QUARTERLY REPORT

WKZF Morton, IL

1st Quarter January 1, 2023-March 31, 2023

ISSUES

COVID-19 Coverage **Diversity Issues** Morton Pumpkin Festival Information Traffic Information and Reports on Significant IDOT Road Re-Construction Severe Weather Information Political and Legislative News **Local Morton Economy** Local Tax Increases and Municipal Budget Deficits **Economic Development/Attracting Business Small Business Issues Employment Levels** Workforce Development Law Enforcement Issues and Local Crime Youth Issues and Youth Quality of Life Future of Local Education Morton Healthcare Race Issues Veteran's Issues **Local Arts**

During this quarter, this station gave particular attention to the issues listed in the following pages of this report. These issues are not listed in order of importance and it should be noted that the station may have also aired other programming that was responsive to the community's informational needs.

Poverty and Homelessness



Program List

General Coverage This station routinely conveys news-related issues including but not limited to the COVID-19 pandemic.

Week In Review A thirty-minute local magazine style show airing on Sundays from 6:30- 7am, covering a variety of local issues.

Severe Weather Coverage Local weather reports and coverage provided during severe weather such as Winter Weather Warnings, Tornado Warnings, and other significant weather events. The station joins a simulcast of sister station 1470 and 100.3 WMBD for continuous coverage during more significant weather events.

Community Service Projects This station provides exposure to issues, events, and other activities in the community through a combination of efforts, including public service messages by on-air personalities, produced announcements, remote broadcasts, on-air interviews, and personality appearances at community events. Community service projects receive at least six promotional announcements per day for a period of two weeks.

Promotions/Contests This station addresses issues in the community by providing an opportunity for listeners to win financial assistance or other items which assist them in addressing those issues. Promotions/Contests receive a variety of on-air promotional announcements, website, and social media exposure.

Public Service Announcements This station provide exposure to issues, events, and other activities in the community through the airing of pre-recorded :30 or 60 second announcements at no charge to the sponsoring organization. A minimum of thirty announcements is aired for each issue or activity.

Radio Health Journal A half hour magazine style show, Radio Health Journal air	rs
Sunday from 6- 6:30am and covers a variety of current issues.	

Subsequent pages of this report detail the specific Issues and Programs.



Specific Issues and Programs with Associated Air Dates

Week in Review

Program W/	w Enforcement & Local Crime, Healthcare, COVID-19, Small Business Issues eek in Review
· · · · · · · · · · · · · · · · · · ·	eek in Review
Name:	
Date Aired: Jar	nuary 1, 2023
Time and Duration: 6:3	30am - 30 min
1)escription:	look at some of the stories that impacted central Illinois for the previous eek, including news stories and interviews.
2. <u>Co</u> Narrative:	The new year was supposed to see reforms to the cash bail system in the state of Illinois; but, legal challenges made the matter more than a little confusing for prosecutors and other attorneys alike. Durkin and Windhorst spoke on the matter at an Illinois Capitol news conference.

Issue:	COVID-19/Healthcare, Law Enforcement & Local Crime
Program Name:	Week in Review



Date Aired:	January 8, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
1. Narrative:	 Dr. Ram Devadoss, Interventional Cardiologist, UnityPoint Health Peoria Buffalo Bills safety Damar Hamlin collapsed on the field during a Monday Night Football game. We talked with a local doctor about the potential for cardiac and other issues caused by such a medical episode. Dr. Doug Kasper, University of Illinois College of Medicine There's a new variant of COVID-19 in the State of Illinois, even though the number of cases are going down. We talk about the new variant and what it means. Sheriff Jeff Lower, Tazewell County A last minute stay issued by a judge regarding the state's "SAFE-T Act" and its cashless bail provisions is causing confusion among law enforcement. Sheriff Lower talks about what he is and isn't doing about the issue in his community.

