



Call Letters: WDNY-AM
Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER- DECEMBER 2019

Show # 2019-40

**DATE AIRED: 10/06/19 Time Aired: 6:00
AM**

1. **Penelope (Penny) Muse Abernathy**, Knight Chair in Journalism and Digital Media Economics at the University of North Carolina, former executive at The Wall Street Journal and The New York Times

Prof. Abernathy discussed the accelerating collapse of local newspapers, and the effect of consolidation and distant owners on papers that do survive. She talked about the numerous ways that the loss of a local newspaper is often devastating to a small community. She also explained why new digital news organizations are unable to fulfill the community role that a traditional newspaper once did.

Issues covered:

Length: 8:56

**Media
Local Civics**

2. **Arthur "Tim" Garson, MD**, physician, health policy expert, Director of the Health Policy Institute at the Texas Medical Center, co-author of *"Exposing the 20 Medical Myths: Why Everything you Know about Health Care is Wrong and How to Make it Right."*

Dr. Garson talked about some of the most common misconceptions about the nation's healthcare system. He believes it is possible to actually reduce the cost of healthcare, rather than simply slowing down the rate of increase. He talked about the proposals of Medicare-for-All and explained steps that can be taken to reduce wasted medical care dollars.

Issues covered:

Length: 8:24

**Workplace Matters
Productivity**

Show # 2019-41

**DATE AIRED: 10/13/19 Time Aired: 5:00
AM**

- 1 **Laura M. Bogart, PhD**, Senior Behavioral Scientist at the RAND Corporation, a nonprofit research organization that develops solutions to public policy challenges

Dr. Bogart directed a five-week obesity prevention program for seventh grade students that helped obese students lose an average of nine pounds over the following two-year period. She outlined the methods that were most effective, which included school-wide environmental changes and encouragement to eat healthy school cafeteria foods, along with a student-led education and marketing campaign.

Issues covered:

Length: 8:26

**Childhood Obesity
Education
Parenting**

- 2 **Susan S. Silbey, PhD**, Leon and Anne Goldberg Professor of Humanities, Professor of Sociology and Anthropology, Professor of Behavioral and Policy Sciences, Sloan School of Management at the Massachusetts Institute of Technology

The number of women enrolling in engineering school has increased steadily over the past four decades, but Dr. Silbey

Radio Health Journal Program Log

said one-third of women graduates soon leave the profession to pursue other careers. She said the reasons behind this problem are primarily related to the culture of engineering itself. She offered suggestions for women who are entering the profession, and explained why an engineering career should be such an attractive option for women.

Issues covered:

Length: 8:47

**Women's Issues
Discrimination
Career**

Show # 2019-42

DATE AIRED: 10/20/19 Time Aired: 5:00 AM

- 1 **John Snook**, Executive Director of the Treatment Advocacy Center, a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness

Mr. Snook discussed the increasing rates of homelessness across the country. He said that most of the chronically homeless have a serious mental illness and usually a co-occurring substance abuse problem. He said while affordable housing is also an important contributor to the problem, the main issue is that those who are in need of serious medical treatment of mental illness are not getting it. He said many cities and states have failed to amend their laws relating the mentally ill to keep up with the medical research.

Issues covered:

Length: 8:31

**Homelessness
Mental Illness
Substance Abuse
Government Policies**

- 2 **Jo Boaler, PhD**, Professor of Education and Equity at Stanford University, Faculty Director of youcubed—an education resource that has reached over 230 million students, co-author of *Limitless Mind: Learn, Lead, and Live Without Barriers.*

Prof. Boaler discussed the latest research into neuroplasticity, the science that examines how the human brain is constantly

growing and changing. She said whenever a student is struggling, that is the best time for brain growth. She said the brain is highly adaptable and that anyone can learn anything at any age, although learning does take longer as we age.

Issues covered:

Length: 8:44

**Education
Personal Health**

Show # 2019-43

DATE AIRED: 10/27/19 Time Aired: 5:00 AM

- 1 **Teesha Hadra**, co-author of *Black and White: Disrupting Racism One Friendship at a Time*

Ms. Hadra talked about the surprising ways that building friendships with people of other races can shape and move them toward taking actions against racism. She said that the limited definition of racism that most people have can set a very low bar for their conduct. She said well-meaning people can passively participate in racism by simply being unaware of it.

Issues covered:

Length: 8:31

**Racism
Minority Concerns**

- 2 **Kenneth P. Rosenberg, MD**, Distinguished Fellow of the American Psychiatric Association with a private practice in Manhattan, Clinical Associate Professor of Psychiatry at the New York-Presbyterian/Weill Cornell Medical Center, author of *Bedlam: An Intimate Journey Into America's Mental Health Crisis.*

Dr. Rosenberg discussed the ineffective way that America handles the mentally ill. He said while those with serious mental illness were once treated in mental institutions and asylums, now they end up on the streets and in prisons. He said those with serious mental illness die an average of 28 years earlier than other Americans. He talked about potential reforms and the importance of initiating a national conversation about the problem.

