

Quarterly Issues Programs List
Stations: WMME-FM, WJZN-AM, WEBB-FM, WTVL-AM
January 1, 2020 to March 31, 2020

Section I: Issues:

The stations have identified the following topics as significant issues facing our community in the quarter:

Infectious disease: Proper hand-washing this winter and every winter has been a topic of conversation. The winter of 2019-2020 Maine has had 10,000 cases of influenza, as well as growing numbers of COVID-19. Experts discuss and describe what it takes to wash hands well enough to be “clean”.

Healthcare: Local TV news personality Kim Block announced she would be stepping down from her positions due to complications from a concussion she experienced one year before after falling on the ice at her home. It happens every winter to many Mainers. Concussions are also often tied to sports related incidents. The most recent numbers from the Maine CDC show that there were 375 visits to the emergency department in one year for concussions that happened during sports activities, 84% of who were under the age of 18.

Public health: Maine’s “food deserts” in rural areas are a real issue for promoting health and wellness. Grocery stores and major department stores with any sort of grocery departments are located in the more populated areas, leaving thousands of Mainers many, many miles from a source of fresh grocery products. Central Maine, in the smaller towns, have 25 Dollar General stores and 25 Family Dollar Stores with some food items, mostly canned and shelf stable foods and a few of those stores do have frozen foods as well. The majority is processed food and nothing in the way of fresh.

Employment & workplace issues: Working at home is now the normal for thousands of Maine residents. Year after year Maine lawmakers have proposed plans to increase high speed internet in rural Maine. Navigating the many ups and downs of internet access in our more rural areas, child care, and maintaining productivity all while your home and office are suddenly one.

Healthcare: Needle-phobia is one of the biggest reasons people choose not to give blood. The need for blood is critical in the winter months and now with COVID-19 entering into our lives, it can be more important than ever. We have spoken with the American Red Cross about the need for blood and promoted many of the local blood drives, sharing with our listeners how to take part and how it helps save the lives of others.

Section II: Responsive Programming

Radio Health Radio Health Journal Quarterly Report airing Sunday mornings at 6 am.

**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 |

| Program 20-01 Writers/Producers: | | Reed Pence |
|--|--|-----------------------------|
| Air Week: Studio Production: | | Jason Dickey |
| 1/5/2020 | | |
| SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING | | Time Duration |
| <p>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.</p> | | 1:50 12:31 |
| <p>Host & Producer: Reed Pence</p> <p>Guests: Melanie Merriman, author, <i>Holding the Net: Caring For My Mother On the Tightrope of Aging</i>; Joy Loverde, author, <i>Who Will Take Care of Me When I'm Old?</i></p> <p>Compliance issues covered: healthcare; aging & elderly; family issues; housing; economics</p> <p>Links for more information: http://greenwriterspress.com/book/holding-the-net http://www.elderindustry.com</p> | | |
| SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY | | Time Duration |
| <p>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.</p> | | 15:23 7:06 |
| <p>Host: Nancy Benson</p> <p>Producer: Morgan Kelly</p> <p>Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco</p> <p>Compliance issues covered: ethics; public discourse; societal issues</p> <p>Links for more information: https://matthewlupoli.wixsite.com/ucsd http://www.paulekman.com/paul-ekman/</p> | | |

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| Program 20-02 Writers/Producers: | Reed Pence |
| Air Week: Studio Production: | Jason Dickey |
| 1/12/2020 | |

| SEGMENT 1: HAND WASHING AND HANDSHAKE BANS | Time | Duration |
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| 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).

Compliancy issues covered: public health; healthcare; hospitals

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

<http://donnacardillo.com>

https://www.cecity.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 |
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|---|-------|------|
| 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

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

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

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| Program 20-03 Writers/Producers: | Reed Pence |
| Air Week: Studio Production: 1/19/2020 | Jason Dickey |

| SEGMENT 1: CRUSHING MEDICAL DEBT | Time | Duration |
|--|-------------|-----------------|
| <p>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.</p> <p>Host & Producer: Reed Pence</p> <p>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</p> <p>Compliance issues covered: insurance; healthcare; economics ; bankruptcy; personal finance; consumerism; hospitals</p> <p>Links for more information: https://ripmedicaldebt.org/ https://nomoremedicaldebt.com https://www.commonwealthfund.org/person/sara-r-collins</p> | 1:50 | 13:25 |

| SEGMENT 2: SMOLDERING CONCUSSIONS | Time | Duration |
|--|-------------|-----------------|
| <p>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.</p> <p>Host: Nancy Benson</p> <p>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</p> <p>Compliance issues covered: healthcare; consumerism; pop culture</p> <p>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</p> | 16:17 | 6:36 |

| Program 20-04 Writers/Producers: | | Reed Pence |
|--|--|-----------------------------|
| Air Week: Studio Production: 1/26/2020 | | Jason Dickey |
| SEGMENT 1: ADHD AND SLEEP DISORDERS | | Time Duration |
| <p>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.</p> | | 1:50 12:10 |
| <p>Host & Producer: Reed Pence</p> <p>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</p> | | |
| <p>Compliance issues covered: youth at risk; developmental disorders; education; family issues</p> | | |
| <p>Links for more information: https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com http://vatsalthakkar.com</p> | | |
| SEGMENT 2: WORKING WHILE SICK | | Time Duration |
| <p>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.</p> | | 15:02 7:30 |
| <p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA</p> | | |
| <p>Compliance issues covered: public health; employment and workplace issues; disease & sickness</p> | | |
| <p>Links for more information: https://www.uclahealth.org/joseph-ladapo https://www.linkedin.com/in/richard-deosingh-56246813/</p> | | |

