

QUARTERLY ISSUES PROGRAMS LIST

WHGB-AM

Harrisburg, PA

Q3 2023

July 1, 2023 to September 30, 2023

Attached hereto are descriptions of local issues addressed by the station and descriptions of how each issue was treated through the station's most significant issues-responsive programming or announcements during the report period.

ISSUE: Healthcare & Heart Health

HOW TREATED: Program

TITLE: Heart Disease from the very young to older adults

DATE: July 2, 2023

TIME: 6:30am

DURATION: 30:18

TYPE: People and Perspectives Interview Show

DESCRIPTION: It's reported that heart disease is the leading cause of death among men and women in the US, with one person dying every 33 seconds from cardiovascular disease. There are preventative measures that one can take to avoid heart disease, which includes diet, exercise, and rest. During this time of the year, hot weather means your body has to work harder to keep its core temperature to normal levels, and this puts extra strain on your heart, lungs and kidneys. This means that you can be at greater risk if you have a heart condition. So it's particularly important to stay cool and hydrated. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including Diabetes, overweight and obesity, Physical inactivity, and Excessive alcohol use. When it comes to heart disease and those under the age of 18, the CDC is reporting that just over 1% of children in the US currently have a heart condition. If not treated early on, the immediate and long term effects can be truly detrimental for the child. The most commonly acquired heart diseases in children are congenital heart defects. Children with CHDs are at increased risk for developmental disabilities and speech, motor, behavior, or learning problems.

GUESTS: Dr. Mehreen Qureshi, Cardiologist
Dr. Sunil Patel, Pediatric Cardiologist
UPMC Central PA

ISSUE: Fraud Protection

HOW TREATED: Program

TITLE: What to know to not to be a victim of the latest scams

DATE: July 9, 2023

TIME: 6:30am

DURATION: 30:55

TYPE: People and Perspectives Interview Show

DESCRIPTION: Scammers are constantly looking for ways to part people from their money, and, unfortunately, have found lucrative targets among travelers. One big red flag to watch out for is scammers listing fake properties, that many of the victims don't realize the vacation home they are traveling to is now a nightmare of an issue. To help avoid this scam, only use legitimate websites to book your location, and double check the true address online or through google maps. If you arrive at your vacation destination to find out that you were scammed, make sure to report it to the authorities and your credit card company. Other scams to watch out for is the grandparent scam, that scammers are now using chatbots and voice-cloning tools to make audio clips that sound just like their grandchild is in trouble and you need to send money to help immediately. Be wary of QR codes, especially when out in public, like a restaurant. A legitimate business might have had their QR code covered by a fake one, allowing scammers to get your information when you scan it. Another potential flag targets snail mail. Mail theft is still an issue, but if you take the proper steps, you can thwart these potential crimes. The AARP Fraud Watch Network is a free service to the public. You can read about all the latest scams and how to protect yourself from them at the website [AARP.org/FraudWatch](https://www.aarp.org/FraudWatch). If you think you have been a victim of a scam, you are encouraged to report it at 877-908-3360.

GUEST: Mary Bach, Consumer Advocate and Volunteer
AARP's Fraud Watch

ISSUE: Hunger & Food Insecurity

HOW TREATED: Program

TITLE: Tackling the issue of food insecurity in the Midstate

DATE: July 16, 2023

TIME: 6:30am

DURATION: 16:53

TYPE: People and Perspectives Interview Show

DESCRIPTION: In Pennsylvania, an estimated 1 in 8 households suffer from food insecurity. An equally troubling number is the 40% of food that is wasted. That is why Midwest Food Bank established its 11th location here in the Midstate in 2020. Food supply is not as much a problem as distribution is. Midstate Food Bank works alongside many food pantries, churches, and other non-profits to help get food on the tables of those in need in our area. The Middletown location also positions the food bank to serve most of PA and the Eastern Seaboard. The MWFB also relies heavily on volunteers to keep overhead costs at the lowest possible and encourages individuals, families, and businesses to take time to sign up to help in any way possible. Monetary donations are also very helpful as the MWFB says it can turn \$1.79 into a backpack weekend meal kit for a child; or organize a food drive based on the locations needs at that time. For more information go to midwestfoodbank.org/Pennsylvania

GUEST: Kathy Anderson-Martin, Executive Director
Midwest Food Bank of Pennsylvania

