



WERV-FM
Alpha Media LLC
Aurora, Illinois

QUARTERLY ISSUES AND PROGRAMS REPORT

First QUARTER 2020

January 1 - March 31

FILED 4-6-2020

PREPARED BY: Dan Waddick-Alpha Media LLC

During this quarter, this station gave particular attention to the issues listed in the following report. These issues are not listed in order of importance and it should be noted that the station may have also aired other programming that was responsive to the community's informational needs.

ISSUE: Employment and Workplace
Program Name: Plainfield Business and Job Fair
Date: 2/15/20
Time and Duration : 9a-2p

WERV-FM airs a weekly show, on Sunday, from 5am-5:30am, which focuses on various health related topics. The logs with segment dates, titles, topics, and guest are included below.
RADIO HEALTH JOURNAL The Latest In Health, Vscience & Technology Program Log for Radio Health Journal

Quarterly Report – Compliancy Issues & Programs List

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Business & industry
Cancer
Children & child safety
Consumer safety
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Economics
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Employment & workplace
issues
Ethics
Family issues
Fine Arts
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Government spending
Healthcare
Heart disease

Housing
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Immigration
Infectious disease
Inner-city issues
Insurance
Law & crime
Legislation
Parenting issues
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Politics
Pop culture
Poverty
Parenting issues
Poverty
Public health
Public policy
Societal issues
Sports & recreation
Technology
Women& issues
Youth at risk

2020-Q1 (January – March) Radio Health Journal

Program 20-01 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

1/5/20

SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING Time Duration

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.

Host & Producer: Reed Pence

Guests: Melanie Merriman, author, *Holding the Net: Caring For My Mother On the Tightrope of Aging*; Joy Loverde, author, *Who Will Take Care of Me When I'm Old?*

Compliancy healthcare; aging & elderly; family issues; housing; economics issues covered:

Links for more <http://greenwriterspress.com/book/holding-the-net> information:

1:50 12:31

<http://www.elderindustry.com>

SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY Time Duration

Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco

Compliancy ethics; public discourse; societal issues issues covered:

15:23 7:06

Links for more <https://matthewlupoli.wixsite.com/ucsd> information:

<http://www.paulekman.com/paul-ekman/>

2020-Q1 (January – March) Radio Health Journal

Quarterly Report – Compliancy Issues Programs List

Program 20-02 Writers/Producers: Reed Pence

1/12/20

SEGMENT 1: HAND WASHING AND HANDSHAKE BANS Time Duration

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.”

1:50 11:34

Host & Producer: Reed Pence

Guests: Dr. Mark Sklansky, Professor and Chief, Division of Pediatric Cardiology, UCLA Mattel Children’s Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, “The Inspirational Nurse;” Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

Compliancy public health; healthcare; hospitals
issues covered:

Links for more <https://www.uclahealth.org/mark-sklansky>
information:

<http://donnacardillo.com>

https://www.cecocity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm

<http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

SEGMENT 2: “BROKEN HEART SYNDROME” Time Duration

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call “stress cardiomyopathy.” Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.

Host: Nancy Benson

Guests: Dr. Tracy Stevens, cardiologist, St. Luke’s Mid America Heart Institute, Kansas City, MO

Compliancy healthcare; consumerism; pop culture; heart disease

issues covered:

14:26 7:58

Links for more https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html
information:

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Program 20-03 Writers/Producers: Reed Pence

1/19/20

SEGMENT 1: CRUSHING MEDICAL DEBT Time Duration

Synopsis: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high deductibles and out-of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt.

