

QUARTERLY REPORT

WKZF Morton, IL

**3rd Quarter
July 1, 2023 – September 30, 2023**

ISSUES

COVID-19 Vaccinations and 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
Poverty and Homelessness

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.



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 airs 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

Issue:	Political and legislative news, youth issues and youth quality of life, healthcare, economic development
Program Name:	Week in Review
Date Aired:	July 2, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Angela Weck, Executive Director, Peoria-Area World Affairs Council</u> Weck discusses the current situation between Russia and Ukraine, including a recent coup attempt.</p> <p><u>2) U.S. Rep. Darin LaHood</u> LaHood discusses the current federal budget situation, including attempts to raise the U.S. debt ceiling.</p> <p><u>3) Andy Thornton, CEO, Greater Peoria YMCA; Tony Hart, Board Chairman, Elmwood Community Foundation; Bob Senneff, CEO, Graham Health Systems</u> A groundbreaking ceremony was recently held for a “rural wellness center” in the Peoria County town of Elmwood.</p>

Issue:	Economic development, local economy, COVID-19 vaccinations and news of the day, health care, youth issues and youth quality of life, Traffic information and reports on significant IDOT road re-construction
Program Name:	Week in Review
Date Aired:	July 9, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.



Narrative:	<p><u>1) Governor JB Pritzker; Omer Osman, Secretary, Illinois Department of Transportation</u> A new extension of the “Rebuild Illinois” infrastructure plan has been released, that aims to upgrade infrastructure in the state.</p> <p><u>2) Dr. Doug Kasper, University of Illinois College of Medicine</u> Kasper provides an updated on COVID-19, now that the “public health emergency” stage of the global pandemic has come to an end in Illinois.</p> <p><u>3) Jennifer Gardner, Medical Stenographer, Carle Health Pekin Hospital; Ryan Morris, Director of Medical Imaging Services, Carle Health Greater Peoria</u> New breast cancer screening equipment has been installed at Carle Health’s Pekin Hospital – equipment that detect potential breast cancers earlier than through a normal routine screening.</p>
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Issue:	Economic development, youth issues and youth quality of life, local economy, local arts
Program Name:	Week in Review
Date Aired:	July 16, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Patrick Urich, City Manager, City of Peoria</u> Urich discusses a new early-stage proposal to build “Riverfront Park” in downtown Peoria.</p> <p><u>2) JD Dalfanso, CEO, Peoria Area Covention and Visitors Bureau</u> Dalfanso discusses the local impact of \$300 million in state revenue being collected from hotels in Illinois, and how Peoria may be doing better than the averages.</p> <p><u>3) Beau Sutherland, Peoria Civic Center</u> Sutherland talks about an idea where the Civic Center may seek a naming rights partner, and how that may help increase revenue.</p>

Issue:	Political and legislative news, Law enforcement issues and local crime, youth issues and youth quality of life, local arts
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Program Name:	Week in Review
Date Aired:	July 23, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) State Rep. Jehan Gordon-Booth, State Sen. John Curran</u> The two provide reaction to the Illinois Supreme Court ruling that a new “cashless bail” law can go forward.</p> <p><u>2) Mayor John Kahl, East Peoria; Dave Catton, East Peoria Police Chief, Anthony Fisher, East Peoria Police Detective</u> The three speak about recent East Peoria Police promotions, including that of Catton to chief.</p> <p><u>3) Eric Echevarria, Peoria Police Chief</u> Echevarria discusses various local crime issues, including his idea that parents should be held at least partially responsible for some of the recent crimes involving juveniles in the city.</p>

Issue:	Local economy, economic development, youth issues and youth quality of life, healthcare
Program Name:	Week in Review
Date Aired:	July 30, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) George Ghareeb and Kevin Graham, Terra Engineering</u> The two speak before the Peoria City Council about a proposed “Riverfront Park.”</p> <p><u>2) Mike McCoy, organizer, St. Jude Memphis to Peoria Run</u> McCoy talks about the upcoming run and its longstanding history in the area, with proceeds benefitting St. Jude Children’s Research Hospital</p>



