

WNLK 1350 AM Quarterly Reports 1/1/2019 to 3/31/2019

Week 1 1/2019

Community Hour 1/2/2019 Center for Immigrant Development
Fennel Merville Executive Director 955 Broad St. Bridgeport CT.
25 Minutes:

C.I.D is a non- profit organization, they provide direct services to the immigrant community. There is a lack of non-profit organizations in Connecticut that are able to provide these services. Immigrants who cannot afford legal help benefit from this service. Immigrants are vulnerable to scams and so the C.I.D. remains a viable asset to these communities. They are recognized by the Department of Justice and are kept abreast of any policy changes or modifications. They assist in helping to network with various agencies on behalf of immigrants such as ESL(English Second Language) and other areas of particular needs. Mr. Merville is a native of Haiti and is a vital source of information for that community. C.I.D's services extend to other states also.

To

1/5/2019

Community Hour 1/4/2019 15 minutes

The Church of all Nations 821 Success Ave. Stratford CT. Pastor Collie Criss is the Pastor.

The church started in 1997 in Port Chester NY as a community outreach effort. Pastor Criss is from the projects and as such has been inspired by the idea of a universal multicultural group of the Kingdom of God. His outreach effort is based on the theme "Reaching The Kingdom of God with the Love of God" he expresses the importance of Spiritual Fire for inspirational cleansing. Church for all nations addresses the divisions which are taking place in the society these days. He insists that the purpose is to minister to all of mankind with healthy churches which leads to healthy Christians and a healthy community.

Week 2

1/7/2019

Women Networking for Jesus and with Jesus 1/11/2019 Host
Darlene McGhee 55 Minutes

Guest was Minister Vondros who has been ministering for 20 years. She was ordained as a Minister in 2012. "I Believe in Miracles" is the name of her ministry. She has done presentations on Miracle Healing. She described a variety of incidents on the subject and announced an upcoming event at the Stamford Hylton Hotel on 1/25/2019 and 1/26/2019 and encouraged the listeners to come and experience the power of healing. Visitors to the event have the opportunity to share testimonies.

The second guest on the program was Carmine Caserella a Certified personal Trainer, Nutritionist with a Spiritual angle. He spoke about his inspiration to heal with the principles of spiritual righteousness and cleansing.

He says people are helped with health and wellness through prayer and meditation. He spoke about the importance of a healthy diet. He shared his experience with auto muscular disease which took him on a spiritual journey where he was able to overcome his health issues. He insisted that as your faith grows your health grows. Healing and restoration comes when we go for our promise. He spoke about the value of juices and special nutrients which are valuable to our health needs.

To

1/12/2019

Week 3

1/14/2019

Community Hour 1/15/2019 National Minority Business Council, Fritz McClymont Founder and Director 25 minutes:
Located in New York and was launched in 1972. They function on three platforms: Advocacy, Education- Training and Business Education. This is a national membership organization which has assisted a large number of businesses to be successful. It is funded by federal, state and foundations. Women and Veterans businesses are also included. New members are introduced to the entrepreneurial boot camp where they are challenged to see whether they are prepared for business. They receive training in marketing and sales, a business plan and an opportunity to participate in procurement programs with large organizations. There is follow-up in six months after the boot camp is completed.

To

Community Hour: 1/18/2019 20 minutes Bijou Theatre, State St., Bridgeport CT. Gary Peterson Executive Director since the summer of 2017. He has done some minor upgrades since taking it over.
It is an intimate setting, the auditorium has mixed seating which includes Café seating, Mezzanine and VIP suites. The theatre has a capacity seating of about two hundred. The facility is suitable for a variety of events, such as political debates, concerts, seminars it also has a movie screen. They collaborate with members of the Apollo theatre in New York who give back to the community by doing volunteer music teaching in the Bridgeport school system, which culminates in a showcase at the Bijou Theatre “Its Your Time to Shine” which is free of charge. This occurs every few months.

