



**C H I C A G O**

**QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS**

**WSHE – Chicago**

**City of License – Chicago, IL**

**January 1, 2022 – March 31, 2022**

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## Section I. Issues

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

- A. Health & Fitness:** Experts discuss advancements in anti-aging, evolving trends in exercise and fitness apps
- B. The Arts:** The worlds of art, literature and music
- C. Addictions:** The effects of hoarding, obesity and addiction.
- D. Psychology:** Everything from mental health research in adolescents to how to bring more curiosity, creativity and critical thinking to learning to how people can avoid self-pity and constructively move forward.
- E. Charity:** Three organizations that underprivileged kids, seniors and the disabled lead better lives
- F. Youth at Risk:** Charities that focus on children's health and well-being.

## 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. Health & Fitness

#### 1. "Viewpoints": Advancements in Anti-Aging

*01/23/22; 6:02 AM CT; 10:24 Minutes*

By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field. Host: Gary Price. Guests: Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute.

#### 2. "Viewpoints": Spin, Sweat, Repeat: The Ever-Evolving Fitness Landscape

*02/06/22; 6:02 AM CT; 09:39 Minutes*

It feels like the fitness market has more options than ever before. Between the rise of at-home fitness, traditional gyms and focused classes, consumers can pick and choose to workout whichever way they like. This week – we speak with two fitness experts about evolving trends in exercise and what's next. Host: Gary Price. Guests: Dr. David J. Miller, faculty member, School of Business, George Mason University; Dr. Glenn Gaesser, professor, exercise physiology, School of Health Solutions, Arizona State University.

**3. “Radio Health Journal”: How Fitness Apps Contribute to Eating Disorders**  
***03/13/22; 5:32 AM CT; 12:12 Minutes***

Fitness apps can be helpful, but for some people, obsessive meal tracking helped them develop an eating disorder. Experts talk about the slippery slope of the fitness industry, and discuss proper recovery methods. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Kimberly O’Brien, Licensed Independent Clinical Social Worker, Boston Children’s Hospital Female Athlete Program, Assistant Professor, Harvard Medical School; Dr. Miriam Rowan, Clinical Psychologist, Boston Children’s Hospital Female Athlete Program, Instructor in Psychology, Harvard Medical School; Julia Maple, Fitness Influencer

Compliance issues covered: public health; consumerism; patient safety; eating disorder; mental health; fitness apps; fitness industry; diet and nutrition; rehabilitation; social media; technology; sports and safety

**B. The Arts**

**1. “Viewpoints”: An Illustrator’s Art**  
***01/16/22; 6:14 AM CT; 07:40 Minutes***

Before photography, the most commonly used medium to capture a single moment in time was painting and illustration. Though photos and video have flooded most media outlets, illustration as a whole has not been replaced. It’s still used to this day because of its unique ability to convey emotions and integrate a single moment within a broader context. Career illustrator Tim ‘O Brien has created some of the most famous magazine covers, book covers and more in recent history. He joins us this week to help us understand the skill and work it takes to become a successful editorial illustrator. Host: Marty Peterson. Guests: Tim ‘O Brien, illustrator.

**2. “Viewpoints”: The Larger Appeal of “Harry Potter”**  
***02/27/22; 6:14 AM CT; 09:22 Minutes***

The Harry Potter series is one of the most beloved stories of all time, unlocking a world of wizarding magic, adventure and intrigue to millions of young readers. We discuss how its unconventional storyline and character development can shift thinking and teach real life lessons to young and old readers alike. Host: Marty Peterson. Guests: Amy Hogan, media manager, MuggleNet.com; Mimi Gladstein, English & Literature, professor, University of Texas at El Paso.

**3. “Viewpoints”: Paving A New Future for Classic Music**  
***03/20/22; 6:12 AM CT; 10:57 Minutes***

Less than 2 percent of all classical musicians are African American. Despite a push for more diversity and inclusion in recent years, the industry largely remains the same in makeup. Two classical music experts join us this week to help us understand the barriers for entry into classical music and how those in the field are helping younger populations gain exposure and greater access to the genre. Host: Marty Peterson. Guests: Brendan Slocumb, professional violinist, music educator, author, The Violin Conspiracy; Afa S. Dworkin, president, artistic director, Sphinx.

