

Quarterly Issues Programs List for Townsquare Media Utica April 1, 2020 through June 30, 2020

Quarterly Issues Programs List for Stations WFRG-FM, WLZW-FM, WODZ-FM, WOUR-FM, and WIBX-AM

Section I. Issues.

The station has identified the following topics as significant issues facing our community in this quarter:

- A. **Public Health Safety:** During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. Dr. Hall discussed topics including hospitalization rates, the number of new cases, testing, how to stay safe and what steps the hospitals are taking to make sure patients are safe.
- B. **Programs for the Homeless:** In Central New York, on any given day there are 150-200 homeless residents in Oneida County. The Utica Rescue Mission is decreasing that number for 2020, and will provide a free home for one local family in need. They are requiring this resident to go through a homeownership course, preparing them to become a first-time home buyer. This program is at no cost to the resident, but runs on donations through the Utica Rescue Mission.
- C. **Local COVID-19 Aid:** United Way of the Valley and Greater Utica Area and The Community Foundation of Herkimer and Oneida Counties have joined together to create a single community-wide fund to support organizations responding to human service needs in Oneida and Herkimer County resulting from the impact of the COVID-19 global pandemic. The Mohawk Valley COVID-19 Response Fund has provided food access, PPE supplies, telehealth access, and support to residents through 55 local organizations.
- D. **Police and Law Enforcement:** The Utica Police Department and local Oneida County Sheriff's Offices have become part of the national conversation over racial inequality and police brutality in the wake of the murder of George Floyd. There have been many peaceful protests happening in Rome, and Utica, and local law enforcement has stepped in to listen and protest.
- E. **Health Economics:** Utica's two hospitals, and Rome Memorial Hospital, were able to secure extra equipment and outfit more beds and ICU units for COVID-19 patients. All local hospitals have suspended elective procedures during COVID19. Currently, MVHS planning is well underway for re-opening elective surgeries. Radio Health Journal discusses how nationwide hospitals' elective procedure business has largely been eliminated, and experts weigh in if that could lead to hospitals going bankrupt across the nation.

Section II. Responsive Programs

As part of our Responsive Programs, our brands air both “This Week in the Mohawk Valley” and the “Radio Health Journal” weekly.

This Week in the Mohawk Valley Programs for Quarter One 2020

“This Week in the Mohawk Valley” airs weekly on each station at the following times: Sundays at 6AM on: WFRG-FM, WLZW-FM, WOUR-FM, and WODZ-FM; and Sundays at 10AM on WIBX-AM. The following list covers weekly topics for “This Week in the Mohawk Valley”.

Date(s) Aired	Program Name	Description of Issue Discussed	Duration
4/5/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week’s topic covered families staying home for the Easter holiday, and to practice social distancing. As of this week 53 patients were being treated with COVID19 at MVHS Hospitals.	10 minutes
4/12/20	This Week in the Mohawk Valley	TOURISM LOCALLY WITH COVID19- We had on Oneida County Tourism to discuss how to support local tourism during COVID 19. We partnered with Oneida County Tourism to spotlight local businesses through the use of videos, and social media. We discussed what safe ways to visit local attractions during this time.	10 minutes
4/19/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week’s topic covered reopening being extended through May 15 th . Dr. Kent also informed the public that MVHS was not lacking PPE, and that all patients and staff were supplied with the proper PPE.	10 minutes
4/26/20	This Week in the Mohawk Valley	COVID-19 Aid- Erin Matt of the United Way and Alicia Dicks of the Community Foundation joined us to update the Mohawk Valley COVID-19 Response Fund. The Fund aids area non-profits affected by the coronavirus with grants, and then that money is donated to the public.	10 minutes

