

## WNLK 1350 AM

### QUARTERLY REPORTS 10/1/2018 TO 12/31/2018

October 2018

Weekly Dates

10/1/2018

**Community Hour 10/4/2018 Dr. Ed James on Obesity 30 Minutes.** He is a Radiologist and a Healthy Lifestyle Coach. He spoke about his family's history with Obesity and his own struggles with the disease. He described the stages of Obesity. Over Weight, Obesity and Morbidly Obese at this stage one is susceptible to chronic diseases such as heart disease, cancer, hypertension and diabetes. His mantra is "Blacks don't have to die from diseases." He stated statistics that show Blacks are 20% more likely than Whites to die from cancer, 30% more likely from heart disease, 50% more likely from strokes, diabetes more than double and high pretension more than two and a half times more likely to die than Whites. He shared his personal story saying that he was diagnosed with pre diabetes and was suffering from all types of ailments. In stead of getting a prescription he began reading on the topic and changed his diet to fruits and vegetables, whole grains, legumes. He ate less fried foods, red meat, salty and sugary foods. In six months he Got rid of the pre- diabetes, lost weight, got rid of the inflammation in his blood vessels. He has formed support groups with experts with healthy lifestyles skills. He says that a Daily Healthy Diet should consist of a wide variety of healthy food with the emphasis on fiber.

10 /5/2018

**Peace and Love At Sunrise: 8:30am 20 Minutes Asante Robinson a member of the "Break The Silence" organization in Norwalk bringing awareness to Breast Cancer Awareness Month.** She spoke about an upcoming event which was held on 10/23/2018 in Stamford. She is a Triple Negative Cancer Survivor. She underwent Chemo Therapy which was followed by an aggressive Naturopathic treatment. The "Break The Silence" organization was created in 2017 to bring awareness to the plight of African American women. She expressed the importance of Mammograms and monthly self examinations. She said the event will highlight the sharing of information by medical experts, she reminded our listeners that breast cancer also affects men. She said they intend to have an event to that effect in the spring of 2019.

10/8/2018

**Community Hour 10/8/2018 20 minutes Double Eagle Insurance Agency**

Danielle Brown Owner. They are affiliated with A rated insurance companies such as The Hartford and The Travelers insurance companies. She spoke about the importance of small businesses acquiring insurance. In many cases the carrier requires three years of business. Insurance against liability is critical. Rental insurance is important as it protects the renter. It is important that they have photographs of all the insured items in the home and they should be kept in a safe place. Wedding insurance for distant weddings, insures against loss in storms or fires, insures wedding dresses and any other unforeseen situations. For Home insurance she cautions that the proximity to water such as by the sea may not qualify for insurance, agencies such as Double Eagle can assist in these situations. In some cases the government will require flood insurance. She says that auto insurance rates are based on a number of factors such as credit rating, lapse in coverage and accidents. People who have no accidents etc. are encouraged to shop for more attractive insurance rates

**Community Hour 10/8/2018 Evangelical Christian Mission in Bridgeport 20**

Minutes: Sister Monita Victor is the Pastor. She is from Haiti where the church was started by her Grand Father in 1934. She says there are now branches in Florida, Canada, Guyana and Bridgeport. The Mission provides social services primarily for Haitians in various places. She is an interpreter and assists Haitian immigrants. She travels to Haiti with medical supplies and other supplies and has established a school in Haiti. She has been recognized by the United Nations for her services over the years. The Mission functions as a viable resource network in the community providing a variety of social services.

**Community Hour 10/9/2018 12 Minutes McGhie's Sewing**

located in Bridgeport. Jackie McGhie is the owner and has been in business for over thirty years. She learnt this craft as a young girl in Jamaica and advanced her skills in school here in the U.S.A. She does alterations, custom designs for women and children. She also has a tailor on site for men. She sew's for a variety of events such as church, weddings concerts etc. She advises her clients in fashion matters. She also trains interns. She says this can be a difficult business and the secret of success is the love and enthusiasm she has for it.