Issue:	Healthcare, Law Enforcement & Local Crime, Race Issues, Political & Legislative News
Program Name:	Week in Review
Date Aired:	January 15, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	 Peoria Police Chief Eric Echavarria After a year including a record number of homicides in 2021, Peoria Police Chief Eric Echevarria says all crimes in the city in 2022 declined. He discusses the statistics. Governor JB Pritzker Illinois Governor JB Pritzker is inaugurated to a second term in the Illinois Legislature, and gives an inaugural address in Springfield. Sara Sparkman, Spokesperson, Tazewell County Health Department



January is Cervical Cancer Awareness Month. Sparkman talks about the impact in this area, and special activities in order to bring more
awareness.

Issue:	Law Enforcement & Local Crime, Race Issues, Political & Legislative News
Program Name:	Week in Review
Date Aired:	January 22, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 Eric Holder, former U.S. Attorney General Holder spoke to Peoria's annual Martin Luther King, Jr. luncheon, discussing crime and reforms, along with King's own history. Illinois Gov. JB Pritzker Pritzker spoke with reporters about his participation in the World Economic Forum in Davos, Switzerland. He also discussed lawsuits regarding his cashless bail reform, and on the state's proposed ban on assault weapons. Elizabeth Gannon, Executive Director, Peoria County Election Commission Gannon talks about a new "vote by mail" provision, called "permanent vote by mail," which allows mail-in ballots to be sent to potential voters in perpetuity.

Issue:	Local Economy, Local Arts, Political & Legislative News, Local Economy, Small Business Issues
Program Name:	Week in Review
Date Aired:	January 29, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.



1. <u>Yvonne Greer-Batton, Chairperson, Peoria Civic Center Authority Board;</u> Rik Edgar, General Manager A relationship between the Peoria Civic Center and the Peoria Rivermen hockey team is seen to be souring, after necessary repairs to the center's ice-making plant have been put off, and as the Rivermen are in the last year of a multi-year lease with the Civic Center. Batton and Edgar, who've long been urged to do whatever is necessary to keep the Rivermen in Peoria, say it's not that simple. 2. Assorted local residents Narrative: A number of local residents spoke out in force at a recent Peoria Civic Center Board meeting regarding the Peoria Rivermen, and the concerns mentioned above. 3. State Sen. John Curran Curran, in a State Capitol news conference, talks about concerns that Democrats in the Legislature want to try and implement a progressive income tax, despite the fact that voters have long rejected such a proposal.

Issue:	Local Economy, Local Tax Increases and Municipal Defecits, Small Business Issues, Workforce Development, Political & Legislative News, Poverty & Homelessness
Program Name:	Week in Review
Date Aired:	February 5, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 U.S. Rep. Darin LaHood (R-Dunlap) LaHood, a member of several top U.S. House committees, discusses the recent discovery of a Chinese spy balloon, and implications on U.S. security and the economy. Mayor John Kahl, City of East Peoria



Kahl, in his annual "State of East Peoria" address, talks about infrastructure needs in the city, and how many of them are being addressed for the first time in a long time.

3. <u>John Ackerman, Tazewell County Clerk; State Sen. Dave Koehler (D-</u> Peoria)

A recent meeting discussed the implementation of a new state document recording fee that is supposed to help provide more affordable housing in Illinois, and how more money is being funneled to Chicago for the program than fees put in.

Issue:	News Of The Day, Political & Legislative News, Traffic Information and Reports/Significant Road Re-Construction
Program Name:	Week in Review
Date Aired:	February 12, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 Maj. Gen. Richard Neely, Commander, Illinois National Guard; Maj. Gen. Rodney Boyd, Asst. Adjutant General, Army, Illinois National Guard 180 members of the 106th Aviation Regiment are about to be sent to the Middle East on a military mission. Leaders talked to the group at a deployment ceremony. Illinois Gov. JB Pritzker; Omer Osman, Director, Illinois Department of Transportation Pritzker and Osman, during an appearance in Peoria, talk about the importance of upcoming repair and expansion work to Peoria's Bob Michel Bridge. U.S. Rep. Eric Sorensen (D-East Moline) Sorensen, a first-time Congressman for the 17th District, gives his reaction to President Joe Biden's State of the Union Address.

