



## Quarterly Significant Issues Report

Period 1: January 1 - March 31, 2024

Compiled by John Voket

Director of Public Affairs - Connoisseur Media (CT)

This quarterly significant issues report reflects concerns facing our local communities, and details how our radio station is responding through weekly public affairs programming, news reports, PSAs and streaming content. Our award-winning public affairs program, 'For The People' is locally produced by Public Affairs Director John Voket, and features multiple, extended focus segments and several local PSAs.

The producer regularly interacts with residents, representatives of local, regional and national organizations, as well as visiting political and community leaders to help ascertain issues and initiatives relevant to listeners. These sources help qualify programming decisions and identify guests attempting to understand, explain and/or address these concerns. The producer also monitors daily news reports to stay informed, and to respond quickly when incidents or issues require more detailed or expanded focus.

***This quarter, our program included reporting on:*** CHDI / CONNECTing Schools to Care IV Students - The Governor M. Jodi Rell Center for Public Service - CTLCV 2024 Environmental Summit - CT DCP Adult Use Cannabis - CT Voices for Children - SustainableCT - CT Council on Problem Gambling - AARP Connecticut Legislative Agenda - CT Green Bank - CT Violence Intervention and Prevention - 98th Annual Salisbury JumpFest - Chick Rosnick Boxing Club - Choose Love Movement - CT Forest & Park Association - LIV IT UP - 2-1-1 Day - New Haven Legal Assistance Association - Valley Community Foundation - Annie C. Courtney Foundation - McCall Behavioral Health Network - Connecticut Psychological Association - WBDC's IGNITE Grant Program - Beardsley Zoo's FrogWatch - Ann's Place - Central Connecticut Coast YMCA - Ruth's House - Encore: AdvanceCT - Opportunity Youth - Jersey Mike's Month of Giving / Make-A-Wish CT - CT's Chief Manufacturing Officer - Wheeler's Better Choice Gambling Treatment Program - CT Insurance Commissioner Andrew Mais - Filling in the Blanks - Homes for the Brave - ARI of Connecticut - Connecticut Ag Day 2024

Our program occasionally features a series or "special report" - extended focus on a particular theme, or multi-faceted coverage on more broad or complicated issues. These specials and series have focused on Connecticut's organic farms, farmers and gardeners; stigmas facing individuals with disabilities or mental health issues; environmental preservation and conservation; events like the Beardsley Zoo's 100th Anniversary, NOFA's annual OrganiCONN, and the International Festival of Arts & Ideas; how state government and leadership are affecting listeners' economic quality of life; workforce development; as well as highlighting initiatives impacting food equity, and the latest social / racial justice issues affecting our communities. 'For the People' airs Sunday mornings at the times noted in the grid below, and each program then becomes available as a podcast on each station's website and on multiple podcast networks.

***This quarter, our PSA notifications informed listeners about:*** CT ArrayRx prescription discount program, Voices for Volunteers of Fairfield County – An Appreciation Performance at Westport Country Playhouse, Wheeler foster TIPS-MAPP training, Energize Connecticut's the 19th annual eesmarks Student Contest, New Haven Legal Assistance Association's 60 year anniversary, ITS the Room 5th Anniversary, Adams House first 'Crea-tivi-Tea' paint & sip party, Girl Scouts of Connecticut Annual Cookie Sale, NOFA 42nd Winter Conference, the Journalism Education Foundation of New England annual scholarship, CT Coalition Against Domestic Violence - First 100 Plus Class of 2024, Health Equity Solutions (HES) Legislative call to action, AAA / UConn Crash Data Repository - Back-up Crash Prevention, Green Village Initiative 2024 promo, Westport Country Playhouse 2024 Joanne Woodward Internship Program, The Connecticut River Conservancy, Wheeler's Better Choice Gambling Treatment Program, Spring for Abilis Gala, AAA NE Drowsy Driving Alert for DST, Girl Scouts of Connecticut 112th Birthday promo, GVI Community gardener applications & volunteer opportunities, Homes for the Brave "For Veterans, By Veterans" Comedy Night, UConn's Native Tree, Shrub, and Perennial Availability List, Par for Pink golf fundraiser for the Breast Wellness at Griffin Hospital, National Safe Digging / CT Call Before You Dig Month reminder, CT CHRO Community Access and Equity Fair

A separate report detailing additional programming on WICC that addresses critical issues in our listening area will be attached as soon as it is made available.

*Continued*

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*WEBE offers 2 traffic breaks Monday through Friday between 5-6 am*

*4 traffic breaks each hour between 6-8 am*

*1 traffic break each hour at 9 am, 10 am, 11 am, Noon, 1, 2, & 3 pm*

*2 traffic breaks each hour between 4-7 pm*

*There is 1 news break in the 5 am hour; and 2 news breaks in each hour 6, 7, & 8 am*

*WICC news & traffic reports air Monday through Friday, 5-10a*

*News 2x per hour - :00 and :30 / Traffic 6x per hour - :06, :16, :26, :36, :46, :56*

*Monday through Friday, 2-6p*

*News 2x per hour - :00 and :30 / Traffic 6x per hour - :06, :16, :26, :36, :46, :56*

*All other hours – news 1x per hour at :00*

***In 2024, For The People continues focusing on critical community issues related to:***

**Ageing / Veterans (A/V)** – Highlighting people, programs, local, state, or regional agencies, and/or legislation - and how they respond to critical issues involving Connecticut veterans and/or our maturing population.

**Environment / Agriculture (Ev/Ag)** – focusing on issues, local agencies and/or initiatives that may impact, protect, preserve, and/or enhance the environment and Connecticut's agricultural sustainability.

**Government / Volunteerism (G/V)** – promoting governmental or political issues or political leaders - and 'boutique' or hyper-local causes partnering with - or requesting station and/or staff assistance - because they recognize our broadcast platform's value, and the responsiveness we inspire throughout our listening area.

**Health / Safety (H/S)** – highlighting issues, agencies, and activities specifically related to health and/or safety.

**Social/Racial Justice (SRJ)** - agencies and/or individuals educating, engaging, or promoting Social and/or Racial Justice issues or programs.

**Workforce / Consumer / Tourism (W/C/T)** – reporting on initiatives, agencies, or programs dealing with local, state, national and/or global economic situations affecting Connecticut and/or the communities we serve; economic and workforce development; and/or programs directed to consumer education/protection; along with focusing on events or activities related to the state's tourism industry.

**Youth / Education (Y/Ed)** – responding to education-related issues and/or concerns facing those under age 21 across Connecticut and our listening area.

Each 'For the People' segment report designates its related area(s) of coverage; approx. length and time of airing. Our public affairs director makes every effort to ensure each significant issue is addressed during at least one program each quarter. The extended nature of our program presents opportunities to include more than one significant issue or area of coverage in a particular segment, series, 'Special Report,' or entire program. And since 'For the People' is syndicated regionally and webcasts / podcasts globally, subject matter may contain content of national, regional and/or state-wide interest as well as community-specific impact.

Everyone at Connoisseur Media is proud of the efforts and energy our staff contributes through company initiatives and individually in their own communities. We invite you to review our public affairs coverage below as evidence of our broadcast commitment to those communities and listeners across the State of Connecticut.

Submitted by-

## **John Voket**

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Issue Related To	Guest / Cause	Responding to Community, Regional or Statewide Issue	Airdate, Time & Duration
H/S SRJ Y/Ed	CONNECTing Schools to Care IV Students	<p><i>Do you know a child in your kid's school who may need mental health support - and how to help them get it?</i></p> <p>Our first guest of the New Year was from Child Health &amp; Development Institute discussing their newly launched CONNECTing Schools to Care IV Students initiative to integrate trauma-informed comprehensive school mental health supports into the existing community-based network of care - as well as connecting you to their helpful Connect4Families Toolkit.</p>	01-07-24 6:02 am 15m
G/V SRJ Y/Ed	Governor M. Jodi Rell Center for Public Service	<p><i>Tired of political divisiveness and looking for ways to do something about it?</i></p> <p>We were proud to introduce listeners to the Governor M. Jodi Rell Center for Public Service at the University of Hartford, so they could learn how the Rell Center is promoting ethics in government; civil discourse in politics; and how the Center is looking to encourage students and others to pursue careers in public service.</p>	01-07-24 6:17 am 20m
Ev/Ag G/V H/S	CT League of Conservation Voters	<p><i>Is Connecticut poised to return to its national leadership role in reducing climate change and promoting environmental justice?</i></p> <p>We welcomed back the CT League of Conservation Voters. If you've been hearing about eliminating fuel burning vehicles on state roadways or you have growing concerns about our environment, we'll invite you to be part of the CTLCV 2024 Environmental Summit coming up in a couple of weeks.</p>	01-07-24 6:39 am 15m
G/V H/S SRJ W/C/T	CT DCP - Legal Cannabis Update	<p><i>Do you know how much Connecticut has booked in legal cannabis sales in the program's first year - and what's expected for 2024?</i></p> <p>This week marked the one-year anniversary of Connecticut launching its legal adult-use cannabis marketplace, so we connected with a spokesperson from the CT DCP - the agency overseeing that program to look back on year one, and give us some insight on how this marketplace will be expanding in 2024.</p>	01-14-24 6:02 am 15m
G/V H/S SRJ Y/Ed	CT Voices for Children	<p><i>Why is it so critical for all our kids - and our economy - to adopt sweeping recommendations that were just released to lawmakers?</i></p> <p>This year's CT Voices for Children State of Early Childhood report is responding to the Governor's Blue Ribbon Panel on Child Care and a Continuation of Spotlighting Disenfranchised Populations, so we invited the report's two authors to unpack why its recommendations are so urgently needed.</p>	01-14-24 6:17 am 20m
G/V H/S SRJ W/C/T Y/Ed	Sustainable CT	<p><i>Are you a college student, recent, or soon-to-be grad who wants to help improve the quality of life across our state?</i></p> <p>We circled back with Sustainable CT to talk about how that agency is committed to equity, and to creating communities where all are welcome and have the opportunity to thrive. We'll put out the recruiting call for summer fellows - and help celebrate Connecticut's first Gold Level certified SustainableCT community.</p>	01-14-24 6:39 am 15m
A/V G/V H/S SRJ W/C/T Y/Ed	CT Council on Problem Gambling	<p><i>Do you think increasing access to legal online gaming and sports betting is creating more problem gambling issues?</i></p> <p>With more than 7 million Americans currently struggling with gambling addiction - tens of thousands here in our state - so, we sat down with the CT Council on Problem Gambling nonprofit's director to discuss a new request for federal funding targeting gambling addiction treatment and research - along with what she is seeing on the front lines as more avenues to legal gambling become available.</p>	01-21-24 6:02 am 15m
A/V G/V H/S	AARP-CT 2024 Legislative Preview	<p><i>How is AARP Connecticut going to bat for you in Hartford during the upcoming legislative session - regardless of your age?</i></p>	01-21-24 6:17 am 20m

