

ISSUES AND PROGRAMS LIST
4th QUARTER 2015

Station WBAB 102.3 FM/ WHFM 95.3 determined that the following were of significant concern to the Long Island, New York community during the fourth quarter of 2015.

1. Health
2. Public Safety
3. Education
4. Economy/Economic Development
5. Environment
6. Community/Charity Events/Organizations

Prepared by:



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WBAB-FM, WHFM-FM, WBLI-FM

Cox Radio Long Island Program Descriptions

Plugged In To Long Island - Plugged In To Long Island is a one-half hour, station produced interview program focusing on Long Island area issues. It is heard Sunday mornings at 6:00AM and 6:30AM. Plugged In To Long Island is produced by WBAB/WBLI community affairs staff. **East End Report** is a monthly half-hour segment of Plugged In To Long Island dedicated to our East End listeners. It includes updates on ascertained issues such as the environment and land preservation of the East End. The show can be heard as part of Plugged In To Long Island.

Radio Health Journal - Radio Health Journal is a one-half hour radio magazine produced by Media Tracks Communications that keeps tabs on the latest in the world of medicine- breakthroughs, what medical advances to look for, and eye opening news. The show airs on Sunday morning at 5AM.

The Best Of Our Knowledge/Legislative Gazette –The Best Of Our Knowledge/Legislative Gazette is a one-half hour New York State (WAMC) produced discussion program focusing on education and New York State political issues. It is heard Sunday mornings between 6:00am and 6:30am, inside Sunday morning public affairs programming.

Cox Radio 4th Quarter 2015 Issues & Programs

Issue- Health

Radio Health Journal 10/4/15 at 5:00AM (13 minutes)

- Autism has been misunderstood ever since its first description in the 1940's. Experts describe how this misunderstanding has drastically affected treatment of people with autism, and how schools and other institutions might change their approach and understanding to improve treatment.

Radio Health Journal 10/4/15 at 5:13AM (8 minutes)

- Children suffering from a rare disorder called cyclic vomiting may vomit for days on end once or twice a month. Experts describe how the disorder is often misdiagnosed and remains difficult to treat. However, children often eventually outgrow the disorder as it transitions into migraine headaches.

Radio Health Journal 10/11/15 at 5:13AM (8 minutes)

- Many people have no idea how or why psychotherapy works. A well-known psychotherapist describes what therapists are thinking while the patient is talking and how these thoughts guide treatment.

Radio Health Journal 10/18/15 at 5:00AM (13 minutes)

- As many as five percent of people diagnosed with Parkinson's or Alzheimer's diseases may in reality have a treatable disorder caused by "water on the brain." An expert and patient discuss.

Radio Health Journal 10/18/15 at 5:13AM (8 minutes)

- Scientists have learned that emotional trauma suffered as a child or adolescent has profound effects on a person's physical health years later. Children who suffer multiple traumas such as loss of a parent and physical abuse are much more likely to experience cancer, heart disease and autoimmune diseases as adults. A noted science writer explains.

Radio Health Journal 10/25/15 at 5:13AM (8 minutes)

- Thirty million Americans wear contact lenses, but today's high tech lenses are vastly superior to those of a few decades ago. Even so, most contact wearers don't maintain their lenses correctly. An expert explains.

Radio Health Journal 11/8/15 at 5:13AM (8 minutes)

- One year ago, we visited Greg O'Brien, a journalist attempting to document his own decline into early onset Alzheimer's disease. Now he discusses the past year and the difficulties he's meeting as his disease progresses.

Radio Health Journal 11/22/15 at 5:00AM (13 minutes)

- Forty-nine million people in the US are food insecure-- often unsure they'll have three decent meals per day. The poor are also often forced to purchase foods that are poor in nutrition, which leads to high rates of obesity. Experts discuss reasons for food insecurity, outcomes, and a variety of inventive solutions.

Radio Health Journal 11/29/15 at 5:00AM (13 minutes)

- Infertility is often due to poor egg quality, or chromosomal damage. Some of this damage may occur in the egg's mitochondria, the cell's powerhouse. A new procedure seeks to replace mitochondria in old eggs with fresher mitochondria to improve egg quality. However, some doctors say there haven't been enough studies to know if the procedure is either safe or effective. Experts discuss.

Radio Health Journal 11/29/15 at 5:13AM (8 minutes)

- Rehabilitation has been a staple of recovery for many illnesses, but often not after cancer treatment. Similarly, sometimes people about to undergo orthopedic surgery may be given exercises, or prehabilitation, to prepare them. A nationally known rehab specialist discusses using prehabilitation techniques for newly diagnosed cancer patients.

Radio Health Journal 12/6/15 at 5:00AM (13 minutes)

- A recent study finds that about 35 percent of children receiving treatment for mental health issues are being treated only by a primary care physician. This is due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and adolescents and efforts to be sure they're prepared.

Radio Health Journal 12/6/15 at 5:13AM (8 minutes)

- Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies.

Radio Health Journal 12/13/15 at 5:13AM (8 minutes)

- Surveys show that most Americans are less than happy, and seldom experience joy. Two experts discuss how even naturally glum people can manufacture joy.