Issue:	Economic Development/Attracting Business, Local Economy, Youth Issues/Youth Quality Of Life, Diversity issues, Future Of Local Education
Program Name:	Week in Review



Date Aired:	February 19, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 Patrick Urich, Peoria City Manager; Tom Leiter, attorney for developer The Peoria City Council has approved of a development agreement that will result in a new hotel/apartment building in downtown Peoria. This, despite concerns that the project will go like some other hotel redevelopment projects in Peoria. Urich and Leiter discuss the proposal. Felicia Barton, Carrie Clark, Regional Managers, "Birth to 5" Program Barton and Clark discuss a state program that is designed to help provide child care and early childhood education that is described as being equitable. State Sen. Win Stoller (R-Germantown Hills) In his annual budget address, Gov. JB Pritzker said he wants to use better-than-expected state revenues to help expand child care and 0-5 early childhood education. But, State Sen. Win Stoller says it's still an expansion the state just can't afford.

Issue:	Future Of Local Education, Political & Legislative News, Local Economy
Program Name:	Week in Review
Date Aired:	February 26, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 Lt. Gov. Juliana Stratton; Katie Cobb, principal, Valeska Hinton Early Childhood Center; At a Peoria early childhood school, Governor JB Pritzker and other leaders talked about a \$350 million proposal to expand early childhood education and child care in the state. Patrick Urich, Peoria City Manager



Urich discusses the possibility of issuing bonds on behalf of the Peoria Civic Center to possibly fund a number of projects long planned but unfunded by the center.
 3. Brian Wardle, Bradley University Men's Basketball Coach
Wardle discusses the last home game of the season for the Braves, and how they're expecting a large crowd at the Peoria Civic Center, with a Missouri Valley Conference title on the line.

Issue:	Political & Legislative News, Local Economy, Workforce Development, Economic Development/Attracting Business
Program Name:	Week in Review
Date Aired:	March 5, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 Alexi Giannoulias, Illinois Secretary of State Giannoulias talks with us about becoming Secretary of State after last November's election, and how he's visiting local drivers service facilities to determine how the office can be improved. Giannoulias also talked about political corruption. John Ackerman, Tazewell County Clerk Ackerman, on the occasion of Lincoln's Birthday and President's Day, talks about the what happened to Abraham Lincoln and his body after the President's assassination attempt. JD Dalfanso, CEO, Peoria-Area Convention and Visitors Bureau Dalfanso talks about the potential tourism impact on a proposed new hotel in Peoria, and the impact on the local economy a national figure skating championship has on the City of Peoria.

Issue:	Political & Legislative News, Youth Issues/Youth Quality Of Life
Program Name:	Week in Review



Date Aired:	March 12, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 State Sen. Dave Koehler (D-Peoria), State Sen. Linda Holmes (D-Aurora) The lawmakers talk about a measure Koehler has sponsored that "protects child influencers" – online youth who test products and do other online endorsements. If money is made, a trust fund must be set up by parents so that children will have it when they turn 18. When youth turn 18, they would also be able to request that such online videos be removed. State Rep. Ryan Spain (R-Peoria), and other Republican lawmakers Spain and other Illinois Legislature Republicans are calling for expanded ethics reform, saying that in the one year since former House Speaker Michael Madigan was indicted on federal corruption-related charges, not much has been done. Chief Shawn Sollberger, Peoria Fire Department) On the occasion of three firefighters being promoted to higher roles within fire command staff, Sollberger talks about the promotions, including that of the highest-ranking female on the staff.