1:50 13:25

Host & Producer: Reed Pence

Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, *The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide*; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund

Compliance insurance; healthcare; economics ; bankruptcy; personal finance; consumerism; hospitals issues covered:

Links for more <https://ripmedicaldebt.org/> information:

<https://nomoremedicaldebt.com>

<https://www.commonwealthfund.org/person/sara-r-collins>

SEGMENT 2: SMOLDERING CONCUSSIONS Time Duration

Synopsis: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that protocols affecting the most vulnerable—young athletes—often are not followed. Experts explain why, and what people should do when they receive any blow to the head. 16:17 6:36

Host: Nancy Benson

Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, *Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury*; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children's Hospital and Associate Professor of Pediatrics, The Ohio State University College of Medicine

Compliance healthcare; consumerism; pop culture issues covered:

Links for more <https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-information-Traumatic/dp/0806540230>;

<https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team>

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Program 20-04 Writers/Producers: Reed Pence
1/26/20

SEGMENT 1: ADHD AND SLEEP DISORDERS Time Duration

Synopsis: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.

Host & Producer: Reed Pence

Guests: Dr. Sandra Kooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify

Compliance youth at risk; developmental disorders; education; family issues issues covered:

Links for more <https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com> information:

1:50 12:10

<http://vatsalthakkar.com>

SEGMENT 2: WORKING WHILE SICK Time Duration

Synopsis: Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office.

Host: Nancy Benson

Producer: Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA

Compliance public health; employment and workplace issues; disease & sickness issues covered:

Links for more <https://www.uclahealth.org/joseph-ladapo> information:

15:02 7:30

<https://www.linkedin.com/in/richard-deosingh-56246813/>

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Quarterly Report – Compliance Issues Programs List

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Program 20-05 Writers/Producers: Reed Pence

2/2/20

SEGMENT 1: MUSIC AND MEDICINE Time Duration

Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well.

Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned-

med student, an admissions officer and a musical doctor explain.

Host & Producer: Reed Pence

Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, Bellevue Literary Review

Compliancy education; healthcare; fine arts; technology
issues covered:

Links for more <https://danielleofri.com>
information:

1:49 12:22

<https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-316694b84357/Newsletter-Volume-1;-Issue-1.aspx>
<http://www.soundsymposium.com/ssxix-hannah-boone/>

SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE Time Duration

Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University

Compliancy food safety; consumer safety; sports and recreation
issues covered:

Links for more <http://www.clemson.edu/academics/programs/creative-Information:inquiry/projects/spotlight/food-myth.html>

15:13 7:51

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Program 20-06 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

2/9/20

SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND “CLOSE FRIENDS” Time Duration

Synopsis: Spouses of Alzheimer’s disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.

1:50 11:10

Host & Producer: Reed Pence

Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Assistant Professor of Psychiatry, Drexel University; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman

Compliance healthcare; public health; elderly and senior citizens; family issues; ethics issues covered:

Links for more <https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92> information:

<http://www.tamireeves.com/bleeding-hearts.html>

SEGMENT 2: NEEDLE PHOBIA Time Duration

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson

Producer: Reed Pence

Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians

Compliance healthcare; public health; children and youth at risk; consumerism issues covered:

Links for more <https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html> Information:

14:02 8:27

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Program 20-07 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

2/16/20

SEGMENT 1: MEDICAL CHILD ABUSE Time Duration

Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries.

Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery.

Host & Producer: Reed Pence

Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, Dying to be Ill: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center

Compliance healthcare; public health; elderly and senior citizens; family issues; ethics; law and crime; issues covered: parenting issues

Links for more <http://www.marysandersphd.com/about> information:

1:50 12:30

<https://www.munchausen.com/index.php/biography/>

<https://www.star-telegram.com/news/local/crime/article234077982.html>

SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEAN TO US? Time Duration

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.

Compliance healthcare; public health; consumerism; infectious disease issues covered:

Links for more <https://www.vumc.org/health-policy/person/william-schaffner-md> Information:

15:22 7:11

<https://www.acep.org/people-pages/board/jon-mark-hirshon/>

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Program 20-08 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

2/23/20

SEGMENT 1: GENES AND HIGH CHOLESTEROL Time Duration

Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart

disease. Most people think of their diets as the main cause, but genetics also play a role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks.

