



**Quarterly Report of Compliancy Issues & Programs List  
Radio Health Journal: 2020-Q2 (April-June)**

Alcoholism	Human Development
Business & Industry	Media
Charitable & Volunteer Organizations	Medical System
Consumerism	Mental Health
Coronavirus Pandemic	Mental Illness & Treatment
Crime	Minority Issues
Criminal Justice System	Parenting
Culture & Fine Arts	Police & Law Enforcement
Diet & exercise	Poverty
Disabilities	Privacy
Discrimination	Public Health
Domestic Violence	Public Policy
Economics	Public Safety
Education	Racism & Discrimination

**Program:** 20-14                      **Executive Producer:** Reed Pence  
**Air Week:** 04/05/20                **Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
2:21	<b>SEGMENT 1: MISINTERPRETING PERINATAL DEPRESSION</b>	
	12:32	

**Synopsis:** Perinatal depression (previously known as postpartum depression) is seldom brought up by a new mother, so healthcare providers must screen for it carefully. However, sometimes they err on the side of caution in efforts to prevent the mother from harming herself or her baby. Experts discuss the balancing act.

**Host & Producer:** Reed Pence.

**Guests:** Jessica Porten, new mother diagnosed with depression; Dr. Darby Saxbe, Associate Professor of Psychology, University of Southern California; Dr. Tiffany Moore Simas, Professor of Obstetrics and Gynecology, University of Massachusetts Medical School & former co-chair, Maternal Mental Health Expert Work Group, Amer. College of Obstetrics and Gynecology.

**Compliancy issues covered:** health care; women’s issues; youth at risk; public health and safety; parenting

**Links for more information:**

- [https://dornsife.usc.edu/cf/psyc/psyc\\_faculty\\_display.cfm?person\\_id=1032709](https://dornsife.usc.edu/cf/psyc/psyc_faculty_display.cfm?person_id=1032709)
- <https://www.umassmed.edu/news/news-archives/2019/08/tiffany-moore-simas-named-fellow-of-premier-leadership-program-for-women-in-medicine/>

15:25	<b>SEGMENT 2: EASING CORONAVIRUS STRESS</b>	
	6:53	

**Synopsis:** Virtually no one in the US has been unaffected by the coronavirus pandemic, and stress is at high levels. A public health and brain expert discusses why “sheltering in place” is so important in spite of the stress it generates, and a few simple steps to ease the stress.

**Host:** Nancy Benson. **Producer:** Reed Pence.

**Guest:** Dr. Michael Lewis, President, Brain Health Research and Education Institute and former officer, Walter Reed Army Institute of Research

**Compliancy issues covered:** health care; public health; mental health; consumerism; infectious disease; coronavirus pandemic; stress management

**Links for more information:**

- <http://www.brainhealtheeducation.org/about-us/leadership/>

**Program:** 20-15 **Executive Producer:** Reed Pence  
**Air Week:** 04/12/20 **Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:51	<b>SEGMENT 2: DOMESTIC ABUSE AND THE PANDEMIC</b>	
	12:03	

**Synopsis:** With hundreds of millions of Americans sheltering at home due to the COVID-19 pandemic, the odds and fear of domestic abuse are rising. The leader of a noted shelter and counseling program discusses the increase, the difficulty of counteracting it during a national lockdown, and what people can do to cope.

**Host & Producer:** Reed Pence.

**Guest:** Irene Lindsey Brantley, Program Director, Women In Transition, Philadelphia

**Compliance issues covered:** women's issues; youth at risk; public health and safety; charitable and volunteer organizations; domestic violence; intervention & harm reduction; coronavirus pandemic

**Links for more information:**

- Women in Transition – <https://www.helpwomen.org/> & 215-751-1111
- National Domestic Violence Hotline, 800-799-7233

14:56	<b>SEGMENT 2: FOREIGN ACCENT SYNDROME</b>	
	7:10	

**Synopsis:** People who suddenly speak with what sounds like a foreign accent often have a brain injury due to a stroke or other trauma. Experts discuss the syndrome and chances of recovery.

**Host:** Nancy Benson. **Producer:** Reed Pence.

**Guests:** Dr. Sheila Blumstein, Professor Emerita of Cognitive Linguistics and Psychological Sciences, Brown University; Dr. Jack Ryalls, Professor of Communication Sciences and Disorders, University of Central Florida

**Compliance issues covered:** health care; disabilities

**Links for more information:**

- <https://www.brown.edu/Departments/CLPS/people/sheila-blumstein/>
- <https://www.cohpa.ucf.edu/directory/john-ryalls/>

**Program:** 20-16    **Executive Producer:** Reed Pence  
**Air Week:** 04/19/20                                  **Studio Production:** Jason Dickey

*Time            Segment* *Dur.*

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**1:50    SEGMENT 1: WILL COVID-19 BANKRUPT THE HEALTHCARE SYSTEM?**  
**12:25**

**Synopsis:** Hospitals are scrambling to get extra equipment and outfit more beds and ICU units for COVID-19 patients. Their treatment is time-consuming and expensive. At the same time, hospitals' lucrative elective procedure business has largely been eliminated. Will the combination bankrupt hospitals? Two experts who have studied the crisis discuss.

**Host & Producer:** Reed Pence.

**Guests:** Dr. Vivian Ho, Chair, Health Economics, and Director, Center for Health and Biosciences, Rice University and Professor of Medicine, Baylor College of Medicine; Dr. Heidi Russell, Associate Professor, Baylor College of Medicine

**Compliance issues covered:** health care system; public health; economics; public safety; federal government

**Links for more information:**

- <https://www.bakerinstitute.org/experts/vivian-ho/>
- <https://www.sharecare.com/doctor/dr-heidi-v-russell>

**15:17    SEGMENT 2: STAYING FIT WHILE STAYING HOME**  
**7:42**

**Synopsis:** The national effort to shelter in place has closed gyms and led many people to complain of weight gain. Two exercise experts discuss how people can maintain fitness at home with no equipment.

**Host:** Nancy Benson. **Producer:** Polly Hansen.

**Guests:** Sabrina Wescott, nutrition health coach and Director of Marketing, Maxpro Fitness; Erin Sampson, yoga instructor on YouTube "Five Parks Yoga" channel

**Compliance issues covered:** exercise & fitness; coronavirus pandemic; public health

**Links for more information:**

- <https://maxprofitfitness.com/>
- <https://www.youtube.com/watch?v=kNDpnNsoCwU>

**Program:** 20-17 **Executive Producer:** Reed Pence  
**Air Week:** 04/26/20 **Studio Production:** Jason Dickey

*Time Segment* *Dur.*

**1:50 SEGMENT 1: OPENING AMERICA AGAIN: WHEN IS IT SAFE?**

**12:23**

**Synopsis:** Many Americans are impatient with social distancing as a result of COVID-19 despite the success of the tactic. However, reopening the country too quickly could allow the virus to come roaring back, resulting in thousands more deaths and even more economic damage. Two experts explain how the rollout should happen to get us back to work safely.