Issue:	Political & Legislative News, Poverty & Homelessness, Youth Issues/Youth Quality Of Life, Race Issues, Healthcare
Program Name:	Week in Review
Date Aired:	March 19, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 State Rep. Jehan Gordon-Booth (D-Peoria) Gordon-Booth talks about legislation signed by Governor JB Pritzker that requires employers to give paid time off to employees that can be used for any reason. Jennifer Hamm, president, Peoria-Area Association of Realtors



Two long vacant former schools on Peoria's south side are being demolished. The Peoria-Area Association of Realtors has published a report into what they would like to see happen to the vacant plots of land, and how quality of life can be improved for residents in what is otherwise a low-income area of the city.

3. State Rep. Bill Hauter (R-Tazewell County)

Hauter, a Peoria-area doctor, talks about legislation in Springfield that he says would help combat drug overdose deaths in Illinois, by allowing test strips for Fentanyl to be sold or distributed over the counter.

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Issue:	Workforce Development, Local Economy, Small Business Issues, Healthcare
Program Name:	Week in Review
Date Aired:	March 26, 2023
Time and Duration:	6:30am - 30 min
Description:	A look at some of the stories that impacted central Illinois for the previous week, including news stories and interviews.
Narrative:	 State Rep. Travis Weaver (R-Peoria Area); Sara Hartwick, Illinois Manufacturers Asociation Several pieces of legislation in Springfield would help provide job training and education, including in a hands-on matter, that would help build a future workforce in the manufacturing industry. Melanie Brown, Manager of Credit and Collections for Ameren Illinois



Community Service Projects

Issue:	Youth Issues and Youth Quality of Life
Program Name:	Community Service Projects
Date Aired:	March 13 th – March 31st
Time and Duration:	75 announcements aired 24 hours ROS each week.
Description:	Provide exposure to issues, events, and other activities in the community through the airing of pre-recorded :30 or 60 second announcements at no charge to the sponsoring organization.
Narrative:	WKZF-FM promoted Heart of Illinois Big Brothers Big Sisters "Bowl for Kids' Sakean annual fundraiser to create and support one-to-one mentoring relationships that ignite the power and promise of youth in our area

Public Service Announcements

Issue:	Youth Issues and Youth Quality of Live
Program Name:	Public Service Announcements
Date Aired:	January 1 st – March 31st
Time and Duration:	75 announcements aired 24 hours ROS
Description:	Provide exposure to issues, events, and other activities in the community through the airing of pre-recorded :30 or 60 second announcements at no charge to the sponsoring organization.
Narrative:	WKZF-FM ran a series of Public Service Announcements on behalf of the Illinois Department of Health for their "Kids Safe 2 Help" program to help kids reach out on a variety of mental health issues including the effects of bullying



Issue:	Traffic Information. Law Enforcement, and Public Safety
Program Name:	Public Service Announcements
Date Aired:	January 1 ^x – March 31st
Time and Duration:	16 announcements aired 24 hours ROS
Description:	Provide exposure to issues, events, and other activities in the community through the airing of pre-recorded :30 or 60 second announcements at no charge to the sponsoring organization.
Narrative:	WKZF-FM ran a series of Public Service Announcements on behalf of the Illinois Department of Public Safety and their "Move Over" Campaign to encourage drivers to move over to the left lane when they see a police officer or disabled vehicle on the side of the road

Radio Health Journal

Issue:	Healthcare; Veterans Issues
Program Name:	Radio Health Journal
Date Aired:	1/1/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	SPACE MORE ACCESSIBLE Synopsis: As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference. Host: Reed Pence Producer: Kristen Farrah Guests: Ty Pennington, Home Renovation Expert; Amy Goyer, National Family and Caregiving expert Compliancy issues: Senior Living, Home Accessibility, Vulnerable Populations, mobility, Public Safety, Home Renovation, Disabilities, Home Safety



Links for more info:

AARP Resources for Caregivers and their Families

Amy Goyer: AARP's Caregiving Expert and Columnist

Amy Goyer

Ty Pennington

Amy Goyer (@AmyGoyer) / Twitter

Ty Pennington (@thetypennington) • Instagram photos and videos

Ty Pennington (@typennington) / Twitter

SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH

DISABILITIES

Time: 15:12 **Duration:** 7:48

Synopsis: Josue Cordova explains the struggles of traveling with a disability

and how to fix these issues.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Josue Cordova, National Vice President, Paralyzed Veterans of

America, Air Force Veteran

Compliancy issues: Transportation, Federal Legislation, Vulnerable Populations, Accessibility, Disabilities, Airline Passengers, Veterans, Air

Travel, mobility devices
Links for more info:
PVA.org - Josue Cordova

Air carrier access act: Protecting passengers with disabilities

Air Carrier Access Act (ACAA)

Issue	Healthcare
Issue:	neallitare
Program	
Name:	Radio Health Journal
Date Aired:	1/8/23
Time and	
Duration:	6 a.m. – 30 min
Daration.	
Description:	Talk program covering various health issues of the day
Narrative:	SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO
	MALNOURISHMENT
	Synopsis: 'Drunkorexia' is a habit that's popular among young people where
	they refuse to eat before a night of drinking. Though many assume this will
	they refuse to eat before a hight of driffking. Hough highly assume this will



help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School William Mupo, Former Health Promotions Coordinator, University of Texas at Austin

Compliancy issues: Compulsive Drinking, Vulnerable Populations, Excessive Drinking, Alcoholism, Peer Pressure, Public Safety, Alcohol, Weight Gain, Healthy Living, Student Safety, Eating Disorders

Links for more info:

<u>University of Houston: Dr. Dipali Rinker</u>

Proactive Health Labs

Rutgers New Jersey Medical School Linked In: Joy Stephenson-Laws

<u>SEGMENT 2: THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA</u>

Synopsis: Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that's just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you're getting the best anesthesia – and anesthesiologist -- for your needs.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY

Downstate Medical Center in Brooklyn, Author

Compliancy issues: Anesthesia, Vulnerable Populations, Medical History,

Patient Safety, Drugs Links for more info:

James E. Cottrell | Board of Regents

Anesthesia Without Fear

Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	1/15/23



Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
	SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH
	Synopsis: By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry. Host: Reed Pence Producer: Kristen Farrah
	Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine
	Compliancy issues: Open Access Journals, Public Access, Consumerism, Scientific Publishing, Scientific Research, Federal Policy, Federal Funding, Capitalism
	Links for more info:
	Yale School of Medicine: Dr. Walter Mathis
	OSP Senior Leadership Team
	OSTP Issues Guidance to Make Federally Funded Research Freely Available
	Without Delay
Narrative:	Ensuring Free, Immediate, and Equitable Access to Federally Funded
	Research
	SEGMENT 2: IS COVID-19 THE NEW FLU?
	Synopsis: Healthcare's hope is that Covid-19 soon becomes a seasonal
	sickness that we deal with using yearly vaccines. And while the public seems
	eager to put the pandemic in the past, many people aren't following up with
	the recommended booster shots. An expert discusses why we can't become
	too lax with our treatment of this virus.
	Host: Nancy Benson
	Producer: Kristen Farrah
	Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the
	Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association
	Compliancy issues: Virus, Vaccine Fatigue, Vaccines, Omicron, Mild Covid,
	Virus Variants, Long Covid, Immunity, Covid-19
	Links for more info:
	American Lung Association: Dr. Sumita Khatri
	CDC: Variants of the Virus
	CDC: Stay Up to Date with COVID-19 Vaccines Including Boosters



