



Airs Sundays @ 6:00am on WKMJ-FM

Quarterly Report of Compliancy Issues & Programs List 2020-Q3 (July - September) – Radio Health Journal

- Aging
- Animal Health
- Alcohol and Substance Abuse & Treatment
- Autism
- Business & Industry
- Climate Change
- Communications
- Consumerism & Consumer Safety
- Disabilities
- Disasters & Preparedness
- Discrimination
- Eating Disorders
- Economics
- Education
- Elderly & Senior Citizens
- Elected Officials
- Employment & Workplace Issues
- Environment & Outdoors
- Ethics
- Family & Parenting Issues
- Federal Government
- First Responders
- Flooding
- Health Care
- Infectious Disease
- Individual Rights
- Interpersonal Relations
- Labor Issues
- Mental Health Issues
- Minority Issues
- National Defense
- Obesity
- Organ Donors
- Pets & People
- Pollution
- Poverty
- Public Health
- Public Safety
- Sports & Recreation
- Technology
- Terrorism
- Vaccination
- Violence & Threats
- Youth at Risk

Program:	20-27	Writers/Producers:	Reed Pence
Air Week:	7/5/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:50	SEGMENT 1: AUTISM AND SUBSTANCE ABUSE	12:20	
Synopsis: Studies show that people with autism are twice as likely as others to engage in substance abuse, contrary to previous belief that they are extremely unlikely to use drugs or alcohol. An expert and an author who has used alcohol to cope with his autism discuss the developments and their impact.			
Host & Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">Elizabeth Kunreuther, Clinical Instructor, University of North Carolina Wakebrook Addiction Treatment Center and co-author, <i>Drinking, Drug Use and Addiction in the Autism Community</i>Matthew Tinsley, Asperger syndrome patient and co-author, <i>Asperger Syndrome and Alcohol: Drinking to Cope</i>			
Compliance issues covered: autism; disabilities; alcohol and substance abuse and treatment; education			
Links for more information: <ul style="list-style-type: none">https://www.med.unc.edu/psych/directories/faculty/elizabeth-kunreutherhttp://www.asperger-training.com/matthew-tinsley/			
15:12	SEGMENT 2: CONTRACT TRACING AND QUARANTINE: HOW FAR CAN WE GO?	7:45	
Synopsis: The next step in beating the COVID-19 pandemic may be stepped up contact tracing and quarantine of people who’ve had contact with COVID-positive individuals. However, many people see that as too expensive and intrusive to be practical. An expert discusses how it might work, and how it might not.			
Host: Nancy Benson.			
Guests: <ul style="list-style-type: none">Dr. Lauren Childs, Assistant Professor of Mathematics, Virginia Tech University			
Compliance issues covered: public health; consumerism; economics; individual rights; infectious disease			
Links for more information: <ul style="list-style-type: none">https://sinews.siam.org/Details-Page/choosing-intervention-strategies-during-an-emerging-epidemic			

Program:	20-28	Writers/Producers:	Reed Pence
Air Week:	7/12/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:50	SEGMENT 1: ORTHOREXIA: OVERDOING A GOOD THING	12:50	

Synopsis: Therapists report an increase in orthorexia, a not-yet recognized eating disorder where people become fixated on eating only healthy things and/or exercising hours per day. It can take over an afflicted person's life and result in physical symptoms much like anorexia. Experts discuss diagnosis and treatment.

Host & Producer: Reed Pence.

Guests:

- Claire Mysko, Chief Executive Officer, National Eating Disorders Association
- Dr. Jennifer Carter, Clinical Associate Professor of Psychiatry and Behavioral Health, Ohio State University Wexner Medical Center
- Dawn White, Registered, Licensed Dietician, Timberline Knolls Residential Treatment Center, Lemont, IL

Compliance issues covered: eating disorders; mental health issues; health care; consumerism; youth at risk

Links for more information:

- <https://wexnermedical.osu.edu/find-a-doctor/jennifer-carter-phd-22765>
- <https://www.eatingdisorderhope.com/virtual-conference-3/claire-mysko>
- <https://www.globenewswire.com/news-release/2020/02/19/1987163/0/en/Timberline-Knolls-Celebrates-National-Eating-Disorders-Awareness-Week.html>
- National Eating Disorders Association Hotline 800-931-2237

15:42 SEGMENT 2: TICK PARALYSIS: WHEN A TICK BITE CAN BE FATAL

7:15

Synopsis: Summer is tick season, and tick bites are common. However, bites from a couple of types of ticks can produce paralysis and even death if the tick is not removed quickly. An expert discusses.

Host: Nancy Benson.