		As of this show, the Response Fund funded close to 30 local groups.	
5/3/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week's topic covered number of patients battling COVID was down to 38 at MVHS hospitals. The majority of Central New Yorkers hospitalized currently, and those who have been, it's been mostly Central New York nursing home residents. Also, we covered policy of MVHS nurses who have COVID19, and how the public is informed.	10 minutes
5/10/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week's topic covered testing in local nursing homes from staff to residents. We covered local restaurants and businesses needing to require face masks and social distancing once the region reopens on May 15 th .	10 minutes
5/17/20	This Week in the Mohawk Valley	Tourism- Kelly Blazowsky of Oneida County Tourism joined us to talk about the COVID-19 pandemic on tourism in CNY and Oneida County. Kelly talked about what they're doing to promote tourism and the fact that some groups are holding virtual events. Tourism is a major part of the CNY economy. Tourism brought a record-high 252.7 million visitors in 2018, generating an economic impact of \$114.8 billion, and for the seventh-straight year in 2019 at \$100+ billion - tourism is the state's third-largest employer.	10 minutes
5/24/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week's topic covered Memorial Day Weekend, and how to be safe from the virus this weekend. We covered safety precautions for local residents to take during the weekend.	10 minutes
5/31/20	This Week in the Mohawk Valley	Public Health- Katie Potter from the American Red Cross talked about the need for blood donors. And how to make an appointment to donate. Donations have dropped during the	10 minutes

		coronavirus crisis and hospitals need to replenish their blood supplies. Through March 13, about 1,500 Red Cross blood drives have been canceled across the country, resulting in over 46,000 fewer blood donations.	
6/7/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week's topic covered 40 of the 54 hospital patients this last week were nursing home patients. We also discussed the possibility of a vaccine being developed for COVID19, and where those would be available when ready for the public locally.	10 minutes
6/14/20	This Week in the Mohawk Valley	PUBLIC HEALTH- Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week's topic covered results from a recent study suggesting that a person's blood type might be less susceptible to the COVID-19 coronavirus. We discussed antibody tests being done locally, and where to take them.	10 minutes
6/21/20	This Week in the Mohawk Valley	Affordable Housing- The Rescue Mission of Utica is giving away a house. The house was built by clients in a Rescue Mission program, along with Mohawk Valley Community College. Applicants for house would have to go through homeownership course, preparing them to become a first-time home buyer. The Rescue Mission intends to gift this small home to low-income individuals or families who meet the criteria. The public has through July 6 th to apply.	10 minutes
6/28/20	This Week in the Mohawk Valley	PUBLIC HEALTH- During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information including hospitalization rates, the number of new cases, testing, how to stay safe during the 4 th of July holiday weekend, and what steps the hospitals are taking to make sure patients are safe as MVHS welcomed back visitors this week.	10 minutes

Radio Health Journal Quarterly Report

“Radio Health Journal” airs weekly on each station at the following times: Saturdays at 6:00AM on WIBX-AM, and Sundays at 6:10AM on WFRG-FM, WLZW-FM, WOUR-FM, and WODZ-FM.

Compliance Issues covered this quarter:

- Alcoholism
- Business & Industry
- Charitable & Volunteer Organizations
- Consumerism
- Coronavirus Pandemic
- Crime
- Criminal Justice System
- Culture & Fine Arts
- Diet & exercise
- Disabilities
- Discrimination
- Domestic Violence
- Economics
- Education
- Elderly & Senior Citizens
- Employment & Unemployment
- Ethics
- Exercise & Fitness
- Federal Government
- Food Insecurity & Hunger
- Gender Issues
- Genetics
- Health care
- Human Development
- Media
- Medical System
- Mental Health
- Mental Illness & Treatment
- Minority Issues
- Parenting
- Police & Law Enforcement
- Poverty
- Privacy
- Public Health
- Public Policy
- Public Safety
- Racism & Discrimination
- Recreation & Performing Arts
- Science
- Social Change
- Stress Management
- Technology
- Vaccine Development
- Women’s Issues
- Youth at Risk

Radio Health Journal Program Log

Program: 20-14 Executive Producer: Reed Pence
Air Week: 04/05/20 Studio Production: Jason Dickey

Time Segment Dur.
2:21 SEGMENT 1: MISINTERPRETING PERINATAL DEPRESSION 12:32

Synopsis: Perinatal depression (previously known as postpartum depression) is seldom brought up by a new mother, so healthcare providers must screen for it carefully. However, sometimes they err on the side of caution in efforts to prevent the mother from harming herself or her baby. Experts discuss the balancing act.

Host & Producer: Reed Pence.