Radio Health Journal Program Log

Issues covered:

Length: 8:44

**Mental Health
Government Policies
Law Enforcement**

Show # 2019-44

DATE AIRED: 11/03/19 Time Aired: 5:00 AM

- 1 **Brianne Doura**, Legislative Director, National Council on Problem Gambling

Ms. Doura discussed the high rate of gambling addiction among military personnel and veterans. She said that gambling addiction is treated differently than other addictions, causing members of the military to be reluctant to seek help. She discussed federal legislation that aims to address the problem.

Issues covered:

Length: 8:04

**Gambling Addiction
Military Affairs
Government Policies**

- 2 **Rachel Voth Schrag, PhD**, domestic violence expert, Assistant Professor in the School of Social Work at The University of Texas at Arlington

Prof. Voth Schrag outlined the results of her study into an overlooked form of psychological abuse—educational sabotage. She explained that educational sabotage is a form of coercive control intended to prevent the victim from furthering their education. She said this form of abuse has a significant impact on the victim’s ability to complete their education and eventually affects their economic independence and safety.

Issues covered:

Length: 8:59

**Domestic Violence
Education**

Show # 2019-45

DATE AIRED: 11/10/19 Time Aired: 5:00 AM

- 1 **Michael Lindsey, PhD**, Executive Director of the McSilver Institute for Poverty Policy and Research at New York University

Dr. Lindsey was the lead author of a study that found that suicide attempts are rising among black teens in the U.S., even as they fall among youth from other groups. He said researchers are puzzled as to why traditional precursors to suicide attempts like thinking about or planning a suicide are decreasing while actual attempts are going up. He outlined the specific challenges faced by black youth that may be a factor in the trend. He believes mental health counselors must be much more available in schools.

Issues covered:

Length: 9:15

**Suicide
Minority Concerns
Youth at Risk**

- 2 **Geoffrey T. Sanzenbacher, PhD**, Associate Professor of the Practice of Economics at Boston College, Research Fellow at the Center for Retirement Research at Boston College

Dr. Sanzenbacher was the co-author of a shocking study that found that only about one-quarter of workers ages 50-62 are consistently in traditional jobs with benefits. He said that the longer older workers stay with a particular job without benefits, the more financial damage they do to their retirement preparedness. He also explained the reasons that older workers end up in these jobs.

Issues covered:

Length: 8:05

**Employment
Retirement Planning**

Show # 2019-46

DATE AIRED: 11/17/19 Time Aired: 5:00 AM

- 1 **Michael Itzkowitz**, Senior Fellow at Third Way, a think tank in Washington, DC

Radio Health Journal Program Log

More than 80% of freshmen students say they pursued higher education “to be able to get a better job.” Mr. Itzkowitz led a study that found that half of the country’s schools in 2018 left the majority of their former students earning less than \$28,000 a year, which is what the typical high school graduate makes. He said that all kinds of colleges led to underwhelming salaries, but for-profit schools typically performed the worst. He offered advice for parents and students.

Issues covered:
Length: 9:15
Higher Education
Federal Spending

- Brent Sohngen, PhD**, Professor of Environmental and Resource Economics in the Department of Agricultural, Environmental and Development Economics at Ohio State University

Prof. Sohngen led a study that found that while cutting down trees inevitably leads to more carbon in the environment, deforestation’s contributions to climate change are vastly overestimated. He said previous estimates overestimated the impact because they did not account for the replanting and management of global forests over the last 70 years.

Issues covered:
Length: 7:57
Climate Change
Environment
Natural Resources

Show # 2019-47
DATE AIRED: 11/24/19 Time Aired: 5:00 AM

- Chris Wimer, PhD**, Senior Research Scientist at Columbia Population Research Center, Co-Director of the Center on Poverty and Social Policy at the School of Social Work at Columbia University

Prof. Wimer discussed his recent report that suggests that the percentage of Americans living in poverty may be underestimated by the official census. He explained that, while all official

statistics apply the same rate of inflation to the income of people in all income brackets, his study proposes that inflation is much higher for people at the lower end of the income scale.

Issues covered:
Length: 7:52
Poverty
Economics
Government Spending

- David Owen**, author of “*Volume Control: Hearing in a Deafening World*”

Millions of Americans suffer from hearing loss, and in most cases, it begins in youth. Mr. Owen talked about the many health effects connected to hearing loss, including heart disease, diabetes, low birth weight, stress and cognitive decline. He talked about the most common everyday sounds that can gradually cause hearing loss, and why people avoid admitting they need a hearing aid or other help.

Issues covered:
Length: 9:09
Hearing Loss
Aging

Show # 2019-48
DATE AIRED: 12/01/19 Time Aired: 5:00 AM

- Anthony G. Comuzzie, PhD**, obesity researcher and scientist with the Department of Genetics at the Texas Biomedical Research Institute in San Antonio

Recent government data shows that since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller. Dr. Comuzzie explained why this is such a grave health concern. He also discussed potential causes and solutions to the nation’s epidemic of obesity.

Issues covered:
Length: 8:34
Obesity
Personal Health

- Doug Lamov**, literacy and education expert, Managing Director of Uncommon Schools’

Radio Health Journal Program Log

Teach Like a Champion team, co-author of "Reading Reconsidered: A Practical Guide to Rigorous Literacy Instruction"

Mr. Lamov discussed the importance of teaching students to read with precision, rigor, and insight. He explained how Common Core curriculums are affecting reading programs across the country. He believes that most students are not given challenging enough assignments. He also offered suggestions for parents who want to instill a love of reading in their children.