**Host & Producer:** Reed Pence.

**Guests:** Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University School of Medicine; Dr. Gary Slutkin, CEO, Cure Violence Global

**Compliancy issues covered:** public health; public safety; health care; economics; education; public policy

**Links for more information:**

- <https://www.vumc.org/health-policy/person/william-schaffner-md>
- [https://www.who.int/violenceprevention/about/participants/cure\\_violence/en/](https://www.who.int/violenceprevention/about/participants/cure_violence/en/)

**15:15 SEGMENT 2: RULES FOR WHO LIVES, WHO DIES IN THE PANDEMIC**

**7:44**

**Synopsis:** A lack of ventilators potentially puts doctors in the position of deciding which of their COVID-19 patients get a ventilator and live, and which ones don't get one and die. New rules for making such decisions have been released which are designed to be fair and independent. The designer of the rules explains.

**Host:** Nancy Benson. **Producer:** Reed Pence.

**Guest:** Dr. Douglas White, Professor of Critical Care Medicine and Director, Program on Ethics and Decision Making In Critical Illness, University of Pittsburgh.

**Compliancy issues covered:** health care; public health; ethics; minority issues; infectious disease; coronavirus pandemic; medical system

**Links for more information:**

- <https://ccm.pitt.edu/node/454>

**Program:** 20-18  
**Air Week:** 05/03/20

**Executive Producer:** Reed Pence  
**Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	<b>SEGMENT 1: MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN</b>	
	<b>12:11</b>	

**Synopsis:** Mental health is difficult to maintain when people are required to stay inside at home. In fact, we're asked to engage in activities that normally would indicate mental distress. A noted psychologist with the NIH discusses ways to stay mentally healthy during the pandemic lockdown.

**Host:** Reed Pence. **Producer:** Polly Hansen.

**Guest:** Dr. Krystal Lewis, clinical psychologist, National Institute of Mental Health

**Compliancy issues covered:** public health; health care; mental health; media; mental illness & treatment; coronavirus pandemic; stress management

**Links for more information:**

- <https://potomacpsychiatry.com/krystal-m-lewis>

15:03	<b>SEGMENT 2: NURSING HOMES TRY TO FEND OFF COVID-19</b>	
	<b>8:06</b>	

**Synopsis:** Nursing homes have been a hotbed of fatal COVID-19 infections. The virus was loose in many of them before they could even know it. An industry expert discusses what nursing homes are doing now to keep the virus out and their patients safe.

**Host:** Nancy Benson. **Producer:** Reed Pence.

**Guest:** Dan Stockdale, certified nursing home administrator and consultant

**Compliancy issues covered:** health care; public health; public safety; elderly and senior citizens; infectious disease; coronavirus pandemic

**Links for more information:**

- <https://danstockdale.com/about-dan/>

**Program:** 20-19  
**Air Week:** 05/10/20

**Executive Producer:** Reed Pence  
**Studio Production:** Jason Dickey

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Time	Segment	Dur.
1:53	<b>SEGMENT 1: THE ECONOMY AFTER THE PANDEMIC</b> 11:35	

**Synopsis:** The COVID-19 pandemic has caused a quicker economic crash than we've ever seen. Opening the nation too fast will likely trigger a "W" shaped recovery with wide swings of growth then decline. Either way, the effects will last for years. Experts discuss likely scenarios.

**Host & Producer:** Reed Pence.

**Guests:** Dr. Martin Andersen, Assistant Professor of Economics, Bryan School of Business and Economics, University of North Carolina at Greensboro; Dr. Mark Muro, Senior Fellow, Metropolitan Policy Program, Brookings Institution

**Compliancy issues covered:** public health; economics; employment and unemployment; business and industry; federal government; coronavirus pandemic; public policy

**Links for more information:**

- <https://bryan.uncc.edu/faculty-and-staff/andersen-martin-s/>
- <https://www.brookings.edu/experts/mark-muro/>

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14:30	<b>SEGMENT 2: TELEMEDICINE FINALLY GETS ITS CHANCE</b> 7:54	
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**Synopsis:** Doctor's appointments via smartphone have been available for some time but were little used except in remote areas due to insurance reluctance. Now telemedicine has been forced on us and on insurers by COVID-19 restrictions, and many providers swear by them. Three experts discuss.

**Host:** Nancy Benson.

**Producer:** Reed Pence.

**Guests:** Dr. Franziska Ringpfeil, Assistant Professor of Dermatology, Thomas Jefferson University; Dr. Brian Cole, Professor of Orthopedic Surgery, Rush University & Managing Partner, Midwest Orthopedics at Rush; Brian Slusser, CEO, Health In Motion Network

**Compliancy issues covered:** health care; public health; technology; coronavirus pandemic; insurance

**Links for more information:**

- <https://hospitals.jefferson.edu/find-a-doctor/r/ringpfeil-franziska.html>
- <https://www.briancolemd.com/>

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Guest information, segment podcasts and the latest health news are available at [radiohealthjournal.org](http://radiohealthjournal.org)



**Program:** 20-20 **Executive Producer:** Reed Pence  
**Air Week:** 05/17/20 **Studio Production:** Jason Dickey

**Time Segment** **Dur.**

**1:47 SEGMENT 1: WOMEN, ALCOHOL, AND ISOLATION**  
**12:32**

**Synopsis:** The COVID-19 lockdown has triggered increased alcohol use in many people, and an alcohol use disorder in some. Help can be difficult to access, as face-to-face counseling and group sessions have been halted. For women, it can be even more difficult, as they are much more comfortable in more rare single-sex sharing situations. Two experts discuss today's dangerous alcohol triggers and how to seek help.

**Host & Producer:** Reed Pence.

**Guests:** Jessica Foody, certified professional recovery coach; Dr. Kathleen Brady, Distinguished University Professor of Psychiatry, Medical University of South Carolina

**Compliance issues covered:** public health; alcoholism, substance use disorder and treatment; women's issues; mental health; mental illness & treatment; coronavirus pandemic

**Links for more information:**

- <https://www.jessicafoody.com>
- <https://muschealth.org/MUSCApps/ProviderDirectory/Brady-Kathleen>

**15:21 SEGMENT 2: THE LOSS OF RITUALS** **7:13**

**Synopsis:** Spring is the season of rituals—prom, graduation, commencement and weddings. Social distancing has taken most of these rituals away. An expert discusses the importance of rituals in our mental health and why it's OK to grieve their loss. She also discusses how changing rituals can be successful save for the tragic loss of funerals.

**Host:** Nancy Benson.

**Producer:** Reed Pence.

**Guests:** Dr. Maribel Alvarez, Associate Research Professor of Anthropology, University of Arizona

**Compliance issues covered:** mental health; consumerism; public health; coronavirus pandemic; social change

**Links for more information:**

- <https://anthropology.arizona.edu/user/maribel-alvarez>

**Program:** 20-21                      **Executive Producer:** Reed Pence  
**Air Week:** 05/24/20                **Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
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<b>1:50</b>	<b>SEGMENT 1: THE SHRINKING HUMAN JAW</b>	
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**12:08**

**Synopsis:** Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.

**Host:** Reed Pence.

**Guests:** Dr. Paul Erlich, Professor Emeritus of Population Studies, Stanford University and co- author, Jaws: The Story of a Hidden Epidemic; Dr. Sandra Kahn, orthodontist and co-author, Jaws: The Story of a Hidden Epidemic

**Compliancy issues covered:** youth at risk; human development; public health; diet and nutrition

**Links for more information:**

- <https://www.sup.org/books/title/?id=29626>

<b>15:00</b>	<b>SEGMENT 2: ANDROGENS AND COVID-19</b>	
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**7:26**

**Synopsis:** For people under about age 70, covid-19 is much harder on men than on women, especially those with strong male characteristics like scalp balding and plentiful body hair. A group of researchers has a theory as to why—that male hormones provide the virus with an entry into the cell. One of the researchers discusses what that could mean in terms of treatment.

