

ISSUES AND ANSWERS WHTX (AM) WARREN, OH - FIRST QUARTER 2020

VARIOUS CATEGORIES

GOVERNMENT

PUBLIC SAFETY, HEALTH, AND WELFARE

Emergency Alert System (EAS)-Weather warnings, Civil Defense Warnings, and Amber Alerts

WHTX relayed all "warnings" received through the EAS decoder during first quarter 2020. By relaying these EAS messages over the air, WHTX kept Warren residents apprised of the latest National Weather Service warnings and vital information during first quarter 2020.

GOVERNMENT

PUBLIC SAFETY, HEALTH, AND WELFARE

Local Weather Coverage-Customized for Warren

WHTX aired a thirty second weather report hourly from 6:00 a.m. To 7:00 p.m. everyday in first quarter 2020.

These weather reports were forecast, written, and anchored by Karl Bloom, a local broadcaster with forecasting experience.

PUBLIC SAFETY, HEALTH, WELFARE AND RECREATION

WHTX aired numerous daily press conferences from Ohio Governor Mike DeWine when the Covid 19 pandemic started in March.

Public Service Announcements

WHTX provided numerous PSA 's during first quarter 2020.

Public Service Shows

WHTX airs "Info Trak" a weekly 30 minute public affairs program every Sunday morning from 7 AM to 7:30AM. The show covered three different topics each week. A complete listing of topics covered in each Info Trak episode is attached to this report.

WHTX also airs Radio Health Journal. Radio Health Journal is a weekly 30 minute public affairs program airing every Sunday morning 7:30AM to 8AM. Radio Health Journal covers topics related to public and personal health. A complete listing of topics covered in each Radio Health Journal is attached to this report.

Nelson Cintron
Sagittarius Communications LLC.



Weekly Public Affairs Program

Call Letters: WHTX

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Show # 2020-01

Date aired: 1-5-20 Time Aired: 7:00 AM

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Length: 8:52

Online Security

Crime

Consumer Matters

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of *"Never Split the Difference: Negotiating As If Your Life Depended On It"*

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Length: 8:25

Career

Parenting

Christine Fahlund, Senior Financial Planner and Vice President of Investment Services at T. Rowe Price Investment Services

Ms. Fahlund discussed the effect that today's economy has on retirement planning. She believes that many Baby Boomers have been naive when it comes to planning for retirement. She also explained why some employers are becoming more proactive in helping their workers save for their senior years.

Issues covered:

Length: 5:04

Personal Finance

Retirement Planning

Senior Citizens

Show # 2020-02

Date aired: 1-12-20 Time Aired: 7:00AM

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41

Mental Health

Physical Fitness

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of *"Good Habits, Bad Habits: The Science of Making Positive Changes That Stick"*

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:

Length: 8:35

Personal Growth

Addictions

Sherry Pagoto, PhD, Professor in the Department of Allied Health Sciences, Director of the University of Connecticut Center for mHealth and Social Media

Prof. Pagoto led a study that found that 78 percent of major fitness chains offer tanning beds to their customers. She said that while the public health community has been trying to communicate the message to the public that tanning beds are not safe or healthy, gyms are essentially putting a 'health halo' on them because people associate gyms with health. She explained why tanning beds create serious risks for the development of skin cancer.

Issues covered:

Length: 4:51

Personal Health

Consumer Matters

Government Regulations

Show # 2020-03

Date aired: 1-19-20 Time Aired: 7:00AM

Erica Reischer, PhD, psychologist, parent educator, author of *"What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive"*

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:

Length: 7:51

Parenting

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of *"The 100-Year Life: Living and Working in an Age of Longevity"*

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:
Retirement Planning
Senior Citizens

Length: 9:23

Brian Fligor, Chief Audiology Officer at Lantos Technologies, Inc., former Director of Diagnostic Audiology and Children's Hospital in Boston

An estimated 2 million students in the US play in middle- and high-school marching bands. Dr. Fligor believes that parents should be concerned protecting their kids' hearing when they are exposed to loud sounds for long periods. He talked about the warning signs of hearing damage and explained the ways to prevent it.

