



Quarterly Significant Issues Report

Period 1: January 1 - March 31, 2023

Compiled by John Voket

Director of Public Affairs - Connoisseur Media (CT)

This quarterly significant issues report reflects concerns facing our local communities, and details how our radio station is responding through weekly public affairs programming, news reports, PSAs and streaming content. Our award-winning public affairs program, 'For The People' is locally produced by Public Affairs Director John Voket, and features multiple, extended focus segments and several local PSAs.

The producer regularly interacts with residents, representatives of local, regional and national organizations, as well as visiting political and community leaders to help ascertain issues and initiatives relevant to listeners. These sources help qualify programming decisions and identify guests attempting to understand, explain and/or address these concerns. The producer also monitors daily news reports to stay informed, and to respond quickly when incidents or issues require more detailed or expanded focus.

This quarter, our program included reporting on: *New Reach - VCF Index Pt. 3 / Valley Health District - Green Village Initiative (GVI) - CT Age Well Collaborative - Recovery for All Connecticut - CT League of Conservation Voters - Jane Doe No More - Marijuana Policy Project - Audubon Connecticut - Cap The Rent CT - Salisbury Winter Sports Assoc 97th Annual Jumpfest - Choose Love Awareness Month - Bike Walk Connecticut - CT Housing Partners - Connecticut Community Foundation - AARP Community Challenge - UR Community Cares - VCF Index Pt. 3 / Greater valley Chamber of Commerce - Abilis - NOFA-CT Conference Preview - CT Psychological Assoc - Housatonic Valley Assoc - Glebe House Museum - American Farmland Trust - AgingCT - Consumer Protection Week - Jersey Mike's Day of Giving / Make-A-Wish CT - Greater Bridgeport Symphony - The Connecticut Justice Alliance - East Coast Greenway - (encore) New Reach - CT NOFA 41st Winter Conference*

Our program occasionally features a series or "special report" - extended focus on a particular theme, or multi-faceted coverage on more broad or complicated issues. These specials and series have focused on Connecticut's organic farms, farmers and gardeners; stigmas facing individuals with disabilities or mental health issues; environmental preservation and conservation; events like the Beardsley Zoo's 100th Anniversary, NOFA's annual OrganiCONN, and the International Festival of Arts & Ideas; how state government and leadership are affecting listeners' economic quality of life; workforce development; as well as highlighting initiatives impacting food equity, and the latest social / racial justice issues affecting our communities. 'For the People' airs Sunday mornings at the times noted in the grid below, and each program then becomes available as a podcast on each station's website and on multiple podcast networks.

This quarter, our PSA notifications informed listeners about: *Green Village Initiative Hiring - MyHomeCT - Annie C Courtney Foundation Foster Adoption Training / Support - CT Insurance Department Open Enrollment Deadline Warning - CareerConneCT New Job Training Programs - AARP Veterans Fraud Center -v The Westport Farmers' Market Winter Health Lecture Series - Griffin Health Smoking Cessation Program - Baby and Toddler Playgroups at The Therapy Center at Abilis - Acts 4 Ministry "Share the Warmth" Clothing Drive - WBDC) Equity Match Grant Program - Connecticut Preservation Awards - University of Connecticut 's College Agriculture, Health, and Natural Resources "Bringing the Farm to School" workshop - Eversource Utility Scam Advisory - IRIS Run for Refugees - Homes for the Brave Free Dental Screenings - Beardsley Zoo Frogwatch Program Sign-Ups - CCADV / Governor's Council on Women And Girls Domestic Violence Panel Discussion - AgingCT - Connecticut State Department of Education (CSDE) "No Matter What" - Special Olympics Annual Dinner - Connecticut's Adult Family Living / Foster Caregiver (AFL) program - 2023 Aquarion Environmental Champion Awards nominations - Westport farmers Market Seed Exchange event - St. Patrick's Scholarship Committee Fundraiser - Kennedy Collective Autism Project / Band Central 'Spectrum of Rock' fundraiser - Homes for the Brave (HFTB) "For Veterans, By Veterans" Comedy Night - RVNAhealth Parkinson's Disease Survey*

A separate report detailing additional programming on WICC that addresses critical issues in our listening area will be attached as soon as it is made available.

Continued

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WEBE offers 2 traffic breaks Monday through Friday between 5-6 am

4 traffic breaks each hour between 6-8 am

1 traffic break each hour at 9 am, 10 am, 11 am, Noon, 1, 2, & 3 pm

2 traffic breaks each hour between 4-7 pm

There is 1 news break in the 5 am hour; and 2 news breaks in each hour 6, 7, & 8 am

WICC news & traffic reports air Monday through Friday, 5-10a

News 2x per hour - :00 and :30 / Traffic 6x per hour - :06, :16, :26, :36, :46, :56

Monday through Friday, 2-6p

News 2x per hour - :00 and :30 / Traffic 6x per hour - :06, :16, :26, :36, :46, :56

All other hours – news 1x per hour at :00

In 2023, For The People continues focusing on critical community issues related to:

- **Aging / Veterans (A/V)** – Highlighting people, programs, local, state, or regional agencies, and/or legislation - and how they respond to critical issues involving Connecticut veterans and/or our maturing population.
- **Environment / Agriculture (Ev/Ag)** – focusing on issues, local agencies and/or initiatives that may impact, protect, preserve, and/or enhance the environment and Connecticut's agricultural sustainability.
- **Government / Volunteerism (G/V)** – promoting governmental or political issues or political leaders - and 'boutique' or hyper-local causes partnering with - or requesting station and/or staff assistance - because they recognize our broadcast platform's value, and the responsiveness we inspire throughout our listening area.
- **Health / Safety (H/S)** – highlighting issues, agencies, and activities specifically related to health and/or safety.
- **Social/Racial Justice (SRJ)** - agencies and/or individuals educating, engaging, or promoting Social and/or Racial Justice issues or programs.
- **Workforce / Consumer / Tourism (W/C/T)** – reporting on initiatives, agencies, or programs dealing with local, state, national and/or global economic situations affecting Connecticut and/or the communities we serve; economic and workforce development; and/or programs directed to consumer education/protection; along with focusing on events or activities related to the state's tourism industry.
- **Youth / Education (Y/Ed)** – responding to education-related issues and/or concerns facing those under age 21 across Connecticut and our listening area.

Each 'For the People' segment report designates its related area(s) of coverage; approx. length and time of airing. Our public affairs director makes every effort to ensure each significant issue is addressed during at least one program each quarter. The extended nature of our program presents opportunities to include more than one significant issue or area of coverage in a particular segment, series, 'Special Report,' or entire program. And since 'For the People' is syndicated regionally and webcasts / podcasts globally, subject matter may contain content of national, regional and/or state-wide interest as well as community-specific impact.

Everyone at Connoisseur Media is proud of the efforts and energy our staff contributes through company initiatives and individually in their own communities. We invite you to review our public affairs coverage below as evidence of our broadcast commitment to those communities and listeners across the State of Connecticut.