Issues covered:
Length: 8:44

Education
Literacy
Government Policies
Parenting

Show # 2019-49
DATE AIRED: 12/08/19 Time Aired: 5:00 AM

1. **Jennifer B. Johnston, PhD**, Assistant Professor of Psychology at Western New Mexico University

Dr. Johnston recently led a study that examined the role that media coverage may play in fueling the increase of mass shootings in the U.S. Her study concluded that one of the most effective ways of curbing mass shooting incidents may be to drastically change how news organizations cover them. She is in favor of an organized campaign to convince media organizations to focus more on the victims, rather than the killer, his weapons and his motivations.

Issues covered:
Length: 9:45

Media
Mass Shootings

2. **Brian Roe, PhD**, McCormick Professor of Agricultural Marketing and Policy at Ohio State University

American consumers throw away about 80 billion pounds of food a year. Dr. Roe led a study that examined Americans' attitudes and misconceptions about food waste. He said many consumers think they have good reasons to

throw food away, but those perceived benefits are often not real. He noted that food waste is the largest source of municipal solid waste in the U.S. and the most destructive type of household waste in terms of greenhouse gas emissions.

Issues covered:
Length: 7:28

Environment
Consumer Matters
Food Safety

Show # 2019-50
DATE AIRED: 12/15/19 Time Aired: 5:00 AM

1. **Steven Woolf, MD**, Director Emeritus of the Center on Society and Health at Virginia Commonwealth University

Dr. Woolf led a study that found that mortality rates have increased in 48 states since 2010. He said the Rust Belt and Appalachia have seen some of the most dramatic increases in death rates for Americans, ages 25 to 64. He believes that, while the opioid epidemic is a major factor, the decades-long economic decline and loss of manufacturing jobs for the middle class may be one of the deeper root causes.

Issues covered:
Length: 8:44

Public Health
Drug Abuse
Economy

2. **Teru Clavel**, global education consultant, author of "World Class: One Mother's Journey Halfway Around the Globe in Search of the Best Education for Her Children"

Students in Asia consistently rank among the best in the world. Ms. Clavel spent a decade living in Asia, with her three children attending public schools in Hong Kong, Shanghai and Japan, before returning to the US. She explained how the American education system has much to learn from its Asian counterparts. She believes that local funding of schools in the US should be replaced by a national education budget, because under the current system, wealthy communities

Radio Health Journal Program Log

provide a much better education than lower-income communities.

Issues covered:
Length: 8:34

Education
Federal Spending

Show # 2019-51

DATE AIRED: 12/22/19 Time Aired: 5:00 AM

1. **Kim Allan Williams, Sr, M.D., MACC, FAHA, MASNC, FESC**, James B. Herrick Professor, Chief of the Division of Cardiology at Rush University Medical Center in Chicago

Heart disease is the leading killer of Americans, and African Americans have the highest risk of cardiovascular disease. Dr. Williams led a recent study of African Americans that found that following a vegan diet for five weeks showed significant improvements in risk factors for heart disease. He also discussed a new blood test called TMAO that he believes may be the best test yet for predicting the risk of heart attack, stroke, or other serious cardiovascular problems.

Issues covered:
Length: 9:59

Heart Disease
Minority Concerns
Nutrition

2. **Sunny Lin, PhD, MS**, Assistant Professor in the Oregon Health & Science University-Portland State University School of Public Health

Accessing medical records can improve a patient's quality of care and outcomes. Prof. Lin led a study that found that while more than 95% of patients recently discharged from a hospital had access to electronic records, only 10% of patients bothered to look at them. She outlined steps that hospitals can take to encourage more people to use these records.

Issues covered:
Length: 7:22

Personal Health
Government Regulations

Show # 2019-52

DATE AIRED: 12/29/19 Time Aired: 5:00 AM

1. **Bob Rusboldt**, CEO of The Independent Insurance Agents & Brokers of America

A consumer survey commissioned by Mr. Rusboldt's organization found that that many homeowners lack adequate insurance coverage, do not fully understand their homeowners policies and do not have enough savings to support their households in the event of a disaster. He discussed the most common misconceptions consumers have regarding homeowners insurance and what to do about it.

Issues covered:
Length: 8:37

Disaster Preparedness
Consumer Matters

2. **Tomas Hult, PhD**, Byington Endowed Chair and Professor of Marketing in the Eli Broad College of Business, Director of the International Business Center at Michigan State University

From recycling to reusing hotel towels, consumers who participate in a company's "green" program are more satisfied with its service, according to Dr. Holt's research. He explained the reasons behind these feelings, and the surprising way consumer decisions are affected when companies offer additional participation incentives.

