

QUARTERLY ISSUES PROGRAMS LIST

WHGB-AM

Harrisburg, PA

Q2 2023

April 1, 2023 to June 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: Veterans & Fallen Heroes Memorial

HOW TREATED: Program

TITLE: Giving local heroes a memorial

DATE: April 2, 2023

TIME: 6:30am

DURATION: 27:35

TYPE: People and Perspectives Interview Show

DESCRIPTION: The Courtyard of Honor is still in its infancy, but when finished it will memorialize current and former citizens of Derry Township who have served in the military during periods of armed conflict and gave the ultimate sacrifice; first responders who have guarded our safety and security at home and perished while doing so; and to honor a local soldier and pilot, Michael Horrocks, who was killed while flying a plane during the 9-11 attacks. The township has dedicated a large parcel of land next to the Hershey Volunteer Fire Department on the corner of Cocoa and Caracas Avenues to be the future site of the “Courtyard of Honor.” The hope is that when it’s finished, by September 1, 2026, it will not only attract local people to come out and reflect and honor those who’ve died, but also be a place where the many tourists from out of town to see the sights of Hershey all take the time to visit the courtyard. Volunteers are always welcome to help with the project, with events planned to raise awareness and funds for the project. This includes the Horrocks & Henry Motorcycle Ride to Remember on April 15th, starting at Hershey High School. For more information on the Courtyard and upcoming events go to courtyardofhonor.org

GUESTS: Frank Jones, Senior Vice President of Courtyard of Honor

Timothy Roche, Vice President of Courtyard of Honor

Doug Jones, Secretary of Courtyard of Honor

ISSUE: Healthcare & Autism

HOW TREATED: Program

TITLE: Diagnosis and Treatment for those on the Autistic Spectrum

DATE: April 9, 2023

TIME: 6:30am

DURATION: 30:04

TYPE: People and Perspectives Interview Show

DESCRIPTION: April is Autism Awareness month. It first began in 1972, during a time when autism was not well understood or accepted. Since then, there has been enormous progress in the understanding of neurodiversity and how we can support and help individuals with autism. While the biological and environmental factors that lead to autism are still being studied, we know that early diagnosis and intervention is the best way to optimize outcomes for people with autism. A recent report from the CDC finds 1 in 36 children are diagnosed with autism; however, for many families in Pennsylvania—and throughout the US—wait times to even see a licensed clinician for a diagnosis can range anywhere from 6-18 months. It's also shown that children with autism who go undiagnosed—and untreated—are prone to develop a host of additional comorbidities, including anxiety and depression. One local group working to bring awareness to the growing number of children being diagnosed with autism and helping them, and their families find the resources they need is Autism York. Many resources are available through the group's website, autismyork.org. Coming up April 15th is the Autism York Walk for Autism & Autism Expo. This annual event keeps with the organization's mission to provide support to those affected by autism in the community.

GUESTS: Julie Rasmuson, President of Autism York

**Dr. Cheryl Tierney, a board-certified developmental pediatrician,
Medical Director at Meliora Health and Founder of ABA in PA**

ISSUE: Environment & Earth Day

HOW TREATED: Program

TITLE: Taking care of our Neighbors in mind, body, and community

DATE: April 16, 2023

TIME: 6:30am

DURATION: 16:03

TYPE: People and Perspectives Interview Show

DESCRIPTION: Tri County Community Action has been helping people and changing lives throughout Cumberland, Dauphin, and Perry Counties for over 50 years. Tri County Community Action provides a myriad of programming and initiatives around early childhood and family development; employment, education, and financial empowerment; housing security; and community development - all to create strong families and thriving communities. Tri County Community Action's Promise is to care about the entire community and acknowledges that even today, structural inequities leave some behind. Tri County Community Action believes that lifting diversity, equity, and inclusion and standing against hate is core to combating those structural inequities, making all communities a better place to live. Last year, TCCA served 14,472 people by creating opportunities to move from poverty to independence through a two-generation, whole-family approach. TCCA looks at 4 pillars of success to break the cycle of poverty. This includes Early Childhood and Family Development, Employment, Education, and Financial Empowerment, Housing Security, and Community Development. In part with its efforts of community development, the Tri County Community Action hosts the annual Great Harrisburg Litter Cleanup. This year's event is on April 22nd, in recognition of Earth Day. In 2022, over 300 volunteers disposed of over 20,000 pounds of trash and recycled 450 tires littering the streets of Harrisburg. This year, the nonprofit is hoping to grow its impact. TCCA seeks volunteers to fulfill various roles, including litter pickers, truck drivers, dumpster monitors, and site coordinators. Residents can celebrate Earth Day by registering for the cleanup or learn more about the organization by going to at www.cactricounty.org