Radio Health Journal 12/20/15 at 5:13AM (8 minutes)

- Traumatic brain injuries, even mild ones, may produce cognitive and personality changes months later, when that "bump on the head" has been forgotten. An expert explains these injuries and how to prevent some of the consequences.

Radio Health Journal 12/27/15 at 5:00AM (13 minutes)

- Only about a fifth of people who could use hearing aids have them. Reasons include stigma, high cost, and poor training of people who actually get hearing aids. An audiologist, hearing aid manufacturer, and hearing aid user discuss solving these issues.

Radio Health Journal 12/27/15 at 5:13AM (8 minutes)

- Seriously ill teenagers still act like teens in the hospital, sometimes aided and abetted by staff. A novelist discusses her observations from years on the hospital floor with her sick child as the basis for her book.

Issue – Public Safety

Plugged Into Long Island 10/4/15 at 6:30-7AM (29 minutes)

- Summary: Ted Lindner speaks with representatives from Revco about Fire Prevention Week. They discuss the importance of smoke alarms being installed inside every bedroom, outside each sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.

Radio Health Journal 10/11/15 at 5:00AM (13 minutes)

- Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.

Radio Health Journal 10/25/15 at 5:00AM (13 minutes)

- Government researchers and auto companies are developing a device called DADSS (Driver Alcohol Detection System for Safety) that can unobtrusively test whether a person is drunk as he attempts to start his car. If so, DADSS makes the car inoperable. Experts explain how it will work and debate some of the issues surrounding its possible rollout.

Radio Health Journal 11/1/15 at 5:00AM (13 minutes)

- Studies estimate that about five percent of diagnoses are wrong, leading treatment down the wrong road. Experts discuss why misdiagnoses occur, and a new Institute of Medicine report on how they might be prevented.

Radio Health Journal 11/1/15 at 5:13AM (8 minutes)

- People who use drugs, even those who are not addicted, are often destructively enabled by families. An expert explains why this occurs and what families have to do to break through their own denial as well as that of the user.

The Best of Our Knowledge 11/1/15 at 5:30-6am (25 minutes)

- Unfortunately, sexual assaults on college campuses are not unusual. This year, a new law took effect hoping to make students safer.

Today on the Best of Our Knowledge, we'll hear if the Campus Save Act is making a difference in a state with a high assault rate. We'll also travel to Portugal and hear how art is helping students build self-esteem, find out how teachers can avoid cyber traps waiting for them on line, and spend an academic minute figuring out just how Mexican your favorite Mexican restaurant is.

Radio Health Journal 11/15/15 at 5:00AM (13 minutes)

- Confessing to a crime that a person did not commit is a major reason for wrongful convictions. Scientists have found that the psychology of innocent people is a major reason for false confessions. Experts discuss the chain of events and psychology that allow them to occur, and public policy changes that could make them much more rare.

Radio Health Journal 11/15/15 at 5:13AM (8 minutes)

- Most people's medicine cabinet is a disorganized mess with problems that could prevent healing and even threaten health. A pharmacist advised what should be in your medicine cabinet and how to keep those medicines safe and effective.

Plugged Into Long Island 11/22/15 at 6-6:30AM (27 minutes)

- Summary: Josh Emert speaks to Melissa Wayne, Prevention Coordinator for the Pederson Krag Center. They discuss the Problem Gambling Treatment Prevention Program and how problem gambling affects the entire family as a whole, as well as each and every member individually.

Radio Health Journal 11/22/15 at 5:13AM (8 minutes)

- Controversy has broken out over the doctor's traditional white lab coat and necktie. Some doctors say physicians should wear short sleeves instead because coats carry germs. Others maintain the white coat isn't a germ colony, but rather is a source of comfort for patients. Experts discuss.

The Best of Our Knowledge 12/6/15 at 5:30-6am (25 minutes)

- In 2012, the New York Times Magazine published a detailed story about the sexual abuse of students at the Horace Mann School, an upscale private college preparatory school in the Bronx. As you might expect, the story got a lot of attention...but has prompted very little change.

Today on the Best of Our Knowledge, we'll talk to the author of that article who has expanded the story into a new book called "Great Is The Truth: Secrecy, Scandal, and the Quest for Justice at the Horace Mann School".

The Best of Our Knowledge 12/13/15 at 5:30-6am (25 minutes)

- Do you remember the movie "Mean Girls"? The screenplay to the 2004 film was written by Saturday Night Live and 30 Rock star Tina Fey, who also had a role in the film. The movie was a worldwide hit and remains almost a cult favorite 10 years later. But did you know it was based on a non-fiction book called "Queenbees and Wannabees"?

Radio Health Journal 12/13/15 at 5:00AM (13 minutes)

- Slavery was officially outlawed 150 years ago in the US, but millions of vulnerable low-wage workers are still exploited and trapped in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor in the US and how they might be rescued.

The Best of Our Knowledge 12/20/15 at 5:30-6am (25 minutes)

- Quick, what's the oldest city in the continental United States? If you said St. Augustine...bingo; you're mostly right. That small city on Florida's east coast is the oldest continuously occupied European-established community in the states. But the people who built that settlement weren't the first to try to put down roots in what would become the Sunshine State.

