

WEST MICHIGAN COMMUNITY FORUM

October November December 2023

This is a 2 minute program that airs Saturday and Sunday mornings on WQXC-FM and WZUU-FM that discusses issues relevant to the communities and helps meet the needs of Van Buren, Kalamazoo and Allegan Counties.

Oct 1-2 We talked about Breast Cancer Awareness Month , in October. There are things you can do to detect breast cancer early. We also discussed what to do when you have breast cancer and what treatments may look like.

October 7-8 We discussed the Walk To End Alzheimer's in Kalamazoo, October 8, 2022. All funds raised go to support research efforts of the Alzheimer's Association.

October 14-15 We spoke with Marv Berkowitz, Kalamazoo are man who runs an organization called Fathers Against Distracted Driving. We discussed many different ways that Americans can be distracted while driving. Cell phones are the biggest way. We talked about his organization and how he gets the word out and tries to help curb the behavior.

October 20-21 We talked about Halloween Safety, how to stay safe, dress safe, and have a safe Halloween, especially if you are trick or treating with small children. Halloween is one of the biggest nights for traffic accidents of the year.

October 28-29 We talked about Halloween Safety, how to stay safe, dress safe, and have a safe Halloween, especially if you are trick or treating with small children. Halloween is one of the biggest nights for traffic accidents of the year.

November 4-5 We gave information out about Veterans Day. We talked about local events, and where they were happening and when. There are many groups that put on special events in SW Michigan every year, to

celebrate Veterans Day.

November 11-12 November is Pancreatic Cancer Awareness Month. We gave information about what it is, and what you can do to fight it, and spread the word about it. Pancreatic cancer takes more people than breast cancer in the US

November 18-19 November is Lung Cancer Awareness Month. We talked about the types of Lung Cancer, how to tell the difference, and what causes lung cancer.

November 25-26 We discussed National Diabetes Month. Diabetes is a national health issue. We talked about what those with diabetes can do to stay healthy and keep their diabetes in control

December 2-3 December is National HIV Awareness Month. We discussed who has the biggest chance of contracting this disease, and what to do to try and prevent it. We also talked about the improvements over the years of diagnosing and treating HIV.

December 9-10 December is National Drunk and Drugged Driving Prevention Month. We discussed how to avoid driving while under the influence of alcohol or drugs, how big a problem it is, and how to avoid the trappings of doing so.

December 16-17 We discussed things you may like to know regarding getting a real tree for Christmas. There are things you can do to make your tree safer in your house. Keep the tree watered, and keep harsh lights away. Also unplug lights when you are away from your home.

December 23-24 We discussed New Years Eve party safety tips. It is one of the busiest nights of the year for partying and travelling. Of course drinking and driving is a major problem on New Years Eve. We discussed safety concerns about being at parties as well.

December 30-31 We discussed National Donor Month, which is in January. Blood donations are important to help people around the country on a daily basis. The Red Cross needs all types of blood. We talked about how someone can help, and what is done with donated blood.