Submitted by-

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Issue Related To	Guest / Cause	Responding to Community, Regional or Statewide Issue	Airdate, Time & Duration
Ev/Ag H/S SRJ W/C/T	Encore: Water Quality & Forever Chemicals	<i>How widespread are forever chemicals in the water we drink?</i> As Connecticut continues to examine the effects and curtails the use of certain harmful industrial chemicals, we brought in an environmental engineer from H2M architects + engineers about the water we consume in our households and communities, and about the increasing risks of dangerous contaminants that could impact personal and public health in the communities we serve.	01-01-23 6:02 am 15m
Ev/Ag H/S W/C/T Y/Ed	Encore: Dr. Charlie Yarish	<i>What do you really know about the many incredible benefits of seaweed?</i> In this segment, For the People spent an educational 20 minutes talking seaweed with the grandfather of the U.S. commercial seaweed industry. Dr. Charlie Yarish returned to our show to open eyes, and maybe make listeners hungry to learn more about how seaweed can help solve an amazing number of environmental, economic, health and food shortage challenges.	01-01-23 6:29 am 20m
A/V H/S SRJ W/C/T	New Reach	<i>Are nonprofits pushing public agencies and officials to better address the growing epidemic of family homelessness?</i> In this segment, we met the director of New Reach, a nonprofit committed to making homelessness in Connecticut rare, brief and non-recurring. New Reach recently received the largest private gift ever from the Bezos Day 1 Families Fund - so For the People sought some insights on how it's going to be used to help tackle homelessness in across Fairfield and New Haven Counties.	01-08-23 6:02 am 15m
A/V H/S SRJ	VCF Index Pt. 3 Naugatuck Valley Health District	<i>How can a team approach and adequate funding address the biggest health challenges across the lower Naugatuck Valley?</i> For the People resumed our series looking at the health and quality of life in the lower Naugatuck Valley using the Valley Community Foundation's latest Index report as a road map. This segment focused on public health challenges and ideas about addressing them as we bring in the regional health District Director.	01-08-23 6:17 am 20m
Ev/Ag G/V H/S SRJ W/C/T Y/Ed	Special Report: Green Village Initiative Pt. 1 of 2	<i>What would a community garden network be doing during the dead of winter?</i> It may be early January, but the good work and efforts surrounding community agriculture never really stop at Green Village Initiative. So, this 1st of a 2-part For the People special report brought in GVI's director to talk about what's happening at the farm, what's in store for 2023, and how listeners could get involved.	01-08-23 6:39 am 15m
Ev/Ag G/V H/S SRJ W/C/T Y/Ed	Special Report: Green Village Initiative Pt. 2 of 2	<i>Did you miss Part 1 of our chat with GVI last week?</i> In this 1st of a 2-part For the People special report brought in Green Village Initiative's director to discuss what's happening at the farm, what's in store for 2023, and how listeners could get involved growing food, knowledge, leadership and community, through urban gardening and farming, to create a more just food system in greater Bridgeport.	01-15-23 6:02 am 15m
A/V G/V H/S	CT Age Well Collaborative	<i>Do you love someone coping with dementia - or who is aging or alternately abled?</i> For the People introduced the CT Age Well Collaborative to share how their team co-creates, educates, innovates, celebrates and evaluates best practices, projects and policies to shape more aging, dementia, and disability-inclusive communities while leading the state's livable communities initiative!	01-15-23 6:17 am 20m
SRJ W/C/T	Recovery for All Connecticut	<i>Are our Connecticut state's colleges giving every aspiring student an equitable shot at earning a degree?</i>	01-15-23 6:39 am

Y/Ed		or the People was pleased to help this local grassroots cause, Recovery for All Connecticut explain how this coalition of labor, community, and faith organizations representing people black, brown, and white is uniting in a mission to eliminate systemic inequalities and rebuild a better Connecticut.	15m
Ev/Ag G/V H/S SRJ	CT League of Conservation Voters	<i>Could you play a role in protecting and sustaining Connecticut's environment?</i> This week is the 2023 CT League of Conservation Voters annual summit. So, For the People helped preview what attendees had in store, and hopefully motivated listeners to participate while learning how to help protect our state's air and water quality, open spaces, and the sustainability of our environment for generations to come.	01-22-23 6:02 am 15m
H/S	Jane Doe No More	<i>Are you suffering because you're harboring an experience of sexual abuse?</i> For the People sat down with the founder of Jane Doe No More, a state-based non-profit empowering survivors of sexual crimes to find their voice, advance their healing, and educate others. We learned what JDNM has been doing, and highlighted a brand new resource for men suffering in silence after experiencing sexual abuse.	01-22-23 6:17 am 20m
G/V H/S SRJ W/C/T	Marijuana Policy Project	<i>What's next for consumers and purveyors now that legal cannabis sales have begun?</i> For the People circled back one final time with the Marijuana Policy Project as the first full week of legal cannabis access in the state had passed - registering more than \$2 million in sales - to preview what's next for one of the groups that played a big role in getting the state to its launch of a legal adult recreational cannabis marketplace.	01-22-23 6:39 am 15m
Ev/Ag G/V Y/Ed	Audubon Connecticut 125th Anniversary	<i>Have you heard about the region's newest and most diverse bird sanctuary?</i> We're started our program up in the air with Audubon Connecticut - celebrating their 125th anniversary, announcing the acquisition of the group's latest open space parcel and sanctuary on Stratford Point, along a new series of workshops to help listeners understand and appreciate the importance of our feathered friends.	01-29-23 6:02 am 15m
A/V G/V H/S SRJ	Cap The Rent CT	<i>Did your rent go up again this year - or is someone you love being pushed out of the place they all home?</i> We brought in Cap The Rent CT, a grassroots cause working to create fair and equitable laws to help protect renters from predatory rent increases and evictions - who invited listeners to step up and speak out in support of the disadvantages facing more and more renters across the state at 2 upcoming rallies.	01-29-23 6:17 am 20m
W/C/T Y/Ed	Salisbury Winter Sports Assoc.	<i>Would you like to have a blast while experiencing one of the most thrilling winter sports?</i> We partnered with the Salisbury Winter Sports Association - inviting everyone to learn about and witness the thrill of ski jumping, the insanity of human dog sled racing, and the festival surrounding Litchfield County's 97th Annual Jumpfest that was expected to draw thousands to this popular regional festival.	01-29-23 6:39 am 15m
H/S Y/Ed	Choose Love Awareness Month	<i>Have you heard it's Choose Love Awareness Month?</i> February harkened in Choose Love Awareness Month - so For the People checked in with Scarlett Lewis to discuss her @JLChooseLove Choose Love Movement and the global expansion of important, effective programming in schools, businesses, communities and beyond that was inspired after losing her son in the 2012 Sandy Hook tragedy.	02-05-23 6:02 am 15m
Ev/Ag H/S	Bike Walk CT	<i>Where can you find the coolest places to bike or walk - and some cool folks to do it with?</i> Then For the people hit the road with Bike Walk Connecticut to learn how this nonprofit is changing the culture of transportation through advocacy and education to make bicycling and walking safe, feasible and attractive for a healthier, cleaner Connecticut.	02-05-23 6:17 am 20m
A/V H/S SRJ	Connecticut Housing Partners Pt. 1	<i>Is this the year our state lawmakers will finally do something about our woeful shortage of workforce housing?</i> In the the first of a two-part For the People chat with the award-winning CEO of Connecticut	02-05-23 6:39 am 15m

