

**ESPN
NEW YORK**

**98.7 WEPN-FM
New York, New York**

***Public Service Report
First Quarter 2016***

April 11, 2016

98.7 WEPN-FM, which is owned by and licensed to Emmis Broadcasting, is a "sports-talk" radio station broadcasting in the New York metro area that carries ESPN Radio Network programming as well as local programming furnished by New York AM Radio, LLC pursuant to a time brokerage agreement. ESPN Network News is broadcast at the top of each hour. As a public service to the local community, traffic and weather updates are provided (3) three times an hour during morning drive (6A-10A) and afternoon drive (4P-7P). Additionally, if there is a breaking, non-sports news story of national or local significance, the station will break into its regularly scheduled programming and simulcast ABC News coverage.

The station devotes most of its broadcast day to discussion of current sports events and sports issues, including coverage of all tri-state area teams (professional, collegiate and high school). Listeners from the tri-state area are invited to call-in and offer their perspective on the various issues being discussed. ESPN broadcasts professional, collegiate and high school home games for several local New York teams.

PART 1: PUBLIC SERVICE PROGRAMMING & PSA ANNOUNCEMENTS

New York Sports and Beyond: Aired Saturdays from 6am-7am and is repeated on Sunday mornings from 6am-7am, Hosted by ESPN's Bill Daughtry.

New York Sports and Beyond is a weekly public affairs program that airs on ESPN New York 98.7FM and ESPNNewYork.com. The show podcast can be downloaded on ESPNNewYork.com and the ESPN Radio phone app. The show focuses on current topics dealing with public safety, community events, and issues affecting people both in and around the sports community. A community calendar is also presented each show making listeners aware of what special events and fundraisers are going on in the New York/New Jersey listening area.

Public Service Announcements:

During **First Quarter 2016**, the station aired **664** 30-second public service announcements, free of charge, in varying dayparts, from advertisers, advertising agencies, community groups and various "grass roots" community efforts.

The station determined that the following issues were of particular importance to its listeners and its communities: What follows is a list of some of the most significant treatments of those issues during **first** quarter 2016:

- **Health & Wellness**
- **Community Events**
- **Bullying & Violence**
- **Success**
- **Sports & Fitness**
- **Children & Drugs**
- **Black History**
- **Public Security**
- **Loan Management**

HEALTH & WELLNESS

1-2-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

1-2-16 NY Sports and Beyond – Segment 2, 6:15a: Life coach **Jim Fannin**, creator of the "90-Second Rule Thought Management System" calls in with tips on how to keep your New Year's Resolutions. He has personally coached many of the world's best athletes and top business leaders for more than 40 years. Millions of us will tune in to see the ball drop in Times Square and the arrival of midnight will make us feel time passing. We will ponder our shortcomings and resolve ourselves to change. We will promise to be a better spouse, to lose weight, to stop smoking and to go back to school. "Forty five percent of American adults make one or more New Year's Resolutions, but only eight percent successfully keep them," says acclaimed Change-Your-Life Coach Jim Fannin. Fannin has tips to create easier-to-keep New Year's Resolutions, as well as ways to increase the odds that you will keep your 2015 resolutions.

1-2-16 NY Sports and Beyond - Segment 3, 6:30a: Isaiah Austin, the Baylor University basketball star who was destined for NBA greatness but was suddenly sidelined due to Marfan Syndrome, a rare and potentially fatal condition, is releasing his memoir, "Dream Again". Austin captured the hearts of America last June when NBA commissioner Adam Silver stopped by during the 2014 NBA draft and announced Austin as an honorary pick. "Dream Again" is his story of overcoming adversity with courage and strength. Growing up, Isaiah Austin's dream was to be drafted into the NBA. After an incredible NCAA college career, he was considered a first-round pick until he was heartbreakingly diagnosed with Marfan Syndrome five days before the Draft. Austin was left with a choice: quit basketball or die. Proceeds from the book will go toward The Isaiah Austin Foundation, Austin's non-profit organization providing support and research for Marfan Syndrome and those affected by it.

1-9-16 NY Sports and Beyond – Segment 3, 6:30a: Bill Henderson is curing cancer at home naturally. A cancer diagnosis always causes fear. Most of us have seen relatives and friends destroyed by conventional cancer treatment. Now, thanks to a new wealth of information, you can heal cancer using natural, nontoxic substances that work. What you need is a guide to cut through the jungle of information. Bill's book, Cancer-Free, Third Edition: Your Guide to Gentle, Non-toxic Healing (now in its third edition) provides that guide. The author is not a medical professional but a researcher who has been refining this information for over eight years using feedback from real cancer survivors about what worked for them. At least 1,500 of the cancer patients he has counseled have recovered using his information. The self-treatments he recommends are harmless enough that you can start them immediately, and if you choose to pursue conventional cancer therapy, they will not interfere with that treatment but will help to offset most of its side effects.

1-16-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

1-16-16 NY Sports and Beyond – Segment 2, 6:15a: Dr. Michael D. Lewis is the President and founder of the Brain Health Education and Research Institute. He is an expert on nutritional and holistic interventions for brain health, particularly the use of omega-3 fatty acids for the prevention, management, and rehabilitation of concussions and traumatic brain injury (TBI). He founded Brain Health Education and Research in late 2011 upon retiring as a Colonel after a distinguished 31 year career in the U.S. Army. His pioneering work in the military has helped thousands of people around the world. Dr. Lewis is board-certified and a Fellow of the American Colleges of Preventive Medicine and Nutrition. He completed post-graduate training at Walter Reed Army Medical Center, Johns Hopkins University, and Walter Reed Army Institute of Research. He is currently in private practice in Potomac, Maryland (BrainCARE – www.BrainCARE.center). He is a consultant to the U.S. Army and Navy as well as several organizations, institutes, and nutrition companies around the world, and a founding member of the Pop Warner Youth Football Medical Advisory Board.