ISSUE: Technology & Screen Time Education

HOW TREATED: Program

TITLE: How to keep children engaged & learning while using their devices

DATE: July 16, 2023

TIME: 6:30am

DURATION: 6:51

TYPE: People and Perspectives Interview Show

DESCRIPTION: Summertime is in full swing, which can also mean more screen time for kids; but there are ways parents can use this technology to help their children keep learning when not in school. When used in a positive light, media can help model important subjects for parents and caregivers to discuss and work with the children on. In addition, setting up clear, positive media habits early on can help in a child's positive mental health growth. The digital media can be a helpful jumping off point for conversations about tough topics, social behaviors, and situations. It can also be a great motivator for conversations about family routines and cultures, and even for more day-to-day activities, like making food together. For more information visit www.pbskids.org

GUEST: Sara DeWitt, Senior Vice President and General Manager
PBS Kids

ISSUE: Volunteerism

HOW TREATED: Program

TITLE: Finding New Purpose by Volunteering in your Golden Years

DATE: July 16. 2023

TIME: 6:30am

DURATION: 5:58

TYPE: People and Perspectives Interview Show

DESCRIPTION: Baby Boomers refers to those who were born right after the end of WWII through 1964. Now those baby boomers are older adults, either in or heading into their retirement years, could be inspired in this new chapter by volunteering. It's estimated there are 70 million people living their golden years out in the US, and AmeriCorps is there to help give these seniors a new sense of purpose. Whether it's taking part in a companion program, foster grandparenting, or getting involved in public service organizations, outreach projects or mentoring students, AmeriCorps offers opportunities for everyone. In the Harrisburg area, AmeriCorps works through the RSVP of the Capital Region. To find volunteer opportunities visit AmeriCorps.gov/YourMoment.

GUESTS: Atalaya Sergi, Director of AmeriCorps Seniors
Charlotte Simpson, Senior Volunteer and Blogger

ISSUE: Environment & Climate Change

HOW TREATED: Program

TITLE: How Climate Change is propelling the Extreme Weather and Heat we are experiencing

DATE: July 23, 2023

TIME: 6:30am

DURATION: 30:57

TYPE: People and Perspectives Interview Show

DESCRIPTION: Climate Change is behind many of the extreme weather situations we've seen around the globe in recent weeks, and while we are concerned with how the heat is affecting the earth, it can also cause issues with our heart health. Climate change refers to long-term shifts in temperatures and weather patterns. These shifts may be natural, but since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of fossil fuels (like coal, oil, and gas) which produces heat-trapping gasses. The earth this month recorded its highest temperature, 17.18 Celsius (62.9 degrees Fahrenheit). These warming temps are attributed to extreme weather situations, from flooding, tornadoes, and wildfires, that have been targeting North America and Europe. Another concern in targeted areas are heat islands. Heat Islands are actually structures such as buildings, roads, and other infrastructures that absorb and re-emit the sun's heat more than natural landscapes such as forests and water bodies. Urban areas, where these structures are highly concentrated and greenery is limited, become "islands" of higher temperatures relative to outlying areas. The National Oceanic and Atmospheric Association is tracking some of these across the country as part of its Urban Heat Island Mapping Campaign. It addresses extreme heat which is the number one weather-related cause of death in the U.S. for the last three decades, according to NOAA. As humans we can help with the environment by adding more trees in these areas, and at home learning to be more green, including repurposing and reusing items and recycling when we can't do that. When the weather is hot, it's important to listen to our bodies. Very high heat and humidity, like much of the US has been experiencing this summer, can cause the heart to beat faster while circulating twice as much blood per minute than on a normal day. Checkyourheartrisk.com if you are concerned and to learn more about warning signs.

GUESTS: Dan Tomaso, Meteorologist with WHTM-ABC 27 News
Dr. Suzanne Steinbaum, Cardiologist

ISSUE: Healthcare, Heat Exhaustion & Heat Stroke

HOW TREATED: Program

TITLE: Keeping you Heat Safe when the Weather is Steamy

DATE: July 30, 2023

TIME: 6:30am

DURATION: 12:08

TYPE: People and Perspectives Interview Show

DESCRIPTION: The heat is here, and in general the earth is experiencing the hottest temperatures this month on record. With the heat, comes heat related illnesses and death. According to the CDC, on average 600 people in the U.S. are killed due to the extreme heat each year. Despite the alarming statistics, heat-related deaths and illnesses are preventable. In addition, certain groups of people are at higher risk of suffering from heat-related illness, including athletes, infants and children, and older adults ages 65 and older. By knowing who is at risk and what prevention measures to take, these types of illnesses can be avoided this summer. When it comes to warning signs; it can start with heat cramps, which include heavy sweating during intense exercise and muscle pain or spasms. It's best to stop physical activity and move to a cool place, Drink water or a sports drink, and wait for cramps to go away before you do any more physical activity. The next level of concern is heat exhaustion. Warning signs include heavy sweating, Cold, pale, and clammy skin, Fast, weak pulse, nausea or vomiting, Tiredness or weakness, Dizziness, Headache, and Fainting (passing out). And if suffering from heat stroke, the warning signs include High body temperature, Hot, red, dry, or damp skin, Fast, strong pulse, Headache, Dizziness, Nausea, Confusion, and Losing consciousness (passing out). With Heat Exhaustion a person should seek medical help right away; call 911 and don't have anything to drink at this point instead take a cold bath or move to a colder area until you can get help. One way people try to stay cool is hitting the water. It's important to always take the proper precautions so that everyone stays safe. According to the CDC, every year in the United States there's an estimated 4,000 fatal unintentional drownings—that is an average of 11 drowning deaths per day -- with more than 8,000 nonfatal drownings a year. And make sure to wear your sunscreen and reapply often. Check the expiration date, as expired sunscreen can leave a person just as unprotected as someone not applying it.