Guests:

- Dr. Mark Dworkin, Infectious disease specialist, University of Illinois at Chicago School of Public Health

Compliance issues covered: health care; public health; youth at risk; outdoors and environment

Links for more information:

- <https://publichealth.uic.edu/global-health-program/mark-s-dworkin>

Air Week: 7/19/2020		Studio Production: Jason Dickey
Time	Segment	Dur.
1:49	SEGMENT 1: DEALING WITH THE RISE IN OSTEOPOROSIS	12:33
Synopsis: Osteoporosis is increasing as America ages. However, fewer people are being tested for bone density and are agreeing to treatment because of side effects of osteoporosis medications. Experts discuss the devastating effects of increased broken bones and what can now be done to prevent them.		
Host & Producer: Reed Pence.		
Guests: <ul style="list-style-type: none">• Dr. Sundeep Khosla, Professor of Medicine, Mayo Clinic College of Medicine• Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia University Medical Center		
Compliance issues covered: health care; public health; aging; elderly and senior citizens; consumerism		
Links for more information: <ul style="list-style-type: none">• http://maryroach.net		
15:24	SEGMENT 2: DOCTOR BURNOUT: IT STARTS EARLY	7:19
Synopsis: Doctors already say they’re burned out, but the COVID-19 pandemic is making it worse. A noted physician educator discusses how burnout starts with the way future doctors are taught.		
Host: Nancy Benson.		
Guests: <ul style="list-style-type: none">• Dr. Saul Weiner, Professor of Medicine, Pediatrics and Medical Education, University of Illinois at Chicago; Director, Center of Innovation for Complex Chronic Health Care, US Dept of Veterans Affairs and author, <i>On Becoming A Healer: The Journey From Patient Care to Caring About Your Patients</i>		
Compliance issues covered: health care; public health; education; infectious disease		
Links for more information: <ul style="list-style-type: none">• https://chicago.medicine.uic.edu/departments/academic-departments/medicine/academic-internal-medicine-and-geriatrics/people/name/saul-weiner/		

Program: 20-30		Writers/Producers:	Reed Pence
Air Week: 7/26/2020		Studio Production:	Jason Dickey
Time	Segment		Dur.
1:46	SEGMENT 1: PUBLIC HEALTH OFFICIALS RESIGNING UNDER PRESSURE		12:31
Synopsis: State and local public health officials have been under pressure like never before in the COVID-19 pandemic, as citizens and elected officials push back against tough restrictions designed to curb the virus. Some officials have even been threatened. Feeling their bosses don’t have their backs, a higher proportion of officials are quitting than normal, and these essential jobs will be hard to fill with qualified health experts.			
Host & Producer: Reed Pence.			

Guests:

- Dr. Marcus Plescia, Chief Medical Officer, Association of State and Territorial Health Officials
- Lori Freeman, CEO, National Association of County and City Health Officials
- Theresa Anselmo, Executive Director, Colorado Association of Local Public Health Officials

Compliance issues covered: health care; public health; public safety; violence and threats; elected officials; infectious disease

Links for more information:

- <https://www.astho.org/StatePublicHealth/ASTHOs-New-CMO-Brings-Clinical-Perspective-to-Public-Health/01-04-18/>
- <https://www.naccho.org/about/chief-executive-officer-lori-tremmel-freeman-mba>
- <http://www.calpho.org/about-us.html>

15:19 SEGMENT 2: PTSD IN CHILDREN

7:09

Synopsis: Mental health experts once believed that children were too young to remember traumas well enough to suffer much from post-traumatic stress disorder. Now they know that children as young as 2 or 3 can be affected, often for the rest of their lives. An expert discusses PTSD in children and its treatment.

Host: Nancy Benson.

Producer: Ariana Kraft.

Guests:

- Dr. Michael Scheeringa, Professor of Child Psychiatry and Associate Professor of Clinical Pediatrics, Tulane University School of Medicine

Compliance issues covered: youth at risk; mental health; family and parenting issues

Links for more information:

- <http://www.infantstitute.org/faculty-member/michael-s-scheeringa/>

Program: 20-31 **Writers/Producers:** Reed Pence

Air Week: 8/2/2020 **Studio Production:** Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: "ELECTROSHOCK THERAPY:" NOT WHAT YOU SEE IN THE MOVIES	12:07

Synopsis: Electroconvulsive therapy still has a stigma, with the reputation of being a painful, disturbing procedure that wipes out memories and, if movies are to be believed, even creates zombies. Experts explain the reality—that ECT is a quiet procedure that provokes a short brain seizure, releasing huge amounts of neurotransmitters to reset the brain in what is the quickest and most dependable treatment for severe and often suicidal depression.

Host: Reed Pence.

Producer: Ariana Kraft.

Guests:

- Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit
- Dr. Dan Maixner, Associate Professor of Psychiatry, University of Michigan

Compliance issues covered: mental illness; health care; public health; technology

Links for more information:

- <https://www.nimh.nih.gov/news/science-news/2015/lisanby-chosen-to-lead-nimh-division-of-translational-research.shtml>
- https://www.mlive.com/news/ann-arbor/index.ssf/2016/07/u-m_hospital_finds_new_home_fo.html

