

Quarterly Issues Programs List

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Stations: KROC-AM

April 1st, 2023 through June 30th, 2023

SECTION I. Issues

A) Women's Rights – Abortion rights in Minnesota were already protected because a Doe v. Gomez, a 1995 Minnesota Supreme Court decision, but this became a top issue following the U.S. Supreme Court decision last summer to vacate federal abortion rights and leave the issue to the states.

B) Gun Control – A bipartisan survey of Minnesotans conducted by KSTP/Survey USA found that nearly three quarters of Minnesotans are in favor of increased gun safety measures including background checks.

C) Weather Awareness – Each spring, Minnesotans face weather dangers such as severe thunderstorms, which can bring damaging winds, large hail, and even tornadoes, posing risks to lives and property. Additionally, springtime in Minnesota also brings the potential for flooding due to snowmelt and heavy rainfall, threatening homes, roads, and infrastructure.

D) Public Education – A report from the Minnesota Department of Education (MDE) shows the state's public schools are falling behind after statewide assessments done in 2022.

E) Public Health – In 2022 Minnesota nursing homes reported staffing shortages that were worse than anywhere else in the country. A Minnesota Department of Health survey confirmed health care worker burnout and shows workforce shortage trends are affecting a wide range of health care professionals.

SECTION II – RESPONSIVE PROGRAMS

MINNESOTA MATTERS is a weekly locally produced public affairs program that discusses matters of importance to Minnesotans.

Minnesota Matters runs every Sunday morning on KROC-AM at 9:00 AM.

April 2nd, 2023 - Issues Discussed: Public Health, State Economy, Weather Awareness

Doctor Shauna Voss, a senior veterinarian in charge of poultry with the Minnesota Board of Animal Health, joined the program to discuss the highly pathogenic avian influenza. Voss discussed the economic impact in Minnesota which is the largest Turkey producing state in the country and addressed public safety concerns.

Boyce Olsen discusses the critical funding and staffing shortages long term care centers are facing around the state. Senator Liz Bolden joins to talk about the urgency of the situation and explain how the system is on the verge of collapse. Bolden says state lawmakers are discussing the issue.

Jennifer Pippa, Vice President of disaster programs for the American Red Cross, joined the program to discuss severe weather awareness. Pippa shared Minnesota weather stats and offered tips on how people can protect themselves including how to build an emergency survival kit for when bad weather strikes.

April 9th, 2023 - Issues Discussed: Women's Rights, Abortion Rights, Public Health, State Economy

Bill Werner updates the latest from the Minnesota Legislature including reproductive rights, voting rights and environmental legislation. Werner also compares how state democrats want to spend the \$17.5 billion surplus to how state republicans want to use the money.

Megan Dayton, a senior demographer with the State, joins to discuss how Minnesota's demographic shift is creating a workforce shortage as Minnesota ages. Dayton says the state will need to entice more people to move here in order to create a balance between the aging population and the workforce, or the younger workers.

Katie Mutchler, program coordinator for Minnesota Department of Agriculture, appeared on the program to discuss a decline in hemp growing licenses. Mutchler did say she anticipates the number of farmers to grow when Minnesota legalizes recreational cannabis.

April 16th, 2023 - Issues Discussed: Public Health, Public Education, Traffic Safety

The hosts discuss a \$4 billion Higher Education Funding package, which includes a tuition freeze and increased funding for state colleges and universities. The discussion also touches on the compensation for the University of Minnesota's president and proposed tax increases in the transportation budget bill.

The conversation then shifts to gun violence prevention laws and the push for background checks on all gun sales and red flag laws. Minnesota Attorney General Keith Ellison expresses determination to pass such legislation, despite opposition from groups defending Second Amendment rights.

The 2023 road construction program in Minnesota is outlined during this show. Jake Lash from the Minnesota Department of Transportation provides an overview of the projects, highlighting significant ones such as the Hwy. 52 project and the expansion of Hwy. 14 in southern Minnesota. The hosts remind listeners to plan ahead, check for project impacts, and drive safely in work zones.

Kenzie Christopher, site manager at Martin Luther Campus, joins to discuss the critical workforce shortage that long-term healthcare centers in Minnesota are facing. She explains the types of services offered in these centers, outlines the worker shortage, offers possible solutions, and explains how this crisis is affecting all Minnesotans.

April 23rd, 2023 - Issues Discussed: Gun Control, State Economy

This episode covers discussions on taxes, budget proposals, and legislation. House Democrats present their plan to exempt more Minnesotans from state income tax on Social Security benefits, while Republicans argue for a full solution to eliminate double taxation. Other topics include proposed increases in hunting and fishing license fees, a statewide fee on deliveries, and Governor Tim Walz's State of the State address, where he pushed for gun safety measures.

Adam Frock, the executive director of the Minnesota Lottery, joins to talk about where lottery proceeds go and the impact of the funds on community projects. Frock explains that the lottery's mission is to raise money for programs that benefit Minnesotans, with over 3.5 billion dollars raised since 1990. The lottery funds various programs, including environmental initiatives, throughout the state.

This episode also featured an interview with Dan Schaub, an assistant adjunct professor at the University of Minnesota's College of Design, discussing the importance of using plants that attract pollinators in yards and gardens. The decline of pollinator species and their role in sustaining ecosystems and pollinating food crops are highlighted.

April 30th, 2023 - Issues Discussed: Traffic Safety, Public Health, Weather Awareness

This episode begins with a discussion on state politics at the Minnesota Capitol. The focus is the state budget and the controversial abortion provisions within it. Republicans attempt to ban third-trimester abortions and require parental notification for minors seeking abortions. Democrats argue for preserving bodily autonomy and repealing anti-abortion laws. The discussion highlights the ongoing debate and differing perspectives on abortion rights in Minnesota.

Patrick Moses from the US Army Corps of Engineers also joined the program to discuss the economic impact and public safety concerns caused by flooding on the Mississippi River. Moses talks about the impact on navigation, provides insights on the closure of several locks and dams due to safety concerns, and explains how the closures disrupt barge traffic.