**Host:** Nancy Benson.

**Producer:** Reed Pence.

**Guest:** Dr. Carlos Wambier, Assistant Professor of Dermatology, Brown University Warren Alpert Medical School

**Compliancy issues covered:** consumerism; public health; research & development; vaccine development;

**Links for more information:**

- <https://brownderm.org/doctor/carlos-gustavo-wambier-md-phd/>

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**Program:** 20-22 **Executive Producer:** Reed Pence  
**Air Week:** 05/31/20 **Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	<b>SEGMENT 1: COVID AND CHOIRS</b>	
	11:47	

**Synopsis:** Scientists have discovered that singing is an exceptionally effective way to spread viruses through the aerosolized particles it expels, which may travel much farther than the six foot safety zone many people follow. This means choruses and choirs may not get back to “normal” after the covid-19 pandemic until much later than most activities, and only with rapid, effective testing or a vaccine. Experts explain.

**Host:** Reed Pence.

**Guests:** Dr. Robert Russell, Music Director, CHORALART, Portland, ME and Professor Emeritus of Music, University of Southern Maine; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, University of South Carolina and President, Performing Arts Medicine Assn.

**Compliance issues covered:** health care; public health and safety; culture and fine arts; recreation and performing arts; economics; infectious disease; coronavirus pandemic

**Links for more information:**

- <https://www.choralart.org/music-director/>
- <https://www.rider.edu/faculty/lucinda-halstead>

14:39	<b>SEGMENT 2: WHY WOMEN ARE GENETICALLY STRONGER</b>	
	7:38	

**Synopsis:** Women may have been known through the centuries as the weaker sex, but researchers have learned that they are anything but weak. Their 2 X chromosomes are both active and cooperate with each other, especially in immune response. An expert discusses new findings on their genetic superiority.

**Host:** Nancy Benson. **Producer:** Reed Pence.

**Guest:** Dr. Sharon Moalem, author, *The Better Half: On the Genetic Superiority of Women*

**Compliance issues covered:** women’s issues; gender issues; health; genetics; research & development

**Links for more information:**

- <http://sharonmoalem.com>

**Program:** 20-23    **Executive Producer:** Reed Pence  
**Air Week:** 06/07/20                                      **Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
<b>1:49</b>	<b>SEGMENT 1: GENETIC TESTING AND LIFE INSURANCE</b>	
	<b>12:03</b>	

**Synopsis:** It's illegal for health insurers to use genetic testing to discriminate against policyholders. However, life insurers can and do discriminate on that basis if the test is in your medical file. Private testing lets patients know their risk for many diseases without landing in health files. Advocates want to make it illegal for life insurers to also discriminate on this basis, but it may end up with higher costs for everyone. Experts explain.

**Host:** Reed Pence.

**Producer:** Polly Hansen.

**Guests:** Anya Prince, Associate Professor of Law, University of Iowa; Dr. Patricia Born, Professor and Payne H. and Charlotte Hodges Midyette Eminent Scholar in Risk Management and Insurance, Florida State University; Lisa Schlager, Vice President of Public Policy, Facing Our Risk of Cancer Empowered (FORCE)

**Compliancy issues covered:** health care; insurance; economics; ethics; privacy; public policy; genetics; technology

**Links for more information:**

- <https://law.uiowa.edu/anya-prince>
- <https://business.fsu.edu/person/patricia-born>
- <https://www.facingourrisk.org/about-us/about/staff.php>

<b>14:54</b>	<b>SEGMENT 2: WHAT EVERY PARENT SHOULD KNOW: "IT DOESN'T LOOK LIKE DROWNING"</b>
	<b>7:25</b>

**Synopsis:** Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble.

**Host:** Nancy Benson.

**Guests:** Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard.

**Compliancy issues covered:** public health; public safety; youth at risk; water safety; consumerism

**Link for more information:**

- <http://poolsafely.gov>
- <https://www.youtube.com/watch?v=-dmYka7>

**Program:** 20-24  
**Air Week:** 06/14/20

**Executive Producer:** Reed Pence  
**Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
<b>1:43</b>	<b>SEGMENT 1: MISUNDERSTANDING STUTTERING</b>	
	<b>11:39</b>	

**Synopsis:** Stuttering is an extremely misunderstood disability. Many stutterers go to great lengths to avoid the words or phrases that trip them up, and are often successful in keeping their disability hidden. Yet then it may be mistaken for other problems. Experts explain, using former Vice President Joe Biden as an example.

**Host & Producer:** Reed Pence.

**Guests:** Jane Fraser, President, Stuttering Foundation of America; Dr. Eric Jackson, Assistant Professor of Communicative Sciences and Disorders, New York University

**Compliance issues covered:** disabilities; youth at risk; education

**Links for more information:**

- <https://www.stutteringhelp.org>
- <https://www.stutteringhelp.org/content/jane-fraser>
- <https://steinhardt.nyu.edu/people/eric-s-jackson>

<b>14:24</b>	<b>SEGMENT 2: DISEASE RISK AND INHERITANCE</b>	<b>7:31</b>
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**Synopsis:** Scientists have learned that the habits and environments of our parents and grandparents can have a strong effect on our health and longevity as a result of imprinting on egg and sperm cells. An expert explains.

**Host:** Nancy Benson.

**Guest:** Judith Finlayson, author, *You Are What Your Grandparents Ate: What You Need to Know About Nutrition, Experience, Epigenetics, and the Origins of Chronic Disease*

**Compliance issues covered:** public health; health care; poverty; food insecurity & hunger

**Link for more information:**

- <https://youarewhatyourgrandparentsate.com/-/bios>

**Program:** 20-25  
**Air Week:** 06/21/20

**Executive Producer:** Reed Pence  
**Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	<b>SEGMENT 1: PROTESTS AMID THE PANDEMIC</b>	
	12:37	

**Synopsis:** With thousands of people demonstrating in the streets after the death of George Floyd, health experts are concerned that the crowds, shouting, and lack of masks may contribute to a spike in COVID-19 cases. However, with many locations also “opening up,” they say a spike is inevitable, to be made worse by protests, but teasing out what’s responsible becomes more difficult. Experts discuss.

