

**Public Affairs programming and activities for Audacy – Portland, OR
Quarter 3 – 2023**

**Weekly programming:
(TERRESTRIAL)**

KGON – SUNDAY MORNING – 6A – 7A

09900 – 6a-6:30a – Let's Talk Portland - 30 minutes
09905 – 6:30a- 7a – Radio Health Journal – 28 minutes

KNRK – SUNDAY MORNING – 6A – 7a

09900 – 6a - 6:30a – Radio Health Journal – 28 minutes
09905 – 6:30a – 7a - Let's Talk Portland - 30 minutes

KMTT – MONDAY EVENING – 11P – 12A

09900 – 11P – 11:30P - Let's Talk Portland - 30 minutes
09905 – 11:30P – midnight - Radio Health Journal – 28 minutes

KYCH – SUNDAY MORNING – 6A – 7A

09900 – 6a – 6:30a – Let's Talk Portland - 25 minutes
09905 – 6:30a – 7a - Radio Health Journal – 28 minutes

KRSK – SUNDAY MORNING – 7A - 8A

09900 – 7A –7:30A – Let's Talk Portland - 30 minutes
09905 – 7:30A – 8A - Radio Health Journal – 28 minutes

KWJJ – SUNDAY NIGHT – 11P – MIDNIGHT

09905 – 6a - 6:30a - Let's Talk Portland - 30 minutes
09900 – 6:30a – 7a - Radio Health Journal – 28 minutes

KFXX – SUNDAY NIGHT – 11P – MIDNIGHT

09900 – 11p –11:30pm. - Let's Talk Portland - 30 minutes
09905 – 11:30P – 12:00AM - Radio Health Journal – 28 minutes

(HD RADIO)

~~**KGON HD 2—SUNDAY MORNING—6A—7A**~~

~~09900—6A-6:30A—Let's Talk Portland—30 minutes
09905—6:30A—7A—Radio Health Journal—28 minutes~~

~~**KNRK HD-2— MONDAY EVENING — 11P — 12A**~~

~~09900 — 11P — 11:30P - Let's Talk Portland - 30 minutes
09905 — 11:30P — midnight - Radio Health Journal — 28 minutes~~

~~**KNRK HD-3— SUNDAY MORNING — 6A — 7A**~~

~~09900 — 6A-6:30A - Let's Talk Portland - 30 minutes
09905 — 6:30A — 7A - Radio Health Journal — 28 minutes~~

~~**KYCH HD 2 —SUNDAY MORNING—6A—7A**~~

~~09900—6A-6:30A—Let's Talk Portland—30 minutes
09905—6:30A—7A—Radio Health Journal—28 minutes~~

~~**KWJJ — HD 2 —SUNDAY NIGHT—11P—MIDNIGHT**~~

~~09900—11p—11:30pm.—Let's Talk Portland—30 minutes
09905—11:30P—12:00AM—Radio Health Journal—28 minutes~~

~~**KWJJ — HD 3 — MONDAY EVENING — 11P — 12A**~~

~~09900 — 11P — 11:30P — Let's Talk Portland — 30 minutes
09905 — 11:30P — midnight — Radio Health Journal — 28 minutes~~

~~**KRSK HD 2 — MONDAY EVENING — 11P — 12A**~~

~~09905 — 11P — 11:30P — Radio Health Journal — 28 minutes
09900 — 11:30P — Midnight — Let's Talk Portland — 30 minutes~~

LET'S TALK PORTLAND Q3 2023

7/2/23

LET'S TALK PORTLAND

9900 – 25:00

WATERFRONT BLUES FESTIVAL

AN INTERVIEW WITH CHRISTINA FULLER WITH FULLER EVENTS AND FESTIVAL DIRECTOR OF THE WATERFRONT BLUES FEST AND JEREMY WILSON WITH THE JEREMY WILSON FOUNDATION ABOUT THE FESTIVAL, THE BENEFICIARIES OF THE FESTIVAL, INCLUDING THE JEREMY WILSON FOUNDATION, A NON-PROFIT THAT HELPS OUT LOCAL MUSICIANS WHEN THEY NEED IT MOST.

(COMMUNITY EVENT/LOCALMUSICIAN SUPPORT)

7/9/23

LET'S TALK PORTLAND

9900 – 25:00

JOURNEY UP

AN INTERVIEW WITH ANGELA POWELL, FOUNDER OF JOURNEY UP, A LOCAL NONPROFIT MADE UP OF SCHOOL BUS DRIVERS WHO COLLECT BACKPACKS, SCHOOL SUPPLIES, AND HYGIENE PRODUCTS FOR KIDS IN NEED AND ABOUT THEIR FUNDRAISING CAR SHOW.

(COMMUNITY EVENT/CHILD CHARITY)

7/16/23

LET'S TALK PORTLAND

9900 – 25:00

FORA HEALTH

AN INTERVIEW WITH MAREE WACKER, CEO OF FORA HEALTH TREATMENT AND RECOVERY ABOUT THE STATE OF MENTAL HEALTH AND ADDICTION IN THE STATE OF OREGON, THE CHALLENGES WITH THE WORKFORCE SHORTAGE, AND WHAT IS BEING DONE TO ADDRESS MENTAL HEALTH AND ADDICTION IN OREGON.