Today on the Best of Our Knowledge, a look at how Florida is trying to preserve its history.

Radio Health Journal 12/20/15 at 5:00AM (13 minutes)

- The holidays are like no other time in your local hospital's emergency department. Having family in from out of town results in pickup football injuries, carving knife gashes, and maladies that should have been addressed long ago. Heart attacks additionally create a spike in dead-on-arrival cases greater than any other days of the year. Experts discuss why these occur and how to prevent them.

Issue- Education

The Best of Our Knowledge 10/4/15 at 5:30-6am (25 minutes)

- So, if you were with us last week, you heard the story of Riverview High School. The school was a pseudonym for an academically successful but racially divided school in the Midwest. Today, it's a story of a different school...Mission High, a real school in the San Francisco Bay area that by all the metrics used to measure schools today is failing. But after spending a lot of time at the school, a reporter found out there was more to Mission High than met the eye.

Today on the Best Of Our Knowledge, we'll hear from that reporter who spent four years at Mission High.

The Best of Our Knowledge 10/11/15 at 5:30-6am (25 minutes)

- What do you think about when you hear the name Jack London? Probably American heroes and adventure stories. But the author was also a social advocate who championed the poor and railed against income inequality.

Today on the Best Of Our Knowledge, we'll hear from the author of a new book on Jack London as an adventurer and social warrior. We'll also spend an academic minute looking at the influence of violent video games.

The Best of Our Knowledge 10/25/15 at 5:30-6am (25 minutes)

- Anyone who enjoys trivia probably knows that Humphry Bogart never actually says "Play it again, Sam" in Casablanca, and Captain Kirk never says "Beam me up, Scotty" in Star Trek. But what about these quotes: Cleanliness is next to godliness. God works in mysterious ways. For years many people have assumed these came from the bible. Spoiler alert – they don't. Or at least they didn't.

Today on the Best of Our Knowledge, we'll hear about the lost book of Hezekiah that finally gives a home to those phantom biblical ditties.

The Best of Our Knowledge 11/8/15 at 5:30-6am (25 minutes)

- A group of major employers in the US have gotten together to provide their employees with a free path to further their education. And we're not talking about technical education or masters degrees.

Today on the Best of Our Knowledge, we'll learn about GED Works...and new program to help employees finally get their GED. We'll also hear how many school districts in

New York State are looking to opt out of new teacher evaluation standards, find out about enriching the education of young people in paradise...and spend an academic minute studying the sturdiest part of a turtle.

Radio Health Journal 11/8/15 at 5:00AM (13 minutes)

- Few female role models exist at major research universities in scientific fields, subverting efforts to get more women into math and science. Many scientists have dismissed gender bias as a factor. However, new research shows that unintentional bias results in women being subconsciously considered less competent than their male scientific counterparts. Experts explain how unconscious bias exists and its pervasive effect in academia and society at large.

The Best of Our Knowledge 11/22/15 at 5:30-6am (25 minutes)

- Is solving a university level math problem your idea of fun? Then have I got a book for you. A professor from Oxford University in the UK has compiled over 100 of these problems for people who love a good math puzzle.

Today on the Best of Our Knowledge, a look at Professor Povey's Perplexing Problems. We'll also listen in on a public session on Common Core in Northern New York State, and spend an academic minute building a better bridge.

The Best of Our Knowledge 11/29/15 at 5:30-6am (25 minutes)

- From technology and test scores to Common Core, curriculums and teaching techniques are changing all over the country. And a lot of different sources are weighing in on what those changes should look like. But are the students getting enough input in the process...and should they?

Today on the Best of Our Knowledge, we'll talk about the question of student voice in the education system. We'll also meet a young man from the UK who says he's addicted to selfies. And we'll spend an academic minute with onomatopoeia.

Issue- Economy/Economic Development

Plugged Into Long Island 10/11/15 at 6-6:30AM (25 minutes)

- Summary: Sandy Brewster speaks with Les Scheinfeld and Diane Burke from Habitat for Humanity. Habitat for Humanity of Suffolk builds affordable houses for families who fit within their income guidelines. Each homeowner agrees to contribute 300 hours of building time on his or her own home and other Habitat homes, to complete educational classes, and to perform community service as the down-payment on their new home.

Plugged Into Long Island 12/20/15 at 6-6:30AM (26 minutes)

- Summary: Ted Lindner and guests discuss elder care planning and "the talk" you need to have with your parents regarding aging, their health and financial issues. The mention the importance of naming a Power of Attorney and having a Health Care Proxy in place.

Issue- Environment

The Best of Our Knowledge 10/18/15 at 5:30-6am (25 minutes)

- A while back we had a great discussion about cosmic voids...and how they are everywhere and take up a huge amount of space in the universe. One thing we heard about that day was Dark Energy. Now, scientists from around the country are launching a new project that hopes to expand our understanding just what the heck that is!

Today on the Best Of Our Knowledge, we'll talk to one of the researchers chosen to participate in the DESI Project. We'll also keep it dark by spending an academic minute learning a little more about Dark Matter.