**Host & Producer:** Reed Pence.

**Guests:** Dr. Julie Swann, Dept. Head and Allison Distinguished Professor, Fitts Dept. of Industrial and Systems Engineering, North Carolina State Univ; Dr. Pinar Keskinocak, Professor of Industrial and Systems Engineering and Director, Center for Health and Humanitarian Systems, Georgia Tech University

**Compliancy issues covered:** public health; racism and discrimination; crime, police & law enforcement; public safety; infectious disease; coronavirus pandemic; social change

**Links for more information:**

- <https://www.ise.ncsu.edu/people/jlswann/>
- <https://www.isye.gatech.edu/users/pinar-keskinocak>

15:29	<b>SEGMENT 2: PROTECTING YOUR EYES FROM SUMMER UV RAYS</b>	
	7:17	

**Synopsis:** Summer is when people want to spend as much time outdoors as possible. Skin protection and sunscreen are something most of us consider, but overexposure to UV rays is extremely dangerous to the eyes as well. An expert discusses.

**Host:** Nancy Benson.

**Producer:** Hannah Swarm.

**Guest:** Dr. Rachel Bishop, ophthalmologist, National Eye Institute

**Compliancy issues covered:** public health; consumerism

**Links for more information:** <https://nei.nih.gov/pressroom/bishop>

**Program:** 20-26                      **Executive Producer:** Reed Pence  
**Air Week:** 06/28/20                **Studio Production:** Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	<b>SEGMENT 1: LONG-SUFFERING COVID SURVIVORS</b>	
	12:27	

**Synopsis:** While most people who contract COVID-19 survive, those who suffer often-changing symptoms for months on end can only wonder when they'll get well. A survey of members of a long-haul survivors support group find that many who don't have "textbook" symptoms suffer poor medical care and discrimination as a result. Two women who operate the support group discuss the issues.

**Host & Producer:** Reed Pence.

**Guests:** Fiona Lowenstein, founder, Body Politic Wellness Collective; Hannah Davis, researcher, Body Politic Support Group

**Compliancy issues covered:** public health; medical system; discrimination; mental illness and treatment; consumerism; research & development

**Links for more information:**

- <https://www.wearebodypolitic.com/covid19>

15:19	<b>SEGMENT 2: Face Masks and Breathing</b>	
	7:22	

**Synopsis:** Some people insist that wearing a face mask smothers them and makes them feel like they're not getting enough air. An expert discusses what might be going wrong and lays out the basics on how to wear a mask without needing to come up for air.

**Host:** Nancy Benson.

**Producer:** Reed Pence.

**Guest:** Dr. Bill Carroll, Adjunct Professor of Chemistry, Indiana University and former President, American Chemical Society; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, University of South Carolina

**Compliancy issues covered:** public health; consumerism

**Links for more information:**

- <https://www.chem.indiana.edu/faculty/bill-carroll/>



Weekly Public Affairs Program

Call Letters: \_\_\_\_\_

**QUARTERLY ISSUES REPORT, APRIL-JUNE, 2020**

Show # 2020-14

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Gregory A. Poland, MD**, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal Vaccine

Dr. Poland discussed the status of the coronavirus pandemic and what must happen before lockdowns and physical distancing can be eased. He offered recommendations on what to disinfect in homes, whether surgical masks are useful for the general public, what to do about summer vacation plans, and other steps to take to avoid the virus.

**Issues covered:**

**Length: 8:59**

- Coronavirus**
- Personal Health**
- Government Regulations**

**Dan Stockdale**, Licensed Healthcare Executive in seven states, Certified Nursing Home Administrator, Certified Assisted Living Administrator

Nursing homes and retirement communities have been an intense focal point for the coronavirus pandemic. Mr. Stockdale outlined the steps that nursing homes across the country have taken to protect their residents and staff. He explained what families and others can do to help during this time of social isolation.

**Issues covered:**

**Length: 8:13**

- Coronavirus**
- Senior Citizens**

Show # 2020-15

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Ken Johnson, PhD**, Senior Demographer at the Carsey School of Public Policy and Professor of Sociology at the University of New Hampshire

As the coronavirus pandemic spreads across the country, those living in rural areas, are increasingly threatened. Prof. Johnson said that people in rural areas are often more reliant on their neighbors than those who live in urban areas, via through such things as volunteer fire departments and shared educational resources. He said hospitals and doctors are almost always further away in rural areas. He also discussed the potential impact to agriculture and other areas of the rural economy.

**Issues covered:**

**Length: 8:59**

- Coronavirus**
- Rural Concerns**
- Agriculture**



**Ellie Hollander**, President and Chief Executive Officer of Meals on Wheels America

Ms. Hollander talked about the effect the coronavirus pandemic on Meals on Wheels and the elderly citizens they serve. She said for many elderly clients, Meals on Wheels volunteers are the only people a senior may see in a given day, so families often depend on them to monitor their loved one's day to day welfare. She explained how someone can volunteer or make a cash donation to help.

**Issues covered:**  
Coronavirus  
Senior Citizens  
Volunteerism

**Length: 8:13**

Show # 2020-16

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**David Spiegel, MD**, Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences at Stanford University, Director of the Stanford Center on Stress and Health.

A recent poll found that half of Americans are now suffering mental health issues as a result of the economic shutdown and coronavirus pandemic. Dr. Spiegel outlined the multiple challenges faced by every American during the crisis. He said he expects the mental health effects to be a long-term issue, including increased rates of suicide. He offered tips for coping.

**Issues covered:**  
Mental Health  
Suicide  
Coronavirus

**Length: 10:14**

**Maureen Mahoney**, Policy Analyst, Consumer Reports

From fake cures for coronavirus to phishing emails and phony websites, scammers are taking advantage of consumers' fear as the virus spreads. Ms. Mahoney talked about the way authorities have handled a recent wave of robocalls. She explained how consumers can recognize the signs of a spoofed phone number, or a text or social media message sent by a scammer.

**Issues covered:**  
Crime  
Consumer Matters  
Coronavirus

**Length: 7:00**

Show # 2020-17

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Amy David, PhD**, Clinical Assistant Professor of Supply Chain and Operations Management at Purdue University

As store shelves emptied and consumers became frustrated at being unable to get basic supplies during the coronavirus pandemic, many blamed hoarders. Dr. David explained the real reasons behind the shortages, and how the supply chain for food and most other products is much more complex and brittle than most people realize. She talked about ways to build flexibility and redundancies into a supply chain.

**Issues covered:**  
**Consumer Matters**  
**Coronavirus**

**Length: 10:03**

**Brian Walsh**, Certified Financial Planner at SoFi, a personal finance company

Mr. Walsh outlined prudent financial steps Americans should take to protect themselves during the COVID-19 economic tailspin. He discussed scenarios for those who are unemployed, those who are worried about their jobs and those who have received stimulus checks.

**Issues covered:**  
**Personal Finance**  
**Government Stimulus**  
**Consumer Matters**  
**Coronavirus**

**Length: 7:17**

Show # 2020-18

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Rick Seaney**, CEO of FareCompare.com

A recent poll found that nearly half of all Americans are ready to travel the moment the pandemic fears are over. Mr. Seaney discussed the current state of air travel. He said, although the current travel outlook is bleak with few flights in the air, there are numerous bargains for consumers who are willing to buy tickets for use later in the year.