		ousing Partners, listeners heard how this nonprofit has been working for over 30 years to end housing insecurity, address income inequality and prevent homelessness by creating and reserving safe, affordable housing, and resident services.	
A/V H/S SRJ	Connecticut Housing Partners Pt. 2	Is this the year our state lawmakers will finally do something about our woeful shortage of workforce housing? For the People the second of a two-part chat with the award-winning CEO of Connecticut Housing Partners, listeners continued to learn how this nonprofit has been working for over 30 years to end housing insecurity, address income inequality and prevent homelessness by creating and preserving safe, affordable housing, and resident services.	02-12-23 6:02 am 15m
A/V H/S SRJ Y/Ed	Connecticut Community Foundation	How is a century-old giving foundation pivoting toward its second 100 years of community building? We checked-in with the CEO of the Connecticut Community Foundation - to celebrate the organization's 100th Anniversary, and to help kick off the foundation's next century of supporting important and critical community efforts across their service area including the launch of its Second Century Fund.	02-12-23 6:17 am 20m
A/V Ev/Ag G/V H/S SRJ	AARP-CT	Can your town or agency get boots on and shovels into the ground this year improving the quality of livability of your community? AARP Connecticut dropped in inviting local organizations and governments to apply for the 2023 AARP Community Challenge grant program - with funding for quick-action projects to help communities become more livable in the long-term by improving public spaces, transportation, housing, civic engagement, diversity and inclusion.	02-12-23 6:39 am 15m
A/V G/V H/S SRJ	UR Community Cares	Where can you some neighborly help with chores or things around the house? For the People circled back with the founder of UR Community Cares, one of the state's under-promoted grassroots nonprofits to let listeners in on where this service organization is popping up connecting neighbors to neighbors and providing support to seniors and others who may need an occasional hand around the house.	02-19-23 6:02 am 15m
H/S SRJ W/C/T	VCF Index Pt. 4 Greater Valley Chamber of Commerce	How does the quality of the Naugatuck Valley's business community affect the welfare of everyone living in the region? For the People returned to our ongoing series looking at the health and quality of life in the lower Naugatuck Valley using the Valley Community Foundation's latest Index report, as seen through the eyes of the regional Chamber of Commerce leader. Our guest discussed long-term and recent community development, workforce, and transportation projects happening to help sustain and continue revitalizing the region.	02-19-23 6:17 am 20m
H/S SRJ W/C/T Y/Ed	Abilis	Where are alternately-abled neighbors finding work and a greater sense of pride as community members? For the People spent some time reminding community members about Abilis, which is continuing to expand its network of partnerships and opportunities for alternately-abled residents of lower Fairfield County to help make everyone involved feel productive and welcome.	02-19-23 6:39 am 15m
A/V Ev/Ag H/S SRJ W/C/T Y/Ed	NOFA CT Conference Preview	Where can inexperienced gardeners, aspiring farmers, landscapers and agriculture pros come together to learn, share, and grow? For the People planted some exciting news for farmers, gardeners and everyone who loves our land and resources - The Northeast Organic Farming Association of Connecticut (@ctnofa) joined us reviewing the 41st Winter Conference coming up in March and culminating with an in-person gathering and celebration at Wesleyan University.	02-26-23 6:02 am 15m
G/V H/S SRJ	CT Psychological Association	Should you be concerned as the state opens up a brand new system to hold - and share - your medical records? For the People wanted listeners to get the facts about CONNIE - the CT Health Exchange that's	02-26-23 6:17 am 20m

		required to implement by May. There are more than a few serious concerns about it and a lot that consumers aren't aware of — so we called on the President of the CT Psychological Association to help unpack some of the key details.	
Ev/Ag G/V	Housatonic Valley Association	<i>How are communities sharing one of the state's destination waterways going to enhance access while preserving this environmental treasure?</i> In this segment, For the People delivered some good environmental news - a 41-mile section of the Housatonic River just received federal Wild and Scenic designation, which should lead to better protections for the waterway. So we chatted up a leader from the Housatonic Valley Association - one of the two organizations that helped earn this high profile national designation to learn more	02-26-23 6:39 am 15m
W/C/T Y/Ed	Glebe House Museum	<i>How'd you like to go back in time - right over in historic Woodbury?</i> For the People flipped the switch, transporting listeners to the Glebe House Museum in historic Woodbury's village center to learn about one of the earliest historic house museums in the nation offering authentic architecture, an outstanding regional furniture collection and the Gertrudeekyll Garden that's gearing up for its 300th anniversary celebration.	03-05-23 6:02 am 15m
Ev/Ag W/C/T	American Farmland Trust	<i>Have you heard how solar installations are saving Connecticut family farms?</i> For the People brought in the National Smart Solar Director for the American Farmland Trust to help clue us in on that agency's Smart Solar policies and continued investment in farmland protection, and invite interested listeners to attend a March 8 webinar about using solar installations to save family farms.	03-05-23 6:17 am 20m
A/V G/V H/S W/C/T	AgingCT	<i>Are you - or is someone you love - hoping to age in place, but maybe needs a little help?</i> We welcomed a rep from AgingCT — a statewide network of coordinated information, supports, and services to help Connecticut's older and vulnerable adults and everyone else navigate their aging journey based on their care setting, preferences, and needs.	03-05-23 6:39 am 15m
A/V G/V H/S W/C/T	Consumer Protection Week	<i>Does it seem like scams and schemes to steal your identity are practically everywhere these days?</i> For the People looked back on National Consumer Protection Week with Connecticut's Consumer Protection Commissioner - bringing some important reminders about how listeners could best protect themselves and the ones they love from scammers and situations designed to rip them off or steal their identity.	03-12-23 6:02 am 15m
W/C/T	Jersey Mike's Make-A-Wish CT	<i>How can you satisfy your appetite - or feed everybody in your office - and help sick kids' wishes come true?</i> For the People hosted this segment again smack in the middle of Jersey Mike's Month of Giving as local stores worked toward their March 29 Day of Giving. A company representative joined a rep from Make-A-Wish Connecticut - the recipient of all Connecticut Jersey Mike's Month of Giving philanthropy in 2023 - to chat up the month-long activities.	03-12-23 6:17 am 20m
W/C/T	Greater Bridgeport Symphony	<i>Are you ready to see what one local symphony has in store as its conductor hands over the baton to new leadership?</i> For the People bid farewell to Eric Jacobsen - departing director and conductor of the Greater Bridgeport Symphony, as we reflected with him on his journey over the past nine years. Listenershear about a couple of exciting upcoming performances, and what's in store for him and CBS in the years to come.	03-12-23 6:39 am 15m
SRJ W/C/T Y/Ed	The Connecticut Justice Alliance	<i>Why aren't lawmakers pushing for the best possible outcomes when it comes to supporting our most challenged young people?</i> We were inspired to try and keep more of Connecticut's young people out of the often defeating and damaging environment of incarceration as we met the leader of CTJA - The Connecticut Justice Alliance - bringing a diverse set of voices together to lift up and protect kids facing	03-19-23 6:02 am 15m