GUEST: Jane Trombetta, Chief Clinical Officer with MedExpress

ISSUE: Healthcare & Sudden Cardiac Arrest

HOW TREATED: Program

TITLE: The Crisis Among our youth with Sudden Cardiac Arrest

DATE: July 30, 2023

TIME: 6:30am

DURATION: 19:39

TYPE: People and Perspectives Interview Show

DESCRIPTION: A very serious medical concern that can often happen without warning is sudden cardiac arrest. Looking at a recent report from the American Heart Association that cites cardiac arrest remains a public health crisis, statistics show that more than 356,000 out-of-hospital cardiac arrests happen annually in the U.S. with nearly 90% of them fatal. And according to the Centers for Disease Control and Prevention, about 2,000 young, seemingly healthy people under age 25 in the United States die each year of sudden cardiac arrest. The issue with SCA (sudden cardiac arrest) made national headlines this week after 18-year-old Brawny James, son of LeBron James suffered SCA while practicing basketball with his college team. Fortunately for him, he was resuscitated and hospitalized for the remainder of his recovery. Brawny was lucky to be the 10% that survive a SCA, as the biggest reason people do not survive is response time. Every minute that a person in cardiac arrest does not receive help is another minute their brain is without the oxygen it needs. When a person suffers cardiac arrest, one should immediately call for an ambulance, and simultaneously perform cardiopulmonary resuscitation (CPR). Performing CPR involves hard pressing on the chest with hands, at the speed of 120 compressions per minute. Having an accessible AED, or automated external defibrillator, can also be key in saving someone's life. Using one doesn't take lessons, as the machine tells a user exactly what to do and there's no worry of shocking someone who doesn't need it as if the machine senses a heartbeat, it will not shock the patient. The Peyton Walker Foundation has made its mission to get more lifesaving AEDs into the community along with doing screenings to help the youth have a better idea on if they are suffering from an undetected heart issue that could lead to SCA. For more information go to www.peytonwalker.org

GUEST: Asheleigh Forsburg, Managing Director
Peyton Walker Foundation

ISSUE: Healthcare & Back to School Health

HOW TREATED: Program

TITLE: The Back-to-School Checklist for your Child's Health

DATE: August 6, 2023

TIME: 6:30am

DURATION: 18:30

TYPE: People and Perspectives Interview Show

DESCRIPTION: Back to school is right around the corner. Along with the back-to-school supplies list, having a back-to-school health check is also key for children to have a positive return to the classroom. Immunizations, easing your child back into a sleep schedule, and planning healthy lunches are some of the essentials that parents need to pay attention to. Both parents and children can have back to school jitters after the summer break, it's good to talk it through and ask open ended questions to get responses more than yes, no, or fine. If a child seems in a big fog, struggling mentally or emotionally with the return, it is good to address this and talk to the family physician or a therapist.

GUEST: Dr. Jasmin Virk, Pediatrician
UPMC of Central PA

ISSUE: Healthcare & Period Poverty

HOW TREATED: Program

TITLE: Helping those struggling to afford monthly menses supplies

DATE: August 6, 2023

TIME: 6:30am

DURATION: 12:26

TYPE: People and Perspectives Interview Show

DESCRIPTION: According to reports 16.9 million people who menstruate live in poverty in the United States, with two-thirds of those women saying they struggled within the last year to afford their monthly products; 14 percent of those females attending college at the time. In addition, recent data finds that one in five American girls miss all or part of the school day due to their periods and lack of supplies. To help those struggling in the Harrisburg area, the non-profit group, Period Project, utilizes donations and volunteers to create period packs, which have enough supplies for one woman for one month. Typically these packs are then distributed to shelters, schools, food banks, college campuses, and clinics. For more on their mission go to theperiodprojectharrisburg.com

