

WBTZ RADIO STATION
QUARTERLY ISSUE/PROGRAM LIST
JANUARY 1, 2016 THROUGH MARCH 31, 2016

ECONOMY/BUSINESS TRENDS

ENVIRONMENT

EDUCATION/SAFETY

HEALTH

FUND RAISING/VOLUNTEERISM

AGING

MARCH 31, 2016
GINNY McGEHEE
WJOY/WOKO/WKOL/WBTZ/WIZN RADIO
HALL COMMUNICATIONS

**WJOY/WOKO/WKOL/WIZN/WBTZ QUARTERLY REPORT
JANUARY 1 - MARCH 31, 2015**

The following pages list the programs aired on WJOY/WOKO/WKOL/WIZN/WBTZ during the first quarter of 2016. The programs, *In Touch*, *North Country Commerce*, *Health Source*, *Aging Matters* and *Self Talk Radio* address a variety of issues of concern in our listening area. These programs are fifteen minutes in length and run on Sundays on WJOY in the 8am hour, on WOKO and WKOL in the 9pm hour and on WIZN and WBTZ in the 7am hour.

Ginny McGehee
March 31, 2016

AGING

PROGRAM: In Touch

DATE/TIME: 1/3/16 @7am

GUEST: Tina Grey, North Country Regional Director for OATS

DESCRIPTION: a discussion about Older Adults Technology Services and the new Senior Planet Exploration Center at Plattsburgh's Champlain Centre Mall partly supported by New York State

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE/TIME: 1/3/16 @7:45am

GUESTS: Robert Poulin and Amy Gehrig of the North Country Center for Independence

DESCRIPTION: a discussion about the services available to people with disabilities throughout Northern New York with N.C.C.I.

HOST: Maria Alexander, SCCCC

PROGRAM: In Touch

DATE/TIME: 1/17/16 @7am

GUEST: Marianne Apfelbaum, director and founder of the annual 50-Plus Exposition

DESCRIPTION: a discussion about the 20th annual event for people 50 years of age and older held at the Sheraton Burlington with vendors, workshops, entertainment and more

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE/TIME: 1/24/16 @7:45am

GUESTS: Robert Poulin and Cindy Bryant of North Country Center for Independence

DESCRIPTION: part 2 of the 1/3/16 program discussing the services offered to the blind and disabled in northern New York

HOST: Maria Alexander, SCCCC

PROGRAM: In Touch

DATE/TIME: 2/7/16 @7am

GUEST: Gary Ely, board president of Vermont Senior Games

DESCRIPTION: a discussion about the organization advocating exercise and sports competition for adults 50 and older, about various sports programs around the state and the national competitions for seniors

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE/TIME: 2/7/16 @7:45am

GUESTS: Lee Berra, Melanie and Erin of Trailblazers

DESCRIPTION: a discussion about the Senior Citizens Council in Clinton County working to expand walking trails for seniors

HOST: Maria Alexander, SCCCC

PROGRAM: North Country Commerce

DATE/TIME: 1/24/16 @7:15am

GUESTS: Pamela McGarry and Joe Carton of the Vermont Convention Center

DESCRIPTION: a discussion about the VCB and its impact on the state's economy

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 1/31/16@7:15am

GUEST: Bruce Garcia of J.C.E.O.

DESCRIPTION: part 2 of the discussion about JCEO programs including the Federal Head Start, fuel assistance, food pantries throughout Franklin and Clinton counties

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: North Country Commerce

DATE/TIME: 2/7/16 @7:15am

GUEST: Cari Kelly of the Lake Champlain Workforce Collaborative

DESCRIPTION: a discussion about the Small Business Summit and the workforce program available at the chamber

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 2/21/16 @7:15am

GUESTS: Patricia Preston and Vera Surat of the Vermont Council on World Affairs

DESCRIPTION: a discussion about the VCWA programs, international relations and a Cuba trip in partnership with Burlington College

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 2/28/16 @7:15am

GUEST: Francis Berry

DESCRIPTION: a discussion about the history of the Plattsburgh Air Force Base and its current-day redevelopment with the retired Air Force pilot of B-52s and FB111s

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: North Country Commerce

DATE/TIME: 3/6/16 @7:15am

GUEST: Cari Kelly of the LCRCC

DESCRIPTION: a discussion about leadership development, training to high school students for leadership and workforce training

HOST: Tom Torti, LCRCC

PROGRAM: In Touch

DATE/TIME: 3/13/16 @7am

GUEST: Holly Baker, assistant director of South Burlington Recreation and Parks Department