		allenges that can't be helped behind bars.	
Ev/Ag W/C/T	East Coast Greenway	<p><i>How would you like to jump on your bike and take one safe, contiguous pathway to Maine...or Florida??!!</i></p> <p>This segment highlighted the East Coast Greenway - stretching 3,000 miles from Maine to Florida, and how far along Connecticut is in completing its section of this project offering a safe place for bicyclists, walkers, runners, and more - of all ages and abilities - to commute, exercise, and visit new destinations.</p>	03-19-23 6:17 am 20m
A/V H/S SRJ W/C/T	Encore: New Reach	<p><i>Are nonprofits pushing public agencies and officials to better address the growing epidemic of family homelessness?</i></p> <p>In this encore segment, we met the director of New Reach, a nonprofit committed to making homelessness in Connecticut rare, brief and non-recurring. New Reach recently received the largest private gift ever from the Bezos Day 1 Families Fund - so For the People sought some insights on how it's going to be used to help tackle homelessness in across Fairfield and New Haven Counties.</p>	03-19-23 6:39 am 15m
Ev/Ag G/V H/S SRJ W/C/T Y/Ed	CT NOFA 41st Winter Conference	<p>Did you know there's a network of folks ready and able to get you started with gardening, farming and all kinds of environmentally friendly practices?</p> <p>As we celebrated the first full week of Spring it's appropriate we also celebrated the return of the Northeast Organic Farming Association Connecticut Chapter's 41st Winter Conference that concluded with the first in-person event since 2020. And like we have been for decades, For the People was on scene to conduct interviews with CT NOFA leadership, reps from the FDA, the Farm to Consumer Legal Defense Fund, and vendors talking about seeds, alpacas, sustainable appliances, and environmentally safe products and practices.</p>	03-26-23 6:02 am 50m

MELISSA

in the Morning

Weekdays 5AM-10AM

***Critical issues / topics & guests featured on WICC-AM Melissa in the Morning
Contributed by Melissa Sheketoff - Host***

Quarter 1 - January - March 2023

JAN 3

1. According to national statistics, 1-in-10 Americans over the age of 12 have Alcohol Use Disorder and over half of Americans increased their alcohol consumption during COVID-19 lockdowns. Counselor, Julius Dudics, told us about the concept 'Dry January' which dates back to the 1940's and how it can help overcome addiction.
2. National statistics show 90% of workers who have a mentor report being happy in their job. January is National Mentoring Month and we spoke with the president of Big Brothers Big Sisters of CT about the impact of being a mentor.
3. Congressman-elect George Santos of New York is scheduled to be sworn in to Congress as he faces mounting scrutiny over lies on his resume. Career strategist, Julie Bauke, talks about the need to AVOID embellishments on your applications.

JAN 4

1. Doctors say Buffalo Bills player Damar Hamlin may have experienced agitation of the heart during Monday night's game. We spoke with Dr. Jared Selter of Hartford Healthcare about what happened to Hamlin and how CPR was the life saver in this developing story.
2. January is National Blood Donor Month and we checked in with the American Red Cross Connecticut. Sam Miller spoke with us about 2022 blood donation numbers and goals for the new year.
3. New year, not so new viruses. Bridgeport Health Director, Ebony Jackson-Shaheed, stopped by to share what's happening with covid and other illnesses.

JAN 9

1. Lawmakers are expected to return to the State Capitol in Hartford today. Legislative business was canceled last Thursday and Friday because of the death of Middletown state Representative Quentin Williams. We kick off our bi-weekly interviews hearing from senators representing both major political parties in Connecticut. Democratic Senator James Maroney and Republican Senator Tony Hwang reflected on the loss of Rep. Williams and shared their goals for the current session.
2. "New year, new me" is a common phrase when we enter a new year. But "New Year, New Marriage" isn't quite as plausible...why? Marriage consultant, Bob Donovan, tackles that concept and why so many couples remain in distress.

JAN 10

1. New York State is looking to join Connecticut and 11 other states in offering mental health days for K-12 students. But what should mental health days away from school look like? We got insight from professional counselor, Julius Dudics.
2. New year, new job? We talked about resume building and the need for a LinkedIn profile with career strategist, Julie Bauke.
3. Crime on the Mind: after the deaths of four college students, retired Lt. Jim Perez talked about stalkers and how to better protect yourselves at home with less exposure to outside dangers.

JAN 11

1. Bridgeport, like other municipalities, is experiencing a shortage of police officers. We spoke with Chief Roderick Porter and Lt. Angelo Collazo about recruitment efforts.
2. The Connecticut Audubon has a new nature preserve at Stratford Point! We spoke with Patrick Comins about the new acquired land and what it means for bird enthusiasts.
3. Tennis legend, Martina Navratilova, was just diagnosed with two cancers. Did one lead to another and how common is this scenario? We spoke with Breast Cancer Surgical Oncologist, Dr. Valerie Brutus.

JAN 12

1. Legendary rock guitarist, Jeff Beck, died at 78 from bacterial meningitis, according to medical officials. What is bacterial meningitis? How common is it? Could a meningitis vaccine protect you from this? Dr. Browne gave us some insight into this.
2. Governor Lamont stopped by for the first time since marijuana products sales became legal in Connecticut. We tackled impaired driving concerns, serving underage users and the war on drugs. Plus, he answered other listener questions involving tax cuts, energy costs and combating wrong way drivers.
3. Holiday scam reports were up big time in 2022. We got an overview from Kristen Johnson of the Better Business Bureau about the top scams, the monetary losses and how you can protect yourselves from con artists.

JAN 13

1. Weightloss is usually a resolution for most people at the new year. But we want it to be done in a healthy way. Dr. Joe St. Pierre is a Hartford HealthCare Medical Weight Loss specialist in the Fairfield Region. He spoke about the best way to attack weightloss goals and also touched on childhood obesity.
2. The Lt. Governor stopped by to talk about marijuana product sales in Connecticut. She addressed impaired drivers, retail shops and overturned convictions.
3. We checked in with Senator Kevin Kelly to discuss college affordability, tax cuts and other major items being discussed during the legislative session.

JAN 16

1. Connecticut launched legal marijuana-product sales earlier this month and many have concerns over impaired drivers. How high is too high? Is there a limit? How do sobriety tests work for drugged drivers? We asked all your questions to Trooper First Class Pedro Muniz of the CT State Police.
2. One trial or multiple? We talked about the latest in the illegal dumping case out of Fairfield and a judge's decision on trials for the people accused. First Selectwoman Brenda Kupchick weighed in on the story.
3. Keep it in Connecticut: taking a dream in her kitchen to a reality at her own bakery; we met Sonia Diaz of Cakes by Sonia in Stratford.

JAN 17

1. Following the legalization of marijuana-product sales, AAA is rolling out a new program aimed at companies. Fran Mayko shared the educational presentations that focuses on the dangers of marijuana and driving. www.AAA.com/CorporateConvos
2. Actor, Brendan Fraser, made a speech at the Critics Choice Awards that has gone viral on the internet. We spoke with counselor, Julius Dudics, about Frasers words, why they resonate with so many people and how to apply them to our own lives.
3. Part two of Julie on the Job: the application process. We spoke with career strategist, Julie Bauke, about LinkedIn. How often should I update my platform? How often should I engage on my page? Do I accept every friend request even if it doesn't pertain to my line of work? All your questions answered.