**Issues covered:**  
**Consumer Matters**  
**Transportation**  
**Coronavirus**

**Length: 8:51**

**Amanda Kubista-Owen**, social worker with Mayo Clinic Health System

Among the unintended consequences of government-ordered lockdowns, Ms. Kubista-Owen said cases of domestic violence and child abuse are becoming more frequent, more severe and more dangerous. She offered advice to those dealing with abusive relationships and said that resources are still available to help victims, despite the pandemic.

**Issues covered:**  
**Domestic Violence**  
**Child Abuse**  
**Coronavirus**

**Length: 8:15**

Show # 2020-19

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Benjamin Domb, MD**, orthopedic surgeon, Founder and Medical Director of the American Hip Institute & Orthopedic Specialists in suburban Chicago

Dr. Domb said a secondary health care crisis is now brewing. He believes it threatens to be much larger than the crisis caused by COVID-19 itself, after the complete stoppage of all non-urgent procedures such as most surgeries, annual mammograms, routine blood tests and cancer screenings.

**Issues covered:**

**Public Health  
Government  
Coronavirus**

**Length: 8:48**

**Eric Groves**, Co-Founder and CEO of Alignable, a social network for local businesses

Mr. Groves shared the results of his organization's recent polling, which found that 34% of small businesses nationwide won't be able to pay their May rent in full, as a result of the government-mandated lockdowns. He said retailers, travel, restaurants and personal services businesses are suffering the most, as more than 44% of all small businesses have been shuttered. He also discussed government aid that is available to help small businesses.

**Issues covered:**

**Small Business/Economy  
Government  
Unemployment  
Coronavirus**

**Length: 8:25**

Show # 2020-20

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Lisa M. Brosseau, PhD**, expert on respiratory protection and infectious diseases, Certified Industrial Hygienist, former Director of the Illinois Education and Research Center and the Director of the Center for Healthy Work, both at the University of Illinois Chicago School of Public Health

Prof. Brosseau spent decades studying the efficacy and fit of surgical masks and respirators, and the airborne transmission of infectious disease. She said there is no scientific basis for the general public to use cloth masks to prevent COVID-19. She explained why there is a great difference between the use of masks in medical settings vs going to the grocery store. She is concerned that authorities who are ordering the use of bandanas and the like are not taking the issue seriously, and that masks may cause the public to disregard physical distancing.

**Issues covered:**

**Public Health  
Government  
Coronavirus**

**Length: 11:53**

**Prathit A. Kulkarni, MD**, Infectious Diseases Section, Department of Medicine, Baylor College of Medicine

Dr. Kulkarni explained the basics of contact tracing and why experts believe it will be an effective weapon in the fight against COVID-19. He said the exact number of contact tracers hired by the government will depend on the population and severity of the outbreak in each geographic area.

**Issues covered:**

**Public Health  
Government  
Coronavirus**

**Length: 5:57**

Show # 2020-21

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**James J. Duane**, Professor at Regent Law School in Virginia Beach, VA, author of "*You Have the Right to Remain Innocent*"

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

**Issues covered:**

**Length: 9:03**

**Constitutional Rights**

**Legal Matters**

**Crime**

**Frank Lalli**, investigative journalist, author of "*Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions*"

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

**Issues covered:**

**Length: 8:11**

**Personal Health**

**Consumer Matters**

Show # 2020-22

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Paul A. Offit, MD**, Director of the Vaccine Education Center and Professor of Pediatrics in the Division of Infectious Diseases at Children's Hospital of Philadelphia, co-inventor of the rotavirus vaccine

Dr. Offit discussed the race for a COVID-19 vaccine. He talked about the various strategies that vaccine researchers are pursuing and what the biggest challenges are. He said the typical vaccine takes 20 years to develop. He believes the chances are low that a vaccine will be available by the end of 2020, even with unprecedented resources poured into the research. He expects that there will eventually be multiple vaccines using different approaches because of the great number of companies and government agencies engaged in research.

**Issues covered:**

**Length: 9:15**

**Vaccines**

**Government**

**Coronavirus**

**Bob Bixby**, Executive Director of the Concord Coalition, a nationwide, non-partisan, grassroots organization advocating generationally responsible fiscal policy

Mr. Bixby discussed the rapidly expanding national debt. He said although he is a deficit hawk, he believes that the US government has little choice than to pour trillions of dollars into the economy in response to the current economic tailspin. He believes the increased spending should be temporary and carefully targeted, and that taxes will almost certainly have to rise in future years. He talked about the path to recovery, once the COVID-19 crisis has passed.

**Issues covered:**  
Economy  
Government  
Coronavirus

**Length: 8:03**

Show # 2020-23

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Colleen Tressler**, Senior Project Manager, Division of Consumer and Business Education, Federal Trade Commission

Health experts say that contact tracing helps to stop the spread of COVID-19. However, Ms. Tressler noted that scammers, pretending to be government contact tracers, are sending text messages that contain links to malware, to hijack an unsuspecting consumer's computer or phone. She explained how to recognize a scam and how to report one to the FTC.

**Issues covered:**  
Consumer Matters  
Crime  
Coronavirus

**Length: 8:42**

**George Zaidan**, science communicator, television and web host, author "*Ingredients: The Strange Chemistry of What We Put in Us and on Us*"

Mr. Zaidan discussed the often-unsettled science surrounding food and health, and why the health aspects of processed food are so controversial. He explained how consumers can try to judge the credibility of media reports about nutrition and food. He also discussed the safety of chemicals that we use on our bodies, such as sunscreen.

**Issues covered:**  
Nutrition  
Media  
Consumer Matters

**Length: 8:16**

Show # 2020-24

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Mark Votruba, PhD**, Associate Professor of Economics in the Weatherhead School of Management at Case Western Reserve University

Prof. Votruba was the co-author of a study that examined how layoffs and unemployment may affect crime rates. He found that workers who were let go through no fault of their own experienced a 60% jump in property crimes charges and an overall 20% increase in criminal-charge rates in the year after losing their job. He talked about the possible reasons behind this finding, and how it can be remedied.

**Issues covered:**  
Unemployment  
Crime

**Length: 8:42**

**Allan J. Hamilton, MD**, Harvard-trained brain surgeon, Regents' Professor of Neurosurgery at the University of Arizona Health Sciences Center, author of "*Younger Next Year*": and "*Younger Next Year for Women*"

Dr. Hamilton discussed a wave of encouraging new research suggesting ways to prevent Alzheimer's disease and cognitive decline. He discussed the importance of exercise in generating the growth of

new brain cells, and said that it can even result in significant increases in IQ. He explained how women's brains age differently than men, and why preventative steps are even more important for women.

**Issues covered:**  
Alzheimer's disease  
Physical Fitness  
Aging

**Length: 8:16**

Show # 2020-25

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Philip Moeller**, author of "*Get What's Yours for Medicare: Maximize Your Coverage, Minimize Your Costs*"

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn't, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

**Issues covered:**  
Medicare  
Senior Citizens  
Healthcare

**Length: 9:13**

**Caitlin Shetterly**, author of "*Modified: GMOs and the Threat to Our Food, Our Land, Our Future*"

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family's health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

**Issues covered:**  
Food Safety  
Personal Health  
Consumer Matters

**Length: 8:01**

Show # 2020-26

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Suze Orman**, personal finance expert, author of "*The Ultimate Retirement Guide for 50+: Winning Strategies to Make Your Money Last a Lifetime*," host of the "Women & Money" podcast

Ms. Orman discussed strategies to save for retirement, especially in the aftermath of the economic upheavals caused by the coronavirus lockdowns. She explained why she believes that Americans should plan to work until age 70. She also explained why those saving for retirement should be using Roth IRAs and 401ks to save for retirement, rather than traditional IRAs.