May 7th, 2023 - Issues Discussed: Drug and Alcohol Abuse, Public Health

Bill Werner talks about the newly passed tax bill which includes one-time rebates. He also discusses how lawmakers are working to address the issue of Social Security - About half of Minnesota recipients currently pay no state income tax on their Social Security benefits. That would go up to about 3/4 paying no state tax whatsoever under both the Senate and House bills. State Republicans want the tax to be eliminated.

This fall, the Hazelton Betty for Graduate School will launch a pilot program called Alternative Admission Pathways, addressing the growing need for addiction counselors. President Kevin Doyle joined the program to discuss the need for more counselors and how this program will help train and place qualified individuals that can assist with addiction issues.

May 14th, 2023 - Issues Discussed: Public Education, Public Health, Gun Control

The first topic discussed is the recent approval of boys' volleyball as a state-sanctioned sport, with Jenna Kilkelly from the Minnesota Boys High School Volleyball Association sharing the significance and growth of the sport.

The program also outlines the increasing number of individuals living with Alzheimer's disease in Minnesota, shedding light on the concerning trend and the need for increased awareness and support for affected individuals and their families

Finally, the program addresses controversial issues in the Minnesota Legislature, including the debate over state-run paid family and medical leave, staffing concerns in hospitals, and the potential implementation of anti-gun violence initiatives.

May 21st, 2023: Issues Discussed: Gun Safety, Public Education, Public Health

The legislative session is a key focus on this program, with a major public safety bill being signed by Governor Tim Walls, including provisions for expanded background checks on gun sales and transfers and a red flag law. The lawmakers also address early release for inmates who complete treatment or earn degrees and the increased funding for K12 public schools. The program also touches on paid family and medical leave, the tax plan, and the legalization of recreational marijuana.

May 28th, 2023: Issues Discussed: Affordable Housing

The legislative session ended this week and the hosts discuss this year's accomplishments including a new bonding bill.

Lawmakers made a \$2 Billion investing to help with housing and homelessness and the executive director of Minnesota Housing Partnership says this will be transformative in communities across the state. Anne Mavity appeared on the program to explain how the funding will help first time homeowners with down payment assistance. The investment will also be used to construct more affordable housing options.

June 4th, 2023 – Issues Discussed: Public Health

Recreational marijuana was approved by state lawmakers and the bill was signed by Governor Walz this week. The hosts explain the new rules to those seeking to use cannabis when it becomes legal on August 1st. Governor Walz also signed the state's largest infrastructure bill ever this week. The hosts explain how lawmakers reached the deal and what the money will be used for - \$300 million will go to the state's nursing homes.

Planned Parenthood's President and CEO, Ruth Richardson, joined the program to discuss how their organization is proving gender affirming care and expanding services to the LBGQ+ community.

Jessica Hancock Allen, Infections Disease Director with Minnesota Dept. of Health, joins the program to discuss her role and talk about food born illnesses, tick and mosquito related diseases, and she talks about how the state has adapted during the COVID pandemic.

June 11th, 2023 - Issues Discussed: Public Health, Gun Control, Women's Rights, Abortion Rights, Public Education

In this episode of "Minnesota Matters," the hosts recap the recent legislative session in Minnesota with Governor Tim Walz. They mention the session's historic and transformative nature, touching on topics such as tax cuts, unemployment insurance, transportation funding, voting rights restoration for formerly incarcerated individuals, universal meals, crime and public safety, bonding bill for local infrastructure, paid family and medical leave, and clean energy goals.

Governor Walz expresses pride in the signing of the universal meals program at elementary schools, highlighting the importance of creating a climate where people feel valued and can thrive.

The conversation then shifts to strategic considerations for future legislative sessions, with the governor acknowledging the possibility of a constitutional amendment to protect reproductive rights. They also touch on the importance of implementation for programs like paid family and medical leave and the new cannabis program.

June 18th, 2023 - Issues Discussed: Public Health, Women's Rights, Abortion Rights

This episode covers the legislative session's accomplishments and challenges, with a focus on taxation, infrastructure, and nursing homes. It also touches on the partisanship experienced during the session and the potential for a constitutional amendment regarding abortion in the future. The guests featured in the episode include Governor Tim Walz and Senator Mark Johnson.

June 25th, 2023 - Issues Discussed: Public Health

This program covers topics related to adolescent sexual health, the impact of the pandemic on pregnancy and birth rates, and STI trends.

The hosts discuss the University of Minnesota's newest adolescent sexual health report, featuring an interview with Jill Faris, the EMS director of adolescent sexual health training and education. The report reveals that while the pregnancy rate increased during COVID-19, the birth rate did not follow the same trend. This indicates that fewer young people carried pregnancies to term in 2021, potentially due to limited access to medical care, contraceptives, and abortion services during the pandemic.

The conversation then shifts to the decline in sexually transmitted infection (STI) rates in Minnesota during the pandemic. Jill Faris highlights the complex nature of STI data and suggests that the decrease in reported cases may be influenced by factors such as reduced access to testing and treatment.

MINNESOTA MILITARY RADIO

In addition to the programs listed above KROC-AM also airs a weekly Veterans Affairs program on Sundays from 7:00 a.m. to 8:00 a.m. See attached program log.

RADIO HEALTH JOURNAL

KROC-AM also airs a nationally syndicated community affairs program each Saturday from 8:00 a.m. to 8:30 a.m. See attached program log.



MINNESOTA MILITARY RADIO

PROGRAM LOG – 2nd Quarter 2023

Airing Each Sunday
from 7:00 a.m. to 8:00 a.m. on KROC-AM.

With nearly 370,000 veterans and tens of thousands of guard and reserve troops, Minnesota is a state committed to supporting our friends and neighbors who serve in the military.