The Best of Our Knowledge 11/15/15 at 5:30-6am (25 minutes)

- There's a group at Cornell University called the Cornell Alliance for Science, and they are holding a special event this month featuring global leaders talking about food insecurity and the challenges of farmers in countries around the world. But one of the major topics has some people in the US questioning the efforts. The topic: Genetically Modified Organisms.

Today on the Best of Our Knowledge, we'll hear the pros and cons of GMOs in the developing world.

Plugged Into Long Island 12/6/15 at 6-6:30AM (29 minutes)

- Summary: Ted Lindner and guest, Henry LaRosa, from Long Island Power Solutions, discuss solar power and its environmental benefits. They also talk about the incentives available for Long Islanders, who maintains the system, what happens during extreme weather and/or during a blackout.

Plugged Into Long Island 12/13/15 at 6-6:30AM (27 minutes)

- Summary: Donna Donna talks with Richard Brundige and Laurie Farber about Starflowers Experiences, a local not-for-profit educational organization that offers programs and experiences to help people understand, appreciate, and live more in harmony with the earth's life systems. They discuss their new location, as well as some of the programs they run, such as Accredited Earthkeepers and Rangers of the Earth.

Issue - Community/Charity Events/Organizations

Plugged Into Long Island 10/4/15 at 6-6:30AM (26 minutes)

- Summary: Sandy Brewster and Chris Cosack, Regional Hub President, discuss Honor Flight Long Island. Honor Flight is a nonprofit organization created solely to honor America's veterans for all their sacrifices by providing them with a free trip to Washington DC to visit and reflect that the memorials there.

Plugged Into Long Island 10/11/15 at 6:30-7AM (28 minutes)

- Summary: Donna Donna and guests from the American Cancer Society discuss their partnership with WBAB & WBLI to raise money and awareness of breast cancer on Long Island. Together they created a vehicle to celebrate breast cancer survivors, that will be present at the American Cancer Society's Making Strides Against Breast Cancer event.

Plugged Into Long Island 10/18/15 at 6-6:30AM (27 minutes)

- Summary: Ted Lindner and guests discuss JDRF and the JDRF One Walk, their flagship fundraising event and the largest type 1 diabetes event in the world. JDRF is the leading global organization funding promising, life-changing T1D research. It's their goal to progressively remove the impact of the disease from people's lives.

Plugged Into Long Island 10/18/15 at 6:30-7AM (27 minutes)

- Summary: Joe Rock meets with Joanne J-Bird Phillips to discuss J-Bird Music for the Arts, a non-profit, supporting performing arts and music programs in New York and their 4th Annual Long Beach Roxx NY free rock music festival.

Plugged Into Long Island 10/25/15 at 6-6:30AM (27 minutes)

- Summary: Sandy Brewster and guests, including Councilman Tom Donnelly, discuss the upcoming Town of Babylon community event, the showing of the Long Island cut of the Michael DeLeon film, "An American Epidemic". Presenters will be Michael DeLeon, Anthony Rizzuto, Founder and Executive Director of Families in Support of Treatment (FIST) and Teri Kroll, local advocate, Coordinator of People United to Stop Heroin on Long Island.

Plugged Into Long Island 10/25/15 at 6:30-7AM (28 minutes)

- Summary: Ted Lindner & Julia Volpin talk about CancerCare's and their 13th Annual Lung Cancer Walk for Hope, taking place on Sunday, November 8th at the Oyster Bay Golf Course. Over 1000 Long Islanders are expected to gather during this powerful event to show support for patients, survivors, loved ones, caregivers and the bereaved.

Plugged Into Long Island 11/1/15 at 6:30-7AM (28 minutes)

- Summary: Joe Rock and guest discuss the 3rd annual Step-by-Step Charitable Foundation's End-of-Year Benefit, taking place on Thursday, November 12th at Westbury Manor. Tickets include dinner, drinks, entertainment and opportunity to participate in the silent auction. All donations will benefit the Gastrointestinal Cancers research and support programs at North Shore-LIJ Cancer Institute.

Plugged Into Long Island 11/8/15 at 6:30-7AM (28 minutes)

- Summary: Roger talks to Terresa Ragnofi, President of The United Way of Long Island. The United Way has improved the lives of children, youth and struggling families by creating solutions for such issues as a lack of education, housing healthcare, financial stability, stable employment and more. They do this by developing programs and funding with over 120 community partners.

Plugged Into Long Island 11/15/15 at 6-6:30AM (28 minutes)

- Summary: Al Levine and guests discuss the Foundation For Sight Sound, which offers the Help America Hear Program, providing new, high quality hearing aids nationwide to men, women and children with limited financial resources. Help America Hear is made possible by the generosity of hearing health care professionals and manufacturers who donate their time and services.

Plugged Into Long Island 11/15/15 at 6:30-7AM (27 minutes)

- Summary: Ted Lindner meets with Lance Wolff, from Millers Ale House, about their Toys for Tot's Charity Run. The event takes place on Saturday, November 21st, starting at Miller's Deer Park Ale House and ending, with a free lunch, at Miller's Levittown Ale House. Entry is \$10 and an unwrapped toy.