Guests: Jessica Porten, new mother diagnosed with depression; Dr. Darby Saxbe, Associate Professor of Psychology, University of Southern California; Dr. Tiffany Moore Simas, Professor of Obstetrics and Gynecology, University of Massachusetts Medical School & former co-chair, Maternal Mental Health Expert Work Group, Amer. College of Obstetrics and Gynecology.

Compliance issues covered: health care; women's issues; youth at risk; public health and safety; parenting Links for more information:

- https://dornsife.usc.edu/cf/psyc/psyc_faculty_display.cfm?person_id=1032709
- <https://www.umassmed.edu/news/news-archives/2019/08/tiffany-moore-simas-named-fellow-of-premier-leadership-program-for-women-in-medicine/>

15:25 SEGMENT 2: EASING CORONAVIRUS STRESS 6:53

Synopsis: Virtually no one in the US has been unaffected by the coronavirus pandemic, and stress is at high levels. A public health and brain expert discusses why "sheltering in place" is so important in spite of the stress it generates, and a few simple steps to ease the stress.

Host: Nancy Benson. Producer: Reed Pence.

Guest: Dr. Michael Lewis, President, Brain Health Research and Education Institute and former officer, Walter Reed Army Institute of Research

Compliance issues covered: health care; public health; mental health; consumerism; infectious disease; coronavirus pandemic; stress management

Links for more information:

- <http://www.brainhealtheducation.org/about-us/leadership/>

Radio Health Journal Program Log

Program: 20-15 Executive Producer: Reed Pence
Air Week: 04/12/20 Studio Production: Jason Dickey

Time Segment Dur.
1:51 SEGMENT 2: DOMESTIC ABUSE AND THE PANDEMIC 12:03

Synopsis: With hundreds of millions of Americans sheltering at home due to the COVID-19 pandemic, the odds and fear of domestic abuse are rising. The leader of a noted shelter and counseling program discusses the increase, the difficulty of counteracting it during a national lockdown, and what people can do to cope.

Host & Producer: Reed Pence.

Guest: Irene Lindsey Brantley, Program Director, Women In Transition, Philadelphia

Compliance issues covered: women's issues; youth at risk; public health and safety; charitable and volunteer organizations; domestic violence; intervention & harm reduction; coronavirus pandemic Links for more information:

- Women in Transition – <https://www.helpwomen.org/> & 215-751-1111
- National Domestic Violence Hotline, 800-799-7233

14:56 SEGMENT 2: FOREIGN ACCENT SYNDROME 7:10

Synopsis: People who suddenly speak with what sounds like a foreign accent often have a brain injury due to a stroke or other trauma. Experts discuss the syndrome and chances of recovery.

Host: Nancy Benson. Producer: Reed Pence.

Guests: Dr. Sheila Blumstein, Professor Emerita of Cognitive Linguistics and Psychological Sciences, Brown University; Dr. Jack Ryalls, Professor of Communication Sciences and Disorders, University of Central Florida

Compliance issues covered: health care; disabilities Links for more information:

- <https://www.brown.edu/Departments/CLPS/people/sheila-blumstein/>;
- <https://www.cohpa.ucf.edu/directory/john-ryalls/>

Radio Health Journal Program Log

Program: 20-16 Executive Producer: Reed Pence
Air Week: 04/19/20 Studio Production: Jason Dickey

Time Segment Dur.
1:50 SEGMENT 1: WILL COVID-19 BANKRUPT THE HEALTHCARE SYSTEM?
12:25

Synopsis: Hospitals are scrambling to get extra equipment and outfit more beds and ICU units for COVID-19 patients. Their treatment is time-consuming and expensive. At the same time, hospitals' lucrative elective procedure business has largely been eliminated. Will the combination bankrupt hospitals? Two experts who have studied the crisis discuss.

Host & Producer: Reed Pence.

Guests: Dr. Vivian Ho, Chair, Health Economics, and Director, Center for Health and Biosciences, Rice University and

Professor of Medicine, Baylor College of Medicine; Dr. Heidi Russell, Associate Professor, Baylor College of Medicine
Compliance issues covered: health care system; public health; economics; public safety; federal government
Links for more information:

- <https://www.bakerinstitute.org/experts/vivian-ho/>
- <https://www.sharecare.com/doctor/dr-heidi-v-russell>

15:17 SEGMENT 2: STAYING FIT WHILE STAYING HOME 7:42

Synopsis: The national effort to shelter in place has closed gyms and led many people to complain of weight gain. Two exercise experts discuss how people can maintain fitness at home with no equipment.