DESCRIPTION: a discussion about the variety of programs offered by SBRP for all ages and its work with the community and other organizations

HOST: Ginny McGehee

ENVIRONMENT

PROGRAM: In Touch

DATE/TIME: 2/14/16 @7am

GUEST: Paul Costello, director of the Vermont Council on Rural Development

DESCRIPTION: a discussion about the economic bounce businesses in the state can create in developing solutions to combat climate change and the second summit being held with business leaders on February 22nd

HOST: Ginny McGehee

PROGRAM: North Country Commerce

DATE/TIME: 2/14/16 @7:15am

GUEST: Bill Howland

DESCRIPTION: a discussion about the state of Lake Champlain's water quality and what is on the agenda to address it

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: In Touch

DATE/TIME: 3/27/16 @7am

GUEST: Melinda Vieux, director of Green Up Vermont, an annual effort to gather volunteers all over the state to clean up trash in communities on the first Saturday in May

DESCRIPTION: a discussion about the history of this program starting in 1970, how to participate and reminding everyone that there is a place on the state income tax form to donate to it

HOST: Ginny McGehee

FUND RAISING/VOLUNTEERISM

PROGRAM: In Touch

DATE/TIME: 1/10/16 @7am

GUEST: Stuart Comstock Gay, president and CEO of the Vermont Community Foundation

DESCRIPTION: a discussion about this organization founded in 1986 that helps Vermonters who wish to give to non-profits with large investments, overall \$16 million a year in 2015

HOST: Ginny McGehee

PROGRAM: Health Source
DATE/TIME: 1/10/16 @7:30am
GUEST: Dr. Bob Macauley
DESCRIPTION: a discussion about advanced directives and to have the discussion with family and your doctor before it is too late
HOST: Michael Carrese, UVMMC

PROGRAM: Health Source
DATE/TIME: 1/17/16 @7:30am
GUEST: Diane Imizi
DESCRIPTION: a discussion about antibiotics added to meats and other foods and how to avoid purchasing them for your family
HOST: Michael Carrese, UVMMC

PROGRAM: Self Talk Radio
DATE/TIME: 1/17/16 @7:45am
GUEST: Dr. Steve Taubman
DESCRIPTION: a discussion about hypnosis, whether you are a candidate and the benefits of hypnosis
HOST: Sarah Spencer

PROGRAM: Health Source
DATE/TIME: 1/24/16 @7:30am
GUESTS: Dr. Deborah Lange and RN Canali Demers of the palliative care service at CVPH
DESCRIPTION: a discussion about patients' options for end of life care, the importance of naming a healthcare proxy and filling out an advanced directive
HOST: Chris Blake, CVPH

PROGRAM: Health Source
DATE/TIME: 1/31/16 @7:30am
GUEST: Dr. Tony Lopez, director of the new Family Residency Program at CVPH
DESCRIPTION: a discussion about the effort to recruit more family medicine doctors to the North Country, where there is a shortage
HOST: Chris Blake, CVPH

PROGRAM: Self Talk Radio
DATE/TIME: 1/31/16 @7:45am
GUEST: Eileen McKisick, author and founder of Biofield Tuning
DESCRIPTION: a discussion about the practice of using a tuning fork to bring back the natural body rhythms to heal pain, soothe depression and be in harmony with one's self
HOST: Sarah Spencer

PROGRAM: Self Talk Radio

DATE/TIME: 2/28/16 @7:45am

GUEST: Amy Tedisco, Your Turning Point Coach

DESCRIPTION: a discussion about her program using horses to help women find turning points in their lives

HOST: Sarah Spencer

PROGRAM: Health Source

DATE/TIME: 3/6/16 @7:30am

GUESTS: Dr. Kristen Pierce, an infectious disease specialist, and Sean Diehl, PhD.

DESCRIPTION: a discussion about the origins of the Zika virus, the potential threat it could pose in the U.S. and the role UVM is playing in developing a vaccine

HOST: Alexandra Tursi, UVMMC

PROGRAM: Health Source

DATE/TIME: 3/13/16 @7:30am

GUESTS: Geri Ann Higgins and Alexandra Tursi of the UVM Medical Center Marketing and Communications Department

DESCRIPTION: a discussion about the upcoming free health education classes and how to use social media for more details and to register

HOST: Michael Carrese, UVMMC

PROGRAM: Self Talk Radio

DATE/TIME: 3/13/16 @7:45am

GUEST: Morella Devost

DESCRIPTION: a discussion about broken heartedness and a 3-day workshop on how to mend a broken heart