14:56	SEGMENT 2: LUNG TRANSPLANTS: THE LEAST-TRANSPLANTED MAJOR ORGAN	8:03
<p>Synopsis: Lung transplants are the least done of all major organ transplants because the lungs are so easily damaged in the death process. A lung transplant surgeon explains, using one particularly difficult case as an example.</p>		
<p>Host: Nancy Benson.</p>		
<p>Producer: Reed Pence.</p>		
<p>Guests:</p> <ul style="list-style-type: none"> Dr. Abbas Ardehali, Professor of Surgery and Medicine and Director, Heart, Lung, and Heart and Lung Transplantation, UCLA David Geffen School of Medicine 		
<p>Compliance issues covered: organ donors; health care; public health</p>		
<p>Links for more information:</p> <ul style="list-style-type: none"> https://www.uclahealth.org/abbas-ardehali 		

Program: 20-33	Writers/Producers: Reed Pence
Air Week: 8/16/2020	Studio Production: Jason Dickey

Program:	20-32	Writers/Producers:	Reed Pence
Air Week:	8/9/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: BACK TO SCHOOL 2020: CAN KIDS ATTEND, OR WILL REMOTE LEARNING RULE?	13:03	
Synopsis: Many school districts are delaying decisions on whether students will attend in person or will be taught remotely once again to reduce the risk of COVID-19 to children and staff. Experts discuss the methods under consideration to lower risks and whether that will be enough to open for classes.			
Host & Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">• Dr. Nathaniel Beers, President HSC Health Care System and pediatrician, Children’s National Hospital• Keith Gambill, President, Indiana State Teachers Association			
Compliance issues covered: public health; children & youth at risk; education; labor issues; parenting issues; education			
Links for more information: <ul style="list-style-type: none">• https://hschealth.org/about/leadership/board/nathaniel-beers• https://www.ista-in.org/get-to-know-keith-gambill-ista-president			
15:52	SEGMENT 2: WORK-AT-HOME BURNOUT AND "ZOOM FATIGUE"	6:59	
Synopsis: People working at home may have no commute and can work in their pajamas, but they may find themselves more exhausted than when they worked at the office. Two experts discuss reasons for this fatigue—patterns of working at home and the surprising stress of virtual meetings.			
Host: Nancy Benson.			
Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">• Dr. Greg Hammer, Professor of Pediatrics and Anesthesiology, Stanford University Medical School and author, <i>Gain Without Pain: The Happiness Handbook for Healthcare Professionals</i>• Dr. Priti Shah, Professor of Psychology, University of Michigan			
Compliance issues covered: employment; workplace issues			
Links for more information: <ul style="list-style-type: none">• https://profiles.stanford.edu/gregory-hammer• https://sites.lsa.umich.edu/shah-lab/people/			

Time	Segment	Dur.
1:50	SEGMENT 1: WHO GETS A VACCINE?	13:08
<p>Synopsis: Development of a Coronavirus vaccine is proceeding at a breakneck pace. What needs to happen to make sure it's safe and effective? And if a vaccine is successfully made, who should get it first? Will enough people opt-in to get back to normal life, or will COVID-19 be with us for years? Experts discuss.</p>		
<p>Host & Producer: Reed Pence.</p>		
<p>Guests:</p> <ul style="list-style-type: none"> • Lawrence Gostin, University Professor of Health Law and Director, O'Neill Institute of National and Global Health Law, Georgetown University • Dr. Jacob Appel, Director of Ethics Education in Psychiatry, Icahn School of Medicine, Mt. Sinai, New York 		
<p>Compliance issues covered: public health; public safety; federal government; economics; first responders; minority issues; ethics; vaccination; infectious disease</p>		
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://oneill.law.georgetown.edu/faculty/Lawrence-Gostin/ • https://www.mountsinai.org/profiles/jacob-m-appel 		
16:00	SEGMENT 2: STRESS AND TYPE 2 DIABETES	6:55
<p>Synopsis: A new study shows that people who have type 2 diabetes and are under chronic stress are more likely to have high blood sugar. The study's lead author and a patient discuss how stress can make diabetes worse and what people can do to counteract it.</p>		
<p>Host: Nancy Benson.</p>		
<p>Producer: Reed Pence.</p>		
<p>Guests:</p> <ul style="list-style-type: none"> • Janice Harris, diabetes patient • Dr. Joshua Joseph, Assistant Professor of Medicine, The Ohio State University Wexner Medical Center 		
<p>Compliance issues covered: health care; public health</p>		
<p>Links for more information:</p> <ul style="list-style-type: none"> • https://medicine.osu.edu/find-faculty/clinical/internal-medicine/joshua-joseph-md 		