April 2, 2023

This week we meet the former Undersecretary of the Veterans Health Administration (VHA) – U.S. Department of Veterans Affairs, learn about the Month of the Military Child events with representatives from the MN National Guard Youth Programs and Mall of America and get an update from our Senior Enlisted Advisor.

Guests include:

- Dr. Richard Stone – Veterans Health Administration
- Director Patrick Kelly – Minneapolis VA Health Care System
- Sara Durhman – Mall of America
- Melissa Egan – Minnesota National Guard Family Programs
- CCMSgt Lisa Erikson – Minnesota Air National Guard

April 9, 2023

This week we meet with the 34th Infantry Division Artillery – Divarty, meet the new Senior Administrative Officer from the Minnesota Department of Veterans Affairs and get an update from the Minnesota Association of County Veterans Service Officers.

Guests include:

- LTC Ryan Kelly – Minnesota National Guard
- MAJ Blake St. Sauver – Minnesota National Guard
- Dave Bellefeuille – Minnesota Department of Veteran Affairs
- Greg Peterson – Minnesota Association of County Veteran Service Officers

April 16, 2023

This week we meet with Tee It Up for the Troops to discuss how their program helps Veterans and upcoming events, learn how Warriors Next Adventure is providing recreational therapy to Veterans and get an update from the Minneapolis VA Health Care System.

Guests include:

- Tim Wegscheid – Tee it Up for the Troops
- Len Erickson – Tee it Up for the Troops
- Nick Rahn – Warriors Next Adventure
- Director Patrick Kelly – Minneapolis VA Health Care System

April 23, 2023

This week we discuss the Minnesota Department of Veterans Affairs 100th Anniversary of the State Soldiers Assistance Program, learn about the Minnesota National Guard's Sexual Assault Prevention and Response Program (SAPR) and get an update from the MN Patriot Guard.

Guests include:

- Brad Lindsay – Minnesota Department of Veteran Affairs
- Judy Ojard – Minnesota Department of Veteran Affairs
- Nikki Kelly – Minnesota National Guard
- Dawn Shewmaker – Minnesota National Guard
- Doug Bley – Minnesota Patriot Guard

April 30, 2023

This week we meet with Beyond the Yellow Ribbon company 3M to learn about their Military Support Network, discuss the Patient Experience with the Chief Experience Officer at the Minneapolis VA Health Care System and get an update from our Senior Enlisted Advisor.

Guests include:

- Nicki Pauley – 3M
- Aryn Vastola – 3M
- Tim McElroy – 3M
- Amy Archer – Minneapolis VA Health Care System
- CCMSgt. Lisa Erikson – Minnesota National Guard

May 7, 2023

This week we learn about the Minnesota National Guard's Diversity & Inclusion Special Emphasis Program. Discuss how the Minnesota Department of Veterans Affairs SOAR Program is helping Veterans in need and get an update from the Minnesota Association of County Veterans Service Officers.

Guests include:

- Capt. Nicole Wiswell – Minnesota National Guard
- KJ Johnson – Minnesota Department of Veterans Affairs
- Marty Howes – Minnesota Association of County Veteran Service Officers

May 14, 2023

This week we meet with the Chanhassen American Legion Post 580 and learn how they are impacting their community with donations to repair the carillon at Fort Snelling National Cemetery and their golf tournament to benefit the Minnesota Military Family Foundation. We catch up with the Navy League of the United States, Minnesota Council and get an update from the Minneapolis VA Health Care System.

Guests include:

- Glen Anderson – Chanhassen American Legion Post 580
- Dick Middleton – Chanhassen American Legion Post 580
- Brian Skon – Navy League of the United States, Minnesota Council
- Director Patrick Kelly – Minneapolis VA Health Care System

May 21, 2023

This week we meet the new Commander of the 133rd Airlift Wing, talk about the State Veterans Cemeteries with the Deputy Director for Memorial Affairs at the Minnesota Department of Veterans Affairs and get an update from the MN Patriot Guard.

Guests include:

- Col. Jesse Carlson – 133rd Airlift Wing
- David Swantek – Minnesota Department of Veterans Affairs
- Tim Leonhardt – Minnesota Patriot Guard

May 28, 2023

This week we discuss Mental Health Awareness Month at the Minneapolis VA Health Care System, learn how Beyond the Yellow Ribbon company Minnesota Department of Natural Resources supports the Military Community and get an update from our Senior Enlisted Advisor, Army.

Guests include:

- Molly Smith – Minneapolis VA Health Care System
- Kacie Stanek – Minnesota Department of Natural Resources
- CSM Stephen Whitehead – Minnesota National Guard 1st Sgt. Vidar Aune – Norwegian Home Guard
- Sgt. Bjørn Ude – Norwegian Home Guard
- Sr. Sgt. Ola Rønningsgrind – Norwegian Home Guard

- Zach Halverson – Minnesota Military Radio

June 4, 2023

This week we meet with the Commander of the 148th Fighter Wing, learn about the Minnesota National Guard Youth Camp and get an update from the Minnesota Association of County Veterans Service Officers.

Guests include:

- Col. Nathan Aysta – 148th Fighter Wing
- Rich Kemp – Minnesota National Guard Youth Camp
- Marty Howes – Minnesota Association of County Veteran Service Officers

June 11, 2023

This week we get a Legislative Update from the Minnesota Department of Veterans Affairs, meet the new Commander of the DAV Department of Minnesota and get an update from the Minneapolis VA Health Care System.

Guests include:

- Ben Johnson – Minnesota Department of Veteran Affairs
- Commander Ellsworth Fields – Disabled American Veterans, Department of Minnesota
- Director Patrick Kelly – Minneapolis VA Health Care System

June 18, 2023

This week we discuss Veterans Legislation with a member of the Minnesota House of Representatives, discuss the Past, Present and Future of Minnesota Military Radio and get an update from the MN Patriot Guard.