Issues covered:
Hearing Loss
Health Issues
Parenting Concerns
Senior Citizens

Length: 4:58

Show # 2020-04

Date aired: 1-26-20 Time Aired: 7:00 AM

Donna Thomson, author of *"The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver"*

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:
Caregiving
Mental Health

Length: 9:20

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of *"Breaking Up with Sugar."*

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:
Nutrition
Addiction
Consumer Matters

Length: 7:48

Greg Masson, Chief of the Branch of Environmental Contaminants at the U.S. Fish & Wildlife Service

Prescription drugs are now being detected in many US rivers, lakes and streams. Mr. Masson expressed concern about the disposal of prescription medications and their impact on wildlife and the environment. He explained how these products affect the health of animals and fish. He also outlined guidelines issued by his agency on how to properly dispose of unused drugs.

Issues covered:

Length: 4:53

Environment

Personal Health

Show # 2020-05

Date aired: 2-2-20 **Time Aired:** 7:00 AM

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

Dr. Alinsky led a recent study that found that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:

Length: 9:20

Drug Addiction

Public Health

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:

Length: 7:48

Retirement Planning

Minority Concerns

Government Policies

Octavia H. Zahrt, doctoral candidate in health psychology at the Stanford University Graduate School of Business

Physical inactivity is estimated to account for 1 in 10 deaths worldwide, and 79% of U.S. adults do not meet recommended exercise guidelines. Ms. Zahrt co-authored a study that found that people who think they are less active than others in a similar age bracket die younger than those who believe they are more active – even if their actual activity levels are similar. She talked about the possible reasons behind this finding, and how a person's mindset affects their overall health.

Issues covered:

Length: 5:05

Physical Fitness

Mental Health

Show # 2020-06

Date aired: 2-9-20 Time Aired: 7:00 AM

Anthony O'Neal, author of "*Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans*"

Mr. O'Neal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

Length: 9:02

Education

Personal Finance

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:

Length: 8:03

Women's Issues

Mental Health

Gen X Concerns

Michael Englesbe, MD, FACS, Cyrenus G. Darling Sr., MD and Cyrenus G. Darling Jr., MD Professor of Surgery at the University of Michigan in the Section of Transplantation Surgery

Dr. Englesbe led a study that examined inexpensive ways for surgery patients to get physically and mentally ready for their upcoming operation. He said the program may help reduce overall costs and get patients home faster. He said "prehabilitation," uses the weeks before surgery to encourage patients to move more, eat healthier, cut back on tobacco, breathe deeper, reduce their stress and focus on their post-operative goals.

Issues covered:

Length: 5:07

Personal Health

Healthcare Costs

Show # 2020-07

Date aired: 2-16-20 Time Aired: 7:00 AM

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:

Teen Suicide
Mental Health
Parenting

Length: 7:57

Shola Richards, author of *"Making Work Work: The Positivity Solution for Any Work Environment"*

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:

Bullying
Workplace Matters

Length: 9:21

Rodger Alan Friedman, chartered retirement planning counselor and financial advisor with more than 30 years' experience, author of *"Fire Your Retirement Planner: You! Concise Advice on How to Join the \$100,000 Retirement Club"*

More than half of all Americans are not confident or just slightly confident when it comes to making the right retirement investment decisions. Mr. Friedman believes retirement planning is not a do-it-yourself exercise, but that professional help is vital. He explained how to find a competent financial advisor. it.

Issues covered:

Retirement Planning
Senior Citizens

Length: 5:04

Show # 2020-08

Date aired: 2-23-20 Time Aired: 7:00 AM

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:

Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters
Technology

Length: 8:03

Atara Twersky, attorney, author of the *Curlee Girlee* book series

Amid today's pressures of the #MeToo movement, gender discrimination and the peer pressures of social media, Ms. Twersky explained why it is crucial for parents to encourage young girls to celebrate their differences and lift each other up. She offered suggestions to empower young girls and to teach them that it's okay to be different.

