

WIZN RADIO STATION

QUARTERLY ISSUES/PROGRAM LIST

OCTOBER 1, 2022 THROUGH DECEMBER 31, 2022

AGING

EDUCATION/SAFETY

EMPLOYMENT/RECRUITMENT

ENVIRONMENT

FUND RAISING/VOLUNTERRISM

HEALTH

The following pages list the programs aired on WOKO during the fourth quarter of 2022. The 15-minute programs, *In Touch*, *Health Source* and *Aging Matters*, address a variety of issues of concern in our listening area. They ran on Sundays for a half hour from 6:30am to 7am.

GINNY McGEHEE  
WIZN RADIO  
HALL COMMUNICATIONS  
DECEMBER 31. 2022

## **AGING**

PROGRAM: Aging Matters

DATE: 10/2/22

GUESTS: Jennifer Cross and Barbara Marking of the Community Navigator program of the Senior Citizens Council of Clinton County

DESCRIPTION: a discussion about the program to help seniors and how grant funds were used for it

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE: 10/16/22

GUEST: Julie Stalker of JCEO of northern New York

DESCRIPTION: a discussion about how the outreach programs work for delivery of meals, healthcare and heat for seniors

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE: 10/30/22

GUEST: Crystal Carter, former director of the Clinton County Office on Aging retiring in 2019

DESCRIPTION: a discussion about the Senior Citizens Council in Clinton County (New York), its programs on building livable communities and how they are selected by the council

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE: 11/13/22

GUESTS: The Thursday Knitting Group

DESCRIPTION: a discussion with 5 knitters, who gather and create community through knitting in Clinton County

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE: 11/27/22

GUEST: Tammy Kemp of the Home Delivery program in Clinton and Franklin Counties

DESCRIPTION: a discussion about how the program works, the need for volunteers and how seniors can learn more

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE: 12/11/22

GUESTS: John Babbe and Lee Vanderwheel, owners of Wee Care Transportation Service

DESCRIPTION: a discussion about how the business came to be and why they serve to provide transportation for seniors in northern New York

HOST: Maria Alexander, SCCCC

## **COMMERCE**

PROGRAM: In Touch

DATE: 11/6/22

GUEST: Elizabeth Boudreau of Vermont Handcrafters, Inc.

DESCRIPTION: a discussion about the organization celebrating its 70<sup>th</sup> anniversary, its statewide membership and history and the upcoming Fine Art and Craft Show November 18-20 at the Doubletree in Burlington

HOST: Ginny McGehee

PROGRAM: In Touch

DATE: 12/4/22

GUEST: John Gaworecki, Amtrak conductor and model railroad enthusiast

DESCRIPTION: a discussion about the city of Essex Junction (Vt.) Train Hop happening on 12/10 with model train displays in many businesses set up for the holidays by some members of the Northwest Vermont Model Railroad Association

HOST: Ginny McGehee

## **ENVIRONMENT**

PROGRAM: In Touch

DATE: 10/9/22

GUEST: David Roberts, Drive Electric Vermont Coordinator (part of Efficiency Vermont)

DESCRIPTION: a discussion about electric vehicles, its growth and future in Vermont and elsewhere, Vermont's goals and their evolution

HOST: Ginny McGehee

PROGRAM: In Touch

DATE: 1/20/22

GUEST: David Roberts, Drive Electric Vermont Coordinator

DESCRIPTION: repeat of 10/9 program

HOST: Ginny McGehee

## **FUNDRAISING/VOLUNTEERISM**

PROGRAM: In Touch

DATE: 12/18/22

GUEST: John Montes, the new Regional Disaster Officer for the American Red Cross, Northern New England (Vermont, New Hampshire and Maine)

DESCRIPTION: a discussion about his background in emergency medical services, preparedness training for natural disasters, fires and active shooter incidents and his role with the Red Cross to urge safety, training and giving time and/or time

HOST: Ginny McGehee

## **HEALTH**

PROGRAM: Health Source

DATE: 10/2/22

GUEST: Dr. Matthew Gilbert

DESCRIPTION: a discussion about Type 1 and 2 diabetes, prevention and treatments

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 10/9/22

GUEST: Dr. Andrea Villanti, UVMMC

DESCRIPTION: a discussion about lung cancer being the leading cause of death for both men and women in the U.S., how teenagers are affected by tobacco use and tactics to thwart teen smoking.

HOST: Gina Britain. UVMMC

PROGRAM: Health Source

DATE: 10/16/22

GUEST: Gail Finkelstein, MSRN

DESCRIPTION: a discussion about eCigs, their lure amongst teenagers, that there are 460 varieties available and that they may be worse than regular cigarettes

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 10/23/22

GUEST: Dr. Joseph Rivera

DESCRIPTION: a discussion about the Pediatric Emergency Department at the University of Vermont Medical Center and its benefits for young people and their families

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 10/30/22

GUEST: Registered Dietician Bridget Shea

DESCRIPTION: a discussion about vitamin D, its importance for bone growth and other body functions and how to get your daily dose especially during the shorter days ahead

HOST: Annie Macken, UVMMC

PROGRAM: Health Source

DATE: 11/6/22

GUEST: Jennifer Dundee, M.D.

DESCRIPTION: a discussion about infertility and that high blood pressure and diabetes popularized by the "This is Us" TV show

HOST: Alex Tiersey, UVMCC

PROGRAM: Health Source

DATE: 11/13/22

GUEST: Dr. Amy Littlefield

DESCRIPTION: a discussion about Orthorexia, an eating disorder obsessing with healthful or proper eating to the point of doing damage to one's health

HOST: Alex Tiersey, UVMCC

PROGRAM: Health Source

DATE: 11/20/22

GUEST: Registered Dietician Bridget Shea

DESCRIPTION: a discussion about intermittent fasting and how this diet craze has divided health experts on whether this weight loss plan is healthy or harmful

HOST: Alex Tiersey, UVMCC

PROGRAM: Health Source

DATE: 11/27/22

GUEST: Dr. Robert Hanvill

DESCRIPTION: a discussion about heart failure and a new program to reduce the number of cases in America, which accounts for 1 out of every 33 hospitalizations

HOST: Alex Tiersey, UVMCC

PROGRAM: Health Source

DATE: 12/4/22

GUEST: Dr. Harold Dowerman

DESCRIPTION: a discussion about heart valve disease, how it affects more than 5 million Americans, what it is and preventive measures

HOST: Alex Tiersey, UVMCC

PROGRAM: Health Source

DATE: 12/11/22

GUEST: Dr. David Warshaw

DESCRIPTION: a discussion about an enlarged heart, an inherited condition that affects 1 in 5 people and work being done by the UVMCC Research Hospital

HOST: Alex Tiersey, UVMCC

PROGRAM: Health Source

DATE: 12/18/22

GUEST: Registered Dietician Bridget Shea

DESCRIPTION: a repeat of the 10/30/22 program

HOST: Annie Macken, UVMCC

***SAFETY***

PROGRAM: In Touch

DATE: 10/23/22

GUESTs: Nicole Meier, program director, and Nathan LaFont of the Hunter Education Program for Vermont Fish and Wildlife

DESCRIPTION: a discussion about safety in the woods during the upcoming deer seasons and education programs available for young and old

HOST: Ginny McGehee