HOST: Sarah Spencer

PROGRAM: Health Source

DATE/TIME: 3/20/16 @7:30am

GUESTS: Deedee Remcheck and Christine Porter of the Clinton County Cancer Services

DESCRIPTION: a discussion about screenings, symptoms and risk factors for colon cancer

HOST: Chris Blake, CVPH

PROGRAM: Self Talk Radio

DATE/TIME: 3/27/16 @7:45am

GUEST: Sam Black

DESCRIPTION: a discussion about the power of forgiveness and a business that teaches how to forgive those who truly injure you

HOST: Sarah Spencer

WBTZ RADIO STATION
QUARTERLY ISSUE/PROGRAM LIST
APRIL 1, 2016 THROUGH JUNE 30, 2016

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JUNE 30, 2016
GINNY McGEHEE
WJOY/WOKO/WKOL/WBTZ/WIZN RADIO
HALL COMMUNICATIONS

WJOY/WOKO/WKOL/WIZN/WBTZ QUARTERLY REPORT
APRIL 1 - JUNE 30, 2016

The following pages list the programs aired on WJOY/WOKO/WKOL/WIZN/WBTZ during the second quarter of 2016. The programs, ***In Touch***, ***North Country Commerce***, ***Health Source*** and ***Aging Matters*** address a variety of issues of concern in our listening area. These programs are fifteen minutes in length and run on Sundays on WJOY in the 8am hour, on WOKO the 9pm hour, on WKOL in the 10pm hour and on WIZN and WBTZ in the 7am hour.

Ginny McGehee
June 30, 2016

AGING

PROGRAM: Aging Matters

DATE/TIME: 4/3/16 @7:45am

GUEST: Lisa Newton of the Social Security office in Plattsburgh

DESCRIPTION: a discussion about Social Security issues affecting New Yorkers and about "Social Security week."

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 4/17/16 @7:45am

GUEST: Amy Kretser of NCAVI

DESCRIPTION: a discussion of the programs, support and vast territory of the North Country Association for the Visually Impaired

HOST: Maria Alexander, SCCCC

PROGRAM: In Touch

DATE/TIME: 5/1/16 @7am

GUEST: Gary Ely, board president of the Vermont Senior Games

DESCRIPTION: a discussion about the statewide program involving a wide variety of sports and competitions for those 50 and older, the national senior games and the importance of exercise as we age

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE/TIME: 5/15/16 @7:45am

GUEST: Laurie Margrin of Meadowbrook Health Care in Clinton County

DESCRIPTION: a discussion about Meadowbrook's programs and services for seniors

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 6/12/16 @7:45am

GUEST: Amy Kretzer, executive director of the North Country Association for the Visually Impaired

DESCRIPTION: repeat of the 4/17/16 program

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 6/26/16 @7:45am

GUESTS: John Babbie and Lee Vanderwheel of We Care Transportation

DESCRIPTION: a discussion about their business and their work with seniors and those with disabilities

HOST: Maria Alexander, SCCCC

PROGRAM: North Country Commerce

DATE/TIME: 5/22/16 @7:15am

GUESTS: Steven Inglehart and Howie Kirshenbaum of Adirondack Architectural Heritage

DESCRIPTION: a discussion about Adirondack architecture and the work of their organization

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: North Country Commerce

DATE/TIME: 5/29/16 @7:15am

GUEST: Matt Orden of LCRCC

DESCRIPTION: a discussion about the impact information centers in Vermont have on tourism and businesses

HOST: Tom Torti, president of LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 6/12/16 @8:15am

GUEST: Mike Shea, owner of the Spirit of Ethan Allen cruise ship on Lake Champlain

DESCRIPTION: a discussion about the economic and cultural history of SOEA

HOST: Tom Torti, president of LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 6/19/16 @7:15am

GUEST: USAF retired pilot Frank Berry

DESCRIPTION: a discussion about the history of the Plattsburgh Air Force Base and its closing

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: North Country Commerce

DATE/TIME: 6/26/16 @7:15am

GUEST: Gail Albert of Shelburne Vineyards

DESCRIPTION: a discussion about Shelburne Vineyards from its beginnings and winemaking in Vermont and Upstate New York

HOST: Tom Torti, president of LCRCC

EDUCATION/SAFETY

PROGRAM: In Touch

DATE/TIME: 5/8/16 @7am

GUEST: Doug Bishop, communications director of the Greater Burlington YMCA

DESCRIPTION: a discussion about the Y's programs for everyone from infants to seniors, its eventual move to a new place in Burlington, camps, nutrition, education and its programs in Winooski