Issues covered:
Length: 8:40

Recycling
Environment
Consumer Matters

**Aired on WDNY at 6:30 a.m. Sundays during the reporting period
2019-Q4 (October-December) Radio Health Journal
Quarterly Report - Compliancy Issues & Programs List**

Affordable Housing	HIV & AIDS
Agriculture	Homelessness
Business & industry	Hospitals & emergency room
Cancer	Infant mortality
Child safety	
Climate Change	
Community water fluoridation	
Consumerism	
Drug use	
Economics	
Education	
Emergency responders	
Environment	
Ethics	
Family values	
Federal government	
Generational issues/conflict	
Gun violence	
Health care	
Health care accessibility issues	

Radio Health Journal Program Log

Interpersonal relations
Law & crime
Local government policy
Malnutrition
Mass shootings
Mental health
Mental illness
Nutrition
Parenting issues
Police & law enforcement
Population decline
Poverty
Prevention
Psychology
Public health
Public policy
Regulation
Rural community issues
Suicide
Vaccination
Women's issues
Workplace & employment
issues
Youth at risk

Radio Health Journal Program Log

Program 19-40		Writers/Producers Reed Pence
Air Week 10/06 - 10/12/2019		Studio Production Jason Dickey
Time	Segment	Dur.
1:55	SEGMENT 1: DOES PRENATAL FLUORIDE LOWER IQ?	13:20
<p>Synopsis: Fluoride in community drinking water has been controversial since its introduction nearly 75 years ago. A new study adds to this with evidence that pregnant women who drink fluoridated water may produce children with slightly lowered IQ. The study author and two other experts discuss what's known and what the ramifications of the study could be for communities, for oral health, and for children.</p>		
<p>Host & Producer: Reed Pence. Guests: Dr. Brittany Seymour, Assistant Professor of Oral Health Policy and Epidemiology, Harvard School of Dental Medicine; Dr. Christine Till, Associate Professor of Psychology, York University; Dr. Patricia Braun, Professor of Pediatrics, University of Colorado and Chair, Section on Oral Health Executive Committee, American Academy of Pediatrics</p>		
<p>Compliance issues covered: public health; youth at risk; local government policy; parenting issues; community water fluoridation; health care; child safety</p>		
<p>Links for more information: https://hsdm.harvard.edu/people/brittany-seymour http://health.info.yorku.ca/health-profiles/index.php?mid=645764 https://www.denverhealth.org/provider-directory/b/braun-patricia-a</p>		
16:17	SEGMENT 2: TRYPOPHOBIA: THE FEAR OF CLUSTERED HOLES	6:38
<p>Synopsis: As much as 16 percent of the population suffers from trypophobia, which makes them uneasy at the sight of holes clustered together, as in a honeycomb. Two experts and a sufferer discuss this phobia, which can be remarkably debilitating.</p>		
<p>Host: Nancy Benson. Producer: Morgan Kelly. Guests: Dr. Geoff Cole, Center for Brain Science, University of Essex; Kerry Taylor, trypophobia sufferer and administrator of support group; Dr. Keith Wagner, University of Texas Medical Branch, Galveston</p>		
<p>Compliance issues covered: health care; consumerism; mental health</p>		
<p>Links for more information: https://www.essex.ac.uk/people/coleg19909/geoff-cole https://www.skinhoax.com https://www.consultant360.com/exclusive/consultant360/dermatology/qa-keith-wagner-md-online-skin-disease-hoaxes</p>		

Radio Health Journal Program Log

Program 19-41		Executive Producer	Reed Pence
Air Week 10/13 - 10/19/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
2:02	SEGMENT 1: RURAL MATERNITY UNITS CLOSING		
	13:25		
<p>Synopsis: A large number of hospitals in rural areas have closed, and many more have closed their maternity units, leaving many rural mothers-to-be with no nearby place to deliver their babies or even get prenatal care. Experts discuss the financial and demographic reasons behind these closures, the danger it presents to mothers and children, and some ways to counter the risk.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Carrie Henning-Smith, Assistant Professor of Health Policy and Management, University of Minnesota School of Public Health and Deputy Director, University of Minnesota Rural Health Research Center; Dr. John Cullen, President, American Academy of Family Physicians; Brock Slabach, Senior Vice President, National Rural Health Association</p>			
<p>Compliance issues covered: public health; health care; parenting issues; child safety; emergency responders; rural community issues; economics; population decline; workforce issues; health care accessibility issues; hospitals</p>			
<p>Links for more information: https://directory.sph.umn.edu/bio/sph-a-z/carrie-henning-smith https://www.aafp.org/about/governance/board-directors/board-chair-cullen.html https://www.ruralhealthweb.org/about-nrha/staff-directory</p>			
16:29		SEGMENT 2: ECZEMA IN INFANTS: A STARTING POINT FOR ALLERGIES AND ASTHMA 6:33	
<p>Synopsis: Doctors have learned that childhood allergies and asthma may have their start in dry, dysfunctional skin in infancy, when allergens such as food particles enter the body through cracks in the skin. A noted pediatric allergist discusses this "atopic march" and ways to combat it.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Donald Leung, Head, Pediatric Allergy Division, National Jewish Health, Denver</p>			
<p>Compliance issues covered: health care; youth at risk; public health; consumerism</p>			
<p>Links for more information: https://www.nationaljewish.org/doctors-departments/providers/physicians/donald-y-m-leung</p>			