1/19/2019

Week 4

1/21/2019

Community Hour 55 minutes 1/23/2019 The Urban Revitalization Coalition in Washington DC. Dr. Daryll Scott Chairman of the Coalition and Kareem Lanier Vice Chairman of the Coalition The URC was formed to implement President Trump's promise and Executive Order on Opportunity Zones and The Criminal Justice Reform with the First Step Act with the focus on distressed communities. They indicated that the communities in these affected areas need to be fully engaged and that these plans were being discussed from as early as December 2017. In this effort there was a move to encourage entities in communities through out the country to be ear-marked as Opportunity Zones. They said that there are now over 8,700 Opportunity Zones through out the country of which 72 are in Connecticut. These are in distressed areas. With funding from access to Investors with Capital Gains of over \$6 Trillion emphasized by the President created Tax cuts and Jobs Act which will benefit these communities. They expressed that fact that they will be embarking on a multi city tour to provide awareness and information of the program directly to the community. They said in addition to that there will be an aggressive media effort in this regard.

They expressed in no uncertain terms that that there is a greater emphasis on the people in that they will need to unify, galvanize and mobilize in working together and this will be reflected in all communities.

They described the process for funding projects in the designated communities. Individuals to start their own Opportunity funds and will be taught how to do this again emphasizing the focus on people's growth and development.

To

In addition to this they informed us that there is \$250 million set aside for Faith Based lending with organizations which have a proper structure in place, there is going to be an accountability factor and expressed the need for Churches to be more community focused with community based programs.

They acknowledged State Director for the URC, Chiquita Stephenson who has done a phenomenal job in coordinating efforts in Connecticut as an advocate galvanizing resources for the state.

1/26/2019

Week 5

1/28/2019

To
2/1/2019

Community Power Hour Monday 1/28/2019 6pm-7pm

This program seeks to provide more specific information to the community about the Urban Revitalization Coalition in Washington DC and ways in which people can start preparing themselves for the opportunities that the URC has to offer.

Chiquita Stephenson State Director of the URC along with Valerie King CEO of Valerie King Realty and of Keller Williams Realty in Bridgeport and Tye Carrington, “The Mortgage Guy” from Envoy Mortgage in Stratford are guests on the weekly program.

They spoke about the various opportunities and possibilities for individuals to take advantage of the Opportunity Zones through real estate. Chiquita Stephenson began by providing an outline of the URC’s programs. She stated that there is a thirteen point threshold that must be adhered to regarding the Opportunity Zones. The specific areas include Education, Health, Housing and Social Services, recognizing the importance on the need for human growth and development.

From a historic perspective she pointed out that to date over \$13Trillion has been spent on the war on poverty and after all that there is still more poverty in the underserved communities. She says that there has to be a life style change in the individual and collective mindset in these communities. There is a need for more examples of successful people who come from these communities. There is an attitude of fear and trust that prevents the types of growth that is desired.

In the matters around real estate Valerie King stressed the need for people to prepare themselves for home ownership. She pointed out the obvious benefits to home ownership as opposed to renting. She holds frequent seminars in the community to inform people about the steps to take towards the goal of home ownership. She offers her services to individuals giving them advice on their particular situation and how they maybe corrected.

Tye Carrington provided information on the various steps needed to improve ones credit score and the various financial instruments available for mortgage to individuals at different stages of qualification. The matter of priorities in ones life he says is critical to any progress in qualifying for a mortgage there was a question about retirement accounts from social media Tye cautioned about that advising that one had to be clear about the terms associated with it. He also counsels individuals in these matters. With these various inputs the community is better equipped to forge ahead in aligning itself to take advantage of the URC’s Opportunity Zones.

Week 6

2/4/2019

To

2/8/2019

Community Hour 2/4/2019 20 minutes Liberty Health Share with Dale Bellis Executive Director

Dale Bellis in his monthly appearances on the program spoke about the advantages of Health Share. He says this is a viable alternative to health insurance. He pointed out that members share similar lifestyle value systems and in reference to medical bills he says taking a page out of history they all pitched in to provide assistance for each other in times of need. He once again emphasized that dental and optical treatments were not included. He says that the system is transparent and functions online giving each member who makes a payment the opportunity to see how his or her monies are spent. He reminded us of the extensive service that Liberty Health Share provides, in that anyone outside of the USA can be a member as long as they have access to the internet and says that English is the international language for business making it feasible to provide this service internationally, especially to Americans who may be in other parts of the world.