GUEST: Megan Swope, Founder and President
The Period Project Harrisburg

ISSUE: Environment, Education and School Bus Emissions

HOW TREATED: Program

TITLE: Cleaner Buses to Help the Environment and Student Learning

DATE: August 13, 2023

TIME: 6:30am

DURATION: 6:00

TYPE: People and Perspectives Interview Show

DESCRIPTION: Back to school for most students in our area is coming up within the next couple of weeks, and for many of those kids it means riding the school bus every day. Research has linked lower emission bus exhaust to improved academic performance and to help school districts make the change, the EPA is also working to provide funds, up to 5 billion dollars over the next three years, to replace many of the nation's dirty diesel and gas-powered buses. Doing this not only helps school districts save money in the end, while improving the mental health of students, it is also better for the environment. For more information go to BetterOurBuses.com program.

GUEST: Tucker Perkins - President, CEO
PERC, Propane Education and Research Council

ISSUE: Financial Security & Insurance

HOW TREATED: Program

TITLE: What you need to know to make the most of your policies

DATE: August 13, 2023

TIME: 6:30am

DURATION: 7:08

TYPE: People and Perspectives Interview Show

DESCRIPTION: Insurance rates across the board appear to have risen, over the last couple of years, thanks in part to inflation and the rise in natural disasters. In fact, according to a report for 2022, natural disasters cost insurers approximately 90 billion dollars. There are things you can do to make the most of your insurance, but a reminder not to cut out things that may be important for where you live, such as flood insurance. Saving money in the monthly fee may cost more down the road if disaster strikes. If you are in an area or market where insurance companies are no longer taking customers for reasons of natural disaster or even car theft, you can contact the National Association of Insurance Commissioners (NAIC) for help. When it comes to health insurance, in particular Medicare and Medicaid, it's vital to keep an eye out for scams trying to get you to switch coverage. If unsure, don't give any personal information to the company trying to sell you. If you get scammed, it's vital to reach out to PA state dept of Insurance.

GUEST: Chlora Lindley-Myers, President
National Association of Insurance Commissioners (NAIC)

ISSUE: Healthcare & Oral Health

HOW TREATED: Program

TITLE: Keeping your oral health in check, even if cost is a factor

DATE: August 13, 2023

TIME: 6:30am

DURATION: 7:33

TYPE: People and Perspectives Interview Show

DESCRIPTION: Oral health is just as important to keep in check as the rest of your health, however many Americans put off routine visits with the dentist often because of cost. Millions of people in this country who have disabilities, are elderly or are medically fragile cannot afford comprehensive dental care. And, now with the COVID public health emergency ending, an estimated 15.5 million adults currently enrolled in Medicaid will lose their dental health coverage. That's not even including the 37% of Americans, who the CDC reports have gone at least a year without seeing a dentist. Most people know that bad oral health can lead to cavities, bad breath, and tooth decay. However, good dental health is not just about a pretty smile. Taking care of your oral health can lessen the risk of heart disease and diabetes. In fact, studies have shown that taking care of your teeth can also affect your longevity and life expectancy. Currently, Pennsylvania ranks 37th in dental care and habits and 29th overall for dental health, according to WalletHub. Dental Lifeline Network (DLN) helps those desperately in need of dental care become pain-free, smile confidently again, and live a healthier life. Dental Lifeline Network, a national nonprofit, currently has more than 7,000 people on wait lists for their programs, which is why they are also searching for dentists willing to donate their services. It's estimated that if every dentist in the state just saw one person on the waitlist, the list could disappear. For more information on the program, whether looking for services or to volunteer, go to DentalLifeLine.org.

GUEST: Dr. Mark Vitale, DMD
Dental Life Network, New Jersey/Pennsylvania Board Member

ISSUE: Financial Security & Retirement

HOW TREATED: Program

TITLE: Making the most of your money so you can have a worry-free retirement

DATE: August 13, 2023

TIME: 6:30am

DURATION: 8:10

TYPE: People and Perspectives Interview Show

DESCRIPTION: According to a study by the American Century Investments, 4 out of 10 Americans surveyed worry about running out of money in retirement. Most Americans surveyed regretted not doing a better job at saving, with 40 percent saying they wanted a 'kick in the pants' to save more. Depending on your age group, there are things you can start implementing now to make the most of your finances for when you are ready to retire.

