

## Q2 Public Service Programming

Quarterly Issues Program List

WJZN(AM)

April 1, 2023 through May 1, 2023\*

(WJZN[AM] became silent effective 5/1/2023)

### Section 1 - Issues

The stations have identified the following topics as significant issues facing our community during the above referenced period.

- A. **First Aid** – In many parts of Maine, first responders may be 15 minutes (or more) away from where an accident took place or where emergency first responders are needed. As a result, it is important that everyone know basic first aid.
- B. **Sexual Assaults** – Maine has no criminal statute of limitations for many sexual crimes, including child sexual abuse, incest, and rape. Earlier in the year, a man was charged in Maine with incest, gross sexual assault.
- C. **Mental Health & Mass Violence** – Many perpetrators of violent acts end up being diagnosed with a psychological problem. It makes you wonder whether those “mental health issues” are the true cause of the problem or just a scapegoat for the underlying issue. In recent years, Central Maine has seen several violent acts done by individuals who suffer from mental health issues. Many of those cases turned into a critique of Maine’s mental health system.

### Section 2 - Programming

WJZN(AM) broadcasts Radio Health Journal Sunday mornings at 6 AM

See attached program log.

**Program Log for Radio Health Journal**

<b>Program</b>	23-14	<b>Written &amp; Produced</b>	Kristen Farrah
<b>Air Week</b>	4/02/23	<b>Production Manager</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	<b>SEGMENT 1: SAVING YOURSELF: WHAT TO DO IN AN EMERGENCY SITUATION</b>	11:18
	Synopsis: When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity Compliance issues covered: emergency medicine; pre-hospital care; paramedics; trauma victims; healthcare; explosion; patient safety; public health; first responders; ambulance; first aid Links for information: <a href="https://www.linkedin.com/in/claire-park-717451113/?originalSubdomain=uk">https://www.linkedin.com/in/claire-park-717451113/?originalSubdomain=uk</a> <a href="https://twitter.com/RebFogg?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor">https://twitter.com/RebFogg?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</a> <a href="https://www.penguinrandomhouse.com/books/617491/beautiful-trauma-by-rebecca-fogg/#">https://www.penguinrandomhouse.com/books/617491/beautiful-trauma-by-rebecca-fogg/#</a> <a href="https://www.londonsairambulance.org.uk/">https://www.londonsairambulance.org.uk/</a> <a href="https://twitter.com/clairepark01?lang=en">https://twitter.com/clairepark01?lang=en</a>	
13:08	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:60
14:08	:02 PAUSE FOR LOCAL AVAIL	:02
14:10	<b>SEGMENT 2: HAPPY ACCIDENTS IN SCIENCE THAT CREATED THE PRODUCTS WE USE EVERY DAY</b>	8:21
	Synopsis: Not all scientific discovery is on purpose. In fact, many important breakthroughs were by accident, like insulin and x-rays. Our experts discuss why we should look at failures as a starting point rather than the end of the road. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Erin Heath, Director of Federal Relations, The American Association for the Advancement of Science; Dr. Jean Carruthers, Clinical Professor of Ophthalmology, University of British Columbia, Pioneer of Cosmetic Botox Compliance issues covered: cosmetic botox; ophthalmology; beauty industry; patient safety; consumerism Links for information: <a href="https://carrutherscosmetic.com/about/">https://carrutherscosmetic.com/about/</a> <a href="https://www.goldengooseaward.org/">https://www.goldengooseaward.org/</a> <a href="https://www.instagram.com/carrutherscosmetic/?hl=en">https://www.instagram.com/carrutherscosmetic/?hl=en</a> <a href="https://www.aaas.org/">https://www.aaas.org/</a> <a href="https://twitter.com/PublicHeath">https://twitter.com/PublicHeath</a> <a href="https://www.linkedin.com/in/jeancarruthers/?originalSubdomain=ca">https://www.linkedin.com/in/jeancarruthers/?originalSubdomain=ca</a> <a href="https://www.aaas.org/person/erin-heath-0">https://www.aaas.org/person/erin-heath-0</a>	
22:31	SPOTBREAK 3: Procter Gamble "Metamucil" Pfizer Consumer Healthcare "Vyndamax" O'Reilly Auto Parts "O'Reilly" Progressive Insurance Co "Progressive" OUTCUE: ...third party insurers	:30 :30 :30 :30
24:31	Medical Notes & News. Host: Shel Lustig	1:59
26:30	SPOTBREAK 4: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:29 :30
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

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## Program Log for *Radio Health Journal*

