



WMJX / WMJX-HD1

QUARTERLY ISSUES AND PROGRAMS REPORT

1st QUARTER 2024 (January, February, March)

RADIO HEALTH JOURNAL

Issue: BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL

Aired: 1/7/24

Time: 1:50

Duration: 12:59

Host: Reed Pence

Show Description: We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor's appointment.

Issue: DOES A GOOD BEDSIDE MANNER SAVE LIVES?

Aired: 1/7/24

Time: 15:50

Duration: 7:02

Host: Nancy Benson

Show Description: Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the

machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives.

Issue: 3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE

Aired: 1/14/24

Time: 1:48

Duration: 11:52

Host: Reed Pence

Show Description: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all.

Issue: NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS

Aired: 1/14/24

Time: 14:42

Duration: 7:50

Host: Nancy Benson

Show Description: So many of us have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.

Issue: MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE?

Aired: 1/21/24

Time: 1:47

Duration: 12:28

Host: Reed Pence

Show Description: American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis.

Issue: DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?

Aired: 1/21/24

Time: 15:17

Duration: 7:43

Host: Nancy Benson

Show Description: We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Our expert explains the benefits of giving your children mental health days and how to prepare them for future obstacles.

Issue: EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT?

Aired: 1/28/24

Time: 1:49

Duration: 10:53

Host: Reed Pence

Show Description: Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron.

Issue: MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS

Aired: 1/28/24

Time: 13:44

Duration: 8:39

Host: Nancy Benson

Show Description: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services.

EXCEPTIONAL WOMEN PODCAST

Issue: Women / Entrepreneurship

Aired: 1/21/24

Time: 7:30am to 8:00am

Show Description: Kendra talked with Kate Middlemiss, the President and Founder of The Joseph Middlemiss Big Heart Foundation about their ongoing mission to support other heart families and promote cardiomyopathy awareness and research. Kate and her husband Scott co-founded The Joseph Middlemiss Big Heart Foundation after the sudden loss of their six-year old son Joseph, from cardiomyopathy. One of the ways their foundation is making an impact is through their annual Heart Ball event which is coming up on February 3rd.

Issue: Women / Entrepreneurship

Aired: 1/28/24

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with Kim Carrigan, one of Boston's most popular and trusted media personalities. Kim is well known for her work on TV and radio but in our conversation today she is going to talk about an exciting new project.... "Carrigan and Company!"

Issue: Women / Entrepreneurship

Aired: 2/4/24

Time: 7:30am to 8:00am

Show Description: Kendra talked with Candace Perreault, Katie Billingsley and Keri McGloin, three mothers and friends who started Rock the Spectrum Foundation in 2019 in order to fund initiatives like specialized swim lessons, Inclusion sports tuition, assistive devices for families affected by an Autism Diagnosis. We talked about their flagship fundraiser- an annual gala held in November each year at Danversport - and their upcoming Prom Dress Drive happening on March 16th.

Issue: Women / Entrepreneurship

Aired: 2/25/24

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with Dr. Patti Fletcher, an award winning Chief Marketing Officer at LeapGreat, CEO and Co-Founder at PSDNetwork and CEO, Creator and Executive Producer at Disrupter Productions. We were thrilled to talk with her about her book, *Disrupters: Success Strategies From Women Who Break The Mold*.

Issue: Women / Entrepreneurship

Aired: 3/10/24

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with a former colleague and radio veteran, Loren Bosso. With 13 years of award-winning radio experience under her belt, Loren shared her story of fighting through depression after suddenly losing her job, to then creating a successful public speaking coaching business for kids!

Issue: Women / Entrepreneurship

Aired: 3/17/24

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with Major Kate Rubins of the US Army Reserve about her incredible career and being the first person ever to sequence D-N-A in space as an astronaut and has championed cutting-edge research as a soldier.

Issue: Women / Entrepreneurship

Aired: 3/31/24

Time: 7:30am to 8:00am

Show Description: Kendra talked with Tricia Sabulis, one of the Board Members for Partners in Child Development, formerly known as the Professional Center for Child Development in Andover, MA. The PCD is a school that offers education and therapies for children of all abilities. Through their core programs and workshops, they are dedicated to providing all children a solid foundation for lifelong learning. The school's 50th anniversary is approaching and their Hearts of Gold Gala is happening on April 27th at the Andover Country Club.