Issue:	Law enforcement issues and local crime, political and legislative news, race issues, healthcare
Program Name:	Week in Review
Date Aired:	August 6, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) State Rep. Jehan Gordon-Booth; State Sen. Dave Koehler; Peoria Police Chief Eric Echevarria; Monica Hendrickson, Administrator, Peoria City/County Health Department; Dr. Derrick Booth, Director, Carle Health's Trillium Place; Mary Sparks Thompson, Executive Director, Trillium Place</u></p> <p>A new law is taking effect in Illinois that allows mental health professionals to respond either instead of, or in addition to, police officers on calls where a suspect's mental health may be in danger.</p> <p><u>2) Caleb Kelch, WMBD producer</u></p> <p>Caleb talks about his participation in the annual Memphis to Peoria Run benefitting St. Jude Children's Research Hospital.</p>

Issue:	Severe weather information, healthcare, political and legislative news, local economy, race issues, local arts
Program Name:	Week in Review
Date Aired:	August 13, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Steve Hilgers, local American Red Cross volunteer</u></p> <p>Hilgers talks about going with the Red Cross to Hawaii to aid in the recovery from recent devastating wildfires</p> <p><u>2) Sen. Dick Durbin; Keith Knepp, CEO, Carle Health Greater Peoria, Dr. James Leonard, president, Carle Health</u></p> <p>The officials discuss how supply chain issues are resulting in a shortage of</p>



	<p>certain cancer treatment drugs.</p> <p><u>3) Drew Beahm, project manager, Ameren Transmission Company</u> Beahm talks about the need for public input on a proposal to upgrade the local energy grid.</p>
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Issue:	Political and legislative news, law enforcement issues and local crime, health care, economic development, attracting business, small business issues, local economy
Program Name:	Week in Review
Date Aired:	August 20, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) U.S. Rep. Eric Sorensen; Jennifer Welch, CEO, Planned Parenthood of Illinois</u> Officials discuss the guilty plea and sentence of Tyler Massengill, a Peoria-area resident who pleaded guilty to firebombing the Peoria Planned Parenthood facility, and his ten-year prison sentence, along with how that re-sparked a debate in Peoria over abortion</p> <p><u>2) Doug Pruitt, Executive Director, Distillery Labs; Bob Sehring, Board Chairman, Distillery Labs; Peoria Mayor Rita Ali; Caroline LaHood, local business owner</u> Construction is beginning on a new home for Distillery Labs, described as a Peoria-area local business incubator.</p>

Issue:	Local economy, health care, COVID-19 vaccinations and news of the day, youth issues and youth quality of life, political and legislative news, severe weather information
Program Name:	Week in Review
Date Aired:	August 27, 2023
Time and Duration:	6AM - 30 minutes

Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Jimmy Scherer, president, Peoria Metro New Car Dealers Association</u> Scherer discusses the, for now, permanent cancellation of the Greater Peoria Auto Show, and the factors that have led to less participation from automobile manufacturers.</p> <p><u>2) Dr. Doug Kasper, University of Illinois College of Medicine</u> Kasper talks about a new COVID-19 variant, and how that might lead to an uptick in COVID-19 cases despite a relatively quiet summer.</p> <p><u>3) State Rep. Jehan Gordon-Booth; Emily Cahill, Executive Director, Peoria Park District</u> The two discuss money in the state budget that will allow for the building of an outdoor roller skating area at Peoria’s Lakeview Park.</p>

Issue:	Law enforcement issues and local crime, youth issues and youth quality of life, health care
Program Name:	Week in Review
Date Aired:	September 3, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Eric Echevarria, Peoria Police Chief; Peoria Mayor Rita Ali, Denise Jackson, City of Peoria 1st District Council Member</u> A recent spate of shootings and murders in Peoria is discussed, and how police want to take more of a hardline stance in trying to prevent them.</p> <p><u>2) Clara Underwood-Foreman, local community activist</u> Underwood-Foreman discusses how she thinks violence in Peoria can be stopped or lessened, in light of a recent violent period in the city.</p> <p><u>3) Governor JB Pritzker; Lieutenant Governor Juliana Stratton; Dr. Dan Mahoney, president, Southern Illinois University</u> A new initiative Governor JB Pritzker started helps address potential mental health issues with Illinois farmers.</p>

