



Call Letters: WDNY

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2021

Show # 2021-40

Date aired: 10/3/21 Time Aired: 6:00 AM

Jack Kosakowski, President and CEO, Junior Achievement USA

Mr. Kosakowski discussed a Junior Achievement USA survey that found that 77 percent of parents are concerned about their children's ability to have a successful job or career as adults, in light of global competition and automation. He talked about the rapidly changing career environment, and how Junior Achievement is adapting to today's tech environment to help teenagers.

Issues covered:
Youth Concerns
Careers
Parenting

Length: 8:04

Dale Bredesen, MD, NIH Postdoctoral Fellow at the University of California, San Francisco, author of "*The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*"

Dr. Bredesen said his research has determined that Alzheimer's disease is not a single condition, but three similar ones--each with a different cause. He said new research is giving hope that the disease can be prevented and, under certain circumstances, even reversed. He said every American should get a cognitive and genetic test at age 45, to determine their likelihood of developing Alzheimer's.

Issues covered:
Alzheimer's Disease
Aging

Length: 9:15

Craig Gundersen, PhD, Soybean Industry Endowed Professor in Agricultural Strategy, Professor in the College of Agricultural, Consumer and Environmental Sciences Department of Agricultural and Consumer Economics at the University of Illinois

Dr. Gundersen led a study that found that 5.4 million people age 60 or older in the U.S., or 8.1 percent, did not have enough food for an active, healthy lifestyle. He explained how food insecurity adversely affects a senior citizen's health, and why many low-income seniors fail to take advantage of government programs available to them.

Issues covered:
Hunger
Poverty
Senior Citizens
Government Programs

Length: 4:46

Show # 2021-41

Date aired: 10/10/21 Time Aired: 6:00 AM

Roby Greenwald, PhD, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

Issues covered:
Pollution
Personal Health

Length: 8:54

Rebekah H. Nagler, PhD, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of overdiagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

Issues covered:
Cancer
Women's Issues

Length: 8:18

David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

The use of "study drugs" -- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

Issues covered:
Substance Abuse
Education

Length: 4:57

Show # 2021-42

Date aired: 10/17/21 Time Aired: 6:00 AM

David Mazer, MD, anesthesiologist at St. Michael's Hospital and Professor in the Departments of Anesthesia and Physiology at the University of Toronto

Dr. Mazer was the co-author of a study that found that adults under 45 years old, who consumed cannabis within the last 30 days, suffered from nearly double the number of heart attacks than adults who didn't use the drug. He said the trend was evident whether cannabis was smoked, vaped or eaten as an edible. He outlined the lessons that can be learned from the research.

Issues covered:
Drug Abuse
Personal Health

Length: 7:00

Joanna Quinn, M.Ed., former middle school teacher, founder of Super Empowered One, an organization dedicated to building confidence in kids, author of "*Greta Grace*," a book focused on bullying and self-esteem

According to StopBullying.gov, one in five kids between the ages of 12 and 18 have experienced bullying. Ms. Quinn outlined the typical signs of bullying and what parents should do if their child is either a victim or a bully. She talked about the increasing role that schools play in the prevention of bullying.

Issues covered:
Bullying
Youth at Risk
Parenting

Length: 10:00

Elizabeth Klodas, MD, FACC, cardiologist, Founder and Chief Medical Officer for Step One Foods, author of "*Slay the Giant: The Power of Prevention in Defeating Heart Disease*," founding Editor-in-Chief of the patient education effort of the American College of Cardiology

About 38% of American adults have high cholesterol, according to the Centers for Disease Control. Dr. Klodas discussed the problem, and explained how dietary changes can make a significant difference in cholesterol levels. She said it is important to address the cause of the problem, rather than the symptom.

Issues covered:
Nutrition
Personal Health

Length: 5:21

Show # 2021-43

Date aired: 10/24/21 Time Aired: 6:00 AM

Manny Centeno, Program Manager of the Integrated Public Alert and Warning System, part of the Federal Emergency Management Agency

Mr. Centeno outlined what the public needs to know about the Emergency Alert System, and provided real-life examples to illustrate why EAS is so important to public safety. He also discussed the purpose of "Primary Entry Point" radio stations and details of the all-hazards upgrades at those 77 stations, to add special air scrubbing for chemical, biological and radiological protection, EMP resistance and emergency power generation. He also mentioned the role played by satellite, cable systems and the internet via desktop and mobile phone alerts.

Issues covered:
Disaster Preparedness
Public Safety
Government

Length: 9:27

Amanda Paluch, PhD, Physical Activity Epidemiologist at the University of Massachusetts, Amherst

Prof. Paluch led a study that found that walking at least 7,000 steps a day--about 3-4 miles--reduced middle-aged people's risk of premature death from all causes by 50% to 70%, compared to those who took fewer daily steps. She found that 7000-10,000 steps range was the "sweet spot," because walking more than 10,000 steps per day, or walking faster, did not further reduce the risk.

Issues covered:
Personal Health
Physical Fitness

Length: 7:47

Vanessa Bohns, PhD, Associate Professor in the Department of Organizational Behavior at the New York State School of Industrial and Labor Relations at Cornell University

Work emails are sent at all hours of the day and night now, and are a tremendous source of stress, whether someone works in an office or remotely. Prof. Bohns said people can limit the negative impact of email, by not necessarily sending less email, but by sending better emails that clearly define how urgently they expect a response.