Host: Nancy Benson. Producer: Polly Hansen.

Guests: Sabrina Wescott, nutrition health coach and Director of Marketing, Maxpro Fitness; Erin Sampson, yoga instructor on YouTube "Five Parks Yoga" channel

Compliance issues covered: exercise & fitness; coronavirus pandemic; public health
Links for more information:

- <https://maxprofitfitness.com/>
- <https://www.youtube.com/watch?v=kNDpnNsoCwU>

Radio Health Journal Program Log

Program: 20-17 Executive Producer: Reed Pence
Air Week: 04/26/20 Studio Production: Jason Dickey

Time Segment Dur.
1:50 SEGMENT 1: OPENING AMERICA AGAIN: WHEN IS IT SAFE? 12:23
Synopsis: Many Americans are impatient with social distancing as a result of COVID-19 despite the success of the tactic. However, reopening the country too quickly could allow the virus to come roaring back, resulting in thousands more deaths and even more economic damage. Two experts explain how the rollout should happen to get us back to work safely.
Host & Producer: Reed Pence.
Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University School of Medicine; Dr. Gary Slutkin, CEO, Cure Violence Global
Compliance issues covered: public health; public safety; health care; economics; education; public policy Links for more information:

- <https://www.vumc.org/health-policy/person/william-schaffner-md>
- https://www.who.int/violenceprevention/about/participants/cure_violence/en/

15:15 SEGMENT 2: RULES FOR WHO LIVES, WHO DIES IN THE PANDEMIC 7:44
Synopsis: A lack of ventilators potentially puts doctors in the position of deciding which of their COVID-19 patients get a ventilator and live, and which ones don't get one and die. New rules for making such decisions have been released which are designed to be fair and independent. The designer of the rules explains.
Host: Nancy Benson. Producer: Reed Pence.
Guest: Dr. Douglas White, Professor of Critical Care Medicine and Director, Program on Ethics and Decision Making In Critical Illness, University of Pittsburgh.
Compliance issues covered: health care; public health; ethics; minority issues; infectious disease; coronavirus pandemic; medical system
Links for more information:

- <https://ccm.pitt.edu/node/454>

Radio Health Journal Program Log

Program: 20-18
Air Week: 05/03/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN	12:11

Synopsis: Mental health is difficult to maintain when people are required to stay inside at home. In fact, we're asked to engage in activities that normally would indicate mental distress. A noted psychologist with the NIH discusses ways to stay mentally healthy during the pandemic lockdown.

Host: Reed Pence. Producer: Polly Hansen.

Guest: Dr. Krystal Lewis, clinical psychologist, National Institute of Mental Health

Compliance issues covered: public health; health care; mental health; media; mental illness & treatment; coronavirus pandemic; stress management

Links for more information:

- <https://potomacpsychiatry.com/krystal-m-lewis>

15:03	SEGMENT 2: NURSING HOMES TRY TO FEND OFF COVID-19	8:06
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Synopsis: Nursing homes have been a hotbed of fatal COVID-19 infections. The virus was loose in many of them before they could even know it. An industry expert discusses what nursing homes are doing now to keep the virus out and their patients safe.

Host: Nancy Benson. Producer: Reed Pence.

Guest: Dan Stockdale, certified nursing home administrator and consultant

Compliance issues covered: health care; public health; public safety; elderly and senior citizens; infectious disease; coronavirus pandemic

Links for more information:

- <https://danstockdale.com/about-dan/>

Radio Health Journal Program Log

Program: 20-19 Executive Producer: Reed Pence
Air Week: 05/10/20 Studio Production: Jason Dickey

Time Segment Dur.
1:53 SEGMENT 1: THE ECONOMY AFTER THE PANDEMIC 11:35
Synopsis: The COVID-19 pandemic has caused a quicker economic crash than we've ever seen. Opening the nation too fast will likely trigger a "W" shaped recovery with wide swings of growth then decline. Either way, the effects will last for years. Experts discuss likely scenarios.