GUEST: Jennifer Wintermyer, CEO OF Tri County Community Action

ISSUE: Public Safety & Emergency Preparedness

HOW TREATED: Program

TITLE: Being Prepared for Future Emergencies

DATE: April 16, 2023

TIME: 6:30am

DURATION: 12:10

TYPE: People and Perspectives Interview Show

DESCRIPTION: Emergency Preparedness; is our state and country as prepared as it could be for any type of emergency that could arise. The past year, 2022, continued to test the nation's public health preparedness in a variety of ways—including an ongoing pandemic, extreme weather events, increases in chronic disease rates, and startling jumps in the number of lives lost to substance misuse and suicide. During the year, total deaths from COVID-19 in the United States surpassed 1 million. In addition, 2022 was the eighth consecutive year in which the United States experienced 10 or more billion-dollar, weather-related disasters. Ready or Not: Protecting the Public's Health from Diseases, Disasters, and Bioterrorism, has tracked the nation's public health emergency preparedness since 2003, with the most recent report just being released. The report's 10 key public health preparedness indicators give state officials benchmarks for progress, point out gaps within their states' all-hazards preparedness, and provide data to compare states' performances against similar jurisdictions. Its findings can help guide federal and state actions to ensure an adequate response to the country's next health emergency. The full report can be found at [TFAH.org](https://www.tfaah.org)

GUEST: Matt McKillop
Senior Health Policy Researcher and Analyst with Trust for America's Health

ISSUE: Healthcare & Sudden Cardiac Arrest

HOW TREATED: Program

TITLE: Protecting from becoming a statistic to SCA

DATE: April 23, 2023

TIME: 6:30am

DURATION: 22:00

TYPE: People and Perspectives Interview Show

DESCRIPTION: The Peyton Walker Foundation was established in memory of Peyton Walker, whose life was cut short at the age of 19 after suffering from cardiac arrest. Its mission is to educate the community and state on the dangers of sudden cardiac arrest and what they are doing to reduce the statistics of those dying from it. According to current statistics from the American Heart Association there are more than 356,000 out-of-hospital cardiac arrests (OHCA) annually in the U.S., with only 10 percent of those people surviving it. The Peyton Walker Foundation provides low-cost CPR training for the community and has donated hundreds of AEDs throughout Central PA to nonprofits, schools and youth athletic leagues. It's also launching the "4 Minute City" in Cumberland County, making another 300 AEDs available at no cost to community members. Cumberland County will be the 2nd location in the United States to implement this community initiative to save lives. The 4 Minute City will expand into surrounding counties over the next 18 months. For more information on the foundation and all its initiatives and upcoming events visit peytonwalker.org

GUEST: Julie Walker, Director of The Peyton Walker Foundation

ISSUE: Healthcare & Parkinson's Disease

HOW TREATED: Program

TITLE: Life Changing Treatments for Parkinson Patients

DATE: April 23, 2023

TIME: 6:30am

DURATION: 8:36

TYPE: People and Perspectives Interview Show

DESCRIPTION: April is Parkinson's Awareness month. Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have difficulty walking and talking. Every year more than 90,000 people are newly diagnosed with Parkinson's, a disease that affects one million people in the United States. This number is expected to rise to 1.2 million by 2030. Parkinson's is the second-most common neurodegenerative disease after Alzheimer's disease. There is no "one way" to diagnose PD, making it difficult to recognize. Some early signs of PD can include a tremor, small handwriting, loss of smell, trouble sleeping or walking, a soft or low voice, stooping or hunching over, as well as non-motor symptoms like depression and anxiety. No two people experience PD the same way. For more information, visit Parkinson.org or call the free Helpline at 1-800-4PD-INFO (1-800-473-4636) for support in English or Spanish.