Issues covered:

**Workplace Matters
Stress Reduction**

Length: 5:06

Show # 2021-44

Date aired: 10/31/21 Time Aired: 6:00 AM

Eric Garcia, journalist, author of *"We're Not Broken: Changing the Autism Conversation"*

Mr. Garcia shared his story of living with autism, to explain the social and policy gaps that often fail to help Americans across the autism spectrum. He said society has not listened to the needs of the autistic community. He outlined several misconceptions, including the belief that there is an autism epidemic, because diagnostic criteria were expanded in the 1990s.

Issues covered:

**Autism
Government Policies**

Length: 9:05

Sarah Foster, Bankrate.com analyst

Higher education is one of the most important financial decisions most young people make, and Bankrate.com recently completed a study that ranked the most and least valuable college majors. Ms. Foster shared the rankings, as well as what crucial factors college students should consider when deciding on a major.

Issues covered:

**Higher Education
Career**

Length: 8:05

Elaine Parke, author of *"The Habits of Unity: 12 Months to a Stronger America...One Citizen at a Time"*

Recent news has cast Facebook in a less than flattering light. Ms. Parke says, like anything, the positive or negative influences of Facebook depend on how you use it. She said in a time of political division and social strife, paying closer attention to the social media Americans are exposed to—or taking a break from Facebook—might be good for their mental health.

Issues covered:

**Mental Health
Social Media**

Length: 4:59

Show # 2021-45

Date aired: 11/7/21 Time Aired: 6:00 AM

Jen Fisher, US Chief Well-being Officer at Deloitte, a multinational professional services network, author of *“Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines”*

1 in 4 adults struggle with mental health challenges, and those suffering often hide it at work for fear of discrimination from peers or bosses. Ms. Fisher explained how companies can encourage open and honest conversations to remove the stigma surrounding mental health. She also said companies need to redefine the concept of sick days, to improve mental as well as physical health.

Issues covered:

Length: 8:59

Mental Health

Workplace Matters

Patty Alper, President of the Alper Portfolio Group, author of *“Teach to Work: How a Mentor, a Mentee, and a Project Can Close the Skills Gap in America”*

Millions of Americans are looking for new jobs right now, largely because they’re simply not satisfied with where they are. Ms. Alper explained why mentors are important for the success of both employees and a company overall. She also outlined the questions an applicant can ask to determine the accessibility to mentors throughout a company. She also discussed her work in recruiting CEOs to mentor inner-city youth.

Issues covered:

Length: 8:11

Career

Mentoring

Shannon Carpenter, stay-at-home dad. author of *“The Ultimate Stay-At-Home Dad: Your Essential Manual for Being an Awesome Full-Time Father”*

There are over 2 million stay-at-home dads in the United States, not including those with part-time jobs. Mr. Carpenter shared his own story of becoming a stay-at-home dad and the lessons he tries to share with other men considering it. He talked about the isolation often faced by stay-at-home dads, and recommended support groups to help.

Issues covered:

Length: 5:00

Parenting

Mental Health

Show # 2021-46

Date aired: 11/14/21 Time Aired: 6:00 AM

Gary Zimmerman, founder and CEO of the web site MaxMyInterest.com

Today, the average US savings account pays 0.06 percent interest annually, an annual return of just \$6 in interest on a \$10,000 nest egg. Mr. Zimmerman’s company aims to help consumers holding high amounts of cash automatically find the best available interest rate. He talked about reasons behind rising inflation and the current economic conditions. He explained why banks are paying such low rates, and when the trend may change.

Issues covered:

Length: 8:24

Economy

Personal Finance

Carl Hanson, PhD, Professor of Public Health, Brigham Young University

Researchers from Brigham Young University, Johns Hopkins and Harvard have created an algorithm that can predict suicidal thoughts and behavior among adolescents with 91% accuracy. Prof. Hanson was one of the co-authors of the study, and he said the two primary risk factors related to personal connections: family relationships, and friendships with peers.

Issues covered:

Length: 8:57

Suicide
Youth at Risk
Mental Health
Substance Abuse

Sung Rhee, CEO and founder of Optimal, a higher education data research company

A recent survey found that more than half of teens today are gravitating toward a skill-based education, and almost half are leaning toward programs that can be completed within two years. Mr. Rhee's organization recently published an analysis titled "Coding Bootcamp vs College: Which Will Help You Land the Most Prestigious Jobs in the Tech Industry?" He explained what a coding boot camp teaches and who is a likely candidate to attend.

Issues covered:

Length: 5:11

Career
Higher Education
Technology

Show # 2021-47

Date aired: 11/21/21 Time Aired: 6:00 AM

Hua Cai, PhD, Associate Professor of Environmental and Ecological Engineering, and Industrial Engineering at Purdue University

Most consumers want to make food purchases that are smart for their wallets, their health and the environment. Prof. Cai led a study that examined grocery purchase records of over 57,000 U.S. households, finding that 71% of homes surveyed could decrease their food carbon footprint, via three simple changes in their shopping habits.