SRJ W/C/T		As the 2024 statehouse "short session" looms, For the People connected with AARP-CT to review some of the target points of their 2024 Legislative Agenda you may want to know about - and to remind local communities and qualified agencies to apply now for an even more expanded round of AARP Community Challenge grants for projects that will be funded and done by the end of this year!	
Ev/Ag G/V W/C/T	CT Green Bank	<i>How is America's first 'green bank' right here in Connecticut continuing its trend-setting ways as a national leader in green innovations?</i> America's 1st green bank - CT Green Bank - just released its Annual Report, so we reached out to review a few of the agency's accomplishments from the past year; to celebrate the 10th anniversary of the C-PACE program; and reveal how the Green Bank's Solar MAP program is expanding to support affordable housing.	01-21-24 6:39 am 15m
H/S SRJ Y/Ed	CT Violence Intervention and Prevention	<i>Are community members and grassroots organizations picking up the slack when it comes to addressing gun and violence mitigation?</i> We were proud to introduce the Program Manager at CT Violence Intervention and Prevention who is Connecticut's only representative to the first ever Community Violence Intervention Leadership Cohort at the University of Chicago who is preparing for her upcoming graduation at the White House.	01-28-24 6:02 am 15m
W/C/T Y/Ed	SWSA 98th Annual JumpFest	<i>Have you ever witnessed the thrill of a ski jump or the grit &amp; hilarity of competing in a human bobsled race?</i> We welcomed back the Salisbury Winter Sports Association ( SWSA ) - and helped preview their 98th Annual JumpFest, the oldest Ski Jumping Competition in New England. We invited listeners to take in all the ski jumping along with this unique regional community festival spanning 3 days in the Litchfield Hills.	01-28-24 6:17 am 20m
H/S SRJ Y/Ed	Chick Rosnick Boxing Club	<i>Are community members and grassroots organizations picking up the slack when it comes to addressing gun and violence mitigation?</i> This segment connected with the father and son co-founders of the nonprofit Chick Rosnick Boxing Club who are dedicated to teaching boxing to boys and girls - along with how to advocate against bullying, learning alternatives to violence and gang culture, along with building discipline, character, & citizenship.	01-28-24 6:39 am 15m
H/S W/C/T Y/Ed	'Choose Love Awareness Month'	<i>Are there proven methods for promoting more caring communities and workplaces?</i> It was 'Choose Love Awareness Month', so we aimed to help listeners choose love as defined by the Jesse Lewis Choose Love Movement and its founder Scarlett Lewis - who is on a mission to honor the son she lost in the Sandy Hook tragedy while creating safer, more loving communities, families, and even your workplace.	02-04-24 6:02 am 15m
Ev/Ag H/S W/C/T	Connecticut Forest & Park Assoc.	<i>Where can you find some of the best, most accessible trails in Connecticut?</i> For the People introduced the new director of the Connecticut Forest & Park Assoc. - which is connecting people to the land to help protect forests, parks, walking trails, and open spaces. We also learned how CFPA's staff of experienced conservation professionals was delivering programs on Blue-Blazed Hiking Trails, Environmental Education, Land Conservation, and Public Policy.	02-04-24 6:17 am 20m
G/V H/S SRJ	LIV IT UP	<i>Where can neurodiverse adults find inclusive, welcoming social activities?</i> This segment introduced LIV IT UP - a regional grassroots nonprofit providing services and programming for neurodiverse adults so they can enjoy enriched and fulfilled lives. We learned how LIV IT UP is supporting independence and building friendship and community through activities like volunteering, social gatherings, Broadway trips, yoga, therapeutic horseback riding, art classes, and concerts - and how listeners could get involved or support the cause.	02-04-24 6:39 am 15m
A/V H/S SRJ	2-1-1 Infoline	<i>Does 2-1-1 Infoline have the resources folks in Connecticut need to get help when they need it?</i> February 11 wasn't just Super Bowl Sunday - it was also 2-1-1 Day in Connecticut. So, we brought in a spokesperson from United Way of CT to celebrate and	02-11-24 6:02 am 15m

		recognize that agency's 2-1-1-Infoline, which had its humble beginnings right here in our state - and last year, provided assistance to over 1.7 million people.	
A/V G/V SRJ	New Haven Legal Assistance Association	<i>Are there still organizations offering free legal help if you can't afford it?</i> This week, For the People helped celebrate the 60th Anniversary of New Haven Legal Assistance Association - offering select, free legal services to qualified people throughout greater New Haven. We heard about NHLAA's history, leadership, and how those in need could access free legal help from their team.	02-11-24 6:17 am 20m
A/V H/S SRJ W/C/T Y/Ed	Valley Community Foundation 20th Anniversary	<i>How are nonprofits facing fewer donations and more requests for help meeting the needs of the communities they serve?</i> For the People returned to the Valley Community Foundation to help them marking 20 years of service - and to talk about how that organization is maximizing the power of "Valley-ness" to support and assist hundreds of nonprofits and agencies taking the best care of residents in Ansonia, Derby, Oxford, Seymour, and Shelton.	02-11-24 6:39 am 15m
A/V H/S SRJ Y/Ed	Annie C. Courtney Foundation	<i>Do you know as many as half of kids exiting foster care are homelessness by age 26 - and many more are unstably housed?</i> In this segment, we rang up a co-founder of the nonprofit Annie C. Courtney Foundation to learn how this agency is assisting families and individuals touched by all aspects of the child welfare system.	02-18-24 6:02 am 15m
H/S	McCall Behavioral Health Network	<i>Is anyone working on speeding up mental health crisis response and delivery?</i> We circled back with the McCall Behavioral Health Network to learn about a brand new program that is fast-tracking individuals who need mental health and crisis support to the expert care they need - often within hours of that call for help.	02-18-24 6:17 am 20m
G/V H/S SRJ	CT Psychological Association	<i>Why can't advanced students poised to become licensed psychologists begin working to address the tremendous need for their services?</i> Our guest in this interview helped brief listeners on a number of important issues the Connecticut Psychological Association planned to back or advocate against during the 2024 General Assembly short session.	02-18-24 6:39 am 15m
SRJ W/C/T	WBDC's IGNITE Grant Program	<i>Do women owned businesses in the state have access to targeted grants to help them establish and expand?</i> Since For the People provided WBDC's founder with her first radio interview so many years ago, we brought her back, in part, to announce and invite women to apply for the Women's Business Development Council's brand new IGNITE grant program, and to come out to the upcoming Women Owned Business Day at the Connecticut Capital.	02-25-24 6:02 am 15m
Ev/Ag Y/Ed	Beardsley Zoo / FrogWatch 2024	<i>How can all those little peepers we hear during the evening forecast the environmental health of our neighborhoods and communities?</i> This segment welcomed two Beardsley Zoo educators to talk about a number of cool programs as well as focusing on FrogWatch 2024, which was currently enlisting folks who want to help the zoo and FrogWatch scientists better understand how these noisy amphibians provide a bellwether for our environmental health.	02-25-24 6:17 am 20m
H/S	Ann's Place	<i>Are there any organizations providing financial and personal support to those facing a cancer diagnosis?</i> We hoped to help listeners get to know Ann's Place - providing comfort, support, and financial resources to those living with cancer and their loved ones. Their CEO dropped in to explain how this compassionate nonprofit is serving the region with professional counseling, support groups, wellness activities and educational resources - all at no charge.	02-25-24 6:39 am 15m
A/V H/S SRJ	Central Connecticut Coast YMCA	<i>Are local YMCAs able to keep up with the fast-pace and needs of families throughout the coastal region?</i> This segment featured the Central Connecticut Coast YMCA, and the nonprofit's	03-03-24 6:02 am 15m



Y/Ed		new CEO about this tried and true community service organization that remains dedicated to putting principles into practice through programs that build healthy spirit, mind, and body for all the 25 communities they serve.	
H/S	Ruth's House	<i>Did you know almost 4 out of 10 Connecticut women experience some sort of domestic violence or stalking from an intimate partner?</i> For the People helped introduce the founder and director of Ruth's House, a Shelton nonprofit poised to open its first residential facility to serve women and children in the Naugatuck Valley and beyond who are victims of domestic and sexual abuse who are in immediate need of a safe, supportive place.	03-03-24 6:17 am 20m
G/V W/C/T	AdvanceCT	<i>Where can a Connecticut business or entrepreneur go for tons of resources to become more sustainable and successful?</i> We replayed this mid-winter interview with the leader of AdvanceCT - a private nonprofit economic development organization offering resources and driving job creation and new capital investment through business attraction, retention, and expansion.	03-03-24 6:39 am 15m
SRJ W/C/T Y/Ed	United Way of CT / Domus Kids	<i>Want some serious perspective on severely disengaged and disconnected youth in Connecticut?</i> United Way of Connecticut and Domus Kids dropped in to talk about how they just joined dozens of partner agencies releasing recommendations and introducing Opportunity Youth - a program to address the 119,000 Connecticut youth in need of guidance and support to help them get back on track.	03-10-24 6:02 am 15m
W/C/T Y/Ed	Jersey Mike's Month/Day of Giving + Make-a-WishCT	<i>Where does the money go for this year's Jersey Mike's Month of Giving fundraising?</i> Our partner from Jersey Mike's came back on For the People to chat about their 2024 Month of Giving donation campaign, and Day of Giving on March 27 with 100% of all sales going to Make-A-Wish CT. We heard from that nonprofit, too - so listeners could learn exactly how their donations were making a difference.	03-10-24 6:17 am 20m
G/V W/C/T	CT's Chief Manufacturing Officer	<i>Who is in charge of helping manufacturers take advantage of market opportunities to grow their businesses?</i> We connected with Connecticut's Chief Manufacturing Officer Paul Lavoie to talk about how his team is offering programs ranging from fast-track workforce training to funding and research to help state manufacturers compete and grow globally or remain sustainable entities within their market sectors.	03-10-24 6:39 am 15m
H/S SRJ Y/Ed	Wheeler's Bettor Choice Gambling Treatment Program	<i>How can somebody with a gambling issue get the expert help they need to beat that destructive game?</i> We felt most folks were unaware March was Problem Gambling Awareness Month - a time to acknowledge the challenges of problem gambling. But for those living with a gambling issue, we brought in an expert on the subject to enlighten listeners about the help available through Wheeler Health network's Bettor Choice Gambling Treatment Program.	03-17-24 6:02 am 15m
G/V H/S SRJ W/C/T	CT Insurance Commissioner Andrew Mais	<i>Why does your insurance keep going up - and why is it so expensive?</i> For the People booked a few minutes with Connecticut's Insurance Commissioner to brief listeners on some trends affecting the insurance products they may be paying for, and how his office is working with other states collaboratively to ensure folks are getting the best possible coverage for the rates they pay.	03-17-24 6:17 am 20m
G/V H/S SRJ Y/Ed	Filling in the Blanks	<i>Is there any supplemental program for hungry kids on weekends when they can't access meals at school?</i> We helped introduce a new regional nonprofit partner - Filling in the Blanks - founded by mothers and community activists serving 200 sites throughout Fairfield and Westchester Counties by delivering over 2 MILLION weekend meals to children in low-income households.	03-17-24 6:39 am 15m

