Miami's art season! Arts Launch is a full day of over 50 activities including free mini performances,

interactive workshops, kids' activities, farmers market, tours and more. We also discussed some of the Center's educational outreach programs, the positive impact these programs have on the underprivileged youth that participate, as well as future programs and ways the community can take advantage of the wealth of cultural and art-based resources the Arsht makes available to us all year long.

Human Services

July 7, 2019 6:00 a.m.

Community Convo's with KimmyB – JC Quintana/Kyan's Kause/Water Safety

Duration: 00:25:00 minutes

KYANS KAUSE is a registered not-for-profit (501c3) organization with a mission to ensure that proper resources and water safety awareness is provided to all South Florida families in order to help reduce the risk of losing a child due to a drowning related incident. The process involves not only educating children how to swim but educating families to practice proper water safety skills.

TOPIC: Seeing as Florida leads the nation in drowning related incidents and that drowning is the leading non-medical related killer of children ages 4 year and younger, we thought it was important to have JC come in and discuss water safety and drowning prevention with our listeners. Kyan's Kause was created in the aftermath of the drowning death of JC's 3-year-old son Kyan and now JC shares his families personal story of loss and tragedy with the sole purpose of trying to prevent any other family from having to experience what he and his wife and their other 4 children have. Kyan's Kause has awarded over 6000 swimming scholarships to children/families in need, has lobbied for mandatory swimming lessons for all students enrolled in kindergarten, and has led the charge when it comes to raising awareness surrounding water safety and drowning prevention. We also discussed our upcoming annual Splash Your way to Water Safety Event as well as providing our listeners with resources and contact info for different swimming programs and resources pertaining to water safety and drowning prevention.

July14, 2019 6:00 a.m.

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Community Convo's with KimmyB – JC Quintana/Kyan's Kause/Water Safety

Duration: 00:25:00 minutes

KYANS KAUSE is a registered not-for-profit (501c3) organization with a mission to ensure that proper resources and water safety awareness is provided to all South Florida families in order to help reduce the risk of losing a child due to a drowning related incident. The process involves not only educating children how to swim but educating families to practice proper water safety skills.

TOPIC: Seeing as Florida leads the nation in drowning related incidents and that drowning is the leading non-medical related killer of children ages 4 year and younger, we thought it was important to have JC come in and discuss water safety and drowning prevention with our listeners. Kyan's Kause was created in the aftermath of the drowning death of JC's 3-year-old son Kyan and now JC shares his families personal story of loss and tragedy with the sole purpose of trying to prevent any other family from having to experience what he and his wife and their other 4 children have. Kyan's Kause has awarded over 6000 swimming scholarships to children/families in need, has lobbied for mandatory swimming lessons for all students enrolled in kindergarten, and has led the charge when it comes to raising awareness surrounding water safety and drowning prevention. We also discussed our upcoming annual Splash Your way to Water Safety Event as well as providing our listeners with resources and contact info for different swimming programs and resources pertaining to water safety and drowning prevention.

July21, 2019 6:00 a.m.

Community Convo's with KimmyB – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

July 21, 2019 6:20 a.m.

Community Convo's with KimmyB – JC Quintana/Kyan's Kause/Water Safety

Duration: 00:25:00 minutes

KYANS KAUSE is a registered not-for-profit (501c3) organization with a mission to ensure that proper resources and water safety awareness is provided to all South Florida families in order to help reduce the risk of losing a child due to a drowning related incident. The process involves not only educating children how to swim but educating families to practice proper water safety skills.

TOPIC: Seeing as Florida leads the nation in drowning related incidents and that drowning is the leading non-medical related killer of children ages 4 year and younger, we thought it was important to have JC come in and discuss water safety and drowning prevention with our listeners. Kyan's Kause was created in the aftermath of the drowning death of JC's 3-year-old son Kyan and now JC shares his families personal story of loss and tragedy with the sole purpose of trying to prevent any other family from having to experience what he and his wife and their other 4 children have. Kyan's Kause has awarded over 6000 swimming scholarships to children/families in need, has lobbied for mandatory swimming lessons for all students enrolled in kindergarten, and has led the charge when it comes to raising awareness surrounding water safety and drowning prevention. We also discussed our upcoming annual Splash Your way to Water Safety Event as well as providing our listeners with resources and contact info for different swimming programs and resources pertaining to water safety and drowning prevention.

July 28, 2019 6:00 a.m.