1-16-16 NY Sports and Beyond – Segment 4, 6:45a: Dr. Cass Ingram educates listeners on how to fix their wintertime ailments naturally with medicinal kitchen spices. For all those who are battling a wintertime runny nose, congestion, cough, cold, sneezing, sore throat, or general achiness, North America's leading expert on wild medicinal spices, Dr. Cass Ingram, author of the newly updated book, *The Cure is in the Cupboard*, 20th Anniversary Edition, is here with advice on how to quickly nurse yourself back to health using the power of wild oregano and other germ-fighting aromatic spices.

1-23-16 NY Sports and Beyond – Segment 4, 6:45a: Repeat of Segment 4 on 1-16-16

1-30-16 NY Sports and Beyond – Segment 3, 6:30a: Bill speaks with Dr. William Barr, PhD, director of neuropsychology at NYU Langone Medical Center and NYU Langone's Concussion Center. With the new development of CTE found in the recently deceased former Giants Safety, Tyler Sash, after his apparent overdose of pain medications, many questions are being raised. After playing for 16 years, Sash exhibited erratic behavior before his death and the number of concussions he suffered during his 16 years of playing football all seem like causes that could lead to CTE. However, Sash's young age with such high levels of CTE, is extremely unusual which has raised multiple questions in CTE and concussion studies, making this case interesting and interpreted in different ways in the medical field.

2-6-16 NY Sports and Beyond – Segment 3, 6:30a: It's hard to believe that David Clark once weighed in at over 320 pounds and hit bottom while addicted to pain killers and alcohol. A decade later, this accomplished author and pro athlete has inspired thousands with his advice on how to change behaviors, beat addictions, and turn weakness into strength to become a success! David credits extreme endurance sports for his path to recovery and recounts his phenomenal journey in his bestselling book, *Out There: A Story of Ultra Recovery*. Last year, Clark ran the Boston Marathon – not once but four times in one day! This extraordinary athlete runs with purpose and his 24 hour, 17 minute Quad Boston (104.8 miles) was no exception. He began his quad marathon in downtown Boston where he ran for people struggling to overcome

addiction. Then he ran to the finish line for people who have conquered addiction. Then he ran back to the start line for the families of addicts and finally he ran his official race in memory of a Boston girl who died last year of a drug overdose. While Clark's life story is about his addiction, his lessons learned easily transfer to others, providing inspiration to never give up despite life's challenges. David Clark is a running coach, sponsored runner, inspirational speaker, and gym owner. Prior to running his Quad Boston, he has competed in some of the most difficult endurance races on the planet. David is considered an elite athlete and is well respected in the national running community.

2-13-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

2-13-16 NY Sports and Beyond – Segment 2, 6:15a: Friend of the station **Gianna Gregoire** discusses the 4th anniversary of her victory over brain cancer. Gianna was diagnosed with a germ cell tumor in July 2010 — yet rarely missed a Knick game while undergoing chemotherapy at Columbia University Medical Center. She caught the Knicks' attention after her brother, **Anthony Donahue**, host of Knicks Blog Radio, shared her story on his show. In April of 2011, the Knicks started the Twitter campaign #winforgianna and held a fund-raiser, at which they auctioned Fields-autographed sneakers and items donated by Brandon Steiner, CEO of Steiner Sports Memorabilia. Anthony and the Knicks raised several thousand dollars through the silent auction, PayPal donations, T-shirt sales and "Win for Gianna" bracelets. Gianna is currently cancer-free and living the normal life of a high school freshman.

2-20-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

2-20-16 NY Sports and Beyond – Segment 2, 6:15a: To celebrate Heart Health Month and to share the importance of diet and exercise for our hearts, certified personal trainer and ISSA Director of Wellness **John Rowley** discusses the top 5 heart healthy foods for your diet, the best exercises to help aid heart health, how exercise affects your heart rate, and how regular exercise can reduce the risk of heart disease. Heart disease kills about 610,000 people a year, making it the leading cause of death in the United States for both men and women.

3-5-16 NY Sports and Beyond – Segment 3, 6:30a: Some experts are calling it America's newest health epidemic. According to a recent study by the University of Maryland Center for Celiac Research, about 20 million Americans presently suffer from gluten intolerance – an adverse reaction to the protein gluten found in wheat and related grain species, including barley and rye. Symptoms of gluten intolerance, also called gluten sensitivity, can be mild to severe and include weight loss or gain, fatigue, bloating, pain, gas, constipation, diarrhea, aching joints, depression, headaches, irritability, amnesia, osteoporosis, leg numbness and dozens more disease-like conditions. In addition to the physical burden, gluten intolerance also places a financial burden upon those it affects – the cost of gluten-free foods is two-to-three times higher than their non-gluten-free counterparts. **Dr. David Magnano** joins Bill to discuss the issue. Gluten intolerance is a problem that many people acquire mid-life because their pancreas have slowed the production of protease and amylase – two of the several enzymes needed for proper digestion of grains. Fortunately, gluten sensitivity can be successfully addressed with dietary and lifestyle changes. Health educator Dr. David Magnano is one of the nation's top chiropractic physicians with more than 30 years of clinical practice. A highly popular speaker, he has designed and presented hundreds of wellness workshops for both patients and practitioners where he's addressed a wide range of health issues with a focus on the role that digestion plays in maintaining a healthy immune system.

3-12-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

3-12-16 NY Sports and Beyond – Segment 2, 6:15a: The Senate is expected to vote this week on whether to provide government funding of over \$700 million to combat the nation's painkiller and heroin abuse problem, which has reached epidemic proportions in recent years, passing car accidents in 2014 as the No. 1 cause of injury death. The Comprehensive Addiction and Recovery Act, also an important issue in the Presidential 2016 race, is a remedy doctors endorse as a way to battle the biggest epidemic in the country. **Dr. Marc Galanter**, the Director of Division of Alcoholism and Drug Abuse at NYU School of Medicine, joins the program. He has spoken on this issue throughout the country and teaches other doctors the intricacies of treatment. He also has a new book out in May from Oxford University Press, "What is Alcoholics Anonymous?"