Guests include:

- Rep. Jerry Newton – Minnesota House of Representatives
- Tom Lyons – Minnesota Military Radio
- Tim Leonhardt – Minnesota Patriot Guard

June 25, 2023

This week we learn about Limb Loss Awareness from the Minneapolis VA Health Care System, meet with Pine City Beyond the Yellow Ribbon and get an update from our Senior Enlisted Advisor.

Guests include:

- Dr. Molly Matsumoto – Minneapolis VA Health Care System
- Jada Osterdyk – Pine City Beyond the Yellow Ribbon

- Wendy Lindahl – Pine City Beyond the Yellow Ribbon
- Chief Chief Lisa Erikson – Minnesota Air National Guard

Program Log for *Radio Health Journal*

Program	23-14	Written & Produced	Kristen Farrah
Air Week	4/02/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: SAVING YOURSELF: WHAT TO DO IN AN EMERGENCY SITUATION	11:18
	Synopsis: When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity Compliance issues covered: emergency medicine; pre-hospital care; paramedics; trauma victims; healthcare; explosion; patient safety; public health; first responders; ambulance; first aid Links for information: https://www.linkedin.com/in/claire-park-717451113/?originalSubdomain=uk https://twitter.com/RebFogg?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.penguinrandomhouse.com/books/617491/beautiful-trauma-by-rebecca-fogg/# https://www.londonsairambulance.org.uk/ https://twitter.com/clairepark01?lang=en	
13:08	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:60
14:08	:02 PAUSE FOR LOCAL AVAIL	:02
14:10	SEGMENT 2: HAPPY ACCIDENTS IN SCIENCE THAT CREATED THE PRODUCTS WE USE EVERY DAY	8:21
	Synopsis: Not all scientific discovery is on purpose. In fact, many important breakthroughs were by accident, like insulin and x-rays. Our experts discuss why we should look at failures as a starting point rather than the end of the road. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Erin Heath, Director of Federal Relations, The American Association for the Advancement of Science; Dr. Jean Carruthers, Clinical Professor of Ophthalmology, University of British Columbia, Pioneer of Cosmetic Botox Compliance issues covered: cosmetic botox; ophthalmology; beauty industry; patient safety; consumerism Links for information: https://carrutherscosmetic.com/about/ https://www.goldengooseaward.org/ https://www.instagram.com/carrutherscosmetic/?hl=en https://www.aaas.org/ https://twitter.com/PublicHeath https://www.linkedin.com/in/jeancarruthers/?originalSubdomain=ca https://www.aaas.org/person/erin-heath-0	
22:31	SPOTBREAK 3: Procter Gamble "Metamucil" Pfizer Consumer Healthcare "Vyndamax" O'Reilly Auto Parts "O'Reilly" Progressive Insurance Co "Progressive" OUTCUE: ...third party insurers	:30 :30 :30 :30
24:31	Medical Notes & News. Host: Shel Lustig	1:59
26:30	SPOTBREAK 4: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:29 :30
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-15	Written & Produced	Kristen Farrah
Air Week	4/09/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: TIKTOK TICS: CAN SOCIAL MEDIA CAUSE NEUROLOGIC DISORDERS?	12:29
	Synopsis: Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center Compliance issues covered: functional neurologic disorder; social media; psychology; modeling; chronic tics; tourette syndrome; covid; pandemic; therapy; anxiety; depression; vulnerable populations Links for information: https://onlinelibrary.wiley.com/doi/10.1111/ene.15611 https://twitter.com/dlarsonmd4?lang=en https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=47830 https://www.cincinnatichildrens.org/bio/z/nicole-zahka	
14:19	SPOTBREAK 2: Procter & Gamble "Metamucil" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :30
15:19	:02 PAUSE FOR LOCAL AVAIL	:02
15:21	SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA	7:04
	Synopsis: Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Patti Feuereisen, Psychotherapist, Author, <i>Invisible Girls</i> ; Compliance issues covered: incest; sexual trauma; sexual abuse; therapy; psychology; rape, assault Links for information: https://www.invisiblegirlsthive.com/about-dr-patti https://www.sealpress.com/titles/patti-feuereisen-phd/invisible-girls/9781580058605/	
22:25	SPOTBREAK 3: Procter & Gamble "Prilosec" AutoZone "Services Mashup" Pfizer Consumer Healthcare "Vyndamax" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30 :30 :30
24:25	Medical Notes & News. Host: Shel Lustig	2:01
26:26	SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Procter & Gamble "Prilosec" OUTCUE: ...immediate relief	:30 :29
27:25	Program Conclusion	:31
27:26	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-16	Written & Produced	Kristen Farrah
Air Week	4/16/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: HOW SAFETY NET HOSPITALS INCREASE ACCESS TO HEALTH CARE	10:46
	Synopsis: Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, <i>The People's Hospital</i> Compliance issues covered: healthcare; medicaid; medicare; safety net hospitals; private hospitals; public health system; health insurance; vulnerable populations; patient safety; emergency medicine Links for information: https://www.simonandschuster.com/books/The-Peoples-Hospital/Ricardo-Nuila/9781501198045 https://www.ricardonuila.com/ https://www.bcm.edu/people-search/ricardo-nuila-27858 https://www.harrishealth.org/	
12:35	SPOTBREAK 2: Procter & Gamble "Metamucil" Macys "Earth Month" OUTCUE: ...slash purpose	:30 :31
13:36	:02 PAUSE FOR LOCAL AVAIL	:02
13:38	SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?	9:13
	Synopsis: We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. David Andrews, Senior Scientist, Environmental Working Group Compliance issues covered: natural flavors; diet; processed foods; consumerism; organic; flavor; chemistry; ingredients; addiction; artificial flavors; FDA regulations; nutrition labels Links for information: https://www.ewg.org/news-insights/our-experts/david-andrews-phd https://twitter.com/dqasci https://www.ewg.org/foodscores/content/natural-vs-artificial-flavors/ https://www.ewg.org/foodscores/	
22:51	SPOTBREAK 3: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "King C Gillette" Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30 :30 :31
24:52	Medical Notes & News. Host: Shel Lustig	1:33