Community Convo's with KimmyB – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all-, so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in “food deserts” or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

August 18, 2019 6:35 a.m.

Community Convo’s with KimmyB – Urban Oasis Project

Duration: 00:15:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all, so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in “food deserts” or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

August 25, 2018 6:00 a.m.

Community Convo’s with KimmyB – The Miami Diaper Bank

Duration: 00:20:00 minutes

Founded in 2013, The Miami Diaper Bank is a 501(c)3 non-profit organization and first established diaper bank in Miami. The Miami Diaper Bank’s mission is to collect and distribute diapers and other Diaper Related Products to low-income families and their children, while also raising awareness about the need for diaper donations in the South Florida area.

TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden buying these products can pose for disadvantaged and low-income families, and ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

August 25, 2019 6:25 a.m.

Community Convo's with KimmyB – Arsht Center Arts Launch

Duration: 0:25:00 minutes

Since opening in 2006, the Arsht Center, a 501C3 non-profit organization, has emerged as a leader in presenting innovative programming that mirrors South Florida's diversity as well as a catalyst for billions of dollars in new development in the downtown area.

TOPIC: Andrew Goldberg, VP of Marketing for the Adrienne Arsht Center for the Performing Arts, came in to discuss the Arts Launch 2019. Arts Launch is the biggest free community event in Miami that celebrates the performing arts and other arts disciplines. This open house is the annual kick-off to Miami's art season! Arts Launch is a full day of over 50 activities including free mini performances, interactive workshops, kids' activities, farmers market, tours and more. We also discussed some of the Center's educational outreach programs, the positive impact these programs have on the underprivileged youth that participate, as well as future programs and ways the community can take advantage of the wealth of cultural and art-based resources the Arsht makes available to us all year long.

September 1, 2019 6:30 a.m.

Community Convo's with KimmyB – The Children's Trust Family Expo

Duration: 00:20:00 minutes

The Children's Trust is a non-profit 501c3 organization focused on partnering with the community to plan, advocate for and fund strategic investments that improve the lives of all children and families in Miami-Dade County. The Children's Trust envisions a community that works together to provide the essential foundation to enable children to achieve their full potential.

Topic: We discussed the work The Children's Trust does in and for our South Florida community and their upcoming Annual Family Expo. The Children's Trust Family Expo is a FREE event open to the entire community where families can enjoy a full day of activities while parents gain access to valuable info regarding community partnerships, after-school care and programming, free resources from the Children's Trust as well as

their extensive network of vetted organizations and outreach programs. There are also free health and wellness screenings, first

September 8, 2019 6:30 a.m.

Community Convo's with KimmyB – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

September 15, 2019 6:30 a.m.

Community Convo's with KimmyB – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

September 22, 2019 6:00 a.m.

Community Convo's with KimmyB – The Miami Diaper Bank
Duration: 00:20:00 minutes

Founded in 2013, The Miami Diaper Bank is a 501(c)3 non-profit organization and first established diaper bank in Miami. The Miami Diaper Bank's mission is to collect and distribute diapers and other Diaper Related Products to low-income families and their children, while also raising awareness about the need for diaper donations in the South Florida area.

TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden buying these products can pose for disadvantaged and low-income families, and ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

September 29, 2019 6:00 a.m.
Community Convo's with KimmyB – The Miami Diaper Bank
Duration: 00:20:00 minutes

Founded in 2013, The Miami Diaper Bank is a 501(c)3 non-profit organization and first established diaper bank in Miami. The Miami Diaper Bank's mission is to collect and distribute diapers and other Diaper Related Products to low-income families and their children, while also raising awareness about the need for diaper donations in the South Florida area.

TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden buying these products can pose for disadvantaged and low-income families, and ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

ENVIRONMENT:

July 28, 2019 6:00 a.m.

Community Convo's with KimmyB – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all-, so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in “food deserts” or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

August 18, 2019 6:35 a.m.

Community Convo's with KimmyB – Urban Oasis Project

Duration: 00:15:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all, so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

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DIVERSITY/RACE RELATIONS

August 4, 2019 6:00 a.m.

Community Convo's with KimmyB – Broward County/United Way/One Community Partnership 2

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency, recovery, and wellness*.