(ADDICTION AND MENTAL HEALTH)

7/23/23

LET'S TALK PORTLAND

9900 – 25:00

LINCOLN COUNTY HISTORICAL SOCIETY

AN INTERVIEW WITH SUSAN TISSOT, EXECUTIVE DIRECTOR OF THE LINCOLN COUNTY HISTORICAL SOCIETY, A NON-PROFIT IN NEWPORT, OREGON, ABOUT THE HISTORY, THE EXHIBITS, AND REASONS PEOPLE SHOULD VISIT.

(SOCIAL STUDIES/HISTORY)

7/30/23

LET'S TALK PORTLAND

9900 – 25:00

LINCOLN COUNTY HISTORICAL SOCIETY PART 2

AN INTERVIEW WITH SUSAN TISSOT, EXECUTIVE DIRECTOR OF THE LINCOLN COUNTY HISTORICAL SOCIETY, A NON-PROFIT IN NEWPORT, OREGON, ABOUT THE HISTORY, THE EXHIBITS, AND REASONS PEOPLE SHOULD VISIT.
(SOCIAL STUDIES/HISTORY)

8/6/23

LET'S TALK PORTLAND

9900 – 25:00

FERAL CAT COALITION OF OREGON

AN INTERVIEW WITH KAREN KRAUS, EXECUTIVE DIRECTOR OF THE FERAL CAT COALITION OF OREGON ABOUT THE WORK THEY DO SPAYING OR NEUTERING AND VACCINATING FERAL OR HOMELESS CATS. AND ABOUT THEIR CATS SAFE AT HOME PROGRAM WITH PORTLAND AUDUBON FEATURING THEIR UPCOMING CATIO HOME TOUR.
(ANIMAL WELFARE)

8/13/23

LET'S TALK PORTLAND

9900 – 25:00

UNION GOSPEL MISSION

AN INTERVIEW WITH YOUTHEARY SIM, WOMEN'S LIFE CHANGE DIRECTOR WITH UNION GOSPEL MISSION ABOUT THE WORK THEY TO PROVIDING SERVICES TO HOMELESS WOMEN AND THEIR CHILDREN, THE RECOVERY PROCESS, AND ABOUT THE NEW CENTER THEY ARE WORKING ON.
(HOMELESSNESS ADDICTION DOMESTIC VIOLENCE)

8/20/23

LET'S TALK PORTLAND

9900 – 25:00

UNION GOSPEL MISSION REPEAT DUE TO LAST MINUTE CANCELATION

AN INTERVIEW WITH YOUTHEARY SIM, WOMEN'S LIFE CHANGE DIRECTOR WITH UNION GOSPEL MISSION ABOUT THE WORK THEY TO PROVIDING SERVICES TO HOMELESS WOMEN AND THEIR CHILDREN, THE RECOVERY PROCESS, AND ABOUT THE NEW CENTER THEY ARE WORKING ON.
(HOMELESSNESS ADDICTION DOMESTIC VIOLENCE)

8/27/23

LET'S TALK PORTLAND

9900 – 25:00

SW WASHINGTON GOLF OPEN/CLARK COUNTY FOOD BANK

AN INTERVIEW WITH JEFF BEARD, FOUNDER OF THE SW WASHINGTON GOLF OPEN AND AUCTION, WHICH ARE BOTH A BENEFIT FOR THE CLARK COUNTY FOOD BANK.

(FOOD INSECURITY AND COMMUNITY EVENT)

9/3/23

LET'S TALK PORTLAND

9900 – 25:00

STUDENT LOAN INFO / SOFI

AN INTERVIEW WITH BRIAN WALSH, CERTIFIED FINANCIAL PLANNER AND STUDENT LOAN EXPERT WITH SOFI ABOUT HOW TO PREPARE TO BEGIN AGAIN PAYING STUDENT LOAN DEBT AND FINANCIAL ADVICE AND OPTIONS FOR REPAYMENT.

(FINANCIAL PLANNING)

9/10/23

LET'S TALK PORTLAND

9900 – 25:00

PACIFIC AUDIOLOGY CLINIC

AN INTERVIEW WITH DR. ALLISON BRADLEY, OWNER OF PACIFIC AUDIOLOGY CLINIC, AND DR. KATY MAWSON, AN AUDIOLOGIST AT THE CLINIC, ABOUT THE CAUSES OF HEARING LOSS, HOW TO PREVENT IT, AND THE ADVANCEMENTS IN HEARING AID TECHNOLOGY.

(MEDICAL)

9/17/23

LET'S TALK PORTLAND

9900 – 25:00

ALBERTINA KERR

AN INTERVIEW WITH ALLISON STARK, CEO OF ALBERTINA KERR, ONE OF THE LARGEST NON-PROFITS IN THE PACIFIC NORTHWEST, ABOUT THE WORK THEY DO WITH PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES AND MENTAL HEALTH CHALLENGES AND ABOUT SUICIDE PREVENTION MONTH.