Program:	20-34	Writers/Producers:	Reed Pence
Air Week:	8/23/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:50	SEGMENT 1: READING OUR MASKED FACES	12:52	
Synopsis: With faces hidden behind masks for COVID-19, we are losing some of the visual information we depend on for smooth communication. Experts discuss the awkward encounters and specific looks we’re likely to misinterpret when we can’t see other people’s mouths.			
Host & Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">• Dr. David Matsumoto, Professor of Psychology, San Francisco State University and Director, Humintell• Dr. Rebecca Brewer, Senior Lecturer in Psychology, Royal Holloway University of London			
Compliance issues covered: interpersonal relations; communications; infectious disease			
Links for more information: <ul style="list-style-type: none">• https://www.humintell.com/dr-david-matsumoto/• https://pure.royalholloway.ac.uk/portal/en/persons/rebecca-brewer(65862865-a25e-49c0-8b14-1ad2c4d39aef).html			
15:42	SEGMENT 2: LISFRANC INJURIES: NOT JUST A SPRAINED FOOT OR ANKLE	7:19	
Synopsis: People who injure their foot often think they have a mere sprained foot or ankle when they actually have an injury that is potentially much more severe and disabling if not treated. Experts explain the Lisfranc joint and injuries that can hurt it.			
Host: Nancy Benson.			
Producer: Ariana Kraft.			
Guests: <ul style="list-style-type: none">• Dr. Mark Hardy, Balance Foot and Ankle Wellness Center, Lakewood, OH• Dr. Bryan Waxman, orthopedic surgeon, Illinois Bone and Joint Institute			
Compliance issues covered: health care; sports and recreation; disabilities			
Links for more information: <ul style="list-style-type: none">• http://www.balancecle.com/balance-foot-and-ankle/staff/dr-mark-hardy-dpm-facfas/• https://www.ibji.com/doctors/waxman-bryan-md/			

Air Week: 8/30/2020		Studio Production: Jason Dickey
Time	Segment	Dur.
1:47	SEGMENT 1: PLANNING FOR THE NEXT PANDEMIC	12:03
Synopsis: The next pandemic is only a matter of “when and what,” according to health security experts, who here discuss what’s needed to be ready for a variety of possible pandemics and infectious threats, both natural and terror.		
Host & Producer: Reed Pence.		
Guests: <ul style="list-style-type: none"> • Dr. Dennis Hruby, Chief Scientific Officer, SIGA Technologies • Dr. Phil Gomez, CEO, SIRI Technologies 		
Compliance issues covered: public health; public safety; federal government; disasters and preparedness; health care; terrorism; national defense; infectious disease		
Links for more information: <ul style="list-style-type: none"> • https://www.siga.com/about-siga/ 		
15:52	SEGMENT 2: THIRD WORLD MEDICINE	6:54
Synopsis: Medicine in the Third World is vastly different than in the US, and American doctors sometimes run into unexpected hurdles when they try to bring modern medicine to impoverished nations. One such doctor describes his efforts.		
Host: Nancy Benson.		
Producer: Polly Hansen.		
Guests: <ul style="list-style-type: none"> • Dr. Aaron Berkowitz, Director of Global Health, Kaiser Permanente School of Medicine and author, <i>One By One By One: Making a Small Difference Amid a Billion Problems</i> 		
Compliance issues covered: health care; public health; poverty		
Links for more information: <ul style="list-style-type: none"> • https://naturemicrobiologycommunity.nature.com/posts/changing-lives-one-by-one-by-one 		

Program: 20-36		Writers/Producers:	Reed Pence
Air Week:	9/6/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: THE LOOMING “HOTHOUSE EARTH”	12:48	
Synopsis: Rising global temperatures have produced extreme weather and a rising sea level. Climate scientists fear we may soon reach the point of no return, resulting in a hothouse with large portions of the planet uninhabitable. Authors of a major report on this phenomenon explain.			
Host & Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">• Dr. Diana Liverman, Professor of Geography and Development, University of Arizona• Dr. Katherine Richardson, Professor of Biological Oceanography and leader, Sustainability Science Center, University of Copenhagen• Dr. Kristina Dahl, Senior Climate Scientists, Union of Concerned Scientists			
Compliance issues covered: environment; pollution; climate change; flooding; federal government; economics			

Links for more information:

- <https://www.environment.arizona.edu/diana-liverman>
- <https://www.ecsj2017.com/profile/katherine-richardson>
- <https://www.ucsusa.org/bio/kristina-dahl-.W5Khv1KZPOY>

15:37 SEGMENT 2: IMPOSTER SYNDROME

7:05

Synopsis: Many people who are smart, talented and successful still believe they are incompetent on the inside and that others will eventually find out. This “imposter syndrome” can undermine careers and lead to psychological distress. Two noted experts in the field discuss origins and how to deal with the phenomenon.

Host: Nancy Benson.

Producer: Ariana Kraft.

Guests:

- Dr. Valerie Young, founder, impostersyndrome.com and author, *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Imposter Syndrome and How to Thrive In Spite of It*
- Dr. Pauline Rose Clance, Professor Emeritus, Georgia State University

Compliance issues covered: mental health; business and industry; education; parenting issues

Links for more information:

- <https://impostorsyndrome.com/valerie-young/>
- http://paulineroseclance.com/prc_biography.html

