



C H I C A G O

QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WSHE – Chicago

City of License – Chicago, IL

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Elizabeth A. Luptak

Public Affairs Manager

Section I. Issues

WSHE has identified these significant issues facing our community in this quarter.

- A. Healthcare:** Three different looks at uncommon medical conditions
- B. Seniors:** Issues and medical conditions that can affect senior citizens
- C. The Arts:** A look at the impact fashion, art and music play in shaping our lives and its impact on us as people
- D. Finance:** Information on medical bills, explaining the value of money to our children, and the importance of work centers as it pertains to unpaid wages
- E. Environment:** A look at the role weather plays in shaping our environment, our jobs and our lives
- F. Non-Profit Organizations:** Charitable information on how to help out via blood donations, cancer research or helping the youth
- G. Mental Health:** A look at the psychological effects of procrastination, OCD and cell phone addiction on individual lives

Section II. Responsive Programs

WSHE has broadcast programming dealing with each of the above-referenced issues. Details about said programming is set out below.

A. Healthcare

1. **“Radio Health Journal”: Synesthesia: The Color of Sounds and Other Strange Perceptions**

08/08/21; 5:45 AM CT; 07:39 Minutes

Some people have an unusual merging of senses, where they routinely see colors in sounds or numbers, see time visually, or have other perception differences. Artists sometimes have synesthesia, and researchers are beginning to study it to see how it might be tapped to help the rest of us. Experts explain. Host: Nancy Benson. Writer/Producer: Scarlett O’Hara. Guests: Izzy Kornblau, synesthete; Dr. Richard Cytowic, Clinical Prof. of Neurology, George Washington Univ.

2. **“Radio Health Journal”: “Nursemaid’s Elbow”**

08/22/21; 5:45 AM CT; 07:24 Minutes

Swinging small children around by their arms may be fun, but it can lead to a very common injury, “nursemaid’s elbow,” an elbow dislocation, and each instance makes the next more likely. Physicians who treat it—and have experienced it in their own children—discuss the injury, its treatment and prevention. Host: Nancy Benson. Writer/producer: Scarlett O’Hara. Guests: Dr. J. Mack Slaughter, emergency physician and Tik Tok explainer; Dr. Erin Meisel, orthopedic surgeon, Children’s Hospital, Los Angeles

3. "Radio Health Journal": Nail Biting: More Than Just a Bad Habit

09/12/21; 5:45 AM CT; 07:21 Minutes

Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop. Host: Nancy Benson. Producer: Morgan Kelly. Guests: Dr. Dana Stern, Asst. Clinical Prof. of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Exec. Dir., Western Suffolk Psych. Services, Huntington, NY

B. Seniors

1. "Radio Health Journal": Rethinking Dementia

07/11/21; 5:44 AM CT; 08:03 Minutes

Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word "dementia." Host: Nancy Benson. Guest: Dr. Tia Powell, Prof. of Psychiatry and Bioethics, Albert Einstein College of Medicine and author, *Dementia Reimagined: Building a Life of Joy and Dignity From Beginning to End*

2. "Radio Health Journal": Injuries in Senior Citizens

07/25/21; 5:46 AM CT; 06:50 Minutes

A new study shows that people over age 70 are three times more likely than younger people to die when they fall. Older people also take more medications with a fall risk, and which pose a risk themselves when someone taking them falls. Experts discuss these complications and why it's important to prevent falls and other injuries. Host: Nancy Benson. Writer: Scarlett O'Hara. Guests: Dr. Julius Cheng, Prof. of Surgery, Univ. of Rochester Medical Center; Dr. Robin Lee, team lead, Safety Promotion Team, Center for Disease Control & Prevention

3. "Radio Health Journal": The Loneliness Epidemic

09/26/21; 5:32 AM CT; 12:47 Minutes

Loneliness has been increasing across all ages even before the pandemic. It's especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its impact, and the effectiveness of visitor programs. Host: Reed Pence. Guests: Dr. Carla Perissino to, Assoc. Chief for Clinical Programs in Geriatrics, Univ. of California, San Francisco; Janet Seckel-Cerrotti, Exec. Director, FriendshipWorks, Boston

C. The Arts

1. "Viewpoints": Forever Fashion: The History of Timeless Trends

08/01/21; 6:45 AM CT; 08:23 Minutes

There are some items of clothing that truly never go out of style. Whether it's a pair of jeans or a classic black dress, these pieces transform with the vibe and trends of each decade. Fashion writer and author of *The Ten* Lauren Cochrane joins us this week to highlight some of the most iconic clothes in fashion history. Host: Marty Peterson. Guest: Lauren Cochrane, senior fashion writer, *The Guardian*, author, *The Ten: How and Why We Wear the Fashion Classics*.

2. "Hubbard Helps": Bitter Jester Fest

08/01/21; 5:15 AM CT; 15:36 Minutes

Whether you sing, dance, paint, or write, you are doing something that allows you to push boundaries, get creative, and instill confidence in yourself and your talent. The Bitter Jester Foundation for the Arts is a local non-profit that shares the belief that art makes a huge impact in our personal lives and the communities we call home. The Foundation works with people of all ages to build their confidence and overcome their struggles through performance art. Contact: Nicolas DeGrazia, music@bitterjester.com

3. "Viewpoints": Diversity Dilemmas in Opera

09/26/21; 6:14 AM CT; 08:52 Minutes

Opera is a beloved art form, but its racial history is as flawed as the rest of our culture. We talk to Naomi Andre, a professor at the University of Michigan, about the history of race in opera and how this traditional art form is evolving with the times. Host: Marty Peterson. Guest: Naomi Andre, professor, Afro-American and African studies.

D. Finance

1. "Viewpoints": How to Make Your Kid Money-Savvy

07/04/21; 6:16 AM CT; 08:26 Minutes

All parents want their kids to succeed and live good lives, and part of accomplishing that is raising them to understand the value of a dollar. It's can be easier than ever before for young children to see something online and feel like they need it, or waste money through an in-app game purchase. We speak with Beth Kobliner, a financial expert and author of the book *Make Your Kid A Money Genius (Even if you're not)* about tips and tricks to help our children learn the value of each dollar. Host: Marty Peterson. Guest: Beth Kobliner, a financial expert, author, *Make Your Kid A Money Genius (Even if you're not)*.

2. "Viewpoints": Fair Labor: The Importance of Work Centers

07/04/21; 6:02 AM CT; 11:25 Minutes

Unions, which are organized labor groups, are prevalent across the U.S. You've probably heard of the term in the media or may know someone who's part of a union. But, have you ever heard of a worker center? It operates in similar functions as unions; however, this resource is much more community-based and is more of a guiding advocate in responsive situations where the worker is facing harassment, unpaid wages or other issues. We speak with two labor experts this week to highlight how vital worker centers are to low-wage workers who often don't have a voice. Host: Gary Price. Guests: Dr. Celeste Monforton, lecturer, Texas State University, author, *On the Job: The Untold Story of Worker Centers*

and the New Fight for Wages, Dignity, and Health; Laura Garza, worker center director, Arise Chicago.

3. “Viewpoints”: Negotiating the High Cost of Healthcare

07/18/21; 6:02 AM CT; 11:48 Minutes

Millions of Americans put off going to a doctor or hospital because they’re afraid of the high cost of care. Depending on your insurance, one MRI scan can cost upwards of a thousand dollars. One trip to the emergency room can mean thousands of dollars in charges that people can’t afford to pay. So, what’s driving these sky-high prices? How can people negotiate down these hefty bills? Host: Gary Price. Guests: Lisa Rossi, patient; Marshall Allen, investigative journalist, ProPublica, author, *Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win*.

E. Environment

1. “Radio Health Journal”: Danger Signs in the Increase in Extreme Weather

08/08/21; 5:32 AM CT; 12:29 Minutes

Climate change has been discussed as a serious issue impacting future generations. However, the recent rash of extreme weather worldwide, which has killed hundreds, is making scientists wonder if we have reached a turning point more quickly than we thought. Experts explain how climate change results in droughts, floods, and other severe weather and the signals it provides of danger immediately ahead. Host and Producer: Reed Pence. Guests: Dr. Jennifer Francis, Senior Scientist, Woodwell Climate Research Center; Dr. Radley Horton, climate scientist, Columbia Univ. Lamont-Doherty Earth Observatory; Dr. Walt Robinson, Prof. of Atmospheric Sciences, North Carolina State Univ.

2. “Viewpoints”: Fighting for the Future of Clean Water

08/22/21; 6:12 AM CT; 10:07 Minutes

Gold mining has been a lucrative business for many generations. Today, it’s still a booming industry with global mining companies expanding into new markets each year. This week – we highlight the incredible story of activists in northern El Salvador who stood up to mining company, OceanaGold and won. Host: Marty Peterson. Guest: John Cavanagh, senior advisor, Institute of Policy Studies, co-author, *The Water Defenders: How Ordinary People Saved a Country From Corporate Greed*.

3. “Viewpoints”: Working in Intensifying Heat

09/19/21; 6:02 AM CT; 9:33 Minutes

Many Americans stay home and crank up the air conditioning once temperatures reach 80 degrees. Imagine working for hours on end outside in temperatures exceeding 90 or 100 degrees. On top of this, there’s little shade, minimal breaks and often not enough water. This is the reality for millions of laborers who work in agriculture, construction and other industries. Why aren’t there more legal guidelines protecting these essential workers? Host: Gary Price. Guests: Dr. Rachel Licker, senior climate scientist, Union of Concerned Scientists; Kate Suisman, attorney, Northwest Workers Justice Project

E. Non-Profit Organizations:

1. “Hubbard Helps”: A Pint for Kim

07/04/21; 5:15 AM CT; 12:33 Minutes

Kim Benedyk Sandford was diagnosed with a rare cancer and sadly passed away in March of 2020. Kim’s eight year battle taught her family and friends the importance of blood donations, as the primary use of donated blood goes to cancer patients. This inspired Kim and her family to create A Pint For Kim, an organization dedicated solely to spreading awareness about the importance of blood donations and hosting life-saving blood drives. Contact: Jennifer Podkasik, jen@arrowheadsocialpr.com

2. “Hubbard Helps”: The Re-Write It Project

07/18/21; 5:15 AM CT; 07:14 Minutes

Good morning, thanks for joining us! Most high school sophomores spend their time studying for the SAT, researching colleges, and hanging out with their friends. But Maya Jha and her classmates at Walter Payton College Prep are spending their days working to fight educational inequities across Chicago. They started the non-profit organization The Re-Write It Project, dedicated to making learning materials more accessible for students in underserved school districts and communities. Contact: Maya Jha, therewriteitproject@gmail.com

3. “Hubbard Helps”: Horner Hustle

08/29/21; 5:15 AM CT; 12:23 Minutes

Mike Horner of Edison Park was a perfectly healthy husband and father. His life, and those of his family and friends, would soon be turned upside down when Mike was diagnosed with Stage IV pancreatic cancer in December 2015. Just nine months later, and minutes before his 46th birthday, Mike passed away. His legacy lives on through Project Purple, a non-profit dedicated to raising funds for early detection and finding a cure for pancreatic cancer. The organization recently hosted the 4th annual Horner Hustle 5K in honor of Mike, hoping to raise more funds and awareness about this tragic disease. Contact: Carolyn Tovell, ctovell@2060digital.com

4. “Hubbard Helps”: Girls in the Game

09/12/21; 5:15 AM CT; 13:04 Minutes

It’s no secret that sports are a gateway to positive influences and changes in a child’s life. Not only do sports help keep kids outside, off screens, and physically fit, they instill self-confidence, sportsmanship, leadership, and so many other important qualities that impact their lives both on and off the field or court. Girls in the Game is a local non-profit that provides an encouraging environment for underprivileged girls to try new sports, build confidence, and learn to harness important social skills that will turn them into tomorrow’s leaders. Contact: Meghan Morgan, mmorgan@girlsinthegame.org

5. “PSA”: Gift of Hope

08/01/21 – 08/31/21; Aired 31 Times; 15 Seconds

August is National Minority Donor Awareness Month. Men, women and children of color make up more than half of those waiting for lifesaving organ transplants. Saving and healing

lives starts with preventing disease—and registering as an organ, eye and tissue donor. Get the facts. Save lives. Visit www.GiftOfHope.org to learn more.

F. Mental Health:

1. “Radio Health Journal”: The Psychology of Procrastination

07/04/21; 5:46 AM CT; 07:08 Minutes

Most people procrastinate at least now and then. But when we put something off, we’re usually facing not a time management problem, but an emotion management problem. Experts discuss what’s going on in our heads when we procrastinate. Host: Nancy Benson. Producer: Regan Huston. Guests: Dr. Tim Pynchl, Assoc. Prof. of Psychology, Carleton Univ.; Dr. Christine Li, clinical psychologist and procrastination coach

2. “Viewpoints”: Are You Addicted to Your Phone?

09/05/21: 6:02 AM CT; 10:07 Minutes

The average American checks their phone about 90 times a day, according to a 2019 survey from tech research firm, Asurion. How often would you say you check? Every hour? Once every 20 minutes? Do you ever panic when your phone isn’t right next to you? This ‘attached at the hip’ mentality is severely affecting happiness and quality of life for millions of people. So, what can be done to break this all-consuming cycle? Addiction expert Dr. Anna Lembke joins us to break down the widespread problem and offer up some solutions. Host: Gary Price. Guest: Dr. Anna Lembke, professor, medical director, addiction medicine, Stanford University School of Medicine, author, *Dopamine Nation: Finding Balance in the Age of Indulgence*.

3. “Viewpoints”: A Deeper Explanation of OCD

09/26/21: 6:02 AM CT; 09:55 Minutes

Like many other mental illnesses, Obsessive Compulsive Disorder (OCD) is often misunderstood and clumped into a stereotypical category. Many people believe that the disorder is just physical behaviors, such as persistent organization, washing one’s hands all the time, or checking the lock on the door constantly. But what people don’t realize is that OCD is a lot more than just these behavioral actions. David Adam, who has OCD and has extensively studied the disorder, joins us this week to help dispel any myths and pre-conceived perceptions. Host: Gary Price. Guest: David Adam, freelance journalist, author of *The Man Who Couldn’t Stop: OCD and the True Story of a Life Lost in Thought*.