Plugged Into Long Island 11/22/15 at 6:30-7AM (27 minutes)

- Summary: Ted Lindner speaks with representatives from the Salvation Army Rehabilitation Center (ARC). ARC provides an in-residence rehabilitation program with a focus on basic necessities. Each program participant receives a clean and health living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction and the resources needed to develop life skills and personal relationship with God.

Plugged Into Long Island 11/29/15 at 6:30-7AM (26 minutes)

- Summary: Sandy Brewster, Denise Waterhouse, Yolanda Robano-Gross, and Allison Covino talk about Options for Community Living, Inc. Options for Community Living provides housing, support services, and care coordination for people recovering from mental illness and those living with HIV/AIDS or other chronic health conditions. Many of the people they serve were formerly homeless. Their goal is to help each program participant and family find stability, improved health and the tools to build productive self-sufficient lives as community members.

Plugged Into Long Island 12/6/15 at 6:30-7AM (25 minutes)

- Summary: Ted Lindner meets with representatives from Stony Brook Children's Hospital to discuss their Child Life Services. The Child Life Services Department at Stony Brook Children's is an integral part of the hospital experience for children. The Department's expert and caring team members help children become more comfortable during their visit by addressing fears, clearing up common misconceptions about medical procedures and hospitalization, preparing the child appropriately, and in promoting a sense of mastery over the hospital experience in the child.

Plugged Into Long Island 12/13/15 at 6:30-7AM (27 minutes)

- Summary: Sandy Brewster and guests from the Long Island Center for Recovery talk about their Drug Abuse Inpatient Rehabilitation facility in Hampton Bays. The facility specializes in substance abuse services and provides residential short-term treatment options for those who enroll.

Plugged Into Long Island 12/20/15 at 6:30-7AM (27 minutes)

- Summary: Sandy Brewster and guests discuss Dress for Success, an international not-for-profit organization that empowers women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in the work and in life. Since starting operations in 1977, Dress for Success has expanded to almost 150 cities in 20 countries and has helped more than 850,000 women work towards self-sufficiency.



WBAB COMMUNITY CALENDAR

The WBAB Community Calendar is a listing of Public Service Announcements and community events throughout Long Island. The WBAB Community Calendar runs once per daypart daily, (seven times a day), seven days a week. Events are also listed on www.wbab.com. The following are the public service announcements which ran during the 4th quarter of 2015.

#8054

Start: 10/1

End: 10/16

HERE'S YOUR BAB COMMUNITY CALENDAR...

The Riverhead Foundation for Marine Research and Preservation is hosting their 18th Annual 5K Run for the Ridley on Saturday, October 24th. The race begins at 10 a.m. in Downtown Riverhead and is open to runners and joggers of all ages. Early registration is \$20 per runner, \$30 day of. All of the event proceeds benefit the Riverhead Foundation for Marine Research and Preservation and their sea turtle rescue program. Participants can register online at [riverhead foundation dot org](http://riverheadfoundation.org). For more information, call 631.369.9840.

When we hear about people dying of curable and preventable diseases, we might find ourselves saying, "Someone should do something about that." Who IS doing something about that? The answer is Project HOPE. For over 50 years Project HOPE has been making HOPE happen in poverty zones around the world. By preventing disease, promoting wellness and saving lives, one child, one family at a time. To volunteer or learn more about all the great work that Project HOPE is doing, visit [Project HOPE dot org slash make HOPE happen](http://ProjectHOPE.org).

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8636

Start: 10/1

End: 10/16

HERE'S YOUR BAB COMMUNITY CALENDAR...

5th Annual Chili Cook-Off and Festival Saturday, October 17th from 12pm-4pm at The Association for Mental Health and Wellness in Ronkonkoma. Halloween costume contest for children under 10. Enjoy one of a kind vendors, children's games, food and beverages, plus live music from "The 60's Invasion". All proceeds from this event benefit people impacted by mental illness and at-risk homeless Veterans, including those with PTSD and depression. For more information visit [www dot mshw dot org slash events](http://www.dot.mshw.org/events).

Ovarian cancer continues to be the deadliest gynecologic cancer. A woman's risk of getting ovarian cancer in her lifetime is approximately 1 in 75. There is no screening test and since symptoms are often vague, most cases are diagnosed in later stages when the prognosis is poor. Talk to your doctor if you feel any symptoms. The survival rate for an early stage diagnosis of ovarian cancer is 90%. Be your best health advocate. See your doctor and a gynecologic oncologist if ovarian cancer is suspected. Learn more at [www dot ovarian dot org](http://www.dot.ovarian.org).

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8054

Start: 10/17

End: 10/30

HERE'S YOUR WBAB COMMUNITY CALENDAR...

Donaldsons Volkswagen Subaru and Bideawee have teamed up to help pets in need this Halloween. Saturday, October 31st is Free Adoption Day at Donaldsons Volkswagen Subaru on Sunrise Highway exit 50, next to Target. From noon to 3:00pm take home any of the adorable Bideawee dogs and cats up for free adoption.