3-12-16 NY Sports and Beyond – Segment 4, 6:45a: Repeat of Segment 3 on 3-5-16

PSA Source: Childhood Hunger
Dates Aired: 1/1 – 3/17

Number Aired: 216
Script: 1 in 5 children in America struggle with hunger. I'm Viola Davis. I was one of those children. I was one of the nearly 17 million kids who worry where their next meal will come from. Join me with the Safeway Foundation and the Entertainment Industry Foundation to help us end childhood hunger. Help undo hunger for America's children. Go to hungeris.org to learn more.

PSA Source: Stand Up To Cancer
Dates Aired: 1/2 – 3/30
Number Aired: 85
Script: One in two men and one in three women will be diagnosed with cancer in their lifetimes. While there is some good news with the 5-year survival rate for all cancers diagnosed in the United States now at 68% – it was less than 50% just four decades ago – there is still a lot more to be done to develop effective treatments to save lives. Julie Bowen, award-winning actress has teamed up with Stand Up To Cancer (SU2C) and has become one of its newest ambassadors to create awareness about the importance of collaboration in the fight against cancer, and to encourage the general public to get informed on how they can get involved to support cancer research that gets therapies to patients quickly and save lives now.

PSA Source: Burke Rehabilitation
Dates Aired: 2/26 – 3/31
Number Aired: 53
Script: Burke Rehabilitation Center in White Plains is currently conducting a clinical trial to evaluate the effectiveness of an investigational medication to determine if it can slow cognitive decline in individuals with mild cognitive impairment or mild Alzheimer's dementia. Individuals who are sixty years old or older may be eligible. Participants will receive a neurological exam, blood work and neuro-imaging at no cost. For information regarding the study, please call Rosanna at 914-597-2476 or visit burke.org/trials.

COMMUNITY EVENTS

1-30-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

1-30-16 NY Sports and Beyond – Segment 2, 6:15a: Bill is joined by **James Pardes**, Vice President of Marketing and Communications at LiveOnNY and **James Nolan**, brother of Michael Nolan. On January 31st at Rory Dolan's Restaurant and Bar in Yonkers, a fundraiser will be held to celebrate the life of 23-year-old Michael Nolan. As many know, Michael's life was tragically cut short at the age of 23 by a drive by shooting last September. In 2014, Michael was selected by the Oakland Athletics in the 18th round of the amateur draft. He never had the opportunity to pitch in the minors. Since then, family and friends are seeing Michael live on through the five people's lives he saved by his parents decision to donate his organs. Right now, New York is currently last in the country with regard to the percentage of residents registered as organ donors. Just 25% of New Yorkers are registered donors, opposed to 50% of residents across the US. Currently more than 10,000 people are waiting for a life-saving organ transplant in New York.

2-6-16 NY Sports and Beyond – Segment 4, 6:45a: **John Sanful**, director of Ice Hockey in Harlem, joins the program. IHH is a non-profit organization dedicated to helping underprivileged children in the Harlem community by offering them a combination of physical, educational and mentorship opportunities. Since 1987, our after school enrichment program has improved the lives of over 10,000 children in the Harlem community. On March 2, 2016 they will host their annual fundraiser, during which former New York Rangers Captain and Stanley Cup Champion, Mark Messier will be honored not only for his achievements on the ice, but also for his philanthropic efforts with Ice Hockey in Harlem and throughout New York.

2-20-16 NY Sports and Beyond – Segment 3, 6:30a: Bill is joined by retired Englewood, NJ Police Lieutenant Kevin Barrett, who is trying to raise money for the Tomorrow's Children's Fund (TCF). It's time for their annual "Police Battle of the Blue" basketball tournament. It will be held on Wednesday, March 16th at 5pm in the Rothman Center at Fairleigh Dickinson University in Hackensack, NJ. This year's tournament has taken on new meaning because of the tragedy that occurred at last year's tournament. Last year, Brian of the Bergen County Sheriff's Department suffered a fatal heart attack on the court during one of our tournament games. Brian was a prime fundraiser for Tomorrows Children's Fund. For many years he would take two of his five daughters to stand outside local stores to solicit donations for TCF. He

wanted to teach them the importance of helping other people. Because of Brian's strong contribution to raising money for an outstanding charity and the manner of his death, the police basketball tournament has been renamed the "Lt. Brian Beutel Battle of the Blue".

2-27-16 NY Sports and Beyond – Segment 4, 6:45a: Bill is joined by **Suzanne Taylor**, director of marketing for the Bill Hill Troupe. Every year since 1924, the Blue Hill Troupe, the only all-volunteer musical theatre group in New York City, has come together for a season of revelry celebrating its three great passions: Theater, Charity and Community. The nonprofit Blue Hill Troupe spans all generations and all walks of life. Most Troupers make a living in other professions...lawyer by day, thespian by night...teacher by day, set designer by night. Troupe members sing and act, design and build sets, create costumes and props, wire lighting and sound systems, sell tickets and usher; all the jobs required to put on a first-rate show in their spare time and for the love of it. Over the years, these efforts have raised more than \$4 million in net proceeds that have been given annually to diverse NYC-based charities. The Blue Hill Troupe is the only musical theater group in New York City to donate its net proceeds to charity. The Blue Hill Troupe's 92nd season (2015-2016) benefits Children's Cancer & Blood Foundation. The Troupe was born in the summer of 1924 in Blue Hill, Maine when Dr. and Mrs. Seth Milliken decided to try and protect their children from the dangerous influences of the Roaring Twenties by having them put on a production of HMS Pinafore. That first Troupe Pinafore was performed on the deck of the Milliken's yacht, lit from land by automobile headlights and accompanied by music school students. The Troupe moved to New York in 1926, and, with the exception of 1929, has performed a Gilbert & Sullivan operetta every year ever since.