Issue:	Local government, local economy, youth issues and youth quality of life, future of local education, political and legislative news
Program Name:	Week in Review
Date Aired:	September 10, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Shannon Saal, Pekin Township Supervisor</u> A wall of the building the Pekin Township office sits in started to collapse, and Saal talks about what happened and how she plans to serve the community in the interim.</p> <p><u>2) Shawn Sollberger, Peoria Fire Chief; Nate Rice, Fire Prevention Bureau Chief, Peoria Fire Department</u> The two talk about a “Community Risk Reduction Program,” and how it could lead to less fire and emergency calls in the city.</p> <p><u>3) Roger Alvey, Superintendent, Illini Bluffs School District</u> A groundbreaking ceremony was recently held for a “rural wellness center” in the Peoria County town of Elmwood.</p>

Issue:	Employment levels, local economy, youth issues and youth quality of life, local arts, future of local education,
Program Name:	Week in Review
Date Aired:	September 17, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Col. Rusty Ballard, Commander, 182nd Airlift Wing in Peoria</u> Ballard talks about the unit receiving upgraded C-130 aircraft, and the impact on the community.</p> <p><u>2) Everly Davis, Community Engagement Coordinator, Peoria Riverfront Museum</u> Davis talks about a large financial donation for the “Every Student Initiative,”</p>

	<p>which sponsors more than 14,000 children annually attending the museum and various educational opportunities.</p> <p><u>3) Nic Maquet, Chief Building Official, City of Pekin</u> Maquet provides an update on the Pekin Township Building after a recent wall collapse and ensuing partial demolition.</p>
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Issue:	Health care, future of local education, political and legislative news, small business issues
Program Name:	Week in Review
Date Aired:	September 24, 2023
Time and Duration:	6AM - 30 minutes
Description:	A look at some of the stories that impacted central Illinois for the previous weeks, including news stories and interviews.
Narrative:	<p><u>1) Greg Love, Coordinator of Simulation and Skills Labs, Illinois Central College's Health Careers program</u> Love talks about an artificial intelligence-based patient simulator the college just received, more realistic than any simulator that's been in use, outside of using actual patients.</p> <p><u>2) Gary Manier, Mayor of Washington, IL</u> Manier discusses an announced run for a seat in the Illinois State Senate representing the 53rd District.</p> <p><u>3) U. S. Rep. Eric Sorensen</u> Sorensen talks about the potential of a government shutdown, and a series of legislative endeavors he says will help consumers, farmers, and energy prices, among other areas.</p>

Community Service Projects

Issue:	Issue: Economic Development, Traffic Information
Program Name:	Community Service Project



Date Aired:	July 4th
Time and Duration:	30 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM presented the Red, White, and Boom fireworks event...the largest in the state of Illinois. The event has a significant impact on the Tri-County area. The event is free of charge to the public. Attendance 100,000 people. Traffic reports were included to direct the public to the best parking locations and departure routes after the show reports were included to direct the public to the best parking locations and departure routes after the show parking,

Issue:	Small Business Issues
Program Name:	Community Service Project
Date Aired:	July 5th - July 8th
Time and Duration:	20 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM promoted the Peoria Riverfront Market on Saturday, July 8th featuring dozens of Peoria area small businesses selling their wares. In addition to on-air promotional announcements, and website exposure. WKZF was also present at the event

Issue:	Health and Healthcare Programs, Youth, Poverty
Program Name:	Community Service Project
Date Aired:	July 19th - July 22nd



Time and Duration:	20 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM ran a series of promotional announcements & website information about the Heartland Health's Back to School event Saturday, July 22nd at the West Garden Street location. School Supplies and Back-to-School Health information was distributed to low income families. WKZF also broadcast live from the event

Issue:	Local Arts, Race Issues
Program Name:	Community Service Project
Date Aired:	July 24th - July 30th
Time and Duration:	25 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM ran a series of promotional announcements & website information about the Fiesta en Del Rio Hispanic art, music, and food celebration Saturday, July 30th including schedule of events and activities. WKZF personalities also appeared at the event.

Issue:	Local Arts, Race Issues
Program Name:	Community Service Project
Date Aired:	July 31st - August 6th



Time and Duration:	25 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM ran a series of promotional announcements & website information about the River City Soul Fest African-American music celebration Saturday, August 6th including schedule of events and activities. WKZF personalities also appeared at the event.