#### **4. “PSA”: MLK Musical Celebration**

***01/01/22 – 01/15/22; Aired 18 Times; 15 Seconds***

The Music Institute of Chicago presents a free musical celebration of Dr. Martin Luther King Jr on Sunday, January 16th. Visit [NicholsConcertHall.org](http://NicholsConcertHall.org)

### **C. Addictions**

#### **1. “Radio Health Journal”: Hoarding Disorder: More Than Just Too Much Junk**

***01/02/22; 5:32 AM CT; 12:20 Minutes***

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. Host and Producer: Reed Pence. Guests: Dr. Carolyn Rodriguez, Assoc. Prof. of Psychiatry and Behavioral Sciences and Assoc. Dean for Academic Affairs, Stanford Univ. School of Medicine; Elaine Birchall, social worker and co-author, *Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding*.

#### **2. “Radio Health Journal”: The Link Between Obesity and Cancer**

***01/16/22; 5:45 AM CT; 07:26 Minutes***

Studies are finding that obesity significantly increases a person’s risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why. Host: Nancy Benson. Guest: Dr. Anthony Perre, Chief, Dept. of Outpatient Medicine, Cancer Treatment Centers of America

#### **3. “Viewpoints”: The Journey of Addiction**

***02/13/22; 6:02 AM CT; 09:36 Minutes***

More than 101,000 Americans died from a drug overdose between April 2020 and April 2021, according to the Centers for Disease Control and Prevention. Substance abuse, or addiction, is a national crisis that’s only continuing to worsen as new drugs enter the market and treatment has been disrupted due to the pandemic. Recovering addict Dr. Carl Erik Fisher joins us this week to share his own story with addiction and what can be done to improve treatment for people suffering from substance abuse issues. Host: Gary Price. Guest: Dr. Carl Erik Fisher, psychiatrist, assistant professor, Columbia University, author, *The Urge: Our History of Addiction*

### **D. Psychology**

#### **1. “Radio Health Journal”: Children’s “Psychotic-Like Experiences”**

***01/09/22; 5:45 AM CT; 07:53 Minutes***

Children and young adolescents may experience perceptual distortions or strange thoughts, but if they become frequent and disruptive, they can be an early tipoff to serious future mental health distress. An expert discusses this new field of mental health research in adolescents. Host: Nancy Benson. Producer: Polly Hansen. Guest: Dr. Nicole Karcher, Instructor, Dept. of Psychology, Washington Univ., St. Louis

**2. “Viewpoints”: Fostering Curiosity and a Greater Passion for Learning Early On**  
**02/20/22; 6:02 AM CT; 09:23 Minutes**

Most parents know that reading is vital to a child or teen’s development and learning. But reading isn’t everything. To fully understand many topics, experiences and encounters help to fully engrain what’s being taught. We speak with an education expert and clinical psychologist this week about how to bring more curiosity, creativity and critical thinking to learning. Host: Gary Price. Guests: Dr. Joe Galasso, clinical psychologist, Baker Street Behavioral Health; Julie Bogart, home educator, mother, author, Raising Critical Thinker’s: A Parent’s Guide to Growing Wise Kids in the Digital Age.

**3. “Viewpoints”: The Pang of Regret**  
**03/06/22; 6:44 AM CT; 08:41 Minutes**

Ever wish that you could turn back time and do something differently? Everyone’s been there at one point or another. Regret is an all-too-common feeling that’s simply part of life, but it’s what we learn from our mistakes that matters. Writer Daniel Pink joins us this week to breakdown the intricacies of this emotion and share how people can avoid self-pity and constructively move forward. Host: Marty Peterson. Guest: Daniel Pink, writer, author, The Power of Regret: How Looking Backward Moves Us Forward.