Community Hour 2/4/2019 St. Marks Daycare Center Newfield Ave. in Bridgeport. Mrs. Frankie White is the Executive Director 35 Minutes. She spoke about the unique services that St. Marks offers. She says they take babies from as young as eight weeks old to age twelve. The facility is over 50 years old and provides a variety of daily activities for all children. These activities include music, carpentry, cooking and computers, gardening / farming and others. She strongly believes that with the proper care and attitude youngsters will advance in life as productive citizens. Registration is year round which is a very convenient feature for the community as a whole. This affords them the opportunity to be constantly engaged in messaging to the community. She reminds us that the facility is staffed by licensed professionals. And is very secure preventing youngsters from wondering away. They provide services for low to middle income families serving up to 120 kids. They get state and federal funding and welcomes financial assistance from the community

Week 7

2/11/2019

Community Hour 2/13/2019 15 minutes; Amy Wiltsie, Director of Kid Hero spoke about the process for getting children placed in the Foster care programs. She provided insight about the considerations for multiracial placement of children adhering to the sensitive cultural issues which arise. In any event she states that the decisions that are made ultimately must be for the benefit of the child. There is a careful screening program in place for the placement of children in the system. They do their best to avoid replicating the circumstances or situations that the youngster may have been exposed to. In some cases she says it may be feasible for a child to return to their home, which speaks to the successful outcome of the program.

To

2/16 2019

Peace and Love At Sunrise 2/14/2019 15 minutes
Aetna Foundation a Philanthropic arm of CVS
Dr. Garth Graham President spoke about the recent award of \$250,000 which was won by the Bridgeport East End Pop Market as a prize for the healthiest cities event. This is a competition which was created to encourage healthy nutrition in food deserts across the country. There were initially hundreds of cities which was broken down to fifty in which the East end Revitalization Zone in Bridgeport won the award in its category. Charlotte in North Carolina won the award in the larger city category. He credited both Debra Sims of the East end revitalization zone and Debra Caviness President of the Bridgeport-OIC Inc. for their efforts in bringing this outcome to Bridgeport. He said that the Foundation has a commitment of \$100 million over the next five years towards good health and healthy nutrition in communities across the country.

Peace and Love at Sunrise 2/15/2019 18 minutes Rev. Mary McBride Lee, Council Woman for District 135 in Bridgeport and Pastor for several decades of The El Shaddai CCGM in Christ on Platt St. in Bridgeport. She spoke about the importance of recognizing contemporary aspects of Black History as a tribute to Black History month. She emphasized the importance of contributions of African Americans as Civil Rights activists. She reflected on Bloody Sunday on the Edmund Pettis Bridge over fifty years ago, She was a college student at that time and she attended the march and says the activities that took place that day were horrible to say the least. She remembers the horses and hoses that were used by the police on the marchers on that occasion. She said

it was these types of struggles that have led to some of the progress today, realizing the importance of today's youth being aware of this history. As a Council Woman she spoke about efforts for affordable housing and says that she is happy to collaborate with the Urban Revitalization Coalition in Washington DC and the Opportunity Zones in the efforts to build our inner cities. She spoke passionately about the Trumbull Gardens Community Center which is closed and she is trying her best to have it re-opened so that the youngsters from that community will have a safe place to go to instead of being exposed to the dangers of the streets. She said that after school programs in churches is a viable option.

Week 8

2/18 2019

To

2/23/2019

Peace and Love At Sunrise 8:30am 9am 2/22/2019 20 minutes
Debra Sims of The East End Revitalization Zone in Bridgeport
and The Coalition United to Reach Equity (CURE) – The East End
Pop Market.

She says that the East End of Bridgeport is a food desert and
launched efforts three years ago to establish a Pop Up Market in
the area where fresh fruits and vegetables would be readily
available to the community. She says most residents in the area
rely on a fifteen to twenty minute cab ride to acquire nutritious
food. She has been a resident in the area for 40 years.

She engaged members of the community to decide what the market
should be. The East End NRZ has been around for fifteen years
and meets monthly with a commitment to move the neighborhood
forward. The Pop Up Market is located at 881 Stratford Ave.,
Bridgeport , it will be a place where people can socialize and
change their lives. She said a new Library on Central Ave. and a
full fledged grocery store in two years are in the plans also. She is
elated that City and State representatives are supportive. Local
farmers will supply products which will be grown locally. They
will be able to create opportunities and jobs to grow year round
produce, while providing youngsters with the ability to grow micro
vegetables in their homes. She concluded that “It is difficult don’t
give up”.