TOPIC: With May being Mental Health Awareness Month we had Elkin Alfred from United Way of Broward County and Tiffany Lawrence with OCP2 in to talk about Mental Health, living with Mental Health disorders and the ongoing battle to end the stigma surrounding the Mental Health conversation. We talked about depression, triggers, environmental and occupational factors that can lead to higher levels of stress & anxiety which of course negatively impact our Mental Health and Wellness. Tiffany touched on the heightened rates of depression and anxiety as well as rising suicide rates affecting younger people, especially those in the LGBTQIA community. Elkin highlighted cultural issues and stereotypes that negatively impact the African American and Latino communities, making it more difficult for individuals to ask for help and/or access resources. We also addressed how, as a community, we can be more aware and engaged with friends, family

members, co-workers, etc. who may be struggling with Mental Health Issues, and most important we discussed techniques and ways in which to ask and identify if/when we or others may need help.

August 11, 2019 6:00 a.m.

Community Convo's with KimmyB – Broward County/United Way/One Community Partnership 2

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency*, *recovery*, and *wellness*.

TOPIC: With May being Mental Health Awareness Month we had Elkin Alfred from United Way of Broward County and Tiffany Lawrence with OCP2 in to talk about Mental Health, living with Mental Health disorders and the ongoing battle to end the stigma surrounding the Mental Health conversation. We talked about depression, triggers, environmental and occupational factors that can lead to higher levels of stress & anxiety which of course negatively impact our Mental Health and Wellness. Tiffany touched on the heightened rates of depression and anxiety as well as rising suicide rates affecting younger people, especially those in the LGBTQIA community. Elkin highlighted cultural issues and stereotypes that negatively impact the African American and Latino communities, making it more difficult for individuals to ask for help and/or access resources. We also addressed how, as a community, we can be more aware and engaged with friends, family members, co-workers, etc. who may be struggling with Mental Health Issues, and most importantly we discussed techniques and ways in which to ask and identify if/when we or others may need help.

August 18, 2019 6:20 a.m.

Community Convo's with KimmyB – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

Dibia DREAM is a registered 501(c)3 non-profit committed to fostering life skills development through STEM and recreational education for underserved youth in Miami and New Orleans. At Dibia DREAM, we help youth win at life.

Topic: Dibia DREAM founder Brandon Okpalobi came in to discuss the work his organization is doing here in our South Florida community. We talked about his upbringing, his education at the University of Miami, the impact that sports coupled with great teachers, coaches, and mentors had on his life and the value of education over everything else. Brandon talked about the rapidly changing workforce in America and the need for our young people to be able to access STEM and STEAM field programs, training, and education, which is what his organization focuses on, as well as the importance of providing all children with equal access to “experiences” outside of their

daily norms in an effort to foster self-confidence and encourage them to think and dream bigger.

Community Outreach/Events

July 7, 2019 6:30a.m.

Community Convo's with KimmyB – Beautiful Smiles Back to School Event

Duration: 0:15:00 minutes

TOPIC: For over 15 years the team at Beautiful Smiles has been educating South Florida on the importance of good oral hygiene and health as well as giving back to the community they serve. Dr. Ronia Baker, one of the Founders of Beautiful Smiles, came in to talk about the Annual Beautiful Smiles Back to School event, inviting the community to come out and take advantage of Free dental screenings and services at the Beautiful Smiles North Miami office for children ages 3-13 in preparation for Back to School.

July 28, 2019 6:30a.m.

Community Convo's with KimmyB – The Crockett Foundation

Duration: 0:20:00 minutes

The Crockett Foundation – a Broward County-based non-profit organization - has positively impacted the lives of thousands of children since its inception in 2002. It's after-school programs focus on math, reading, health and technology for middle-school students. Programs are designed around attendance, behavior, and course-

performance with an emphasis on technology. The Foundation's goal is to keep them learning year-round while being technologically savvy.

TOPIC: Henry Crockett, Founder and President of The Crockett Foundation came in to discuss the foundation, its focus on education, and the work being throughout our South Florida community. We also talked about the Crockett Foundation's annual Family Health and Community Festival, one of Broward County's largest school-supply donation events. Attended by more than 2,500 students every year, the Family and Health Community Festival provides backpacks (filled with school supplies) and shoes. It also offers free physical exams, free immunizations, and free haircuts - all in a progressive circuit-style setting.

August 25, 2019 6:25 a.m.

Community Convo's with KimmyB – Arsht Center Arts Launch

Duration: 0:25:00 minutes

Since opening in 2006, the Arsht Center, a 501C3 non-profit organization, has emerged as a leader in presenting innovative programming that mirrors South Florida's diversity as well as a catalyst for billions of dollars in new development in the downtown area.