3-5-16 NY Sports and Beyond – Segment 4, 6:45a: Repeat of Segment 3 on 2-20-16

3-19-16 NY Sports and Beyond – Segment 1, 6:00a: Open/Tease

3-19-16 NY Sports and Beyond – Segment 2, 6:15a: Bill speaks with **Aaron Finkel**, founder of NewYorkSportsConnection.com, a local web-based clearinghouse for youth sports resources in New York City. They are sponsoring their second-annual essay contest to encourage middle- and high-school students to learn about and promote the values of sportsmanship and fair play. The contest launched March 1 and will end on April 30, 2016. Winning essays will be chosen by a panel of judges and announced approximately two weeks later, depending on the number of entries received. Winning entries in each age-group category will receive cash and/or prizes totaling \$500. This year's contest is presented with support from Modell's Sporting Goods. To enter the contest, a student must be a legal resident of one of the five boroughs of New York City, and between 12 and 18 years of age by the entry deadline. Students must write and submit an original essay of between 400 and 500 words. The topic for this year's contest is "What Role Does Sportsmanship Play in Youth Sports." Authors should include their definition of sportsmanship and are encouraged to share a true story of good sportsmanship that they observed or were a part of. NewYorkSportsConnection.com is the most comprehensive interactive resource for families and youth sports organizations in New York City. Users can search for information on sports leagues, teams, classes and activities, ask questions of others in the community, and read pertinent content on the local sports community. The site's Weekly Sports Alert email keeps members up-to-date on upcoming deadlines for tryouts, sign-up/registration periods, clinics, camps and other sports-related events.

3-19-16 NY Sports and Beyond – Segment 3, 6:30a: Bill chats with **Kim McCall**, Executive Director of the New York/New Jersey chapter of Playworks. In 1995, Playworks Founder, Jill Vialet, got an earful from a principal she was visiting in Oakland, California. Rather than recess being a happy, playful time for the kids, the principal lamented that it had become the most chaotic period of the school day, with kids getting hurt, getting into trouble and getting left out. In that moment Jill saw an opportunity to change recess; to make it a positive and productive time for all kids. In 1996, Jill founded Playworks. In 2011, it expanded into New York. Nearly all discipline-related problems in school occur during lunch and recess. Instead of going back to class energized and ready to learn, the kids return to class upset and unable to focus. We can change this. Recess should be fun and energetic and safe and inclusive for everyone. Isn't that what we want for all kids in elementary school today? When it becomes a healthy, integral part of the school day, kids carry that positive recess experience with them beyond the playground. This year, Playworks New York is serving more than 10,800 students in 16 low-income Brooklyn and Manhattan schools with our full-time program, teaching valuable skills like teamwork and cooperation while reducing conflict and restoring learning time.

3-19-16 NY Sports and Beyond – Segment 4, 6:45a: As the Flint Water Crisis continues, Bill chats with **Lisa Tomasi**, President of e-giving site, YouGiveGoods, which recently helped to make a huge difference for the residents of Flint by donating more than 83,000 pounds of water to residents from donations across the country. Lisa's website, YouGiveGoods, partnered with Meritain Health and Aetna over the past month to generate cases of water as donations from people nationwide and ultimately raised nearly one pound of water per resident, which was delivered this past

weekend. Lisa discusses how one small drive can help thousands and thousands of people in need, and simple ways people can give back to Flint and other worthy causes right from their own computer.

3-26-16 NY Sports and Beyond – Segment 4, 6:45a: The New York Red Bulls will host Autism Awareness Night at Red Bull Arena on Saturday, April 9th, when the Red Bulls take on Sporting Kansas City at 7 p.m. As part of the event, the Red Bulls will welcome children and adults with Autism and their families to Red Bull Arena, and donate a portion of ticket sales to Autism Speaks. Red Bull Arena will be fully activated to support Autism Awareness Night which will include the venue's security staff being trained on how to work with children and adults affected with Autism; dedicated entrance at Gates C1 to insure easy ingress for families; quiet zone in hospitality bay to provide those in the autism community with sensory friendly and judgment free environment. The national anthem singer will be a person affected with Autism. The photo booth in "BULLevar" area will have an Autism Awareness theme. Players will wear Autism Awareness shirts during procession with matching wristbands and shoelaces. Limited-edition matchday posters with Autism Awareness theme will be given to the first 5,000 fans. The Red Bulls will partner with Autism Speaks, the world's leading autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a possible cure for Autism. The night will be extra special as Red Bulls General Manager **Marc de Grandpre's** daughter, Julia de Grandpre, is on the autistic spectrum.

PSA Source: New York State Broadcasters Association
Products (3): Governor's Traffic Safety Committee 2016
Dates Aired: 1/1 – 3/31
Number Aired: 174

- GTSC (2016)
 - Summary: A drunk driver killed my dad. Impaired drivers take lives.
 - Summary: Protect your child. Use the right car seat.
 - Summary: Let me ask. Would you seat your child in a car seat that's not correct for them? Choose the correct car seat for your child.

PSA Source: City Harvest
Dates Aired: 1/22 – 3/31
Number Aired: 136
Script: As New Yorkers, we know how to take care of our own. It's rescuing milk from a grocer in Brooklyn Heights. From our baby in Jackson Heights. It's rescuing vegetables at Union Square. For our fruits near Tompkins Square. It's rescuing bread at the convention center. For my dinner at the seniors center. Let's feed our people. Help City Harvest rescue access food for hungry New Yorkers. Donate now at cityharvest.org.

BULLYING & VIOLENCE

1-9-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

1-9-16 NY Sports and Beyond - Segment 2 6:15a: Living in a peaceful world, free from hatred, bigotry, bullying and violence may seem like an impossible journey. Violence surrounds us and overwhelmingly dominates our lives through crime-based TV shows, video games, and social media – not to mention our daily news feeds which include hate crimes, bullying, school shootings and domestic violence. According to **Jan Arnow**, author of "In the Line of Fire: Raising Kids in a Violent World" these are all connected along a continuum of violence. In this accessible book, Arnow makes the connections that have been widely ignored. She says we can stop the violence with 400 tips. "As a result of receiving poor social mentorship and not knowing how to resolve conflicts, there are more than 61,000 youth residing in juvenile detention centers or correctional facilities throughout the US. Abusive behaviors often initiate at home, and children who are abused become the abusers".