GUEST: Glen Dial, Senior Retirement Strategist
American Century Investments

ISSUE: Disaster Relief

HOW TREATED: Program

TITLE: How the Red Cross is Working to Help

DATE: August 20, 2023

TIME: 6:30am

DURATION: 17:11

TYPE: People and Perspectives Interview Show

DESCRIPTION: The Central Pennsylvania Chapter of the American Red Cross is doing good things for those in our community, and across the United States. One way is helping families displaced by tragedy, like a house fire. Locally, the Red Cross has a Home Fire Campaign that households can sign up for, and it includes free lifesaving information and education opportunities for the family along with installing free smoke alarms. The Red Cross is also there in times of national disaster, like what's going on right now in Maui, where the deadliest wildfire in US history recently struck. More than 200 specially trained, Red Cross disaster workers are there to help those with little to nothing left by assessing the damage and handing out supplies, including a few volunteers from our area. Another thing the Red Cross is trying to do, and is a critical part of its mission, is getting the word out on the need for blood donors and being a resource to help those with the gift of life. For more on these programs and assistance, and more go to [redcross.org](https://www.redcross.org).

GUESTS: **Burke Executive, Director**
Central Pennsylvania Chapter of the Red Cross

Nicole Roschella, Communications Manager
Red Cross of Greater Pennsylvania

ISSUE: Healthcare & Smoking Dangers

HOW TREATED: Program

TITLE: Federal Mandate to Push Message that Smoking is Bad for You

DATE: August 20, 2023

TIME: 6:30am

DURATION: 12:03

TYPE: People and Perspectives Interview Show

DESCRIPTION: While the U.S. has made great progress in reducing smoking, 11.5% of U.S. adults (28.3 million adults) still smoke cigarettes. Tobacco use is still the number one cause of preventable death in the U.S., killing over 480,000 people each year and causing about 30% of all deaths from cancer. To cut these numbers dramatically, tobacco companies have been court ordered to post eye-catching signs highlighting the deadly consequences of smoking at more than 200,000 retail stores across the U.S. Under the court order, the signs must be posted by September 30, and they must remain in stores for 21 months. The signs will address the health harms of smoking and secondhand smoke, the addictiveness of nicotine, and the industry's manipulation of cigarettes to make them more addictive.

GUEST: Dennis Henigan, Vice President of Legal and Regulatory Affairs
The Campaign for Tobacco-Free Kids

ISSUE: Child Safety & Children in Need

HOW TREATED: Program

TITLE: Helping give the youth without a voice a chance to be heard

DATE: August 27, 2023

TIME: 6:30am

DURATION: 22:02

TYPE: People and Perspectives Interview Show

DESCRIPTION: Dauphin County CASA or Court Appointed Special Advocates' mission is to recruit, train, educate, and supervise dedicated volunteers to become agents of change for every abused and neglected child from Dauphin County. Through investigating, listening, and involvement in the courtroom as well as the child's community, a CASA will assist the children in their care to achieve their full potential. A child sees their CASA volunteer as a constant person in their lives who has taken an interest in them. CASA volunteers are cheerleaders in a lot of ways, rooting for the well-being of the child or children in their case, celebrating successes and overcoming obstacles with them. CASA volunteers not only help the children they work with, judges value the advocates' thorough-investigative work which sheds light on a child's circumstance while in the system. CASA volunteers are oftentimes referred to as being an extra set of "eyes and ears" for the courts. Dauphin County's CASA program is a non-profit agency within the county that relies on fundraising and grants to support itself, in addition to its volunteers. For more information go to DauphinCountyCASA.org. Another issue facing our youth can happen when they get in trouble with the law and the potential long-term impacts that can happen if they find themselves incarcerated. While accountability is an important part of the process in facing what was done, there is still a need to invest in criminal justice and youth justice reform, something that can help the youth and the rest of society in the long run. A new campaign is out to highlight this and the importance of reinvesting in our youth community programs. Get more on that at seeyouth.us

GUESTS: Will Foster, Executive Director
Dauphin County CASA

Sam Barbera, Board Member with Dauphin County CASA

Candace C Jones, President & CEO
Public Welfare Foundation

ISSUE: Veterans

HOW TREATED: Program

TITLE: What's being done to remember the forgotten war and those who served

DATE: August 27, 2023

TIME: 6:30am

DURATION: 7:23

TYPE: People and Perspectives Interview Show

DESCRIPTION: This year marks the 70th anniversary of the end of the Korean War, a war also known as the forgotten war. Nearly 6 million US service members served during this three-year conflict in Korea that ended in 1953. It's estimated at this time that more than 1 million of those veterans are still with us. While the Library of Congress has been working diligently over the last 23 years to preserve history from this time in our history, along with all the other wars we've been a part of, a new campaign is underway to help collect more personal histories and artifacts from our vets. The idea is to create a video history project and can bring generations together in relaying the past with the present. To learn more on the Veterans History Project, go to loc.gov/programs/veterans-history-project.