A/V H/S SRJ	Homes for the Brave	<p><i>How can so many Connecticut veterans still be living on the streets or without a stable place and the benefits of home?</i></p> <p>Thousands of Connecticut veterans and their families are experiencing homelessness or are at risk to become homeless - so, we reconnected with Homes for the Brave to discover how they're delivering more critical supports and services, and inviting you to support the cause with some laughs at their 8th Annual 'For Veterans, By Veterans' Comedy Night.</p>	03-24-24 6:02 am 15m
H/S SRJ W/C/T	ARI of CT	<p><i>Does smaller really mean better when an agency is serving folks with a developmental disability?</i></p> <p>For the People challenged listeners to put their feet to good work by joining the 18th Annual Walk for Independence to benefit ARI - one of the smallest providers of services for adults with developmental disabilities in the state. Our guest explained how their "family like" environment is generating amazing results when tied to individualized services based on each ARI member's needs and interests.</p>	03-24-24 6:39 am 15m
A/V Ev/Ag G/V H/S SRJ W/C/T Y/Ed	LIVE @ Connecticut Agriculture Day	<p>Why is CT Grown agriculture and aquaculture initiatives so important?</p> <p>We harvested a bounty of great interviews from our recent visit to Connecticut Agriculture Day at the Capitol where we chatted with folks from the Association of CT Ag Fairs, the UConn's Sea Grant Aquaculture Program, the regional USDA Rural Development Office, the School Nutrition Assoc. of CT, the Connecticut Nursery &amp; Landscape Assoc., the Solid Ground program at UConn, Food Share, and even Agricultural Commissioner Bryan Hurlburt, himself!</p>	03-31-24 6:02 am 55m



***Critical issues / topics & guests featured on WICC-AM Melissa in the Morning***  
*Contributed by Melissa Sheketoff - Host*

### **Period 1: January - March 2024**

January 2 –

1. The investigation into a large explosion last week in Bridgeport could take months to complete. The blast last Friday at Tradebe Environmental Services injured three people and rocked a nearby residential neighborhood. We got the very latest on the incident and aftermath from Bridgeport Fire Chief Lance Edwards.
2. Connecticut State Police certainly didn't take a holiday. New data released by CSP, shows troopers were out in full force from Christmas to New Years and this past weekend, dozens of people got in trouble for drinking and driving. We talked to Sgt. Christine Jeltema about the findings, trooper numbers and goals for 2024.

3. January is known as “Dry January” for some to take a break from drinking. We talked about the hold alcohol has on so many in our society and how to better deal with the problem at hand. Counselor Julius Dudics offered insight and tips to overcome bad habits.
4. Maybe travel plans are part of your 2024. But before you book, do you have your passport in check? We spoke with AAA about wait times to get your passport, different passport rules for different countries and why having a travel agent could help in the long run!

#### January 3 –

1. The Jimmy McGrath Foundation just wrapped up its first full year of fundraising events and they have big dreams for 2024. We spoke with organization CEO and Jimmy McGrath’s father, Kevin, about a recap on 2023 successes and what’s happening in the new year. Plus, we get the details on the 2<sup>nd</sup> Annual Jim Jam.
2. Science you may not know: New data reveals what time of the day we see the most car fatalities on our highways. But why is the timeframe different state to state? We dive into this with David Mestre.
3. Do you feel safe living in Connecticut? Despite what reports say about our state being one of the safest in the country, more and more residents are scared of incidents like street takeovers, carjackings, home invasions and more. We spoke with Gary MacNamara of Sacred Heart University about the importance of speaking up and testifying, especially during the legislative session.

#### January 4 –

- (1) As we start this new year, there is still a major housing shortage in our state. We spoke with Renee Dobos, the CEO of Connecticut Housing Partners. CHP is an award-winning affordable housing developer and property management firm in our state. The non-profit has big goals that are attainable for the new year. Find out what they are, who needs the housing and how you can play a role in helping.
- (2) A New Hampshire luxury resort is linked to two Legionnaires' Disease cases, one of them deadly. What is it and are there things Connecticut residents should be thinking about when checking in to a hotel or rental property? We asked Dr. Browne about that. We also discussed masking protocols at health facilities and a new antibiotic to treat dangerous bacteria resistant to most current medicines.

#### January 5 –

1. We love our family and want to know as they age, they have the best support possible in our state. Well, that may not be the case based on new data revealed in a recent Department of Social Services report. Find out why lawmakers are outraged about the report. State Senator Kevin Kelly, former co-chair of the Aging Committee, shares details from the report and why it’s unacceptable for our most vulnerable population.  
Here’s a link to the report:  
[https://wp.cga.ct.gov/apa/wp-content/cgacustom/reports/performance/PERFORMANCE\\_Department%20of%20Social%20Services-Community%20First%20Choice%20Compliance%20Report\\_20240103.pdf](https://wp.cga.ct.gov/apa/wp-content/cgacustom/reports/performance/PERFORMANCE_Department%20of%20Social%20Services-Community%20First%20Choice%20Compliance%20Report_20240103.pdf)
2. We learned more about the Right to Read law. By July 2025, all Connecticut school districts need to provide evidence that they are incorporating strong literacy instruction to students. Education Commissioner Charlene Russell-Tucker shares some alarming statistics about our kids reading and writing skills, including that more than half of our third graders don’t know how to read proficiently.
3. The state certificate on domestic violence begins January 9<sup>th</sup>. This 40-hour online course provides training and information about the problem in Connecticut and can lead to volunteer opportunities helping victims of abuse. Deb Greenwood with the Center for Family Justice shares the information about this course and why it matters combatting the problem.

#### January 8 –

1. January is Human Trafficking Prevention Month, meant to bring awareness to the problem in America. And Connecticut is not excused from the issue. Local non-profit, PEHT, shared the reality in our state and signs to detect sex and human trafficking cases.



2. It may be fashion forward but it's a real crime prevention fopaux. Retired Lt. Jim Perez shares information about see-through plastic bags and coats attracting a lot of buyers. Find out why you need to avoid buying these products!
3. New year, lingering problems...  
We got an update from Fairfield First Selectman Bill Gerber about major issues in town including more spending on Penfield Pavillion, the fight over UI monopolies and the aftermath of the SantaCon party at the beach last month.
4. Do this ONE THING in 2024 to improve your marriage: FOCUS. What do you mean and why does that make a difference? We spoke to marriage coach Bob Donovan.

January 9 –

1. It's uncomfortable, it's downright awful, and I guarantee you don't want to talk about it. But we have to. January is Human Trafficking Prevention month. We continue our conversation today discussing this issue here in our state and how we can educate ourselves and our kids about the dangers of trafficking. Sarah Malhotry, Director of Education at The Rowan Center in Stamford, talked about the curriculum being taught in schools for students, parents and teachers to address this.
2. Maybe you loved seeing the recent snowfall this past weekend. But for some, the weather change triggered instant depression. How do we manage the winter blues? We asked counselor Julius Dudics.
3. Ahead of another rain storm, we want you to be prepared for flooding in your home. Tri-City joined us with tips to mitigate a flooding situation and ways to protect your home during storms.
4. Julie on the Job: if remote workers are not getting promoted, what should you do? Julie Bauke weighs the debate of sacrificing happiness to make more money depending on where you get your work done.

January 10 –

1. The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. Jocelyn Hilliard from the Connecticut chapter discusses the problem and how you can be part of the solution.
2. Bridgeport is getting a professional soccer team and a new stadium to go with it. The Connecticut United Football Club will be a part of MLS NEXT Pro and the team is scheduled to launch next year. We spoke with Dan Onofrio of the Bridgeport Regional Business Council about this development, traffic concerns and what it means for other professional sports in Connecticut.
3. To encourage young people to explore and enter the farming industry, the New London County Farm Bureau is starting a new program to encourage young people, under the age of 19, to become farmers. Here in Bridgeport, David Mestre has been working with high school students to build a 21st century farm, called a FarmBot. We learn all about this robotic farm system in Science You May Not Know.

January 11 –

1. After all the rainfall we've had since the summer, Connecticut's farms have had a rough year. We spoke with Department of Agriculture Commissioner, Bryan Hurlburt, about the challenges aquaculture farmers and field farmers are facing with flooding. Plus, he shared a program that will support local farms and your health goals for the new year.
2. January is Radon Action Month and many people do not test their homes for radon often enough, if at all. We spoke with Melanie Miranda from Pillar to Post about the dangers of this odorless, invisible gas and why testing is a non-negotiable.
3. Zoo Minute: Famous people at Connecticut's only zoo. Gregg Dancho takes us back to 2000 when The Sopranos shot a scene at the zoo. He also shared other run-in's with some big names over the years.
4. Have you heard of covid toes? We asked Dr. Browne about that and some new research suggesting that vegans are less likely to get covid-19. A study published in the journal BMJ Nutrition Prevention & Health found that a diet low in meat and dairy while rich in veggies, legumes and nuts could lower the risk by nearly 40 percent. Researchers speculate that plant-based diets may offer more nutrients that strengthen the immune system.

January 12 –

1. One of the top resolutions for many is to embrace a healthy diet. But our headache expert is encouraging people to eat better not only to lose weight, but also to reduce headaches. Dr. Fred Cohen shares some timely research on foods that can trigger migraines and how to have a pain-free 2024.
2. January is National Mentoring Month and we want to know the impact of mentorship. We spoke with Shashy Rios, Director of Site-Based Programs of Big Brothers, Big Sisters of Connecticut. Find out how to also become a mentor and what you can bring to the table.
3. Earlier this week, the Defense Secretary went to the hospital for prostate cancer and not even the President knew about it. We wanted to get perspective on sharing health information with our jobs from our employment attorney, Gary Phelan, on this topic.

January 15 –

1. The trial of Michelle Troconis is expected to resume tomorrow in Stamford Superior Court. There's no body, so what's the worst that can happen to Troconis? And has anyone noticed that the other person of interest, Kent Mahwinney, has basically disappeared in the media lately...why? We got legal perspective from Bill Bloss of Koskoff, Koskoff and Bieder on the Dulos case and what could play out in the Troconis trial.
2. The Connecticut Department of Public Health has awarded seven organizations throughout the state funding to reduce community gun violence. One of those organizations is right here in Bridgeport. We spoke with Nancy Kingwood with Greater Bridgeport Area Prevention Program about the funding for one of its programs focused on teens missing father figures.
3. Comptroller Scanlon shared new information on the ArrayRx prescription drug discount card, including data on consumer savings and usage. Launched on October 2, more than 15,000 Connecticut residents have already signed up for the program. Visit [ArrayRxCard.com](https://ArrayRxCard.com) to learn more.

January 16 –

1. We are one week out from the Bridgeport primary redo for the mayoral race. Before people head to the polls, we spoke with Secretary of State Stephanie Thomas. Find out what you need to know before January 23<sup>rd</sup> and what this election process means for voting in Connecticut during the presidential election year.
2. Stamford public schools has a budget with a more than six percent increase, but it means dozens of staff cuts. We spoke with Mayor Caroline Simmons about the budget proposal and got the latest on updates to the Stamford Train Station.
3. A recent blog shared statistics about cluttered homes. It found that a quarter of Americans have so much stuff in their garages that they cannot park a car inside. And data shows that 80% of items in a person's home are never used. We spoke with counselor, Julius Dudics, about why people struggle to let go of stuff and how to do it more effectively.
4. Julie on the Job: A new report shows nearly 4 in 10 employers avoid hiring college grads for older workers instead. What does that mean for YOU in the workplace?

