

WSFL 1st Qtr 2013 Listing of Community Issues/Programs

WSFL-TV's locally produced 30-minute weekly Public Affairs show, **"Inside South Florida"**, hosted by Dave Aizer, airs on Sunday's 6:00-6:30am, and repeating on a 1-week delay basis on Saturday's 6:00-6:30am. Shows consist of local guests interviews of each topic represented. "Inside South Florida" addresses a variety of local stories of relevance to our viewers and cover issues important in their communities. (14 shows produced in 1st Qtr 2013).

Housing Market, Tops Stories of 2012, Miami Heat, and Physic Predictions

(#185) (Sat., 01/05/13) The South Florida housing market is turning around and now's a great time to take advantage and buy a home. If you're a first-time buyer, or just a little intimidated by the process, we've got some great advice on how to get the house you want at the price you want. Also, we take a look back at the biggest stories in South Florida in 2012; everything from the death of Trayvon Martin to the election fiasco and the Heat's championship. And, famed psychic Carmen Harra gives us her predictions for 2013 and tells us what's in store for our favorite South Florida celebrities.

Issue Categories: Economy/Social

Guests:

- Andy Zuckerman – President of Zuckerman Homes
- Doug Lyons – Sr. Editorial Writer & Columnist, Sun Sentinel
- Carmen Harra – Intuitive Psychologist

Holocaust Education, Updating Your Wardrobe, Spa Tips

(#186) (Sun., 01/06/13, Sat., 01/12/13)

While the Holocaust took place over 70 years ago, it's more important than ever to make sure people never forget, and to educate children about why it happened. We speak with the President of the local Holocaust Documentation and Education Center to hear how she teaches children about what happened. ... Also, with a new year, comes new style, and it's time to upgrade your wardrobe. A professional stylist has tips on how to look great, all year long. And, the Spa Director from The Ritz Carlton South Beach drops by to let you know how you can whip up exfoliates and facial scrub with ingredients from your fridge and pantry!

Issue Categories: Education/Social

Guests:

- Rositta Kenigsberg – President, Holocaust Documentation & Education Center"
- Caitlin Perrone – Stylist/Personal Shopper, "Sauci Style"
- William Arango – Spa Director, Ritz Carlton South Beach

Public Speaking Tips, Protecting Your Eyes, Local Charities

(#187) (Sun., 01/13/13, Sat., 01/19/13)

Whether you're the CEO of a huge company, have your own small business or just want to better convey your message, we have a professional communications consultant here with some tips on how to be a better public speaker and a more confident leader. Plus, an eye doctor from The Retinal Group of Florida has great advice on how you can better protect your eyes; and some treatments available when your vision starts to slip. And we'll profile The 110 Tower – Fort Lauderdale's largest commercial building – and highlight its LEED GOLD standing as well as the partnerships it has with charities and community initiatives.

Issue Categories: Education/Health/Social

Guests:

- Virgil Scudder – Author, "World Class Communication"
- Dr. Scott Anagnoste – Retina Group of Florida
- Ellen Rivera – General Manager, 110 Tower

Marriage Therapist , Miami Dolphins helping kids, Local Art & Music Events

(#188) (Sun., 01/20/13, Sat., 01/26/13)

A new study says having a permanent relationship partner leads to a longer life. Our marriage therapist will tell you why, and give you great advice on how to have "the talk" with your kids. Plus, former Miami Dolphin Twan Russell is making a huge difference in the community, making sure local kids get a great education. He'll let you know how you can help. And the artistic community is thriving all over South Florida – not just Miami. We've got the scoop on a really cool art and music event you can attend for free.

Issue Categories: Health/Education/Social/Youth

Guests:

- Dr. Lisa Paz – Marriage And Sex Therapist
- Twan Russell – 30th Anniversary Spokesperson, Broward Education Foundation
- Gage Couch & Rebecca Bradley – Co-Founders, CADENCE

Workout Tips, Fun Local Events, Local Art Gallery Owner

(#189) (Sun., 01/27/13, Sat., 02/02/13)

Feeling bored by your workout? We've got a local personal trainer with the ab-crunching, gut busting exercises to get your body ripped. Plus, our lifestyle correspondent has the scoop on exciting, fun local events for you and your family over the next few weeks. And ever dreamed of owning great art or perhaps your own gallery? We'll meet a gallery owner with an amazing collection, and a great story. That and more on Inside South Florida, Sunday morning at 6.