**Issues covered:**  
Retirement Planning  
Personal Finance  
Consumer Matters

**Length: 10:30**

**David Geary, PhD**, Curators Distinguished Professor of Psychological Sciences in the College of Arts and Science at The University Of Missouri

Significantly fewer men than women are attending college or pursuing other forms of post-high school education. Prof. Geary led a study that found the primary cause is boys' poor reading skills in adolescence. He said the reading gap between boys and girls is detectable from the very beginning of schooling, even in preschool.

**Issues covered:**

**Education**

**Literacy**

**Length: 6:37**

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Weekly Public Affairs Program

Call Letters: \_\_\_\_\_

## QUARTERLY ISSUES REPORT, APRIL-JUNE, 2020

Show # 2020-14

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Gregory A. Poland, MD**, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal *Vaccine*

Dr. Poland discussed the status of the coronavirus pandemic and what must happen before lockdowns and physical distancing can be eased. He offered recommendations on what to disinfect in homes, whether surgical masks are useful for the general public, what to do about summer vacation plans, and other steps to take to avoid the virus.

**Issues covered:**

**Length: 8:59**

**Coronavirus**

**Personal Health**

**Government Regulations**

**Dan Stockdale**, Licensed Healthcare Executive in seven states, Certified Nursing Home Administrator, Certified Assisted Living Administrator

Nursing homes and retirement communities have been an intense focal point for the coronavirus pandemic. Mr. Stockdale outlined the steps that nursing homes across the country have taken to protect their residents and staff. He explained what families and others can do to help during this time of social isolation.

**Issues covered:**

**Length: 8:13**

**Coronavirus**

**Senior Citizens**

**Chris Robinson**, Board Member of the National Funeral Directors Association, Managing Owner of Robinson Funeral Home in Easley, SC

The coronavirus lockdowns have had a dramatic effect on the way today's funerals and memorial services can be conducted. Mr. Robinson said live streaming of funeral services, small graveside services, and online guest books have become the temporary replacements for traditional rituals. He also discussed the shortage of personal protection equipment for workers in the funeral industry.

**Issues covered:**

**Length: 5:09**

**End of Life**

**Coronavirus**

Show # 2020-15

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Ken Johnson, PhD**, Senior Demographer at the Carsey School of Public Policy and Professor of Sociology at the University of New Hampshire

As the coronavirus pandemic spreads across the country, those living in rural areas, are increasingly threatened. Prof. Johnson said that people in rural areas are often more reliant on their neighbors than those who live in urban areas, via through such things as volunteer fire departments and shared educational resources. He said hospitals and doctors are almost always further away in rural areas. He also discussed the potential impact to agriculture and other areas of the rural economy.

**Issues covered:**

**Length: 8:59**

**Coronavirus**  
**Rural Concerns**  
**Agriculture**

**Ellie Hollander**, President and Chief Executive Officer of Meals on Wheels America

Ms. Hollander talked about the effect the coronavirus pandemic on Meals on Wheels and the elderly citizens they serve. She said for many elderly clients, Meals on Wheels volunteers are the only people a senior may see in a given day, so families often depend on them to monitor their loved one's day to day welfare. She explained how someone can volunteer or make a cash donation to help.

**Issues covered:**

**Length: 8:13**

**Coronavirus**  
**Senior Citizens**  
**Volunteerism**

**Teri Secrest**, certified health & wellness coach, natural health educator, CEO of Joy of Living

As many Americans are stuck at home, Ms. Secrest said it is important to make wise health choices. She offered suggestions to avoid eating or drinking out of boredom, and to incorporate exercise into a daily routine. She also offered ideas to deal with stress and anxiety.

**Issues covered:**

**Length: 5:09**

**Coronavirus**  
**Personal Health**  
**Mental Health**

Show # 2020-16

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**David Spiegel, MD**, Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences at Stanford University, Director of the Stanford Center on Stress and Health.

A recent poll found that half of Americans are now suffering mental health issues as a result of the economic shutdown and coronavirus pandemic. Dr. Spiegel outlined the multiple challenges faced by every American during the crisis. He said he expects the mental health effects to be a long-term issue, including increased rates of suicide. He offered tips for coping.

**Issues covered:**

**Length: 10:14**

**Mental Health**  
**Suicide**

## Coronavirus

**Maureen Mahoney**, Policy Analyst, Consumer Reports

From fake cures for coronavirus to phishing emails and phony websites, scammers are taking advantage of consumers' fear as the virus spreads. Ms. Mahoney talked about the way authorities have handled a recent wave of robocalls. She explained how consumers can recognize the signs of a spoofed phone number, or a text or social media message sent by a scammer.

**Issues covered:**

**Length: 7:00**

**Crime**  
**Consumer Matters**  
**Coronavirus**

**Jean Shafiroff**, philanthropist, author of "*Successful Philanthropy: How to Make a Life by What You Give*"

As Americans experience historic levels of unemployment, Ms. Shafiroff said food pantries, charities, and nonprofits are seeing huge drops in donations amidst financial uncertainties, while demand for their services skyrockets. She stressed the urgent need for donations and volunteering from those who are able to do so.

**Issues covered:**

**Length: 4:58**

**Poverty**  
**Hunger**  
**Volunteerism**  
**Unemployment**  
**Coronavirus**

Show # 2020-17

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Amy David, PhD**, Clinical Assistant Professor of Supply Chain and Operations Management at Purdue University

As store shelves emptied and consumers became frustrated at being unable to get basic supplies during the coronavirus pandemic, many blamed hoarders. Dr. David explained the real reasons behind the shortages, and how the supply chain for food and most other products is much more complex and brittle than most people realize. She talked about ways to build flexibility and redundancies into a supply chain.

**Issues covered:**

**Length: 10:03**

**Consumer Matters**  
**Coronavirus**

**Brian Walsh**, Certified Financial Planner at SoFi, a personal finance company

Mr. Walsh outlined prudent financial steps Americans should take to protect themselves during the COVID-19 economic tailspin. He discussed scenarios for those who are unemployed, those who are worried about their jobs and those who have received stimulus checks.

**Issues covered:**

**Length: 7:17**

**Personal Finance**  
**Government Stimulus**  
**Consumer Matters**  
**Coronavirus**

**Richard Winchester, JD**, Visiting Professor at Seton Hall University School of Law, national authority on small business and federal employment tax policy

Many Americans have received their stimulus payments from the federal government, but millions of others are still waiting. Prof. Winchester offered advice and web site locations for people to check on the payments and to provide information to the government to expedite the process. He also outlined the numerous aspects of economic aid built into the stimulus bill passed by Congress.