JAN 18

1. It's "lights out" for six more Broadway shows including The Music Man. COVID is still undermining ticket sales and it's bringing down the curtain for incredible shows. So, what about our local theaters? We asked Dan Onofrio from the Bridgeport Regional Business Council about that.

2. It's January and so far so good when it comes to winter storms. But predictions show they are coming. In order to prep in time, Scott Appleby with Bridgeport Emergency Management shares the important points you need to know.
3. Beginning this month, energy bills are going up for Eversource and UI customers. How can we cut down on energy costs? Laundry and energy expert, Cyndi Bray, shared some tips on simple changes you can make to your laundry to save you money!

JAN 19

1. Fights breaking out after high school games is becoming too common in Connecticut. Glenn Lungarini of the CIAC stopped by to talk about the problem and weighed in on the debate over neck guards for hockey players.
2. Bear care in Connecticut has been top of mind for animal advocates recently. A recent viral video shows a bear hibernating under a Connecticut man's pool deck. Did DEEP give the right advice in handling this bear? Annie Hornish with The Humane Society of the United States weighs in on the situation.

JAN 20

1. Grounding, also called earthing, is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the earth. This practice relies on grounding physics to explain how electrical charges from the earth can have positive effects on your body. We asked Dr. Browne about it.
2. It is estimated that there are at least 10,000 puppy mills in the United States, fewer than 3,000 of which are regulated by the U.S. Department of Agriculture. That's according to the Humane Society of the United States. One Connecticut woman created an app to connect people to available rescue dogs that have already been vetted.
3. More and more people want to get CPR certified after the near death experience of Buffalo Bills player, Damar Hamlin. We met Luis Valbuena, a volunteer firefighter, who created Two Brothers CPR. He will come to your home or business to teach CPR classes.

JAN 23

1. Starting in 2023, Connecticut raised its standards for lead-based paint and lead piping in older homes. State Rep. Jonathan Steinberg was chair of the Public Health Committee when the legislation was approved last year. What does it mean and how should homeowners report potential exposure?
2. Governor Lamont is set to outline his proposals surrounding gun violence in Connecticut. There doesn't seem to be a lot of talk about mental health resources. Senator Tony Hwang weighed in on why that needs to be included and get better funding fast.
3. According to national statistics:85% of US employees have some level of conflict at work but managers don't spend nearly enough time working it out. We wanted to relate that issue of conflict resolution to marriages. Bob Donovan shares how to look in and not out at problems between spouses.

JAN 24

1. Sleep Foundation recently released a survey finding that melatonin web searches increased by 36% during the winter months. We spoke with Dr. Steven Thau about sleeping patterns and the effects of melatonin on people.
2. Pepperidge Farm announced its headquarters is leaving Norwalk. The Connecticut staple leaving has rocked our business community and we get insight on why is happened from a University of Hartford professor. But also, will more companies follow suit?
3. Julie on the Job: Looking for a new job this year? We tackle the importance of cover letters, what they should look like and whether robots should write our letters.

JAN 25

1. Stratford Health Department is offering free radon test kits. We find out why now and the impact radon exposure can have on the human body.
2. After an abrupt and unexpected exit by Bridgeport's former superintendent, we met the woman who stepped up to be the current interim super. Alyshia Perrin stopped by to talk about the teacher shortage, student-teacher ratio, the latest with Bassick High and other major school topics.
3. A revolutionary blood test could determine if you're at risk of have a heart attack or stroke. We spoke with Dr. Stephen Williams about this medical breakthrough and when it will be released to the public.

JAN 26

1. New year, new rules: we dive into the rollout of retail marijuana sales in CT. Joining the show for the first time was Department of Consumer Protection Commissioner Michelle Seagull.
2. Actress Tori Spelling shared that her daughter suffered from a hemiplegic migraine. We asked a migraine specialist what this rare condition is and learned about current migraine therapies.
3. Employment lawyer, Gary Phelan, talked about age discrimination in the workplace. We also debated whether it's appropriate to request testing for cognitive abilities for workers depending on age.

JAN 27

1. At least three presidents. A vice president, a secretary of state, an attorney general. The mishandling of classified documents has taken center stage for the news. We had Congressman Jim Himes weigh in on the issue and also speak on the outrageous lies from Rep. George Santos.
2. Last week, we shared a phone app with you meant to crack down on using puppy mills to find your next job. Hands-2-Paws creator, Elizabeth Menegon, came back to talk about the history of puppy mills and what they are today.
3. From gun control proposals to updated state police contracts, we spoke with Senate Minority Leader Kevin Kelly, about what's happening in Hartford.

JAN 30

1. Fairfield Prep student, Jimmy McGrath, was killed in May of 2022. Following his passing, the outpouring of love from kids and parents inspired Jimmy's parents to create a foundation in his honor. Jimmy's dad, Kevin McGrath, joined us in studio to share the purpose of the foundation.
2. A Swedish case study looked at the link between sleep deprivation in adolescent years and developing MS. Sleep specialist, Dr. Steven Chau, shared the findings and what we should do to help our kids get more sleep.
3. We welcomed State Rep. Vin Candelora to the show for the first time. After being in office for more than a decade, he compared the Malloy Administration to Lamont's. Plus, he weighed in on Governor Lamont's recent gun violence legislation proposals.

JAN 31

1. About 15%-25% of young children have some kind of communication disorder. Research has also found that approximately 13 percent of two-year-olds are late talkers. A Sacred Heart University professor just received a grant to do research on language and speech delay for toddlers.
2. There's another scam alert and it pertains to your social security benefits. Kristen Johnson with the BBB sharing these alarming fraudsters and how they can steal your identity.
3. Recalls that date back to 2015 are still impacting cars in 2023. According to AAA, there are lots of drivers unaware that they have recalled parts in their cars. Fran Mayko shares a free website and app to find out if your car is impacted.

FEB 1

1. So many times, listeners will say, "I want to know where my dollars go, or in this case, I want to know who's receiving the blood I donate." And a lot of times we don't have a specific name or story to give you. But today, we had the honor of highlighting a local mom who is grateful to donations by CT residents.
2. Tyre Nichols will be laid to rest today and many are left wondering how could officers get away with what they are seen doing in surveillance footage? We spoke to former Fairfield Police chief, Gary MacNamara, about broken departments and the idea of uniformity in training standards.
3. According to the CDC, more than 37 million Americans have diabetes and approximately 90-95% of them have type 2 diabetes. Dr. Andrew Wong with Hartford Healthcare shared how people develop this issue and how to live with it.

FEB 2

1. After a Massachusetts mother allegedly killed her three children, her husband revealed his wife was struggling severely from a mental condition. Doctors say it was likely postpartum psychosis. Dr. Andre Newfield with Hartford Healthcare says this is incredibly rare and shared the difference between postpartum psychosis and postpartum depression.

2. Senator Richard Blumenthal spoke about Congress taking action over law enforcement training and standards following the brutal death of Tyre Nichols. He also spoke about the alleged monopoly with Ticketmaster following the merger with Live Nation.

FEB 3

1. Today is National Women Physicians Day meant to honor women doctors across the country. We spoke with Dr. Robin Oshman, the President of the Fairfield County Chapter of the American Women's Medical Association. She shared the statistics on women in the medical field and how their practices differ from male doctors.