January 17 –

1. Up to one billion birds die each year in the U.S. as a result of collisions with glass. The problem is made worse by increasing light pollution. We spoke with Meredith Barges, co-chair of Lights Out Connecticut, about ways to help stop window strikes for bird populations.
2. Science you may not know: This year, 2024, will see a very rare event as two periodical cicada broods will emerge at the same time. What are cicadas? Will we see this historic emergence in Connecticut? Why has it been more than 220 years since the last time this happened? David Mestre explains.
3. Construction has begun on the major housing component of the Steelpointe Harbor redevelopment in Bridgeport. The August at Steelpointe Harbor will include 420 apartments, ten thousand square feet of retail space and a large parking garage. Nearly all of the apartments will be one or two bedrooms, with a small number of studios and three bedroom units. We got more details from Dan Onofrio from the Bridgeport Regional Business Council.

January 18 –

1. The American Cancer Society is out today with its 2024 projections and yearly stats. Colon cancer is now the leading cause of cancer deaths among people under 50. Dr. Dan Labow has a special interest in colorectal cancer. He is the system chair of surgical services at Nuvance Health. He talked to us about risks, prevention and symptoms of colon cancer.
2. Birth injury law firm [Birth Injury Lawyers Group](#) analyzed the latest birth rate data from the CDC to determine which state had the youngest and oldest new mothers. The data shows Connecticut landed in the top ten for oldest new mothers on average, with a birth rate of 13.3 births per 1,000 women in the 40-44 age group. Dr. Andrew Levi, founder of Park Avenue Fertility and Reproductive Medicine in Fairfield County, shared why moms are waiting longer to have kids and how to have a healthy pregnancy.
3. Earlier this month, a Pennsylvania day care center experienced an outbreak of measles. Health officials say cases first started being reported last month at Children's Hospital of Philadelphia, and they were notified days later of more cases at a nearby day care center. We learned this week that people who traveled through Dulles International Airport and Ronald Reagan Washington National Airport in Virginia might have been exposed to measles. So, what's happening with these outbreaks and are Connecticut residents at risk? We asked Dr. Browne about that. We also discussed new information regarding HIV. Researchers at the University of Virginia believe they have solved some of the mystery surrounding the transmission of HIV. A recently published study suggests that a protein produced by the virus may adapt inside the body, allowing it to be transmitted to others. Dr. Browne says this could be the first step in a vaccine!

January 19 –

1. A new law is now in effect to compensate firefighters who get diagnosed with cancer from their work. But does the law go far enough? Who qualifies for it? And does it address the real problem at hand which is eliminating the risks of getting cancer for firefighters? We spoke with Pete Brown, President of Uniformed Professional Firefighters Association of Connecticut, and Fairfield firefighter, Caitlin Pereira about all of this.
2. On January 23rd, the Planning & Zoning Commission will be discussing whether the town of Fairfield should have marijuana stores. Find out why The Fairfield CARES Community Coalition is saying NO to the idea and asking people to speak up about this when it comes to impacting the youth.
3. A recent article shared that nearly 40 percent of jobs around the world could be affected by artificial intelligence. We spoke with our AI expert, Dr. Vahid Behzadan, about the findings and he says this is "a bit optimistic." Find out why he says that and what the information could mean for the future of education.

January 23 –

1. The nation is keeping an eye on what's happening in New Hampshire for today's primary election. A group of Quinnipiac University students are getting the chance of a lifetime taking part in a rigorous on-ground college seminar on presidential politics led by Professor Scott McLean. Professor McLean and student, Ryan Kansy joined us live in New Hampshire to share the experience so far and what's to come in the day ahead.
2. Shopping addiction can be a way to hide what you're internally dealing with but it also can be the endless pit of wanting more than you have. Counselor Julius Dudics shares why spending is a coping mechanism for many and how to combat the problem.
3. Julie on the Job: How can we help junior land a job, no matter what industry they are in? A recent report highlighted alarming reasons why some employers are passing up on Gen Z workers. Lack of eye contact, inappropriate dress code and showing up with parents to the interview are just a few of the offenses. Julie shares what parents can do to build your kids' adult skills.

January 24 –

1. “We have a real human life crisis on our hands.” Find out why First Selectman Bill Gerber is most concerned about people’s health and safety when it comes to Fairfield U beach parties. Also, he shares feedback from residents weighing in on the issue and the impact on the town beaches.
2. “They’re left out of the equation.” Does administration intimidation exist for school districts in Connecticut? Fran Rabinowitz, executive director of the CT Association of Public School Superintendents, says it is very possible! Hear why she says that and why many teachers are not in favor of the state’s *Right to Read* legislation.
3. “How do I really know the way my kids are being treated?!” That’s a parent’s fear when it comes to their children in school or after school programs. We asked education consultant, Liz Englander, about signs parents should look out for with child mistreatment and questions to ask your kids.

January 25 –

1. ‘Supermassive Mother of all Breaches’ – that’s quite a headline! Quinnipiac University professor, Fred Scholl, joins us to talk about the relevance of these breaches, the role of criminal gangs and how we can better protect ourselves in the event of a breach.
2. Are we too lax with our absentee ballots? After what happened in Bridgeport regarding ballot harvesting and fraud, should there be more efforts to encourage people to vote in person, especially during a presidential election year? We spoke in depth about this with Senator Richard Blumenthal.
3. Zoo Minute: Gregg Dancho is in Texas at an AZA Conference and one item on the agenda really triggered listeners. Find out what’s being discussed in regards to surrendered animals and an update on the aftermath of Seaquest in Trumbull.
4. Tonight is your chance to talk all about snowy owls! We spoke with Rebecca McCabe, leading the online presentation tonight thanks to Connecticut Audubon Society.

January 26 –

1. Wildlife trafficking in Connecticut is happening and many store owners DON’T EVEN REALIZE IT! Find out what was uncovered thanks to The Humane Society of the United States in a recent investigation and what lawmakers are being called to do now.
2. A historic Connecticut church collapsed to the ground and an investigation is underway. But we got perspective on building collapses from engineering professor Pricilla Fonseca from Quinnipiac University.
3. Florida’s House of Representatives passed legislation that would force social media pltfoms to delete profiles for anyone under 16 and ban them from use. We got perspective from our social media consultant, Krista Carnes. She weigh in on whether this potential law will make a difference, how logical is it, should CT follow suit, does it go too far and more.

January 29 –

1. It’s Girl Scout Cookie season but is the mission still being fulfilled for the girls’ learning skills through selling treats? We asked Diana Mahoney, CEO of Girls Scouts of Connecticut about the changes in cookie selling and tactics in teaching young girls these business skills.
2. Crime on the Mind: Amazon-owned Ring is taking police “out of the equation” with their Neighbors App. Jim Perez shares both sides of the story and what it means for crime prevention.
3. Crisis averted...for now. The special session over electric vehicles is not happening this week. Senator Kevin Kelly weighs in on the debate. Plus, he discusses the latest attempt to help more Connecticut families pay for heating this winter.

January 30 –

1. Easton EMS is getting a huge helping hand from the state when it comes to its aging building. We hear from Jon Arnold about the bond money and get an updated timeline for a new and improved EMS building.
2. Blight properties can decrease appeal for people to want to move to or stay in a city. Ansonia has made it a priority to attack blight properties. Mayor David Casseti explained the Access Ansonia app and how residents are making a difference right in the palm of their hands.

3. Change is inevitable but it can be hard to embrace. Counselor, Julius Dudics, shares why change is so difficult for people and ways to cope with change better.
4. Julie on the Job: A story by [The Wall Street Journal](#) notes that remote workers are more likely to be laid off. Julie Bauke answers the question: does this mean workers should think twice before taking a fully remote job and can remote workers do anything to avoid being laid off?

#### February 1 –

1. It's official: a general election redo is set for February 27<sup>th</sup> in Bridgeport to determine the next mayor. John Gomes made the announcement publicly and explained his reasoning exclusively on WICC. Hear what he had to say [here](#).
2. Former State Representative, Jack Hennessey, served Bridgeport from 2005-2022. He fears corruption will continue in Park City politics and is pushing lawmakers to address voter confidence during the legislative session. Hear his perspective [here](#).
3. Zoo Minute: FrogWatch USA is back at the Beardsley Zoo. Find out how you can get involved and why the work is important.
4. The 2024 legislative session starts February 7<sup>th</sup>. As it has been for the past few sessions, affordable and available housing will be a topic of conversation. We did our monthly check-in with CHP, a non-profit that's been creating housing opportunities in Connecticut for the past 30 years. CEO Renee Dobos shared goals for lawmakers in the upcoming session and answered listeners' questions about transforming blight properties.
5. The CDC is warning of a syphilis resurgence nationwide with the highest number of cases since 1950. The CDC says more than 207,000 syphilis cases were reported in the U.S. in 2022, an 80-percent increase since 2018, which continues a decades-long trend. African Americans and Native Americans are the most impacted groups. A disproportionate number of cases are among men who have sex with men but a quarter of the cases are now being diagnosed in women. Congenital syphilis, passed along in utero to babies, is also climbing. This, as a penicillin shortage is forcing doctors to ration the drug, prioritizing women and newborns. Dr. Browne weighs in on this.

#### February 2 –

1. The investigation into thousands of possibly falsified traffic tickets by State Police has found no evidence of widespread misconduct. The investigation by a former federal prosecutor has found that sloppy record keeping, poor training and unintentional errors led to the issues. We spoke with the executive director of The Connecticut State Police Union, Andy Matthews, for reaction and goals moving forward.
2. Earlier this week, transportation experts and state leaders had a panel discussion surrounding train travel in Connecticut. The Department of Transportation was also in that meeting. Josh Morgan with the DOT stopped by to talk about upgrades to the rails and also talked about highway safety in the state.
3. Congressman Jim Himes shared the latest on the tax relief bill getting strong bi-partisan support in the House. Plus, we discussed the issue of gun control and mental health investments while watching the Crumbley trial unfold nationally.

#### February 5 –

1. There is no such thing as tick season because ticks are around all year long in Connecticut. New health studies show that there is a strong connection between Lyme disease and mental health issues. We spoke with Jessica Snajder of Partner in Lyme, Inc. about these findings and what we can do to bridge the gap between tick borne illnesses and mental health issues.
2. February is Teen Dating Violence Awareness Month. According to national statistics, 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. We spoke with Gary MacNamara of Sacred Heart University about promoting healthy relationships and recognizing bad behavior early on.
3. It is Black History Month and the Commission on Human Rights and Opportunities shared resources available for us to educate ourselves on black history but also events happening all month long to learn more.