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:61
27:26	Program Conclusion	:30
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-17	Written & Produced	Kristen Farrah & Reed Pence
Air Week	4/23/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :29
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?	10:38
	Synopsis: Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffry Lieberman, Professor of Psychiatry, Columbia University Compliance issues covered: gun violence; mass violence; mass shooting; mass murder; mental health; mental illness; federal law; state and federal regulations; education; state government Links for information: https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md https://www.thenationalcouncil.org/people/joe-parks-md/#:~:text=Joe%20Parks%2C%20M.D.%2C%20currently%20serves,Louis https://www.linkedin.com/in/joseph-parks-9b3119140?trk=public_profile_samename-profile	
12:28	SPOTBREAK 2: Procter & Gamble "Bounty" Capital One "Quicksilver" OUTCUE: ...com for details	:30 :30
13:28	:02 PAUSE FOR LOCAL AVAIL	:02
13:30	SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR	8:44
	Synopsis: Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli Compliance issues covered: protein; chemistry; sugar; snacks; diet; artificial sweeteners; consumerism; health; public health; evolution; sugar alternatives Links for information: https://chemistry.berkeley.edu/faculty/cbe/ryder https://www.linkedin.com/in/jason-ryder https://oobli.com/ https://journals.sagepub.com/doi/full/10.1177/23978473231151258	
22:14	SPOTBREAK 3: Procter & Gamble "Prilosec" Cox "Auto Trader" Macy's "Earth Month" Procter & Gamble "Metamucil" OUTCUE: ...Metamucil everyday	:30 :30 :30 :30
24:14	Medical Notes & News. Host: Shel Lustig	2:11
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
27:25	Program Conclusion	:30
27:55	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-18	Written & Produced	Kristen Farrah
Air Week	4/30/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "TacoGen2109" Macy's "Earth Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: "I'M NOT DYING, BUT IS THAT GOOD ENOUGH?": IMPROVING LUPUS RESEARCH	10:31
	Synopsis: Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC Compliance issues covered: lupus; autoimmune disease; FDA; governmental organizations; scientific research; non-profit; patient safety Links for information: https://www.lupusresearch.org/ https://www.fda.gov/drugs/drug-safety-and-availability/fda-launches-lupus-treatment-consortium-partnership-lupus-research-alliance https://www.linkedin.com/in/veronicavargaslupo/ https://www.linkedin.com/in/teodora-p-staeva-7596263/	
12:21	SPOTBREAK 2: Procter & Gamble "Prilosec" Procter & Gamble "Febreze Car" OUTCUE: ...la la la la	:29 :30
13:20	:02 PAUSE FOR LOCAL AVAIL	:02
13:22	SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS	9:02
	Synopsis: Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University Compliance issues covered: public health; sleep health; exercise; diet; whole foods; sugar; nutrition; caffeine; alcohol consumption; brain function; chronic health problems; diabetes; obesity; heart disease Links for information: https://greghammermd.com/ https://profiles.stanford.edu/gregory-hammer https://www.instagram.com/greghammermd/?fbclid=IwAR08RtCD6juj2VKCFywH8_ozzl64h-pJU0-9F0MbmO89Yc8WmwxyzszilA	
22:24	SPOTBREAK 3: Pfizer Consumer Healthcare "Xeljanz Rheum" Procter & Gamble "Pepto Bismol" Procter & Gamble "Downy Rinse & Refresh" OUTCUE: ...at target	:60 :29 :30
24:23	Medical Notes & News. Host: Shel Lustig	2:06
26:29	SPOTBREAK 4: Procter & Gamble "Metamucil" Procter & Gamble "Tide" OUTCUE: ...versus tide pods	:30 :30
26:29	Program Conclusion	:30
27:59	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-19	Written & Produced	Kristen Farrah & Hannah Swarm
Air Week	5/07/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:49	SPOTBREAK 1: Procter & Gamble "Prilosec" Capital One "Capital One Bank"	OUTCUE: ...member FDIC	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: HOW AI IS THRUSTING US INTO THE FUTURE OF MEDICINE	12:36	
	Synopsis: From improving the patient experience to speeding up protein evolution, artificial intelligence is rocketing the field of medicine into the future. Our experts discuss the many different applications of AI and how we can expect to interact with the technology in the years to come. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design Compliance issues covered: protein; artificial intelligence; evolution; medical records; patient safety; public health; consumerism; environment; medical technology; biochemistry; viruses Links for information: https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=12353 https://www.linkedin.com/in/liebovitz/ https://sites.uw.edu/biochemistry/faculty/david-baker/ https://www.bakerlab.org/ https://www.ipd.uw.edu/		
14:26	SPOTBREAK 2: Pfizer Consumer Healthcare "Prevna20"	OUTCUE: ...prevna twenty	
15:26	:02 PAUSE FOR LOCAL AVAIL	:02	
15:28	SEGMENT 2: WHAT YOU NEED TO KNOW ABOUT YOUR BABY'S FLAT HEAD	6:56	
	Synopsis: Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head. Host: Nancy Benson. Producer: Hannah Swarm. Guests: Dr. Peter Taub, Professor of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York Compliance issues covered: youth at risk; patient safety; infant health; neurology; bone structure; consumerism; flat head syndrome; deformity Links for information: https://profiles.mountsinai.org/peter-taub https://www.linkedin.com/in/peter-j-taub-6557a632/ https://www.stanfordchildrens.org/en/topic/default?id=flat-head-syndrome-deformational-plagiocephaly-90-P01834		
22:24	SPOTBREAK 3: Procter & Gamble "Metamucil" Taco Bell "TacoGen2109" Pfizer Consumer Healthcare "Prevna20"	OUTCUE: ...twenty dot com	
24:25	Medical Notes & News. Host: Shel Lustig	2:05	
26:30	SPOTBREAK 4: Procter & Gamble "Pepto Bismol" Pfizer Consumer Healthcare "Vyndamax"	OUTCUE: ...sponsored by pfizer	
27:29	Program Conclusion	:31	
28:00	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-20	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	5/14/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: HONORING THE MOTHERS WHO NEVER GOT TO MEET THEIR CHILDREN	11:54