**Issues covered:**

**Length: 4:56**

**Government Stimulus  
Consumer Matters  
Unemployment  
Coronavirus**

Show # 2020-18

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Rick Seaney**, CEO of FareCompare.com

A recent poll found that nearly half of all Americans are ready to travel the moment the pandemic fears are over. Mr. Seaney discussed the current state of air travel. He said, although the current travel outlook is bleak with few flights in the air, there are numerous bargains for consumers who are willing to buy tickets for use later in the year.

**Issues covered:**

**Length: 8:51**

**Consumer Matters  
Transportation  
Coronavirus**

**Amanda Kubista-Owen**, social worker with Mayo Clinic Health System

Among the unintended consequences of government-ordered lockdowns, Ms. Kubista-Owen said cases of domestic violence and child abuse are becoming more frequent, more severe and more dangerous. She offered advice to those dealing with abusive relationships and said that resources are still available to help victims, despite the pandemic.

**Issues covered:**

**Length: 8:15**

**Domestic Violence  
Child Abuse  
Coronavirus**

**Tim Lash**, Chief Strategy Officer for West Health, a nonprofit organization dedicated to lowering the healthcare costs of senior citizens

Mr. Lash's organization commissioned a Gallup poll that found that about 1 in 7 Americans say they would avoid seeking medical care if they experienced key symptoms associated with COVID-19, out of fear of the potential cost. He talked about the possible reasons behind this finding. He also discussed the concerns surrounding the greater impact of coronavirus in minority communities.

**Issues covered:**

**Length: 5:00**

**Personal Health  
Health Insurance  
Minority Concerns  
Coronavirus**

Show # 2020-19

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Benjamin Domb, MD**, orthopedic surgeon, Founder and Medical Director of the American Hip Institute & Orthopedic Specialists in suburban Chicago

Dr. Domb said a secondary health care crisis is now brewing. He believes it threatens to be much larger than the crisis caused by COVID-19 itself, after the complete stoppage of all non-urgent procedures such as most surgeries, annual mammograms, routine blood tests and cancer screenings.

**Issues covered:**

**Length: 8:48**

**Public Health**

**Government**

**Coronavirus**

**Eric Groves**, Co-Founder and CEO of Alignable, a social network for local businesses

Mr. Groves shared the results of his organization's recent polling, which found that 34% of small businesses nationwide won't be able to pay their May rent in full, as a result of the government-mandated lockdowns. He said retailers, travel, restaurants and personal services businesses are suffering the most, as more than 44% of all small businesses have been shuttered. He also discussed government aid that is available to help small businesses.

**Issues covered:**

**Length: 8:25**

**Small Business/Economy**

**Government**

**Unemployment**

**Coronavirus**

**Gregory A. Poland, MD**, Mary Lowell Leary Professor of Medicine at the Mayo Clinic in Rochester, MN, Director of the Mayo Clinic's Vaccine Research Group, Editor-in-Chief of the medical journal Vaccine

Dr. Poland explained the pluses and minuses of herd immunity, what the similarities and differences are between COVID-19 and the flu, and how he thinks workplaces and schools may change in the future as a result of the pandemic, with less business travel and more e-learning. He said he hopes that we become much more of a mask-wearing society.

**Issues covered:**

**Length: 5:13**

**Coronavirus**

**Personal Health**

Show # 2020-20

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Lisa M. Brosseau, PhD**, expert on respiratory protection and infectious diseases, Certified Industrial Hygienist, former Director of the Illinois Education and Research Center and the Director of the Center for Healthy Work, both at the University of Illinois Chicago School of Public Health

Prof. Brosseau spent decades studying the efficacy and fit of surgical masks and respirators, and the airborne transmission of infectious disease. She said there is no scientific basis for the general public to use cloth masks to prevent COVID-19. She explained why there is a great difference between the use of masks in medical settings vs going to the grocery store. She is concerned that authorities who

are ordering the use of bandanas and the like are not taking the issue seriously, and that masks may cause the public to disregard physical distancing.

**Issues covered:**

**Length: 11:53**

**Public Health  
Government  
Coronavirus**

**Prathit A. Kulkarni, MD**, Infectious Diseases Section, Department of Medicine, Baylor College of Medicine

Dr. Kulkarni explained the basics of contact tracing and why experts believe it will be an effective weapon in the fight against COVID-19. He said the exact number of contact tracers hired by the government will depend on the population and severity of the outbreak in each geographic area.

**Issues covered:**

**Length: 5:57**

**Public Health  
Government  
Coronavirus**

**Donald D. Hensrud, MD, MS**, Associate Professor of Nutrition and Preventive Medicine at Mayo Clinic and Director of the Mayo Clinic Healthy Living Program

It's being called the "Quarantine 15"-- gaining weight while staying at home during the COVID-19 pandemic. Dr. Hensrud talked about the common causes of weight gain during the coronavirus lockdowns and what people can do to avoid it and to get some exercise.

**Issues covered:**

**Length: 5:06**

**Weight Gain  
Personal Fitness  
Coronavirus**

Show # 2020-21

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**James J. Duane**, Professor at Regent Law School in Virginia Beach, VA, author of "*You Have the Right to Remain Innocent*"

Prof. Duane explained the importance of the Fifth Amendment. He believes it is a constitutional right not clearly or widely understood by the average American. He explained why he advises everyone to never answer questions from law enforcement officers without legal representation. He believes when someone is wrongfully convicted of a crime they didn't commit, often it is because of information they voluntarily gave to investigators.

**Issues covered:**

**Length: 9:03**

**Constitutional Rights  
Legal Matters  
Crime**

**Frank Lalli**, investigative journalist, author of *"Your Best Health Care Now: Get Doctor Discounts, Save With Better Health Insurance, Find Affordable Prescriptions"*

Mr. Lalli shared his personal story: after he was diagnosed with multiple myeloma, a treatable form of blood cancer, he put his reporter's instincts to work and got the wonder drug he needed at an affordable price—thousands of dollars less than he was told he would have to spend. He explained how to negotiate doctors' fees and how to search for assistance in paying for medications.

**Issues covered:**

**Length: 8:11**

**Personal Health  
Consumer Matters**

**Alan Cook**, Licensed Contractor, author of *"A Trip to the Number Yard"*

America's math proficiency is rated 24<sup>th</sup> out of 29 math-tested countries. Mr. Cook talked about the problem of mathematic illiteracy for both do-it-yourselfers and trade professionals, and the mishaps that sometimes occur as a result. He explained which math skills are crucial to these blue-collar endeavors. He believes the main problem is that that our nation's schools have failed to teach math in an engaging manner.

**Issues covered:**

**Length: 4:41**

**Education  
Workplace Matters**

Show # 2020-22

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Paul A. Offit, MD**, Director of the Vaccine Education Center and Professor of Pediatrics in the Division of Infectious Diseases at Children's Hospital of Philadelphia, co-inventor of the rotavirus vaccine

Dr. Offit discussed the race for a COVID-19 vaccine. He talked about the various strategies that vaccine researchers are pursuing and what the biggest challenges are. He said the typical vaccine takes 20 years to develop. He believes the chances are low that a vaccine will be available by the end of 2020, even with unprecedented resources poured into the research. He expects that there will eventually be multiple vaccines using different approaches because of the great number of companies and government agencies engaged in research.