GUEST: Travis Bickford
Head of Program Coordination and Communications
Library of Congress, Veterans History Project

ISSUE: Healthcare & Infectious Disease Prevention

HOW TREATED: Program

TITLE: What we need to know about COVID and other diseases as we head into the Fall

DATE: September 3, 2023

TIME: 6:30am

DURATION: 13:35

TYPE: People and Perspectives Interview Show

DESCRIPTION: The COVID-19 omicron subvariant EG.5 is now the most dominant strain in the U.S. according to the latest genomic surveillance data from the Centers for Disease Control and Prevention (CDC), but lax data collection makes it hard to tell what this means for the country. With the end of the national public health emergency for COVID-19 earlier this year, viral data collection has become far less comprehensive. While the pandemic status of Covid is in our rearview mirror, doctors say it is still important to keep up with practices to slow its spread, including testing if you show any symptoms, stay home if you are sick, and if need to go out still wear a mask for 10 days after diagnosis. A new booster shot is set to be available in the next couple of weeks to help protect people from the newer variants of Covid that can be spreading this fall and winter. Another concern right now as we head into the fall/winter seasons is Flu/Influenza. The CDC estimates last year there were between 27 – 54 million influenza cases and between 19,000 and 58,000 deaths due to the flu, and the best time to protect yourself from becoming a statistic is to get your flu shot between now and the end of October. It's also recommended to protect yourself from RSV, if you fall in certain health/age categories. Another area of health concern that can come up during the fall months, when many are hunting in the woods, is Lyme disease. Lyme is being called the fastest-growing vector-borne disease in the United States, with the CDC estimating that each year approximately 476,000 people are diagnosed and treated for it. The best thing is to take precautions to avoid ticks, with protective clothing and repellent, but if you think you got bit by one it's best to check in with a doctor sooner rather than later.

GUEST: Dr. Raghavendra Tirupathi, Infectious Disease Specialist
WellSpan Health

ISSUE: Healthcre & Youth Vaping

HOW TREATED: Program

TITLE: Keeping E-Cigarettes out of our youth's hands

DATE: September 3, 2023

TIME: 6:30am

DURATION: 9:50

TYPE: People and Perspectives Interview Show

DESCRIPTION: Back to school is in full swing, and with this new year advocates want you to be aware of what they are calling an E-cigarette crisis among our youth. According to the latest survey from National Youth Tobacco, more than 2.5 million kids in the US are using E-cigarettes, and 85% of those students are using flavor products. There has also been a dramatic increase in the amount of nicotine in e-cigarettes. A study released earlier this year found that e-cigarette companies are continuing to increase the amount of nicotine and the average nicotine strength of e-cigarettes nearly doubled since 2017, with many e-cigarettes now on the market containing as much nicotine as a whole pack of cigarettes or more. Teachers report that e-cigarettes are disrupting classrooms and academic performance, with addicted students having a difficult time making it through a class without needing to vape. Vaping products can be disguised in kid friendly cases, like a zip drive, lipstick case, even a Sponge Bob toy. Parents and educators concerned can check out Campaign for Tobacco Free Kids for more information.

GUESTS: Yolonda Richardson, President, and CEO
Campaign for Tobacco Free Kids

Liz Pray
National Association of School Nurses

ISSUE: Education

HOW TREATED: Program

TITLE: Bringing STEM learning to the great outdoors

DATE: September 3, 2023

TIME: 6:30am

DURATION: 5:16

TYPE: People and Perspectives Interview Show

DESCRIPTION: Science, Technology, Engineering and Math (STEM) education is an increasingly important part of a student's curriculum, and science specifically can offer them the opportunity to explore the world around them. So, how can parents drive passion and curiosity for science within the next generation? One step is encouraging getting outside and exploring nature.

GUEST: Saki Milton, Educator and STEM Advocate

ISSUE: Special Needs & PTSD

HOW TREATED: Program

TITLE: Horses bringing calm and confidence to those with special needs and PTSD

DATE: September 10, 2023

TIME: 6:30am

DURATION: 22:10

TYPE: People and Perspectives Interview Show

DESCRIPTION: Greystone Manor Therapeutic Riding Center in Lancaster County has a mission of enhancing the lives of individuals with special needs through equine-assisted activities. The non-profit organization first opened its doors in 1981 with the plan of providing an array of quality equine assisted activities for children and adults with special needs and other at-risk populations. GMTRC is expanding these services in October with a new program called "Heroes and Horses," which will provide no-cost unmounted equine-assisted intervention to frontline workers and first responders who report mental health issues following the COVID-19 pandemic. Typical GMTRC students seeking services can be aged four to seniors. Primary diagnoses include: MS, CP, Down Syndrome, Autism, Intellectual Delay, Brain Injury, Stroke, surgical recovery, arthritis, depression, anxiety, ADHD, etc. It's said not only does Therapeutic riding help people with physical, cognitive, and Psycho-Social issues, but it is also beneficial for the horses and other wildlife on the farm. As a non-profit organization, no one seeking services is turned away. They do rely heavily on volunteers to do an array of jobs, and no experience is required. GMTRC is also getting ready for its annual horse show; this year titled Evening Extravaganza – an Equestrian Triathlon. It's being held at its location at 1063 Hartman Station Road in Lancaster and is free and open to the public. This event gives those seeking services at the center a chance to show guests what they've accomplished. For more information on the event and center go to greystonemanortrc.org or check out their socials.