February 6 –

1. February is Teen Dating Violence Awareness Month, and we want to know how to model healthy relationships to the next generation. Counselor, Julius Dudics, shares insight about generational differences with showing affection and how to normalize the conversation around dating with your kids.
2. It's shaping up to be a record year for spending this Valentine's Day. The National Retail Federation says consumers plan to spend a total of 25-point-eight billion dollars this Valentines day, on par with last year's spending and the third highest in the survey's history. We got shopping tips from Kristen Johnson of the Better Business Bureau.
3. Julie on the Job: how to advocate for yourself in the workplace and stay relevant to your employer.

February 7 –

1. Avelo Airlines just announced another four flight options out of New Haven. Breeze announced more direct flights earlier this year up at Bradley Airport. So, what's happening with commercial travel at Sikorsky Airport? We got some insight from Dan Onofrio of the BRBC.
2. The American Red Cross continues to experience an emergency blood shortage as severe winter weather has further impacted the ability to rebuild the blood supply. Jocelyn Hillard with the Red Cross Connecticut shared some big reasons for the major drop in donations and what people can do to help.
3. Kids can start learning key communication skills at a very young age. What are they and what skills do adults need to have to help kids out? We got perspective from our education consultant, Liz Englander.

February 8 –

1. A local grocery store chain has recalled two food products in a matter of weeks for mislabeling. We asked the Department of Consumer Protection about the food label process and how to file a complaint. We also talked about sports betting ahead of the Superbowl since the department also regulates gaming in the state.
2. After an intense judiciary committee with the top social media CEO's, will we ACTUALLY see legislation pass to better protect kids online? Find out why Senator Blumenthal says we have all the support we need but he is not confident that anything will change.

February 12 –

- (1) A piece of legislation is being discussed in Hartford during this legislative session. The bill focuses on pay for hospitality workers. A national coalition, One Fair Wage, says this legislation needs approval, while the Connecticut Restaurant Association reports the potential law would destroy wait staff and bartenders. Hear both sides of the argument right here featuring: Saru Jayaraman, President of One Fair Wage & Scott Dolch, President and CEO of CT Restaurant Association.

February 13 –

1. February Is Teen Dating Violence Awareness Month. Last week, we shared some shocking national statistics to help understand the importance of modeling and discussing healthy relationships with our kids. But how do we create healthier unions with our partners? Counselor, Julius Dudics, shared the details behind *The Five Love Languages*.
2. How important is it for employers to have high emotional intelligence? According to national findings, the majority of employees believe emotional intelligence is a must-have skill for every staff member of a company. Career strategist, Julie Bauke, talks about the importance of EQ over IQ and why leaders need to deliver results AND develop people.
3. The Connecticut Office of Higher Education (OHE) has awarded Sacred Heart University a \$96,255 grant as part of the state's higher education mental health services initiative. We spoke with [James Geisler](#), executive director of wellness services at SHU. He shared resources being used on college campuses and common mental health issues young people are dealing with today.
4. Top Connecticut travel writer and Greenwich resident, Stasha Healy, shared her new guidebook through Connecticut's best kept secrets. Learn more about her new release: **[100 Things to Do in Connecticut Before You Die](#)**.

#### February 14 –

- (1) It's the third time in about a year; a shooting during a victory parade for a professional sports team. Kansas City Chiefs had their parade this week and gunfire erupted in the crowd killing one person and injuring dozens. Gary MacNamara joined the show to talk about attending these events and whether these sports parades should continue happening.
- (2) February 18<sup>th</sup> is National Battery Day and one Connecticut company is sounding the alarm about safe storage and transportation of lithium-ion batteries. We spoke with Rodger Mort, Chief Operating Officer at Packaging and Crating Technologies (PACT) in Watertown, CT.
- (3) Zoo Minute: a new accreditation for the Beardsley Zoo involving the trees. And love is in the air; what's happening with wildlife in Connecticut during mating season?

#### February 15 –

1. The Hometown Foundation, Inc. is a national, non-profit charitable organization committed to raising money to support a broad range of programs that meet community needs, including emergency response personnel. This year, we found an entry very close to home at the top of the list for the foundation's K9 grant. We met Easton police officer Tamra French and K9 TJ to learn why they applied for the money and the importance of supporting K9 officers.
2. A group of bi-partisan lawmakers have proposed legislation that would force private health insurers to cover a non-invasive heart test. Senator Heather Somers explained the proposal and why it matters to all Connecticut residents.
3. Have you ever heard of State Street Debating? It's a group that was founded in 1947 that provides financial support to local high schoolers. We heard from Mike Cacace, chairman of State Street Debating, to learn more.

#### February 16 –

1. Should Connecticut adopt an electric vehicle mandate? We ask auto expert, Paul Miller, about the findings from automakers and dealerships here and across the country.
2. Should Connecticut expand the paid sick leave program to all companies, no matter how many employees are on the team? It may sound like a slam dunk idea but is that the case? CBIA's Ashley Zane shares why this could be a disaster, especially for small businesses.
3. Keeping those fiscal guardrails in place is a battle right now in Hartford. What does that actually mean and is there an alternative to messing with the guardrails? We spoke with Comptroller, Sean Scanlon, to hear his ideas to reach a compromise.
4. We still have a housing crisis in Connecticut, so what is already on the books and what could happen during the session to improve the issue? We spoke with CT169Strong founders, Alexis Harrison and Maria Weingarten.

#### February 20 –

1. Should smartphones be eliminated in Connecticut classrooms? A pilot program to nix smartphones from certain middle schools, including in Stamford, is set to roll out next school year. Senator Ryan Fazio is behind that move and explains what lawmakers are looking to accomplish.
2. We do a deep dive into absentee balloting with CT Mirror investigative reporter, Andrew Brown. Find out what he has uncovered in the last few months following all the drama surrounding the Bridgeport mayoral race.
3. Recent national studies show Connecticut isn't making the grade with elder care options. One of the reasons it ranked so low is because people don't really know the options on the table. We spoke with CarePatrol CT to learn how you can get advice and advocacy from a senior care agent FOR FREE. Advisor, Chris Curran, explains.
4. In a recent national study, hundreds of families over two decades were asked about toxic in-laws and their impact on marriages. The results showed more than 60 percent of women reported that their female in-laws caused long-term unhappiness and stress in their relationships. Counselor Julius Dudics shared how we can better handle difficult in-laws in a healthy way.

February 21 –

1. More and more Connecticut residents are spreading their wings and becoming bird enthusiasts. Miley Bull from CT Audubon Society shared tips on feeding birds in your backyard and which birds to keep an eye out for in our state.
2. The Goshen Public Library's Board of Directors is scheduled to meet to discuss the decision to remove "Gender Queer," a 2019 memoir that touches on gender issues and sexuality. We spoke broadly about book banning and censorship with Quinnipiac University's Jordan Jefferson.
3. Science You May Not Know: getting ready for the total eclipse in April. Find out where you can best spot the spectacle in the sky and how University of Bridgeport students have a hand in a huge NASA project during the eclipse.

February 22 –

1. The Norwalk Independent Party Chair is getting involved in the Bridgeport mayoral race saga. We spoke with Lisa Brinton about her choice to endorse John Gomes and what she wants to see at the state level with voting changes.
2. The US Secret Service has University of Hartford on their recruitment radar for the first time. We spoke with Uhart's Career Services Department about the new effort this year making the college a hub and what the secret service is looking for.
3. Taking antidepressants like Prozac while pregnant can hinder a child's brain development and possibly cause mental disorders later in life. That's the findings in a new study published last week in the journal Nature Communications. Experts say antidepressants that raise serotonin levels can influence how the brain learns and adjusts. How accurate is this study and what is the correlation between these findings and vaccine effectiveness in pregnant women? We asked Dr. Fred Browne of Griffin Health.

February 23 –

1. Should the kindergarten age cutoff change get delayed in Connecticut? We get perspective on the issue looming over the 2024/25 school year from Early Childhood Commissioner Beth Bye. Plus, Commissioner Bye shares the impact of the Parent Cabinet in our state.
2. We welcomed newly elected State Senate Republican leader, Sen. Steve Harding to the show. We talked about fiscal guardrails, challenging utility company price hikes and educational topics in Hartford.
3. There are some major developments locally and nationally to tackle the issue of human trafficking. We got the scoop from Jamie at PEHT (Partnership to End Human Trafficking).

February 26 –

1. Connecticut has a real problem with wrong-way crashes in recent years. This past weekend, four people in their 20's died after a wrong-way crash along I-95 in West Haven. What can we do to avoid a wrong-way driver? Are the state's new tactics to combat this working? We spoke with crime prevention expert, retired Lt. Jim Perez.
2. Lawmakers in Connecticut are considering a proposal to bolster law enforcement efforts by introducing license plate readers across cities and towns in the state. Under the proposed legislation, municipalities would have the opportunity to apply for funding to integrate license plate readers into their law enforcement infrastructure. That includes strategically placed along roadways. We got insight on this from former police chief, Gary MacNamara.
3. On March 4<sup>th</sup>, Connecticut will mark the anniversary of passing The Crown Act. What is it? Why is it significant? And is there still mass discrimination based on people's hair styles? We spoke with Jody Walker Smith about it from the Commission on Human Rights and Opportunities.
4. The CDC says contagious stomach bugs, including norovirus, are circulating right now and hitting the Northeast especially hard. What's happening with record high cases and how do we try to avoid it if we have NOT gotten the stomach bug this year? Hartford Healthcare's Dr. Andrew Wong shares information on all of this.

February 27 –

1. Jury deliberations are set to begin today in the trial of Michelle Troconis. The trial has been going on for weeks and it looks at Troconis who has been charged with conspiracy to commit murder, tampering with evidence and hindering the prosecution in connection to the disappearance and death of Jennifer Farber Dulos back in May 2019. What will the jury decide? And what happens next in the case? We got perspective from our legal expert, Attorney Bill Bloss. (*NOTE: Atty Bloss is NOT involved in the Troconis case and the Dulos case*)
2. Happening today in the state capital: a public hearing regarding health insurance costs. As you are probably experiencing, affording health care coverage continues to be a real challenge. Senate Republicans believe they have a commonsense bill to provide a lot of relief to Connecticut residents. Ranking Senator on the Insurance Committee, Tony Hwang, explains the bill and why we are in this situation in Connecticut.
3. Julie on the Job: A new report highlights that employers overwhelmingly care most about YOUR skill set. But how do we communicate our skills in the best way during an interview? Julie Bauke gave us advice.
4. This is the time of year that more and more Americans struggle with the feeling of failure. Why does that happen and how do we cope with those intrusive thoughts? Counselor, Julius Dudics shared insight and mechanisms to overcome the fear of failing.

#### February 28 –

- (1) This month, a horrific wrong-way crash on I-95, claimed four young lives in an instant. It also puts our deadly wrong way crash data ahead of where we were in 2023, which is not where we want to be. How is Connecticut attacking this problem? We spoke with Josh Morgan of the CT Department of Transportation to hear how new pilot programs are going, what new technologies are in effect and what new plans are being researched right now.
- (2) This week, Stratford is hosting its annual Restaurant Week with an offer no other CT municipality offers. We asked BRBC President, Dan Onofrio, about the free childcare option added to Stratford's event and if more places could adopt this. Also, we talked about a bill being debated in Hartford looking at wages for restaurant workers and a pilot program one fast food chain is rolling out next year that's raising eyebrows.