1-16-16 NY Sports and Beyond - Segment 3, 6:30a: Bill chats with author **Peter A. Sacco**.

We often think bullying is reserved for kids, but what about the bullying of adults? Peter also has two new books on bullying seniors – known as 'the quiet abuse.' In *Bullying in Seniors: The Maltreatment of Elders*, he hopes to raise awareness of this problem so more people will step up and stop it! In *Bullying for Adults: Big Fish in a Small Pond*, Peter details different types of bullies, what makes someone become a bully, the forms in which it occurs, the types of

abusive/dominating behavior, who's likely to be a victim, and offers advice on how not to become a victim, and much more. Peter is offering both of these senior bullying eBooks at no charge.

SUCCESS

1-9-16 NY Sports and Beyond - Segment 4, 6:45a: Bill speaks with author **Mitchell Aguirre**. *Deserving Victory* is the product of 20 years of research, study, and interviews with history's most successful achievers and failures. It unveils proven insights to success NEVER before presented. As a successful financier on Wall Street and at the peak of his career, Mitchell made a string of poor decisions that led him to federal prison for 3 ½ turbulent but enlightening years. From the worst experience of his life, he discovered The Missing Link to Achieving Ultimate Success, which eventually led him to a greater success than he ever could have imaged.

SPORTS & FITNESS

1-2-16 NY Sports and Beyond - Segment 4, 6:45a: George Boiardi was a 22 year old star Lacrosse player at Cornell University. In 2004 this young man died on the field after a ball hit him in the chest. It was a devastating blow to the family, team and entire lacrosse community but instead of giving up on their season or playing to "win" for George, the coaches and team decided to play to honor George and play the game the way he played it. Wins and losses were secondary. Carrying on George's legacy was paramount. What followed were a miraculous season of dramatic wins and the healing of a group of young men who lost their captain and leader. **Jon Gordon** is the author of "The Hard Hat", an unforgettable true story about a selfless, loyal, joyful, hard-working, competitive, and a compassionate leader and teammate, the impact he had on his team and program and the lessons we can learn from him.

1-23-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

1-23-16 NY Sports and Beyond - Segment 2, 6:15a: John Gallucci wants to mandate athletic trainers at all youth athletic events. When you watch a game at the professional or college level and a player gets hurt, it doesn't take long for a trainer or doctor to race onto the field to take care of the athlete. Depending on the severity of the injury, the player is either helped off the field, taken to the locker room for X-rays or even to a hospital. Things are different at the youth level. A majority of high schools in New Jersey have a certified athletic trainer, but there are very few schools in New York that follow suit. For many high schools and teams at the club, little league or pee-wee levels, the only resource available when an athlete gets hurt is calling an EMT. Gallucci has been advocating the use of certified athletic trainers for years, but his push is gaining a lot of steam given the types of injuries that have recently made news in our area. His goal is to get legislation passed in both New York and New Jersey that would require certified athletic trainers to be at all athletic events. According to the National Athletic Trainers Association (NATA), certified athletic trainers are "health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. ATs work under the direction of physicians, as prescribed by state licensure statutes."

1-23-16 NY Sports and Beyond - Segment 3, 6:30a: John Gallucci is not suggesting that youth sports programs need to hire a full-time professional, but rather use a service that provides per diem and/or part-time athletic trainers. His company, JAG Physical Therapy, is one of many in the area that can provide certified athletic trainers to youth sports organizations. In his push for legislation, Gallucci has been calling around, sending out emails and getting the word out through the media about how important it is to take the necessary steps to protect our young athletes. "The ball is rolling," said Gallucci. "We need to get some parents and community leaders behind the ball to truly push it down the hill." Having certified athletic trainers at youth sports events makes all the sense in the world. There isn't a physician who would ever oppose having a licensed professional on the field. There isn't a parent who wouldn't want their child to have the best possible care. And there isn't a coach who wouldn't want to have that responsibility on his or her plate. It doesn't matter if it's a small cut on a child's hand, a broken bone or a concussion. We need to make sure that young athletes are taken care of in the best possible way.

1-30-16 NY Sports and Beyond - Segment 4, 6:45a: A current pro player takes fans on a pseudonymous trip through one of the most infamous years of football—the very long, sometimes funny, often controversial 2013-2014 season—sharing raucous, behind-the-scenes, on-the-field, and in-the-locker-room truth about life in the National Football League. “Johnny Anonymous” life goal was to be nothing greater or less than the Best NFL Back-Up of All Time™. For two years, he was content earning hundreds of thousands of dollars to stand on the sidelines doing absolutely nothing. But early in his third year, a starting lineman is injured, and he suddenly finds himself on the field. For most players, this moment is a dream come true. But not so for our author, one of the incredibly rare birds in football who reach the highest echelons, but who actually hate America’s favorite game. That’s right. Johnny Anonymous hates football. He hates what it does to his body, his brain, his life. Luckily, he can see the humor in his own situation, but also in the machinations of the NFL. Part truth-telling narrative, part whip-smart commentary that only a true insider could bring, part hilarious, NFL Confidential gives football fans a look at a world most would give anything to see, and gives non-fans a wild ride through the strange, and sometimes disturbing customs and realities of football today. Here is a truly unaffiliated look at the nation’s biggest, most lucrative pastime over the course of one of its most transformative seasons. From hard-to-stomach diets, showdowns in the weight room, shenanigans in the locker room, the looming dread of being cut from the team, the racial issues that still exist in modern-day football, the rock-star lifestyle that players find themselves able to afford and sometimes enjoy a little too much, the notion of being lauded in a league plagued by controversy and the sharp contrast between the love/hate of the game and the reality of the job, Johnny reveals a never-before-seen side of the NFL.