GUESTS: John Lehr, President and CEO of the Parkinson's Foundation
Vikas Chinna, a person with early onset Parkinson's Disease

ISSUE: Childcare & Support for Grieving Children

HOW TREATED: Program

TITLE: Camp Dragonfly 2023

DATE: April 30, 2023

TIME: 6:30am

DURATION: 25:29

TYPE: People and Perspectives Interview Show

DESCRIPTION: Camp Dragonfly is a special weekend camp for children, ages 6-15, who are grieving the death of a loved one. The program offers a safe environment where children can openly express their feelings and have fun. After being canceled the last few years due to the pandemic, the camp is finally ready to return this year on June 9-11. The camp is offered by Hospice of Central PA, which specializes in care at the end of life. Their mission is to provide the highest quality of emotional, physical, and spiritual support with compassion and respect.

GUESTS: Susan Resavy, Director of Family Services for Hospice of Central PA
Evelyn Lewis, Volunteer Program Manager for Camp Dragonfly

ISSUE: Childcare & Child Abuse

HOW TREATED: Program

TITLE: Randi's House of Angels' Mission to help Victims of Child Abuse

DATE: May 7, 2023

TIME: 6:30am

DURATION: 30:20

TYPE: People and Perspectives Interview Show

DESCRIPTION: Randi's House of Angels was established in October 2011 as a tribute to Randi Trimble, with a mission of advocating for victims of domestic violence and creating initiatives for children who are also victims of domestic violence. Child abuse can range from sexual assault to child neglect, and verbal and physical abuse. Parents, guardians, caregivers, teachers, organizations, and communities, all need to play a part in keeping our children safe. This entails recognizing the signs of abuse such as mood swings, changes in daily behavior, withdrawal from friends, sleep problems, depression, or a sudden loss of self-confidence. This all can be a sign that a child is experiencing some sort of abuse. Child abuse or neglect during infancy and early childhood has been shown to negatively affect child development, including brain and cognitive development, and can have lasting effects. Abuse and neglect also affect children and youth's social and emotional development. People who were sexually abused in childhood may have a higher risk of being in adult relationships where they are abused physically, emotionally, or sexually. Programs currently supported through Randi's House of Angels include Randi's Kidz Club, a ten-week therapeutic group for children ages 8-13; Randi's Camp for Hope and Courage, a three-day interactive summer camp; Randi's Klubhouse, an interactive therapeutic group for children ages 5-7, blending emotional, art therapy, and psychoeducation to children using kind, gentle and playful interactions; and it's Randi's Teen Group. It's annual fundraiser that supports all these programs is Randi's Race - 5k Run/Walk for Hope and Courage. It's being held Saturday, May 13 at Adams-Ricci Park in East Pennsboro Township beginning at 8am with registration. For more details on the race and the programs supported, go to Randishouseofangels.org

GUESTS: Nancy Chavez, Founder of Randi's House of Angels

Lynn Carson, Director of Operations with UPMC Child Advocacy Center of Central PA

ISSUE: Healthcare & Mental Health

HOW TREATED: Program

TITLE: Putting Good Mental Health in the Forefront

DATE: May 14, 2023

TIME: 6:30am

DURATION: 30:40

TYPE: People and Perspectives Interview Show

DESCRIPTION: May's Mental Health Awareness Month with May 18th designated as Mental Health Action Day - a day to empower people to act for their own mental health while sharing tools to help them support loved ones through everyday mental health challenges. Mental illness can take on many forms, including anxiety, stress, loneliness, frustration, mood swings, panic attacks, and more. The CDC says nearly 12% of adults report regular feelings of worry, nervousness, or anxiety and nearly 5% report regular feelings of depression. There are everyday tools and exercises individuals can use to help cope with stress, anxiety, and other mental issues, but seeking the help of a professional is always recommended if continuing concern with mental health. To help those struggling with their mental health, a new tool kit has been released, entitled, "Look Around, Look Within." The toolkit provides free, practical resources, including information about how an individual's environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges. If you constantly feel worried or sad about where you live, one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take a mental health screening at mhascreening.org.