Program: 20-38		Writers/Producers: Reed Pence	
Air Week: 9/18/2020		Studio Production: Jason Dickey	
Time	Segment		Dur:
1:48	SEGMENT 1: OVERWORKED PHARMACISTS: MISTAKES WAITING TO HAPPEN?		11:36
<p>Synopsis: Pharmacists are often asked to do more work in less time than they need, and some experts worry it's causing medication errors. A pharmacist specializing in medication safety discusses how we can adopt procedures and habits to ensure more safety with the increase while still staying safe. Experts explain how adopting and training a new pet has changed in the pandemic.</p> <p>Host & Producer: Reed Pence.</p>			
<p>Guests: Michael Gaunt, Medication Safety Analyst and Editor, Institute for Safe Medication Practices</p>			
<p>Compliance issues covered: consumerism; pets and people; animal health; public health; infectious disease</p>			
14:00	SEGMENT 2: THE ANGER EPIDEMIC		7:54
<p>Links for more information:</p> <ul style="list-style-type: none"> https://wshs-dg.org/about-us/who-we-are https://redbarnpetvet.com/ https://www.avma.org/about/avma-staff-leadership/douglas-kratt-dvm <p>Synopsis: Psychologists say there's more anger in our society than ever. But they say that should be no surprise, since anger is often a reaction to uncertainty and fear. Two experts discuss the genesis of anger, how it serves a purpose, and how it can be controlled.</p> <p>Host: Nancy Benson.</p>			
<p>Producer: Reed Pence.</p>			
<p>Guests:</p> <ul style="list-style-type: none"> Dr. Jean Kim, Assistant Professor of Psychiatry, George Washington University Dr. Ray Novaco, Professor of Psychological Sciences, University of California at Irvine 			
<p>Compliance issues covered: mental health; interpersonal relations</p>			
<p>Links for more information:</p> <ul style="list-style-type: none"> https://www.psychologytoday.com/us/experts/jean-kim-md https://faculty.sites.uci.edu/novaco/ 			

15:26	SEGMENT 2: KIDS' QUESTIONS ABOUT COVID-19	7:01
<p>Synopsis: Children are living through a scary time right now and often have little understanding of why their world has been turned upside down. A noted public health expert explains what he's found about children's concerns of the pandemic and how parents can answer their questions.</p>		
<p>Host: Nancy Benson.</p>		
<p>Producer: Reed Pence.</p>		
<p>Guests:</p> <ul style="list-style-type: none"> Dr. William Haseltine, Chairman and President, Access Health International and author, <i>A Family Guide to COVID: Questions and Answers for Parents, Grandparents and Children</i> and <i>A COVID Guide to Back to School: Questions and Answers for Parents and Students</i> 		
<p>Compliance issues covered: children and youth at risk; education; family issues; infectious disease; parenting</p>		
<p>Links for more information:</p> <ul style="list-style-type: none"> https://www.williamhaseltine.com/ 		

Program:	20-39	Writers/Producers:	Reed Pence
Air Week:	9/27/2020	Studio Production:	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: OBESITY BIAS IN MEDICINE	13:15	
Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.			
Host & Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">• Dr. Rebecca Puhl, Professor of Human Development and Family Studies, University of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity• Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale University and Founder, True Health Initiative• Kathy Kater, psychotherapist specializing in body image, eating and weight issues			
Compliance issues covered: health care; public health; discrimination; obesity; education			
Links for more information: <ul style="list-style-type: none">• http://www.uconnruddcenter.org/faulty-and-staff-rebecca-puhl• https://davidkatzmd.com/• http://bodyimagehealth.org/about-the-author			
16:06	SEGMENT 2: RHEUMATOID DISEASES	6:52	
Synopsis: Rheumatoid diseases number around 100, though arthritis is the most well-known. They can be crippling and sometimes even fatal, but good treatments exist. The key is early detection, as an expert explains.			
Host: Nancy Benson.			
Producer: Reed Pence.			
Guests: <ul style="list-style-type: none">• Dr. Kanika Monga, rheumatologist, University of Texas-Health Science Center, Houston			
Compliance issues covered: health care; public health			
Links for more information: <ul style="list-style-type: none">• https://www.doximity.com/pub/kanika-monga-md			



Weekly Public Affairs Program

Call Letters: **WKMJ-FM**

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2020

Show # 2020-27

Date aired: 7/5/2020 **Time Aired:** 6:30am

Robert Cialdini, PhD, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

Issues covered:
Consumer Matters
Career

Length: 9:54

Ateev Mehrotra, MD, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

Issues covered:
Personal Health
Technology

Length: 7:11

Nicholson Baker, teacher, author of "*Substitute: Going to School With a Thousand Kids*"

Mr. Baker worked as on-call substitute teacher in a Maine public school district. He discussed the state of public schooling in America: children swamped with assignments, overwhelmed by social media and educational technology, and staff who struggle with overly ambitious curriculums.

Issues covered:
Education
Youth at Risk

Length: 5:00

Show # 2020-28

Date aired: 7/12/2020 **Time Aired:** 6:30am

Sean O'Leary, MD, Associate Professor, Pediatrics-Infectious Diseases at the University of Colorado School of Medicine, Director of the Colorado Pediatric Practice-Based Research Network, member of the American Academy of Pediatrics Committee on Infectious Diseases

As the school season approaches and the pandemic continues, administrators are struggling with plans to educate the nation's children. Dr. O'Leary was an author of new guidelines from the American Academy of Pediatrics that encourages having students physically present in school. He explained why remote learning has largely failed, and emphasized that there are major health, social and educational risks to keeping children at home.