	Synopsis: Miscarriage is the most common form of pregnancy loss – so why aren't we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jessica Zucker, Psychologist, Expert in Reproductive Health, Author, <i>I Had A Miscarriage</i> ; Wendy Dwyer, Mother Compliance issues covered: miscarriage; pregnancy loss; motherhood; death; early pregnancy loss; psychology; stigma; depression; healthcare; bereavement; parenting Links for information: https://drjessicazucker.com/ https://www.instagram.com/ihadamiscarriage/?hl=en https://twitter.com/drzucker?lang=en	
13:43	SPOTBREAK 2: Procter & Gamble "Metamucil" Capital One "Capital One Bank" OUTCUE: ...member fdic	:30 :31
14:44	:02 PAUSE FOR LOCAL AVAIL	:02
14:46	SEGMENT 2: HAS THE FOOD MARKETING INDUSTRY CONTRIBUTED TO CHILDHOOD OBESITY?	7:38
	Synopsis: Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Frances Fleming-Milici, Director of Marketing Initiatives, Rudd Center for Food Policy and Health, University of Connecticut; Dr. Ashley Gearhardt, Associate Professor of Psychology, Director of the Food and Addiction Science and Treatment Lab, University of Michigan Compliance issues covered: diet; addiction; youth at risk; food marketing; consumerism; obesity; diabetes; chronic diseases; childhood obesity; heart disease; ultra-processed food Links for information: https://uconnruddcenter.org/person/frances-fleming-milici/ https://twitter.com/franflemingPhD https://lsa.umich.edu/psych/people/faculty/agearhar.html	
22:24	SPOTBREAK 3: Pfizer Consumer Healthcare "Prevnar20" Taco Bell "TacoGen2109" Procter & Gamble "Gain" OUTCUE: ...longer lasting scent	:60 :30 :30
24:24	Medical Notes & News. Host: Shel Lustig	2:06
26:30	SPOTBREAK 4: Procter & Gamble "Pepto Bismol" Procter & Gamble "Metamucil" OUTCUE: ...metamucil everyday	:30 :29
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-21	Written & Produced	Kristen Farrah & Polly Hansen
Air Week	5/21/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "TacoGen2109"	:30
	Pfizer Consumer Healthcare "Vyndamax" OUTCUE: ...sponsored by pfizer	:30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: IT'S JUST EASIER TO NOT INCLUDE WOMEN: THE GENDER BIAS IN HEALTH CARE	12:15
	Synopsis: Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Nieca Goldberg, Cardiologist, Clinical Associate Professor of Medicine, New York University School of Medicine, Medical Director, Atria New York City; Christine Yu, Award-Winning Journalist, Author, "Up To Speed" Compliance issues covered: medical research; gender bias; women's health; healthcare; vulnerable populations; heart disease; female athletes; puberty; men's health; sports science Links for information: https://nyulangone.org/doctors/1912084062/nieca-goldberg https://www.drnica.com/ https://www.christinemyu.com/ https://www.instagram.com/cyu888/?hl=en https://twitter.com/cyu888?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	
14:05	SPOTBREAK 2: Procter & Gamble "Prilosec"	:30
	Indeed "Indeed" OUTCUE: ...terms and conditions apply	:30
15:05	:02 PAUSE FOR LOCAL AVAIL	:02
15:07	SEGMENT 2: FOOD MARKETING TO CHILDREN PART 2: HOW TO MAKE HEALTHIER CHOICES	7:18
	Synopsis: Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children. Host: Nancy Benson. Producer: Polly Hansen. Guests: Meryl Fury, Registered Nurse, President and CEO, Plant Based Nutrition Movement; Sheriza Hernandez, Student; Dr. Ashley Gearhardt, Associate Professor of Psychology, University of Michigan, Director, Food and Addiction Science and Treatment Lab Compliance issues covered: obesity; heart disease; childhood obesity; diet; healthy food; food marketing; vulnerable populations; youth at risk; ultra processed food; gut health; addiction Links for information: https://www.linkedin.com/in/meryl-fury-725139103/ https://pbnm.org/organizer/meryl-fury/ https://lsa.umich.edu/psych/people/faculty/agearhar.html	
22:25	SPOTBREAK 3: Procter & Gamble "Metamucil"	:30
	Procter & Gamble "Pepto Bismol"	:30
	Indeed "Indeed"	:30
	Procter & Gamble "Gain" OUTCUE: ...longer lasting scent	:30
24:25	Medical Notes & News. Host: Shel Lustig	2:03
26:28	SPOTBREAK 4: Indeed "Indeed"	:30
	Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:29
27:27	Program Conclusion	:30
27:57	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-22	Written & Produced	Kristen Farrah
Air Week	5/28/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: ADRENAL DYSFUNCTION MAY BE CAUSING YOUR BRAIN FOG AND WEIGHT GAIN	11:49
	<p>Synopsis: Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance.</p> <p>Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Izabella Wentz, Thyroid Specialist, Author, <i>Adrenal Transformational Protocol</i></p> <p>Compliance issues covered: adrenal glands; hormones; cortisol; weight gain; survival; inflammation; adrenal dysfunction; brain fog; stress; depression; heart disease; undiagnosed diseases</p> <p>Links for information: https://thyroidpharmacist.com/ https://www.instagram.com/izabellawentzpharmd/?hl=en</p>	
13:39	SPOTBREAK 2: Procter & Gamble "Metamucil" OUTCUE: ...reach of children	:30
	Procter & Gamble "Pepto Bismol"	:30
14:39	:02 PAUSE FOR LOCAL AVAIL	:02
14:41	SEGMENT 2: OZEMPIC: A LOOK INTO HOLLYWOOD'S MAGIC WEIGHT LOSS PILL	7:57
	<p>Synopsis: Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, she explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Disha Narang, Endocrinologist and Director of Obesity Medicine, Northwestern Medicine Lake Forest Hospital</p> <p>Compliance issues covered: obesity; medical weight loss; patient safety; diet; public health; consumerism; exercise; weight gain; Ozempic; mental health; social media; heart health</p> <p>Links for information: https://www.nm.org/doctors/1235426230/disha-narang-md https://twitter.com/DishaKumarMD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.instagram.com/dishanarangmd/?hl=en</p>	
22:38	SPOTBREAK 3: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...loss of appetite	:60
	Pfizer Consumer Healthcare "Ibrance"	:60
24:38	Medical Notes & News. Host: Shel Lustig	1:48
26:26	SPOTBREAK 4: Procter & Gamble "Prilosec" OUTCUE: ...lasting scent	:30
	Procter & Gamble "Gain"	:30
27:26	Program Conclusion	:30
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-23	Written & Produced	Kristen Farrah
Air Week	6/04/23	Production Manager	Jason Dickey