(DISABILITY AWARENESS)

9/24/23

LET'S TALK PORTLAND

9900 – 25:00

ALBERTINA KERR PART 2

AN INTERVIEW WITH ALLISON STARK, CEO OF ALBERTINA KERR, ONE OF THE LARGEST NON-PROFITS IN THE PACIFIC NORTHWEST, ABOUT THE WORK THEY DO WITH PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES AND MENTAL HEALTH CHALLENGES AND ABOUT SUICIDE PREVENTION MONTH. (DISABILITY AWARENESS)

“I’M LISTENING”

I’M LISTENING IS A 2-HOUR MENTAL HEALTH AWARENESS PROGRAM HOSTED BY CARSON DALY THAT AIRED ON ALL AUDACY STATIONS FROM 7P-9P ON SEPTEMBER 20, 2023. EACH PORTLAND STATION AIRED 50 PROMOS FROM 9/13/23 THROUGH 9/25/23 ENCOURAGING LISTENERS TO TUNE IN AS IT PLAYED LIVE AND/OR REPLAY IT ON DEMAND FROM THE AUDACY APP.

Public Affairs Activities / Quarterly Recap for [KWJJ – 99.5 THE WOLF]

NW Regional Director of Marketing: Kyyle Cort

Quarter Ending: 9.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

KWJJ:

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 44

1THING_SUMMER APPLIANCE 15: 67

1THING_SUMMER APPLIANCE 30: 44

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 52

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 47

1THING_OZONE MONTH 15B: 46

1THING_OZONE MONTH 30A: 47

1THING_OZONE MONTH 30B: 45

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 142

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 183

OFSM RADIO SPOT #1: 65

OFSM RADIO SPOT #2: 66

9/5-9/30

STUDENT LOAN: 55

Kroger

7/1-9/30

XQME6867000 (PSA): 39

Oregon Department of Veterans Affairs

9/6-9/30

988 COMMERCIAL_V4: 58

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a

3. Did you volunteer your personal time for any non-profit this quarter?

Nick Steele volunteered his personal time to shoot and edit a video promoting the Clark County Veterans Associations Golf Tournament in July. The morning show talked to them on the air and shared the video on the wolf's social media pages. <https://fb.watch/nkFGT5GhCr/?mibextid=HSR2mg>

4. Was the station involved in any promotions for a non-profit? n/a

5. What new public service announcements were posted to the community page for your station during the quarter? n/a

6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Not at this time

Public Affairs Activities / Quarterly Recap for [KRSK – 105.1 THE BUZZ]

NW Regional Director of Marketing: Kyle Cort

Quarter Ending: 9.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 44

1THING_SUMMER APPLIANCE 15: 67

1THING_SUMMER APPLIANCE 30: 44

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 52

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 47

1THING_OZONE MONTH 15B: 46

1THING_OZONE MONTH 30A: 47

1THING_OZONE MONTH 30B: 46

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 141

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 182

OFSM RADIO SPOT #1: 66

OFSM RADIO SPOT #2: 66

9/5-9/30

STUDENT LOAN: 55

Kroger

7/1-9/30

XQME6867000 (PSA): 40

Clackamas Community College

7/28-8/4

AUGUST 5TH EVENT - PSA: 15

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a

2. Did you volunteer your personal time for any non-profit this quarter? n/a

4. Was the station involved in any promotions for a non-profit?

Liz and Mike marched in the Portland Pride Parade, benefitting Pride Northwest, on July 16th. KRSK donated 20 live promotional mentions 7/10-7/16.

Liz and Mike raised \$14,784 for Northwest Battle Buddies with their annual "Service Pet for a Vet" fundraiser. Promotion included 120 live/recorded on-air mentions.

Afternoon host, Jamie, hosts "Whiskers Wednesday" every Wednesday at 4:30pm, benefitting "Hazel's House" - a non-profit animal rescue out of Newberg, OR. Promotion includes 10 weekly on-air mentions, 1 weekly on-air interview and 1 weekly video post on KRSK's social media platforms.

5. What new public service announcements were posted to the community page for your station during the quarter? n/a

6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Not at this time.

Public Affairs Activities / Quarterly Recap for [KGON – 92.3]
NW Regional Director of Marketing: Kyle Cort

Quarter Ending: 9.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 44

1THING_SUMMER APPLIANCE 15: 66

1THING_SUMMER APPLIANCE 30: 44

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 52

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 48

1THING_OZONE MONTH 15B: 46

1THING_OZONE MONTH 30A: 47

1THING_OZONE MONTH 30B: 46

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 141

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 182

OFSM RADIO SPOT #1: 66

OFSM RADIO SPOT #2: 65

9/5-9/30

STUDENT LOAN: 56

Clackamas Community College

7/28-8/4

AUGUST 5TH EVENT - PSA: 15

Oregon Department of Veterans Affairs

9/6-9/30

988 COMMERCIAL_V4: 58

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a
3. Did you volunteer your personal time for any non-profit this quarter? n/a
4. Was the station involved in any promotions for a non-profit? n/a
5. What new public service announcements were posted to the community page for your station during the quarter? n/a
6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Not at this time.