2. February 3rd recognizes the Go Red for Women Campaign. The purpose is to inform women about their heart health. We spoke with cardiologist, Dr. Anja Wagner, about the difference in heart health for men and women and what women need to do to protect themselves.

3. A new statewide system hopes to improve communication within the health care industry. It's called "Connie" and we learned all about it from Nuance Health Chief Medical Information Officer, Dr. Albert Villarin.

FEB 6

1. Adam's House in Shelton is providing free grief counseling in eight week periods to CT families dealing with loss. We spoke with both the founder of the non-profit and the Director of Corporate Relations about their work and how families are being transformed.

2. Both sides of the aisle weigh in on what's happening during the legislative session. Democratic Senator James Maroney talked about a new bill he introduced on data privacy. And Republican Senator Tony Hwang talked about the upcoming state budget address.

FEB 7

1. One week before Valentines Day, the BBB is warning lovers to be careful of scammers. From online shopping to texting fraudsters, there's a lot to keep an eye out for. We spoke with Kristen Johnson about trending issues and how to protect yourselves.

2. Julie on the Job: unemployment data shows there are more jobs than workers in our country. So, what should employers be thinking about to attract new workers? And it's not just simply paying more. Career strategist, Julie Bauke explains.

3. A Fairfield staple has closed after 40 years in business. We spoke with local columnist, Steven Gaynes, about his article on Penny's II.

FEB 8

1. 2023 is proving to be a challenging year with guns in Connecticut schools. A Hamden student is accused of bringing a gun to his school and hiding it in a closet. We spoke with our news partners, Ken Houston, about the latest on the investigation.

2. Fairfield University is being recognized on a national level and helping to bolster the pipeline of nurses across the country. We heard from the Dean of the School of Nursing at Fairfield U and what an expansion in Texas will mean for the nation.

3. Bridgeport has given the greenlight to another recreational marijuana shop. We got business perspective from the President of the BRBC, Dan Onofrio, on this.

FEB 9

1. We talked about wrong way drivers with law enforcement expert, Gary MacNamara, and things you should do to protect yourselves. But we also started discussing the need to retest for your license or even get refresher courses.

2. As we celebrate Black History Month, we highlighted local Christian rapper, Zabbai. He shared his story of connecting with his faith and using it to drive his musical career. How his music and lyrics are connecting to a new generation of believers.

3. Some health experts are saying covid, flu and RSV is going away as we welcome norovirus cases. We asked Dr. Browne what that is and why there's such a focus on this now.

FEB 10

1. Congressman Jim Himes gave us the latest on the spy balloon that was shot down last weekend. Did the Biden Administration fail to inform the general public better? Was the balloon floating too long? And what about the debris pickup now? Congressman Himes tackled all our questions.

2. After the governor announced his budget address, we asked Senate Minority Leader Kevin Kelly his thoughts on the proposals. We also touched on an overnight vote to approve fiscal guardrails.
3. Acid reflux impacts millions of Americans but there's a technique that's nonintrusive to help in big ways!

FEB 13

1. Is cannabis use linked to lung cancer? We asked thoracic surgeon, Dr. Brian Whang, about that and discussed other potential risks to smoking weed.
2. Shelton is considering extending its moratorium over cannabis sales and clearing properties for potential businesses. We got the latest from Mayor Mark Lauretti.
3. Fairfield's moratorium over cannabis sales expires at the end of February. We heard from First Selectwoman Brenda Kupchick about possibly extending the measure.
4. Mike in Stratford is on the Planning Committee and weighed in on cannabis moratoriums and his opinion on a potential developer pitching the first dispensary in town.

FEB 14

1. Following Governor Lamont's budget address to the General Assembly, we took a closer look at medical care cost proposals with Comptroller Sean Scanlon.
2. AAA conducted a new study on truck-mounted electronic signage impacting drivers in a good way. Turns out, they work a lot when it comes to the slow down, move over law. So, why doesn't Connecticut require these signs for all trucks? Fran Mayko explains.
3. Lawmakers are trying to push social media platforms to enforce parental controls on users 16-years and younger. Social media consultant, Krista Carnes, shares why this may be a problem and how this could be covering up a bigger societal problem.
4. According to a recent survey, workplace romances are on the rise. About 33% of US workers have been in or are currently involved in a workplace relationship. Career strategist, Julie Bauke, shares the good and bad of workplace dating and how success with it comes down to your professional standards.

FEB 15

1. More than 1,000 students boarded buses to rally at the state capitol in protest. Today's walkout comes after Gov. Lamont proposed budget cuts for the university, which could lead to tuition hikes. We spoke with UConn student government president, Mason Holland, before the rally.
2. There is a bi-partisan effort to allow pharmacists to prescribe customers with birth control pills, instead of relying on a doctor's order. Senator Ryan Fazio explains the legislation and why there's overwhelming support behind it.
3. The Sikorsky Airport buyout may get more complicated. Two Stratford lawmakers are behind four bills to involve the town more in the potential decision for the CAA to take over. We asked BRBC President, Dan Onofrio, about the situation.

FEB 16

1. We connected with Governor Lamont following major education stories, including the closing of Stone Academy and UConn's rally at the state capital. We asked about those stories and took a deeper dive into some of the items in the budget address.
2. Millions of babies worldwide are born with a heart defect. We spoke with a cardiologist about the statistics and interventions used for childcare.
3. Eversource is reporting record profits from 2022. We asked Senator Blumenthal about that and the FAA investigation into close calls on airport runways.

FEB 17

1. Health advocates are calling on the FDA to deliver a historic victory for Black health by quickly finalizing a proposed ban on menthol cigarettes and flavored cigars. These products have reportedly long targeted the Black community. We spoke with advocates fighting to get the ban approval.

2. Is testing the cognitive abilities of workers after they turn 65 permissible or unlawful discrimination? It's become a national question ahead of the presidential election. And earlier this week, a panel discussion on this happened at Quinnipiac University and we spoke with attorney Gary Phelan about it.
3. A beach bill could offer access to coastal community beaches and parks outside of town residents. Activist, Alexis Harrison, shared details of the bill and why people need to speak up about it at a public hearing about it.

FEB 21

1. Brookfield First Selectman Tara Carr has been thrown off Twitter over a post considered to be threatening. Tara Carr exclusively joined Melissa to defend her words and explain what she meant in her recent tweets.
2. A pair of firefighters came on the show to talk about proposed legislation to better protect firefighters. We learned what the state is debating and if lawmakers actually have data to backup a refusal to fund supportive programs.
3. Right now, as little as 40% of patient premiums go to dental care. As much as 60% goes to insurance company overhead. Under the proposed legislation, if an insurance carrier failed to invest most of premiums to oral health, the difference would be refunded to the patient. We heard from Kathlene Gerrity, Executive Director of the Connecticut State Dental Association.

FEB 22

1. Following the abrupt closure of Stone Academy, we spoke with the executive director of the CT Office of Higher Education. Tim Larson shared what led to the closures and what the state is doing right now to help the 800 students wondering what's next.
2. Bridgeport Mayor Joe Ganim is speaking out about a storage facility proposal to take over what used to be a popular supermarket in the city. He also answered some listener questions.
3. Beware of bogus blue badge applications! The BBB sent out a warning following news of Facebook creating a monthly subscription for people wanting the blue checkmark on their profile. But it's not offered yet in the US. Kristen Johnson shares how scammers are already trying to profit off of this change.