Radio Health Journal Program Log

Program 19-42		Executive Producer	Reed Pence
Air Week 10/20 - 10/26/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
2:01	SEGMENT 1: THE PSYCHOLOGY OF GIG WORKERS		
13:12			
Synopsis: Gig work is becoming more and more a part of the American economy. It takes a certain temperament for a worker to thrive on the freedom gig work offers without being paralyzed by the lack of security. Experts discuss the psychological benefits and difficulties of multiple part time jobs or freelancing.			
Host & Producer: Reed Pence. Guests: Jeff Kreisler, Editor in Chief, PeopleScience.com; Dr. Brianna Caza, Associate Professor of Business Ethics, University of Manitoba			
Compliance issues covered: economics; workplace & employment issues; mental health; psychology			
Links for more information: http://jeffkreisler.com https://umanitoba.ca/faculties/management/faculty_staff/academic_professors/brianna-caza.html			
16:15	SEGMENT 2: CARING FOR STRANGERS		
		6:42	
Synopsis: Emergency room physicians have to make sense of and care for complete strangers every day. A recently retired ER doctor looks back at lessons he's learned that are applicable to everyone's life.			
Host: Nancy Benson. Producer: Polly Hansen. Guest: Dr. Paul Seward, author, <i>Patient Care: Death and Life In the Emergency Room</i>			
Compliance issues covered: health care; public health; hospitals & emergency room			
Links for more information: http://www.washingtonindependentreviewofbooks.com/index.php/bookreview/patient-care-death-and-life-in-the-emergency-room			

Radio Health Journal Program Log

Program 19-43		Executive Producer Reed Pence	
Air Week 10/27 - 11/02/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
2:02	SEGMENT 1: CLIMATE CHANGE = LESS NUTRITIOUS FOODS		
12:12			
<p>Synopsis: Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard University; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, University of Washington</p>			
<p>Compliance issues covered: environment; climate change; agriculture; malnutrition; poverty; public health</p>			
<p>Links for more information: https://planetaryhealthalliance.org/people/sam-s-myers-md-mph https://globalhealth.washington.edu/faculty/kristie-ebi</p>			
15:16	SEGMENT 2: PAID PARENTAL LEAVE	7:21	
<p>Synopsis: The US is one of the few world nations that offers no paid job leave for either new moms or dads. A new study shows that paid leave has benefits in infant mortality as well as mother's health. An expert and advocate for paid leave discusses the benefits.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Lucy Sullivan, Executive Director, 1000 Days</p>			
<p>Compliance issues covered: health care; public health; youth at risk; infant mortality; workplace & employment issues; economics</p>			
<p>Link for more information: https://thousanddays.org/person/lucy-martinez-sullivan/</p>			

Radio Health Journal Program Log

Program 19-44		Executive Producer Reed Pence	
Air Week 11/03 - 11/09/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
2:02	SEGMENT 1: MASS VIOLENCE: HOW MUCH IS MENTAL ILLNESS TO BLAME?		
12:11			
<p>Synopsis: Mass shootings and other forms of mass violence are on the increase. Where to assess blame is in sharp dispute. A new report from a blue ribbon panel of behavioral scientists has found that mental illnesses carry some of the blame, but mental “distress” is a much more likely factor. Panel members discuss mental health first aid, red flag laws, and other report recommendations on ways to prevent mass violence.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Jeffrey Lieberman, Professor and Chair, Dept. of Psychiatry, Columbia University College of Physicians and Surgeons; Dr. Joseph Parks, Medical Director, Natl. Council for Behavioral Health</p>			
<p>Compliance issues covered: crime; police & law enforcement; public health; gun violence; prevention; mental illness; education; workplace issues; school safety; youth at risk; mass shootings</p>			
<p>Links for more information: https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md https://www.thenationalcouncil.org/press-releases/national-council-behavioral-health-announces-dr-joseph-parks-first-medical-director/</p>			
15:15	SEGMENT 2: “MIND CONTROL,” PSYCHEDELICS, AND THE CIA		
		7:53	
<p>Synopsis: Intelligence agencies have long sought ways to control the mind to get people to do their bidding. An author discusses his investigation into CIA mind control efforts in the 1950’s and 60’s through the use of psychedelic drugs, which unwittingly led to an explosion of the drugs’ use.</p>			
<p>Host: Nancy Benson. Producer: Polly Hansen Guests: Stephen Kinzer, Senior Fellow, Watson Institute for International and Public Affairs, Brown University and author, <i>Poisoner In Chief: Sidney Gottlieb and the CIA Search for Mind Control</i></p>			
<p>Compliance issues covered: ethics; drug use; federal government</p>			
<p>Links for more information: https://watson.brown.edu/people/visiting/kinzer</p>			