Program	23-15	Written & Produced	Kristen Farrah
Air Week	4/09/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Macy's "Earth Month"	OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	<b>SEGMENT 1: TIKTOK TICS: CAN SOCIAL MEDIA CAUSE NEUROLOGIC DISORDERS?</b>	12:29	
	Synopsis: Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center Compliance issues covered: functional neurologic disorder; social media; psychology; modeling; chronic tics; tourette syndrome; covid; pandemic; therapy; anxiety; depression; vulnerable populations Links for information: <a href="https://onlinelibrary.wiley.com/doi/10.1111/ene.15611">https://onlinelibrary.wiley.com/doi/10.1111/ene.15611</a> <a href="https://twitter.com/dlarsonmd4?lang=en">https://twitter.com/dlarsonmd4?lang=en</a> <a href="https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=47830">https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=47830</a> <a href="https://www.cincinnatichildrens.org/bio/z/nicole-zahka">https://www.cincinnatichildrens.org/bio/z/nicole-zahka</a>		
14:19	SPOTBREAK 2: Procter & Gamble "Metamucil" Pfizer Consumer Healthcare "Vyndamax"	OUTCUE: ...sponsored by pfizer	:30 :30
15:19	:02 PAUSE FOR LOCAL AVAIL	:02	
15:21	<b>SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA</b>	7:04	
	Synopsis: Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Patti Feuereisen, Psychotherapist, Author, <i>Invisible Girls</i> ; Compliance issues covered: incest; sexual trauma; sexual abuse; therapy; psychology; rape, assault Links for information: <a href="https://www.invisiblegirlsthive.com/about-dr-patti">https://www.invisiblegirlsthive.com/about-dr-patti</a> <a href="https://www.sealpress.com/titles/patti-feuereisen-phd/invisible-girls/9781580058605/">https://www.sealpress.com/titles/patti-feuereisen-phd/invisible-girls/9781580058605/</a>		
22:25	SPOTBREAK 3: Procter & Gamble "Prilosec" AutoZone "Services Mashup" Pfizer Consumer Healthcare "Vyndamax" Macy's "Earth Month"	OUTCUE: ...slash purpose	:30 :30 :30 :30
24:25	Medical Notes & News. Host: Shel Lustig	2:01	
26:26	SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Procter & Gamble "Prilosec"	OUTCUE: ...immediate relief	:30 :29
27:25	Program Conclusion	:31	
27:26	TOTAL TIME		

## Program Log for *Radio Health Journal*

<b>Program</b>	23-16	<b>Written &amp; Produced</b>	Kristen Farrah
<b>Air Week</b>	4/16/23	<b>Production Manager</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	<b>SEGMENT 1: HOW SAFETY NET HOSPITALS INCREASE ACCESS TO HEALTH CARE</b>	10:46
	Synopsis: Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, <i>The People's Hospital</i> Compliance issues covered: healthcare; medicaid; medicare; safety net hospitals; private hospitals; public health system; health insurance; vulnerable populations; patient safety; emergency medicine Links for information: <a href="https://www.simonandschuster.com/books/The-Peoples-Hospital/Ricardo-Nuila/9781501198045">https://www.simonandschuster.com/books/The-Peoples-Hospital/Ricardo-Nuila/9781501198045</a> <a href="https://www.ricardonuila.com/">https://www.ricardonuila.com/</a> <a href="https://www.bcm.edu/people-search/ricardo-nuila-27858">https://www.bcm.edu/people-search/ricardo-nuila-27858</a> <a href="https://www.harrishealth.org/">https://www.harrishealth.org/</a>	
12:35	SPOTBREAK 2: Procter & Gamble "Metamucil" Macys "Earth Month" OUTCUE: ...slash purpose	:30 :31
13:36	:02 PAUSE FOR LOCAL AVAIL	:02
13:38	<b>SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?</b>	9:13
	Synopsis: We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. David Andrews, Senior Scientist, Environmental Working Group Compliance issues covered: natural flavors; diet; processed foods; consumerism; organic; flavor; chemistry; ingredients; addiction; artificial flavors; FDA regulations; nutrition labels Links for information: <a href="https://www.ewg.org/news-insights/our-experts/david-andrews-phd">https://www.ewg.org/news-insights/our-experts/david-andrews-phd</a> <a href="https://twitter.com/dqasci">https://twitter.com/dqasci</a> <a href="https://www.ewg.org/foodscores/content/natural-vs-artificial-flavors/">https://www.ewg.org/foodscores/content/natural-vs-artificial-flavors/</a> <a href="https://www.ewg.org/foodscores/">https://www.ewg.org/foodscores/</a>	
22:51	SPOTBREAK 3: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "King C Gillette" Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30 :30 :31
24:52	Medical Notes & News. Host: Shel Lustig	1:33
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:61
27:26	Program Conclusion	:30
27:56	TOTAL TIME	