Issues covered:

Length: 8:40

Climate Change
Consumer Matters

Daniel Laroche, MD, glaucoma specialist, Director of Glaucoma Services and President of Advanced Eyecare of New York, Clinical Assistant Professor of Ophthalmology with the Icahn School of Medicine at Mount Sinai Medical Center

Dr. Laroche explained why a yearly eye exam is so critical. He outlined the most common symptoms of glaucoma, who is at greatest risk, and why people of color are in the highest risk category. He also discussed the latest treatment options to lower eye pressure and eliminate the need for medication.

Issues covered:

Length: 8:37

Glaucoma
Personal Health
Minority Concerns

Anna Joyce, PhD, MSc, Lecturer in Psychology, specializing in developmental psychology, atypical development, and sleep at Regent's University London

Sleep problems are common in children and are known to detrimentally affect language and cognitive abilities, as well as academic achievement. Prof. Joyce led a study that examined the connection between sleep-disordered breathing and daytime sleepiness in children and reading skills. She offered advice for parents to improve the quality of their child's sleep.

Issues covered:
Children's Health
Education
Parenting

Length: 5:10

Show # 2021-48

Date aired: 11/28/21 Time Aired: 6:00 AM

Suzanne Bouffard, PhD, expert in child development and education, author of "*The Most Important Year: Pre-Kindergarten and the Future of Our Children*"

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

Issues covered:
Education
Parenting

Length: 8:41

Robert Stern, Ph.D., Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

Issues covered:
Youth at Risk
Personal Health
Parenting

Length: 8:32

Julia Leonard, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology

Ms. Leonard was the first author of a study that found that when 1-year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.

Issues covered:
Child Development
Parenting

Length: 5:02

Show # 2021-49

Date aired: 12/5/21 Time Aired: 6:00 AM

Elliott Haut, MD, FACS, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

Issues covered:

Length: 9:00

Emergency Preparedness

First Aid

Personal Health

Vicki Bogan, PhD, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

Issues covered:

Length: 8:08

Mental Health

Retirement Planning

May McCarthy, serial entrepreneur, author of "*The Path to Wealth: Seven Spiritual Steps to Financial Abundance*"

Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.

Issues covered:

Length: 4:51

Entrepreneurism

Career

Show # 2021-50

Date aired: 12/12/21 Time Aired: 6:00 AM

Alison Gemmill, PhD, MPH, Assistant Professor in the Department of Population, Family and Reproductive Health at Johns Hopkins Bloomberg School of Public Health

2020 saw the fewest babies born relative to the population of women between 15 and 44 of any year in American history. Prof. Gemmill discussed the most significant reasons behind the drop in US birthrates, the social effects a declining population may cause, and what steps in public policy may change the trend.

Issues covered:

Length: 8:48

Population

Government Policies

Parenting

Grant Donnelly, PhD, Assistant Professor of Marketing at The Ohio State University's Fisher College of Business

Several US cities have instituted taxes on drinks with added sugar, in order to reduce consumption. Prof. Donnelly led a study that examined whether price tags that specifically mentioned the tax would change consumers' buying decisions. He said the tax falls harder on low-income consumers.

Issues covered:

Length: 8:13

Taxes
Consumer Matters
Personal Health

Bree Fowler, Senior Security expert at CNET

An estimated \$63 billion in holiday packages will be delivered to homes this holiday season, and a recent survey found that 43% of Americans have had at least one package stolen from their porch. Ms. Fowler outlined simple steps online shoppers can take to deter porch pirates.

Issues covered:

Length: 5:12

Crime
Consumer Matters

Show # 2021-51

Date aired: 12/19/21 Time Aired: 6:00 AM

Tim Larkin, self-defense expert, author of "*When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake*"

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

Issues covered:

Length: 9:21

Personal Defense
Crime

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Length: 7:50

Racial Bias
Diversity

Doug Abrams, author of *"The Book of Joy Journal"*

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

Issues covered:
Mental Health

Length: 4:54

Show # 2021-52

Date aired: 12/26/21 Time Aired: 6:00 AM

Scott Galloway, PhD, Professor of Marketing in the Stern School of Business, New York University, author of *"The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google"*

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

Issues covered:
Government Regulations
Consumer Matters
Economy

Length: 8:56

Katreena Scott, PhD, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can offer assistance for employees with domestic violence issues.

Issues covered:
Domestic Violence
Workplace Matters
Mental Health

Length: 8:17

Lawrence J. Cheskin, M.D., F.A.C.P., Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine

Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

Issues covered:
Personal Health
Workplace Matters

Length: 4:53

Quarterly Report of Compliancy Issues & Programs List

2021-Q4 (October - December) Radio Health Journal

Aired 6:30 AM on Sundays

- Aging
- Addiction and Substance Abuse
- Affordable Housing
- Alcoholism
- Arts and Culture
- Children and Youth at Risk
- Communication
- Consumerism
- Covid-19 Pandemic
- Crime
- Discrimination
- Diversity Drug
- Overdoses and Opioids
- Economic Development
- Economics
- Education
- Employment and Unemployment
- Employment and Workplace Issues
- Environment
- Ethics
- Family Issues
- Federal Government
- Federal Government and Regulation
- Gender Issues
- Generational Issues
- Health
- Health Care
- Homelessness
- International Relations
- Law Enforcement
- Legislation and Policy
- Lifestyles
- Medicine
- Mental Health
- Mental Illness
- Military
- Minority Issues
- Music
- Neuroscience
- Nuclear Weapons
- Pandemic Policy
- Parenting Issues
- Politics
- Pollution
- Poverty
- Prevention
- Public Health
- Public Safety
- Recreation
- Rehabilitation
- Right to Privacy
- Rural Issues
- Sexual Assault
- Social Media
- State Government and Legislation
- Substance Abuse Treatment
- Substance and Drug Abuse
- Suicide
- Technology
- Vaccination
- Veteran's Issues
- Wildlife