GUESTS: Dr. Ellen Beckjord, vice president of population health and clinical optimization at UPMC Health Plan

Schroeder Stribling, President & CEO of Mental Health America

ISSUE: Environment
HOW TREATED: Program
TITLE: Sustainability
DATE: May 21, 2023
TIME: 6:30am
DURATION: 16:00
TYPE: People and Perspectives Interview Show

DESCRIPTION: Taking care of our environment; there's plenty that can be done. According to a new, national survey 94 percent of Americans believe trees are good for the environment, with nearly 9 out of 10 people say now is a critical time to replant our nation's forest. With this, and in recognition of Arbor Day, the Arbor Day Foundation is renewing its efforts to plant 500 million trees. It's reported that trees and forests are the number one nature-based solution for reversing the negative effects of a changing climate. Trees can oxygenate the planet, purify water and air, lower city temperatures, provide habitat, nurture the soul, and provide essential food sources. Besides planting trees, there are other ways we can help become greener and help our environment. Including using electric vehicles and e-bikes even when out on vacation, check out at home energy-saving tips; new tools are available for reducing both your carbon footprint and energy bill. And even cooking and shopping can go greener, by thrifting and learning how to reduce waste.

GUESTS: Dan Lambe, CEO of the Arbor Day Foundation
Kate Brandt, Google's Chief Sustainability Officer

ISSUE: Heathcare & Seasonal Allergies

HOW TREATED: Program

TITLE: Protecting your household from seasonal allergies

DATE: May 21, 2023

TIME: 6:30am

DURATION: 10:30

TYPE: People and Perspectives Interview Show

DESCRIPTION: Allergies can come and go depending on the season and the environment, and right now they are hitting the Harrisburg area. Spring pollen and lingering winter allergens like dust and mold can really impact one's quality of life. Allergy symptoms can include sneezing, nasal congestion, runny nose, watery eyes, wheezing and shortness of breath, dry, persistent cough, rashes, headache, fatigue, and even fever. To help keep allergies at bay, it's recommended you keep doors and windows closed, take a shower and change your clothes after spending time outdoors, regularly vacuum and dust your home, Leave your shoes at the door, Use an air purifier with a HEPA filter. Over the counter allergy medicines can help, but always check with your doctor first before taking anything. And just like us humans, our dogs can also suffer from seasonal allergies. For more on the latest allergies report for our state, check out the asthma and allergy foundation report at aafa.org

GUESTS: Dr. Leslie Gonzalez, Family Medicine Physician

Dr. Dana Liska, Veterinary Dermatology Specialist at Zoetis

ISSUE: Healthcare & Infertility

HOW TREATED: Program

TITLE: Available options for people struggling to start a family

DATE: May 28, 2023

TIME: 6:30am

DURATION: 12:28

TYPE: People and Perspectives Interview Show

DESCRIPTION: While on the road from couple to parents the journey can be full of lots of twists and turns along the way that many aren't anticipating, in fact, new statistics from the World Health Organization, one in six people struggle with infertility. In general, infertility is defined as not being able to get pregnant (conceive) after one year (or longer) of unprotected sex. In recognition of Women's Health Care Month, infertility can affect women in many ways including problems with the menstrual cycle, structural problems of the reproductive system, infections, endometriosis, polycystic ovary syndrome, and failure to have egg mature properly. While most women feel it's their fault they are struggling with infertility, men can also be the reason couples aren't conceiving. Male infertility can be caused by low sperm production, abnormal sperm function or blockages that prevent the delivery of sperm. Talking to your doctor and/or infertility specialist is the best option to find out all the options available. For more information go to shadygrovefertility.com.

GUEST: Dr. Kara Nguyen, Board Certified Reproductive Endocrinologist and Clinical Geneticist at Shady Grove Fertility in Mechanicsburg

ISSUE: Healthcare & A-Fib

HOW TREATED: Program

TITLE: Signs to watch out for with A-Fib

DATE: May 28, 2023

TIME: 6:30am

DURATION: 9:17

TYPE: People and Perspectives Interview Show

DESCRIPTION: This May, during Women's Health Month, one big health concern facing millions of women is Atrial Fibrillation or A-Fib. A-Fib can affect both men and women, however women are at two-times greater risk of death compared to men. Complicating this statistic for women too is the fact they are often misdiagnosed or not diagnosed at all with this heart rhythm disorder because they suffer more atypical symptoms. Most common symptoms include: a quivering or fluttering heartbeat, General fatigue. A rapid and irregular heartbeat. Fluttering or "thumping" in the chest. Dizziness. Shortness of breath and anxiety. Weakness. Faintness or confusion, and fatigue when exercising. Early diagnosis can increase a patient's chance of survival and returning to a normal life. There are many medication options and other treatments including catheter ablation.