Issues covered:

Length: 9:06

Education

Coronavirus

Morgan Seybert, Managing Director of US analytics at Nielsen

In the aftermath of consumer panic connected to COVID-19, Americans are now finding fewer choices on store shelves. Mr. Seybert said some companies plan to stick with fewer choices when the pandemic fades. He noted that baby care products, tobacco and frozen goods have seen the biggest reductions in varieties offered. He said restaurants are also thinning menus as the virus changes how they can seat and serve customers.

Issues covered:

Length: 8:08

Consumer Matters

Economy

Coronavirus

Monica Betson-Montgomery, author of *"The Keys to College: A Roadmap for Parents to Guide Their Children"*

Ms. Betson-Montgomery read and scored over 20,000 freshman college applications throughout her career. She believes the process of preparing for college should begin in grade school or even earlier. She outlined possible strategies for parents navigate their way through their child's educational career.

Issues covered:

Length: 4:57

Education

Parenting

Show # 2020-29

Date aired: 7/19/2020 **Time Aired:** 6:30am

Adam Levin, founder of security management and resolution company IDT911, author of *"Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves"*

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

Issues covered:
Identity Theft
Consumer Matters

Length: 9:29

Deborah Carr, PhD, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

Issues covered:
Women's Issues
Senior Citizens
Retirement

Length: 7:40

Jonathan Dirlam, doctoral student in Sociology at Ohio State University

Mr. Dirlam was the lead author of a study that found that job satisfaction in a worker's late 20s and 30s has a link to mental health 15-20 years later. He said those less than happy with their work early in their careers reported that they were more depressed and worried and had more trouble sleeping in their 40s.

Issues covered:
Mental Health
Career

Length: 4:57

Show # 2020-30

Date aired: 7/26/2020 Time Aired: 6:30am

Federico E. Vaca, PhD, Professor of Emergency Medicine and Director of the Yale Developmental Neurocognitive Driving Simulation Research Center (DrivSim Lab)

Teens are getting drivers licenses later than previous generations and missing critical safety training as a result, according to Dr. Vaca's research. He discussed the importance of Graduated Driver Licensing requirements, which are typically not required after a person turns 18. He outlined potential policy changes that could expand and improve driver safety training, regardless of age.

Issues covered:
Traffic Safety
Teen Concerns

Length: 8:26

John-Tyler Binfet, PhD, Psychologist, Associate Professor of Education at the University of British Columbia Okanagan

Dr. Binfet discussed his research into kids and kindness, which challenges media stereotypes that teens are common perpetrators of bullying, cyber harassment and schoolyard fights. He said most parents would be surprised at how kind their children are to others outside of the home. He also suggested ways for parents to encourage their kids to be kind.

Issues covered:
Children's Issues
Parenting
Mental Health

Length: 8:48

Daniel Soques, PhD, Assistant Professor of Economics at the University of North Carolina Wilmington

The reaction to COVID-19 shutdowns has led to an unexpected coin shortage nationwide, causing some businesses to notify customers that they have no change to give, or to encourage only electronic transactions. Prof. Soques explained the factors behind the shortage and what steps are being taken by the Federal Reserve to address it. He also said that moving away from physical cash and coins disproportionately affects low income and homeless people.

Issues covered:

Length: 5:03

**Economy
Consumer Matters
Government
Poverty**

Show # 2020-31

Date aired: 8/2/2020 **Time Aired:** 6:30am

Jonathon Wai, PhD, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researchers involved in a 45-year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

Issues covered:

Length: 9:00

**Education
Parenting**

Joann S. Lublin, Management News Editor for the Wall Street Journal, author of "*Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World*"

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

Issues covered:

Length: 8:13

**Women's Issues
Workplace Matters**

Sage R. Myers, MD, MSCE, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

Issues covered:

Length: 4:55

**Personal Health
Crime**

Show # 2020-32

Date aired: 8/9/2020 **Time Aired:** 6:30am

Sofia Cienfuegos, Dietitian, Intermittent Fasting Researcher, Human Nutrition PhD Candidate at the University of Illinois at Chicago

Ms. Cienfuegos led a study that examined the effectiveness of intermittent fasting for weight loss. She found that obese adults lost an average of 3% of their body weight in two months without counting calories, simply by confining their eating to a 6-hour window each day. She said the weight loss led to other significant health improvements, as well.

Issues covered:

Length: 8:00

Personal Health

Obesity

Nutrition

Simone Bruce, Psy.D., visiting therapist at the Behavioral Wellness Clinic in Connecticut, expert in mental health issues related to racism and discrimination

Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black people has been ignored far too long. She said that mental health professionals' lack of education in this area often results in misdiagnosis and mistreatment. She explained how the death of George Floyd sparked a serious increase in stress, anxiety and fear in the black community.