**10/15/2018**

**Peace and Love At Sunrise 10/19/2018 8:30am 25 Minutes Dr. Ann Edwards**

Professor in Business at a public University . She spoke about preparation for business and business etiquette at the high school and college levels based on research which she has conducted on this topic. She observed that proper etiquette has diminished in the areas of written and verbal communication in business. Employers found that there are grammatical errors in written correspondence. Due to social media the terminologies are abbreviated which is transferred into conventional communications. Spelling errors and the use of slangs which are used on the social platforms find their way into formal documents. This erosion is highlighted further in international business circles where documents which are poorly constructed has a direct bearing on business performance and expectations and can have a negative result in the final outcome. She says there are solutions as long as there is the will and desire to incorporate corrective measures. These may include inviting a trainer in to provide guidance in these areas, hire a professional company to proof read and edit documents. In the educational aspect of this problem she notes that in many cases high schools and colleges are teaching to the test which provides little or no opportunity for practical applications and functionality which will give the student a broader scope in these areas. The end result the economy, business and negotiation structures could be affected.

**Community Hour 10/19/2018 18 Minutes Sandra Jones Author :** Her books are "Every Christian makes mistakes Amass " and "Enhance your own Beauty Woman, Why tear down mine?" She is a veteran an experience which helped her to mature and acquire organizational skills. Her books are a reflection of her experiences and the challenges she faced and offers hope and testimony through her writing. She pursued a religious and spiritual path after a life of turmoil. She found her solace in writing and as such encourages corporation among women and self esteem. She described the effects of addiction not just to drugs but food , sex and overindulgence . She emphasized the need to live a life of righteousness to gain the peace love and happiness which she has obtained.

10/22/2018

**Community Hour 10/22/2018 20 Minutes Liberty Health Share Dale Bellis**

**Executive Director:** with monthly presentation on the program. LHS is a nonprofit nationwide health sharing organization. It is Independent of the Government or Insurance companies

It is a person to person network based on faith and values It is a nationwide community of people who have shared values. He emphasized that our bodies are temples which should be cared for in health, not sickness and disease. There are no limitations of the standards or quality of health individuals receive. They choose their own doctors or hospitals 97% of whom participate with LHS. There are exemptions such dental, optical and hearing aids which are not included in these packages. Members receive a card from which they earn discounts for prescription drugs . They encourage prevention methods in seeking to maintain good health. There is also an international component for this network which comprises of 100,000 households and over 240,000 members. The program is transparent with monthly share packages , Individual/ Couples / Families.

LHS handles over \$30 Million dollars in medical expenses per month.

**Community Hour 10/22/2018 20 Minutes Tri State Realty, Charles Scott Owner and President of The Bridgeport Board of Realtors.**

He spoke about a free Home Buying Seminar which took place at the Norwalk Inn on 10/25/2018. The purpose was to educate the community about the benefits of purchasing a home. There were various programs discussed such as Grants, Housing Development Funds, Down payment assistance programs, Information on foreclosures and the 203 k program and a variety of different mortgage programs. Home Buyers will be taught creative ways of purchasing a home through FHA, CHAFFA, HDF and Rehabilitation programs.

He says that the cost of rentals is extremely high in Fair Field County and as such creates an incentive to purchase homes.

**10/29/2018**

**Community Hour 10/29/2018 20 minutes Larracuente & Johnson Realty**

**located in Stratford. Lucy Johnson Owner:** She has over twenty years experience in Real Estate sales. She has been in business since 2004. She has 21 sales agents throughout Connecticut. She specializes in buying, selling, modifications, short sales and first time home buyers. She sees improvements in Bridgeport in that there are magnet and charter schools, new construction of major projects. She provides good quality service and has a Multi Listing Service statewide. She provides home ownership opportunities through the CHAFFA down payment program, the FHA Program and Conventional financing. She says that the 203K Rehabilitation program has loans up to \$35,000.00 for renovation. A credit score of at least 580, a down payment and income are needed in order to be pre qualified to find a house. She says it is beneficial to own a home, because of income tax and property tax benefits, home ownership also encourages generational wealth. She thinks that the future is promising. She is a source for problem solving for her clients. In order to obtain a Real Estate License an individual must be sponsored by a broker to do the course which makes them eligible for the state examination and if successful they are assigned to a broker.