HOST: Ginny McGehee

FUNDRAISING/VOLUNTEERISM

PROGRAM: Aging Matters

DATE/TIME: 5/1/16 @7:45am

GUEST: Laurie Williams and Carrie Haley of the Foundation at CVPH

DESCRIPTION: a discussion about fundraising and upcoming events at CVPH

HOST: Maria Alexander, SCCCC

PROGRAM: In Touch

DATE/TIME: 5/29/16 @7am

GUEST: Bernie Echo, president of the University of Vermont Medical Center Auxiliary

DESCRIPTION: a discussion about the auxiliary's work helping the hospital with a variety of projects like cancer support, pediatric programs and cardiac equipment through large fundraising efforts and the open membership to the auxiliary

HOST: Ginny McGehee

PROGRAM: In Touch

DATE/TIME: 6/29/16 @7am

GUEST: Kelly Dougherty, executive director of Women Helping Battered Women, now named Steps to End Domestic Violence in Chittenden County

DESCRIPTION: a discussion about the organization helping victims of abuse with their helpline, housing, education and prevention, legal advocacy, children and youth services and the name change to better reflect their services

HOST: Ginny McGehee

HEALTH

PROGRAM: In Touch

DATE/TIME: 4/3/16 @7am

GUESTS: Autumn Spencer, comedian and writer, and Crystal Vendrell. VNA Special Events Coordinator

DESCRIPTION: a discussion about the annual "Spring Blooms! Fashion Show and Dinner" to benefit the VNA Family Room Parent Child Center

HOST: Ginny McGehee

PROGRAM: Health Source

DATE/TIME: 4/3/16 @7:30am

GUEST: Molly Ryan, manager of volunteer services at CVPH

DESCRIPTION: a discussion about the many volunteer opportunities at CVPH, who can volunteer and the process to join

HOST: Chris Blake, CVPH

PROGRAM: Health Source

DATE/TIME: 5/1/16 @7:30am

GUESTS: Karrie Lauzon and Shannon Bressette, senior physical therapists at CVPH

DESCRIPTION: a discussion about tissue therapies that relieve chronic pain and other musculoskeletal problems

HOST: Chris Blake, CVPH

PROGRAM: Health Source

DATE/TIME: 5/8/16 @7:30am

GUEST: Kelly Luchen, RN, organ donation coordinator at CVPH

DESCRIPTION: a discussion about the need for organs and other body parts and how to register to be a donor

HOST: Chris Blake, CVPH

PROGRAM: Self Talk/Aging Matters

DATE/TIME: 5/8/16 @7:45am

GUEST: Wendy Friessen, hypnotist

DESCRIPTION: a discussion about hypnotism and its role in helping with addictions

HOST: Sarah Spencer

PROGRAM: Health Source

DATE/TIME: 5/15/16 @7:30am

GUEST: Patty Prelock, PhD, Dean of the UVM College of Nursing and Health

DESCRIPTION: a discussion about the college, the role of nurses and other health professionals and ongoing research projects

HOST: Michael Carrese, UVMMC

PROGRAM: In Touch

DATE/TIME: 5/22/16 @7am

GUEST: Ayesha Raftery, director of development and public education for the Vermont Association for the Blind and Visually Impaired

DESCRIPTION: a discussion about the organization's 90th anniversary, their programs for children through adults and their outreach and care for those aging and struggling with eyesight

HOST: Ginny McGehee

PROGRAM: Health Source

DATE/TIME: 5/22/16 @7:30am

GUEST: Maria Hayes, director of the Alice T. Miner Women and Children's Center at CVPH

DESCRIPTION: a discussion about the organization and tips on keeping babies safe

HOST: Chris Blake, CVPH

PROGRAM: Health Source

DATE/TIME: 6/19/16 @7:30am

GUEST: Dave Keelty, director of Facilities Planning at the UVM Medical Center

DESCRIPTION: a discussion about a new single-room inpatient building and how patients and visitors will be affected by the construction process over the next 2 years

HOST: Michael Carrese, UVMMC

PROGRAM: Self Talk/Aging Matters

DATE/TIME: 6/19/16 @7:45am

GUEST: Wendy Friessen

DESCRIPTION: a repeat of 5/8/16 program

HOST: Sarah Spencer

PROGRAM: Health Source

DATE/TIME: 6/26/16 @7:30am

GUEST: Dr. Bob Gramling, director of palliative care at UVMMC

DESCRIPTION: a discussion about what palliative care is, how it helps patients deal with terminal illness and how to discuss dying