Issues covered:

Length: 9:23

Racism

Mental Health

Merete Berg Nasset, Norwegian University of Science and Technology

Domestic violence is on the rise, partly as a result of COVID-19 lockdowns. Prof. Nasset led a study that found that anger management treatment for offenders can have dramatic results in the prevention of physical and emotional violence. She found that two forms of treatment, cognitive-behavioral group therapy and a stress management course based on mindfulness, worked equally well. Prior to treatment, 85% cent of the male study subjects used physical violence that resulted in harm to their partner. After treatment, the percentage fell to 10%.

Issues covered:

Length: 5:02

Domestic Violence

Mental Health

Show # 2020-33

Date aired: 8/16/2020 **Time Aired:** 6:30am

Sophie Egan, former Director of Health and Sustainability Leadership for the Strategic Initiatives Group at The Culinary Institute of America, author of *"How to Be A Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet"*

Ms. Egan offered easy-to-remember suggestions for making practical decisions about food. She explained why the organic label is important for certain specific foods. She outlined the concerns relating to some canned foods, particularly for children and pregnant women. She also explained how to choose foods that have the least impact on the environment.

Issues covered:

Length: 8:55

**Nutrition
Food Safety
Environment
Consumer Matters**

Bindu Kalesan, PhD, MPH, Assistant Professor of Medicine, Assistant Professor of Community Health Services at the Boston University School of Public Health

Dr. Kalesan led a study that examined gun suicides in rural America. She said that rather than firearm confiscation, efforts to reduce these suicides should be focused on addressing other diseases of despair which are connected to suicide, such as heart and liver diseases, diabetes and accidental opioid overdose. She said it is critical that those at risk of suicide and opioid addiction are treated by mental health professionals, rather than just untrained support from families or friends.

Issues covered:

Length: 8:29

**Suicide
Mental Health
Gun Control
Drug Abuse**

S. Vincent Rajkumar, MD, hematologist and researcher at the Mayo Clinic

The concept of herd immunity has sparked debate about whether it would control the spread of COVID-19. Dr. Rajkumar explained the two weapons the human body uses to fight the virus: antibodies and T cells. He also discussed whether immunity to COVID-19 can decrease with time.

Issues covered:

Length: 5:04

**Personal Health
Coronavirus**

Show # 2020-34

Date aired: 8/23/2020 Time Aired: 6:30am

Melanie Cullen, management and technology consultant, author of "*Get It Together: Organize Your Records So Your Family Won't Have To*"

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

Issues covered:

Length: 8:36

**Senior Citizens
Retirement Planning**

Peter Mazareas, PhD, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of *“Plan and Finance Your Family’s College Dreams: A Parent’s Step-By-Step Guide from Pre-K to Senior Year”*

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

Issues covered:

Length: 8:38

Education
Consumer Matters
Parenting

Pamela Rutledge, PhD, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the “Positively Media” column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls’ self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers’ formative years.

Issues covered:

Length: 5:01

Girl’s Issues
Parenting

Show # 2020-35

Date aired: 8/30/2020 **Time Aired:** 6:30am

Laura Makaroff, DO, Senior Vice President of Prevention and Early Detection at the American Cancer Society

The American Cancer Society has updated its guidelines for diet and physical activity for cancer prevention. Dr. Makaroff said the new recommendations increase the suggested levels of physical activity and place an increased emphasis on reducing the consumption of processed and red meat, sugar-sweetened beverages, processed foods, and alcohol.

Issues covered:

Length: 8:05

Cancer Prevention
Personal Health
Physical Fitness

Christine Carter, PhD, sociologist, Senior Fellow at the Greater Good Science Center at the University of California Berkeley, author of *“The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction”*

Prof. Carter discussed recent parenting research, along with her own real-world experiences as the mother of four teenagers. She also said that teens are struggling more than ever with suicidal thoughts, depression and anxiety, and that many of the challenges facing today’s teens didn’t exist when their parents were young. She outlined what she believes are the three most critical skills that parents need to teach their kids.

Issues covered:

Length: 9:12

Parenting
Teenage Concerns
Mental Health

Rachel Lampert, MD, Associate Professor of Medicine at Yale School of Medicine

Arrhythmias and sudden cardiac arrests are blamed for 400,000 deaths annually in the US. Dr. Lampert's research has found that anger and other negative emotions may be a major factor in many of these cases. She explained how stress and anger may affect electrical impulses in the heart, and discussed several methods of dealing with stress and anger.

Issues covered:
Personal Health
Mental Health

Length: 5:00

Show # 2020-36

Date aired: 9/6/2020 **Time Aired:** 6:30am

Stephanie Ruest, MD, FAAP, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

Issues covered:
Education
Parenting

Length: 7:39

Laura Adams, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

Issues covered:
Consumer Matters
Home Ownership

Length: 9:26

Heidi Williams, PhD, Class of 1957 Career Development Associate Professor in the Department of Economics at Massachusetts Institute of Technology

The average amount an American spends on healthcare varies wildly, depending on where they live. Yet the outcome—average life expectancies—are similar. Dr. Williams co-authored a study of millions of Medicare patients' records. She found that decisions by patients and doctors are responsible for virtually equal shares of the differences in regional spending.

