

WMJX / WMJX-HD1 / WMJX-HD2
QUARTERLY ISSUES AND PROGRAMS REPORT
2nd QUARTER 2021
(April, May, June)



RADIO HEATH JOURNAL

Issue: ASSESSING THE PSYCHOLOGICAL WRECKAGE OF THE PANDEMIC

Aired: 4/4/21

Time: 1:46

Duration: 13:05

Host: Reed Pence

Show Description: Many people are relieved that, thanks to vaccines, the COVID-19 pandemic seems to be waning. But the mental health wreckage of the last year will take longer to overcome. Experts discuss how it's showing up and what people can do to get back on track.

Issue: THE BENEFITS OF WRITING BY HAND

Aired: 4/4/21

Time: 15:54

Duration: 7:08

Host: Nancy Benson

Show Description: Today's students often type their assignments, no matter the grade level. Writing by hand is done less frequently, and some students are barely able to produce cursive writing. However, studies show that writing by hand creates a better connection to the brain for learning content. Experts discuss how we might tap this connection in an increasingly tech world.

Issue: SURVIVING AN ACTIVE SHOOTER

Aired: 4/11/21

Time: 1:47

Duration: 12:18

Host: Reed Pence

Show Description: With the recent active shooter incidents in Atlanta and Boulder, Colorado, experts are concerned about a return of mass shootings that had disappeared during the pandemic. Two experts

discuss the changing theory of how to survive an active shooter incident through what's called "run, hide, and fight."

Issue: THE PANDEMIC IN HISTORICAL PERSPECTIVE

Aired: 4/11/21

Time: 15:07

Duration: 7:54

Host: Nancy Benson

Show Description: Plagues such as COVID-19 are nothing new, and this pandemic is far from the worst the world has ever faced. A physician and historian examines COVID in comparison to other pandemics and discusses the lessons that will serve us well in the future.

Issue: GIVING CASH TO THE HOMELESS

Aired: 4/18/21

Time: 1:47

Duration: 12:42

Host: Reed Pence

Show Description: Homelessness continues to be a stubborn problem despite many well-intentioned programs. A new experimental study finds that giving homeless people thousands of dollars in cash helps get many of them off the streets for good, calling into question many assumptions about the homeless and how they got that way. Experts discuss the new program and its implications for ending homelessness.

Issue: TRACING COVID IN ANIMALS & WATER

Aired: 4/18/21

Time: 15:30

Duration: 7:01

Host: Nancy Benson

Show Description: Scientists are testing hundreds of different kinds of animals as well as waste and storm water for COVID-19, looking for reservoirs for possible mutation. They've learned even pets can possibly harbor the virus but probably aren't a threat. An expert discusses how the knowledge will combat COVID variants.

Issue: HOW HIGH DRUG PRICES LEAD TO DRUG MISUSE

Aired: 4/25/21

Time: 1:50

Duration: 12:30

Host: Reed Pence

Show Description: Millions of Americans cannot afford the medications they've been prescribed. Many skip doses, split pills or don't fill prescriptions at all as a result, with sometimes even fatal consequences. But doctors are often unable to consider cost very well in prescribing, as the same drug often costs patients vastly different amounts due to insurance differences. Experts discuss the problem and what patients can do to save.

Issue: BRAIN ANEURYSM THROUGH THE EYES OF A SURVIVOR

Aired: 4/25/21

Time: 15:22

Duration: 7:41

Host: Nancy Benson

Show Description: Brain aneurysms—bulging in a brain blood vessel, like an inflated balloon—affect 1 in 50 people and are generally without symptoms until they burst. This occurs in about 30,000 people per year in the US, accounting for 3-5 percent of all new strokes. Here is the story of one survivor in her own words.

Issue: BOTTLED WATER AND TRUST IN OUR INSTITUTIONS

Aired: 5/2/21

Time: 1:50

Duration: 12:37

Host: Reed Pence

Show Description: Bottled water sales have skyrocketed, in part because many people believe it is safer than tap water. Actually, bottled water faces few of the safety regulations that tap water does. The disconnect, according to a new study, comes from society's pervasive distrust in all governmental institutions. The lead researcher discusses how restoring faith in water could begin to restore faith in all American institutions.

Issue: COVID AND PTSD

Aired: 5/2/21

Time: 15:29

Duration: 7:25

Host: Nancy Benson

Show Description: Studies show that as many as a third of people who were very ill with COVID-19 later develop PTSD. Caregivers and health care workers may be afflicted as well. An expert discusses how this develops and what people can do to get better.

Issue: THE DISTORTED SMELLS OF COVID-19

Aired: 5/9/21

Time: 1:50

Duration: 11:46

Host: Reed Pence

Show Description: Many of those who've had COVID-19 have suffered from a temporary loss of their sense of smell, but some have had what seems to be an even worse symptom weeks or months later—a distorted sense of smell, where everything, from coffee to flowers, smells sickeningly awful. An expert and a former sufferer discuss how disruptive to life this can be and what people can do to make it through to recovery.

Issue: RESEARCH ETHICS NOW VS. THEN: A CASE STUDY

Aired: 5/9/21

Time: 14:38

Duration: 7:53

Host: Nancy Benson

Show Description: In the mid-1960's, many Ivy League and Seven Sister colleges as well as prestigious prep schools allowed researchers to photograph incoming students naked as part of work on a now-discredited theory linking physical characteristics to leadership potential. A former student who went through it, now a physician and writer, discusses how research ethics have changed in the last 50 years.

Issue: THE COVID BABY BUST

Aired: 5/16/21

Time: 1:50

Duration: 13:27

Host: Reed Pence

Show Description: The US birth rate has been declining since the Crash of 2008, but it took an even larger decline during the pandemic to levels unseen since the Great Depression. Today fertility rates are below replacement levels, which could have big impacts on education, employment, and the tax base years down the road. Experts discuss how people make fertility decisions and the impacts they can have on the nation

Issue: THE CHANGING FACE OF COLON CANCER

Aired: 5/16/21

Time: 16:19

Duration: 6:44

Host: Nancy Benson

Show Description: Colon cancer is striking much younger people than it used to, leading experts to lower the age on screening recommendations. A noted colon surgeon discusses screening and treatment options, and the way Covid-19 has changed patients' approach to getting screened.

Issue: KEEPING GENERIC DRUGS SAFE

Aired: 5/23/21

Time: 1:50

Duration: 13:31

Host: Reed Pence

Show Description: Since the 1980's, almost all production of generic drugs has moved overseas, where FDA inspectors have a much tougher time making sure they're following rules for safety. An investigative journalist describes the ways she's found that many drugmakers cut corners, putting safety at risk, and details what consumers can do to protect themselves.

Issue: COVID AND KIDNEY DISEASE

Aired: 5/23/21

Time: 16:23

Duration: 6:32

Host: Nancy Benson

Show Description: Covid-19 is usually a respiratory disease, but it can affect virtually any organ in the body. The nation's top kidney disease expert discusses how Covid can prompt life-threatening kidney effects in the previously healthy, and how those with kidney disease are more susceptible to severe Covid infection.

Issue: MISSING THE GOAL OF HERD IMMUNITY

Aired: 5/30/21

Time: 1:50

Duration: 12:02

Host: Reed Pence

Show Description: Since the Covid-19 pandemic began, public health experts have looked to vaccines with the goal of creating "herd immunity," where so many people are vaccinated that the virus stalls out. Now it is clear we will not reach that goal, meaning the threat of the pandemic may drag on for years. One of the nation's leading infectious disease experts discusses how we are missing the target and what it means.

Issue: CLINICAL TRIALS AND TRUST IN UNDERSERVED COMMUNITIES

Aired: 5/30/21

Time: 14:54

Duration: 6:35

Host: Nancy Benson

Show Description: People of color are less likely than others to receive timely treatment for medical issues. This is reflected in Covid-19 vaccination numbers, in cancer treatment, and in clinical trial participation. Experts discuss ways to increase participation, especially in clinical trials that might ultimately raise trust in medicine.

Issue: UNDIAGNOSED MYSTERY DISEASES

Aired: 6/6/21

Time: 1:50

Duration: 12:38

Host: Reed Pence

Show Description: Hundreds of patients nationally have diseases that have confounded doctors and yielded no diagnosis and no reliable treatment. Today the Undiagnosed Diseases Network, founded and

funded by the NIH, helps these patients, but its funding is uncertain beyond 2022. Patients and a physician leader of the UDN discuss the lonely plight of these patients and the hope UDN provides.

Issue: TASTY FOOD VS. HEALTHY FOOD: FINDING A BALANCE

Aired: 6/6/21

Time: 15:30

Duration: 7:18

Host: Nancy Benson

Show Description: Many Americans believe that healthy food doesn't taste good, and tasty food isn't healthy. A chef who is also a cardiologist discusses how to find a balance by seeking out healthy ingredients rather than whole categories of foods.

Issue: HOW COVID MASKS HAVE AFFECTED CHILDREN'S LANGUAGE DEVELOPMENT

Aired: 6/13/21

Time: 1:49

Duration: 13:06

Host: Reed Pence

Show Description: Infants, toddlers, and grade school children use many cues to learn language. Some of them are visual, involving seeing the mouth move. Some depend on clearly hearing speech. Both have been impacted by mask wearing during the pandemic. Experts now studying how far behind children are as a result discuss how language develops in children and how it's been affected in the pandemic.

Issue: REFINERIES AND THEIR NEIGHBORS: HOW SAFE IS THE AIR?

Aired: 6/13/21

Time: 15:57

Duration: 6:49

Host: Nancy Benson

Show Description: A recent report shows that more than a dozen refineries around the US are emitting benzene pollution into the air at higher levels than allowed by the EPA. An activist discusses this newly labeled problem and what the agency can do to curb it.

Issue: SUDC—SUDDEN UNEXPLAINED DEATH OF A CHILD

Aired: 6/20/21

Time: 1:49

Duration: 12:27

Host: Reed Pence

Show Description: Each year, some 400 US children over age 1, most of them toddlers, die overnight for no known reason. Families, longing for answers, often find that their families, friends, and even pediatricians are unfamiliar with this classification of death, or that they even occur. Family members who have lost a child, a medical examiner, and a research expert who has lost a child discuss SUDC.

Issue: "TONSIL STONES"

Aired: 6/20/21

Time: 15:18

Duration: 7:44

Host: Nancy Benson

Show Description: Some people find that small “stones” are growing on their tonsils. They’re an accumulation of skin cells, food, and other debris. While they are not medically dangerous or painful, they often produce bad breath or sometimes pain. Two expert physicians discuss tonsil stones’ formation and treatment.

Issue: GROWTH HORMONE FOR SHORT KIDS

Aired: 6/27/21

Time: 1:49

Duration: 13:55

Host: Reed Pence

Show Description: Thousands of parents take their children to doctors each year seeking synthetic growth hormone to cure their relatively short stature, even though most of these children are merely late bloomers and have nothing wrong with them. Growth hormone also makes less difference in height than parents often imagine. Studies show that short stature generally does not create psychological damage. Experts discuss the issue.

Issue: MARFAN SYNDROME

Aired: 6/27/21

Time: 16:46

Duration: 6:21

Host: Nancy Benson

Show Description: Marfan syndrome produces obvious physical symptoms such as extreme height, but its hidden symptoms, especially in the heart and eyes, can be much more serious. Experts discuss its diagnosis and treatment.

EXCEPTIONAL WOMEN PODCAST

Issue: Women / Entrepreneurship

Aired: 4/4/21

Time: 7:30am to 8:00am

Show Description: Kendra talked with Inclusive Fitness Trainer Kristin Abendroth about her work with neuro-typical and neuro-diverse athletes. Since April is Autism Awareness Month, we love hearing her story and how her work is changing the lives of so many families affected by a diagnosis of Autism. Kristin was also a former Music Educator who taught in elementary schools for nearly a decade.

Issue: Women / Entrepreneurship

Aired: 4/11/21

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with Emmy-winning actress Kyra Sedgwick about her long lasting and incredibly successful career, her 30 plus year marriage to Kevin Bacon, and her new ABC series "Call Your Mother!"

Issue: Women / Entrepreneurship

Aired: 4/18/21

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with Joan Corey, who is the first and only woman to be elected to the Board of Directors for the Teamsters Local 25.

Issue: Women / Entrepreneurship

Aired: 4/25/21

Time: 7:30am to 8:00am

Show Description: Sue and Kendra talked with Best Selling Author and Life Coach, Martha Beck, about her new book "The Way of Integrity: Finding The Path To Your True Self!"

Issue: Women / Entrepreneurship

Aired: 5/2/21

Time: 7:30am to 8:00am

Show Description: Kendra talked with the actress and co-founder of The Holly Rod Foundation about her newest TV series "Morning Show Mysteries: Murder Ever After" premiering May 23rd on The Hallmark Movies & Mysteries Channel. Additionally, we discuss her foundation's tireless work to support families dealing with both a Parkinson's and an Autism diagnosis.

Issue: Women / Entrepreneurship

Aired: 5/9/21

Time: 7:30am to 8:00am

Show Description: Kendra talked with Boston entrepreneur Kassia Davis, about the launch of her new sustainable clothing line called KADA. The fabric used is made from discarded textiles and breathes new life into materials that would otherwise end up as waste. With 10 years of experience working in athletic wear at New Balance, Kassia has carefully curated each piece, creating elevated pieces that all women can enjoy.

Issue: Women / Entrepreneurship

Aired: 5/16/21

Time: 7:30am to 8:00am

Show Description: In a very special episode, Kendra talked with Sue about her recent battle with breast cancer and how a routine mammogram saved her life.

Issue: Women / Entrepreneurship

Aired: 5/23/21

Time: 7:30am to 8:00am

Show Description: Sue Tabb talked with the Co-Chair of the North Shore Cancer Walk about her years of dedication to the organization, her lifelong career as a Nurse and her own battle with cancer. The North Shore Cancer Walk is June 27th and will be virtual this year.

Issue: Women / Entrepreneurship

Aired: 6/6/21

Time: 7:30am to 8:00am

Show Description: Kendra talked with New Hampshire native and creator of MomRemedy, Jennifer Cosco about her new product. MomRemedy is a non-toxic, biodegradable, effective and safe household cleaner that will change the way we keep our homes clean and safe!

Issue: Women / Entrepreneurship

Aired: 6/13/21

Time: 7:30am to 8:00am

Show Description: Sue Tabb talked with Sue O'Connell, a political analyst and commentator on NECN. Sue is also a newspaper publisher and co-hosted "One in Ten", the award-winning weekly radio talk show focusing on issues relating to the LGBTQ community. Sue has been recognized as an influencer and a Gay Power Player. She has been very active in a number of organizations including the Human Rights Campaign and The Boston AIDS Action Committee. We talked with her about Pride month!

Issue: Women / Entrepreneurship

Aired: 6/20/21

Time: 7:30am to 8:00am

Show Description: Kendra talked with Laura LeDuc, the founder of Vos Fitness, a concierge-based fitness company that provides personal training, Pilates, nutrition & health coaching, Yoga and health workshops in residential and office buildings. Her company was crucial to so many especially during the pandemic!