

WILD -1090 AM
Boston, MA
October 1, 2019 – December 31, 2019
Quarterly List of Programming Responsive to Issues of
Community Concern
4th Quarter 2019

In our ongoing effort to serve the public interest, Station WILD (AM) broadcasts programming responsive to issues of concern to Boston, MA plus surrounding counties' listening public. Following is a brief description of those issues and of the Station's most significant programming treatment of them:

Issues of importance this quarter include the following:

Education: Educational efforts in the community.

Politics: efforts in the community to educate citizens about political issues that may affect the community.

Performing Arts & Culture: Efforts in the community to foster an appreciation of the Performing Arts and Culture.

Careers: Tips and awareness of careers and different industries to help educate citizens.

Safety: Awareness about safety and issues surrounding safety.

Community Calendar: Events that affect the community.

Most significant programming treatment of issues 4th Quarter 2019:

WILD -AM Public Service Show Synopsis

ISSUE – PROGRAM* – DATE - TIME/DURATION – DESCRIPTION

****Program Name is the same for each entry***

October 6th 8:00am-9:00am

Health

On this episode we talked about anxiety and some helpful tips in dealing with it. We found that about five different approaches can be made to really bring that anxiety into control. Laugh therapy, being outdoors, singing in the car, cuddling

and even saying to someone that you are anxious are all good and healthy ways to take some control of the anxiety.

October 13th 8:00am-9:00am

Careers

This week we talked about the “desired salary” question more commonly asked in job applications and how to navigate that tricky question. From our own experiences and the professional advice the best way to address the question is to out that conversation for when the hiring process is further down the road so that you can do give an realistic number.

October 20th 8:00am-9:00am

Finance

Today we went over some free stock trade companies. Some listeners may have an interest in stock exchange but no real knowledge of how to get at trading. Some companies like Charles Schwab and with new comers like Robinhood which has marketed itself as a user friendly approach with small fees that start at \$5 a month.

October 27th 8:00am-9:00am

Finance/Safety

Today we talked about card safety and when to be cautious of using a debit card and when a credit card might be a better option. While caution is always recommended the following are places where debit fraud is most likely to be recorded. Gas stations, Restaurants and Bars, non bank ATM machines and online. Personally, I try to use cash when possible at gas stations and restaurants, avoiding the ATM also saves you on the fees to withdraw but if you must, use a credit card which adds a buffer between the thieves and your cash just as advised by professionals.

Nov. 3rd 8:00am-9:00am

Health

Today we talked about the new trend of intermittent fasting which is basically when you fast on a schedule without counting calories or any other restrictions. This fasting isn't for everyone but for those that can, some improvements might include actually losing weight, better heart health and fluctuating energy levels when you first start.

Nov. 10th 8:00am-9:00am

Health

Today we walked about vegetarians. We talked about some insightful research findings that shed light into the mental health of vegetarians, first off they are more social and are more opposed to violence than those who eat meat, more women tend to be vegetarian than men. The bigger surprise was the vegetarians are more likely to have lower self-esteem and psychological adjustment than people who eat meat which was a real surprised to me.

Nov. 17th 8:00am-9:00am

Health

We kept with the health trend as we hit closer to the holidays with a few things never to keep in your room to help you sleep better. This included the typical items like no tv's, cellphone, food but surprisingly, the list included things like shoes, clutter and keeping the room cooler to help facilitate better sleep habits. Shoes and clutter make the room for stress free with more space and keeping the room temperature low has always been one of my favorites since it personally helps me bundle up with blankets and doze off.

Nov. 24th 8:00am-9:00am

Health

This week we looked ahead at 2020 and some helpful tips to be a bit happier and healthier. One that recently made itself into my schedule includes taking a few minutes to be outside, which we feel allows us to get reset and makes those tough Mondays feel a little better but others like cutting back on social media can come a little harder.

Dec. 1st 8:00am-9:00am

Career

We discussed helpful techniques on answering why you are looking for a new job to potential employers. While most people might want more money, better benefits or want a change. The best approach someone can have is to use the moment to highlight some of the skills that they have and some they hope to acquire which can be beneficial to them and the potential employer.

Dec. 8th 8:00am-9:00am

Finance

This episode we went over ways that someone can boost a credit score without having to take on extra debt. Of the different ways to boost a score, the one that many people or at least I forget is that you can report rental payments to potentially boost your score. We even talked about reporting utility bills which is something most of us have to pay but simply forget can be reported.

Dec. 15th 8:00am-9:00am

Finance

The holiday season can often put a financial burden on people and at times many seek personal loans. Today we talked about the rise of personal loans and the almost predatory behavior of catering to those with low or bad credit scores. While this is concerning, it also shows that most people use this as part of a debt consolidation method which is for 2/3 of the people.

Dec. 22nd 8:00 am -9:00 am

Health

With 2020 just over a week away we talked about some pointers to a healthier relationship. One of the biggest tips is to set limits on your screen time. Adults, just like kids can at times be too engaged with them and in relationships this can cause harm. One trick that I use is to simply put my phone in my pocket when I am having dinner or charge it in away from me so that I eliminate that element.

Dec. 29th 8:00am-9:00am

Careers

On the last episode of the year, we went over some tips for a better 2020 job search. Post-holiday tend to have job openings, and it is important to set yourself into a schedule at which you sit and apply, make that time important over most if not all other aspects of your week. Another big one is to network more than to tweak and adjust the resume. This is one of the aspects that comes harder to some people including myself but it is probably something that is more fruitful than simply sitting by the computer looking at the endless jobs that you may be interested in applying for.

Public Service Announcements - 2019			
Public Service Announcement Quarterly Report - October 1 - December 31, 2019			
WILD is committed to a regular broadcast of informational messages that cover issues that affect its listeners and the communities in which they live and work. 30 second recorded Public Service Announcements wer aired.			
Title	Length	Date	Description
Child Car Safety	30s	10/1-12/31/19	Motor vehicle crashes are a leading cause of death for children under 13. PSAs show parents how their love for their children extends to car safety.
Adoption From Foster Care	30s	10/1-12/31/19	There are 125,000 children in the US foster care system awaiting adoption, but 15-to -18-year-olds represented only 5% of all children adopted in 2018.This campaign spotlights the need to find permanent families for teens, who have lower overall adoption rates and wait longer to be adopted.

<p>Fatherhood Involvement</p>	<p>30s</p>	<p>10/1- 12/31/19</p>	<p>Today 1 out of every 2 working dads (48%) say they spend too little time with their kids and want to do a better job at parenting. Having an involved father significantly contributes to happier and healthier children, and this is true whether a father lives with his child or not.</p>
<p>Type 2 Diabetes Prevention</p>	<p>30s</p>	<p>10/1- 12/31/19</p>	<p>More than 1 in 3 American adults have prediabetes and are at high risk of developing type 2 diabetes, a serious health condition that can lead to heart attack and stroke. Nearly 90% of those 84 million adults with prediabetes don't even know they have it. For them, learning they're at risk can be a motivation as prediabetes can be reversed through small lifestyle changes such as eating a healthier diet and getting more physical activity.</p>
<p>Disaster Relief</p>	<p>30S</p>	<p>10/1- 12/31/19</p>	<p>Millions of people are impacted each year by natural disasters. The best way to help those affected is by making a cash donation. Cash donations help support communities in the immediate aftermath of a disaster and are also critical for longer term recovery efforts.</p>