Issue Categories: Health/Social

Guests:

- Roberta Rachkovsky – Miami Fitness TV Host
- Valerie Feder – Lifestyle Correspondent, City & Shore Magazine
- Rhonda Long-Sharp – Owner, Long-Sharp Gallery

New Year's Resolution, American Stamp Dealers, Support Groups

(#190) (Sun., 02/03/13, Sat., 02/09/13)

Was your New Year's resolution to quit smoking, but you can't seem to figure out how to make that happen. You might want to try smokeless, electronic cigarettes. A company that manufactures them is right here in South Florida and we're speaking with the CEO. Plus, the American Stamp Dealers Association is launching a new campaign to re-introduce the coolness of their hobby. Hear why collecting stamps is great for you and your family. And, if you've suffered a tragedy and are struggling to cope, there's a great local organization that will be your support system. That and more on Inside South Florida, Sunday morning at 6.

Issue Categories: Health/Social

Guests:

- Andries Verleur – CEO, Co-Founder V2 Cigs"
- Amy Nicklaus – Executive Director, American Stamp Dealers Association"
- Dr. Mindy Cassel – Executive Director, Children's Bereavement Center"

Gym Tips, Glades TV, Saving a Life with CPR (#191) (Sun., 02/10/13, Sat., 02/16/13)

If you think your gym workout is hard core, you have not seen anything yet. Matt Pack the founder of Primal Fit Miami drops by to tell you how his gym can get you ripped. You'll be pushing tires and swinging axes in no time. Plus, The Glades is a hit TV show that shoots here in South Florida. We'll meet one of the stars, actor Jordan Wall. And, do you know how to properly give CPR? Learn how you can save a life. On Inside South Florida, Sunday morning at 6.

Issue Categories: Health/Social

Guests:

- Matt Pack – Founder, Primal Fit Miami
- Jordan Wall – Actor, “The Glades”
- Lon Rose – Founder, One Beat CPR

Good Posture Tips, New Cool Hollywood Theatre, Dressing for Work

(#192) (Sun., 02/17/13, Sat., 02/23/13)

Sit up straight! How's your posture? Chances are it's not that great. One out of five people has back pain in their life and we've got a neurosurgeon with advice on how you can prevent it from happening to you. And how to make sure your kids don't hurt their backs. Plus, there's a new movie theatre coming to Hollywood ... Florida, not California. And it's going to be pretty cool. And we've got style tips to help men and women dress better at work. That and more on Inside South Florida, Sunday morning at 6.

Issue Categories: Health/Social/Youth

Guests:

- Dr. Amos Dare – Neurosurgeon, Specializing in Spine Care
- Gregory von Hausch – President/CEO, FLIFF & Cinema Paradiso
- Stacy Goren – Owner, Elektrik Boutique

Local Pet Lodges, Helping Kids With Cancer, Dental Visit Perks (#193) (Sat., 03/28/13)

If you're a pet owner and you don't know where to leave them when you go away, you need to hear about the Lauderdale Pet Lodge. It's basically the Ritz for dogs and cats. You won't believe what they offer. Plus, meet a local hero who is offering kids with cancer some once-in-a-lifetime opportunities including limo rides and room makeovers. And, if you hate going to the dentist, that's about to change. You'll hear about a dental office that offers massages, facials, Botox and more. It comes your way on Inside South Florida, Sunday morning at 6.