YOU'RE INVITED TO JOIN CANCERCARE ON SUNDAY, NOVEMBER 8TH, AT THE TOWN OF OYSTER BAY GOLF COURSE IN WOODBURY FOR THE 13TH ANNUAL LUNG CANCER WALK FOR HOPE. CELEBRATE SURVIVORS AND HONOR LOVED-ONES BY WALKING IN SUPPORT OF CANCERCARE'S FREE SERVICES FOR ANYONE AFFECTED BY CANCER. FROM HELP WITH CO-PAYMENTS AND TRANSPORTATION, TO IN-PERSON, TELEPHONE AND ONLINE SUPPORT GROUPS, CANCERCARE IS THERE TO PROVIDE HELP AND HOPE. PROCEEDS FROM THIS EVENT WILL PROVIDE VITAL FUNDING TO SUSTAIN CANCERCARE'S LUNG CANCER SUPPORT PROGRAM, THE ONLY ONGOING PROGRAM OF ITS TYPE ON LONG ISLAND. FOR MORE INFORMATION OR TO REGISTER, PLEASE VISIT WWW.CANCERCARE.ORG/LUNGCANCERWALK OR CALL CANCERCARE'S WALK LINE AT 888-814-WALK.

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8636

Start: 10/17

End: 10/30

HERE'S YOUR BAB COMMUNITY CALENDAR...

Hope For The Warriors is pleased to announce the 8th Annual Long Island Run For The Warriors on Saturday, November 7th, starting at Babylon Town Hall in Lindenhurst. The Run For The Warriors unites military and civilian community members, connecting and educating each on the importance of embracing their neighbors. The goal of each event is to establish a long term understanding and respect for the needs of local military families. All proceeds will support Hope For The Warriors programs. Register now for the 10k, 5k or 1-Mile run at runforthewarriors.org.

Join Miller's Ale House Restaurants, the Lost Nights and the Tier Rats Law Enforcement Motorcycle Clubs Saturday, November 21st for their Ride for Toys for Tots. \$10 per person and one unwrapped toy (no stuffed animals please). \$20 per person if no toys. Sign up at Miller's Deer Park at 8:30am. Kickstands up at 11am sharp. Ride ends at Miller's Levittown with free lunch. For more information, contact the managers at (516) 520-7000.

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8054

Start: 10/31

End: 11/13

HERE'S YOUR WBAB COMMUNITY CALENDAR...

November is MISSION UNITED month. Long Islanders thank veterans for their service and appreciate their sacrifice, but the transition back into civilian life is not easy for everyone. With 1 in 5 veterans living in poverty on Long Island, Mission United is a critical program supporting U.S. military service members, veterans and their families in our community. Support services include employment, education, housing and emergency financial aid. For more information visit UnitedWayLL.org/MissionUnited. Together, we can accomplish so much more.

TEAM IN TRAINING WILL CHANGE YOUR LIFE WITH A MARATHON, HALF MARATHON, TRIATHLON, OR A CYCLE EVENT, AND YOU'LL CHANGE THE LIVES OF BLOOD CANCER PATIENTS.

JOIN T-N-T. EXPAND YOUR CIRCLE OF FRIENDS TO BE PART OF A VERY SPECIAL COMMUNITY. TRAIN WITH WORLD CLASS TRAINERS, AND HAVE A CHANCE TO BE PART OF THE MOST EXCITING ENDURANCE SPORTS EVENTS IN THE COUNTRY. OR TRAIN ON YOUR OWN SCHEDULE WITH T-N-T FLEX. JOIN T-N-T, FUNDRAISE WHILE YOU TRAIN, AND TAKE PART IN GETTING US ALL CLOSER TO A WORLD WITHOUT BLOOD CANCERS.

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8636

Start: 10/31

End: 11/13

HERE'S YOUR BAB COMMUNITY CALENDAR...

The holidays are just around the corner and as we get ready to celebrate, many families will be wondering if they are even going to have a Thanksgiving. Friends of Jacqueline, started by Jacqueline Phillipeau (PHILLIP-O) when she was 7 and a half years old, with the help of the Gerald Ryan Outreach Center in Wyandanch, are having a turkey drive. They are collecting turkeys, grocery gift cards and checks. All non-perishable trimmings are welcomed as well. Each family helped will receive a turkey and box with trimmings for their Thanksgiving dinner. For more information call 631-229-7272.

Join Miller's Ale House Restaurants, the Lost Nights and the Tier Rats Law Enforcement Motorcycle Clubs Saturday, November 21st for their Ride for Toys for Tots. \$10 per person and one unwrapped toy (no stuffed animals please). \$20 per person if no toys. Sign up at Miller's Deer Park at 8:30am. Kickstands up at 11am sharp. Ride ends at Miller's Levittown with free lunch. For more information, contact the managers at (516) 520-7000.

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8054

Start: 11/14

End: 11/20

HERE'S YOUR BAB COMMUNITY CALENDAR...

Strength for life is a non-profit organization providing free exercise classes and wellness retreats to cancer patients and survivors on Long Island. Their ultimate mission is to educate the medical community on the benefits of adding exercise to the treatment and recovery plan. Join strength for life's 6th Annual Evelyn Knapp "Run to Remember" on Sunday, November 22nd at Sunken Meadow Park. All proceeds go directly to strength for life non-profit. Registration info can be found at [strength for life ny dot org](http://strengthforlife.org).