Issue:	Small Business Issues
Program Name:	Community Service Project
Date Aired:	August 7th - August 12th
Time and Duration:	20 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM promoted the Peoria Riverfront Market on Saturday, August 12th featuring dozens of Peoria area small businesses selling their wares. In addition to on-air promotional announcements, and website exposure. WKZF was also present at the event

Issue:	Economic Development
Program Name:	Community Service Project
Date Aired:	August 10th - August 14th



Time and Duration:	20 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM promoted the Choose Greater Peoria Family Tailgate event on Monday, 14th featuring dozens of community organizations promoting tourism in the Greater Peoria area. Family games, activities, food and entertainment were provided. In addition to on-air promotional announcements, and website exposure. WKZF also broadcast live from the event

Issue:	Morton Pumpkin Festival Information
Program Name:	Community Service Project
Date Aired:	September 11th - September 16th
Time and Duration:	25 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM ran a series of promotional announcements & website information about the Morton Pumpkin Festival Saturday, September 16th including schedule of events, activities, parking, and traffic information maps and directions. The station also participated in the Morton Pumpkin Festival Parade

Issue:	Small Business Issues
Program Name:	Community Service Project



Date Aired:	September 18th - September 23rd
Time and Duration:	20 announcements aired 24 hours ROS
Description:	Provide 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.
Narrative:	WKZF-FM promoted the Peoria Riverfront Market on Saturday, September 23rd featuring dozens of Peoria area small businesses selling their wares. In addition to on-air promotional announcements, and website exposure. WKZF was also present at the event

Public Service Announcements

Issue:	Traffic Information. Law Enforcement, and Public Safety
Program Name:	Public Service Announcements
Date Aired:	July 3rd – September 1st
Time and Duration:	63 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
Program Name:	Radio Health Journal



Date Aired:	7/2/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?</u> Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant but don't want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives. Host: Elizabeth Westfield Producer: Kristen Farrah, Reed Pence Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient Links for more info: M. Kristen Demoruelle, MD, PhD Dr. Kristen Demoruelle LinkedIn Lisa Rose Sammaritano Professor of Clinical Medicine</p> <p><u>SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?</u> Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk. Host: Nancy Benson Producer: Kristen Farrah, Reed Pence Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida Links for more info: Richard Deosingh - District President - Robert Half LinkedIn Joseph A. Ladapo, MD, PhD (@FLSurgeonGen) / Twitter</p>



	State Surgeon General Florida Department of Health
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Issue:	Healthcare, COVID-19
Program Name:	Radio Health Journal
Date Aired:	7/9/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	

Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	7/16/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?</u></p> <p>Synopsis: In this follow-up to last week’s discussion on bioethics and disability, we dig into Dr. Brooke Ellison’s life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist – explores the many ethical decisions that surround end-of-life care.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways</p> <p>Links for more info: Brooke Ellison Center for Medical Humanities, Compassionate Care, and Bioethics</p>



	<p>About Brooke Ellison — Look Both Ways Brooke Ellison LinkedIn Jeffrey P. Bishop, M.D., Ph.D. : SLU Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University LinkedIn</p> <p><u>SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?</u></p> <p>Synopsis: Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how the treatment works and if the therapy will be covered by insurance.</p> <p>Host: Nancy Benson</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways</p> <p>Links for more info: Steve Levine, MD LinkedIn NIMH » Sequenced Treatment Alternatives to Relieve Depression (STAR*D) Study Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression NEJM Psilocybin</p>
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Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	7/23/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: “WE LIVE IN AN AGEIST SOCIETY”: HOW TO ENJOY OLD AGE</u></p> <p>Synopsis: Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don’t know what changes to expect in their old age – and often fight against</p>

	<p>the inevitable transition. She explains what’s normal, what’s not, and how to enjoy your later years in life.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, Honest Aging</p> <p>Links for more info: Rosanne M Leipzig - Internal Medicine Mount Sinai - New York Rosanne Leipzig Rosanne M Leipzig MD PhD (@leipzig_rm) / Twitter</p> <p>SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?</p> <p>Synopsis: Summer is a season of activities, but it’s also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.</p> <p>Host: Nancy Benson</p> <p>Producer: Kristen Farrah, Tabor Brewster</p> <p>Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic</p> <p>Links for more info: Bobbi S. Pritt, M.D. - Mayo Clinic Faculty Profiles Bobbi Pritt, MD (@ParasiteGal) / Twitter Creepy Dreadful Wonderful Parasites Bobbi Pritt LinkedIn</p>
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Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	4/30/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day