2-27-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

2-27-16 NY Sports and Beyond - Segment 2, 6:15a: There seems to be a lot of craziness that courses through the sports world, on the field and in the stands. Athletes choke when the game’s on the line, betraying years of training and allowing their minds and bodies to desert them when the stakes are highest. Coaches routinely make decisions that don’t maximize their chances of winning. Fans wear “lucky” t-shirts when their teams are playing, convinced their failure to do so will trigger defeat, and they hurl themselves over banners to catch a free t-shirt propelled by an air cannon that they wouldn’t pay a dime for on the street. However, it turns out, so often the appearance of lunacy in sports isn’t lunacy at all but rather something routed in basic human psychology, neuroscience, and cognitive tendency. In “THIS IS YOUR BRAIN ON SPORTS: The Science of Underdogs, the Value of Rivalry and What We Can Learn from the T-Shirt Cannon”, Sports Illustrated executive editor and best-selling author **L. Jon Wertheim** teams up with Tufts psychologist Sam Sommers to take readers on a wild ride into the inner world of sports and what it can teach us about human nature. Through the prism of behavioral economics, neuroscience, and psychology, they reveal the hidden influences and surprising cues that inspire and derail us on the fields of play and by extension, in corporate board rooms, office settings, and our daily lives.

2-27-16 NY Sports and Beyond - Segment 3, 6:30a: The National Winter Activity Center (NWAC) is a 501(c)(3) nonprofit facility formed by the National Winter Sports Education Foundation (NWSEF) with a mission to improve the lives, health, and fitness of youth through participation in winter activities. Bill is joined by CEO **Schone Malliet**, the founder of the nation’s first kids-only ski resort that teaches kids life lessons through winter sports. Schone was previously a CEO of a software company and wealth manager at Wells Fargo. Originally from the South Bronx, he is an African American military veteran, alpine ski racing coach and member of the National Brotherhood of Skiers. Malliet has worked to turn his inevitable passion for skiing into a resort dedicated to providing NYC area youth with the experience of winter sports. His vast knowledge and experience in a range of business endeavors assisted him in raising more than \$12 million in upgrades/renovations to revamp and open the exclusive facility. As a result, the Center will provide exposure for kids of all economic levels and various geographic regions, who otherwise would not think to try winter sports.

3-12-16 NY Sports and Beyond - Segment 3, 6:30a: **Elissa Linderman** joins for National Athletic Trainer’s Month. Elissa is a Sports Medicine Coordinator at Professional Physical Therapy. She is a BOC certified and NYS licensed Athletic Trainer. She served as the Head Athletic Trainer at Wardlaw Hartridge School in Edison, NJ prior to joining the team at Professional in 2010. Elissa is a former NCAA Division I swimmer and enjoys working with an athletic population. She is a member of the NATA, SEATS, and NYSATA. There’s no doubt sports and workouts can be grueling. In the U.S., about 30 million children and teens participate in some form of organized sports, and more than 3.5 million injuries occur each year. Although there’s no way to guarantee an injury won’t occur, it is possible to reduce the odds of injury with the help of an athletic trainer.

3-26-16 NY Sports and Beyond - Segment 3, 6:30a: Our guest is New Heights Executive Director, **Ted Smith**. New Heights Youth, Inc. is a non-profit sports-based youth-development and educational organization based in New York City.

New Heights creates opportunities and provides support for promising youth to fulfill their potential in the classroom, on the court and in the community. Our mission is to educate and empower promising inner-city youth to be leaders, champions and student-athletes by developing the skills necessary for success in high school, college and life.

CHILDREN & DRUGS

2-6-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

2-6-16 NY Sports and Beyond - Segment 2, 6:15a: For three decades he has been teaching riders how to zoom their motorcycles around the track with their knees skimming the pavement at speeds over 100 miles per hour. Now, racing instructor **Keith Code**, is helping to teach something equally as challenging: how parents can effectively talk to their children about drugs. As an international ambassador for the Foundation for a Drug-Free World, Code is distributing free copies of *The Truth About Drugs*, a fact-filled booklet discussing the short-term and long-term effects of the nine drugs that kids are most likely to be exposed to in their schools and neighborhoods. The booklet also contains vital information for parents whose children are actively using drugs and refers them to proven programs that have helped thousands of people get off drugs and stay off them.

BLACK HISTORY

2-13-16 NY Sports and Beyond - Segment 3, 6:30a: Among last year's critically acclaimed and most watched movies was *12 Years a Slave*, an unsparing look at one man's forced servitude during pre-Civil War times. While no one can argue that the slavery story isn't an important one, **Dr. Catana Tully**, a retired professor of ethnic studies, would like to see more attention paid to a lesser known part of black history: what African society was like before slavery. Tully, who taught at SUNY Empire State College, also discusses her memoir, *"Split at the Root"*, detailing her life raised in an adoptive family that completely shut her off from her black heritage.

2-13-16 NY Sports and Beyond - Segment 4, 6:45a: **Claude Johnson**, founder & executive director of The Black Fives Foundation, returns to the program. To celebrate the start of Black History Month 2016, they have launched a new feature on the Black Fives Blog called *Artifact of the Week*. The *Artifact of the Week* will highlight items from a newly upgraded Black Fives Foundation Historical Archive and elsewhere, giving them a chance to shine and tell their own stories. Every week they will share a new artifact along with some insights about what makes it cool, special, unique or relevant today.