Issues covered:
Personal Health
Consumer Matters
Government Spending

Length: 4:55

Show # 2020-37

Date aired: 9/13/2020 **Time Aired:** 6:30am

Sam Emaminejad, PhD, Assistant Professor of Electrical and Computer Engineering at the UCLA Samueli School of Engineering

Prof. Emaminejad has developed an add-on for existing smartwatches that allows the device to monitor drug levels inside a person's body in real time. He said the wearable technology could be incorporated into a more personalized approach to medicine -- where an ideal drug and dosages can be tailored to an individual. He believes the cost will be low and it could be available to consumers within two or three years.

Issues covered:

**Personal Health
Technology**

Length: 8:52

Lisa Boucher, RN, author of "*Raising the Bottom: Making Mindful Choices in a Drinking Culture*"

Ms. Boucher said many Americans quarantined are feeling more and more disconnected, which can easily lead to substance abuse. She added that people who may already have drinking problems are drinking more because they are alone, and alcohol can be easily ordered online and delivered to their homes. She outlined warning signs and what help is available for those struggling with alcohol abuse.

Issues covered:

**Substance Abuse
Coronavirus**

Length: 8:18

Roger Beckett, Executive Director of the Ashbrook Center at Ashland University, Ashland, Ohio

For years, the teaching of history and civics has taken a back seat to STEM (science, technology, engineering, math) education. Testing has found that only 18 percent of 8th graders are deemed "proficient" or better in history; only 23 percent in civics or government. Mr. Beckett explained why he believes the founding documents of our country should be essential reading for every American, especially students.

Issues covered:

**Education
Government Policies**

Length: 5:03

Show # 2020-38

Date aired: 9/20/2020 **Time Aired:** 6:30am

Danielle Holly, CEO of Common Impact, a nonprofit organization headquartered in Boston, which encourages skills-based volunteerism

Ms. Holly's organization recently issued a report that examined the impact of the COVID-19 pandemic on nonprofit organizations. She said the effect has been staggering, and the skills and expertise of corporate employees are a critical part of restoring and sustaining non-profit organizations. She outlined the core challenges different non-profit groups are facing, and ways that Americans can help, through philanthropic and skilled volunteer support.

Issues covered:

**Volunteerism
Charitable Contributions
Coronavirus**

Length: 8:44

Ray Dorsey, MD, David M. Levy Professor of Neurology and Director of the Center for Health + Technology at the University of Rochester Medical Center, co-author of *"Ending Parkinson's Disease: A Prescription for Action"*

Dr. Dorsey said brain diseases are now the world's leading cause of disability. The fastest growing of these is Parkinson's: the number of impacted patients has doubled to more than six million over the last twenty-five years and is projected to double again by 2040. He believes more resources must be placed into research, because while cases are on the rise, the most effective treatment is now a half century old.

Issues covered:
Parkinson's Disease
Personal Health

Length: 8:34

Catherine Ettman, doctoral student at the Boston University School of Public Health

Ms. Ettman led a first-of-its-kind study at the Boston University School of Public Health that found that the number of American adults with depression symptoms had tripled as of mid-April, when 96% of the U.S. population was living under some form of COVID-19 lockdown order. She said that the study also found that a person with less than \$5,000 in savings was 50% more likely to have depression symptoms than someone with more than \$5,000.

Issues covered:
Mental Health
Coronavirus

Length: 5:07

Show # 2020-39

Date aired: 9/27/2020 **Time Aired:** 6:30am

Karen L. Margolis, MD, MPH, Executive Director of Research at HealthPartners Institute in Minneapolis

Dr. Margolis led a study that found that people enrolled in a pharmacist-led telemonitoring program to control high blood pressure were about half as likely to have a heart attack or stroke compared to those who received routine primary care. She explained how the approach differs from typical treatment programs. She also found that, with fewer medical complications, telemonitoring and phone visits translated into a \$1,900 savings on average, per patient.

Issues covered:
High Blood Pressure
Personal Health

Length: 9:59

Honora Englander, MD, Associate Professor of Medicine in the Oregon Health & Science University School of Medicine

Opioid abuse and overdoses are rising rapidly, in the wake of COVID-19 lockdowns. Dr. Englander studied 486 patients who entered an in-hospital addiction medicine intervention at OHSU, and found that three-quarters came into the hospital using more than one substance. She said medical personnel must be ready to offer additional support to patients using multiple drugs. She said participants in general abused fewer substances in the months after working with the hospital-based addictions team than before.

Issues covered:
Drug Addiction

Length: 7:12

Dennis E. Reidy, PhD, Clinical Neuropsychologist, Behavioral Scientist in the Division of Violence Prevention at the Centers for Disease Control and Prevention in Atlanta

Stalking is a widely recognized public health concern, yet little information is available about stalking behaviors among teenage victims. Dr. Reidy led a study that determined that found that 14% of girls and 13% of boys have been victims of stalking. In addition, the survey found that the stalked teens were more likely to report symptoms linked to depression, as well as risky behavior such as binge drinking, drug abuse, dating violence and sexting.

Issues covered:

Length: 5:07

Stalking

Youth at Risk

Mental Health