FEB 23

1. Human trafficking is one of the Department of Justice's top priorities. Here in Connecticut, it's a huge problem that's not publicly talked about enough. Jamie Manirakiza with Partnership to End Human Trafficking shares a snapshot of the issue in our state and how officials are working to combat it.
2. Some 16 million people struggle with chronic back pain. But there's a solution that could solve major problems. Dr. Rajat Sekhar is a pain medicine specialist with Hartford HealthCare Spine Wellness Center. He explained the intracept procedure and who qualifies for it.
3. Strike up the band! Milford annual St. Patrick's Day Parade is coming back March 11th. We got the details for this year's event from chief organizer, Michael McCabe.

FEB 24

1. We got a check-in with the Department of Transportation. Josh Morgan talked about I-95 and Merritt Parkway concerns as well as the possibility of re-testing people for their driver's license.
2. We met celebrity Disney artist, Brian Blackmore. Brian has created artwork at the theme parks and Disney properties for the last 29 years. Originally from New England, we learned about his journey to Mickey.
3. For the last 10 years, local non-profits have participated in Fairfield County's Giving Day to raise money. But this year was the event's last. Why?? We learned what's happening from the communications director.

FEB 27

1. Some schools in Bridgeport are showing very low test scores, high absenteeism rates and overcrowded classrooms. How is that possible that we have schools performing so poorly in Connecticut in 2023? Fran Rabinowitz, executive director of CT Association of Public School Superintendents, comments on this reality. And Fran agreed with Melissa about bringing CPR training to health class curriculum.

2. Crime on the Mind: Jim's Wish List. Crime Prevention Expert, Jim Perez, shared the must-have items people should buy to stay safe at home and on vacation.
3. The co-founders of CT169Strong shared the details they know about a "Fair Share" bill being discussed in Hartford. What you need to know ahead of a public hearing this week.

FEB 28

1. CBS shared a story this week that teens are using TikTok to self-diagnose mental health issues. We spoke with our social media consultant, Krista Carnes, about the dangerous trend. Plus Hartford Healthcare Dr. Andrew Wong, chimed in on the conversation with some tips for people online.
2. This week, the communications team for US Senator John Fetterman shared the senator is doing well since publicly sharing his struggle with depression and need for treatment. We spoke with Chair of Psychiatry at St. Vincent's, Dr. Andre Newfield, about exposing mental health at this level and how it can relate to many other people.

MARCH 1

1. For the last 80 years, March is recognized as Red Cross Month. Did you know: Every eight minutes, Red Cross volunteers respond to a disaster in the US? We spoke with John Godin from the Connecticut chapter about Red Cross volunteers and donors.
2. There are a lot of moving parts in Bridgeport's infrastructure. Tom Gill and Bill Coleman with the Office of Economic Development and Planning shared the details on entertainment venues, housing, re-use of historic buildings and what in the world is happening with the former Holiday Inn and Park City Grill?

MARCH 2

1. The CDC is warning the public about a drug-resistant stomach bug called Shigella. What is it? How common is it? How do you contract it? And if drugs don't work, how do you cure it? Dr. Browne answers all our questions.
Plus, he touched on an FBI theory that covid spread from a lab in China. And he shared his recommendation for an FDA recommended RSV vaccine for the elderly.
2. Close to thirteen million Americans are doing the Keto diet. What's concerning: the sugar substitutes involved in the eating plans. Dr. Andrew Wong, a primary care physician with Hartford HealthCare Medical Group in Westport, shares the dangers in the sugars and what YOU need to look out for.
3. Creator of Hands 2 Paws app, Elizabeth Menegon, was back to talk about combatting the support of puppy mills. Learn what you need to look out for and how to detect deceptive ads.

MARCH 3

1. A couple weeks ago, Melissa told you about a non-profit based in Massachusetts honoring a mother of 3 and registered nurse who died by suicide after struggling with depression for years.
Six months after the passing of Annie Varney, her aunt, Barbara Buckley, teamed up with Annie's daughters to create something beautiful out of a horrific event.
Buckley spoke with Melissa about the loss of Annie and what sparked what is now a national movement of spreading kindness and offering support through Annie's Kindness Blankets.
2. We got a check in with Bryan Hurlburt who is the Commissioner of the CT Dept of Agriculture. We looked at a USDA report on milk production in the Northeast then hyper focused on Connecticut farmers and milk prices.
3. Legendary, award-winning actor, Bruce Willis, was recently diagnosed with frontotemporal dementia. We spoke with dementia specialist, Julianne Ramia, about this type of dementia and learned about what typically happens with this diagnosis.
4. Part II on Sugar Substitutes: Dr. Andrew Wong came back to talk about more "sugar" chemicals and took specific sugar questions pertaining to diabetics and children.

MARCH 13

1. This week is Say Something Week through Sandy Hook Promise. We spoke with CEO Nicole Hockley about the Say Something program and the impact this concept has on students across the country.

2. Governor Lamont has launched a new awareness campaign focused on wrong way drivers. We spoke with Senator Tony Hwang who's a ranking member of the Transportation Committee. He talked about the need for the campaign and the possibility of continued driving education for license holders.
3. Keep it fresh! Marriage consultant, Bob Donovan, reflected on his recent six-week trip with his wife and how it mixed things up in a 40-year union. How can we keep things fun in a long-time marriage?

MARCH 14

1. Following the national news of Silicon Valley Bank collapsing, the question remains 'what happens to all the employees who were blindsided?' Career strategist, Julie Bauke, shares tips for people to be prepared for the unknown so you aren't completely left in the dark if your company folds.
2. Still recovering from the time change last weekend? Fran Mayko of AAA shared data proving that drivers struggle the most right after a time change. Why is that and how can we combat the problem?
3. National statistics show how addicted people are to their cell phone. Data shows 52% of Americans say that they have never gone longer than 24 hours without their cell phone. Counselor Julius Dudics talked about the importance of setting boundaries, not just for the kids but for the ENTIRE household.

MARCH 15

1. As we continue 'Say Something' Week, we spoke with Fran Rabinowitz about teaching kids to speak up about things that are out of the ordinary.
2. March is National Nutrition Month and we continue to spot sneaky, unhealthy ingredients that can impact us poorly. Dr. Andrew Wong was back and this time tackling foods and drinks to limit because of those dangerous, sometimes hidden, ingredients.

MARCH 16

1. A 3-year-old girl in Texas gained access to a firearm and "unintentionally" shot and killed her 4-year-old sister. We talked about Ethan's Law here in Connecticut with Senator Blumenthal and what can be done to make this a federal law. Why is there pushback and are suicide rates being considered?
2. 'Say Something' Week continues with Gary MacNamara of Sacred Heart University. We talked about the concept of see something, say something and how it applies to college students on and off campus.
3. Doctors say there is a rise in colon cancer patients ages 55 and younger. Why? That's what's scary because it's not entirely clear. We talk about the findings in depth with colorectal surgeon, Dr. Daniel Lavy and discuss the importance of screenings.
4. According to the CDC, 15% of Connecticut residents who contracted covid ended up being long haulers. That's when symptoms from covid continue disrupting a person's life. Hearst Media recently highlighted how a good portion of long haulers are STILL experiencing these symptoms years later. We spoke with Dr. Browne about it. We also touched on the shingles vaccine and whether you can get tested for chicken pox.