**Issues covered:**

**Length: 9:15**

**Vaccines  
Government  
Coronavirus**

**Bob Bixby**, Executive Director of the Concord Coalition, a nationwide, non-partisan, grassroots organization advocating generationally responsible fiscal policy

Mr. Bixby discussed the rapidly expanding national debt. He said although he is a deficit hawk, he believes that the US government has little choice than to pour trillions of dollars into the economy in response to the current economic tailspin. He believes the increased spending should be temporary and carefully targeted, and that taxes will almost certainly have to rise in future years. He talked about the path to recovery, once the COVID-19 crisis has passed.

**Issues covered:**

**Length: 8:03**

**Economy  
Government  
Coronavirus**

**Bobbi S. Pritt, MD**, Director of the Clinical Parasitology Laboratory in the Department of Laboratory Medicine and Pathology at Mayo Clinic

Dr. Pritt explained the differences between two primary tests related to COVID-19. She explained who should get either of the tests, how long it takes to receive the results, and what happens next if someone receives a positive test.

**Issues covered:**  
**Public Health**  
**Coronavirus**

**Length: 5:09**

Show # 2020-23

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Colleen Tressler**, Senior Project Manager, Division of Consumer and Business Education, Federal Trade Commission

Health experts say that contact tracing helps to stop the spread of COVID-19. However, Ms. Tressler noted that scammers, pretending to be government contact tracers, are sending text messages that contain links to malware, to hijack an unsuspecting consumer's computer or phone. She explained how to recognize a scam and how to report one to the FTC.

**Issues covered:**  
**Consumer Matters**  
**Crime**  
**Coronavirus**

**Length: 8:42**

**George Zaidan**, science communicator, television and web host, author "*Ingredients: The Strange Chemistry of What We Put in Us and on Us*"

Mr. Zaidan discussed the often-unsettled science surrounding food and health, and why the health aspects of processed food are so controversial. He explained how consumers can try to judge the credibility of media reports about nutrition and food. He also discussed the safety of chemicals that we use on our bodies, such as sunscreen.

**Issues covered:**  
**Nutrition**  
**Media**  
**Consumer Matters**

**Length: 8:16**

**Adrienne Lawrence**, former ESPN anchor and legal analyst, author of "*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*"

Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

**Issues covered:**  
**Sexual Harassment**  
**Women's Concerns**  
**Workplace Matters**

**Length: 5:03**



Show # 2020-24

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Mark Votruba, PhD**, Associate Professor of Economics in the Weatherhead School of Management at Case Western Reserve University

Prof. Votruba was the co-author of a study that examined how layoffs and unemployment may affect crime rates. He found that workers who were let go through no fault of their own experienced a 60% jump in property crimes charges and an overall 20% increase in criminal-charge rates in the year after losing their job. He talked about the possible reasons behind this finding, and how it can be remedied.

Issues covered:

Length: 8:42

Unemployment  
Crime

**Allan J. Hamilton, MD**, Harvard-trained brain surgeon, Regents' Professor of Neurosurgery at the University of Arizona Health Sciences Center, author of "*Younger Next Year*": and "*Younger Next Year for Women*"

Dr. Hamilton discussed a wave of encouraging new research suggesting ways to prevent Alzheimer's disease and cognitive decline. He discussed the importance of exercise in generating the growth of new brain cells, and said that it can even result in significant increases in IQ. He explained how women's brains age differently than men, and why preventative steps are even more important for women.

Issues covered:

Length: 8:16

Alzheimer's disease  
Physical Fitness  
Aging

**Shannon M. Robson, PhD, MPH, RD**, Assistant Professor in the Department of Behavioral Health and Nutrition, Principal Investigator of the Energy Balance and Nutrition Laboratory at the University of Delaware

89% of Americans believe it's important for families to have as many family meals as possible each week. Dr. Robson led a study that showed that more frequent family meals were associated with better dietary outcomes and improved family relationships. She offered suggestions for families to overcome obstacles to gathering for dinner.

Issues covered:

Length: 5:03

Nutrition  
Parenting

Show # 2020-25

Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Philip Moeller**, author of "*Get What's Yours for Medicare: Maximize Your Coverage, Minimize Your Costs*"

Health costs are the biggest unpredictable expense for older Americans, who are turning 65 at the rate of 10,000 a day. While Medicare guarantees them affordable health insurance, few Americans know what Medicare covers and what it doesn't, what it costs, and when to sign up. Mr. Moeller explained why Medicare has become so confusing, and how people approaching retirement can understand these complex and important choices.

**Issues covered:**

**Medicare  
Senior Citizens  
Healthcare**

**Length: 9:13**

**Caitlin Shetterly**, author of "*Modified: GMOs and the Threat to Our Food, Our Land, Our Future*"

GMO products are among the most consumed and the least understood substances in the United States today. Ms. Shetterly shared her personal story of how GMOs affect her family's health. She explained why consumers should learn more about GMOs and why organic foods can be a sensible choice.

**Issues covered:**

**Food Safety  
Personal Health  
Consumer Matters**

**Length: 8:01**

**Costantino Iadecola, M.D.**, Anne Parrish Titzell Professor of Neurology and Director of the Brain and Mind Research Institute at Weill Cornell Medical College in New York

Dr. Iadecola authored a report for the American Heart Association which found that high blood pressure, especially in middle age, is associated with an increased risk of cognitive impairment later in life. He outlined steps to deal with high blood pressure.

**Issues covered:**

**Alzheimer's Disease  
Personal Health**

**Length: 4:58**

Show # 2020-26

**Date aired:** \_\_\_\_\_ **Time Aired:** \_\_\_\_\_

**Suze Orman**, personal finance expert, author of "*The Ultimate Retirement Guide for 50+: Winning Strategies to Make Your Money Last a Lifetime*," host of the "Women & Money" podcast

Ms. Orman discussed strategies to save for retirement, especially in the aftermath of the economic upheavals caused by the coronavirus lockdowns. She explained why she believes that Americans should plan to work until age 70. She also explained why those saving for retirement should be using Roth IRAs and 401ks to save for retirement, rather than traditional IRAs.

**Issues covered:**

**Retirement Planning  
Personal Finance  
Consumer Matters**

**Length: 10:30**

**David Geary, PhD**, Curators Distinguished Professor of Psychological Sciences in the College of Arts and Science at The University Of Missouri

Significantly fewer men than women are attending college or pursuing other forms of post-high school education. Prof. Geary led a study that found the primary cause is boys' poor reading skills in adolescence. He said the reading gap between boys and girls is detectable from the very beginning of schooling, even in preschool.

**Issues covered:**

**Education**

**Literacy**

**Length: 6:37**

**John R. Dean, PhD**, Professor of Analytical and Environmental Sciences at Northumbria University in the United Kingdom

Prof. Dean led a recent study that found that thousands of tons of microfibers are being released into marine environments every year. He explained why this is a serious concern. He found that the problem could be reduced by as much as 30% if consumers made small changes to their laundry habits.

**Issues covered:**

**Environment**

**Consumer Matters**

**Length: 5:01**

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