**E. Charity**

**1. “Hubbard Helps”: Musical Arts Institute**  
**01/02/22; 5:15 AM CT; 11:01 Minutes**

It’s no secret that music impacts us all, regardless of race, gender, or tax bracket. But not everyone has equal access to music education, instruments, and opportunities. That’s why The Musical Arts Institute has made its mission to give back to underprivileged kids in Chicagoland and shine a light on all of the doors that could open for them through music. Contact: Michael Manson, [mikemanson@musicalartsinstitute.org](mailto:mikemanson@musicalartsinstitute.org)

**2. “Hubbard Helps”: Meals on Wheels Chicago**  
**01/16/22; 5:15 AM CT; 11:43 Minutes**

For seniors and people living with disabilities, finding their next meal isn’t always an easy task. Since 1987, Meals on Wheels Chicago has ensured that this group has their basic needs met to improve their quality of life, maximize independence, and of course, have access to nutritious meals. Contact: Ellen Bouleanu, [ebouleanu@mealsonwheelschicago.org](mailto:ebouleanu@mealsonwheelschicago.org)

**3. “Hubbard Helps”: Lake County for Independent Living**  
**02/13/22; 5:15 AM CT; 13:45 Minutes**

Our disabled friends, family, and neighbors have unique challenges they face every single day. These challenges impact their abilities to live empowered and independent lives. Lake County Center For Independent Living works directly with members of the disabled community and their families to help them live independently, as well as advocate for a fully accessible society for everyone. Contact: Claudia Mancera, [cmancera@lccil.org](mailto:cmancera@lccil.org)

**3. “PSA”: Hephzibah Children’s Association**  
**01/01/22 – 3/15/22; Aired 15 Times; 15 Seconds**

Hephzibah Children's Association invites you to celebrate their 125th anniversary of helping children thrive and families flourish at their Heart of Gold Ball Saturday, March 5 at the Bridgeport Art Center in Chicago. Based in Oak Park, Hephzibah Children's Association is a comprehensive child welfare agency serving severely traumatized children, facilitating foster care and adoption, aiding families in crisis and offering after-school programs. To sponsor the ball or buy tickets, visit their website at [HephzibahHome.org](http://HephzibahHome.org)

## **F. Youth at Risk**

### **1. "Hubbard Helps": A Leg to Stand On**

***01/30/22; 5:15 AM CT; 19:32 Minutes***

For children in developing nations across the world, medical care is a privilege, one that not everyone can afford. Now imagine the struggle of children with limb disabilities not having access to that life-changing and, sometimes, life-saving care. The non-profit organization A Leg To Stand On believes that mobility is a human right. They work to provide free, high-quality prosthetic limbs, orthotic braces, and fitted wheelchairs to these children with limb disabilities in developing countries across the world. Contact: Ken Churilla, [churilla14@yahoo.com](mailto:churilla14@yahoo.com); Ray McKenzie, [rmckenzie@altso.org](mailto:rmckenzie@altso.org)

### **2. "Hubbard Helps": Cupid's Undie Run**

***02/06/22; 5:15 AM CT; 13:05 Minutes***

What are you doing on Saturday, February 19th? How does going for a run in your underwear sound? Ok, ok, what if I told you it's for an amazing cause and that you would be helping raise awareness and find a cure for neurofibromatosis? Cupid's Undie Run helps raise funds for The Children's Tumor Foundation and awareness for those living with NF, while you "strip down in solidarity" to find a cure. Contact: Shawn Hackett, [chicago@cupids.org](mailto:chicago@cupids.org).

### **3. "Hubbard Helps": Save Abandoned Babies**

***02/27/22; 5:15 AM CT; 16:26 Minutes***

You may have heard heartbreaking stories of abandoned newborns left in dumpsters, on church steps or at fire stations. The Save Abandoned Babies Foundation is a non-profit organization working to prevent newborns from being left in unsafe environments, raising awareness of the Abandoned Newborn Infant Protection Act, and providing resources for birth mothers, safe havens, educators, and the public. Contact: Diane Jannetto, [djannetto@comcast.net](mailto:djannetto@comcast.net)

### **4. "PSA": Illinois Fire Safety Alliance**

***01/01/22 – 03/15/22; Aired 49 Times; 15 Seconds***

The Illinois Fire Safety Alliance is dedicated to supporting those affected by burn injuries. For the past 30 years, the IFSA has hosted Camp "I Am Me," an unforgettable one-week overnight camp dedicated to supporting young burn survivors. Nearly 70 children and teens join from across the state to build self-esteem and self-confidence. If you are interested in learning more about the program or life changing volunteer opportunities, visit [www.IFSA.org](http://www.IFSA.org)