Host & Producer: Reed Pence.

Guests: Dr. Martin Andersen, Assistant Professor of Economics, Bryan School of Business and Economics, University of North Carolina at Greensboro; Dr. Mark Muro, Senior Fellow, Metropolitan Policy Program, Brookings Institution

Compliance issues covered: public health; economics; employment and unemployment; business and industry; federal government; coronavirus pandemic; public policy Links for more information:

- <https://bryan.uncg.edu/faculty-and-staff/andersen-martin-s/>
- <https://www.brookings.edu/experts/mark-muro/>

14:30 SEGMENT 2: TELEMEDICINE FINALLY GETS ITS CHANCE 7:54

Synopsis: Doctor's appointments via smartphone have been available for some time but were little used except in remote areas due to insurance reluctance. Now telemedicine has been forced on us and on insurers by COVID-19 restrictions, and many providers swear by them. Three experts discuss.

Host: Nancy Benson.

Producer: Reed Pence.

Guests: Dr. Franziska Ringpfeil, Assistant Professor of Dermatology, Thomas Jefferson University; Dr. Brian Cole, Professor of Orthopedic Surgery, Rush University & Managing Partner, Midwest Orthopedics at Rush; Brian Slusser, CEO, Health In Motion Network

Compliance issues covered: health care; public health; technology; coronavirus pandemic; insurance Links for more information:

- <https://hospitals.jefferson.edu/find-a-doctor/r/ringpfeil-franziska.html>
- <https://www.briancolemd.com;>

Radio Health Journal Program Log

Program: 20-20 Executive Producer: Reed Pence
Air Week: 05/17/20 Studio Production: Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: WOMEN, ALCOHOL, AND ISOLATION 12:32

Synopsis: The COVID-19 lockdown has triggered increased alcohol use in many people, and an alcohol use disorder in some. Help can be difficult to access, as face-to-face counseling and group sessions have been halted. For women, it can be even more difficult, as they are much more comfortable in more rare single-sex sharing situations. Two experts discuss today's dangerous alcohol triggers and how to seek help.

Host & Producer: Reed Pence.

Guests: Jessica Foody, certified professional recovery coach; Dr. Kathleen Brady, Distinguished University Professor of Psychiatry, Medical University of South Carolina

Compliance issues covered: public health; alcoholism, substance use disorder and treatment; women's issues; mental health; mental illness & treatment; coronavirus pandemic Links for more information:

- <https://www.jessicafoody.com>;
- <https://muschealth.org/MUSCApps/ProviderDirectory/Brady-Kathleen>

15:21 SEGMENT 2: THE LOSS OF RITUALS 7:13

Synopsis: Spring is the season of rituals—prom, graduation, commencement and weddings. Social distancing has taken most of these rituals away. An expert discusses the importance of rituals in our mental health and why it's OK to grieve their loss. She also discusses how changing rituals can be successful save for the tragic loss of funerals.

Host: Nancy Benson.

Producer: Reed Pence.

Guests: Dr. Maribel Alvarez, Associate Research Professor of Anthropology, University of Arizona

Compliance issues covered: mental health; consumerism; public health; coronavirus pandemic; social change Links for more information:

- <https://anthropology.arizona.edu/user/maribel-alvarez>

Radio Health Journal Program Log

Program: 20-21 Executive Producer: Reed Pence
Air Week: 05/24/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: THE SHRINKING HUMAN JAW	12:08

Synopsis: Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.
Host: Reed Pence.
Guests: Dr. Paul Erlich, Professor Emeritus of Population Studies, Stanford University and co- author, Jaws: The Story of a Hidden Epidemic; Dr. Sandra Kahn, orthodontist and co-author, Jaws: The Story of a Hidden Epidemic
Compliancy issues covered: youth at risk; human development; public health; diet and nutrition
Links for more information:

- <https://www.sup.org/books/title/?id=29626>

15:00	SEGMENT 2: ANDROGENS AND COVID-19	7:26
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Synopsis: For people under about age 70, covid-19 is much harder on men than on women, especially those with strong male characteristics like scalp balding and plentiful body hair. A group of researchers has a theory as to why—that male hormones provide the virus with an entry into the cell. One of the researchers discusses what that could mean in terms of treatment.
Host: Nancy Benson.
Producer: Reed Pence.
Guest: Dr. Carlos Wambier, Assistant Professor of Dermatology, Brown University Warren Alpert Medical School
Compliancy issues covered: consumerism; public health; research & development; vaccine development; Links for more information:

- <https://brownderm.org/doctor/carlos-gustavo-wambier-md-phd/>

Radio Health Journal Program Log

Program: 20-22 Executive Producer: Reed Pence
Air Week: 05/31/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: COVID AND CHOIRS	11:47

Synopsis: Scientists have discovered that singing is an exceptionally effective way to spread viruses through the aerosolized particles it expels, which may travel much farther than the six foot safety zone many people follow. This means choruses and choirs may not get back to “normal” after the covid-19 pandemic until much later than most activities, and only with rapid, effective testing or a vaccine. Experts explain.

Host: Reed Pence.

Guests: Dr. Robert Russell, Music Director, CHORALART, Portland, ME and Professor Emeritus of Music, University of Southern Maine; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, University of South Carolina and President, Performing Arts Medicine Assn.

Compliance issues covered: health care; public health and safety; culture and fine arts; recreation and performing arts; economics; infectious disease; coronavirus pandemic Links for more information:

- <https://www.choralart.org/music-director/>
- <https://www.rider.edu/faculty/lucinda-halstead>

14:39	SEGMENT 2: WHY WOMEN ARE GENETICALLY STRONGER	7:38
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Synopsis: Women may have been known through the centuries as the weaker sex, but researchers have learned that they are anything but weak. Their 2 X chromosomes are both active and cooperate with each other, especially in immune response. An expert discusses new findings on their genetic superiority.

Host: Nancy Benson. Producer: Reed Pence.

Guest: Dr. Sharon Moalem, author, The Better Half: On the Genetic Superiority of Women

Compliance issues covered: women’s issues; gender issues; health; genetics; research & development Links for more information:

- <http://sharonmoalem.com>

Radio Health Journal Program Log

Program: 20-23 Executive Producer: Reed Pence
Air Week: 06/07/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:49	SEGMENT 1: GENETIC TESTING AND LIFE INSURANCE	12:03

Synopsis: It's illegal for health insurers to use genetic testing to discriminate against policyholders. However, life insurers can and do discriminate on that basis if the test is in your medical file. Private testing lets patients know their risk for many diseases without landing in health files. Advocates want to make it illegal for life insurers to also discriminate on this basis, but it may end up with higher costs for everyone. Experts explain.

Host: Reed Pence.

Producer: Polly Hansen.

Guests: Anya Prince, Associate Professor of Law, University of Iowa; Dr. Patricia Born, Professor and Payne H. and Charlotte

Hodges Midyette Eminent Scholar in Risk Management and Insurance, Florida State University; Lisa Schlager, Vice President of Public Policy, Facing Our Risk of Cancer Empowered (FORCE)

Compliance issues covered: health care; insurance; economics; ethics; privacy; public policy; genetics; technology
Links for more information:

- <https://law.uiowa.edu/anya-prince>
- <https://business.fsu.edu/person/patricia-born>
- <https://www.facingourrisk.org/about-us/about/staff.php>

14:54	SEGMENT 2: WHAT EVERY PARENT SHOULD KNOW: "IT DOESN'T LOOK LIKE DROWNING"	7:25
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Synopsis: Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult.

Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble.

Host: Nancy Benson.

Guests: Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard.

Compliance issues covered: public health; public safety; youth at risk; water safety; consumerism Link for more information:

- <http://poolsafely.gov>
- <https://www.youtube.com/watch?v=-dmYka7>

Radio Health Journal Program Log

Program: 20-24 Executive Producer: Reed Pence
Air Week: 06/14/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:43	SEGMENT 1: MISUNDERSTANDING STUTTERING	11:39
<p>Synopsis: Stuttering is an extremely misunderstood disability. Many stutterers go to great lengths to avoid the words or phrases that trip them up, and are often successful in keeping their disability hidden. Yet then it may be mistaken for other problems. Experts explain, using former Vice President Joe Biden as an example. Host & Producer: Reed Pence. Guests: Jane Fraser, President, Stuttering Foundation of America; Dr. Eric Jackson, Assistant Professor of Communicative Sciences and Disorders, New York University Compliance issues covered: disabilities; youth at risk; education Links for more information:</p> <ul style="list-style-type: none">• https://www.stutteringhelp.org• https://www.stutteringhelp.org/content/jane-fraser• https://steinhardt.nyu.edu/people/eric-s-jackson		
14:24	SEGMENT 2: DISEASE RISK AND INHERITANCE	7:31