| Program 20-05 Writers/Producers: | | Reed Pence |
|---|--|-----------------------------|
| Air Week: Studio Production: 2/2/2020 | | Jason Dickey |
| SEGMENT 1: MUSIC AND MEDICINE | | Time Duration |
| <p>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.</p> | | 1:49 12:22 |
| <p>Host & Producer: Reed Pence</p> <p>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</p> <p>Compliance issues covered: education; healthcare; fine arts; technology</p> <p>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/ssix-hannah-boone/</p> | | |
| SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE | | Time Duration |
| <p>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.</p> | | 15:13 7:51 |
| <p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University</p> <p>Compliance issues covered: food safety; consumer safety; sports and recreation</p> <p>Links for more Information: http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html</p> | | |

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| Program 20-06 Writers/Producers: | Reed Pence |
| Air Week: Studio Production: 2/9/2020 | Jason Dickey |

| SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND “CLOSE FRIENDS” | Time | Duration |
|--|-------------|-----------------|
| <p>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.</p> <p>Host & Producer: Reed Pence</p> <p>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</p> <p>Compliance issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics</p> <p>Links for more information: https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92 http://www.tamireeves.com/bleeding-hearts.html</p> | 1:50 | 11:10 |

| SEGMENT 2: NEEDLE PHOBIA | 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> <p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians</p> <p>Compliance issues covered: healthcare; public health; children and youth at risk; consumerism</p> <p>Links for more information: https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html</p> | 14:02 | 8:27 |

| Program 20-07 Writers/Producers: | | Reed Pence |
|---|--|-----------------------------|
| Air Week: Studio Production: 2/16/2020 | | Jason Dickey |
| 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: Coronavirus has sickened tens of thousands in China and killed hundreds, but few cases have reached the US. Experts explain exactly what this Coronavirus is and the relative danger it poses compared to more familiar diseases such as influenza.</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/jon-mark-hirshon/</p> | | |

| Program 20-08 Writers/Producers: | | Reed Pence |
|---|--|-----------------------------|
| Air Week: Studio Production: 2/23/2020 | | Jason Dickey |
| SEGMENT 1: GENES AND HIGH CHOLESTEROL | | Time Duration |
| <p>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.</p> | | 1:50 12:10 |
| <p>Host & Producer: Reed Pence</p> <p>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</p> | | |
| <p>Compliance issues covered: healthcare; public health; consumerism; heart disease</p> <p>Links for more information: https://www.med.upenn.edu/cvi/musunuru-laboratory.html</p> | | |
| SEGMENT 2: BIG DATA IN MEDICINE | | Time Duration |
| <p>Synopsis: Big data is changing the world, but it's been slow in coming to healthcare. An expert in healthcare IT explains how that's changing and what it could mean to treatment.</p> | | 15:02 7:59 |
| <p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare</p> | | |
| <p>Compliance issues covered: healthcare; technology</p> <p>Links for more information: https://www.cio.com/author/Paddy-Padmanabhan/</p> | | |

| Program 20-09 Writers/Producers: | | Reed Pence |
|--|--|-----------------------------|
| Air Week: Studio Production: 3/1/2020 | | Jason Dickey |
| SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH | | Time Duration |
| <p>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.</p> | | 1:50 12:57 |
| <p>Host & Producer: Reed Pence</p> <p>Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research</p> <p>Compliance issues covered: public health; consumerism; economic development; poverty; inner city issues; economic assistance program</p> <p>Links for more information: https://sites.google.com/site/allcott/home https://www.rand.org/about/people/r/richardson_andrea.html</p> | | |
| SEGMENT 2: THE SCIENCE OF IMMORTALITY: WHEN IS LIFE TOO LONG? | | Time Duration |
| <p>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.</p> | | 15:49 7:06 |
| <p>Host: Nancy Benson</p> <p>Producer: Polly Hansen</p> <p>Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever</p> <p>Compliance issues covered: healthcare; technology; ethics; senior citizens; aging</p> <p>Links for more Information: https://chipwalter.com/about-chip-walter/</p> | | |

| Program 20-10 Writers/Producers: | | Reed Pence |
|---|--|-----------------------------|
| Air Week: Studio Production: 3/8/2020 | | Jason Dickey |
| 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://integrativemqi.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_y_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: healthcaer; public health; youth at risk; poverty | | |
| Links for more Information: https://www.mailman.columbia.edu/people/our-faculty/ir2110 | | |
| https://www.childrenshealthfund.org | | |

| Program 20-11 Writers/Producers: | | Reed Pence |
|--|--|-----------------------------|
| Air Week: Studio Production: 3/15/2020 | | Jason Dickey |
| 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 | | |

| Program 20-12 | Writers/Producers: | Reed Pence |
|--|---------------------------|---------------------|
| Air Week: 3/22/2020 | Studio Production: | Jason Dickey |
| SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS | | |
| 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. | Time | Duration |
| | 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 | | |
| 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. | Time | Duration |
| | 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/ | | |

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| Program 20-13 | Writers/Producers: | Reed Pence |
| Air Week: 3/29/2020 | Studio Production: | Jason Dickey |

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>