<p>Narrative:</p>	<p><u>SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS</u></p> <p>Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer’s disease, named after Alois Alzheimer, or Hodgkin’s lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children’s Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic</p> <p>Links for more info: Sabine Hildebrandt Global Health and Social Medicine Eric L. Matteson, MD, MPH, Section Editor, Rheumatology</p> <p><u>SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER</u></p> <p>Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There’s no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman’s physical and mental health. Our experts break down the evidence and explain alternative interventions.</p> <p>Host: Nancy Benson</p> <p>Producer: Kristen Farrah, Polly Hansen</p> <p>Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down</p> <p>Links for more info: Michelle Mottola, PhD, FACSM - School of Kinesiology - Western University Cynthia Gyamfi-Bannerman, MD, MS, FACOG - Obstetrics & Gynecology UC San Diego Health LinkedIn: Cynthia Gyamfi-Bannerman</p>
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	Aileen Weintraub Aileen Weintraub (@AileenWeintraub) / Twitter
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Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	8/6/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?</u></p> <p>Synopsis: Bicuspid Aortic Valve is a rare heart condition that’s twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you’re diagnosed with BAV.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient</p> <p>Links for more info: S. Christopher Malaisrie, MD Northwestern Medicine S Chris Malaisrie (@ChrisMalaisrie) / Twitter LinkedIn: Alexander C. McKeown</p> <p><u>SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?</u></p> <p>Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener’s safety and didn’t find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.</p> <p>Host: Nancy Benson</p>



	<p>Producer: Kristen Farrah</p> <p>Guests: Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto; Dr. Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies</p> <p>Links for more info: Wikoff, Daniele, Ph.D. ToxStrategies LinkedIn: Daniele Wikoff John Sievenpiper Department of Nutritional Sciences - University of Toronto LinkedIn: John Sievenpiper</p>
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Issue:	Healthcare, Youth Issues and Quality Of Life
Program Name:	Radio Health Journal
Date Aired:	8/13/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?</u></p> <p>Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we’ve invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine</p> <p>Links for more info: Steven Reilly, PhD LinkedIn: Steven Reilly Reilly Lab The functional and evolutionary impacts of human-specific deletions in conserved elements</p>

	<p><u>SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION</u></p> <p>Synopsis: Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of To Dye For, exposes the fashion industry’s frequent use of harsh and toxic chemicals that are serious threats to our health.</p> <p>Host: Nancy Benson Producer: Kristen Farrah Guests: Alden Wicker, Award-Winning Journalist & Author, To Dye For, Founder, EcoCult</p> <p>Links for more info: Alden Wicker EcoCult Alden Wicker LinkedIn Alden Wicker (@AldenWicker) / Twitter</p>
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Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	8/20/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES</u></p> <p>Time: 1:50 Duration: 11:58</p> <p>Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition.</p>

	<p>Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain Compliance issues: Anxiety, Delusions, Depression, Mental Health, Neuroscience, Patient Safety, Vulnerable Populations, Cognitive Behavioral Therapy, Concussions, Frontal Lobe, Hallucinations, Neuroplasticity, Traumatic Brain Injury Links for more info: Sandeep Vaishnavi Duke Department of Medicine Healing the Traumatized Brain Hopkins Press</p> <p><u>SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE</u> Time: 14:50 Duration: 8:08 Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco Compliance issues: Ancestry, Bacteria, Evolution, Healthcare, Precision Medicine, Race, Virus, Disease, Genealogy, Genetic Sequences, Heart Disease, Immune System, Invention, Natural Selection, Travel Links for more info: The influence of evolutionary history on human health and disease Nature Reviews Genetics Capra Lab Capra Lab (@capra_lab) / Twitter Codirector Tony Capra, PhD</p>
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Issue:	Healthcare; Youth Issues and Quality of Life
Program Name:	Radio Health Journal
Date Aired:	8/27/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY</u></p> <p>Synopsis: Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children’s Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association</p> <p>Links for more info: LinkedIn: Dr. Grace Onimoe American Sickle Cell Anemia Association Sickle Cell Disease Association of America Russell E. Ware, MD, PhD</p> <p><u>SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?</u></p> <p>Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we’re breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven’t yet evolved to be fully protected from illness.</p> <p>Host: Nancy Benson</p> <p>Producer: Kristen Farrah</p>