HOST: Michael Carrese, UVMMC

WBTZ RADIO STATION
QUARTERLY ISSUE/PROGRAM LIST
JULY 1, 2016 THROUGH SEPTEMBER 30, 2016

ECONOMY/BUSINESS TRENDS

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SEPTEMBER 30, 2016
GINNY McGEHEE
WJOY/WOKO/WKOL/WBTZ/WIZN RADIO
HALL COMMUNICATIONS

WJOY/WOKO/WKOL/WIZN/WBTZ QUARTERLY REPORT
JULY 1 - SEPTEMBER 30, 2016

The following pages list the programs aired on WJOY/WOKO/WKOL/WIZN/WBTZ during the third quarter of 2016. The programs, ***In Touch***, ***North Country Commerce***, ***Health Source*** and ***Aging Matters*** address a variety of issues of concern in our listening area. These programs are fifteen minutes in length and run on Sundays on WJOY in the 8am hour, on WOKO the 9pm hour, on WKOL in the 10pm hour and on WIZN and WBTZ in the 7am hour.

Ginny McGehee
September 30, 2016

AGING

PROGRAM: Aging Matters

DATE/TIME: 7/10/16 @7:45am

GUEST: Lisa Newton

DESCRIPTION: a discussion about Social Security registration events in Clinton County and registering on-line

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 7/24/16 @7:45am

GUESTS: Robert Poulin and Cindy Bryan of the North Country Center for Independence

DESCRIPTION: a discussion the organization that advocates for the disabled throughout upstate New York

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 8/7/16 @7:45am

GUEST: Dr. Richard Durrant

DESCRIPTION: a discussion about the SUNY Plattsburgh Center for Neuro-behavioral health and dementia care in the North Country

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 8/21/16 @7:45am

GUEST: Patti Collean of SCCCC

DESCRIPTION: a discussion about on-going and special events for late summer and early fall for seniors in Clinton County

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 9/4/16 @7:45am

GUESTS: Ray and Joanne Michaels

DESCRIPTION: a discussion about the Alzheimer's walk in Plattsburgh, raising awareness and finding a cure

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 9/18/16 @7:45am

GUESTS: Jonah Milliken and Beth O'Connor of Plattsburgh Rehab Nursing

DESCRIPTION: a discussion about the 3rd Age Adult Day Care Center and its now being called the Plattsburgh Adult Day Service for those with medical needs

HOST: Maria Alexander, SCCCC

PROGRAM: North Country Commerce

DATE/TIME: 8/7/16 @7:15am

GUEST: Emily Bodecker, executive director of Local Motion

DESCRIPTION: a discussion about the organization's work to incorporate more bicycling in the Greater Burlington area, opportunities and issues to make it work for everyone

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 8/14/16 @7:15am

GUESTS: Annie Stoltie, Kelly Hoff-Schneider and Betsy Fallnell of Adirondack Life Magazine

DESCRIPTION: a discussion about the magazine's new photo essay on life in the Adirondacks including historic, cutting edge and iconic images

HOST: Thom Hallock, Mtn. Lake PBS

PROGRAM: North Country Commerce

DATE/TIME: 8/21/16 @7:15am

GUEST: Mike Shea, owner and skipper of the Spirit of Ethan Allen docked in Burlington

DESCRIPTION: a discussion about summer cruising on Lake Champlain, the geology and history seen along the way

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 8/28/16 @7:15am

GUEST: beekeeper Dick Cranford

DESCRIPTION: a discussion about honeybee die-off in the Adirondacks, the importance of the honeybee and how the population fluctuates

HOST: Thom Hallock, Mtn. Lake PBS

PROGRAM: North Country Commerce

DATE/TIME: 9/4/16 @7:15am

GUEST: Katy Taylor of LCRCC

DESCRIPTION: a discussion about entrepreneurship, workforce development in Vermont and developing an entrepreneurial spirit

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 9/11/16 @7:15am

GUEST: Ed Kanze, guide in the Adirondacks

DESCRIPTION: a discussion about nature in the Adirondacks and the wild, wild east!