2-20-16 NY Sports and Beyond - Segment 4, 6:45a: Repeat of Segment 4 on 2-13-16

PUBLIC SECURITY

3-5-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

3-5-16 NY Sports and Beyond - Segment 2, 6:15a: There is a heated dispute over the FBI effort to force Apple to help unlock an iPhone used by one of the San Bernardino killers in Capitol Hill. Bill is joined by Mr. **Darren Oved**, Chairman of Oved and Oved's Litigation Department, to discuss the potential consequences of Apple being forced to write new software for the government. If the FBI prevails in the battle with Apple, will this case open the door to further invasion of the public's security and cyberterrorism? Is the data security of "hundreds of millions of law-abiding people" currently at risk? Mr. Oved also has extensive federal and state appellate advocacy experience, having argued numerous cases in the state and federal courts and representing his clients in complex commercial mediations and arbitrations. Does the FBI have a case? Where is the red line in this case? Who is most likely to win the biggest tech case of the year, and maybe the decade? Why can't Apple win this case like it did with the drug dealer's iPhone case?

LOAN MANAGEMENT

3-26-16 NY Sports and Beyond - Segment 1, 6:00a: Open/Tease

3-26-16 NY Sports and Beyond - Segment 2, 6:15a: Bruce Mesnekoff is a nationally recognized expert in student loan management and consolidation and the co-author of the new book, *The Ultimate Guide to Student Loans*. He serves as founder and senior partner of The Student Loan Help Center and has developed and implemented programs that have enabled thousands of borrowers to successfully manage their college debt. He also works with nonprofit financial assistance organizations and is a regularly invited guest on radio programs where he provides consumers with the newest federal regulations and solutions for easing the burden of overwhelming student debt. Mesnekoff says the burden of paying student loans often devolves upon the student's family, who must borrow from retirement savings or liquidate assets to prevent their children from defaulting on their loan agreement.

"Paying for college has become an incredibly expensive and often confusing process that can haunt students and their families across generations," says Mesnekoff.

PART 2: PUBLIC SERVICE ACTIVITIES / COMMUNITY OUTREACH

COMMUNITY SERVICE

The staff of ESPN New York has forged relationships with the local community in recognition of its obligation to the citizens of the tri-State Area. We participate in fundraisers for local organizations / charities / schools and build awareness by drawing area residents to these events. Support is provided by giving station "gift packs" when requested by community groups. They consist of ESPN's promotional items (T-shirts, hats, etc.) and are provided to organizations free of charge to use as auction items, prizes and/or "thank you gifts" to persons who help staff the charity event. Various members of ESPN Radio, including on-air talent, will often attend charity events and represent the team at ESPN New York.

City Meals on Wheels

Date: January 9th, 2016

Location: New York, NY

Details: Volunteers deliver meals to homebound seniors.

Blanketeer Workshop

Date: February 11th, 2016

Location: New York, NY

Details: Learn to crochet blankets and other things to be given to children, babies and seniors in local hospitals and various charitable organizations.

Harlem Gymnastics

Date: February 20th, 2016

Location: New York, NY

Details: Volunteers help at the Harlem Gymnastics Invitational. Functions are: runners, timers, awards, and trampoline spotters.

Black History Month Luncheon

Date: February 25th, 2016

Location: New York, NY

Details: Volunteers prepare tables, serve food, mix/mingle with guests.

Junior Achievement Job Shadow Day

Date: March 18th, 2016

Location: New York, NY

Details: Students from different schools visits Disney and ESPN offices for a career day. Volunteers speak to the students about their job functions and give an office tour.

Blood Drive

Date: March 24th, 2016

Location: New York, NY

Details: Volunteers donate blood to save lives.

COMMUNITY CALENDAR

Within the ESPN New York website, there is a "community calendar" feature. Visitors to the website can submit community events taking place throughout the tri-state area. Events include school fundraisers, community performances, street festivals, concerts, free health screenings and more. These events are also frequently mentioned on air during NY Sports & Beyond. **First Quarter 2016** calendar entries are below:

Winter In Bryant Park

January 1-3, 2016

New York, NY

Winter Village at Bryant Park has 125 holiday kiosk shops, an ice-skating rink open until spring, and a Tree Lighting Skate-tacular.

Star Wars Exhibition

January 4 - May 30, 2016

New York, NY

See 77 costumes worn in all seven films at Star Wars and the Power of Costume at Discovery Times Square.

Three Kings Parade

January 6, 2016

East Harlem, NY

Children wearing crowns join real camels, sheep, a donkey, colorful puppets, musicians, and community leaders dressed as kings in the festive Three Kings Day Parade and celebration.

Boat Show

January 6-10, 2016

New York, NY

See new boats, marine gear, and accessories plus workshops and TV celebrities at the New York Boat Show at the Jacob Javits Center.

Experimental Art

January 7-17, 2016

New York, NY

American Realness Festival features 71 performances of 20 productions, plus exhibitions, mostly at Abron Arts Center.

Travel Show

January 8-10, 2016

New York, NY

Hear travel tips from experts, browse hundreds of travel booths, watch cultural performances, and try international foods at the New York Times Travel Show in Javits Convention Center.

Jewish Film Festival

January 13-26, 2016

New York, NY

The New York Jewish Film Festival showcases films that investigate, record, and celebrate the Jewish experience at Walter Reade Theater in Lincoln Center.

Dance Celebration

January 15, 2016

Newark, NJ

Martin Luther King celebration includes performances by the legendary Dance Theatre of Harlem plus a guest speaker at Prudential Hall in Newark, NJ.

Bull Riding

January 15-17, 2016

New York, NY

Professional Bull Riders take on the fiercest bucking bulls at Madison Square Garden.

Martin Luther King Day Tribute

January 18, 2016

Brooklyn, NY

Brooklyn Tribute to Dr. Martin Luther King, Jr. includes a keynote speaker and choir in BAM Howard Gilman Opera House at Brooklyn Academy of Music.

NYC Restaurant Week

January 18 - February 5, 2016

New York, NY

Get a special deal on a 3-course lunch or dinner at 300 restaurants during NYC Restaurant Week.

Snow Sports In the Park

January 23, 2016

New York, NY

Enjoy skiing, snowboarding, snowshoeing, and sledding during Winter Jam, when the Central Park bandshell area is covered with blown-in snow. Bring equipment or borrow it free.