Public Affairs Activities / Quarterly Recap for [KNRK – 94/7]
NW Regional Director of Marketing: Kyle Cort

Quarter Ending: 9.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 44

1THING_SUMMER APPLIANCE 15: 67

1THING_SUMMER APPLIANCE 30: 44

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 52

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 46

1THING_OZONE MONTH 15B: 44

1THING_OZONE MONTH 30A: 46

1THING_OZONE MONTH 30B: 45

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 142

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 182

OFSM RADIO SPOT #1: 66

OFSM RADIO SPOT #2: 66

9/5-9/30

STUDENT LOAN: 54

Kroger

7/1-9/30

XQME6867000 (PSA): 40

Clackamas Community College

7/28-8/4

AUGUST 5TH EVENT - PSA: 15

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a
3. Did you volunteer your personal time for any non-profit this quarter? n/a
4. Was the station involved in any promotions for a non-profit?
KNRK promoted a station event at Bantam Tavern on July 22, 2023 in celebration of our DJ Greg's co-host (dog) Biscuit's birthday where we solicited donations for a local non-profit organization, Stumptown Strays.
We also promoted the Portugal, The Man, Frances Changed My Life Block Party. There's a Facebook post on Sept. 4th and it was mentioned multiple times on air with Derric and Greg.
5. What new public service announcements were posted to the community page for your station during the quarter? n/a
6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Not at this time.

Public Affairs Activities / Quarterly Recap for [KYCH – 97.1 CHARLIE FM]
NW Regional Director of Marketing: Kyyle Cort
Quarter Ending: 9.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 44

1THING_SUMMER APPLIANCE 15: 67

1THING_SUMMER APPLIANCE 30: 44

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 52

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 47

1THING_OZONE MONTH 15B: 46

1THING_OZONE MONTH 30A: 47

1THING_OZONE MONTH 30B: 46

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 142

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 182

OFSM RADIO SPOT #1: 66

OFSM RADIO SPOT #2: 66

9/5-9/30

STUDENT LOAN: 56

Kroger

7/1-9/30

XQME6867000 (PSA): 39

Oregon Department of Veterans Affairs

9/6-9/30

988 COMMERCIAL_V4: 58

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a
3. Did you volunteer your personal time for any non-profit this quarter? n/a
4. Was the station involved in any promotions for a non-profit? n/a
5. What new public service announcements were posted to the community page for your station during the quarter? n/a
6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Not at this time.

Public Affairs Activities / Quarterly Recap for [KMTT – 910 AM ESPN]
NW Regional Director of Marketing: Kyle Cort

Quarter Ending: 9.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 44

1THING_SUMMER APPLIANCE 15: 67

1THING_SUMMER APPLIANCE 30: 44

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 5

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 45

1THING_OZONE MONTH 15B: 43

1THING_OZONE MONTH 30A: 45

1THING_OZONE MONTH 30B: 44

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 142

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 220

OFSM RADIO SPOT #1: 64

OFSM RADIO SPOT #2: 65

9/5-9/30

STUDENT LOAN: 54

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a
3. Did you volunteer your personal time for any non-profit this quarter? Yes - the Hoopla Association, helping youth sports and other community initiatives for children in the Salem area.
4. Was the station involved in any promotions for a non-profit? Yes - Oregon School Activities Association, and Multnomah County Behavioral Health Division and VOA Oregon (problem gambling outreach)
5. What new public service announcements were posted to the community page for your station during the quarter? n/a
6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Homeless issues in Portland

Public Affairs Activities / Quarterly Recap for [KFXX – 1080 AM THE FAN]
NW Regional Director of Marketing: Kyle Cort

Quarter Ending: 6.30.23

1. Detail any PSAs or promotional announcements you created and/or ran for a non-profit or community event this quarter.

Audacy PSA

7/1-7/31

AFSP_TALK AWAY THE DARK 30: 45

1THING_WATER SPORTS 15: 66

1THING_WATER SPORTS 30: 43

1THING_SUMMER APPLIANCE 15: 66

1THING_SUMMER APPLIANCE 30: 43

8/1-8/31

1THING_SUMMER TIRES 15: 51

1THING_SUMMER TIRES 30: 51

1THING_SUMMER RECYCLE 15: 52

1THING_SUMMER RECYCLE 30: 51

8/14-9/10

AUDACY_OCEANA 15: 48

AUDACY_OCEANA 30: 48

9/1-9/30

1THING_OZONE MONTH 15A: 46

1THING_OZONE MONTH 15B: 43

1THING_OZONE MONTH 30A: 46

1THING_OZONE MONTH 30B: 43

Oregon Association of Broadcasters

7/1-9/4

DISASTER PREP: 141

7/1-8/8

OHSU-MELANOMA 30: 62

7/1-9/30

GENERAL WILDFIRE: 164

OFSM RADIO SPOT #1: 65

OFSM RADIO SPOT #2: 65

9/5-9/30

STUDENT LOAN: 53

2. Did your station contribute money or any items of value to a non-profit this quarter? n/a
3. Did you volunteer your personal time for any non-profit this quarter? Yes - the Hoopla Association, helping youth sports and other community initiatives for children in the Salem area.
4. Was the station involved in any promotions for a non-profit? Yes - Oregon School Activities Association, and Multnomah County Behavioral Health Division and VOA Oregon (problem gambling outreach)
5. What new public service announcements were posted to the community page for your station during the quarter? n/a
6. Are there any community issues you have heard about from discussions with community leaders that you feel would make a good topic for Let's Talk, Portland? Homeless issues in Portland