**Community Hour 10/29/2018 20 minutes, Kestence Spence Diet Assessment , Nutrition & Consultation Weight loss health expert with the Norwalk Health Department .**

She says a healthy lifestyle and longevity requires discipline, she is a motivator for her clients and provides the tools as they focus on healthy eating. She works with the Wic program making sure clients have good nutrition and access to health care with the focus on women. She emphasizes that dieting habits must include food groups such as fruits and vegetables, whole grain, dairy and meat groups, she encourages moderation with food groups while focusing on nutrition and energy. Fruits and vegetables are effective antioxidants . Diseases are reduced by eating fiber whole grains, fruits and vegetables. Norwalk Health Department collaborates with other entities such as Food Pantries, Agencies, Churches and The Department of Social services. She is passionate about a healthy lifestyle and says that we all need to take care of our bodies which was entrusted to us by God.

**November  
11/5/2018**

**Community Hour 11/8/2018 South West Community Health Centre in Bridgeport 20 Minutes : Kathy Yachavoni Executive Director , Pat Jones Director of OBGYN , Carmen Riviera Director of Pediatrics 11/5/2018** They provide comprehensive health care for Women and Children with medical, dental and behavioral services. They receive care regardless of their insurance status. There is a discounted fee schedule for people without insurance. There are no barriers to receive health care. Pat Jones of OBGYN says that all women from age 16 receive services, the facilities are located at Clinton Ave. , Bird St. and Fairfield Ave., in Bridgeport. The women who receive services need education, family planning and a good resources in the community. Carmen Riviera of Pediatrics says they provide services for girls from birth to 21 years old. They provide excellent care for families as a whole. SWCHC participates in the Wic program which is geared for women below the poverty line. This is a nutrition clinic with a nutritionist who monitors their progress with a detailed follow up. The OBGYN department collaborates with Bridgeport and St. Vincent hospitals and private specialists where women receive prenatal services. Women do not have to reside in Bridgeport to receive these services.

**Community Hour 11/8/2018 Qwik Pak and Ship Main St. Bridgeport Fennel Merville is the owner 20 Minutes.** They have been in business for approximately 7 years. They consider themselves to be an office outside the office. They provide a vital service for the community of downtown Bridgeport. They have overnight shipping by Fedx or DHL. They provide a copying service, a two way fax service, stamps, envelops, passport pictures, finger print services which is coordinated with Field Print and Cogent. They also have notary public services and mail boxes. They offer DNA and Blood testing services also.

11/12/2018

**The Life talk Show with Hosts Randye Kaye , Nicky Tomboulides and Diana Hall Mondays 6pm-7pm 55 Minutes** The guest was Dr. David G. Taylor Professor of Marketing at Sacred Heart University. The topic discussed was, "The Psychology of Advertising". Randye Kaye shared a quote from the founder of Revlon who said "In our factories we make Lip stick , In our advertising we sell Hope" They spoke about choices available in advertising and marketing, Dr. Taylor said there are four Ps in marketing , Product, Promoting, Place and Price. It was stated that a combination of factors occur which cause the purchase of products. The importance of slogans, where items are placed on the shelf , lower levels for children , higher levels for adults. All these factors and more work together. The effect of saturation and the loyalty factors where consumers may be influenced by the endorsement of a product by a celebrity whom they may admire. Then there is the psychology of the subliminal messages and subtle techniques that are used. Then there is the advertising in unexpected places such as movies based on products and soft advertising where product brand names are seen in movies. Blatant forms of advertising which engages strategies for advantage. The benefits and effects of selling cosmetics in advertising is beauty, confidence and self esteem. Then there are techniques used to sell urgencies such as a seasonal event or discounts with expiration dates. Logos, Branding, Package designs are integral to sales and marketing. It was stated that the internet is the largest mall in the world where educated consumers do comparison shopping It was stated that we have to separate the wants from the needs.