GUESTS: Dr. Saumil Oza, Electrophysiologist and Chief of Cardiology at Ascension/St. Vincent's Medical Center

Kathy Foster, AFib patient

ISSUE: Veterans & Suicide

HOW TREATED: Program

TITLE: Be the One to Stop Veteran Suicide

DATE: May 28, 2023

TIME: 6:30am

DURATION: 9:47

TYPE: People and Perspectives Interview Show

DESCRIPTION: As we get ready to celebrate Memorial Day on Monday, a day to remember our fallen soldiers, there are things we can do to also help those that served on the front lines from becoming a statistic. The number one issue facing veterans today is suicide. Estimates vary as to how many take their lives each day; the VA reports 17 daily, with other sources reporting up to 24 a day nationally, but one is too many. That's why the American Legion wants all Americans to 'Be the One,' to save one. Learn how you can help, by visiting www.betheone.org." For more on the American Legion and the many initiatives they are working on that you can help with to help our soldiers after their service go to: www.legion.org

GUEST: Vincent J. "Jim" Troiola
American Legion National Commander

ISSUE: Heathcare & Strokes

HOW TREATED: Program

TITLE: What to know about Strokes from treatment to prevention

DATE: June 4, 2023

TIME: 6:30am

DURATION: 13:51

TYPE: People and Perspectives Interview Show

DESCRIPTION: According to the CDC when it comes to strokes among adults, every 40 seconds someone suffers a stroke with every 3.5 minutes, someone dies because of it, making it the number 5 cause of death and leading cause of disability in the U.S. There are two main types of stroke: ischemic stroke and hemorrhagic stroke. An ischemic stroke occurs when a blood clot blocks blood flow in an artery within the brain. A hemorrhagic stroke, however, occurs when a blood vessel leaks or ruptures within the brain. Its major subtype, intracerebral hemorrhage (ICH), can be very serious and have serious consequences. There are some things a person can do to help reduce their odds of having a stroke, including choosing healthy meal and snack options, keeping a healthy weight, getting regular physical activity, not smoking, limiting alcohol, controlling blood pressure and having regular check-ups with a doctor to monitor health and potential signs. For more on stroke prevention and stroke treatment visit <https://www.upmc.com/services/south-central-pa/neurosciences/stroke>

GUEST: Dr. Scott Miekley
Emergency Medicine, UPMC Carlisle

ISSUE: Heathcare & Birth Mortality

HOW TREATED: Program

TITLE: Birth Mortality Rates on the Rise in the US

DATE: June 4, 2023

TIME: 6:30am

DURATION: 9:33

TYPE: People and Perspectives Interview Show

DESCRIPTION: Maternal Mortality Rates in the United States have continued to climb over the last several years. According to the CDC, the most recent data from 2021 cites 1,205 women died of maternal causes compared with 861 in 2020 and 754 in 2019. When you also analyze that, the data also finds that black women in the U.S are 3 to 4 times more likely to die in this situation than white women. The top causes of maternal deaths are severe bleeding (mostly bleeding after childbirth); infections (usually after childbirth); high blood pressure during pregnancy (pre-eclampsia and eclampsia); and complications from delivery. It's predicted that without proper expansion of health insurance coverage and investments in existing policies and programs specifically for women of color, the maternal mortality crisis will only worsen. No parent—regardless of race or ethnicity—should fear for their life when bringing a child into the world. Key measures to protect maternal and child health long after pregnancy, including jobs that provide a living wage; health insurance and paid family and medical leave; access to quality and affordable child care; and safe housing and nutritious food. For more information, visit www.rwjf.org/birthjustice.