HOST: Thom Hallock, Mtn. Lake PBS

PROGRAM: In Touch

DATE/TIME: 9/25/16 @7am

GUEST: Linda Johnson, executive director of Prevent Child Abuse Vermont

DESCRIPTION: a discussion about the organizations work to keep children safe, educate young parents on child care, the achievements of their 40 years and what work remains ahead with opiate addiction and an upcoming all-day conference

HOST: Ginny McGehee

ENVIRONMENT

PROGRAM: North Country Commerce

DATE/TIME: 7/31/16 @7:15am

GUESTS: Bob Bullock and Dave Gibson

DESCRIPTION: a discussion about the efforts to protect the wildernesses in New York State since 1894

HOST: Thom Hallock, Mtn. Lake PBS

FUND RAISING/VOLUNTEERISM

PROGRAM: In Touch

DATE/TIME: 7/3/16 @7am

GUESTS: Don and Bernadette Pierson

DESCRIPTION: a discussion about their new non-profit, Conquer the Day, dedicated to their son, who died in his early 20s from a rare cancer. Similar to Make-A-Wish, the organization grants experiences for young adults dealing with severe illnesses

HOST: Ginny McGehee

PROGRAM: In Touch

DATE/TIME: 7/10/16 @7am

GUESTS: Mary Brandt and Michelle Helebra of biomedical services (blood) for the Red Cross of VT/NH

DESCRIPTION: a discussion about the need for blood donors during the summer, how blood is used and what it takes to donate

HOST: Ginny McGehee

PROGRAM: Health Source

DATE/TIME: 7/10/16 @7:30am

GUEST: Bernie echo, president of the University of Vermont Medical Center Auxiliary

DESCRIPTION: a discussion about non-profit that raises money and gives the most to the hospital's programs and pays for important equipment

HOST: Michael Carrese, UVMCC

PROGRAM: In Touch

DATE/TIME: 7/17/16 @7am

GUEST: Ayesha Raftery, director of development and public education for the Vermont Association for the Blind and Visually Impaired

DESCRIPTION: a discussion about the organization's 90th anniversary, its history, their programs for children to seniors and their outreach and care for those aging and struggling with eyesight

HOST: Ginny McGehee

PROGRAM: Health Source

DATE/TIME: 7/17/16 @7:30am

GUEST: Lynette Reep, interpreter coordinator at UVM Medical Center

DESCRIPTION: a discussion about how UVMMC provides care to patients who are deaf, blind or who have limited understanding of the English language

HOST: Michael Carrese, UVMMC

PROGRAM: Self Talk

DATE/TIME: 7/17/16 @7:45am

GUEST: Bill Atkinson, a former Navy SEAL

DESCRIPTION: a discussion about his training and how it can be applied to others for a healthier body and mind

HOST: Sarah Spencer

PROGRAM: Health Source

DATE/TIME: 7/24/17 @7:30am

GUEST: the director of Nutrition Services at CVPH

DESCRIPTION: a discussion about the role nutrition has in healing and prevention and information on the most recent dietary recommendations

HOST: Chris Blake, CVPH

PROGRAM: Health Source

DATE/TIME: 7/31/16 @7:30am

GUEST: Dr. Debra Leonard, chair of pathology at the UVMMC

DESCRIPTION: a discussion about recent advances in using DNA information to prevent and treat disease and what patients want to know about it

HOST: Michael Carrese, UVMMC

PROGRAM: Health Source

DATE/TIME: 7/31/16 @7:30am

GUEST: Dr. Debra Leonard, chair of pathology at the UVMMC

DESCRIPTION: a discussion about recent advances in using DNA information to prevent and treat disease and what patients want to know about it

HOST: Michael Carrese, UVMMC

PROGRAM: Self Talk

DATE/TIME: 8/28/16 @7:45am

GUEST: Lisa Tremblay Rees, CEO of LTR Leadership and Leadership Coach for Homeland Security

DESCRIPTION: a discussion about emotions, how to pump up emotional intelligence and how to deal with them at the office

HOST: Sarah Spencer

PROGRAM: Health Source

DATE/TIME: 9/4/16 @7:30am

GUEST: Dr. Elizabeth McGee, director of reproductive services at the UVMMC

DESCRIPTION: a discussion about the causes, risk factors and treatments for infertility

HOST: Michael Carrese, UVMMC

PROGRAM: In Touch

DATE/TIME: 9/11/16 @7am

GUEST: Jane Mitchell, development director for the Alzheimer's Association, Vermont Chapter

DESCRIPTION: a discussion about the disease, research, funding, the programs offered to those with the disease and their caregivers and the upcoming Walk to End Alzheimer's at Shelburne Museum

HOST: Ginny McGehee

PROGRAM: Health Source

DATE/TIME: 9/11/16 @7:30am

GUEST: Stacey Lefebvre of CVPH

DESCRIPTION: a discussion about medical services and survivorship programs such as the "Eat Dessert First" with the American Cancer Society