**11/19/2018**

**Peace and Love At Sunrise 11/20/2018 9am-9:45am 45 Minutes: JB Vibes Restaurant located on Broad St. in Bridgeport.** The Owner is JB. She opened the restaurant 3months ago. It is a Jamaican Restaurant which offers fine dining. It is a bar and restaurant with a private event room. The restaurant was established to facilitate the making of a special sauce, The Jerk BQ Secret sauce which gets its special blend and taste by combining the hot Jamaican Jerk Sauce with the mild American sauce. This has become very popular. JB spoke about a variety of events that the restaurant is doing and the various packages for the holiday season. They have a Happy Hour, Games night, Domino competition etc. They serve regular Jamaican Dishes, food is made to order, there is take out and Uber Eats, Grub hub and free delivery within a radius of 1 mile in downtown Bridgeport. As a way of giving back to the community she offers 10% discounts to City employees, students, military and the police. Soon she will be offering a wider Caribbean cuisine from Trinidad and Tobago, Haiti and others. She provides catering for special occasions, live entertainment, she brings some community awareness to the restaurant by offering it as a drop off facility for donations of goods for the needy. She will be partnering with the churches to create a Sunday Brunch for church goers after service.



11/26/2018

**Women Networking For Jesus and with Jesus Fridays 6pm 55 Minutes  
11/30/2018**

**The Host is Darlene McGhee with co host Pastor LeShaun Brown,** They spoke about the faith and belief in reference to the holiday season and the new year. It was stated that Faith is the currency of Heaven , we should have expectations with excitement and uphold the principle of” belief and expect”, the words for 2019. It was emphasized that “You Should Know What You Know, What You Know” as a means of challenging your own belief system. There is no need to worry when your belief and faith are intact. Our Bodies were not created to carry worry and fear which leads to stress and sickness. It was stated that we should be disciplined and acknowledge the power of God and experience the Joy within. This is a process and a practice that grows, they stated that the Word keeps and sustains us if we believe, if we know and if we expect. It was stressed that IN EVERYTHING GIVE THANKS and not for everything give thanks, this in the face of the difficulties such as depression etc. that people will be experiencing in the holiday season. Darlene shared a conversation she had with a friend who is in law enforcement who stated that during this time of the year there are several suicides which occur on the George Washington Bridge. When asked why are we not hearing about it , his answer was it so frequent that it would not be worth it. It was mentioned that the importance of a kind word, a greeting or a smile could go a far way in bringing Joy to some ones spirit and it costs nothing. Do something kind for someone you don’t know, you never know what effect that could have.

## December

12/3/2018

**Community Hour 12/3/2018 Liberty Health Share Nov. 20 Minutes Dale Bellis Executive Director,** He reminded us that we are in the middle of the enrollment period of the Affordable Care Act and that Health share could also be considered as an option. He said however the unlike the ACA, the enrollment period is year round for Liberty Health Share in that LHS is exempt from any fines for non enrollment in this time. LHS is a Nonprofit member owned member decided and conscience oriented and as a result do not participate in matters that do not support and uphold their values. Meeting health care costs together with cost savings in administrative costs and empowering members to make their own decisions. There are members over seas who have access to LHS . The fact that English is the language of business throughout the world this facilitates transparency for members in other countries to see how their dollars are being spent. There are 100,000 households and 250,000 members in all fifty states. They add approximately 3,000 members each month. Students who are not on their parents insurance can join for a discount in the monthly fee.