Program 21-40	Executive Producer:	Reed Pence
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Air Week:
10/3/21

Studio Production: Jason Dickey

SEGMENT 1:	GETTING THROUGH GRIEF	Time	Duration
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Synopsis:	Grief is unfortunately more common during the Covid-19 pandemic. But many people don't know what to do when their pain does not follow the road map they expect--the well-known five stages of grief. Two experts on grief discuss what can happen under various scenarios when a loved one dies, and what people can do to make it through their pain.	1:48	12:02
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Host & Producer: Reed Pence

Guests: Dr. Teralyn Sell, psychologist and founder, DrTeralyn.com; Dr. Katherine Shear, Professor of Psychiatry, Columbia University and Director, Center for Complicated Grief

Compliance issues: Mental Health, Health, Family Issues

Links: [Dr. Teralyn Sell, PhD | National Board Certified Counselor | Life Coach](#)
[Complicated Grief Overview](#)
[The Compassionate Friends Non-Profit Organization for Grief](#)
[GriefShare - Grief Recovery Support Groups - GriefShare](#)

SEGMENT 2:	THE MIND OF A MUSICIAN	Time	Duration
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Synopsis:	Music is more than a fun pastime. Studies show that especially in children, studying music rewires the brain in beneficial ways, giving them an advantage in other cognitive skills. The scientist who's done much of this pioneering work discusses its ramifications and impact.	14:52	7:58
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Host: Nancy Benson

Producer: Bridget Killian

Guests: Dr. Lutz Yanke, Professor of Neurophysiology and Cognitive Neuroscience, University of Zurich

Compliance issues: Recreation, Arts and Culture, Children and Youth at Risk, Education, Music

Links: [UZH - Neuropsychology - Lutz Jäncke](#)

Program 21-41 **Executive Producer:** Reed Pence

Air Week:
10/10/21

Studio Production: Jason Dickey

SEGMENT 1: SYNTHETIC BIOLOGY: FRIEND OR FOE? **Time** **Duration**

Synopsis: Traffic engineers are learning that they can increase road efficiency and safety by eliminating left turns at many busy intersections, even those that have left turn arrows. This increases distance traveled for some people--some may have to make three right turns instead--but virtually everyone benefits in travel time, as package carrier UPS has learned. A traffic engineer and UPS official discuss how it could work. 1:35 12:35

Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Michael Jewett, Professor of Chemical and Biological Engineering, Northwestern University and Director, Center for Synthetic Biology; Dr. Arthur Caplan, Head of Division of Medical Ethics, Grossman School of Medicine, New York University

Compliance issues: Covid-19 Pandemic, International Relations, Technology, Nuclear Weapons, Health Care, Ethics, Health, Pollution, Environment, Federal Government and Regulation

Links: [Michael C. Jewett – Jewett Lab](#)
[Arthur L. Caplan, PhD](#)

SEGMENT 2: THE LANGUAGE OF ADDICTION: WHY WORDS MATTER **Time** **Duration**

Synopsis: Addiction specialists are seeking to change the words we use to describe addictive behaviors, as they've learned the wrong language creates stigma and drives people away from treatment. Experts discuss the problem and solutions. 15:12 7:32

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. George Koob, Director, National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health; Dr. Nora Volkow, Director, National Institute on Drug Abuse, National Institutes of Health

Compliance issues: Substance and Drug Abuse, Alcoholism, Health Care, Substance Abuse Treatment

Links: [Find Your Way to Alcohol Treatment | Navigator | NIAAA](#)
[Rethinking Drinking Homepage - NIAAA](#)
[Director's Page](#)
[NIH > National Institute on Drug Abuse | Director's Page](#)

Program 21-42	Executive Producer:	Reed Pence
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Air Week:
10/17/21

Studio Production: Jason Dickey

SEGMENT 1:	ARE REGULAR PEOPLE EQUIPPED TO MAKE COMPLICATED MEDICAL DECISIONS?	Time	Duration
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Synopsis:	Patients have to make medical choices today that they never did before. But do they have enough information to make those choices? Are normal people able to understand the flood of information and the medical terms to make good choices? An expert discusses how patients can work through these issues.	1:43	13:05
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Host: Reed Pence

Producer: Libby Foster

Guests: Dr. Talya Miron-Shatz, visiting researcher, University of Cambridge and author, *Your Life Depends On It: What You Can Do to Make Better Choices About Your Health*

Compliance issues: Communication, Economics, Consumerism, Health Care

Links: [Your Life Depends On It: The Book authored by Talya Miron-Shatz](#)
[More information about Dr. Miron-Shatz](#)
[Dr. Miron-Shatz's other published works](#)