November is MISSION UNITED month. Long Islanders thank veterans for their service and appreciate their sacrifice, but the transition back into civilian life is not easy for everyone. With 1 in 5 veterans living in poverty on Long Island, Mission United is a critical program supporting U.S. military service members, veterans and their families in our community. Support services include employment, education, housing and emergency financial aid. For more information visit UnitedWayLI.org/MissionUnited. Together, we can accomplish so much more.

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60 sec. airs

#8636

Start: 11/14

End: 11/20

HERE'S YOUR BAB COMMUNITY CALENDAR...

Cycle for Survival is the national movement to beat rare cancers. 100 percent of every dollar raised goes to clinical trials and research studies led by Memorial Sloan Kettering Cancer Center, which owns and operates Cycle for Survival. Together with the movement's founding partner, Equinox, more than \$55 million has been raised since 2007. The fun, indoor, team cycling events are a meaningful way to fight back against cancer. Anyone can participate regardless of athletic ability. Join the Battle. Visit www.cycleforsurvival.org.

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60 sec. airs

#8054

Start: 11/21

End: 12/4

HERE'S YOUR BAB COMMUNITY CALENDAR...

Back Alley presents the 28th Annual "Gifts for Kids" Holiday Toy Benefit Fundraiser for the John Theissen Children's Foundation. Friday, December 4th at Napper Tandy's, 229 Laurel Ave in Northport. Join a Rock'n'Roll Party for a Great Cause! Featuring live music by Back Alley and Group Therapy with Special Guests. Enjoy raffles, prizes, giveaways, holiday fun and mayhem! Admission is \$5 or a new, unwrapped toy. For more information or to donate today visit [www dot jtcf dot org](http://www.dotjtcfdotorg).

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60 sec. airs

#8636

Start: 11/21

End: 12/4

HERE'S YOUR BAB COMMUNITY CALENDAR...

Brookhaven Breast Cancer Survivorship Coalition hosts a weekly support group serving women in the Town of Brookhaven area. Whether you are newly diagnosed, in active treatment or a survivor, join our team for Best Care, Best Life...Body, Mind, Spirit. Peer support group, educational programs (yoga, nutrition, meditation, health and beauty), financial assistance information on Tuesdays 6:30pm at 100 Hospital Road in Patchogue (across the street from Brookhaven Memorial Hospital), 2nd Floor conference room. For more information: Call 631-654-7577.

The Long Island H.O.G. Annual Toy Run takes place Sunday, December 6th. Meet at Babylon Town Hall on Sunrise Highway in Lindenhurst. Registration begins at 10am, kickstands up at noon. Proceeds go to Little Flower Children & Family Services in Wading River. Cash donations or gift for boys and girls 14-17 years of age. Only 100 toy run pins available. Come down for Long Island's longest and oldest toy run. For more information visit [www dot long island hog dot com](http://www.longislandhog.com).

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8054

Start: 12/5

End: 12/12

HERE'S YOUR WBAB COMMUNITY CALENDAR...

In conjunction with Infant Jesus Church, The Suffolk Center for Speech will be accepting unwrapped toys for children in need on December 12th. Collection will take place from 6:30 to 8pm in the lobby of the Port Jeff Village Center at 101 East Broadway in Port Jefferson. Donations will also go towards the children of Little Flower Children and Family Services. All those who donate will receive a free customizable Holiday Ornament. So bring the whole family and join in on the Christmas Spirit all while giving back to those less fortunate.

Mercy Center Ministries, Inc is a non-denominational not-for-profit that shelters homeless teen girls 16-21 in Patchogue, and teen mothers and children in Blue Point and Sayville. They are accepting donations Monday-Friday to make the Holidays bright for youth in need. Call ahead at 631-447-3978 or visit mercycenterministries.org. Donations and gift cards can be brought to 436 West Main Street in Patchogue. Touch a life here in your community!

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60 sec. airs

#8636

Start: 12/5

End: 12/12

HERE'S YOUR BAB COMMUNITY CALENDAR...

The Animal Rescue Fund of the Hamptons, Inc. 2016 Pet Calendar is available for sale now. This calendar, featuring photographs of pets and their owners, makes a great holiday gift at just \$25. Funds raised from the calendar go directly to the support of cats and dogs at the ARF Adoption Center. Purchase the calendar online at [www dot a-r-f-hamptons dot org](http://www.a-r-f-hamptons.org) or at the Adoption Center in Wainscott. The mission of the Animal Rescue Fund of the Hamptons is to actively rescue cats and dogs, provide quality care and offer sanctuary until loving homes can be found.

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60 sec. airs

#8054

Start: 12/13

End: 12/18

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Start: 12/13

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60 sec. airs

#8054

Start: 12/23

End: 12/31

HERE'S YOUR BAB COMMUNITY CALENDAR...