#### February 29 –

- (1) In an effort to help homeless veterans and their families find permanent housing, The U.S. Department of Housing and Urban Development (HUD) and the U.S. Department of Veterans Affairs (VA) awarded \$14 million in HUD-Veterans Affairs Supportive Housing vouchers to 66 Public Housing Agencies across the country. In Connecticut, three agencies were awarded \$500,213 for a total of 44 vouchers. We had the distinct honor of talking about the program to Richard Minnocchio, Principal Deputy Assistant Secretary of The US Department of Housing and Urban Development Public and Indian Housing.
- (2) Age discrimination in the workplace continues to be a national discussion, especially ahead of this upcoming presidential election involving President Biden and former President Trump. But this month, the controversy emerged again here in Connecticut, specifically surrounding a local hospital. According to court documents, a former Waterbury Hospital executive filed a lawsuit against her ex-employer alleging she was fired for her age. We talked about the case and gave listeners insight on how to handle age discrimination in the workplace from Attorney Gary Phelan. He is an employment attorney at Mitchell and Sheahan and law professor at Quinnipiac University.
- (3) This week (Feb 26-Mar 3) is Eating Disorder Awareness Week and about nine percent of the US population struggles with an eating disorder in their lifetime. But what is the long term effect of an eating disorder on your body? Are there treatments that can help break the habits? Can your body ever revert back to the way it was before the disorder took over? We tackled all of those questions with Dr. Fred Browne of Griffin Health.

#### March 1 –

- (1) A Fairfield filmmaker fell into film making after the death of his father. While helping his mother grieve the loss, he stumbled upon an unconventional study where scientists spark sensory reconnections for people who have lost loved ones. It's being called the first publicly funded research of its kind. Stephen Berkley talked about the in-depth research behind this type of "therapy" and the accomplishments from his film 'Life with Ghosts.' His film is premiering for the first time Sunday March 3<sup>rd</sup> at SHU Community Theatre in Fairfield. Check out <https://www.lifewithghosts.com/> for more information.
- (2) Elections for the Connecticut State Senate will take place in 2024. The general election is on November 5, 2024. A primary is August 13, 2024. The filing deadline is June 11, 2024. Rob Blanchard is running for the first time as a state senator, vying to take incumbent Senator Tony Hwang's place in the 28<sup>th</sup> District. We learned about Blanchard's platform running as the Democratic candidate for Connecticut's 28th State Senate District.
- (3) March is Kidney Cancer Awareness month and it's a type of cancer that people stumble upon. According to national statistics, about 80,000 people are diagnosed with kidney cancer each year in the US. We wanted to know since it commonly is a fluke diagnosis, what are the risk factors, symptoms, and treatments available? We spoke with Kidney Cancer expert, oncologist and researcher at Yale Cancer Center, Dr. David Braun.
- (4) In recent years, our winters in Connecticut have been very mild and that means more rodents and pests in our yards. That means a lot of Connecticut residents are having pest control companies out to spray and handle the problem. But many others are hesitant to get treatments because of poisoning fears for their pets and kids. We get the facts from Chris Lariccia of Rescue 1 Pest in Connecticut.

#### March 4 –

- (1) According to national data, psychiatric assessments of officers found that 41% were classified as at high risk of a mental health condition with 15% showing signs of PTSD. Law enforcement officials acknowledge a lot of focus on physical strength training with little focus on mental and emotional strength training until it's too late. Former Fairfield Police Chief, Gary MacNamara, attended a national conference on officer wellness. Find out how Connecticut is tackling this issue and what ideas were presented during the conference that we could adopt in our state to better support the police.
- (2) The new census of agriculture was released this month. The report is conducted every five years and our Department of Agriculture looked at Connecticut's farming numbers and operational costs. Commissioner Bryan Hurlburt explains why our farm numbers have dropped slightly and why the cost to produce farm fresh products has gone up substantially. Also, find out how you can be a part of the farming industry with some financial help from the state.
- (3) The Better Business Bureau just released its 2023 Risk Report showing the top scams in the nation. The top three scams earning the most money from victims include investment, employment and online shopping. Kristen Johnson of the BBB shared why those scams are the most successful and how to protect yourselves from them. She also shared some key findings in the data and how Connecticut compared to the rest of the nation in scams.

#### March 5 –

- (1) According to The Wall Street Journal, 52% of college graduates have jobs that don't require a degree. More and more studies are showing that a college degree is not always a game changer in the career game. So, why is there still the misconception that college is a non-negotiable? And is the advice we are giving our kids outdated and more harmful than helpful? We got perspective from career strategist, Julie Bauke.
- (2) The 2023 Bridgeport mayoral election may finally be over. But the bigger issue of voter fraud still lingers and questions surrounding shady politics are still unanswered. Just how long has election fraud been a problem in the park city and what needs to happen at the state level to create accountability for clean elections? We got perspective from retired state superior court judge, Carmen Lopez.
- (3) Nuvance Health and Northwell Health, two nonprofit, mission-driven healthcare organizations, announced a merger serving communities across two states. Northwell and Nuvance Health reported they will combine the strengths of both organizations and advance the level of care for patients in New York and Connecticut. The new regional system will bring greater access to primary, specialty and



hospital care through a massive network of combined 14,500 providers and over 1,000 sites of care, including 28 hospitals. So, what does this mean for Nuvance hospitals in our state? We asked Norwalk Hospital President Peter Cordeau.

March 6 –

- (1) “Don’t think of it as a mall; think of it as a district within the town of Trumbull.” THIS is the new concept for the future of the Trumbull Mall. Earlier this week, town officials and residents met to hear updated studies on the property and hear suggestions about what can go in that space to attract more people and dollars to the town. Dan Onofrio of the Bridgeport Regional Business Council was at that meeting and gave us the scoop on what was presented.
- (2) The Connecticut Department of Transportation, state police and local law enforcement are working together to crack down on excessive speeding on our roadways. But this time, the focus is on rural roads across the state. Right now, through the end of May, a new initiative is detecting speeders and educating them on the dangers of putting the pedal to the metal. We got the scoop from Connecticut State Police Sgt. Christine Jeltema.
- (3) March marks the annual Red Cross Month which has been around for more than 80 years. We learned the history of the Red Cross and how much volunteers have done in just the last year for Connecticut. We also got an update on our blood donation crisis in the country. We spoke with Richard Branigan, the new CEO for the American Red Cross Connecticut and Rhode Island Region.

March 7 –

- (1) As you know, Nikki Haley suspended her Republican presidential primary bid. So, what does that really mean for voters in Connecticut ahead of the election later this year; especially independent and unaffiliated voters? We spoke with Scott McLean, professor of political science at Quinnipiac University.
- (2) Have you noticed we haven’t heard anything really about electric vehicles during this legislative session so far? We learned Connecticut Democrats recently hit the pause button on an EV mandate. Why the change of heart, what’s happening behind closed doors and are industry leaders a big reason for hitting the brakes? We asked State Senator Kevin Kelly following our many conversations on this topic in the last two years.

March 8 –

- (1) One of the goals for Connecticut’s Department of Agriculture is to attract more residents the farming industry. In particular, officials are hoping to bring a younger demographic to the industry. Today, we met a couple, Kaitlyn Kimball and Lawrence Passek, founders and operators of Sunset Farm in Naugatuck. Find out what attracted them to farming and some of the challenges they face, especially because of their age and experience.
- (2) March is colon cancer awareness month and right now, colon cancer is the second most common cause of cancer death in the United States. And what’s even more concerning is that younger and younger patients are being diagnosed in recent years. According to The American Cancer Society in 2023, approximately 153,020 individuals will be diagnosed with CRC and 52,550 will die from the disease, including 19,550 cases and 3750 deaths in individuals younger than 50 years. We spoke with Dr. Jeremy Kortmansky, colorectal cancer expert and clinical director of the GI Medical Oncology division at Yale Cancer Center.

March 11 –

- (1) Earlier this month, Dartmouth College’s Men’s Basketball team voted overwhelmingly to unionize. So, what does this mean for other powerhouse sports colleges like UConn and Quinnipiac here in Connecticut? We spoke with employment attorney and Quinnipiac law professor, Gary Phelan, about whether college athletes should be seen as employees and what factors play a role in teams voting to unionize.
- (2) Fairfield University’s Center for Social Impact, Regional Youth Adult Social Action Partnership (RYASAP), and PT Partners have received a 3-year, \$1 million grant from the Tow Foundation for a research project on gun violence prevention. Although the number of gun homicides in Bridgeport are

significantly lower today than they were in the 1980's and 90's, rates have plateaued, indicative of the intractable nature of gun violence in Connecticut's cities, and cities across the U.S. Marc Donald, CEO and President of RYASAP shared the details behind project "Amplifying Resident Voices" and how Bridgeport residents can get in on future focus groups to find solutions.

- (3) For the last several years, national studies have continuously reported public rudeness is on the rise in America. The statistics are based on the average person. For those who have a disability, the issue is even worse. We spoke with Kim from The Commission on Human Rights and Opportunities about the do's and don't's of interacting with people in public who have a disability.
- (4) We are gaining more light during the day and more people are out. While that sounds great overall, there's a huge problem plaguing homeowners: becoming a victim of property crime. We spoke with crime prevention expert, Jim Perez, about simple changes to consider for your home and behavior to fly under the radar and avoid attracting criminals to your property.

March 12 –

- (1) Since the clocks moved forward for Daylight Saving Time, the risk for drowsy driving crashes jumped up. AAA research has found that crashes tend to increase in the days following the springtime change as drivers get behind the wheel while sleep-deprived and with their circadian rhythms out of whack. We spoke to Alec Slatky with AAA about the new findings, what it means for tired drivers and tips to reduce your chances of ending up in a drowsy driving crash.
- (2) On average, trauma impacts everyone. Whether you are a military veteran with PTSD, someone who dealt with a tough upbringing or experienced a life-altering event in your life, there are so many reasons people carry and bury trauma. But not addressing trauma can have long term consequences for you. We addressed healing trauma during brain injury awareness month this month, with counselor Julius Dudics. How do we move forward from trauma and how do we know we found a therapist who will help us heal instead of making a profit off our pain?
- (3) The 2023 Bridgeport mayoral election is over, but the fight for voter confidence across the state is continuing. We learned John Gomes and a group of others have been crafting legislation to present during this session to address election fraud. Find out what the group is calling for and the plan to make absentee reform a priority before the session ends in May.
- (4) Women are slowly making their way back to the working world after the pandemic kept so many at home with their kids. But just landing the job isn't always enough to successfully transition to the workforce. We did a deep dive into a local non-profit supporting women with clothing. Dress for Success Mid-Fairfield County Program Director, Michelle Artis, talked about the organization, what they look for in donations and why it makes such a difference to hundreds of local women.