TOPIC: Andrew Goldberg, VP of Marketing for the Adrienne Arsht Center for the Performing Arts, came in to discuss the Arts Launch 2019. Arts Launch is the biggest free community event in Miami that celebrates the performing arts and other arts disciplines. This open house is the annual kick-off to Miami's art season! Arts Launch is a full day of over 50 activities including free mini performances, interactive workshops, kids' activities, farmers market, tours and more. We also discussed some of the Center's educational outreach programs, the positive impact these programs have on the underprivileged youth that participate, as well as future programs and ways the community can take advantage of the wealth of cultural and art-based resources the Arsht makes available to us all year long.

September 1, 2019 6:30 a.m.

Community Convo's with KimmyB – The Children's Trust Family Expo

Duration: 00:20:00 minutes

The Children's Trust is a non-profit 501c3 organization focused on partnering with the community to plan, advocate for and fund strategic investments that improve the lives of all children and families in Miami-Dade County. The Children's Trust envisions a community that works together to provide the essential foundation to enable children to achieve their full potential.

Topic: We discussed the work The Children's Trust does in and for our South Florida community and their upcoming Annual Family Expo. The Children's Trust Family Expo is a FREE event open to the entire community where families can enjoy a full day of

activities while parents gain access to valuable info regarding community partnerships, after-school care and programming, free resources from the Children's Trust as well as their extensive network of vetted organizations and outreach programs. There are also free health and wellness screenings, first responder interactions and demonstrations, as well as live entertainment and raffles.

September 22, 2019 6:25 a.m.

Community Convo's with KimmyB – Gilda's Club South Florida/Over the Edge

Duration: 0:25:00 minutes

Gilda's Club South Florida, an affiliate of the Cancer Support Community, is a non-profit 501c3 dedicated to providing support, education and hope to all people impacted by cancer, family members and friends of those diagnosed, children, and people who have lost someone to cancer.

TOPIC: Kim Praitano, President and CEO of Gilda's Club South Florida came in to discuss the amazing work going on at the organization. With September being Pediatric Cancer Awareness Month and October being Breast Cancer Awareness month it was the perfect time to have Kim come in and discuss the importance of being diligent when it comes to one's health and wellness, including self-examinations which can lead to early detection and a much better prognosis for recovery when dealing with Cancer. We talked about the unique history surrounding Gilda's Club, how we came to have our own chapter her in South Florida, as well as what makes Gilda's so unique. We discussed the programming and resources provided by Gilda's free of charge to any and all who have been impacted by cancer. Kim also discussed ways in which the community can get involved with Gilda's Club South Florida as well as ways in which we can help them continue their great work; including participating in and/or donating towards their upcoming "Over the Edge" fundraiser.

September 29, 2019 6:25 a.m.

Community Convo's with KimmyB – Gilda's Club South Florida/Over the Edge

Duration: 0:25:00 minutes

Gilda's Club South Florida, an affiliate of the Cancer Support Community, is a non-profit 501c3 dedicated to providing support, education and hope to all people impacted by cancer, family members and friends of those diagnosed, children, and people who have lost someone to cancer.

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impacted by cancer. Kim also discussed ways in which the community can get involved with Gilda's Club South Florida as well as ways in which we can help them continue their great work; including participating in and/or donating towards their upcoming "Over the Edge" fundraiser.

PUBLIC SERVICE ANNOUNCEMENTS:

Cox Media Group

Hollywood Beach Cleanup 07/08-07/13

Cox Media Group

National Night Out Against Crime 08/03-08/06

Cox Media Group

BTS Free Community Event at Universal Barbershop 08/11-08/13

Cox Media Group

BTS Free Community Event at CP Beauty lounge 08/11-08/13

Cox Media Group

DJLMS BTS Free Supply Giveaway 08/14-08/17

Cox Media Group

FAU Welcome Back Fest

08/20-08/21

Cox Media Group

Art Walk Fort Lauderdale

08/28-08/31

Cox Media Group

Labor of Love Bahamas Relief Broadcast

09/05-09/06

Cox Media Group

Labor of Love Bahamas Relief Drive

09/04-10/01

Cox Media Group

Hashtag Lunchbag

09/14-09/28

Cox Media Group

Virginia Key Beach Cleanup

09/14-09/21

Cox Media Group

MBPD 1st Annual Block Party

09/18-09/22