GUESTS: Jennifer Rummel, Executive Director
Greystone Manor Therapeutic Riding Center

Stephanie Fleck, Program Director
Greystone Manor Therapeutic Riding Center

ISSUE: Veterans & Suicide

HOW TREATED: Program

TITLE: Helping those who served on the frontlines fight suicide statistics

DATE: September 10, 2023

TIME: 6:30am

DURATION: 6:52

TYPE: People and Perspectives Interview Show

DESCRIPTION: September is Suicide Prevention Month, with National Suicide Prevention Week kicking off today. The CDC cites suicide as one of the leading causes of death in the United States and it's reported our nation's veterans are at highest risk compared to the general population. While one life lost to suicide is a tragedy, according to data from the 2022 National Veteran Suicide Prevention Annual Report, the suicide rate among Veterans in 2020 was 57% higher than non-Veteran adults. But suicide is preventable and there is hope. Last week, the U.S. Department of Veterans Affairs (VA) and the Ad Council released new PSAs for their ongoing national campaign: "Don't Wait. Reach Out." Since 2021, the campaign has encouraged Veterans who are struggling to visit [VA.gov/REACH](https://www.va.gov/REACH), a comprehensive website designed to help them navigate the wide range of resources available.

GUEST: Dr. Matthew Miller, U.S. Air Force Veteran
Executive Director of VA Suicide Prevention
U.S. Department of Veterans Affairs

ISSUE: Hunger & Food Insecurity

HOW TREATED: Program

TITLE: Hunger Action Awareness Month

DATE: September 17, 2023

TIME: 6:30am

DURATION: 15:37

TYPE: People and Perspectives Interview Show

DESCRIPTION: The Central Pennsylvania Food Bank has a mission of fighting hunger, improving lives, and strengthening communities throughout the 27 counties it serves. Every month it provides nutritious meals for more than 200,000 people, by working with its 1,050 partner agencies and with the critical help of more than 15,000 volunteers. Recognizing that there is a direct correlation between hunger and being marginalized, the Central Pennsylvania Food Bank is committed to working against racism and other systemic obstacles that prevent people from thriving. This month, as it's Hunger Action Awareness Month, the CPFEB is working to get the message out on the growing food-insecurity in our area and what it's doing to ensure all in need have sustainable access to healthy meals. According to the CPFEB the demand for food assistance in Central Pennsylvania has climbed by 15% since March, and food insecurity is near the same high level as it was at the outset of COVID-19. The pandemic emergency relief programs, including the emergency allotments of the Supplemental Nutrition Assistance Program and the expanded Child Tax Credit, proved enormously effective at providing economic stability for working families. Sadly, Congress chose not to extend these expanded relief programs and, coupled with rising costs, working families in the Central Pennsylvania Food Bank's 27-county service territory today are spending on average \$503 more per month for their expenses, including 10.4% more for food. There are ways to help support the CPFEB, which includes volunteering and financial or food donations. For more information on this or if you are part of a family in-need, check out their website for more information at centralpafoodbank.org.

GUEST: Joe Arthur, Executive Director
The Central Pennsylvania Food Bank

ISSUE: Childcare

HOW TREATED: Program

TITLE: Getting the funding to keep kids in childcare

DATE: September 17, 2023

TIME: 6:30am

DURATION: 7:28

TYPE: People and Perspectives Interview Show

DESCRIPTION: The clock is set to run out at the end of this month on \$24 billion in government aid, with the “American Rescue Plan Act. If that happens it threatens approximately 70,000 daycare programs across the nation and could leave 3.2 million children without proper care. When looking at just the state of Pennsylvania, 152 thousand children will lose their childcare and 2,800 programs are projected to close. In addition, if the American Rescue plan isn’t renewed, more than 420 million in revenue losses are expected if families are forced to cut hours or leave the workforce altogether, most of that burden falling on the shoulders of working moms. Some lawmakers are working on another bill to help the children and families in need of daycare. For more information go to childcareforeveryfamily.org