SEGMENT 2:	HEADACHES: MORE THAN YOU THINK	Time	Duration
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Synopsis:	Headaches affect far more lives far more severely than most people realize. A sufferer and an expert physician discuss headaches and their treatment.	15:48	6:53
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Host: Nancy Benson

Producer: Polly Hansen

Guests: "Ryan," severe headache sufferer; Dr. Steven Meyers, Vice Chair for Quality and Informatics, Department of Neurology, NorthShore University HealthSystem

Compliance issues: Education, Employment Issues, Consumerism, Health Care

Links: [Steven M. Meyers, M.D. - Northshore University HealthSystem profile](#)

Program 21-43		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
10/24/21			
SEGMENT 1:	ENDEMIC COVID: THE DISEASE THAT NEVER LEAVES	Time	Duration
Synopsis:	Many experts believe we have missed our chance to eliminate Covid-19, and that now it is very likely to become an endemic disease--one that persists, though at lower levels, and never goes away. Two noted infectious disease experts discuss what that means for precautions and lifestyles in perpetuity.	1:50	13:33
Host & Producer:	Reed Pence		
Guests:	Dr. Iahn Gonsenhauser, Chief Quality and Patient Safety Officer, Ohio State Wexner Medical Center; Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University		
Compliance issues:	Medicine, Public Safety, Consumerism, Health Care, Health, Lifestyles		
Links:	Iahn Gonsenhauser, MD, MBA - The Ohio State University Wexner Medical Center William Schaffner, MD - Department of Health Policy - Vanderbilt University Medical Center		
SEGMENT 2:	ECZEMA IN INFANCY: A GATEWAY FOR ALLERGIES AND ASTHMA	Time	Duration
Synopsis:	Doctors have learned that childhood allergies and asthma may have their start in dry, dysfunctional skin in infancy, when allergens such as food particles enter the body through cracks in the skin. A noted pediatric allergist discusses this "atopic march" and ways to combat it.	16:25	6:35
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Donald Leung, Head, Pediatric Allergy Division, National Jewish Health, Denver		
Compliance issues:	Public Health, Consumerism, Health Care, Children and Youth at Risk		
Links:	Donald YM Leung, PhD, MD - National Jewish Health Profile More about National Jewish Health		

Program 21-44	Executive Producer:	Reed Pence
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Air Week:
10/31/21

Studio Production: Jason Dickey

SEGMENT 1:	THE DANGERS OF FACIAL RECOGNITION	Time	Duration
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Synopsis:	Facial recognition technology is everywhere, from your smartphone to the grocery store to city streets. But do we really want to be constantly tracked? Law enforcement finds it immensely helpful, but many experts say it's a massive invasion of privacy that needs limitation. Experts discuss.	1:50	13:30
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Host & Producer: Reed Pence

Guests: Dr. Michal Kosinski, Associate Professor of Organizational Behavior, Stanford University Graduate School of Business; Shawn Shan, PhD candidate, University of Chicago and member of team developing Fawkes facial recognition cloaking software

Compliance issues: Discrimination, Law Enforcement, Public Safety, Economics, Social Media, Technology, Right to Privacy, Consumerism

Links: [More info about Michal Kosinski](#)
[More info about Shawn Shan - University of Chicago Department of Computer Science](#)
[The Economist Article - "What Machines Can Tell From Your Face: Life in the age of facial recognition"](#)
[Download Fawkes cloaking software from the University of Chicago SAND Lab website](#)

SEGMENT 2:	ANIMAL, VEGETABLE, CRIMINAL: WILDLIFE LAWBREAKERS	Time	Duration
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Synopsis:	Wild animals carry out "criminal acts" with amazing frequency, ranging from simple breaking and entering to theft to manslaughter. Wildlife managers spend much of their time trying to prevent these acts or clean up after them. Noted science writer Mary Roach discusses animal criminals and how human behavior is encroaching on wildlife habitat, forcing them into more criminal acts than ever.	16:25	6:35
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Host: Nancy Benson

Producer: Reed Pence

Guests: Mary Roach, author, Fuzz: When Nature Breaks the Law

Compliance issues: Economic Development, Wildlife, Law Enforcement, Environment

Links: [Fuzz: When Nature Breaks the Law by Mary Roach](#)

Program 21-45	Executive Producer:	Reed Pence
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Air Week:
11/7/21

Studio Production: Jason Dickey

SEGMENT 1:	PREVENTING MILITARY SUICIDES	Time	Duration
Synopsis:	Climate change has been discussed as a serious issue impacting future generations. However, the recent rash of extreme weather worldwide, which has killed hundreds, is making scientists wonder if we have reached a turning point more quickly than we thought. Experts explain how climate change results in droughts, floods, and other severe weather and the signals it provides of danger immediately ahead.	1:50	13:30
Host & Producer:	Reed Pence		
Guests:	Dr. Ben Suitt, Contributor, Costs of War Project, Brown University and Boston University; Dr. Carla Stumpf Patton, Senior Director of Suicide Postvention, Tragedy Assistance Program for Survivors (TAPS), and a survivor of suicide loss		
Compliance issues:	Family Issues, Gender Issues, Suicide, Sexual Assault, Mental Health, Military, Health Care, Veteran's Issues		
Links:	Cost of War Project - Profile for Thomas H. "Ben" Suitt, III Stated mission of TAPS Stop Soldier Suicide - Military Suicide: What you should know 8 Ways to Cope After a Suicide Loss		
Additional Resources:	TEXT "hello" to 741741; National Suicide Prevention Lifeline: 800-273-8255		