MARCH 17

1. Sandy Hook Promise created the 'Say Something' program aimed at teaching children the importance of speaking up when something seems out of the ordinary. Data shows in four out of five school shootings, the attacker told people of their plans ahead of time. We started this week's theme with the non-profit's CEO, Nicole Hockley, to discuss the success stories of this program here and across the country. But today, we focused on parents speaking up about a reality in Connecticut...human trafficking. The executive director of Partnerships to End Human Trafficking shared tips on how to handle this topic with teens.

MARCH 20

1. Tick season never really stopped this winter. In fact, experts say we haven't had a real break from ticks in several years. And now that tick season is really a yearlong problem, there are more efforts to protect people and detect tick borne illnesses. Jessica Snajder of Partner in Lyme shared the reality of diagnoses in Connecticut.

2. We are down to 10 days before the MyCT Savings deadline. Comptroller Sean Scanlon shared why all small businesses need to contact the state before March 30th whether you need the program or not. Plus, he touched on healthcare legislation which includes a drug card for all.

MARCH 21

1. Desmond's Army is an animal advocacy group fighting for justice and legislative change when it comes to animal cruelty. We spoke with the organization's president, Zilla Cannamela, specifically about the case of two German Shepherds killed in Ridgefield last year. But also, we discussed loopholes in Connecticut laws protecting animals.
2. According to Axios, some electric vehicle (EV) manufacturers are eliminating AM radios from their cars, which government officials fear could put people at risk in an emergency. Paul Pacelli of Connecticut Today weighed in on the conversation explaining why it's being eliminated and whether it's a good idea.
3. There are many concerns and yet millions of people are already experimenting with the artificial intelligence ChatGPT. We asked Krista Carnes, our social media consultant, what she thinks about robots online.

MARCH 22

1. The governor recently proposed new legislation to better support expecting mothers in Connecticut. Stamford Mayor Caroline Simmons testified in support of the bill and we spoke with her about it. Plus, she touched on affordable housing in the city with a new Pacific House location coming soon.
2. Bridgeport police are still investigating a deadly car collision that claimed the life of a four-year-old boy. We spoke with Chief Roderick Porter about traffic safety in the city.

MARCH 23

1. The governor has presented to recent proposed bills: 1) maternal health and 2) childcare options. We did a deep dive into both pieces of legislation with Governor Lamont.
2. UConn nation is erupting ahead of the men's sweet 16 matchup tonight in Las Vegas. We spoke with local sports analyst, Rob Adams, about both men's and women's basketball teams heading into a big week of games for March Madness.
3. Are college athletes also employees? This continues to be a heated debate on the national and local level. We spoke about this with attorney and law professor, Gary Phelan, about the future of paying athletes like they're on staff at a university.

MARCH 24

1. Elizabeth Menegon, the creator of Hands 2 Paws, came back on the show after visiting the UK for a major dog competition. Her dog rescue app launched in the US, Canada and Europe. Following her trip, she learned about the disturbing reality of overpopulations puppies outside the US and shared it on the show.
2. In honor of Women's History Month, we welcomed back a Connecticut farmer who took over her family business during a dark moment. Learn how Kies Orr of Fort Hill Farm has handled the business and brought innovation to the operations.

MARCH 27

1. A proposed piece of legislation looks at a GPS-tracking device pilot program and helping domestic violence victims. Senator James Maroney is fighting to bring this safety program to every municipality in the state. We dove into the bill and what has come out of the pilot program since 2010.
2. Data shows boredom is a leading cause to marriage breakdown. But there's one tool that every couple has in their back pocket...curiosity! Marriage coach, Bob Donovan, shares how to ask questions and go deeper with your spouse and why it's considered a game changer tool.
3. Automakers are debating removing AM radio from their electric vehicles. We speak with Kia America about their plans over new EV's and their opinion on the national controversy.
4. It's allergy season! We speak with allergist, Dr. Phillip Hemmers, about the biggest triggers for your allergies and how you can stay ahead of suffering this spring.

MARCH 28

1. Following the mass shooting at a Nashville elementary school, many Connecticut parents are crippled with anxiety and fear for their children's safety. Counselor, Julius Dudics, shared tips for parents to secure themselves and their kids after tragedy strikes.
2. Fairfield residents are making a lot of noise over new ordinance proposals. First Selectwoman Brenda Kupchick weighed in on why the new ideas about noise ordinance aren't sitting well with a lot of residents, including police.
3. New data shows about 10% of US drivers damage their cars every year thanks to potholes. Now that it's spring, this is when pesky potholes begin wreaking havoc. Fran Mayko of AAA shares tips to avoid them and how much money you risk spending to fix up your car damaged by potholes.
4. Today is Diabetes Alert Day! We spoke with primary physician, Dr. Maryam Syed, about diabetes, pre-diabetes, risks, remedies and testing.

MARCH 29

1. Adam's House is a non-profit in Shelton helping people deal with grief in a healthy way. The organization recently launched a new program called 'Monday Mournings' helping adults cope. We talked to the group about this new program and how people can get involved.
2. Bulk trash pick up is back in the city of Bridgeport! It's been 19 years and so many of you have been asking for it. We get all the details from the city's director of public works.
3. We hear about the latest on the shuttered Stop and Shop location changing in Bridgeport. Plus, Dan Onofrio of the BRBC shares the importance of updated head shots.

MARCH 30

1. Days after the Nashville school shooting, lawmakers still can't agree on what changes will make the biggest difference in protecting children from mass shootings. Senator Blumenthal talked about universal gun laws but also commented on resource officers and safety measures invested in school buildings.
2. Studies show on average, most adults stay fixated on an issue or past event longer than they should. Dealing with an obsession in a healthy way can be difficult to learn how to do. Stephanie Swantek of Bridges Healthcare is currently teaching students how to cope with this and shared her expertise for adults to apply to themselves.
3. A Texas hospital reported a baby being rushed into the hospital for an issue. Doctors reportedly couldn't conclusively find a diagnosis so they turned to AI-technology to help. We asked Dr. Browne about artificial intelligence getting involved in infectious disease diagnostics and the future of robots working with doctors.

MARCH 31

1. Former President Donald Trump was indicted on criminal charges in New York for his role in organizing hush money payments made to an adult film star during his 2016 campaign. The history-making indictment marks the first time a president has been charged in a criminal matter. We got perspective from a former secret service agent who now teaches criminal justice at University of New Haven.
2. Narcan nasal spray just got approval from the FDA to be sold over the counter across the country. We took your concerns over this and flushed it out with law enforcement expert, Gary MacNamara. We also talked about the possible lack of training for product when the spray hits store shelves.
3. More than 16 million Americans are diagnosed with ADHD ranging from children, teens to adults. There's a national shortage of the medication to treat it. We found out from Dr. Andrew Wong why we are seeing a shortage of Adderall and what other remedies should be considered for kids and teens diagnosed with ADD or ADHD.

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