GUEST: Erica Gallegos Executive Director
Child Care for Every Family Network

ISSUE: Healthcare & Liver Disease

HOW TREATED: Program

TITLE: Protecting your liver to protect the rest of your health

DATE: September 17, 2023

TIME: 6:30am

DURATION: 7:22

TYPE: People and Perspectives Interview Show

DESCRIPTION: September is Primary Biliary Cholangitis or PBC Awareness month. PBC is a rare autoimmune disease that destroys the liver by mistakenly attacking healthy cells and tissue. While both men and women can get it, it primarily targets women, with women representing 90% of the cases diagnosed. Previously called primary biliary cirrhosis, PBC is a chronic disease in which the bile ducts in your liver are slowly destroyed. More than half the people with primary biliary cholangitis do not have any noticeable symptoms when diagnosed. The disease may be diagnosed when blood tests are done for other reasons, such as routine testing. Symptoms eventually develop over the next 5 to 20 years. Those who do have symptoms at diagnosis typically have poorer outcomes. Common early symptoms include fatigue and itchy skin. Later signs and symptoms may include Dry eyes and mouth, Pain in the upper right abdomen, bone, muscle or joint (musculoskeletal) pain, Swollen feet and ankles (edema), Fatty deposits (xanthomas) on the skin around the eyes, eyelids or in the creases of the palms, soles, elbows or knees, Yellowing of the skin and eyes (jaundice), and Diarrhea.

GUEST: Dr. Chaim S. Abittan, Gastroenterologist and Hepatologist
Susan, a patient living with PBC

ISSUE: Domestic Violence

HOW TREATED: Program

TITLE: Helping those experiencing domestic violence

DATE: September 24, 2023

TIME: 6:30am

DURATION: 20:00

TYPE: People and Perspectives Interview Show

DESCRIPTION: When talking about domestic violence, there are so many staggering statistics including reports stating an average of nearly 20 people per minute are physically abused by an intimate partner in the United States. For one year, this equates to more than 10 million women and men. Domestic Violence comes in many shapes and forms too. 1 in 4 women and 1 in 9 men experience severe partner physical violence, sexual violence, and/or partner stalking with impacts such as injury, fearfulness and post-traumatic stress disorder. In our area, Lebanon County's Domestic Violence Intervention Program is there to help victims get their lives back on track and away from their abusers. They do this with an array of free programs and assistance that is available to those in need. DVI of LC has a goal to provide support, sanctuary, and assistance to all victims of violence in the communities of Lebanon County 24 hours a day, 365 days a year. Included in their support opportunities and programs is medical advocacy and housing advocacy. If you think Domestic Violence is just between partners, it is reported that it is a family affair. Statistics report 1 in 15 children are exposed to intimate partner violence each year, these are just a few highlighted statistics as we approach Domestic Violence Awareness month, which is in October. DVI of LC has many days throughout the upcoming month dedicated to bringing awareness to the issue and they are kicking off the month's events on September 30th with its Rubber Duck Derby. It kicks off at 11am at Quittie Creek between 7th & 8th Streets in Lebanon. To purchase a duck, a person can buy online ahead of the event or at the derby. For more information on the Derby, the other events through October, and the programs that DVI of LC offers, go to dviolc.org

GUEST: Michael Ritter, Deputy Director and Certified Trauma-Competent Professional Domestic Violence Intervention of Lebanon County, Inc.

ISSUE: Healthcare & Blood Cancer

HOW TREATED: Program

TITLE: Tackling Blood Cancers with knowledge and support

DATE: September 24, 2023

TIME: 6:30am

DURATION: 9:44

TYPE: People and Perspectives Interview Show

DESCRIPTION: September is Blood Cancer Awareness Month, a time to highlight the impact it has on our communities and the urgent need for more action. When talking about blood cancer, there are many diseases that are classified here, including leukemia, lymphoma, myeloma and Hodgkin's disease. And it's reported that Every 3 minutes, a person in the U.S. is diagnosed with a blood cancer. While each type of blood cancer is different, they can share some common symptoms and signs. Some people with blood cancer may not have any symptoms until the disease has advanced. Or they may also mistake the symptoms for a severe cold or flu. Some common blood cancer symptoms include coughing or chest pain. Frequent infections. Fever or chills. Unexplained rash, bruising, or bleeding. Loss of appetite or nausea. Night sweats. Persistent weakness and fatigue. Shortness of breath. Swollen, painless lymph nodes in the neck, armpits, or groin. The Leukemia & Lymphoma Society has made its mission to not only educate the public on blood cancers, but it offers an array of support programs for patients and caregivers. For more information go to lls.org

GUEST: Dr. Gwen Nichols, Medical Officer
The Leukemia & Lymphoma Society

Melissa O'Neill Walczak, an acute myeloid leukemia patient
The Leukemia & Lymphoma Society Volunteer