SEGMENT 2:	THE STRUGGLES OF TWINLESS TWINS	Time	Duration
Synopsis:	Twins share a bond that can't be understood by non-twins. When one twin suddenly dies, it can leave a huge hole and in the life of the other. A twinless twin who became a therapist specializing in twin loss discusses the issue.	16:25	6:35
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Mary R. Morgan, psychotherapist and author, Beginning With the End: A Memoir of Twin Loss and Healing		
Compliance issues:	Family Issues, Education, Mental Health		
Links:	Mary R. Morgan, L.M.S.W. - Twinless Twins Support Group Bio Twinless Twins Support Group International		

Program 21-46	Executive Producer:	Reed Pence
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Air Week:
11/14/21

Studio Production: Jason Dickey

SEGMENT 1:	STAFFING STRUGGLES THREATEN SURVIVAL OF RURAL HOSPITALS	Time	Duration
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Synopsis:	Rural hospitals have long struggled to maintain staffing levels of nurses and other professionals that are adequate for good care. The pandemic has made it much worse, as staffers have quit and patient loads have increased. Experts discuss the roots of the staff shortage, the effects on care safety, the extreme cost of efforts to attract and retain staff, and the threat to hospital survival posed by the problem.	1:50	12:02
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Host & Producer: Reed Pence

Guests: Brock Slabach, Chief Operations Officer, National Rural Health Association (NRHA); John Henderson, President and CEO, Texas Organization of Rural & Community Hospitals (TORCH)

Compliance issues: Economics, Health Care, Rural Issues, Employment and Workplace Issues, Education, Public Health, Employment Issues

Links: [About NRHA - National Rural Hospital Health Association website](#)
[Texas A&M School of Public Health staff profile - John Henderson](#)

SEGMENT 2:	PERIPHERAL ARTERY DISEASE	Time	Duration
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Synopsis:	Many people are unfamiliar with arterial blockages away from the heart. Peripheral artery disease, or PAD, affects African Americans much more than other populations for unknown reasons. An expert physician discusses PAD, the possible consequences, warning signs, and a clinical trial of treatments.	14:54	7:32
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Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Jennifer Jones-McMeans, Director, Global Clinical Affairs, Abbott Vascular

Compliance issues: Health Care, Diversity, Minority Issues, Prevention, Technology

Links: [LIFE-BTK STUDY](#)
[Diversity in Clinical Trials](#)

Program 21-47		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	11/21/21		
SEGMENT 1:	HOMELESS AMERICANS: MYTH VS. REALITY	Time	Duration
Synopsis:	Around a half million people are homeless in the US on any given night, but the street homeless who are most visible often incorrectly influence our assumptions about the homeless. A noted researcher discusses myths and truths about their addictions, employment, residences, and more, and why people often become homeless.	1:48	11:35
Host & Producer:	Reed Pence		
Guests:	Dr. Deborah Padgett, Professor of Social Work and Global Public Health, Silver School of Social Work, New York University		
Compliance issues:	Mental Illness, Affordable Housing, Economics, Employment and Unemployment, Crime, Addiction and Substance Abuse, Homelessness, Poverty		
Links:	Deborah K. Padgett, PhD - Fellow at the American Academy of Social Work & Social Welfare		
SEGMENT 2:	OLDER DADS, YOUNGER KIDS	Time	Duration
Synopsis:	A National Book Award-winning author discusses his experience as a first-time dad at 56, and now as a 73-year old father with teenagers.	14:25	8:00
Host:	Nancy Benson		
Producer:	Polly Hansen		
Guests:	Tim O'Brien, author of Dad's Maybe Book		
Compliance issues:	Generational Issues, Parenting, Parenting Issues		
Links:	Tim O'Brien Biography, Books and Facts - famousauthors.com		

Program 21-48	Executive Producer:	Reed Pence
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Air Week:
11/28/21

Studio Production: Jason Dickey

SEGMENT 1:	KIDS' COVID VACCINES: FACT AND FICTION	Time	Duration
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Synopsis:	Covid-19 vaccines are now approved for children as young as 5, but while people are afraid of getting the vaccine themselves, they're even more nervous about getting it for their children. Misinformation is accelerating against use of the vaccine in kids. Experts discuss and correct the most prevalent myths.	1:50	12:51
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Host & Producer: Reed Pence

Guests: Dr. Nirav Shah, Director of the Maine Center for Disease Control and President of the Association of State & Territorial Health Officials (ASTHO); Dr. Stan Spinner, Chief Medical Officer & Vice President, Texas Children's Pediatrics & Texas Children's Urgent Care; Dr. Anne Zink, Chief Medical Officer for the Alaska Department of Health & Social Services and the President-Elect of ASTHO; Dr. Jose Romero, Secretary of the Arkansas Department of Health; Dr. LaQuandra Nesbitt, Director of the District of Columbia Department of Health