Quarterly Report of Compliancy Issues & Programs List 2023-Q3 (July - September) Radio Health Journal

- Abusive Relationship
- Accessibility
- Addiction
- Adolescents
- Affirmative Action
- Ageism
- Aging
- Air Pollution
- Air Quality
- Allergic Reactions
- Alternative Sweeteners
- American Population
- Amino Acids
- Ancestry
- Anxiety
- Apartments
- Autoimmune Disease
- Bacteria
- Bed Rest
- Bioethics
- Biology
- Birth
- Birth Control
- Blood Disorder
- Blood Test
- Bone Density
- Bone Health
- Botox
- BPA
- Breast Cancer
- Bug Repellent
- Caffeine
- Cancer
- Carcinogens
- Cardiac Surgery
- Chemical Intolerance
- Chemical Reactions
- Chemotherapy
- Clothing Industry
- Cognitive Behavioral Therapy
- College
- College Admissions
- Communication
- Communication Technology
- Concussions
- Congenital Heart Disease
- Consumerism
- Contraception
- Contraceptives
- Coping Strategies
- Deductible
- Deaf
- Defense Mechanisms
- Delusions
- Depression
- Diabetes
- Diet
- Diet Soda
- Dietary Protein
- Disability Rights
- Disease
- Diversity
- DNA
- Drug Addiction
- Drug Use
- Economics
- Emotional Behavior
- Employees
- End of Life Care
- Energy Drinks
- Eponyms
- Ethics
- Ethnicity
- Evolution
- Exercise
- Family
- Fashion
- Fertility
- Fertility Preservation
- Flu
- Frontal Lobe
- Gender Issues
- Genealogy
- Genetic Conditions
- Genetic Disorders
- Genetic Sequences
- Genetics
- Genomics
- Geriatrics
- Gestational Diabetes
- Gynecology
- Hallucinations
- Hashimoto's Disease
- Health Insurance
- Healthcare
- Healthy Lifestyle
- Hearing Aids
- Heart Disease
- Heart Health
- High Blood Pressure
- High-Risk Pregnancy
- History
- Hormone Production
- Hormones
- Humanity
- Immune System
- Immunocompromised
- In Vitro Fertilization
- India
- Infant Safety
- Infants
- Infection
- Infectious Disease
- Injectable Filler
- Invention
- IUD
- Labor
- Lung Health
- Lyme Disease
- Mammals
- Marketing
- Measles
- Medicaid
- Medical Access
- Medical Culture
- Medical Ethics
- Medical History
- Medical Insurance
- Medical School
- Medical Technology
- Medicare
- Mental Health
- Mercury
- Metabolism
- Miscarriage
- Mobility
- Mosquitoes
- Multiple Sclerosis
- Muscle Repair
- Natural Disasters
- Natural Selection
- Nazi Party
- Neonatal Intensive Care
- Neonatal Opioid Withdrawal Syndrome
- Neurology
- Neurons
- Neuroplasticity
- Neuroscience
- Nutrition
- Obesity
- Obstetrics
- Office Culture
- Open Heart Surgery
- Opioid Crisis
- Opioid Use Disorder
- Overdose
- Parasites
- Parenthood
- Pathology
- Patient Access
- Patient Safety
- People of Color in Medicine
- Pharmaceuticals
- Physicians
- Picaridin
- Politics
- Precision Medicine
- Pregnancy
- Pregnancy Loss
- Pregnancy Test
- Palivocycin
- Psychedelic Therapy
- Psychedelics
- Psychotherapy
- Public Health
- Public Policy
- Public Safety
- Public Transportation
- Race
- Radiation Therapy
- Rare Disease
- Rash
- Relationships
- Reproductive Issues
- Research Ethics
- Respiratory Disease
- Rheumatology
- Scholarships
- Self-image
- Sensitive Skin
- Sickle Cell Anemia
- Sickle Cell Disease
- Sickle Cell Trait
- Skeletal Muscle Health
- Smart Phones
- Smoke
- Social Infrastructure
- Social Pressure
- Southeast Asia
- Standard Care
- Stem Cells
- Stigma
- Stimulants
- Stress
- Stroke
- Sub-Saharan Africa
- Sugar
- Suicide
- Survival
- Technology
- Therapy
- Thyroid
- Tick-Borne Disease
- Toxic Chemicals
- Traumatic Brain Injury
- Travel
- Uniforms
- Universal Healthcare
- Vaccine
- Vasculitis
- Vector-Borne Disease
- Virus
- Vulnerable Populations
- Weight Loss
- Wildlife
- Women in Medicine
- Youth at Risk

Program 23-27

Air Week: 07/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?