Radio Health Journal Program Log

Program 19-45		Executive Producer Reed Pence	
Air Week 11/10 - 11/16/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
2:02	SEGMENT 1: SUICIDE SURVIVORS		
13:43			
<p>Synopsis: For those left behind when a loved one dies of suicide, recovery can be difficult. Stigma, guilt, and blame are exceptionally common. They need more support, but often get less, and their own risk of suicide is elevated. Experts—one a suicide survivor herself—discuss the difficulties and ways survivors can cope.</p>			
<p>Host & Producer: Reed Pence. Guests: Joyce Bruggeman, Exec. Director, Survivors of Suicide Loss; Dr. Holly Prigerson, Co-Director, Center for Research on End of Life Care, Professor of Geriatrics and Sociology in Medicine, Weill-Cornell Medical College</p>			
<p>Compliance issues covered: mental health; public health; family issues; suicide; mental illness</p>			
<p>Links for more information: https://www.soslsd.org/board-leadership/#bruggeman http://vivo.med.cornell.edu/display/cwid-hgp2001 https://suicidepreventionlifeline.org https://save.org/what-we-do/grief-support/</p>			
16:47	SEGMENT 2: FERTILITY RATE DECLINE AND THE AGING POPULATION	6:00	
<p>Synopsis: Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy, which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility.</p>			
<p>Host: Nancy Benson. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women’s Contraception Program, Nationwide Children’s Hospital, Columbus, OH</p>			
<p>Compliance issues covered: health care; teen pregnancy; labor and employment; economics; generational conflict</p>			
<p>Links for more information: http://www.globalaginginstitute.org/about-gai/team.html http://www.nationwidechildrens.org/elise-d-berlan</p>			

Radio Health Journal Program Log

Program 19-46		Executive Producer	Reed Pence
Air Week 11/17 - 11/23/2019		Studio Production	
Time	Segment	Dur.	
1:59	SEGMENT 1: THE RISKS OF EGG DONATION		
	11:32		
<p>Synopsis: Some agencies estimate that 50,000 children have been born in the US using donor eggs. But egg donation (or sale, as some insist) is not regulated, and while short-term risks are known, few donors have been followed for years. Long-term risks are not well understood. Experts discuss what we know... and what we don't.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Linda Kahn, postdoctoral fellow in pediatrics, New York University School of Medicine; Dr. Richard Paulson, Professor of Reproductive Medicine, University of Southern California and President, American Society of Reproductive Medicine; Dr. Wendy Chavkin, Professor of Public Health and Obstetrics and Gynecology, Columbia University</p>			
<p>Compliance issues covered: health care; economics; ethics; technology; women's issues; federal government; regulation</p>			
<p>Links for more information: https://med.nyu.edu/departments-institutes/pediatrics/divisions/environmental-pediatrics/our-team https://uscfertility.org/about-uscfertility/richard-paulson-md/ https://www.mailman.columbia.edu/people/our-faculty/wc9</p>			
14:33	SEGMENT 2: THE CHANGING FACE OF HIV	8:00	
<p>Synopsis: HIV/AIDS was once an epidemic and a death sentence. But many Americans are too young to remember that, so HIV awareness has faded. One of the nation's top HIV experts discusses HIV as a treatable, chronic illness and the need to still be vigilant—and be tested.</p>			
<p>Host: Nancy Benson. Guest: Dr. Laura Cheever, Associate Administrator, HIV/AIDS Bureau, US Health Resources and Services Administration</p>			
<p>Compliance issues covered: health care; HIV/AIDS; public health; prevention; poverty</p>			
<p>Links for more information: https://www.hrsa.gov/about/organization/bureaus/hab/bio-cheever.html</p>			

Radio Health Journal Program Log

Program 19-47		Executive Producer Reed Pence	
Air Week 11/24 - 11/30/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
1:49	SEGMENT 1: HOMELESSNESS MYTHS		
	11:34		
Synopsis: Around a half million people are homeless in the US on any given night, but the street homeless who are most visible often incorrectly influence our assumptions about the homeless. A noted researcher discusses myths and truths about their addictions, employment, residences, and more, and why people often become homeless.			
Host & Producer: Reed Pence. Guest: Dr. Deborah Padgett, Professor of Social Work and Global Public Health, Silver School of Social Work, New York University			
Compliance issues covered: homeless; poverty; economics; mental illness; addiction and substance abuse; crime; employment and unemployment; affordable housing; public health			
Links for more information: https://aaswsw.org/member/deborah-padgett/			
14:25	SEGMENT 2: PRESERVING BEAUTY THROUGH CANCER		
		7:44	
Synopsis: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.			
Host: Nancy Benson. Producer: Polly Hansen. Guest: Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, <i>Pretty Sick: A Beauty Guide for Women With Cancer</i>			
Compliance issues covered: women's issues; health care; cancer			
Links for more information: https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271			

Radio Health Journal Program Log

Program 19-48	Executive Producer	Reed Pence
Air Week 12/01 - 12/07/2019	Studio Production Jason Dickey	
Time	Segment	Dur.
1:49	SEGMENT 1: THE SLEEP DEPRIVATION OF LOCAL POLICE	
12:56		
Synopsis: Studies show that law enforcement is the most sleep deprived of all professions, with potentially damaging and even fatal consequences for decision-making and reaction time, as well as long-term health damage. Experts discuss the unique challenges in having a poorly rested police force and in fixing it.		
Host & Producer: Reed Pence. Guests: Dr. Jagdish Khubchubdani, Professor of Health Science, Ball State University; Dr. John Violanti, Research Professor Of Epidemiology and Environmental Health, University at Buffalo		
Compliance issues covered: police & law enforcement; public safety; local government; public health		
Links for more information: https://www.bsu.edu/academics/collegesanddepartments/nutrition-health-science/about-us/faculty-and-staff/health-science-faculty/khubchandanijagdish http://www.buffalo.edu/news/experts/john-violanti-faculty-expert-police-stress.html		
15:47	SEGMENT 2: PET FOOD: WHAT SHOULDN'T YOUR DOG OR CAT EAT?	6:48
Synopsis: A growing number of pet owners are tempted to put their dog or cat on vegan, gluten-free or raw diets. An expert pet nutritionist and veterinarian discuss what pets should and shouldn't eat to be healthy.		
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Valerie Parker, Associate Professor of Veterinary Clinical Sciences, The Ohio State University Veterinary Medical Center		
Compliance issues covered: pets & people; nutrition		
Links for more information: https://vet.osu.edu/parker-valerie		