Compliance issues: Consumerism, Health Care, Prevention, Children and Youth at Risk, Public Health

Links: [Dr. Nirav D. Shah | 2021 Mainers of the Year](#)
[Stanley W. Spinner, MD - Texas Children's Hospital](#)
[Anne Zink, MD, FACEP - ASTHO Member Directory](#)
[Secretary's Message - Arkansas Department of Health](#)
[LaQuandra S. Nesbitt MD, MPH - Washington D.C. Department of Health](#)

SEGMENT 2:	IMPROVING VACCINE COMMUNICATION	Time	Duration
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Synopsis:	The White House and many health officials have taken an aggressive approach to communicating the need for Covid-19 vaccines. Most people are prompted to get vaccinated by mandates and words that generate fear, but it's clear that they backfire with a sizable minority of others. A communications expert discusses how certain words motivate some groups and repel others.	15:43	7:18
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Host: Nancy Benson

Producer: Libby Foster

Guests: Professor S. Shyam Sundar, Co-Director of the Media Effects Research Laboratory at Penn State University

Compliance issues: Education, Consumerism, Federal Government, Politics, Communication

Links: [S. Shyam Sundar - Donald P. Bellisario College of Communications at Penn State](#)

Program 21-49 **Executive Producer:** Reed Pence

Air Week:
12/5/21

Studio Production: Jason Dickey

SEGMENT 1: WHEN TBI'S CHANGE PERSONALITY **Time** **Duration**

Synopsis: Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and cognitively. Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of a TBI victim discuss the many ways life changes after an injury and what can help to get them through the ordeal. 1:47 12:28

Host: Reed Pence

Producer: Morgan Kelly

Guests: Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotherapist and educator specializing in traumatic brain injuries; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University (VCU) School of Medicine, and Director of VCU Traumatic Brain Injury Model System of Care

Compliance issues: Family Issues, Public Safety, Public Health, Health Care, Rehabilitation, International Relations

Links: ['Are You My Husband?' - New York Times](#)
[Lori Weisman, MA, LMHC | Individual & Couples Therapist Specializing in Brain Injury](#)
[Jeffrey Kreutzer, Ph.D. - VCU Profile](#)

SEGMENT 2: ADDRESSING POST INTENSIVE CARE SYNDROME - HUMANIZING THE ICU **Time** **Duration**

Synopsis: Medicine in intensive care units has become so technically focused that many doctors believe they've lost their connection with the humanity of patients, and a high degree of patients are experiencing post intensive care syndrome. 15:17 7:35

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. Wes Ely, Professor of Medicine and Critical Care at Vanderbilt University, Grant W. Liddle Chair in Medicine, Associate Director of Critical Illness, Brain Dysfunction and Survivorship (CIBS), and author of the book Every Deep-Drawn Breath

Compliance issues: Consumerism, Health Care, Medicine, Education, Communication, Technology

Links: [Vanderbilt University School of Medicine - Faculty Profile for Dr. Ely](#)
[Dr. Ely's book Every Deep-Drawn Breath](#)
['A stay in the ICU can be terrifying. It might not get better after release.' - The Washington Post](#)

Program 21-50	Executive Producer:	Reed Pence
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Air Week:
12/12/21

Studio Production: Jason Dickey

SEGMENT 1:	THE DAMAGE OF TOO LITTLE SLEEP	Time	Duration
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Synopsis:	Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechanisms behind those hazards is leading scientists to strengthen their warnings.	1:50	11:12
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Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Chris DeSouza, Professor of Integrative Physiology at the University of Colorado; Dr. Ehsan Shokri-Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging

Compliance issues: Public Health, Consumerism, Health Care

Links: [Dr. Chris DeSouza Bio](#)
[NIH Laboratory of Neuroimaging](#)

SEGMENT 2:	BUILDING THE COVID VACCINE	Time	Duration
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Synopsis:	The vaccine for Covid-19 was developed with record speed while still following required safety protocols. A noted investigative reporter discusses the development process he uncovered for his exhaustive book and explains why the hundreds of interviews he did have reassured him that the vaccine is safe.	14:04	8:14
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Host: Nancy Benson

Producer: Reed Pence

Guests: Gregory Zuckerman, Special Writer at The Wall Street Journal, and author of A Shot to Save the World: The Inside Story of the Life-or-Death Race for a Covid-19 Vaccine

Compliance issues: Health Care, Medicine, Vaccination, Communication, Education, Technology, Consumerism

Links: [A Shot to Save the World by Gregory Zuckerman: 9780593420393 | PenguinRandomHouse.com](#)
[gregoryzuckerman.com](#)
[Gregory Zuckerman - News, Articles, Biography, Photos - WSJ.com](#)