Issue:	Healthcare; News Of The Day; Law Enforcement Issues
Program Name:	Radio Health Journal
Date Aired:	1/22/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
	SEGMENT 1:MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY
Narrative:	CAN'T WE STOP IT? Synopsis: America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates. Host: Reed Pence Producer: Kristen Farrah Guests: Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School Compliancy issues: Doula, Vulnerable Populations, Racial Inequity, Gender Issues, Maternal Mortality, Children and Youth at Risk, Mental Health, Pregnancy, Consumerism, hospitalizations Links for more info: JAMA Network: Trends and Distribution of In-Hospital Mortality Among
	Pregnant and Postpartum Individuals by Pregnancy Period NBER Working Paper Series – Maternal And Infant Health Inequality: New Evidence From Linked Administrative Data University of Michigan Medical School Dr. Lindsay Admon Instagram @thankyounicky Werk it Moms Twitter @lindsayadmon



SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD

Synopsis: PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author **Compliancy issues:** Depression, Anxiety, First Responders, Public Safety, Psychology, Public Health, PTSD, Police and Law Enforcement, Mental Health,

Trauma, Consumerism, traumatic experiences

Links for more info:

Science Direct: Posttraumatic stress disorder in police, firefighters, and

emergency dispatchers
LinkedIn: Dr. Marilyn Wooley

The Authors Guild

Amazon: How Heroes Heal: Stories of First Responders and the Journey from

Posttraumatic Stress Injury to Posttraumatic Growth

Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	1/29/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	Synopsis: America's education system has long been focused on teaching but does this strategy benefit students? This week's show features education experts who say students need to be taught how to learn before they can be successful in the classroom. Host: Reed Pence Producer: Kristen Farrah Guests: Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University Compliancy issues: Consumerism, Public Policy, Learning, Psychology, Cognitive Skills, Education



Links for more info:

LinkedIn: Betsy Hill

Amazon: Your Child Learns Differently, Now What?: The Truth for Parents

Harvard University: Dr. Stephen Kosslyn

<u>LinkedIn: Dr. Stephen Kosslyn</u> Active Learning Sciences

SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND

Synopsis: Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety

Specialist

Compliancy issues: Psychology, Confidence, Vulnerable Populations, Fear,

Public Health, Mental Health, Anxiety, Consumerism

Links for more info:
Natalie Kohlhaas
Natalie Kohlhaas Books

Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	2/5/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT Synopsis: Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe. Host: Reed Pence Producer: Kristen Farrah



Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic

Genealogist, Parabon NanoLabs

Compliancy issues: Murder, Privacy, Genetic Genealogy, Law Enforcement, Public Safety, Federal Regulations, Crime, DNA, Consumerism, Ancestry,

Genetics

Links for more info:

About PNL — Parabon NanoLabs

CeCe Moore

CeCe Moore (@CeCeLMoore) / Twitter

About The DNA Detectives

Edward Humes

<u>The Forever Witness by Edward Humes | PenguinRandomHouse.com</u> <u>Edward Humes (@edward humes) • Instagram photos and videos</u> (@edwardhumes) / Twitter

SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES

Synopsis: Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Eliza Hull, Writer, Musician, Disability Advocate

Compliancy issues: Vulnerable Populations, disabled parents, Family Issues, Disabilities, Mental Health, Consumerism, Neurology, Physical Health,

disability advocate

Links for more info:

We've Got This — ELIZA HULL

Eliza Hull (@elizahull) • Instagram photos and videos

Eliza Hull (@MusicElizaHull) / Twitter

We've Got This: Essays by Disabled Parents: Hull, Eliza: Amazon.com

Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	2/12/23
Time and Duration:	6 a.m. – 30 min