**Program Log for *Radio Health Journal***

<b>Program</b>	23-17	<b>Written &amp; Produced</b>	Kristen Farrah & Reed Pence
<b>Air Week</b>	4/23/23	<b>Production Manager</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :29
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	<b>SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?</b>	10:38
	Synopsis: Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffrey Lieberman, Professor of Psychiatry, Columbia University Compliance issues covered: gun violence; mass violence; mass shooting; mass murder; mental health; mental illness; federal law; state and federal regulations; education; state government Links for information: <a href="https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md">https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md</a> <a href="https://www.thenationalcouncil.org/people/joe-parks-md/#:~:text=Joe%20Parks%2C%20M.D.%2C%20currently%20serves,Louis.">https://www.thenationalcouncil.org/people/joe-parks-md/#:~:text=Joe%20Parks%2C%20M.D.%2C%20currently%20serves,Louis.</a> <a href="https://www.linkedin.com/in/joseph-parks-9b3119140?trk=public_profile_samename-profile">https://www.linkedin.com/in/joseph-parks-9b3119140?trk=public_profile_samename-profile</a>	
12:28	SPOTBREAK 2: Procter & Gamble "Bounty" Capital One "Quicksilver" OUTCUE: ...com for details	:30 :30
13:28	:02 PAUSE FOR LOCAL AVAIL	:02
13:30	<b>SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR</b>	8:44
	Synopsis: Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli Compliance issues covered: protein; chemistry; sugar; snacks; diet; artificial sweeteners; consumerism; health; public health; evolution; sugar alternatives Links for information: <a href="https://chemistry.berkeley.edu/faculty/cbe/ryder">https://chemistry.berkeley.edu/faculty/cbe/ryder</a> <a href="https://www.linkedin.com/in/jason-ryder">https://www.linkedin.com/in/jason-ryder</a> <a href="https://oobli.com/">https://oobli.com/</a> <a href="https://journals.sagepub.com/doi/full/10.1177/23978473231151258">https://journals.sagepub.com/doi/full/10.1177/23978473231151258</a>	
22:14	SPOTBREAK 3: Procter & Gamble "Prilosec" Cox "Auto Trader" Macy's "Earth Month" Procter & Gamble "Metamucil" OUTCUE: ...Metamucil everyday	:30 :30 :30 :30
24:14	Medical Notes & News. Host: Shel Lustig	2:11
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
27:25	Program Conclusion	:30
27:55	TOTAL TIME	

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**Program Log for *Radio Health Journal***

<b>Program</b>	23-18	<b>Written &amp; Produced</b>	Kristen Farrah
<b>Air Week</b>	4/30/23	<b>Production Manager</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "TacoGen2109" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	<b>SEGMENT 1: "I'M NOT DYING, BUT IS THAT GOOD ENOUGH?": IMPROVING LUPUS RESEARCH</b>	10:31
	Synopsis: Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC Compliance issues covered: lupus; autoimmune disease; FDA; governmental organizations; scientific research; non-profit; patient safety Links for information: <a href="https://www.lupusresearch.org/">https://www.lupusresearch.org/</a> <a href="https://www.fda.gov/drugs/drug-safety-and-availability/fda-launches-lupus-treatment-consortium-partnership-lupus-research-alliance">https://www.fda.gov/drugs/drug-safety-and-availability/fda-launches-lupus-treatment-consortium-partnership-lupus-research-alliance</a> <a href="https://www.linkedin.com/in/veronicavargascgill/">https://www.linkedin.com/in/veronicavargascgill/</a> <a href="https://www.linkedin.com/in/teodora-p-staeva-7596263/">https://www.linkedin.com/in/teodora-p-staeva-7596263/</a>	
12:21	SPOTBREAK 2: Procter & Gamble "Prilosec" Procter & Gamble "Febreze Car" OUTCUE: ...la la la la	:29 :30
13:20	:02 PAUSE FOR LOCAL AVAIL	:02
13:22	<b>SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS</b>	9:02
	Synopsis: Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University Compliance issues covered: public health; sleep health; exercise; diet; whole foods; sugar; nutrition; caffeine; alcohol consumption; brain function; chronic health problems; diabetes; obesity; heart disease Links for information: <a href="https://greghammermd.com/">https://greghammermd.com/</a> <a href="https://profiles.stanford.edu/gregory-hammer">https://profiles.stanford.edu/gregory-hammer</a> <a href="https://www.instagram.com/greghammermd/?fbclid=IwAR08RtCD6juj2VKCFywH8_ozzl64h-pJU0-9F0MbmO89Yc8WmwxyzpsziA">https://www.instagram.com/greghammermd/?fbclid=IwAR08RtCD6juj2VKCFywH8_ozzl64h-pJU0-9F0MbmO89Yc8WmwxyzpsziA</a>	
22:24	SPOTBREAK 3: Pfizer Consumer Healthcare "Xeljanz Rheum" Procter & Gamble "Pepto Bismol" Procter & Gamble "Downy Rinse & Refresh" OUTCUE: ...at target	:60 :29 :30
24:23	Medical Notes & News. Host: Shel Lustig	2:06
26:29	SPOTBREAK 4: Procter & Gamble "Metamucil" Procter & Gamble "Tide" OUTCUE: ...versus tide pods	:30 :30
26:29	Program Conclusion	:30
27:59	TOTAL TIME	