GUESTS: Monique Simone Shaw, Robert Wood Johnson Foundation's Chief Health Officer

Monique Matthews, PBS' Birthing Justice Documentarian

ISSUE: Environment & Preventing Wildfires

HOW TREATED: Program

TITLE: Wildfire Prevention starts with you

DATE: June 4, 2023

TIME: 6:30am

DURATION: 6:28

TYPE: People and Perspectives Interview Show

DESCRIPTION: When talking about wildfire prevention, it's the small changes that can make a big impact on the solution. Most recent statistics show that none out of ten forests and wildfires are started by humans; in Pennsylvania that statistic is above the national average. In the Commonwealth, there were more than 7,900 wildfires between 2010 and 2020 with 99% of those caused by people. Critical wildfire prevention tips, including knowing where to park your vehicle to lessen the risk of starting a wildfire and other vehicle-related wildfire prevention tips, Checking for local camping and fire restrictions, how to properly extinguish a campfire and what tools you should always have on hand, what to keep in mind when mowing the lawn and using equipment outdoors as we enter warmer season weather, and how to properly attach and check tow chains. Smokey The Bear continues with his message and his signature phrase "Only You Can Prevent Wildfires," with a new radio PSAs featuring Smokey Bear voiced by Sam Elliot to give more tips and facts.

GUEST: Stacey Lacey
USDA Forest Service
Fire Prevention Technician

ISSUE: Homelessness & Food Insecurity

HOW TREATED: Program

TITLE: Taking care of those in need starts with one mission

DATE: June 11, 2023

TIME: 6:30am

DURATION: 28:00

TYPE: People and Perspectives Interview Show

DESCRIPTION: Bethesda Mission has been meeting the needs of the homeless in the Harrisburg area since 1914. Providing shelter and recovery counseling for an average of 110 men and 25 women in two facilities, as well as after-school and summer programs for local children and teens, the Mission served over 130,000 meals and assisted over 5,000 separate individuals just last year. The mission is working this summer to expand its services with a Community Center for after school care and other activities to inspire the youth and give them a safe destination, who otherwise couldn't afford it. For more on the Bethesda Mission go bethesdamission.org

GUEST: Scott Dunwoody
Executive Director
Bethesda Mission

ISSUE: Public Safety & Summer Safety

HOW TREATED: Program

TITLE: Summertime Safety from the grill to the beach

DATE: June 18, 2022

TIME: 6:30am

DURATION: 20:02

TYPE: People and Perspectives Interview Show

DESCRIPTION: The Summer Solstice is days away, June 21st, a time most people are getting in high gear with all the fun associated with this time of year. There are several safety precautions to keep in mind to make sure it's also a safe summer for all. Starting with barbeques and picnics, as they can potentially be a breeding ground for foodborne illnesses. The CDC estimates that each year 48 million Americans get sick because of it, 128,000 will be hospitalized with 3,000 dying from it. Things to pay attention to, whether hosting or a guest, is making sure all meat, poultry, and seafood are thoroughly washed before grilling or cooking. Knowing the correct cooking temperature to kill bacteria, using fresh clean plates every time while serving food, along with keeping an eye on the time perishable food is outside, especially in the hot weather. Signs of food poisoning symptoms may include cramping, nausea, vomiting, or diarrhea. More severe symptoms to watch out for can include body chills, dehydration, dizziness, fatigue, fever, lightheadedness, loss of appetite, malaise, or sweating. Another typical fun summertime activity is swimming, but there are dangers lurking with that if not careful. According to the CDC, every year in the United States there are an estimated: 4,000* fatal unintentional drownings—that is an average of 11 drowning deaths per day and it's the leading cause of death for children ages 1 to 4. In addition, drowning doesn't mean death. There are 8,000 drowning survivors each year, but this can lead to other long term health issues including brain damage. Certain factors make drowning more likely include Not being able to swim, Missing or ineffective fences around water, lack of close supervision, not wearing life jackets or using proper floatation devices, and drinking alcohol. Other tips to keep in mind for a safe summer and long-term health is to wear proper sunscreen and continue to reapply after swimming and sweating. Wear protective clothing if you can. And when the temperatures get high seek shelter and air conditioning as often as you can, especially if elderly or immune-compromised so as not to suffer other health emergencies, such as heat stroke. For more information go to wellspan.org

GUEST: Valerie Myers
Certified Registered Nurse Practitioner
WellSpan Health's Urgent Care in Chambersburg

ISSUE: Public Safety & Fireworks Safety

HOW TREATED: Program

TITLE: The laws and safety tips for 4th of July Holiday

DATE: June 18, 2023

TIME: 6:30am

DURATION: 8:27

TYPE: People and Perspectives Interview Show

DESCRIPTION: Often 4th of July celebrations go hand in hand with fireworks, but there are also many rules and regulations in place for them. This includes being at least 18 years old, sober when igniting them and not lighting them in a car or structure. In PA, only class C fireworks are legal, despite some businesses that can sell more potent fireworks. Even if you can legally buy, there are still safety times to keep in mind, as if not used properly can cause severe burns and even loss of limbs. For tips, go to befiresafepa.com. Being mindful of your neighbor, if have skittish pets or PTSD and would have more trauma caused by certain fireworks.