Program 21-51		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	12/19/21		
SEGMENT 1:	EASING THE OPIOID EPIDEMIC	Time	Duration
Synopsis:	Drug overdoses killed more than 100,000 Americans in the first year of the Covid-19 pandemic, as pressures built and users sometimes had to get their fix from unfamiliar sources. Experts discuss how the pandemic cost lives beyond Covid, and how surgical painkiller drug substitutions are beginning to keep some people from going down the opioid path.	1:50	13:00
Host & Producer:	Reed Pence		
Guests:	Dr. Thomas Stopka, Associate Professor of Public Health and Community Medicine, Tufts University; Dr. Luke Elms, general surgeon, Orlando Health Dr. P. Phillips Hospital		
Compliance issues:	Substance and Drug Abuse, opioids, heroin & fentanyl, Drug Overdoses and Opioids, Public Health, Addiction and Substance Abuse, Consumerism, Federal Government, Health Care, Opioid Epidemic, Substance Abuse Treatment, State Government and Legislation		
Links:	Thomas Stopka, Ph.D., MHS – Tufts University profile Survey: Most willing to forgo opioids after surgery if pain can be effectively managed without them		
SEGMENT 2:	NEW OVER-THE-COUNTER HEARING AID CATEGORY	Time	Duration
Synopsis:	Many people who need hearing aids never get them, in part because they currently require a prescription and expensive treatment. An expert discusses the FDA's new proposed category of over-the-counter hearing aids.	15:52	7:15
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Barbara Kelley, Executive Director of the Hearing Loss Association of America		
Compliance issues:	Education, Public Health, Technology, Consumerism, Health Care		
Links:	Barbara Kelley Bio - hearingloss.org		

Program 21-52		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	12/26/21		
SEGMENT 1:	SAVING PRESCHOOL EDUCATION	Time	Duration
Synopsis:	Preschool teachers have left the profession in huge numbers, closing some schools and threatening others. With nowhere to safely leave their children, millions of people are unable to return to work, sabotaging economic recovery. An expert discusses the low wages behind the 10% (or more) drop in early educators and how current legislation may finally turn the industry around.	1:50	11:32
Host & Producer:	Reed Pence		
Guests:	Lauren Hogan, Managing Director for Policy and Professional Advancement, National Association for the Education of Young Children		
Compliance issues:	Pandemic Policy, Economics, Public Health, Education, Children and Youth at Risk, Legislation and Policy, Federal Government, Employment and Unemployment		
Links:	Lauren Hogan NAEYC		
SEGMENT 2:	ADVANCES THAT MAY ELIMINATE SCARRING	Time	Duration
Synopsis:	Scars are a public health as well as aesthetic threat, as internal scars can compromise the function of organs and tissues. Scientists are now devising medications that promote healing without producing scars. One of the scientists on the front lines discusses how these medicines work and their possible uses.	14:24	8:33
Host:	Nancy Benson		
Producer:	Polly Hansen		
Guests:	Dr. Michael Longaker, Professor of Surgery and Director, Institute of Stem Cell Biology and Regenerative Medicine, Stanford University		
Compliance issues:	Health Care, Consumerism, Technology, Public Health, Education		
Links:	Michael Longaker - Stanford Profile Longaker Laboratory		

PPR Oct 2021

Entertainment Children/Youth 10/2-10/12

Dansville Public Library Storytime for Busy Bees for children ages 2-3 yrs old. Each week toddlers and their adults will engage in an interactive session with stories, songs and fingerplays. Register at 335-6720.

Education Adults/Seniors 9/25-10/2

Dansville Area Historical Society Annuia Dinner, Saturday, Oct 2 at 6pm at the Legion, 24 Elizabeth St. Chicken Parmesan dinner followed by the Livingston County Historian, Amie Alden's program on '200 Years of Livingston County'. Tickets \$18. Call 585-733-5036.

Community All Ages 10/13-10/23

Annual Cuylerville Vendor Event, Saturday, Oct 23 from 10a-4p at Cuylerville FD Hall, 2943 Canandaigua St, Leicester. Proceeds/Donations will go to Teresa House Comfort Care Home, Geneseo.

PPR Nov 2021

Entertainment Youth/Children 11/9-11/22

Dansville Public Library Baby Bookworm Storytime for ages 6 months to 2 years every Monday at 1:30. Enjoy books, songs & rhymes. Makerspace Challenge every second Tuesday from 6-7:30 for 2nd-4th grade children.

Community All Ages 11/1-11/7

Veterans Day Chicken BBQ, Sunday, Nov 7 from 12-3p at Dansville American Legion, 34 Elizabeth St. \$10 donation. Pre-sale tickets available at the Legion. Pre-sale dinners held until 3pm. Drive-in / Take out.

Education Adult/Seniors 11/9-11/16

Cornell Cooperative Extension free workshop, Tues, Nov 16 at St Paul's Church in Cohocton from 7-8pm. Tips on cooking for 1, 2 or 3 people. Suggestions on how to eat healthy for less money. All welcome.

PPR Dec 2021

Education Youth/Adult 11/20-12/4

Snowmobile Safety Certification Course, Sat Dec 4 from 8a-4p at Humphrey Nature Center, Letchworth State Park, Castile. For ages 10-18. Pre-registration is required. To register or more info call 585-658-4692.

Health Adult/Seniors 12/4-12/20

The American Red Cross is in critical need of blood. There are many different times available to donate the gift of life. Visit Red Cross dot Org or call 1-800-redcross to make an appointment near your house.

Entertainment All Ages 11/20-12/4

Dansville Winter in the Village, Sat Dec 4 from 8a-9p on Main St. Family activities, shopping opportunities, visit from Santa, parade, ice sculptures, fantasy of lights and much more.