March 13 –

- (1) March is National Nutrition Month and a lot of us don't realize how important it is to prioritize our nutritional habits. Just check out the CDC website when it comes to poor nutrition statistics. According to reports, in the United States, 20% of young people aged 2 to 19 years and 42% of adults struggle with obesity and nearly \$173-billion dollars is spent each year on health care specifically to tackle obesity issues. We wanted to look at specific nutritional changes we could make to live better including the importance of quality of food and nutrient timing. Our wellness coach, Amy Llinas, talked in depth about those topics and more.
- (2) There have been a lot of concerns surrounding an electric vehicle mandate in Connecticut. And while lawmakers have hit the pause button for now, the idea is hardly off the table. Despite many reasons for delaying the roll-out of EV's and elimination of gas-powered vehicle sales, we haven't really talked about the negative impact of a mandate on farmers. Senator Jeff Gordon joined the show to highlight this problem he's hearing about from many of his constituents who happen to be Connecticut farmers.
- (3) This week is Patient Safety Awareness Week and we wanted to tackle the importance of patient safety at hospitals in Connecticut. How do we know a facility prioritizes patient safety and how do we recognize good patient care, especially if you've never had a procedure done before? In a 2023 report from The Leapfrog Group, a handful of Connecticut hospitals scored an A in patient safety. Stamford

Health landed on that list! We got perspective from Director of Quality, Eileen Benoit, about patient safety and what's working at Stamford Health.

- (4) The storyline continues to show that Democrats want an electric vehicle mandate; Republicans do not. But are Connecticut lawmakers really that black and white over the issue? And are lawmakers looking at the whole picture, especially recent reports on the concerns coming from auto industry experts and EV owners? We had a deeper conversation about this with Lt. Governor Susan Bysiewicz ahead of a major public hearing today on EVs.

March 14 –

- (1) A piece of legislation is being debated in Hartford to increase penalties for drivers who illegally pass stopped school buses in our state. It also looks at municipalities getting the ability to handle the issue locally with programs like BusPatrol America. The national company installs cameras on a fleet of buses in a district to track and ticket drivers breaking the law. Earlier this year, a new report showed nearly 10,000 drivers illegally passed a school bus over a six-month period in Bridgeport which has partnered with BusPatrol. We heard from Chief Growth Officer at BusPatrol America, Steve Randazzo, about the program, how it's paid for, and data supporting the need for tech advances in all school buses on our roads.
- (2) The clocks changing in some ways is just a thorn in people's sides. But besides the clocks changing in March, this month is also sleep awareness month. Do you know how much sleep impacts our bodies? Even though we logically can imagine how important good sleep is, we don't make it a priority to adopt proper sleeping habits. We spoke with a sleep expert at Danbury Hospital under Nuvance Health to understand how big of a problem sleep deprivation is. We also learned how to improve our bad sleep habits and make real lifestyle changes permanent.
- (3) "I don't have time to read..." -- "I don't know what to read..." -- "Can I just watch the movie version instead..." -- "Reading is just too much work..." -- "I don't like reading since it was forced when I was a kid..."
- (4) According to national surveys, these are the top five reasons adults don't read regularly. March is National Reading Month. And while the focus is for all ages to enjoy reading, there's usually a bigger focus on children. But what about adults? Why should they read? How do you ditch the distractions or past experiences blocking you from reading? And how do we find reading material that will interest me? We got perspective from Fran Rabinowitz, executive director of the CT Association of Public School Superintendents and an avid reader herself.
- (5) According to national data, each day, Americans consume a total of 400 million cups of coffee. Individually, reports say the average coffee drinker in the US consumes about three cups of coffee per day. While that doesn't break down how many cups of coffee are caffeinated or decaf, it also doesn't include the many other caffeinated drinks, like tea and energy drinks. March is caffeine awareness month and we wanted to take accountability for the amount of caffeine we take in per day and learn what we should be looking at moving forward to be sure we aren't becoming addicted or damaging our bodies. We got perspective from Primary Care Physician, Dr. Andrew Wong, Medical Director of Hartford HealthCare Medical group in the Fairfield region.
- (6) Connecticut is one step closer to better protecting residents from some of the dangers posed by artificial intelligence. This week, a bill tackling AI transparency got unanimous approval and now heads to the Senate floor. But what are the chances we see a law pass by the end of the session and what does it really mean for Connecticut residents? We spoke with the creator of the bill, Senator James Maroney, D-Milford. He is also the co-chairman of the General Law Committee who led a statewide task force on AI last year.
- (7) This week, the CDC made changes to its measles vaccination guidance for travelers. The agency says any American with plans to travel abroad should speak with their doctor at least six weeks before their trip if they aren't sure whether they're up to date on their vaccines. The change comes as we see more upticks in measles cases across the country. We asked vaccine questions to our infectious disease expert, Dr. Fred Browne, including the need for a booster and whether traveling is a deal breaker for getting the shot.

March 15 –

- (1) March is Save Your Vision Month, meant to bring awareness to screen exposure but also the need for regular eye exams. We talked to Dr. Scott Spector of Spector Eye Care in Norwalk about this. He gave his recommendation for when to start screening, how often you need exams and what to look out for with potential vision loss. Dr. Spector even shared an insane story about a young man who almost went blind if not for a random eye check...and you'll never guess who that young man was!
- (2) One in every six women in Connecticut was at one time a Girl Scout and now, the premiere organization for girls is turning 112 years young! The non-profit's milestone also coincides with National Girl Scout Week. Diana Mahoney, Chief Executive Officer at Girl Scouts of Connecticut, shared how the organization has evolved over the years, the need for scout leaders and upcoming events for the Girl Scouts of Connecticut this year.
- (3) State Representative Jason Perillo testified at a public hearing the need for more penalties to hold people committing election fraud responsible. Right now, there are many laws on the book of what not to do during elections but really no consequences for breaking those laws. So, what's the point? We spoke in depth about the issues of election fraud in the state and the likelihood of legislation passing before the session wraps up in May.
- (4) It's a type of cancer that isn't commonly known, but impacts tens of thousands of people per year in the US. What is myeloma, how can we detect it early, is it curable or reversible, are there treatments available? We asked all of this to Yale Dr. Natalia Neparidze, who has worked with myeloma patients in our state for the past 17 years. She also highlighted the importance of blood tests, not just yearly check-ups.

March 18 –

- (1) As you know, during the legislative session there are hundreds of bills being debated in Hartford. And one bill seems to tackle elections in the state. House Bill 5498 reportedly tackles surveillance at absentee ballot dropboxes, modifications to absentee ballot data and even absentee ballot reforms. However, we were alerted to a controversial section of the bill that would bar the Independent Party from using the word independent and force the party to rebrand itself. What exactly does that mean for our future ballots if this passes and why would this even be proposed? We got perspective from our legal expert, Attorney Bill Bloss, who says this is deeply troubling to every Connecticut voter if the bill gets the greenlight with this section.
- (2) This is a very religious time of year. For example, Muslims began Ramadan on March 11<sup>th</sup>, Jews will celebrate Purim on March 23<sup>rd</sup> and Christians enter Holy Week Sunday March 24<sup>th</sup>. For Americans who take time off for religious reasons, how do employers handle the holidays and religious accommodations? We got perspective and advice from Mike Roberts of the Commission on Human Rights and Opportunities.
- (3) Hartford is working to combat crime with several proposals. One of those proposed measures includes armed neighborhood watch groups. In fact, one group rolled out for a shift this past weekend for the first time. Meanwhile, The Hartford City Council is considering a compromised resolution that would bring UNARMED neighborhood block watches to reduce crime. What could this resolution mean for other towns and cities in Connecticut combatting crime rates? What does this measure say to police in our state? We tackled that with Crime on the Mind's Jim Perez.
- (4) A new piece of legislation would better protect tow truck drivers in Connecticut. Dozens of tow truck drivers are killed every year because drivers don't slow down and move over when a truck is pulled off on the side of a highway. Salena Khan, founder of Life on the Line Co., is pushing for a law that would require all tow trucks to be equipped with blue lights. Why does that make a difference and why blue lights? Khan explains.

March 19 –

- (1) This week is National Drug and Alcohol Facts Week which is meant to bring awareness about addiction and share resources to address substance abuse. But instead of focusing on why people drink, we decided to focus on why people CARE SO MUCH about people who DON'T drink. Our morning show counselor, Julius Dudics, peeled back the curtain on the core of the problem and how to get honest with

ourselves about drinking. We also got several listener calls on this topic and echoing the need to hold the line if you don't want to drink.

- (2) Stamford is receiving 17-million-dollars from the federal government for a new pedestrian corridor along the Mill River. The funds will be used to fill the last gap in the Mill River Greenway network. What is this network? What will the funding specifically go towards? Why does it matter to Stamford residents and visitors? And if this project has been ongoing for such a long time, how did Stamford land on the radar of our federal government to get this funding now? We got the details from Mayor Caroline Simmons.
- (3) According to a recent Bloomberg report, middle managers, defined as non-executives who oversee employees, make up almost a third of terminations, up from 20% in 2018. In January, UPS said it would save more than \$1 billion by slashing 12,000 manager jobs. Citigroup aims to eliminate 20,000 roles over the next several years. These are just a couple of examples of the risk middle managers face with companies dealing with potential layoffs. How can middle managers tell that a layoff might be coming and protect themselves from landing on the chopping block? Julie Bauke shares advice on that and gives the heads up to employers about a shift in people not wanting to become middle managers.
- (4) It was a buzzer beater win punching Yale's ticket to march madness this past weekend. Yale Men's basketball team beat fourth-seeded Brown earning the program's seventh appearance in the NCAA Tournament and a second trip to the March Madness festivities in the last three years. We had the opportunity to interview head coach James Jones to talk about the program's growing success, his journey to coaching at Yale and why the college never matches up with UConn.

March 20 –

- (1) You may remember we started the week with our legal expert, Attorney Bill Bloss, talking about Section 27 of House Bill 5498. While the overall bill tackles a lot of problems in Connecticut regarding absentee ballots and creating cleaner elections, there's a troubling section that's a direct attack on the independent party. It not only would hurt the third party in our state, there are concerns it would also cause confusion for the average Connecticut voter. We spoke with Lisa Brinton, the Norwalk Town Chair of the Independent Party, who testified against this section earlier this week.
- (2) We are officially in spring but what determines the seasonal change? David Mestre of Science You May Not Know explains what's happening astronomically to explain how we get spring and shares the three reasons for the astronomical season.
- (3) A new public service announcement was launched this week regarding illegal, unsafe cannabis edibles made to look like common kid-friendly snacks. Where are these snacks coming from? Why are they so dangerous for children? What advice do we have for parents to talk to their kids about these products? We spoke in depth about this with Consumer Protection Commissioner Bryan Cafferelli.
- (4) "We're still seeing highly potent illegal cannabis products that look like common kid snacks. These edibles are untested and unsafe and can land kids in the hospital. If you see these products, keep them away from children and report them immediately!" This is part of a new PSA from Attorney General William Tong. He is sounding the alarm about illegal products that have been seized in Connecticut stores over the past couple of years. We saw the products as a result of the AG's raids and get a better understanding of how these products fly under the radar for kids.