Synopsis: Scientists have learned that the habits and environments of our parents and grandparents can have a strong effect on our health and longevity as a result of imprinting on egg and sperm cells. An expert explains.
Host: Nancy Benson.
Guest: Judith Finlayson, author, *You Are What Your Grandparents Ate: What You Need to Know About Nutrition, Experience, Epigenetics, and the Origins of Chronic Disease*
Compliance issues covered: public health; health care; poverty; food insecurity & hunger Link for more information:

- <https://youarewhatyourgrandparentsate.com/> - bios

Radio Health Journal Program Log

Program: 20-25 Executive Producer: Reed Pence
Air Week: 06/21/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: PROTESTS AMID THE PANDEMIC	12:37
	Synopsis: With thousands of people demonstrating in the streets after the death of George Floyd, health experts are concerned that the crowds, shouting, and lack of masks may contribute to a spike in COVID-19 cases. However, with many locations also “opening up,” they say a spike is inevitable, to be made worse by protests, but teasing out what’s responsible becomes more difficult. Experts discuss. Host & Producer: Reed Pence. Guests: Dr. Julie Swann, Dept. Head and Allison Distinguished Professor, Fitts Dept. of Industrial and Systems Engineering, North Carolina State Univ; Dr. Pinar Keskinocak, Professor of Industrial and Systems Engineering and Director, Center for Health and Humanitarian Systems, Georgia Tech University Compliance issues covered: public health; racism and discrimination; crime, police & law enforcement; public safety; infectious disease; coronavirus pandemic; social change Links for more information: <ul style="list-style-type: none">• https://www.ise.ncsu.edu/people/jlswann/• https://www.isye.gatech.edu/users/pinar-keskinocak	
15:29	SEGMENT 2: PROTECTING YOUR EYES FROM SUMMER UV RAYS	7:17
	Synopsis: Summer is when people want to spend as much time outdoors as possible. Skin protection and sunscreen are something most of us consider, but overexposure to UV rays is extremely dangerous to the eyes as well. An expert discusses. Host: Nancy Benson. Producer: Hannah Swarm. Guest: Dr. Rachel Bishop, ophthalmologist, National Eye Institute Compliance issues covered: public health; consumerism Links for more information: https://nei.nih.gov/pressroom/bishop	

Radio Health Journal Program Log

Program: 20-26 Executive Producer: Reed Pence
Air Week: 06/28/20 Studio Production:

Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: LONG-SUFFERING COVID SURVIVORS	
	12:27	

Synopsis: While most people who contract COVID-19 survive, those who suffer often-changing symptoms for months on end can only wonder when they'll get well. A survey of members of a long-haul survivors support group find that many who don't have "textbook" symptoms suffer poor medical care and discrimination as a result. Two women who operate the support group discuss the issues.

Host & Producer: Reed Pence.

Guests: Fiona Lowenstein, founder, Body Politic Wellness Collective; Hannah Davis, researcher, Body Politic Support Group

Compliance issues covered: public health; medical system; discrimination; mental illness and treatment; consumerism; research & development

Links for more information:

- <https://www.wearebodypolitic.com/covid19>

15:19	SEGMENT 2: Face Masks and Breathing	7:22
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Synopsis: Some people insist that wearing a face mask smothers them and makes them feel like they're not getting enough air. An expert discusses what might be going wrong and lays out the basics on how to wear a mask without needing to come up for air.

Host: Nancy Benson.

Producer: Reed Pence.

Guest: Dr. Bill Carroll, Adjunct Professor of Chemistry, Indiana University and former President, American Chemical Society; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, University of South Carolina

Compliance issues covered: public health; consumerism Links for more information:

- <https://www.chem.indiana.edu/faculty/bill-carroll/>