Time: 1:50

Duration: 12:47

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant but don't want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

Compliance issues: Autoimmune Disease, Birth Control, Diabetes, Gender Issues, Patient Safety, Contraceptives, Hashimoto's Disease, Hormones, Immunocompromised, IUD, Multiple Sclerosis, Rheumatology, Thyroid

Links for more info:

[M. Kristen Demoruelle, MD, PhD](#)

[Dr. Kristen Demoruelle | LinkedIn](#)

[Lisa Rose Sammaritano Professor of Clinical Medicine](#)

SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?

Time: 15:39

Duration: 7:11

Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida

Compliance issues: Infectious Disease, Patient Safety, Public Health, Vulnerable Populations, Employee, Flu, Office Culture, Vaccine

Links for more info:

[Richard Deosingh - District President - Robert Half | LinkedIn](#)

[Joseph A. Ladapo, MD, PhD \(@FLSurgeonGen\) / Twitter](#)

[State Surgeon General | Florida Department of Health](#)

Program 23-28

Air Week: 07/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?

Time: 1:50

Duration: 10:08

Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child Health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development, NIH

Compliance issues: Public Health, Vulnerable Populations, Drug Addiction, Drug Use, Infant Safety, Neonatal Intensive Care, Neonatal Opioid Withdrawal Syndrome, Opioid Crisis, Opioid Use Disorder, Standard Care

Links for more info:

[Stephen W. Patrick, MD, MPH, MS, FAAP | Department of Health Policy](#)

[Stephen Patrick, MD, MPH \(@stephenwpatrick\) / Twitter](#)

[Diana W. Bianchi, MD](#)

[Diana W. Bianchi, M.D.](#)

[Eat, Sleep, Console Approach or Usual Care for Neonatal Opioid Withdrawal | NEJM](#)

SEGMENT 2: "THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY

Time: 13:00

Duration: 10:02

Synopsis: Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain how the disabled community is often left behind in society, medicine, and bioethics.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

Program 23-29

Air Week: 07/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?

Time: 1:50

Duration: 10:49

Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?

Time: 13:41

Duration: 9:12

Synopsis: Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how the treatment works and if the therapy will be covered by insurance.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways

Compliance issues: Consumerism, Depression, Healthcare, Mental Health, Therapy, Medical Insurance, Psilocybin, Psychedelic Therapy, Psychedelics

Links for more info:

[Steve Levine, MD | LinkedIn](#)

[NIMH » Sequenced Treatment Alternatives to Relieve Depression \(STAR*D\) Study](#)

[Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression | NEJM](#)

[Psilocybin](#)

Program 23-30

Air Week: 07/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “WE LIVE IN AN AGEIST SOCIETY”: HOW TO ENJOY OLD AGE

Time: 1:49

Duration: 12:29

Synopsis: Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don't know what changes to expect in their old age – and often fight against the inevitable transition. She explains what's normal, what's not, and how to enjoy your later years in life.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, Honest Aging

Compliance issues: Ageism, Aging, Bone Density, Bone Health, Botox, Geriatrics, Hearing Aids, Injectable Filler, Public Health, Public Transportation, Social Infrastructure, Social Pressure, Suicide, Stigma

Links for more info:

[Rosanne M Leipzig - Internal Medicine | Mount Sinai - New York](#)

[Rosanne Leipzig](#)

[Rosanne M Leipzig MD PhD \(@leipzig_rm\) / Twitter](#)

SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?

Time: 15:20

Duration: 7:03

Synopsis: Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic

Compliance issues: Autoimmune Disease, Bug Repellent, Deet, Infection, Lyme Disease, Mosquitoes, Parasites, Pathology, Picaridin, Public Safety, Tick-Borne Disease, Vector-Borne Disease

Links for more info:

[Bobbi S. Pritt, M.D. - Mayo Clinic Faculty Profiles](#)

[Bobbi Pritt, MD \(@ParasiteGal\) / Twitter](#)

[Creepy Dreadful Wonderful Parasites](#)

[Bobbi Pritt | LinkedIn](#)

Program 23-31

Air Week: 07/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS

Time: 1:50

Duration: 10:51

Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic

Compliance issues: Ethics, History, Medical History, Vulnerable Populations, Eponyms, Gynecology, Medical Culture, Nazi Party, People of Color in Medicine, Vasculitis, Women in Medicine

Links for more info:

[Sabine Hildebrandt | Global Health and Social Medicine](#)

[Eric L. Matteson, MD, MPH, Section Editor, Rheumatology](#)

SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER

Time: 13:43

Duration: 8:36

Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.