Radio Health Journal Program Log

Program 19-49		Executive Producer	Reed Pence
Air Week 12/08 - 12/14/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
1:49	SEGMENT 1: WORKPLACE BULLIES		
	11:56		
Synopsis: Some bullies never grow up, and just keep on bullying. Experts describe where and how it most often occurs, what workplace bullies are seeking, who they target, why it continues, and what needs to happen to stop it.			
Host & Producer: Reed Pence. Guests: Dr. Ron Riggio, Professor of Psychology and Leadership, Claremont McKenna College; Dr. Charles Sophy, Medical Director, Los Angeles County Dept. of Children and Family Services; Dr. Gary Namie, Director, Workplace Bullying Institute			
Compliance issues covered: youth at risk; workplace issues; employment; business & industry; interpersonal relations			
Links for more information: https://www.cmc.edu/academic/faculty/profile/ronald-riggio http://www.drSophy.com http://www.workplacebullying.org			
14:47	SEGMENT 2: OLDER DADS, YOUNGER KIDS	8:01	
Synopsis: The average age when men first become fathers has risen to 31, and more men are also becoming dads in their 40's and 50's. A National Book Award-winning author discusses his experience as a first-time dad at 56, and now as a 73-year old father with teenagers.			
Host: Nancy Benson. Producer: Polly Hansen. Guest: Tim O'Brien, author, <i>Dad's Maybe Book</i>			
Compliance issues covered: parenting issues; men's issues; generational issues			
Links for more information: https://time.com/5696948/life-after-wartime/			

Radio Health Journal Program Log

Program 19-50		Executive Producer	Reed Pence
Air Week 12/15 - 12/21/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
1:46	SEGMENT 1: BRIDGING THE VAX/ANTI-VAX DIVIDE		
	14:10		
Synopsis: The debate over vaccination isn't as civil as it once was, and leaves little room for common ground or even discussion. Pro-vaccine advocates often point to science showing safety and effectiveness, but as a noted medical humanities researcher explains, values common among anti-vaccine advocates lead them to reject this science, and both sides need to understand where the disconnect comes from.			
Host & Producer: Reed Pence. Guests: Dr. Bernice Hausman, Professor and Chair, Dept. of Humanities, Penn State University College of Medicine and author, <i>Anti-Vax: Reframing the Vaccination Controversy</i>			
Compliance issues covered: youth at risk; politics; ethics; family values; science and technology; government; vaccination			
Links for more information: https://news.psu.edu/story/534300/2018/08/30/academics/penn-state-college-medicine-welcomes-new-chair-department ; https://www.cornellpress.cornell.edu/book/9781501735622/antivax/			
16:58	SEGMENT 2: "AFFLUENZA"		
		6:00	
Synopsis: Rich people receive deference that the rest of us don't, but do wealthy kids grow up knowing they can get away with what others can't? Research finds that <i>all</i> children apparently know this. Experts discuss.			
Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Suniya Luthar, Foundation Professor of Psychology, Arizona State University and Professor Emerita, Columbia University Teachers College; Maia Szalavitz, co-author, <i>Born for Love: Why Empathy is Essential and Endangered</i>			
Compliance issues covered: youth at risk; mental health; law & crime; ethics			
Links for more information: http://www.suniyaluthar.org https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8			

Radio Health Journal Program Log

Program 19-51		Executive Producer Reed Pence	
Air Week 12/22 - 12/28/2019		Studio Production Jason Dickey	
Time	Segment	Dur.	
1:49	SEGMENT 1: CHRISTMAS IN THE E.R.: IT'S NO HOLIDAY		
12:39			
Synopsis: Winter in general, and the holidays in particular, are the busiest time of year in hospital emergency departments, even in places where it doesn't snow. Experts discuss the increase in deaths of all kinds, including the "Merry Christmas Coronary" and possible reasons those deaths bounce up.			
Host & Producer: Reed Pence. Guests: Dr. Christopher Michos, emergency physician; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institutes and Professor of Medicine, University of Southern California Keck School of Medicine; Dr. David Phillips, Emeritus Professor of Sociology, University of California, San Diego			
Compliance issues covered: health care; family issues; prevention; hospitals & emergency room			
Links for more information: https://health.usnews.com/doctors/christopher-michos-226133 https://hmri.org/our-researchers/robert-a-kloner-md-phd/ https://sociology.ucsd.edu/people/faculty/emeritus/david-phillips.html			
15:30	SEGMENT 2: GERD AND YOUR HOLIDAY FEAST		
		7:29	
Synopsis: During the holidays, reflux problems are magnified by big meals with trigger foods like chocolate and alcohol. But reflux sometimes doesn't show up as heartburn. A gastroenterologist discusses reflux, how it may appear as asthma or hoarseness, and how it can be treated.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Jeffrey King, Chief of Gastroenterology, National Jewish Health, Denver			
Compliance issues covered: health care; family issues			
Links for more information: https://www.nationaljewish.org/doctors-departments/providers/physicians/jeffrey-b-king			