Peace and Love at Sunrise 2/22/2019 9am – 9:30am 25 minutes
Susanne and Michel Rousseau sisters from Jamaica who are
authors of “ Provisions” a book on vegetarian cooking in the
Caribbean. The book was published in October 2018 and has been
featured by the San Francisco Chronicle as the best book for 2018
and featured in the New Yorker magazine. They spoke about the
great responses they have received for the effort. They indicated
that there is a great variety of Caribbean foods and have expanded
the food experience with research in the various islands as well as
the food experience with a historical perspective. The reason they
cite for writing about vegetarian cuisines in this book is that it is
ingredient focused and used in traditional foods from the region. In
this context they have invoked the culture of the past dating back
to slavery and the role that women played in those times especially

in the area of food preparation. Food they said is the avenue of examining history and culture. In fact they grew up between Trinidad and Jamaica exposing a shared history in this case. They also shared with us that their Great Grandmother (Martha Biggs) was the first person who started the Patty business in Jamaica. And so for them this is a legacy which led to their opening a new cuisine experience in Jamaica less than a year ago called “The Summer House”

Week 9
2/25/2019

To

3/2/2019

Community Power Hour 2/25/2019 6pm-7pm 55 minutes

The Urban Revitalization Coalition presenting information for the community on preparing it for the Opportunity Zones and funding for various community based projects.

Guests were Chiquita Stephenson URC State Director for CT Valerie King, CEO of Valerie King Realtors and Keller Williams Realtors in Bridgeport and Tye Covington "The Mortgage Guy" Envoy Mortgage in Stratford.

Once again as in previous programs Chiquita Stephens provided our listeners with an overview of what the URC and the Opportunity Zones will mean for our communities.

The discussion centered on the responses and attitudes that some in the community may have towards the program. She stated that in several interactions individuals were skeptical about the program because of President Trump's involvement in it. This in part had to do with some of the president's policies and other concerns about his position on racial matters. The need for information to our communities is vital she stressed the point that these are two year to ten year plans which would mean that they will be around after the president leaves office and therefore it is not based on political rhetoric. She said as a registered democrat she made a presentation to Dr, Scott and Kareem Lanier Chair and Vice Chair of the URC to find ways in which programs for Urban Revitalization could be developed for communities in the state of Connecticut. The other members of the panel weighed in by saying that the community has to see itself as moving ahead with ventures that represent the values and culture of the community. The old habits that people have held on to will not serve their current needs or their future needs. There has to be a concerted effort on the part of the community to extricate itself from some of these behavioral patterns. The need for a mindset change was emphasized during the conversation. It is wise to prepare for the opportunities and the fact that distractions will not serve anyone's purpose. They once again said that people who have projects to be funded and who have a structure in place will get the assistance from the URC to make sure they are ready to receive the funding they will need to complete the projects.

Week 10

3/4/2019

To

3/9/2019

Community Hour 3/4/2019 25 minutes Further Aglow with Rev. Marzia Mitchell CEO and Founder: She says that Further Aglow started as a relationship counseling facility in Jamaica in the 1990's from counseling couples it expanded into other aspects of personal relationships in business, social and otherwise. She has continued the concept here in the USA with workshops and conferences on relationships. It is now focused on helping people through these situations to study healthy relationships as a practical approach. She has coached people from all over the world with these techniques. She has also shared her own personal experiences which provided great insight for her in solving these problems. She will be hosting an event under the theme "Building Great Relationships" on 4/27/2019 at 4:30pm at The Sterling House in Stratford, this will entail a seminar, a conversation using tools for building and working, inspirational music, live performances and food. She describes personal relationships as a joyful work. As a Pastor she provides a spiritual context. She explains that what we see in others is in fact in us, in other words we are mirrors of each other. This provides clarity and a path for a viable solution. She further states that we attract to ourselves the similarities we have within, honesty of self is important. She is also reaching out to charity organizations as a method of building relationships. Her organization is based in Florida however she is expanding activities to the North East, Canada and the U.K. She concludes "Further Aglow the Light that Shines from Within"