GUEST: Bruce Trego
Pennsylvania State Fire Commissioner

ISSUE: Financial Security

HOW TREATED: Program

TITLE: Getting in check with your financial health

DATE: June 25, 2023

TIME: 6:30am

DURATION: 17:48

TYPE: People and Perspectives Interview Show

DESCRIPTION: It's reported by the Federal Reserve that Americans owe 683 billion dollars on their credit cards, an increase of \$61 billion from 2021 to 2022, with 60% of Americans say they are living paycheck to paycheck. In addition, 44% of Americans say they don't have \$400 to cover an emergency, all leading to over 70% of Americans saying they feel stressed over their financial situation. Along with the current challenges of interest rates, food costs, housing, and utilities on the rise, all this can cause the average American much stress. When it comes to dealing with all this, a financial therapist may be the key. Financial therapy exists to help people with the overlap of mental health and personal finance. A therapist can look at the way money shows up holistically in a person's life. Rather than solely focusing on budgets, financial goals, and retirement plans, financial therapists look at the way individuals and couples think, feel, and behave with their money. Some tips to help with your financial health is to not blame yourself for the difficulty, as there are things you can control and others you can't, such as the economy. A person does need to find balance and look for better planning skills, to help with the good mental health aspect for the future. And for parents trying to get their kids on the right path for financial knowledge, it's never too easy to start. According to a recent report from the Bureau of Labor and Statistics, at the peak of last summer, more than 55 percent of our youth, between the ages of 16 and 24 were employed. That means getting a real paycheck (and paying taxes) and doesn't include those that may do odd, side jobs that get cash payments, such as babysitting and yard work. Setting up financial goals with this money can help teach aspects of saving for the future. From opening their first bank account to the college student looking to live on their own for the first time, there are always goals that can be put into place to learn how to be able to spend and save wisely.

GUESTS: Dr. Erika Rasure
Financial Therapist

Matt Gromada
Head of Family Banking at Chase

ISSUE: Prescription Drug Costs

HOW TREATED: Program

TITLE: The struggle with affordable medications

DATE: June 25, 2023

TIME: 6:30am

DURATION: 4:56

TYPE: People and Perspectives Interview Show

DESCRIPTION: Too many Americans are struggling to access and afford their healthcare. But adults largely agree on what policymakers at the state level should be doing to deliver relief to patients at the pharmacy counter. A new nationwide poll on behalf of PhRMA finds that 86 percent agree that lowering out-of-pocket costs should be a top priority. Among the most-popular solutions is ensuring that patients don't pay more for their medicine than insurance companies or their middlemen, such as pharmacy-benefit managers (PBMs): 80 percent of adults agree that lawmakers should require them to pass the rebates and discounts that they receive directly to patients. As lawmakers look for ways to address affordability and access to healthcare, many are questioning abuses of the system by PBMs and insurers. Luckily, there are several solutions that state legislators can implement today that would bring real improvements and more accountability. To learn more, visit PhRMA.org/States.

GUEST: Stami Williams
PhRMA

ISSUE: Healthcare & Hearing and Speech Delays

HOW TREATED: Program

TITLE: Hear this, the struggles some kinds are having

DATE: June 25, 2023

TIME: 6:30am

DURATION: 6:28

TYPE: People and Perspectives Interview Show

DESCRIPTION: It appears there is a growing concern over hearing and speech delays among children 5 and under, according to a new national poll conducted among speech pathologists and audiologists. The findings show 34% more children with delayed diagnosis of hearing loss and 36% more children with untreated (persistent) ear infections that could interfere with communication development, compared to before the pandemic. And among speech-language pathologists, 84% report more children with emotional or behavioral difficulties; 79% report more children with delayed language or diagnosed language disorders; and 78% report more children with social communication difficulties than before the pandemic. For more on this survey and resources available to help parents with questions or concerns, visit [ASHA.org](https://www.asha.org).

GUESTS: Robert Augustine
President of the American Speech-Language Hearing Association

Tena McNamara
Audiologist