**Community Hour 12/6/2018 20 Minutes: Dee Dee's Dance studio located in New Haven, is an African American Dance company owned by Dee Dee Leggs.** She has been in business for almost forty years. She received training from Alvin Ailey and has maintained a loyal staff over the years. She teaches Dance to youngsters who have the opportunity to learn Ballet, Creative Dancing, Jazz, Hip Hop , Tap and Gospel Lyrical. She says the spirituality in dance is feeling and movement expressed through their bodies in a positive way. She says to become a professional dancer one must be disciplined, respect their bodies, their bodies must be toned and trained with proper exercise and should be treated as your machine. Proper alignment with your body keeps it in good shape. This kind of discipline and focus helps youngsters in other areas of their lives.

**12/10/2018**

**P & L AT Sunrise 12/13/2018 30 Minutes The George Washington Carver Foundation of Norwalk. Novelette Peterkin CEO,** says that the center is celebrating its 80<sup>th</sup> year anniversary in participating in the Norwalk school system for After School Programs. Working at all levels within the school system creating an extension of the school day and an extension of the school year in the summer. Novelette Peterkin has been at Carver since 2004 and says when she started it was an uphill challenge. She has been able to create and build a successful and comprehensive after school program. She enjoys a high success rate with a high percentage of the students going to college. She has created wrap around programs for the students. Carver served 1461 students in the 2017 academic program. She was able raise over \$4 million in funding from the private funding, the state's after school program and the 21<sup>st</sup> Century Learning Center grants and also the Fund Alliance Charity Navigator which is an investment program. They also incorporated a transitioning program at four elementary schools . Carver is involved in community programs such as holiday food drives, breakfast with champions and meet the professionals a summer program with students who are now successful professionals.

**Community Hour 12/13/2018 20 Minutes Clyde Watson** Is a self taught artist who specializes in abstract art which he describes as something that stimulates the imagination of the observer leading to their own interpretation of the piece. He says he started out as an impressionist artist at the age of 11 in Jamaica and was influenced by his older brother. He saw self expression in his work. His art tells a story and it allows people to sense and feel the work of art. He is inspired by other peoples work. He says he sometimes does portraits the favorite of which is the one with his daughter which he displays at exhibitions but will not part with it. He is an electrician by profession and says that Art is a means of escape for him.

**12/17/2018**

**Community Hour 12/17/2018 25 Minutes Attorney Chris Dematteo from West Haven.** He is a trial Attorney and has been practicing for over eight years. His areas of practice includes Civil Legislation, Criminal Defense, Juvenile Law , Civil Rights and Appeals. Civil Law includes people against the state and persons against persons. He provided some valuable information about how members of our communities should engage with law enforcement officers when pulled over or otherwise. He suggested that it is wise to be respectful and assertive while interacting with an officer of the law. In certain situations you may request that your attorney be present.. He says that in certain cases it is best to try and reach an out of court settlement which could prove to be more expensive otherwise. He gave some in depth information about situations in Juvenile law and the dynamics for the families involved in these situations.

**Community Hour 12/17/2018 25 Minutes The Bridgeport Choral Union Inc. Rev. Michael Anthony Cummings** a member and is also from the East End Baptist Tabernacle in Bridgeport. He spoke about the purpose of the choral union which is to expand its membership with young people in Connecticut. He spoke extensively about the founder of Gospel music Rev. Thomas Dorsey . Gospel Music was created as an alternative to popular music. He recalled that the Bridgeport chapter of the National Convention of the Gospel Choirs and Chorus inc. was formed when Mother Maria Scott – Wiggins met Rev. Dorsey which led to the formation of the Bridgeport Chapter. He noted that there are many areas of Gospel music which includes the Spirituals, the Hymns and the musicianship; He says they always thrive for excellence . He asserts that good music is pure spiritual music just the same.