Issues covered:
Women's Issues
Children's Issues

Length: 5:07

Show # 2020-09

Date aired: 3-1-20 Time Aired: 7:00 AM

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:
Dating Violence and Abuse
Teenager Concerns
Technology

Length: 8:37

Michael J. Tews, PhD, Associate Professor of Hospitality Management at Penn State University

Prof. Tews led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:
Employment
Career

Length: 8:40

Greg Keoleian, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Environmentally-conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique--the two-basin method, in which dishes are soaked and scrubbed in hot water and then rinsed in cold water--that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:

Length: 5:03

Environment

Energy

Consumer Matters

Show # 2020-10

Date aired: 3-8-20 Time Aired: 7:00 AM

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of *"The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage"*

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:

Length: 7:54

Mental Health

Physical Fitness

Aging

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of *"Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It"*

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:

Length: 9:22

Parenting

Souvik Sen, MD, MS, MPH, Chair of Neurology at Palmetto Health-USC Medical Group, Professor of Neurology at the University of South Carolina School of Medicine

Dr. Sen led a study that found that gum disease may be linked to higher rates of stroke caused by hardened and severely blocked arteries. He discussed the connection between gum disease and blood inflammation. He found that patients with gum disease had twice as many strokes and were twice as likely to have moderately severe narrowing of brain arteries.

Issues covered:
Stroke Prevention
Personal Health

Length: 4:56

Show # 2020-11

Date aired: 3-15-20 **Time Aired:** 7:00 AM

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of *"Upstream: The Quest to Solve Problems Before They Happen"*

Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:
Workplace Matters
Education
Government

Length: 9:35

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:
Crime
City Planning
Environment

Length: 7:39

Nancy Lan Guo, PhD, Associate Professor of Community Medicine and Cancer Center at West Virginia University, Program Assistant Director of West Virginia Clinical and Translational Science Institute for Biomedical Informatics

Dr. Gou led a study that found that microscopic toner nanoparticles that waft from laser printers may change our genetic and metabolic profiles in ways that make disease more likely. She said the primary concerns are for workers who work near printers that are in frequent use, those who are pregnant, and those who work in print shops. She said the study discovered dramatic genetic changes linked to cardiovascular, neurological and metabolic disorders.

Issues covered:
Personal Health
Workplace Matters

Length: 4:55

Show # 2020-12

Date aired: 3-22-20 Time Aired: 7:00 AM

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27

Crime
Elder Abuse
Retirement Planning
Aging

Kasey Wallis, personal coach, co-author of *"Who You Are Being"*

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48

Mental Health
Media
Parenting

Justin D. Kreuter, MD, Instructor of Laboratory Medicine and Pathology, Transfusion Medicine Specialist with the Mayo Clinic Blood Donor Center

With recommendations to stay home during the COVID-19 pandemic, the U.S. now has a critical blood shortage. Dr. Keuter said nearly half of US blood collectors are reporting that they only have a two-day supply or less of blood products. He outlined the reasons that collections have plummeted and explained why potential donors should not be fearful to go to donation centers.

Issues covered:

Length: 5:09

Blood Donation
Coronavirus

Show # 2020-13

Date aired: 3-29-20 Time Aired: 7:00 AM

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

Issues covered:

Education
Coronavirus
Technology

Length: 9:18

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:

Racial Bias
Diversity
Parenting

Length: 7:48

Beth K. Rush, PhD, Neuropsychologist from the Dept. of Psychiatry and Psychology at the Mayo Clinic

Stay at home orders and non-stop news coverage about the Coronavirus pandemic is creating worry and anxiety for people across the globe. Dr. Rush suggested ways to cope with the crisis. She said it is important to establish daily routines. She also said limiting exposure to the constant media reports and Facebook comments can also help.

Issues covered:

Mental Health
Coronavirus
Media

Length: 4:56

**2020-Q1 (January – March) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List**

Aging	Housing
Bankruptcy	Hospitals
Business & industry	Immigration
Cancer	Infectious disease
Children & child safety	Inner-city issues
Consumer safety	Insurance
Consumerism	Law & crime
Developmental disorders	Legislation
Economic assistance program	Parenting issues
Economics	Personal finance
Education	Politics
Elderly & senior citizens	Pop culture
Emergency rooms	Poverty
Employment & workplace issues	Parenting issues
Ethics	Poverty
Family issues	Public health
Fine Arts	Public policy
Federal government	Societal issues
Government spending	Sports & recreation
Healthcare	Technology
Heart disease	Women's issues
	Youth at risk