Beer, Bourbon, Barbecue

January 30, 2016

New York, NY

Sample beer, taste bourbon, hear bluegrass music, and eat barbecue at the Beer, Bourbon, and BBQ Festival in Manhattan.

Winter Carnival

February 5-6, 2016

New York, NY

Winter Carnival includes winter sports, ping pong, skating, a brew house, and a silent disco dance at Bryant Park.

Fireworks

February 6, 2016

New York, NY

Celebrate Chinese New Year watching a world-class Fireworks Spectacular over the Hudson.

Beer Festival

February 6, 2016

White Plains, NY

Sample 200 craft beers with food and music at Big Brew NY at Westchester County Center in White Plains.

New York Fashion Week

February 10-18, 2016

New York, NY

Top models, photographers, and designers attend invitation-only events unveiling fall collections during New York Fashion Week.

Valentine's Day Concert

February 13, 2016

New York, NY

Hear lush, romantic vocal music of 19th-century composers in Greek-revival double parlors of the Merchant's House Museum at Love in the Parlors.

Valentine's Day in Times Square

February 14, 2016

New York, NY

Register to renew your marriage vows on the red glass steps, or take a photo together in front of the Heart of Hearts sculpture in Times Square.

Chinese Parade

February 14, 2016

Brooklyn, NY

See colorful floats, marching bands, lion and dragon dancers, antique cars, beauty queens, and performers at Chinatown Lunar New Year's Parade & Festival.

Valentine's Day Family Party

February 14, 2016

Brooklyn, NY

Little Club Heads Family Dance Party includes dancing to popular tunes played by DJs, face painting, balloon twisting, and stage shows at Verbotem in Brooklyn for children age 1 to 12, plus their older siblings.

Dog Show

February 15-16, 2016

New York, NY

Westminster Kennel Club Dog Show has daytime events at Piers 92/94 with finals and best-in-show evenings at Madison Square Garden.

Beer Week

February 19-28, 2016

New York, NY

New York City Beer Week celebrates craft beer with special tastings, pairings, and dinners at many venues.

Concert for Tibet

February 22, 2016

New York, NY

Expect big-name performers at the Tibet House Benefit Concert at Carnegie Hall to raise funds for Tibetan culture. Optional gala dinner afterwards.

Whisky Tasting

February 24, 2016

New York, NY

A ticket to Whisky Live includes a dinner buffet, live entertainment, and a glass to sample the greatest whiskies in the world at Pier 60, Chelsea Piers.

Children's Film Festival

February 26 – March 20, 2016

New York, NY

New York International Children's Film Festival shows new, inspiring, and thought-provoking films about youth from around the world, suitable for families.

Orchid Show

February – April 17, 2016

New York, NY

The Orchid Show fills the conservatory at the New York Botanical Garden with thousands of orchids in an amazing array of colors, shapes, sizes, and textures.

Breakfast at Night

February 29, 2016

New York, NY

Sample breakfast items made by 17 restaurant chefs, vote for your favorites, hear live music, and visit the cash bar at Breakfast for Dinner in the meatpacking district.

Opera by Puccini

March 2 – April 12, 2016

New York, NY

Madame Butterfly is a young Japanese geisha who mistakenly believes her arrangement with a visiting American naval officer is a loving and permanent marriage, at the Metropolitan Opera House.

Science Magic

March 2 – May 1, 2016

New York, NY

A physics demonstrator from Rutgers University performs amazing feats in That Physics Show using cold nitrogen, burning hydrogen, and bright laser lights at Elektra Theatre.

Solve the Crime

March 2 – September 4, 2016

New York, NY

Winner of “best comedy” awards, Shear Madness is a humorous whodunit with audience participation set in a hair salon at New World Stages.

Independent Art Fair

March 3-6, 2016

New York, NY

Clio Art Fair is a curated fair in Chelsea featuring artists without exclusive gallery representation.

Entrepreneurs Festival

March 4-5, 2016

New York, NY

Entrepreneurs Festival offers speakers, panels, a party, roundtables, and a showcase of 50 startups for current and future entrepreneurs.

Student Fashion Show

March 5-6, 2016

New York, NY

Fusion Fashion Show pits 15 undergraduate designers from the Fashion Institute of Technology against 15 from Parsons The New School for Design as they each send five looks down the runway.

Chocolate Expo

March 6, 2016

Secaucus, NJ

Chocolate Expo has tastings and sales of chocolates, baked goods, specialty foods, gelato, and wine at the Meadowlands Expo Center in Secaucus, NJ.

Magic Show

March 7-28, 2016 (Mondays)

New York, NY

Five professional magicians perform card tricks and feats of wonder with plenty of humor at Monday Night Magic in cozy Players Theatre.

Mozart Live

March 9, 2016

New York, NY

The Vienna Mozart Orchestra of Austria, wearing period costumes and powdered wigs, performs “Mozart’s greatest hits” in David Geffen Hall at Lincoln Center.

Robot Competition

March 11-13, 2016

New York, NY

Watch a tournament of 66 teams at first Robotics Competition at Jacob Javits Convention Center.

Wine & Cheese Cruise

March 11 & 25, 2016

New York, NY

Taste five wines with artisan cheese and see city views during a Wine & Cheese Pairing Class aboard the Yacht Manhattan, departing from Chelsea Piers.

Beef Tasting

March 16, 2016

Brooklyn, NY

A ticket to Brisket King includes tastes of beef brisket cooked by dozens of competing chefs, spirits, and craft beer at Sanders Studio in Brooklyn.

Design Show

March 17-20, 2016

New York, NY

Find inspiration for home improvement, shop for home products, and attend design seminars at the Architectural Digest Home Design Show at Piers 92 and 94.

Auto Show

March 25 – April 3, 2016

New York, NY

New York International Auto Show is billed as America's first and largest at the Jacob Javits Center.

Easter Parade

March 27, 2016

New York, NY

Wear an extravagant hat or festive costume and join the people strolling on Fifth Avenue from 49th to 57th Streets in the Easter Parade and Bonnet Festival.