THIS HOLIDAY SEASON, HELP MAKE A LONG ISLAND FAMILY'S HOLIDAY A LITTLE BRIGHTER WITH A DONATION TO ISLAND HARVEST. NOW MORE THAN EVER, FELLOW LONG ISLANDERS NEED ASSISTANCE. LOST JOBS, DOWNSIZING AND OTHER EVENTS HAVE LED TO MORE ADULTS & CHILDREN HAVING EMPTY PLATES ON THEIR TABLE. JUST A \$10 DONATION CAN FEED A HUNGRY CHILD HERE ON LONG ISLAND FOR 7 DAYS. PLEDGE YOUR SUPPORT AND FIND OUT MORE INFORMATION BY VISITING ISLAND HARVEST DOT ORG AND SEE WHERE YOU CAN FIND DROP OFF SITES NEAREST TO YOU. ISLAND HARVEST...FIGHTING HUNGER, TOUCHING LIVES.

Want to feel what it's like to potentially help save up to three lives? The American Red Cross has an urgent need for blood donors right now to prevent an emergency shortage and ensure an adequate blood supply. Platelet donors and those with O negative, B negative and A negative blood types are especially needed. To find the nearest opportunity and schedule an appointment, call 1-800-RED CROSS or visit red cross blood dot org. Choose your day and give.

THAT'S YOUR WBAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

#8636

Start: 12/23

End: 12/31

HERE'S YOUR BAB COMMUNITY CALENDAR...

During the holidays, your home has more fire and burn hazards than any other time of the year. It's the tree you didn't water for 3 days. It's the candles left unattended. The pot handles on the stove. That hot tray of cookies your kids couldn't resist. This holiday, Shriners Hospitals for Children is sending its Love to the rescue to keep your homes fire safe and your kids burn free. Learn how you can Be Burn Aware at beburnaware.org

Looking for a local charity in need of your help? Mercy Center Ministries, Inc is a non-denominational not-for-profit, right in the Suffolk community! They shelter homeless teen girls ages 16-21 in Patchogue, and teen mothers and children in Blue Point and Sayville. They're now accepting donations to make the Holidays bright for these youth in need. Donations accepted Monday-Friday. For more information on how you can help call 631-447-3978 or visit them online at www.mercycenterministries.org.

THAT'S YOUR BAB COMMUNITY CALENDAR. FOR MORE COMMUNITY EVENTS GO TO WBAB.COM.

60 sec. airs

Cox Radio's WBAB/WHFM 4th Quarter 2015 Community Affairs Promotions

During the fourth quarter of 2015, WBAB/WHFM took part in many fundraising events for local charities.

October:

- Making Strides Against Breast Cancer of Eastern Long Island – Dowling College Brookhaven Campus, Oakdale
- Rev 4 Dev Motorcycle Run Benefit and Memorial for the Devin Beatty Fund – East Coast Superbikes, West Babylon
- Viscardi Center Bike Run to Benefit Children with Severe Physical Disabilities – The Viscardi Center, Albertson
- Making Strides Against Breast Cancer of Long Island – Jones Beach, Wantagh
- Lupus Alliance Walk – Eisenhower Park, East Meadow
- WBAB's Bowling for Boobs to Benefit the West Islip Breast Cancer Coalition – AMF Sayville Lanes, Sayville
- Leukemia & Lymphoma Society Light the Night Walk – Bethpage Ballpark, Central Islip
- John Theissen Children's Foundation Freaky 5K – Theissen Family Fun Center, Wantagh
- JDRF Walk – Eisenhower Park, East Meadow
- Nuclear Medicine Walk – North Suffolk Cardiology, East Setauket

November:

- United Way "Mission United" Kickoff – Changing Times, Farmingdale
- WBAB's Touch-a-Truck to Benefit Island Harvest – Smith Haven Mall, Lake Grove
- Hope for the Warriors 8th Annual Run for the Warriors – Babylon Town Hall, Lindenhurt
- Cancercare Walk/Run for Hope – Town of Oyster Bay Golf Course, Woodbury
- Veterans Day Parade – Lake Ave, St. James
- NYPD PBA's Widow's and Children's Fund 2nd Annual Run for the Blue – Refuge, Melville
- Red Knights Motorcycle Club Teddy Bear Run to Benefit Kids of Brookhaven Town Interface – Terryville Fire Department, Port Jefferson Station
- 12th Long Island Fight for Charity – Hilton Hotel, Melville

December:

- John Theissen Children's Foundation 15th Annual Holiday Gala – Mulcahys, Wantagh
- Back Alley Benefit for John Theissen Children's Foundation – Napper Tandy's, Northport
- Long Island Music Hall of Fame Fundraiser – Mulcahys, Wantagh
- Long Island H.O.G. Annual Toy Run – Babylon Town Hall, Lindenhurst
- WBAB's Breakfast with Santa to Benefit John Theissen Children's Foundation – Lily Flanagans, Babylon
- Full Throttle Toy Run – Selden Fire Department, Selden
- Jingle All the Way 5K to Benefit the John Theissen Children's Foundation – Cedar Creek Park, Seaford
- WBAB's 12 Hours of Giving to Benefit the John Theissen Children's Foundation – WBAB Studio, West Babylon
- Long Island Blood Services Blood Drive – Northport Fire Department, Northport