Description:	Talk program covering various health issues of the day
	SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A
	DONOR MATCH
	Synopsis: Colette Hurd needed two new lungs and a kidney after being
	diagnosed with pulmonary arterial hypertension. Unfortunately, her high
	antibody count made it nearly impossible to find a donor match. This week,
	We discuss how creative thinking and plasma exchange technology helped
	save Colette's life.
	Host: Reed Pence
	Producer: Kristen Farrah
	Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor
	Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo
	Blood and Cell Technologies
	Compliancy issues: Surgery, Kidney Disease, high blood pressure, Organ
	Donors, Antibodies, Vulnerable Populations, Apheresis, Consumerism,
	Cardiology, hospital staff, lung disease
	Links for more info:
	<u>LinkedIn: Lori Harada</u>
	The American Society for Apheresis (ASFA)
Narrative:	U.S. Department of Health & Human Services
rative.	Northwestern Medicine Newsroom: Chicago woman "opens the door" for
	other transplant patients after receiving the first positive crossmatch lung
	and kidney transplant at Northwestern Medicine
	SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR
	DREAMS
	Synopsis: Whether it's a quick nap or a full eight hours, sleep is something
	none of us can escape. But can it be more than just a pause on life? Dr.
	Deirdre Barrett, a psychologist, explains how you can increase your
	productivity as you slumber.
	Host: Nancy Benson
	Producer: Kristen Farrah
	Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University,
	Author, The Committee of Sleep Compliancy issues: Learning Psychology Education Proams Consumerism
	Compliancy issues: Learning, Psychology, Education, Dreams, Consumerism, Creativity, Athletics, Lucid Dreaming, Art
	Links for more info:
	Harvard Catalyst Profile: Dr. Deirdre Barrett
	Books by Deirdre Barrett



Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	2/19/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING Synopsis: The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics Compliancy issues: Genomics, Gene Editing, Evolution, Genetics, Patient Safety, DNA, Consumerism, Vaccines, Genetic Diseases Links for more info: WYSS Institute: Dr. George Church twitter: @geochurch Northwestern University Medicine: Dr. Raj Awatramani NIH: What is genome editing? SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON'T INVOLVE OPIOIDS Synopsis: We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don't involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses. Host: Nancy Benson Producer: Kristen Farrah



Guests: Cammie Wolf Rice, Author, The Flight, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital Compliancy issues: Drug Overdose, Drug Abuse, Vulnerable Populations, Addiction, Consumerism, Opioids, Pain Management, Pain Medication Links for more info:

Grady Memorial Hospital: Dr. Mara Schenker

twitter: @maraschenker Instagram: cammierice

Instagram: @christopherwolfcrusade

Implementing prevention of seasonal affective disorder from patients' and

physicians' perspectives | BMC Psychiatry

Elias K. Shaya, MD | Psychiatry | MedStar Health

Barre Evolution Fitness

Issue:	Healthcare; Youth Issues and Quality of Life
Program Name:	Radio Health Journal
Date Aired:	2/26/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES Synopsis: Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it? Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University Compliancy issues: Genomics, Evolution, Gene Editing, Genetics, Patient Safety, Dna, Ethics, Federal Regulations, Consumerism, Genetic Diseases, Scientific Innovation



Links for more info:

WYSS Institute: Dr. George Church

twitter: @geochurch

Northwestern University Medicine: Dr. Raj Awatramani

NIH: What is genome editing?

SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES

Synopsis: Our personal health may be determined before even our parents are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents' habits and behaviors have a direct influence on our DNA.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Judith Finlayson, author of You Are What Your Grandparents Ate **Compliancy issues:** Genetics, Epigenetics, Vulnerable Populations, Diet,

Ancestry, Public Health, Nutrition, Consumerism, Exercise

Links for more info: JudithFinlayson.com

instagram: @Judith.Finlayson

Issue:	Healthcare; COVID-19 Vaccinations and News Of The Day
Program Name:	Radio Health Journal
Date Aired:	3/5/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	Segment 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING Synopsis: Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases



Compliancy issues: Genetic Testing, Consumerism, Medical History, Health Risks, Pregnancy, Risk Factors, Cancer, Genetic Counseling, Rare Diseases,