Peace and Love At Sunrise 3/5/2019 8:30am -9am 17 minutes Carmine Casarella Inspirational Nutritionist from White Plains NY. He says "Our Bodies are Temples" therefore nutrition is a major part of life. He provides spiritual principles One on One for his clients, nutritional guidelines and practical plans, praying with them. He also shows them how to maintain high energy. He suggests that we spend time in God's Word and stand on His Word, always put Him first, Don't believe the life of evil he says these are important facets for healing. He then discussed the Leaky Gut Syndrome, this occurs when bacteria and virus leaks through

the intestinal walls and partially undigested food, protein and fat enters the blood stream and the intestinal lining
Some symptoms are fiber myalgia, skin problems, low energy, diabetes, auto immune symptoms and more. He strongly suggests that one should see a physician. He says he had an auto immune muscular disease, not knowing what to do he found the Lord and he made him promise to share his knowledge with people and so his healing process began. He said it is important to keep a nutrition food log and a meal plan to track the foods that may be causing the Leaky Gut syndrome. He also discussed specific diets which should include greens and vegetables.

Week 11
3/11/2019

To

3/16/2019

Peace and Love At Sunrise 3/12/2019 9am- 9:30am 15 minutes
Jamaica Tourist Board North East Regional Director: Philip Rose
He was recently appointed to this position. He has been with the JTB for 21 years. He says that JTB enjoys the most successes in the western hemisphere if not the world and is certain that this trend will continue. He says this is attributed to the professional personnel with the JTB who are carefully selected, they display an unwavering commitment, they are confident that they are selling the best product which is Jamaica. He says that in the long term tourism will remain the lifeline of the people economically. There are 4,000 new hotel rooms being added which will increase visitors to the island. He is inviting Jamaicans to come home and enjoy the island as tourists. He says there will be a new aggressive campaign highlighting aspects of the Jamaican culture in fact he points out that we are much more than sand and beaches. He thinks the engagement with Jamaicans, Fashion, Food and Music are all integral aspects of the promotions by the JTB. He observed that Jamaicans are misunderstood and the island offers more attractions than most of The Caribbean combined. He is of the view that everyone Must benefit from tourism.

Community Hour 3/12/2019 30 minutes

Venita Lambert of Flagship Financial Partners, they help people to protect themselves, Families and their Nest egg.
This is done on four principles of healthcare, long term care, Medicare, final expenses and retirement income. She has a passion for what she does for people as their lives change, they have an

opportunity to create wealth especially with the uncertainty of social security especially for the youngsters. She counsels on tax free retirement through universal life insurance, the only contract that is 100% tax free if it is funded correctly. She speaks about the difference between whole life and universal life. She also says universal life can be obtained up to ages 75-80. They interact with over 150 carriers provide options. She spoke about the discipline of compulsory saving as a very important component.

Week 12

3/18/2019

To

3/23/2019

Women Networking for Jesus and with Jesus 3/22/2019 6pm-7pm 55minutes. Hosts Darlene McGhee and Pastor LeShaun Brown and guest Nina Perez, author of “Best Shot How I overcame a Hard Hitting Life” She says she was born and raised in Stamford and is now married with children. At the beginning of 2018 she decided that she had enough with resolutions and thought that it was time to share her experiences, she realized then that exposing your truth is hard, it comes with judgement, and friction in families. She had been thinking of doing this for ten years. The writing process stirred up the pain of the abuse she suffered in her younger years. She shares that she grew up with out the love of a father. Her step farther began molesting her when she was 6 years old this lasted until she was 10 years old. Her mother was not supportive during this ordeal, she felt as if it was her fault and bore that guilt for a long time. She wrote in the moment as it was then, she became a teenaged mother at age 14 and found herself in an abusive and volatile relationship where she came close to loosing her life on several occasion and at time almost committed suicide. The writing process gave her strength and courage she says shame the devil and tell the truth which was liberating for her. She decided to self publish because she wanted her story to be authentic and knew that others who had similar experiences would benefit from it. She became a Christian in 2001. Pastor Brown suggested that it is liberating when they can share these experiences leading to forgiveness, she congratulated her on having the courage to publish the book and says she knows others will be helped by it.

As a Christian she is content and feels liberated and gets tremendous support from her husband. She concluded by saying “When life hits you hard, grab it by the horns and hit back”