HOST: Chris Blake, CVPH

PROGRAM: Health Source

DATE/TIME: 9/18/16 @7:30am

GUEST: Dr. Nathan Endres, orthopedic specialist at UVMMC

DESCRIPTION: a discussion about sports medicine, common sports-related injuries and the options for treatment and rehabilitation

HOST: Michael Carrese, UVMMC

PROGRAM: Health Source

DATE/TIME: 9/25/16 @7:30am

GUEST: Dr. Christopher Grace, infectious disease specialist at UVMMC

DESCRIPTION: a discussion about this year's flu virus, vaccination, recommended timing to get the shot, treatment and prevention

HOST: Michael Carrese, UVMMC

WBTZ RADIO STATION
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DECEMBER 31, 2016
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WJOY/WOKO/WKOL/WIZN/WBTZ QUARTERLY REPORT
OCTOBER 1 - DECEMBER 31, 2016

The following pages list the programs aired on WJOY/WOKO/WKOL/WIZN/WBTZ during the fourth quarter of 2016. The programs, *In Touch*, *North Country Commerce*, *Health Source*, *Aging Matters* and *Self Talk Radio* address a variety of issues of concern in our listening area. These programs are fifteen minutes in length and run on Sundays on WJOY in the 8am hour, on WOKO the 9pm hour, on WKOL in the 10pm hour and on WIZN and WBTZ in the 7am hour.

Ginny McGehee
December 31, 2016

AGING

PROGRAM: In Touch

DATE/TIME: 10/2/16 @7am

GUEST: Mike Hall, CEO of the Champlain Valley Agency on Aging

DESCRIPTION: a discussion about the history of the agency, its programs, volunteers and the change of its name to Age Well to better describe the organization

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE/TIME: 10/2/16 @7:45am

GUESTS: John Babbie and Lee Vanderwhele of Wee Care Transportation

DESCRIPTION: a discussion about the company providing safe, reliable transportation for seniors in northern New York

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 10/16/16 @7:45am

GUESTS: various clients of the Senior Citizens Council of Clinton County

DESCRIPTION: a discussion about the Senior Center in Plattsburgh, their activities and the scholar program for continuing education for seniors

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE/TIME: 10/30/16 @7:45am

GUEST: Mary Buckley Levante of Clinton County Resource

DESCRIPTION: a discussion about informal caregivers in the region and referrals, information and support for caregivers and for in-home respite care

HOST: Maria Alexander, SCCC

PROGRAM: Aging Matters

DATE/TIME: 11/13/16 @7:45am

GUESTS: Robert Poulin and Cindy Bryan of NCCI

DESCRIPTION: a discussion about the North Country Center for Independence and its services assisting senior with disabilities including advocacy on their behalf with both state and federal government

HOST: Maria Alexander, SCCC

PROGRAM: In Touch

DATE/TIME: 11/20/16 @7am

GUEST: Mike Hall, CEO of the Champlain Valley Agency on Aging

DESCRIPTION: a repeat of the 10/2/16 program

HOST: Ginny McGehee

PROGRAM: North Country Commerce

DATE/TIME: 10/16/16 @7:15am

GUEST: Gale Alberts of Shelburne Vineyards

DESCRIPTION: a discussion about fall tourism with area vineyards and the growing wine industry in Vermont

HOST: Tom Torti, LCRCC

PROGRAM: In Touch

DATE/TIME: 10/23/16 @7am

GUESTS: Sharon Kneiss, CEO of the National Waste & Recycling Association and Brian Groshon, a former army aviator with two tours in Afghanistan

DESCRIPTION: a discussion of the waste industry and its employment of veterans across the country and regionally with Casella Waste Systems

HOST: Ginny McGehee

PROGRAM: North Country Commerce

DATE/TIME: 10/23/16 @7:15am

GUEST: Tamika Weatherspoon

DESCRIPTION: a discussion about successful businesses in Clinton County, including Mold Rite Plastics, the maker of millions of bottles used world-wide for foods and pharmaceuticals

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: Self Talk Radio

DATE/TIME: 10/23/16 @7:45am

GUEST: Barbara Stanny

DESCRIPTION: a discussion with a woman, who had it all, lost it all and then learned how to make a six figure salary on her own passes along her secrets to success

HOST: Sarah Spencer

PROGRAM: In Touch

DATE/TIME: 10/30/16 @7am

GUESTS: Chris Loso of Loso Janitorial Services and Nate Piper of Creative Workforce Solutions

DESCRIPTION: a discussion about the employment of people with disabilities and the Governor's Committee, filling jobs while the state has low unemployment numbers and how employers and those workers with disabilities come together.