Gene Therapy, Early Intervention, Patient Safety

Links for more info:

The Ohio State College of Medicine: Kevin Sweet

twitter: @KevinS GC LinkedIn: Kevin Sweet

NIH: Correction to: Understanding the phenotypic spectrum and family experiences of XYY syndrome: Important considerations for genetic

counseling

LinkedIn: Colleen Jodarski

SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE'

Synopsis: All hospitals in the US operate under a standard of care that changes based on the clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne

State University

Compliancy issues: Standard of Care, Medical Malpractice, Safety

Techniques, Full Disclosure, Birth Injuries, Surgical Errors, Patient Safety,

Misdiagnosis

Links for more info:

Wayne State University: Dr. Stanley Berry

StanleyMBerry.com

Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	3/12/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT



Synopsis: Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet.

Host: Elizabeth Westfield **Producer:** Kristen Farrah

Guests: Dr. Joe Roman, Author, Conservation Biologist, Research Affiliate, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species

Research Program Coordinator, U.S. Geological Survey

Compliancy issues: Conservation, Biology, Endangered Animals, Fishing, Invasive Species, Veganism, Diet, Diseases, Consumerism, Economy,

Extinction, Federal Regulations, Environmental Research

Links for more info:

Eat The Invaders

JoeRoman.com

University of Vermont

U.S Geological Survey

SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU?

Synopsis: Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track.

Host: Nancy Benson **Producer:** Kristen Farrah

Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University

of Washington, Chief Medical and Science Officer, Supergut

Compliancy issues: Microbiome, Prebiotics, Probiotics, Diet, Gut Health, Public Health, Health, Supplements, Ultra-processed Food, Federal

Regulations

Links for more info:

The American Journal of Clinical Nutrition: Ultra-processed food consumption among US adults from 2001 to 2018

University of Washington Division of Gastroenterology

twitter: @GutbitesMD

Issue: Healthcare; News Of The Day



Program Name:	Radio Health Journal
Date Aired:	3/19/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF 'TIME BLINDNESS' Synopsis: People with ADHD often have a weaker perception of time, called 'time blindness.' Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don't have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, Treating ADHD in Children and Adolescents Compliancy issues: Vulnerable Populations, Consumerism, Psychiatry, Symptoms, Time Blindness, ADHD, Psychology, Time Management Links for more info: RussellBarkley.org TuckmanPsych.com More Attention, Less Deficit SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU Synopsis: The FDA has granted emergency use authorization to Lucira Health's combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you're positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Emily Volk, President, College of American Pathologists Compliancy issues: Public Health, Vaccine, Consumerism, Influenza, Emergency Use Authorization, Public Health Reporting, Covid-19, False Positives, False Negatives, Home Testing Links for more info: Lucira COVID-19 & Flu Test



U.S. Food & Drug Administration: FDA Authorizes First Over-the-Counter At-	
Home Test to Detect Both Influenza and COVID-19 Viruses	
Dr. Emily Volk	

Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	3/26/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
	SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA
Narrative:	INTEGRITY IN SCIENCE Synopsis: Thousands of Alzheimer's research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University Compliancy issues: Consumerism, Patient Safety, Scientific Research, Alzheimer's Disease, Data Integrity, Photoshop, Research Misconduct, NIH Links for more info: Vanderbilt University & Alzheimer's Center Schrag Laboratory twitter: @schrag matthew SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE Synopsis: The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you've probably never heard of. In honor of Women's History Month, Author Lynn Cullen explains Horstmann's crucial role in the fight against polio. Host: Nancy Benson Producer: Kristen Farrah Guests: Lynn Cullen, author, The Woman With the Cure



instagram: @lynncullenauthor

Compliancy issues: Public Safety, Polio, Vaccine, Quarantine, Isolation,
Pandemic, Cure, Women In Medicine, Female Doctors, Women's History
Month
Links for more info:
LynnCullen.com