WHTX-AM 145-20 7:30-8:00 AM

Program 20-01 Writers/Producers:	Reed Pence
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Air Week: Studio Production:

Jason Dickey

1/5/20

SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING

Time

Duration

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

1:50

12:31

Host & Producer: Reed Pence

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

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

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

<http://www.elderindustry.com>

SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY

Time

Duration

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

15:23

7:06

Host: Nancy Benson

Producer: Morgan Kelly

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

Compliance issues covered: ethics; public discourse; societal issues

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

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

WHTX-AM 1-12-20 7:30-8:00 AM

Program 20-02 Writers/Producers:

Reed Pence

Air Week: Studio Production:

Jason Dickey

1/12/20

SEGMENT 1: HAND WASHING AND HANDSHAKE BANS

Time

Duration

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

1:50

11:34

Host & Producer: Reed Pence

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

Compliance issues covered: public health; healthcare; hospitals

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

<http://donnacardillo.com>

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

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

SEGMENT 2: “BROKEN HEART SYNDROME”

Time

Duration

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

14:26

7:58

Host: Nancy Benson

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

Compliance issues covered: healthcare; consumerism; pop culture; heart disease

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

WHTX-AM 1-19-20 7:30-8:00 AM

Program 20-03 Writers/Producers:

Reed Pence

Air Week: Studio Production:

Jason Dickey

1/19/20

SEGMENT 1: CRUSHING MEDICAL DEBT

Time

Duration

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

1:50

13:25

Host & Producer: Reed Pence

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

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

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

<https://nomoremedicaldebt.com>

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

SEGMENT 2: SMOLDERING CONCUSSIONS

Time

Duration

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

16:17

6:36

Host: Nancy Benson

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

Compliance issues covered: healthcare; consumerism; pop culture

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

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

WHTX-AM 1-26-20 7:30-8:00 AM

Program 20-04 Writers/Producers:	Reed Pence
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Air Week: Studio Production:
1/26/20

Jason Dickey

SEGMENT 1: ADHD AND SLEEP DISORDERS	Time	Duration
Synopsis: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.	1:50	12:10

Host & Producer: Reed Pence

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

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

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

SEGMENT 2: WORKING WHILE SICK	Time	Duration
Synopsis: Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office.	15:02	7:30

Host: Nancy Benson

Producer: Reed Pence

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

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

Links for more information: <https://www.uclahealth.org/joseph-ladapo>
<https://www.linkedin.com/in/richard-deosingh-56246813/>

WHTX-AM 2-2-20 7:30-8:00 AM

Program 20-05 Writers/Producers:

Reed Pence

Air Week: Studio Production:

Jason Dickey

2/2/20

SEGMENT 1: MUSIC AND MEDICINE

Time

Duration

Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well. Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned-med student, an admissions officer and a musical doctor explain.

1:49

12:22

Host & Producer: Reed Pence

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

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

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

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

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

Time

Duration

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

15:13

7:51

Host: Nancy Benson

Producer: Reed Pence

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

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

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

WHTX-AM 2-9-20 7:30-8:00 AM

Program 20-06 Writers/Producers:	Reed Pence
Air Week: Studio Production:	Jason Dickey
2/9/20	

SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND "CLOSE FRIENDS"	Time	Duration
Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.	1:50	11:10

Host & Producer: Reed Pence

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

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

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

SEGMENT 2: NEEDLE PHOBIA	Time	Duration
Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.	14:02	8:27

Host: Nancy Benson

Producer: Reed Pence

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

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

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

WHTX-AM 2-16-20 7:30-8:00 AM

Program 20-07 Writers/Producers:

Reed Pence

Air Week: Studio Production:

Jason Dickey

2/16/20

SEGMENT 1: MEDICAL CHILD ABUSE	Time	Duration
<p>Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries. Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery.</p>	1:50	12:30
<p>Host & Producer: Reed Pence</p> <p>Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, Dying to be Ill: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center</p> <p>Compliance issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics; law and crime; parenting issues</p> <p>Links for more information: http://www.marysandersphd.com/about https://www.munchausen.com/index.php/biography/ https://www.star-telegram.com/news/local/crime/article234077982.html</p>		

SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEAN TO US?	Time	Duration
<p>Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.</p>	15:22	7:11
<p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.</p> <p>Compliance issues covered: healthcare; public health; consumerism; infectious disease</p> <p>Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md https://www.acep.org/people-pages/board/ion-mark-hirshon/</p>		

WHTX-AM 2-23-20 7:30-8:00 AM

Program 20-08 Writers/Producers:

Reed Pence

Air Week: Studio Production:

Jason Dickey

2/23/20

SEGMENT 1: GENES AND HIGH CHOLESTEROL

Time

Duration

Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks.

1:50

12:10

Host & Producer: Reed Pence

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

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

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

SEGMENT 2: BIG DATA IN MEDICINE

Time

Duration

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

15:02

7:59

Host: Nancy Benson

Producer: Reed Pence

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

Compliance issues covered: healthcare; technology

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

WHTX-AM 3-1-20 7:30-8:00 AM

Program 20-09 Writers/Producers:

Reed Pence

Air Week: Studio Production:

Jason Dickey

3/1/20

SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH

Time

Duration

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

1:50

12:57

Host & Producer: Reed Pence

Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research

Compliance issues covered: public health; consumerism; economic development; poverty; inner city issues; economic assistance program

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

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

SEGMENT 2: BIG DATA IN MEDICINE

Time

Duration

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

15:49

7:06

Host: Nancy Benson

Producer: Polly Hansen

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

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

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

WHTX-AM 3-8-20 7:30-8:00 AM

Program 20-10 Writers/Producers:	Reed Pence
Air Week: Studio Production:	Jason Dickey
3/8/20	

SEGMENT 1: POLYCYSTIC OVARY SYNDROME	Time	Duration
Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.	1:46	13:04

Host & Producer: Reed Pence

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

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

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

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

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

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

SEGMENT 2: HEALTHCARE FOR CHILDREN IN POVERTY	Time	Duration
Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.	15:52	6:37

Host: Nancy Benson

Producer: Polly Hansen

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

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

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

Information: <https://www.childrenshealthfund.org>

WHTX- AM 3-15-20 7:30-8:00 AM

Program 20-11 Writers/Producers:		Reed Pence
Air Week:	Studio Production:	Jason Dickey
3/15/20		

SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER "TO ERR IS HUMAN"	Time	Duration
Synopsis: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we've come since then and the difficult cooperation it will take to make patient safety more certain.	1:51	11:59

Host & Producer: Reed Pence

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

Compliance issues covered: healthcare; public safety; consumerism

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

SEGMENT 2: INTERMITTENT FASTING	Time	Duration
Synopsis: Studies show that by this time of year, most of us have failed new year's resolutions to lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow.	14:52	7:34

Host: Nancy Benson

Producer: Reed Pence

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

Compliance issues covered: healthcare; consumerism

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

WHTX- AM 3-22-20 7:30-8:00 AM

Program 20-12	Writers/Producers:	Reed Pence
Air Week: 3/22/20	Studio Production:	Jason Dickey

SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS	Time	Duration
Synopsis: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses.	1:51	13:08

Host & Producer: Reed Pence

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

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

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

SEGMENT 2: THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT	Time	Duration
Synopsis: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment.	16:01	6:54

Host: Nancy Benson

Producer: Reed Pence

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

Compliance issues covered: healthcare; public health; federal government; politics; immigration; consumerism; legislation; government spending; employment

Links for more Information: <https://www.brookings.edu/experts/paul-ginsburg/>

WHTX- AM 3-29-20 7:30 - 8:00 AM

Program 20-13	Writers/Producers:	Reed Pence
Air Week:	Studio Production:	Jason Dickey
3/29/20		

SEGMENT 1: EASING THE STRESS OF WORKING AT HOME	Time	Duration
Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.	1:51	12:41

Host & Producer: Reed Pence

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

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

Links for more information: <https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333>

SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE	Time	Duration
Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.	15:34	7:27

Host: Nancy Benson

Producer: Reed Pence

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

Compliance issues covered: healthcare; public health; consumerism

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