HOST: Ginny McGehee

PROGRAM: North Country Commerce

DATE/TIME: 10/30/16 @7:15am

GUEST: Josh Palace of the Spirit of Ethan Allen

DESCRIPTION: a discussion about tourism on Lake Champlain and the perspective from the water aboard the Spirit for scenic cruises, history, weddings and other celebrations

HOST: Tom Torti, LCRCC

PROGRAM: North Country Commerce

DATE/TIME: 12/11/16 @7:15am

GUESTS: Dave Davis and Ben Corneau

DESCRIPTION: a discussion with the winners of the 2016 Hack V-T competition and the app they developed called "Code Shepherd" that teaches kids the skills of coding computer programs

HOST: Tom Torti, LCRCC

PROGRAM: In Touch

DATE/TIME: 12/18/16 @7am

GUEST: Chloe Elliot, communications manager of the Vermont Ski Areas Association

DESCRIPTION: a discussion about skiing, the recent Women's World Cup competition at Killington, their programs for all ages in downhill, snowboard and cross country and the importance of marketing and tourism in Vermont

HOST: Ginny McGehee

EDUCATION/SAFETY

PROGRAM: North Country Commerce

DATE/TIME: 10/9/16 @7:15am

GUESTS: Jack LaDuke and Paul Larson

DESCRIPTION: a discussion about Marjorie Lansing Porter's search for traditional folk music in the Adirondacks, a movie about it and an album of modern artists singing music from this tradition

HOST: Thom Hallock, Mountain Lake PBS

PROGRAM: Health Source

DATE/TIME: 10/23/16 @7:30am

GUEST: Angela Arseno

DESCRIPTION: a discussion about how to talk to your kids about the topic of unhealthy social media use by teenagers

HOST: Michael Carrese, UVMMC

PROGRAM: North Country Commerce

DATE/TIME: 11/20/16 @7:15am

GUEST: John King, NYS Education Commissioner

DESCRIPTION: a discussion about Common Core Education, concerns of parents, students and teachers and an upcoming town hall meeting to discuss it

HOST: Thom Hallock, Mountain Lake PBS

HEALTH

PROGRAM: Health Source

DATE/TIME: 10/2/16 @7:30am

GUEST: Geri Ann Higgins of the UVMMC

DESCRIPTION: a discussion about free health classes for the public offered through the University of Vermont Healthcare Network

HOST: Michael Carrese, UVMMC

PROGRAM: In Touch

DATE/TIME: 10/9/16 @7am

GUEST: Ayesha Raftery, director of development and public education with the Vermont Association for the Blind and Visually Impaired

DESCRIPTION: a discussion about the 90th anniversary on the organization started by Helen Keller, its history and the services offered to young and old throughout the state

HOST: Ginny McGehee

PROGRAM: Health Source

DATE/TIME: 10/9/16 @7:30am

GUEST: Dr. Kim Dittus

DESCRIPTION: a discussion on the program Steps to Wellness, which teaches the benefits of exercise for those suffering debilitating diseases

HOST: Michael Carrese, UVMMC

PROGRAM: Health Source

DATE/TIME: 10/16/16 @7:30am

GUEST: Dr. Robert Williams

DESCRIPTION: a discussion about general anesthesia versus a spinal form when used on children and infants, which is safer and which can cause lasting effects in developing bodies

HOST: Michael Carrese, UVMMC

PROGRAM: Health Source

DATE/TIME: 10/30/16 @7:30am

GUEST: Maria Hayes

DESCRIPTION: a discussion about Para-natal care available through CVPH, boding with your baby, caring for a newborn and breast feeding information for new moms

HOST: Chris Blake, CVPH/UVMMC

PROGRAM: Health Source

DATE/TIME: 12/4/16 @7:30am

GUEST: Christine Holmes

DESCRIPTION: a discussion about blood clots forming during chemotherapy, how to prevent them and treat them in cancer patients

HOST: Michael Carrese, UVMMC

PROGRAM: Health Source

DATE/TIME: 12/11/16 @7:30am

GUEST: Dr. Daniel Lustgarten

DESCRIPTION: a discussion about a new mechanical device that can prevent strokes in people who have irregular heartbeats

HOST: Michael Carrese, UVMMC

PROGRAM: Health Source

DATE/TIME: 12/18/16 @7:30am

GUEST: Dr. Sally Herschorn

DESCRIPTION: a discussion about what women with dense breasts should know about the decreased effectiveness of mammography and what options they have for additional screening

HOST: Michael Carrese, UVMMC