Host: Nancy Benson

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down

Compliance issues: Bed Rest, Birth, Depression, High Blood Pressure, Patient Safety, Pregnancy, Public Health, Vulnerable Populations, Gestational Diabetes, High-Risk Pregnancy, Labor, Obstetrics

Links for more info:

[Michelle Mottola, PhD, FACSM - School of Kinesiology - Western University](#)

[Cynthia Gyamfi-Bannerman, MD, MS, FACOG - Obstetrics & Gynecology | UC San Diego Health](#)

[LinkedIn: Cynthia Gyamfi-Bannerman](#)

[Aileen Weintraub](#)

[Aileen Weintraub \(@AileenWeintraub\) / Twitter](#)

Program 23-32

Air Week: 08/06/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?

Time: 1:49

Duration: 10:48

Synopsis: Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient

Compliance issues: Cardiac Surgery, Mental Health, Patient Safety, Vulnerable Populations, Congenital Heart Disease, Genetic Conditions, Heart Health, Open Heart Surgery, Rare Disease, Stress, Stroke

Links for more info:

[S. Christopher Malaisrie, MD | Northwestern Medicine](#)

[S Chris Malaisrie \(@ChrisMalaisrie\) / Twitter](#)

[LinkedIn: Alexander C. McKeown](#)

SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?

Time: 13:38

Duration: 9:19

Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener's safety and didn't find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto; Dr. Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies

Compliance issues: Alternative Sweeteners, Aspartame, Cancer, Carcinogens, Consumerism, Diabetes, Nutrition, Obesity, Public Health, Public Safety, Diet Soda, Healthy Lifestyle, Sugar, Weight Loss

Links for more info:

[Wikoff, Daniele, Ph.D. | ToxStrategies](#)

[LinkedIn: Daniele Wikoff](#)

[John Sievenpiper | Department of Nutritional Sciences - University of Toronto](#)

[LinkedIn: John Sievenpiper](#)

Program 23-33

Air Week: 08/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?

Time: 1:50

Duration: 11:38

Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine

Compliance issues: Biology, DNA, Evolution, Genomics, Neurology, Public Health, Genealogy, Genetic Sequences, Humanity, Mammals, Natural Selection, Neurons, Stem Cells, Survival

Links for more info:

[Steven Reilly, PhD](#)

[LinkedIn: Steven Reilly](#)

[Reilly Lab](#)

[The functional and evolutionary impacts of human-specific deletions in conserved elements](#)

SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION

Time: 14:30

Duration: 8:25

Synopsis: Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of To Dye For, exposes the fashion industry's frequent use of harsh and toxic chemicals that are serious threats to our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Alden Wicker, Award-Winning Journalist & Author, To Dye For, Founder, EcoCult

Compliance issues: Allergic Reactions, BPA, Consumerism, Public Health, Chemical Intolerance, Chemical Reactions, Clothing Industry, Fashion, Mercury, Rash, Respiratory Disease, Sensitive Skin, Toxic Chemicals, Uniforms

Links for more info:

[Alden Wicker](#)

[EcoCult](#)

[Alden Wicker | LinkedIn](#)

[Alden Wicker \(@AldenWicker\) / Twitter](#)

Program 23-34

Air Week: 08/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES

Time: 1:50

Duration: 11:58

Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain

Compliance issues: Anxiety, Delusions, Depression, Mental Health, Neuroscience, Patient Safety, Vulnerable Populations, Cognitive Behavioral Therapy, Concussions, Frontal Lobe, Hallucinations, Neuroplasticity, Traumatic Brain Injury

Links for more info:

[Sandeep Vaishnavi | Duke Department of Medicine](#)
[Healing the Traumatized Brain | Hopkins Press](#)

SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE

Time: 14:50

Duration: 8:08

Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Evolution, Healthcare, Precision Medicine, Race, Virus, Disease, Genealogy, Genetic Sequences, Heart Disease, Immune System, Invention, Natural Selection, Travel

Links for more info:

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)
[Capra Lab](#)
[Capra Lab \(@capra_lab\) / Twitter](#)
[Codirector Tony Capra, PhD](#)

Program 23-35

Air Week: 08/27/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY

Time: 1:50

Duration: 11:47

Synopsis: Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association

Compliance issues: Blood Disorder, Evolution, India, Public Health, Vulnerable Populations, Genetic Disorders, Infants, Pharmaceuticals, Sickle Cell Anemia, Sickle Cell Disease, Sickle Cell Trait, Southeast Asia, Sub-Saharan Africa

Links for more info:

[LinkedIn: Dr. Grace Onimoe](#)

[American Sickle Cell Anemia Association](#)

[Sickle Cell Disease Association of America](#)

[Russell E. Ware, MD, PhD](#)

SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?