Host & Producer: Reed Pence

Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, *The Crispr Generation: The Story of the World's First Gene-Edited Babies*

Compliance healthcare; public health; consumerism; heart disease issues covered:

Links for more <https://www.med.upenn.edu/cvi/musunuru-laboratory.html> information:

1:50 12:10

SEGMENT 2: BIG DATA IN MEDICINE Time Duration

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson

Producer: Reed Pence

Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, *The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era*

Compliance healthcare; technology issues covered:

Links for more <https://www.cio.com/author/Paddy-Padmanabhan/> Information:

15:02 7:59

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Program 20-09 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

3/1/20

SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH Time Duration

Synopsis: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that theory, but finding values of grocery stores in other, unexpected places. Experts discuss how nearby supermarkets change people and the neighborhoods where they live.

1:50 12:57

Host & Producer: Reed Pence

Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research
Compliance public health; consumerism; economic development; poverty; inner city issues; economic issues covered: assistance program

Links for more <https://sites.google.com/site/allcott/home>
information:

https://www.rand.org/about/people/r/richardson_andrea.html

SEGMENT 2: BIG DATA IN MEDICINE Time Duration

Synopsis: Some experts believe the healthy lifespan eventually may be extended to hundreds of years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever

Compliance healthcare; technology; ethics; senior citizens; aging issues covered:

Links for more <https://chipwalter.com/about-chip-walter/>
Information:

15:49 7:06

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Program 20-10 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

3/8/20

SEGMENT 1: POLYCYSTIC OVARY SYNDROME Time Duration

Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.

Host & Producer: Reed Pence

Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago

Compliance healthcare; women's issues; consumerism issues covered:

Links for more <http://integrativemgi.com/doctors/dr-felice-gersh/>

information:

1:46 13:04

<https://intmed.vcu.edu/about/leadership/nestler.html>

<https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez>

https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php

Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund

Compliance healthcare; public health; youth at risk; poverty issues covered:

Links for more <https://www.mailman.columbia.edu/people/our-faculty/ir2110>

Information:

15:52 6:37

<https://www.childrenshealthfund.org>

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Program 20-11 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

3/15/20

SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER "TO ERR IS HUMAN" Time Duration

Synopsis: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we've come since then and the difficult cooperation it will take to make patient safety more certain.

Host & Producer: Reed Pence

Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle Managing of American Medicine

Compliance healthcare; public safety; consumerism issues covered:

Links for more <https://global.oup.com/academic/product/still-not-safe-information: 9780190271268?cc=us&lang=en&#>

1:51 11:59

SEGMENT 2: INTERMITTENT FASTING Time Duration

Synopsis: Studies show that by this time of year, most of us have failed new year's resolutions to lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Michael Mosely, author, The Fast 800

Compliance healthcare; consumerism
issues covered:

Links for more <https://thefast800.com>

Information:

14:52 7:34

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Program 20-12 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

3/22/20

SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS Time Duration

Synopsis: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses.

Host & Producer: Reed Pence

Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center

Compliance healthcare; public health; public safety; employment; education
issues covered:

Links for more <https://www.vumc.org/health-policy/person/william-schaffner-md>
information:

1:51 13:08

SEGMENT 2: THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT Time Duration

Synopsis: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment. 16:01 6:54

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health

Policy

Compliance healthcare; public health; federal government; politics; immigration; consumerism;
issues covered: legislation; government spending; employment
Links for more <https://www.brookings.edu/experts/paul-ginsburg/>
Information:

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Program 20-13 Writers/Producers: Reed Pence

Air Week: Studio Production: Jason Dickey

3/29/20

SEGMENT 1: EASING THE STRESS OF WORKING AT HOME Time Duration

Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.

Host & Producer: Reed Pence

Guests: Teresa Douglas, co-author, *Working Remotely: Secrets to Success for Employees on Distributed Teams*

Compliance employment & workplace issues; family issues; economics; public health
issues covered:

Links for more [https://www.simonandschuster.com/books/Working-Remotely/Teresa-](https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333)
information: Douglas/9781506254333

1:51 12:41

SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE Time Duration

Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases

Compliance healthcare; public health; consumerism

issues covered:

Links for more <https://www.niddk.nih.gov/about-niddk/meet-director>
Information: