

Issues Programs List Quarterly Issues Programs List for Townsquare Media Utica October 1, 2019 through December 31, 2019

Quarterly Issues Programs List for Stations WFRG-FM, WLZW-FM, WODZ-FM, WOUR-FM, and WIBX-AM

Section I. Issues.

The station has identified the following topics as significant issues facing our community in this quarter:

- A. **Health and Wellness:** Wendy Goetz, Executive Director of the Rescue Mission of Utica visited our stations and talked about the "Gourmet Guys" fundraiser to help fund programs for the homeless at the shelter. The event had nearly 300 people in attendance, and the Rescue Mission was able to raise nearly \$24,000 for Rescue Mission programs. Utica has been able to help decrease the homeless population by offering homes, and meals thanks to these donations. In 2019, the Rescue Mission was able to serve over 154,127 hot meals to homeless and underprivileged individuals here in Utica.
- B. **Domestic Violence:** Diane Stancato of the YWCA Mohawk Valley was interviewed on our stations and promoted October as Domestic Violence Awareness Month. We discussed special events happening during the month and services provided by the YWCA. YWCA Mohawk Valley is a certified provider of domestic and sexual violence crisis services by New York State. Gov. Andrew Cuomo signed a trio of bills expanding protections for domestic-abuse survivors. At the end of 2019, the YWCA will be expanding their services, thanks to a three-year, \$4.8 million grant through the New York State Office of Victim Services. The agency has already provided over 12,000 instances of service this year for local women and their families, many who are victims of domestic and sexual violence.
- C. **Local Economy:** Linda Winner of Cornell Cooperative Extension came on our stations to talk about the "Taste of Central New York" food show that promoted local food producers. The event highlighted many Central New York produced dairy products including Chobani Greek Yogurt and Herkimer Cheese. Chobani was founded locally, headquartered in Norwich, New York and is a major local employer. Herkimer Cheese has been in business in Central New York for over 65 years and is a third-generation family-owned business. Local food production is important to our local economy as our area is abundant with local Upstate farms.
- D. **Programs for the Homeless:** Wendy Goetz of the Rescue Mission of Utica was interviewed on our stations about the local issue of homelessness. She also promoted the 2019 Christmas dinner, and the need for warm winter clothing for homeless shelter habitants. Over 3,000 meals were delivered by the mission between the Thanksgiving and Christmas holiday season. Because of generous donations during the holiday season, they were able to complete a much needed expansion of their housing complexes in the city of Utica.
- E. **Finances:** Dave Kaveny of NBT bank stopped by and talked about the ever-changing banking industry in New York and informed our listeners about the community loan program. The Community Loan Program is offered to business in Central New York, and provides access to capital by pooling investments and donations from socially concerned individuals and organizations, and re-lending it to non-profit organizations for affordable housing and community services for our area. NBT offers free workshops, and education to Central New Yorkers to get this loan.

Section II. Responsive Programs

As part of our Responsive Programs, our brands air both “This Week in the Mohawk Valley” and the “Radio Health Journal” weekly.

This Week In The Mohawk Valley Programs for Quarter Four 2019

“This Week in the Mohawk Valley” airs weekly on each station at the following times: Sundays at 6AM on: WFRG-FM, WLZW-FM, WOUR-FM, and WODZ-FM; and Sundays at 10AM on WIBX-AM. The following list covers weekly topics for “This Week in the Mohawk Valley”.

Date(s) Aired	Program Name	Description of Issue Discussed	Duration	Time and/or Frequency
10/6/19	This Week in the Mohawk Valley	Domestic Violence- Diane Stancato of the YWCA Mohawk Valley talked about October being Domestic Violence Awareness Month and discussed special events happening during the month and services provided by the YWCA.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
10/13/19	This Week in the Mohawk Valley	Health and Wellness- Wendy Goetz, Executive Director of the Rescue Mission of Utica talked about the Gourmet Guys fundraiser to help fund programs for the homeless at the shelter.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
10/20/19	This Week in the Mohawk Valley	Health and Wellness- Victor Lunueza and Tara Costello talked about Upstate Cerebral Palsy Gallery of Expression Art show, a fundraiser for programs at UCP.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
10/2/19	This Week in the Mohawk Valley	Local Economy- Joined by Linda Winner of Cornell Cooperative Extension for a look at Taste of Central New York, promoting local food producers.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
11/3/19	This Week in the Mohawk Valley	Quality of Life- Michelle Truett of Levitt AMP talked about opening of the voting competition for our City to host the free, inclusive concert series for the 5 th straight year.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)

11/17/19	This Week in the Mohawk Valley	Community Involvement- Jeremy Miller of the Salvation Army talked about the annual Red Kettle campaign and programs it funds.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FM's)
11/24/19	This Week in the Mohawk Valley	Local Economy and Business- Dan Frieden of Copper City Brewery talked about their 3 rd anniversary celebration and the local economic impact of the brewery.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
12/1/19	This Week in the Mohawk Valley	Finances- Dave Kaveny of NBT bank talked about the ever-changing banking industry and the community loan program.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
12/8/19	This Week in the Mohawk Valley	Quality of Life- Susanne Rodio of the Players of Utica previewed the Player's latest production, "The Dixie Swim Club."	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
12/15/19	This Week in the Mohawk Valley	Quality of Life- Mark Simon of Utica Zoo talked about Zoo's New Year's Day celebration. Our city is home to one of the only zoos in Upstate NY.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
12/22/19	This Week in the Mohawk Valley	Programs for the homeless- Wendy Goetz of the Rescue Mission of Utica talked about Christmas dinner, the need for warm winter clothing and the homeless shelter at the Mission.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)
12/29/19	This Week in the Mohawk Valley	Quality of Life- Heather Gates of Bank of Utica talked about the Utica New Year's Eve celebration along with the City and Utica Police and Fire Departments.	10 minutes	10:00 a.m. (WIBX) 6:00 a.m. (FMs)

Radio Health Journal Quarterly Report

“Radio Health Journal” airs weekly on each station at the following times: Saturdays at 6:00AM on WIBX-AM, and Sundays at 6:10AM on WFRG-FM, WLZW-FM, WOUR-FM, and WODZ-FM.

Compliance Issues covered this quarter:

Affordable Housing	Local government policy
Agriculture	Malnutrition
Business & industry	Mass shootings
Cancer	Mental health
Child safety	Mental illness
Climate Change	Nutrition
Community water fluoridation	Parenting issues
Consumerism	Police & law enforcement
Drug use	Population decline
Economics	Poverty
Education	Prevention
Emergency responders	Psychology
Environment	Public health
Ethics	Public policy
Family values	Regulation
Federal government	Rural community issues
Generational issues/conflict	Suicide
Gun violence	Vaccination
Health care	Women’s issues
Health care accessibility issues	Workplace & employment issues
HIV & AIDS	Youth at risk
Homelessness	
Hospitals & emergency room	
Infant mortality	
Interpersonal relations	
Law & crime	

Radio Health Journal Program Log

Program	19-40	Writers/Producers	Reed Pence
Air Week	10/06 – 10/12/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
1:55	SEGMENT 1: DOES PRENATAL FLUORIDE LOWER IQ?		13:20
<p>Synopsis: Fluoride in community drinking water has been controversial since its introduction nearly 75 years ago. A new study adds to this with evidence that pregnant women who drink fluoridated water may produce children with slightly lowered IQ. The study author and two other experts discuss what's known and what the ramifications of the study could be for communities, for oral health, and for children.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Brittany Seymour, Assistant Professor of Oral Health Policy and Epidemiology, Harvard School of Dental Medicine; Dr. Christine Till, Associate Professor of Psychology, York University; Dr. Patricia Braun, Professor of Pediatrics, University of Colorado and Chair, Section on Oral Health Executive Committee, American Academy of Pediatrics</p>			
<p>Compliance issues covered: public health; youth at risk; local government policy; parenting issues; community water fluoridation; health care; child safety</p>			
<p>Links for more information: https://hsdm.harvard.edu/people/brittany-seymour http://health.info.yorku.ca/health-profiles/index.php?mid=645764 https://www.denverhealth.org/provider-directory/b/braun-patricia-a</p>			
16:17	SEGMENT 2: TRYPOPHOBIA: THE FEAR OF CLUSTERED HOLES		6:38
<p>Synopsis: As much as 16 percent of the population suffers from trypophobia, which makes them uneasy at the sight of holes clustered together, as in a honeycomb. Two experts and a sufferer discuss this phobia, which can be remarkably debilitating.</p>			
<p>Host: Nancy Benson. Producer: Morgan Kelly. Guests: Dr. Geoff Cole, Center for Brain Science, University of Essex; Kerry Taylor, trypophobia sufferer and administrator of support group; Dr. Keith Wagner, University of Texas Medical Branch, Galveston</p>			
<p>Compliance issues covered: health care; consumerism; mental health</p>			
<p>Links for more information: https://www.essex.ac.uk/people/cole19909/geoff-cole https://www.skinhoax.com https://www.consultant360.com/exclusive/consultant360/dermatology/qa-keith-wagner-md-online-skin-disease-hoaxes</p>			

Radio Health Journal Program Log

Program	19-41	Executive Producer	Reed Pence
Air Week	10/13 – 10/19/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: RURAL MATERNITY UNITS CLOSING	13:25	
<p>Synopsis: A large number of hospitals in rural areas have closed, and many more have closed their maternity units, leaving many rural mothers-to-be with no nearby place to deliver their babies or even get prenatal care. Experts discuss the financial and demographic reasons behind these closures, the danger it presents to mothers and children, and some ways to counter the risk.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Carrie Henning-Smith, Assistant Professor of Health Policy and Management, University of Minnesota School of Public Health and Deputy Director, University of Minnesota Rural Health Research Center; Dr. John Cullen, President, American Academy of Family Physicians; Brock Slabach, Senior Vice President, National Rural Health Association</p>			
<p>Compliancy issues covered: public health; health care; parenting issues; child safety; emergency responders; rural community issues; economics; population decline; workforce issues; health care accessibility issues; hospitals</p>			
<p>Links for more information: https://directory.sph.umn.edu/bio/sph-a-z/carrie-henning-smith https://www.aafp.org/about/governance/board-directors/board-chair-cullen.html https://www.ruralhealthweb.org/about-nrha/staff-directory</p>			
16:29	SEGMENT 2: ECZEMA IN INFANTS: A STARTING POINT FOR ALLERGIES AND ASTHMA	6:33	
<p>Synopsis: Doctors have learned that childhood allergies and asthma may have their start in dry, dysfunctional skin in infancy, when allergens such as food particles enter the body through cracks in the skin. A noted pediatric allergist discusses this "atopic march" and ways to combat it.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Donald Leung, Head, Pediatric Allergy Division, National Jewish Health, Denver</p>			
<p>Compliancy issues covered: health care; youth at risk; public health; consumerism</p>			
<p>Links for more information: https://www.nationaljewish.org/doctors-departments/providers/physicians/donald-y-m-leung</p>			

Radio Health Journal Program Log

Program	19-42	Executive Producer	Reed Pence
Air Week	10/20 – 10/26/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:01	SEGMENT 1: THE PSYCHOLOGY OF GIG WORKERS	13:12	
<p>Synopsis: Gig work is becoming more and more a part of the American economy. It takes a certain temperament for a worker to thrive on the freedom gig work offers without being paralyzed by the lack of security. Experts discuss the psychological benefits and difficulties of multiple part time jobs or freelancing.</p>			
<p>Host & Producer: Reed Pence. Guests: Jeff Kreisler, Editor in Chief, PeopleScience.com; Dr. Brianna Caza, Associate Professor of Business Ethics, University of Manitoba</p>			
<p>Compliance issues covered: economics; workplace & employment issues; mental health; psychology</p>			
<p>Links for more information: http://jeffkreisler.com https://umanitoba.ca/faculties/management/faculty_staff/academic_professors/brianna-caza.html</p>			
16:15	SEGMENT 2: CARING FOR STRANGERS	6:42	
<p>Synopsis: Emergency room physicians have to make sense of and care for complete strangers every day. A recently retired ER doctor looks back at lessons he's learned that are applicable to everyone's life.</p>			
<p>Host: Nancy Benson. Producer: Polly Hansen. Guest: Dr. Paul Seward, author, <i>Patient Care: Death and Life In the Emergency Room</i></p>			
<p>Compliance issues covered: health care; public health; hospitals & emergency room</p>			
<p>Links for more information: http://www.washingtonindependentreviewofbooks.com/index.php/bookreview/patient-care-death-and-life-in-the-emergency-room</p>			

Radio Health Journal Program Log

Program	19-43	Executive Producer	Reed Pence
Air Week	10/27 – 11/02/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: CLIMATE CHANGE = LESS NUTRITIOUS FOODS	12:12	
<p>Synopsis: Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard University; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, University of Washington</p>			
<p>Compliance issues covered: environment; climate change; agriculture; malnutrition; poverty; public health</p>			
<p>Links for more information: https://planetaryhealthalliance.org/people/sam-s-myers-md-mph https://globalhealth.washington.edu/faculty/kristie-ebi</p>			
15:16	SEGMENT 2: PAID PARENTAL LEAVE	7:21	
<p>Synopsis: The US is one of the few world nations that offers no paid job leave for either new moms or dads. A new study shows that paid leave has benefits in infant mortality as well as mother's health. An expert and advocate for paid leave discusses the benefits.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Lucy Sullivan, Executive Director, 1000 Days</p>			
<p>Compliance issues covered: health care; public health; youth at risk; infant mortality; workplace & employment issues; economics</p>			
<p>Link for more information: https://thousanddays.org/person/lucy-martinez-sullivan/</p>			

Radio Health Journal Program Log

Program	19-44	Executive Producer	Reed Pence
Air Week	11/03 – 11/09/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: MASS VIOLENCE: HOW MUCH IS MENTAL ILLNESS TO BLAME?	12:11	
<p>Synopsis: Mass shootings and other forms of mass violence are on the increase. Where to assess blame is in sharp dispute. A new report from a blue ribbon panel of behavioral scientists has found that mental illnesses carry some of the blame, but mental “distress” is a much more likely factor. Panel members discuss mental health first aid, red flag laws, and other report recommendations on ways to prevent mass violence.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Jeffrey Lieberman, Professor and Chair, Dept. of Psychiatry, Columbia University College of Physicians and Surgeons; Dr. Joseph Parks, Medical Director, Natl. Council for Behavioral Health</p>			
<p>Compliance issues covered: crime; police & law enforcement; public health; gun violence; prevention; mental illness; education; workplace issues; school safety; youth at risk; mass shootings</p>			
<p>Links for more information: https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md https://www.thenationalcouncil.org/press-releases/national-council-behavioral-health-announces-dr-joseph-parks-first-medical-director/</p>			
15:15	SEGMENT 2: “MIND CONTROL,” PSYCHEDELICS, AND THE CIA	7:53	
<p>Synopsis: Intelligence agencies have long sought ways to control the mind to get people to do their bidding. An author discusses his investigation into CIA mind control efforts in the 1950’s and 60’s through the use of psychedelic drugs, which unwittingly led to an explosion of the drugs’ use.</p>			
<p>Host: Nancy Benson. Producer: Polly Hansen Guests: Stephen Kinzer, Senior Fellow, Watson Institute for International and Public Affairs, Brown University and author, <i>Poisoner In Chief: Sidney Gottlieb and the CIA Search for Mind Control</i></p>			
<p>Compliance issues covered: ethics; drug use; federal government</p>			
<p>Links for more information: https://watson.brown.edu/people/visiting/kinzer</p>			

Radio Health Journal Program Log

Program	19-45	Executive Producer	Reed Pence
Air Week	11/10 – 11/16/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: SUICIDE SURVIVORS	13:43	
<p>Synopsis: For those left behind when a loved one dies of suicide, recovery can be difficult. Stigma, guilt, and blame are exceptionally common. They need more support, but often get less, and their own risk of suicide is elevated. Experts—one a suicide survivor herself—discuss the difficulties and ways survivors can cope.</p>			
<p>Host & Producer: Reed Pence. Guests: Joyce Bruggeman, Exec. Director, Survivors of Suicide Loss; Dr. Holly Prigerson, Co-Director, Center for Research on End of Life Care, Professor of Geriatrics and Sociology in Medicine, Weill-Cornell Medical College</p>			
<p>Compliance issues covered: mental health; public health; family issues; suicide; mental illness</p>			
<p>Links for more information: https://www.soslsd.org/board-leadership/#bruggeman http://vivo.med.cornell.edu/display/cwid-hgp2001 https://suicidepreventionlifeline.org https://save.org/what-we-do/grief-support/</p>			
16:47	SEGMENT 2: FERTILITY RATE DECLINE AND THE AGING POPULATION	6:00	
<p>Synopsis: Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy, which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility.</p>			
<p>Host: Nancy Benson. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women’s Contraception Program, Nationwide Children’s Hospital, Columbus, OH</p>			
<p>Compliance issues covered: health care; teen pregnancy; labor and employment; economics; generational conflict</p>			
<p>Links for more information: http://www.globalaginginstitute.org/about-gai/team.html http://www.nationwidechildrens.org/elise-d-berlan</p>			

Radio Health Journal Program Log

Program	19-46	Executive Producer	Reed Pence
Air Week	11/17 – 11/23/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:59	SEGMENT 1: THE RISKS OF EGG DONATION	11:32	
<p>Synopsis: Some agencies estimate that 50,000 children have been born in the US using donor eggs. But egg donation (or sale, as some insist) is not regulated, and while short-term risks are known, few donors have been followed for years. Long-term risks are not well understood. Experts discuss what we know... and what we don't.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Linda Kahn, postdoctoral fellow in pediatrics, New York University School of Medicine; Dr. Richard Paulson, Professor of Reproductive Medicine, University of Southern California and President, American Society of Reproductive Medicine; Dr. Wendy Chavkin, Professor of Public Health and Obstetrics and Gynecology, Columbia University</p>			
<p>Compliance issues covered: health care; economics; ethics; technology; women's issues; federal government; regulation</p>			
<p>Links for more information: https://med.nyu.edu/departments-institutes/pediatrics/divisions/environmental-pediatrics/our-team https://usc fertility.org/about-usc-fertility/richard-paulson-md/ https://www.mailman.columbia.edu/people/our-faculty/we9</p>			
14:33	SEGMENT 2: THE CHANGING FACE OF HIV	8:00	
<p>Synopsis: HIV/AIDS was once an epidemic and a death sentence. But many Americans are too young to remember that, so HIV awareness has faded. One of the nation's top HIV experts discusses HIV as a treatable, chronic illness and the need to still be vigilant—and be tested.</p>			
<p>Host: Nancy Benson. Guest: Dr. Laura Cheever, Associate Administrator, HIV/AIDS Bureau, US Health Resources and Services Administration</p>			
<p>Compliance issues covered: health care; HIV/AIDS; public health; prevention; poverty</p>			
<p>Links for more information: https://www.hrsa.gov/about/organization/bureaus/hab/bio-cheever.html</p>			

Radio Health Journal Program Log

Program	19-47	Executive Producer	Reed Pence
Air Week	11/24 – 11/30/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: HOMELESSNESS MYTHS	11:34	
<p>Synopsis: Around a half million people are homeless in the US on any given night, but the street homeless who are most visible often incorrectly influence our assumptions about the homeless. A noted researcher discusses myths and truths about their addictions, employment, residences, and more, and why people often become homeless.</p>			
<p>Host & Producer: Reed Pence. Guest: Dr. Deborah Padgett, Professor of Social Work and Global Public Health, Silver School of Social Work, New York University</p>			
<p>Compliance issues covered: homeless; poverty; economics; mental illness; addiction and substance abuse; crime; employment and unemployment; affordable housing; public health</p>			
<p>Links for more information: https://aaswsw.org/member/deborah-padgett/</p>			
14:25	SEGMENT 2: PRESERVING BEAUTY THROUGH CANCER	7:44	
<p>Synopsis: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.</p>			
<p>Host: Nancy Benson. Producer: Polly Hansen. Guest: Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, <i>Pretty Sick: A Beauty Guide for Women With Cancer</i></p>			
<p>Compliance issues covered: women's issues; health care; cancer</p>			
<p>Links for more information: https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271</p>			

Radio Health Journal Program Log

Program	19-48	Executive Producer	Reed Pence
Air Week	12/01 – 12/07/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: THE SLEEP DEPRIVATION OF LOCAL POLICE	12:56	
Synopsis: Studies show that law enforcement is the most sleep deprived of all professions, with potentially damaging and even fatal consequences for decision-making and reaction time, as well as long-term health damage. Experts discuss the unique challenges in having a poorly rested police force and in fixing it.			
Host & Producer: Reed Pence. Guests: Dr. Jagdish Khubchubdani, Professor of Health Science, Ball State University; Dr. John Violanti, Research Professor Of Epidemiology and Environmental Health, University at Buffalo			
Compliance issues covered: police & law enforcement; public safety; local government; public health			
Links for more information: https://www.bsu.edu/academics/collegesanddepartments/nutrition-health-science/about-us/faculty-and-staff/health-science-faculty/khubchandanijagdish http://www.buffalo.edu/news/experts/john-violanti-faculty-expert-police-stress.html			
15:47	SEGMENT 2: PET FOOD: WHAT SHOULDN'T YOUR DOG OR CAT EAT?	6:48	
Synopsis: A growing number of pet owners are tempted to put their dog or cat on vegan, gluten-free or raw diets. An expert pet nutritionist and veterinarian discuss what pets should and shouldn't eat to be healthy.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Valerie Parker, Associate Professor of Veterinary Clinical Sciences, The Ohio State University Veterinary Medical Center			
Compliance issues covered: pets & people; nutrition			
Links for more information: https://vet.osu.edu/parker-valerie			

Radio Health Journal Program Log

Program	19-49	Executive Producer	Reed Pence
Air Week	12/08 – 12/14/2019	Studio Production	Jason Dickey
Time	Segment		
1:49	SEGMENT 1: WORKPLACE BULLIES	Dur. 11:56	
Synopsis: Some bullies never grow up, and just keep on bullying. Experts describe where and how it most often occurs, what workplace bullies are seeking, who they target, why it continues, and what needs to happen to stop it.			
Host & Producer: Reed Pence. Guests: Dr. Ron Riggio, Professor of Psychology and Leadership, Claremont McKenna College; Dr. Charles Sophy, Medical Director, Los Angeles County Dept. of Children and Family Services; Dr. Gary Namie, Director, Workplace Bullying Institute			
Compliance issues covered: youth at risk; workplace issues; employment; business & industry; interpersonal relations			
Links for more information: https://www.cmc.edu/academic/faculty/profile/ronald-riggio http://www.drSophy.com http://www.workplacebullying.org			
14:47	SEGMENT 2: OLDER DADS, YOUNGER KIDS	8:01	
Synopsis: The average age when men first become fathers has risen to 31, and more men are also becoming dads in their 40's and 50's. A National Book Award-winning author discusses his experience as a first-time dad at 56, and now as a 73-year old father with teenagers.			
Host: Nancy Benson. Producer: Polly Hansen. Guest: Tim O'Brien, author, <i>Dad's Maybe Book</i>			
Compliance issues covered: parenting issues; men's issues; generational issues			
Links for more information: https://time.com/5696948/life-after-wartime/			

Radio Health Journal Program Log

Program	19-50	Executive Producer	Reed Pence
Air Week	12/15 – 12/21/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:46	SEGMENT 1: BRIDGING THE VAX/ANTI-VAX DIVIDE	14:10	
<p>Synopsis: The debate over vaccination isn't as civil as it once was, and leaves little room for common ground or even discussion. Pro-vaccine advocates often point to science showing safety and effectiveness, but as a noted medical humanities researcher explains, values common among anti-vaccine advocates lead them to reject this science, and both sides need to understand where the disconnect comes from.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Bernice Hausman, Professor and Chair, Dept. of Humanities, Penn State University College of Medicine and author, <i>Anti-Vax: Reframing the Vaccination Controversy</i></p>			
<p>Compliance issues covered: youth at risk; politics; ethics; family values; science and technology; government; vaccination</p>			
<p>Links for more information: https://news.psu.edu/story/534300/2018/08/30/academics/penn-state-college-medicine-welcomes-new-chair-department; https://www.cornellpress.cornell.edu/book/9781501735622/antivax/</p>			
16:58	SEGMENT 2: "AFFLUENZA"	6:00	
<p>Synopsis: Rich people receive deference that the rest of us don't, but do wealthy kids grow up knowing they can get away with what others can't? Research finds that <i>all</i> children apparently know this. Experts discuss.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Suniya Luthar, Foundation Professor of Psychology, Arizona State University and Professor Emerita, Columbia University Teachers College; Maia Szalavitz, co-author, <i>Born for Love: Why Empathy is Essential and Endangered</i></p>			
<p>Compliance issues covered: youth at risk; mental health; law & crime; ethics</p>			
<p>Links for more information: http://www.suniyaluthar.org https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8</p>			

Radio Health Journal Program Log

Program	19-51	Executive Producer	Reed Pence
Air Week	12/22 – 12/28/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: CHRISTMAS IN THE E.R.: IT'S NO HOLIDAY	12:39	
<p>Synopsis: Winter in general, and the holidays in particular, are the busiest time of year in hospital emergency departments, even in places where it doesn't snow. Experts discuss the increase in deaths of all kinds, including the "Merry Christmas Coronary" and possible reasons those deaths bounce up.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Christopher Michos, emergency physician; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institutes and Professor of Medicine, University of Southern California Keck School of Medicine; Dr. David Phillips, Emeritus Professor of Sociology, University of California, San Diego</p>			
<p>Compliance issues covered: health care; family issues; prevention; hospitals & emergency room</p>			
<p>Links for more information: https://health.usnews.com/doctors/christopher-michos-226133 https://hmri.org/our-researchers/robert-a-kloner-md-phd/ https://sociology.ucsd.edu/people/faculty/emeritus/david-phillips.html</p>			
15:30	SEGMENT 2: GERD AND YOUR HOLIDAY FEAST	7:29	
<p>Synopsis: During the holidays, reflux problems are magnified by big meals with trigger foods like chocolate and alcohol. But reflux sometimes doesn't show up as heartburn. A gastroenterologist discusses reflux, how it may appear as asthma or hoarseness, and how it can be treated.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Jeffrey King, Chief of Gastroenterology, National Jewish Health, Denver</p>			
<p>Compliance issues covered: health care; family issues</p>			
<p>Links for more information: https://www.nationaljewish.org/doctors-departments/providers/physicians/jeffrey-b-king</p>			

Radio Health Journal Program Log

Program	19-52	Executive Producer	Reed Pence
Air Week	12/29/19 – 01/05/20	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: HOARDING DISORDER: IT'S ABOUT MORE THAN THE CLUTTER	12:17	
<p>Synopsis: Hoarding disorder affects at least five percent of Americans, and despite TV programs showing its effects, it is still widely misunderstood. Experts discuss the danger hoarding poses to others, including neighbors, children, and first responders; why those with the disorder are so attached to things; and the right and wrong ways to address the problem.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Carolyn Rodriguez, Associate Professor and Associate Chair of Psychiatry and Behavioral Sciences, Stanford University School of Medicine; Elaine Birchall, social worker specializing in hoarding disorder and co-author, <i>Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding</i></p>			
<p>Compliance issues covered: mental health; family issues; public safety; first responders; youth and children at risk</p>			
<p>Links for more information: https://profiles.stanford.edu/carolyn-rodriguez http://hoarding.ca</p>			
15:08	SEGMENT 2: MELANOMA ADVANCES	7:14	
<p>Synopsis: Fifteen years ago, advanced melanoma was usually lethal. But new treatments harnessing the immune system have increased survival so much that researchers haven't completely been able to quantify it. An expert physician discusses the advances.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Philip Friedlander, Director, Melanoma Medical Oncology Program, Mt. Sinai, New York.</p>			
<p>Compliance issues covered: health care; prevention</p>			
<p>Links for more information: https://icahn.mssm.edu/profiles/philip-friedlander</p>			