Issue Categories: Social/Health

Guests:

- John Glorieux – Owner, Lauderdale Pet Lodge
- Michael Fischer – Executive Director, Drops Of Hope
- Dr. Patty – Owner, Dr. Patty's Dental Boutique

Delray Medical Center, Miami International Film Festival, St. Patrick's Day Events

(#194) (Sun., 03/03/13, Sat., 03/09/13)

There's an exciting new study at The Delray Medical Center which may help people overcome traumatic brain injury. We have the hospital's neurosurgery director to break it down for us. Plus, a local filmmaker has a movie screening at the upcoming Miami International Film Festival. We'll hear all about it as well as his Oscar aspirations. And, from the Renaissance Festival to the Sony Tennis Open to St. Patty's Day Parades there are a ton of things to do in South Florida this month. We've got your complete social calendar so you won't miss a thing.

Issue Categories: Health/Social

Guests:

- Dr. Lloyd Zucker – Neurosurgery Director, Delray Medical Center
- Brad Bernstein, Local Filmmaker
- Valerie Feder, City and Shore Magazine

Looking for a Job, Boys and Girls Club, March for Cancer

(#195) (Sun., 03/10/13, Sat., 03/16/13)

If you're looking for a job or just don't like the one you have, help is on the way. We have the managing partner of a recruitment firm with some great advice on how to land the perfect job. Plus, the Boys and Girls Clubs of Miami are doing great work in the community and they have a golf tournament for charity coming up. And, there's a March for Cancer on March 16th. We have the details and how you can help. On Inside South Florida, Sunday morning at 6.

Issue Categories: Economy/Social/Health

Guests:

- Gene Holzer – Co-Founder & Managing Partner, Ascendo Resources
- Alex Rodriguez-Roig – Executive Director, Boys & Girls Clubs Miami-Dade
- Cima Georgevich – CEO Redline Media Group

Financial Advice, Young Athletes, AIDS Walk

(#196) (Sun., 03/17/13, Sat., 03/23/13)

If you're looking to invest some money or set some away for your kids' college education, we've got great financial advice from a local expert. Plus, Ethan Skolnick has co-written a book about young athletes and how parents can help their kids love – and learn from – sports. He'll tell you what LeBron James told him. And the Florida AIDS Walk is March 24th. We've got details on this important event and how you can be part of it. All this comes your way on Inside South Florida, Sunday morning at 6.

Issue Categories: Economy/Youth/Health

Guests:

- Andrew Wilson – Director & Regional Sales Manager, Merrill Edge
- Ethan Skolnick – Long Time South Florida Sports Writer
- Mark Martin - Florida AIDS Walk Director

Build Your Own App, New South Florida Gym, Blood clots

(#197) (Sun., 03/24/13, Sat., 03/30/13)

If you're looking to take your business from small to big; from good to great; you may need an app. We've got the founder of Appsbar.com to show you how you can build your own app for smartphones. Plus, there's a great new gym in South Florida that combines high energy workouts with high energy music. It's a great workout and a great time. And finally, blood clots affect over 600,000 Americans every year. And if not treated, they can kill you. We've got tips on how to recognize the symptoms and what to do about it. All this comes your way on Inside South Florida, Sunday morning at 6.

Issue Categories: Economy/Health

Guests:

- Michael Richmond – Co-Founder Appsbar.com
- Pete Ware – President NRG Fitness
- Dr. Adam Gropper – Founder, North Beach Vascular & Aesthetics

Build Your Own App, New South Florida Gym, Blood clots

(#198) (Sun., 03/31/13)

If you like your science with great food and great wine, we've got a must see event for you. It's the Fort Lauderdale Museum of Discovery and Science's "Wine Spirits and Culinary Celebration." We'll give you the details and a great steak recipe! Plus, there's a new sports league starting in South Florida this summer ... Bikini Basketball! Yup, it's exactly what it sounds like. We'll break it down and meet two players. And the entire month of April will be devoted to poetry in Miami. We've got all the ways you can get involved. On Inside South Florida this Sunday at 6 am on SFL-TV, The CW.

Issue Categories: Economy/Health

Guests:

- Kim Cavendish – Museum's President & CEO
- Marc Gruverman – Executive Chef, Capital Grille Ft Lauderdale
- Kylie Williams – Miami Spice Shooting Guard
- Kiesha Alexander – Miami Spice Shooting Guard
- Scott Cunningham – Co-Founder, O, Miami Poetry Festival