	<p>Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco</p> <p>Links for more info: The influence of evolutionary history on human health and disease Nature Reviews Genetics Capra Lab Capra Lab (@capra_lab) / X Codirector Tony Capra, PhD</p>
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Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	9/3/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: “YOU DON’T DESERVE TO BE TOLERATED”: HEALING FROM TOXIC RELATIONSHIPS</u></p> <p>Synopsis: Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you’re in an unhealthy situation and how to start your journey of healing.</p> <p>Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Jaime Mahler, Licensed Psychotherapist, Author, Toxic Relationship Recovery</p> <p>Links for more info: Jaime Mahler, MS, LMHC (@recollectedself) • Instagram photos and videos Toxic Relationship Recovery Book by Jaime Mahler Official Publisher Page Simon & Schuster Jaime - Licensed Therapist (@recollectedself) TikTok</p> <p><u>SEGMENT 2: IS THERE SUCH THING AS A ‘SAFE’ AMOUNT OF CAFFEINE FOR TEENS?</u></p>

	<p>Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like ‘tropical punch’ or ‘blue raspberry’ that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine.</p> <p>Host: Nancy Benson Producer: Kristen Farrah, Tabor Brewster Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago</p> <p>Links for more info: Holly J. Benjamin, MD LinkedIn: Holly Benjamin Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? Pediatrics American Academy of Pediatrics Caffeine and Children</p>
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Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	9/10/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?</u></p> <p>Synopsis: America’s healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.</p> <p>Host: Elizabeth Westfield Producer: Kristen Farrah, Tabor Brewster</p>



	<p>Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, We’ve Got You Covered; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine</p> <p>Links for more info: Amy Finkelstein MIT Economics We've Got You Covered by Liran Einav, Amy Finkelstein PenguinRandomHouse.com: Books Jonathan Oberlander Department of Social Medicine Jonathan Oberlander (@OberlanderUNC) / X</p> <p><u>SEGMENT 2: THE ‘PERFECT PREGNANCY’ DOESN’T EXIST: CHILDBIRTH THROUGHOUT HISTORY</u></p> <p>Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they’ll survive childbirth, they’re now able to focus on the child they’re expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.</p> <p>Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, The Myth of the Perfect Pregnancy</p> <p>Links for more info: Lara Freidenfelds The Myth of The Perfect Pregnancy Lara Freidenfelds Dr. Lara Freidenfelds (@larafreidenfeld) / X LinkedIn: Lara Freidenfelds</p>
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Issue:	Healthcare; News Of The Day
Program Name:	Radio Health Journal
Date Aired:	9/17/23



Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?</u></p> <p>Synopsis: The US Supreme Court recently voted to ban affirmative action, a topic that’s been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah, Polly Hansen</p> <p>Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges</p> <p>Links for more info: Dayle Davenport, MD - UChicago Medicine Mark C Henderson (@MCHenderson4) / X Mark Henderson, M.D. Executive Leadership UC Davis Health Geoffrey Young LinkedIn</p> <p><u>SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION</u></p> <p>Synopsis: Wildfire smoke has affected cities across America, but it’s not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.</p> <p>Host: Nancy Benson</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Nikki Vars McCullough, Respiratory protection Expert, 3M Company</p> <p>Links for more info: Nicole McCullough LinkedIn Air pollution Maui wildfire one of deadliest in U.S. history NFPA</p>

Issue:	Healthcare
Program Name:	Radio Health Journal
Date Aired:	9/24/23
Time and Duration:	6 a.m. – 30 min
Description:	Talk program covering various health issues of the day
Narrative:	<p><u>SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS</u></p> <p>Synopsis: A cancer diagnosis is often life changing, but many people don’t realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.</p> <p>Host: Elizabeth Westfield</p> <p>Producer: Kristen Farrah</p> <p>Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor</p> <p>Links for more info:</p> <p>Kara N Goldman: Department of Obstetrics & Gynecology</p> <p>Kara N. Goldman, MD (@karagoldmanMD) / X</p> <p>After losing both ovaries, breast cancer survivor gives birth to identical twins on her two-year cancer-free anniversary</p> <p>A Geospatial Analysis of Disparities in Access to Oncofertility Services Oncology</p> <p><u>SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN</u></p> <p>Synopsis: There’s been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.</p> <p>Host: Nancy Benson</p>

	<p>Producer: Kristen Farrah</p> <p>Guests: Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch</p> <p>Links for more info:</p> <p>Emily Lantz, PhD - Nutrition, Metabolism and Rehabilitation Sciences</p> <p>Emily Arentson-Lantz, PhD: LinkedIn</p> <p>Dietary protein quality evaluation in human nutrition</p>
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