Time	Segment r	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare/Ibrance 2023	OUTCUE: ...loss of appetite.
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HELPING PATIENTS FEEL LIKE KIDS AGAIN: THE MAGIC OF CHILDREN'S HOSPITALS	12:26
	Synopsis: Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Amar Bryant, Lead Inpatient Social Worker, Boston Children's Hospital; Marie Osmond, Co-Founder, Children's Miracle Network Hospitals; Camryn Kellam, Ambassador, Maria Fareri Children's Hospital; April Kellam, Mother. Compliance issues covered: chronic disease; rare disease; children's hospital; caregivers; healthcare; sickle cell; immunodeficiency; non-profit; donation; vulnerable populations; patient safety; consumerism Links for information: https://childrensmiraclenetworkhospitals.org/ https://www.marieosmond.com/ https://www.mariafarerichildrens.org/news/after-undergoing-stem-cell-transplant-to-combat-si-1526 https://www.childrenshospital.org/directory/amar-khalsa	
14:16	SPOTBREAK 2: Procter & Gamble/Metamucil	:30
	Indeed/Indeed Q2 2023	OUTCUE: ...and conditions apply.
15:17	:02 PAUSE FOR LOCAL AVAIL	:02
15:19	SEGMENT 2: DON'T LET AN INJURY KEEP YOU FROM PLAYING THE GAME	7:04
	Synopsis: Pickleball is quickly becoming America's favorite pastime. It's a low-impact sport that's great for people of all ages, but like any activity, it comes with its own injury risks. Dr. Fotios Tjoumakaris has some tips to keep you healthy on and off the court. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Fotios Tjoumakaris, Associate Professor of Orthopedic Surgery, Rothman Orthopedics at AtlantiCare Compliance issues covered: sports injuries; pickleball; socializing; aging; older populations; patient safety; sports medicine; active lifestyle; overuse injury; muscle strength; public health Links for information: https://rothmanortho.com/physicians/fotios-p-tjoumakaris-md https://www.linkedin.com/in/fotios-tjoumakaris-1649655/	
22:23	SPOTBREAK 3: Discover Products Inc./Discover Card Brand	:30
	Procter & Gamble/Prilosec	:30
	Procter & Gamble/Metamucil	:30
	AZO/Services Mashup	OUTCUE: ...AutoZone restrictions apply.
24:23	Medical Notes & News. Host: Shel Lustig	2:05
26:28	SPOTBREAK 4: Procter & Gamble/Swiffer Sweeper	:30
	Taco Bell/TacoGen	OUTCUE: ...participation which vary.
27:28	Program Conclusion	:31
27:59	TOTAL TIME	