Program 19-52	Executive Producer Reed Pence	
Air Week 12/29/19 - 01/05/20	Studio Production Jason Dickey	
Time Segment		Dur.
1:49	SEGMENT 1: HOARDING DISORDER: IT'S ABOUT MORE THAN THE CLUTTER	
12:17		
Synopsis: Hoarding disorder affects at least five percent of Americans, and despite TV programs showing its effects, it is still widely misunderstood. Experts discuss the danger hoarding poses to others, including neighbors, children, and first responders; why those with the disorder are so attached to things; and the right and wrong ways to address the problem.		
Host & Producer: Reed Pence. Guests: Dr. Carolyn Rodriguez, Associate Professor and Associate Chair of Psychiatry and Behavioral Sciences, Stanford University School of Medicine; Elaine Birchall, social worker specializing in hoarding disorder and co-author, <i>Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding</i>		
Compliance issues covered: mental health; family issues; public safety; first responders; youth and children at risk		
Links for more information: https://profiles.stanford.edu/carolyn-rodriguez http://hoarding.ca		
15:08	SEGMENT 2: MELANOMA ADVANCES	7:14
Synopsis: Fifteen years ago, advanced melanoma was usually lethal. But new treatments harnessing the immune system have increased survival so much that researchers haven't completely been able to quantify it. An expert physician discusses the advances.		
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Philip Friedlander, Director, Melanoma Medical Oncology Program, Mt. Sinai, New York.		
Compliance issues covered: health care; prevention		
Links for more information: https://icahn.mssm.edu/profiles/philip-friedlander		

Community announcements aired on WDNV-FM during October 2019

Environment all ages 10/3-10/11

Southern Tier Outdoor Show held Oct 12-13 at Bath Fairgrounds. Encourages everyone to get outdoors. Whether it's fishing, boating, hunting, skiing, shooting sports, biking, hiking, camping, or any other activity done in the great outdoors, this is where to experience it. Learn from the experts, engage in new activities, purchase gear and services, and let kids try their hand at some of the fun.

Education children/youth 10/1-10/24

Money as You Grow Bookshelf Series introduces children to important money skills through books. Cornell Cooperative Extension has created a new workshop series to offer tips and activities that can help your children's money skills, habits and attitudes grow. The free four hour session program will be held Thursdays, 10/3, 10. 17 & 24 from 4-5:30pm at the Wayland Library, 101 W Naples St. Call 585-728-5380 to register.

Community all ages 10/10-10/20

Annual Roast Beef Dinner at Sparta Center United Methodist Church, Rt 256, Dansville. Sun Oct 20 serving 12 noon to 3:00pm. Roast beef, mashed potatoes, squash, rolls and delicious pies. Eat in or take out. Adults \$10, children 10 & under \$5.

Community announcements aired on WDNV-FM during November 2019

Community All Ages 10/30-11/5
Election Day Roast Beef Dinner with homemade pies, Tue Nov 5 from 4:30-7pm held at the Heath Homestead. Menu includes mashed potatoes w/gravy, dinner rolls, squash, applesauce & green beans. Adults \$10, Children under 10 \$6. Take outs available.

Entertainment Youth 11/3-11/11
Fall Crafting Day set for youth in Bath on Mon, Nov 11 for ages 8 & up. Both 4H and non 4H welcome. Join us for some crafting from noon-3 at the Steuben County Office Annex Bldg. We'll be making Patchwork Pumpkins, a festive Fall Wall Hanging and more. Pre-registration required. Visit website for registration form at putknowledgetowork.org. Questions 607-664-2300.

Education Adults 11/14-11/21
AARP Smart Driver Course held at Dansville Public Library, 200 Main St. 6 hour course takes place Thu Nov 21 & Fri Nov 22 from 12-3 each day. For info and registration call Tom Fellion at 585-335-8935.

Community announcements aired on WDNV-FM during December 2019

Health Adults 12/10-12/17
American Red Cross Blood Drive for critical need and to celebrate Clara Barton's birthday, Tue Dec 17 from 2-7pm held at Dansville Dental

Professionals, 25 Red Jacket St. Make an appointment by visiting redcrossblood.org or calling local contact Holly at 585-261-1700. Donors receive \$5 Amazon gift card and cake.

Community All Ages 11/19-12/20

Dansville CSD announces the “Fill the Bus” campaign. Kick-off Mon, Nov 25 at Dansville Collision. Dec 2 at Empire Realty. Dec 5 at Main St clock. Dec 9 at LMC. Dec 16 at Dollar General. Looking for only New unwrapped toys or gifts and unexpired food. It is kindly suggested to support our local stores to purchase food supplies for donations.

Entertainment Youth/Children 12/7-12/15

Santa will be arriving at the Sparta Center Vol Fire Dept, 8479 Reeds Corners Rd, Sparta on Sun Dec 15 from 1-3pm. Open to all Sparta children. There will be crafts, snacks and a sing-along. Parents – please bring a gift for your child to receive from Santa.