March 21 –

- (1) That was a direct quote from Senator Richard Blumenthal following a classified briefing by U.S intelligence and law enforcement officials on the dangers of TikTok. Earlier this month, the House overwhelmingly approved and passed a bill that forces the Chinese company, ByteDance, to sell the social media platform to the United States or risk a TikTok ban. Find out why Senator Blumenthal says the information shared in that briefing NEEDS to be declassified and shared with the American people. He also responds to Congressman Himes' vote against the bill.
- (2) Currently, 1 billion people, or 15% of the world's population, experience some form of disability. People with intellectual and developmental disabilities (IDD) are more likely to experience adverse socioeconomic outcomes only making it harder to afford and access good health care options. March marks Developmental Disabilities Awareness Month, and leading disability advocates are coming together to call for a more inclusive healthcare system. Patrick Cokley, Senior Program Officer, Equity



and Social Justice Partnerships at the Robert Wood Johnson Foundation, shared the national call to action and how the pandemic only made a bad situation, worse.

- (3) Kids in Crisis has been helping tens of thousands of children in Fairfield County since it was founded in 1978. TeenTalk is a program that Kids in Crisis provides to more than a dozen middle and high schools in Fairfield County right now. A recent TeenTalk report outlines some stark realities including the huge uptick in counseling requests and WHO makes the majority of counseling requests. Shari Shapiro is the executive director of Kids in Crisis. She gave us the background on Kids in Crisis, the TeenTalk program and a deep dive into this recent TeenTalk report.

March 22 –

- (1) While a strong bi-partisan vote passed a bill through the House demanding the sale of TikTok with a threat to ban the platform in the US otherwise. Congressman Jim Himes voted against it. What's interesting, is the supporters of this bill are most concerned with TikTok hurting our national security. Congressman Himes is the ranking Democrat on the House Intelligence Committee and has a vested interest in national security. So, why would he vote against this? And after a briefing with US Intelligence apparently proved that TikTok is dangerous remaining in the hands of the Chinese, should that information be declassified and shared with the American people? We got all those answers from Congressman Himes.
- (2) An annual event highlights Research, Innovation, Scholarship, and Entrepreneurship opportunities at the University of Bridgeport. It started back in 2011 and has grown so much since then. We got the scoop on this upcoming event, how it ties into National Public Health Week and who will benefit from attending (including high school students!)
- (3) After seven years of effort to create a new veterans and first responders center in Trumbull, the final amount of money came in this month to put shovels in the ground. Find out about a recent federal grant supporting the center and what this property will do for thousands in our listening area. Ray Baldwin Jr. who has been leading this effort gives us the details and a tentative timeline of what comes next.
- (4) It's no secret; health insurance coverage is so unaffordable, many Connecticut families take the risk not investing in coverage. Once again, comprehensive bills were proposed during the legislative session. We learned the Insurance and Real Estate Committee ran out of time to take up any of the measures and not one piece of legislation was voted on. We did a deeper dive into this with State Senator Kevin Kelly.

March 25 –

- (1) For the first time, we had the Commissioner for Connecticut's Department of Mental Health and Addiction Services, Nancy Navarretta. After last week's conversation on the show about alcohol expectations in today's society and many listeners joining the conversation, we talked about it further with Commissioner Navarretta. We did a deeper dive into the broken societal norms around drinking, how the state is addressing peer pressure and whether venues will begin incentivizing people to have dry events in future.
- (2) Connecticut's license renewal fees are insanely high, and a new proposal is looking to cap costs. According to a recent report, physicians in New York and Massachusetts must pay \$600 every two years to renew their licenses. However, here in Connecticut, physicians and surgeons pay \$575 annually or \$1,150 every two years. Right now, 83 professions in our state require these astronomical costs and one Senator is looking to fix it permanently. Senator Ryan Fazio of the 36<sup>th</sup> District (Greenwich, Stamford, parts of New Canaan) shares the three bills he has presented this session, why there is bi-partisan support and why he's hopeful something will pass!
- (3) Grab the tissues; you're going to need them! A new report is sounding the alarm about allergy season. Several national studies revealed as a result of weather patterns and trends, AccuWeather meteorologists anticipate three different peaks in pollen levels that should make allergy season last longer in 2024. We learned about ways to best cope with allergies and remedies we can use to battle a longer season from Dr. Andrew Wong. Dr. Wong is a primary care physician and the Medical Director of Hartford HealthCare Medical group in the Fairfield region.

- (4) There is a new warning for travelers after researchers, posed as hackers, expose a security flaw that could open millions of hotel-room doors. Wired Magazine shared the findings this month outlining the impact on people here and across the globe checking into a hotel. What can we do to better protect ourselves from intruders when we are staying in a hotel? We got advice from our crime prevention expert, Jim Perez.
- (5) A new CNN report revealed that marriage rates have been up, and divorce rates are down. Why is that the case and are we seeing that locally with couples in Connecticut? We got perspective from our marriage coach, Bob Donovan.

March 26 –

- (1) We are in the midst of the legislative session and several road safety bills have been voted out of committee and could see the light of day by May. We get the details from Alec Slatky from AAA about these pieces of legislation including work zone speed cameras and lowering the blood alcohol limit to .05.
- (2) For the first time in Connecticut history, we have rolled out early voting starting today ahead of the primaries April second. Secretary of the State, Stephanie Thomas, joined us for everything you need to know ahead of casting your vote at the polls. Plus, we touched on legislation surrounding elections being debated in Hartford including absentee ballot reform, election monitoring and potentially rebranding Connecticut's Independent Party.
- (3) The National Council on Problem Gambling estimates that about five million Americans struggle with compulsive gambling. However, only around 8 percent of these individuals will ever seek help for their problem. Connecticut made online gambling and sports betting legal in 2021 and the Connecticut Council on Problem Gambling has reported a huge spike in calls ever since. How do you know if gambling is running your life and how do you begin to pull back on addictive habits? We got advice from morning show counselor, Julius Dudics.
- (4) We also see from recent CT Council on Problem Gambling data that the largest number of calls needing help with gambling addiction in the state comes from college aged students. We spoke with Brian Dolan, Director of Sacred Heart University's collegiate recovery program, how to responsibly gamble during March Madness.
- (5) You've heard of PTO...but what about V-TO? Crunchbase, a private company data provider, has been offering "volunteering time off" (VTO) to its employees since 2018. They say it's a major benefit for workers and some studies are backing that up. Recently, a study from Oxford University found volunteering is a major benefit for workers with a lot of positive outcomes. So, why don't more people offer this and is this a no-brainer for companies to begin offering? We asked our career strategist, Julie Bauke, about this during *Julie on the Job*.
- (6) A local author shares her latest children's book *I Am Different* addressing inclusion. Find out about Michelle Artis, her inspiration behind the book and the connection to her son, Aydin.

March 27 –

- (1) For this week's *Workout Wednesday*, Amy Llinas shared three easy lifestyle changes you can make today that will have a huge impact on your overall health goals. Find out why hydration in the morning, protein for breakfast, and getting steps in daily will make the difference for all people.
- (2) As we count down to the April 8 solar eclipse, biologists are asking the public for their help to document the behavior of animals during the event. David Mestre says for major events in the sky, often times, even your pets will act differently. This is YOUR chance to add to a national science project. Find out what you need to do! Biologists are asking for the public's help in adding their animal observations and reporting them to the website: [observinganimals.org](https://observinganimals.org)
- (3) Earlier this month, Superintendent of Schools, Dr. Carmela Levy-David, recommended closing down six city schools due to poor conditions and academic performance. Since then, a study is being conducted and a consulting firm is helping out with the process. We got a better understanding of what Dr. Levy-David found in these schools prompting the proposal, how many students and teachers will be impacted and what happens when people are shuffled elsewhere after schools shutdown.

- (4) The March 20<sup>th</sup> deadline was reached for the Insurance and Real Estate Committee with not a single piece of legislation voted on or passed through. One of the bills would have created more affordable health insurance plans for Connecticut families. But at the CBIA Business Day this week, we learned that legislation and other health-related measures may be resurrected during this session once again! State Senator Tony Hwang, the ranking member of the committee, explained the change of heart and the likelihood of legislation passage.

March 28 –

- (1) Yale Men's Basketball busting brackets nationwide...UConn men going for back-to-back titles...UConn women potentially taking on superstar Caitlin Clark...WOW! Connecticut has a big hand in a lot of college basketball headlines this year for March Madness. We dive into those stories with our local sports expert, Rob Adams, and get predictions about UConn's teams bringing home hardware for this year's NCAA tournament.
- (2) According to American Cancer Society, breast cancer is the most common cancer in women in the United States, except for skin cancers. It accounts for about 30% of all new female cancers each year. Recently, actress, Olivia Munn, made a public statement encouraging women to get a breast cancer risk score. But what is this assessment? When should women start getting their score? And where do we get the assessment done? For all the details, we spoke with Hartford HealthCare Genetic Counselor, Susan Capasso, at St. Vincent's Medical Center.
- (3) Some new faces have joined the Beardsley Zoo family. Connecticut's only zoo announced the birth of five baby Cotton Patch Geese. They were born on March 21<sup>st</sup> and it marks the first time this threatened heritage breed has been born on zoo grounds. Zoo Director, Gregg Dancho, shared the details behind the big news and what it means for the population and conservation efforts. And ahead of Easter, find out about the domestic rabbits on property in Bridgeport and some facts about the Cottontail bunnies that will get you *hopping* up and down!
- (4) Chick-fil-A is going to allow some antibiotics in its food. The fast-food giant announced on its website it will be switching from "No Antibiotics Ever" to "No Antibiotics Important To Human Medicine." What does this mean for people consuming these food items? We asked our peace of mind in the medical field, Dr. Fred Browne of Griffin Health. We also talked about the alternatives for patients who rely on insulin following a shortage of the medication.

March 29 –

- (1) Connecticut lawmakers from both sides of the aisle are sounding the alarm about getting more mental health experts in our schools. There's strong bi-partisan support to pass a law forcing the state to invest in filling these roles. But how can we do that when we are still struggling to fill basic teacher shortages in our state? We asked Fran Rabinowitz, Executive Director of the Connecticut Association of Public School Superintendents. She highlighted low pay and a lack of paraprofessionals as huge red flags for our state.
- (2) Tomorrow is National Doctor's Day; it was created back in 1933 to honor the men and women who are filling our physician positions in our hospitals and doctor's offices. But in recent years, we continue to see physician shortages. According to national data -- primary care shortages are one major driver. The National Center for Health Workforce Analysis projects that the U.S. will face a shortage of 68,020 primary care physicians by 2036. We spoke about this on a local level with Hartford HealthCare Dr. Dan Gottschall, VP of Medical Affairs Fairfield Region.
- (3) Statistically, animal shelters across the country see an uptick in abandoned animals during the springtime. One reason: Easter gifts that don't work out! If you are debating a bunny, chick or duckling to go in your child's Easter basket, think again. We talk about this in length with Kathryn Schubert of the Connecticut Humane Society. We also did a deep dive into the commitment of adopting an animal. For more information, check out <https://cthumane.org/>