Time: 14:39

Duration: 7:44

Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Biology, Evolution, Genetics, Healthcare, Immune System, Precision Medicine, Race, Virus, Disease, Genealogy, Invention, Natural Selection, Travel

Links for more info:

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra_lab\) / X](#)

[Codirector Tony Capra, PhD](#)

Program 23-36

Air Week: 09/03/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “YOU DON’T DESERVE TO BE TOLERATED”: HEALING FROM TOXIC RELATIONSHIPS

Time: 1:50

Duration: 11:37

Synopsis: Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you’re in an unhealthy situation and how to start your journey of healing.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Jaime Mahler, Licensed Psychotherapist, Author, Toxic Relationship Recovery

Compliance issues: Communication, Mental Health, Relationships, Therapy, Vulnerable Populations, Abusive Relationship, Coping Strategies, Defense Mechanisms, Emotional Behavior, Psychotherapy, Self-image, Survival

Links for more info:

[Jaime Mahler, MS, LMHC \(@recollectedself\) • Instagram photos and videos](#)

[Toxic Relationship Recovery | Book by Jaime Mahler | Official Publisher Page | Simon & Schuster](#)

[Jaime - Licensed Therapist \(@recollectedself\) | TikTok](#)

SEGMENT 2: IS THERE SUCH THING AS A ‘SAFE’ AMOUNT OF CAFFEINE FOR TEENS?

Time: 14:29

Duration: 8:36

Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like ‘tropical punch’ or ‘blue raspberry’ that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago

Compliance issues: Addiction, Adolescents, Caffeine, Diet, Mental Health, Patient Safety, Public Safety, Vulnerable Populations, Energy Drinks, Overdose, Stimulants, Sugar

Links for more info:

[Holly J. Benjamin, MD](#)

[LinkedIn: Holly Benjamin](#)

[Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? | Pediatrics |](#)

[American Academy of Pediatrics](#)

[Caffeine and Children](#)

Program 23-37

Air Week: 09/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?

Time: 1:49

Duration: 10:05

Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, We've Got You Covered; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine

Compliance issues: Consumerism, Economics, Health Insurance, Patient Safety, Politics, Public Health, Public Policy, Deductible, Medicaid, Medicare, Universal Healthcare

Links for more info:

[Amy Finkelstein | MIT Economics](#)

[We've Got You Covered by Liran Einav, Amy Finkelstein | PenguinRandomHouse.com: Books](#)

[Jonathan Oberlander | Department of Social Medicine](#)

[Jonathan Oberlander \(@OberlanderUNC\) / X](#)

SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY

Time: 12:56

Duration: 9:55

Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, The Myth of the Perfect Pregnancy

Compliance issues: American Population, Consumerism, Contraception, Pregnancy, Technology, Family, Marketing, Miscarriage, Parenthood, Pregnancy Loss, Pregnancy Test, Smart Phones, Youth at Risk

Links for more info:

[Lara Freidenfelds](#)

[The Myth of The Perfect Pregnancy | Lara Freidenfelds](#)

[Dr. Lara Freidenfelds \(@larafreidenfeld\) / X](#)

[LinkedIn: Lara Freidenfelds](#)

Program 23-38

Air Week: 09/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?

Time: 1:50

Duration: 11:28

Synopsis: The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges

Compliance issues: Affirmative Action, Diversity, Healthcare, Patient Safety, Race, College, College Admissions, Ethnicity, Medical School, Physicians, Scholarships

Links for more info:

[Dayle Davenport, MD - UChicago Medicine](#)

[Mark C Henderson \(@MCHenderson4\) / X](#)

[Mark Henderson, M.D. | Executive Leadership | UC Davis Health](#)

[Geoffrey Young | LinkedIn](#)

SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION

Time: 14:20

Duration: 8:04

Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nikki Vars McCullough, Respiratory protection Expert, 3M Company

Compliance issues: Air Pollution, Air Quality, Natural Disasters, Public Health, Vulnerable Populations, Lung Health, Mask, Smoke, Stroke, Wildfire

Links for more info:

[Nicole McCullough | LinkedIn](#)

[Air pollution](#)

[Maui wildfire one of deadliest in U.S. history | NFPA](#)

Program 23-39

Air Week: 09/24/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS

Time: 1:50

Duration: 11:54

Synopsis: A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor

Compliance issues: Breast Cancer, Cancer, Chemotherapy, Ethics, Fertility, Health Insurance, Medical Access, Vulnerable Populations, Fertility Preservation, In Vitro Fertilization, Patient Access, Radiation Therapy, Reproductive Issues

Links for more info:

[Kara N Goldman: Department of Obstetrics & Gynecology](#)

[Kara N. Goldman, MD \(@karagoldmanMD\) / X](#)

[After losing both ovaries, breast cancer survivor gives birth to identical twins on her two-year cancer-free anniversary](#)

[A Geospatial Analysis of Disparities in Access to Oncofertility Services | Oncology](#)

SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN

Time: 14:46

Duration: 8:10

Synopsis: There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch

Compliance issues: Bone Health, Diet, Exercise, Nutrition, Public Health, Amino Acids, Blood Test, Dietary Protein, Hormone Production, Metabolism, Muscle Repair, Skeletal Muscle Health

Links for more info:

[Emily Lantz, PhD - Nutrition, Metabolism and Rehabilitation Sciences](#)

[Emily Arentson-Lantz, PhD: LinkedIn](#)

[Dietary protein quality evaluation in human nutrition](#)