

**QUARTERLY LIST
OF
COMMUNITY ISSUES
AND
RESPONSIVE PROGRAMS**

April 1, 2020 through June 30, 2020

In an ongoing effort to serve the public interest, KZLS-AM and its owner, Chisholm Trail Broadcasting Inc., offer a variety of programming responsive to the issues of concern to the listening audience. Below is a list of the station's most significant programming treatment of those issues for the period of April 1, 2020 through June 30, 2020

During the first quarter of 2020 the following compliancy issues were covered:

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
Elderly & Senior Citizens	Recreation & Performing Arts
Employment & Unemployment	Science
Ethics	Social Change
Exercise & Fitness	Stress Management
Federal Government	Technology
Food Insecurity & Hunger	Vaccine Development
Gender Issues	Women's Issues
Genetics	Youth at Risk
Health Care	

See weekly logs below for segment dates, titles, topics, guests & duration.

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

Time Segment **Dur.**

2:21 SEGMENT 1: MISINTERPRETING PERINATAL DEPRESSION
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://www.umassmed.edu/news/news-archives/2019/08/tiffany-moore-simas-named-fellow-of-premier-leadership-program-for-women-in-medicine/>

15:25 SEGMENT 2: EASING CORONAVIRUS STRESS **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.brainhealtheducation.org/about-us/leadership/>

Program: 20-15
Air Week: 04/12/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

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

Compliancy 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	SEGMENT 2: FOREIGN ACCENT SYNDROME 7:10
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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

Compliancy 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

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
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

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
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/>

15:15	SEGMENT 2: RULES FOR WHO LIVES, WHO DIES IN THE PANDEMIC 7:44
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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	SEGMENT 1: MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN	
	12:11	

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	SEGMENT 2: NURSING HOMES TRY TO FEND OFF COVID-19	
	8:06	

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

Time **Segment** **Dur.**
1:53 **SEGMENT 1: THE ECONOMY AFTER THE PANDEMIC**
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.uncg.edu/faculty-and-staff/andersen-martin-s/>
- <https://www.brookings.edu/experts/mark-muro/>

14:30 **SEGMENT 2: TELEMEDICINE FINALLY GETS ITS CHANCE**
7:54

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.briancolem.com/>

Program: 20-20
Air Week: 05/17/20

Executive Producer: Reed Pence
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

Compliancy 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

Compliancy 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
Air Week: 05/24/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

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

1:50 **SEGMENT 1: THE SHRINKING HUMAN JAW**
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>

15:00 **SEGMENT 2: ANDROGENS AND COVID-19**
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/>

Program: 20-22
Air Week: 05/31/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:50	SEGMENT 1: COVID AND CHOIRS	
	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 **SEGMENT 2: WHY WOMEN ARE GENETICALLY STRONGER**
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
Air Week: 06/07/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

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

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>

14:54	SEGMENT 2: WHAT EVERY PARENT SHOULD KNOW: "IT DOESN'T LOOK LIKE DROWNING"	7:25
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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=-dmYkaZ>

Program: 20-24 **Executive Producer:** Reed Pence
Air Week: 06/14/20 **Studio Production:** Jason Dickey

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

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

Compliancy 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>

14:24	SEGMENT 2: DISEASE RISK AND INHERITANCE	7:31
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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*

Compliancy 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

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:50	SEGMENT 1: PROTESTS AMID THE PANDEMIC	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	SEGMENT 2: PROTECTING YOUR EYES FROM SUMMER UV RAYS	7:17
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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
Air Week: 06/28/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	SEGMENT 1: LONG-SUFFERING COVID SURVIVORS	
	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	SEGMENT 2: Face Masks and Breathing	
	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/>

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