Program Log for Radio Health Journal

Program	23-24	Written & Produced	Reed Pence, Polly Hansen, Kristen Farrah
Air Week	6/11/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Procter Gamble/Prilosec ADU Indeed/Indeed Q2' 2023	OUTCUE: ...and conditions apply.	
1:48	:02 PAUSE FOR LOCAL AVAIL	:02	
1:50	SEGMENT 1: WHY DOCTORS SHOULD HAVE CREATIVE PASSIONS OUTSIDE OF MEDICINE	11:32	
	Synopsis: Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Barton Thiessen, Associate Professor of Anesthesiology & Assistant Dean of Admissions for the Faculty of Medicine; Memorial University of Newfoundland; Dr. Danielle Ofri, Primary Care Physician & Clinical Professor of Medicine, New York University, Editor, Bellevue Literary Review; Hannah Boone, Senior Medical Student, Memorial University of Newfoundland Compliance issues covered: music; medical student; medical school; burnout; hobbies; fine arts; healthcare Links for information: https://www.linkedin.com/in/danielle-ofri/?trk=public_profile_browsemap https://med.nyu.edu/faculty/danielle-ofri https://www.linkedin.com/in/barton-thiessen-80a52098/?originalSubdomain=ca https://www.researchgate.net/profile/Hannah-Boone-5		
13:22	SPOTBREAK 2: Procter & Gamble/Metamucil PGL Pfizer Consumer Healthcare/Vyndamax	OUTCUE: ...sponsored by Pfizer.	
14:22	:02 PAUSE FOR LOCAL AVAIL	:02	
14:24	SEGMENT 2: MEDICAL GASLIGHTING: WHAT TO DO WHEN DOCTORS STOP LISTENING TO YOU	8:00	
	Synopsis: Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen take her seriously. Host: Nancy Benson. Producer: Polly Hansen. Guests: Karen DeBonis, Author, <i>Growth</i> ; Dr. Stacey Rosen, Senior Vice President, The Katz Institute of Women's Health, Partners Council Professor of Cardiology and Women's Health, Donald and Barbara Zucker School of Medicine Compliance issues covered: gaslighting; patient safety; chronic symptoms; brain disease; cancer; healthcare; minorities; public health Links for information: https://karendebonis.com/ https://faculty.medicine.hofstra.edu/7111-stacey-rosen https://twitter.com/KarenDeBonis?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.linkedin.com/in/stacey-e-rosen-md-facc-facp-faha-4a693074/ https://twitter.com/drstaceyrosen?lang=en		
22:24	SPOTBREAK 3: Skechers/Skechers – 2023 Indeed/Indeed Q2 2023 Taco Bell/TacoGen	OUTCUE: ...participation which vary.	
24:24	Medical Notes & News. Host: Shel Lustig	2:01	
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare/Ibrance 2023	OUTCUE: ...loss of appetite.	
27:25	Program Conclusion	:32	
27:57	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-25	Written & Produced	Kristen Farrah, Reed Pence
Air Week	6/18/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Indeed "Indeed" Procter & Gamble "Prilosec"	OUTCUE: ...immediate relief	
1:47	:02 PAUSE FOR LOCAL AVAIL	:02	
1:49	SEGMENT 1: THE PSYCHOLOGICAL TRENDS OF THE EVER-GROWING GIG ECONOMY	12:14	
	Synopsis: The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Jeff Kreisler, Author, Head of Behavioral Science, JP Morgan Private Bank; Dr. Brianna Caza, Associate Professor, University of North Carolina at Greensboro Compliance issues covered: economy; psychology; behavioral science; employment; public health; consumerism; mental health; individuality; Links for information: http://jeffkreisler.com/ https://twitter.com/jeffkreisler https://www.linkedin.com/in/jeffkreisler/ https://bryan.uncg.edu/faculty-and-staff/brianna-caza/ https://positiveorgs.bus.umich.edu/people/brianna-caza/ https://www.linkedin.com/in/brianna-caza-4b90b62/?originalSubdomain=ca		
14:03	SPOTBREAK 2: Procter & Gamble "Charmin" Bank of America "Small Business"	OUTCUE: ...America n/a	
15:03	:02 PAUSE FOR LOCAL AVAIL	:02	
15:05	SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY	7:52	
	Synopsis: Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. She offers advice on how to turn this time of year into an experience of healing and growth. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Sanam Hafeez, Clinical Neuropsychologist, Founder, Comprehensive Consultation Psychology, Professor, Teachers College Columbia University Compliance issues covered: father's day; psychology; grief; bereaved parents; loss of a child; loss of a parent; public health; mental health; bereavement support Links for information: https://comprehendthemind.com/dr-sanam-hafeez/ https://www.linkedin.com/in/sanam-hafeez-b021898/ https://www.instagram.com/drsanamhafeez/?hl=en https://twitter.com/comprehendmind?lang=en		
22:57	SPOTBREAK 3: The Home Depot "Fathers Day" Procter & Gamble "Tide" Taco Bell "Tacogen2109" Indeed "Indeed"	OUTCUE: ...conditions apply	
24:57	Medical Notes & News. Host: Shel Lustig	1:27	
26:24	SPOTBREAK 4: Pfizer Consumer Healthcare "Vyndamax" Procter & Gamble "Febreze Car"	OUTCUE: ...lalalalala	
27:25	Program Conclusion	:30	
27:55	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-26	Written & Produced	Kristen Farrah, Reed Pence
Air Week	6/25/23	Production Manager	Jason Dickey
Time	Segment	Dur.	
:00	INTRO	:48	
:48	SPOTBREAK 1: Indeed "Indeed" Procter & Gamble "Swiffer Power Mop"	OUTCUE: ...mop smarter	
1:49	:02 PAUSE FOR LOCAL AVAIL	:02	
1:51	SEGMENT 1: MENOPAUSE: WHAT TO EXPECT WHEN YOU'RE FINISHED EXPECTING	12:51	
	Synopsis: Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Mary Jane Minkin, Clinical Professor, Yale School of Medicine, Podcast Host, Madame Ovary; Jancee Dunn, Author, <i>Hot and Bothered</i> Compliance issues covered: menopause; gender research bias; breast cancer; estrogen; hormone therapy; hot flashes; incontinence; vaginal dryness; patient safety; progestin; perimenopause; gender issues; non-hormonal therapy Links for information: https://medicine.yale.edu/profile/maryjane-minkin/ http://madameovary.com/about/ https://www.janceedunn.net/ https://www.instagram.com/janceedunn/?hl=en		
14:42	SPOTBREAK 2: Pfizer Consumer Healthcare "Vyndamax" Macys "Pride Month-Trevor Project"	OUTCUE: ...slash purpose	
15:42	:02 PAUSE FOR LOCAL AVAIL	:02	
15:44	SEGMENT 2: HAVE YOU BEEN FOOLED BY THESE COMMON MEDICAL MYTHS?	6:46	
	Synopsis: Can you take too many vitamins? Does everyone need eight hours of sleep? Dr. James Hamblin answers these common questions and many more on this week's segment. He explains how to tell if a persistent itch or bothersome joint pain has a simple fix or needs to be checked by a professional. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. James Hamblin, Lecturer in Public Health, Yale School of Public Health, Author, <i>If Our Bodies Could Talk</i> Compliance issues covered: public health; medical myths; supplements; vitamins; patient safety; diagnoses; neurology; psychology; psychiatry; human physiology Links for information: https://ysph.yale.edu/profile/james-hamblin/ https://www.instagram.com/jameshamblin/?hl=en https://twitter.com/jameshamblin?lang=en https://www.amazon.com/Our-Bodies-Could-Talk-Maintaining/dp/0385540973		
22:30	SPOTBREAK 3: Taco Bell "Tacogen2109" Procter & Gamble "Zevro Traps" Indeed "Indeed" Procter & Gamble "Prilosec"	OUTCUE: ...immediate relief	
24:30	Medical Notes & News. Host: Shel Lustig	1:55	
26:25	SPOTBREAK 4: Macys "Pride Month-Trevor Project" Procter & Gamble "Swiffer Power Mop"	OUTCUE: ...mop smarter	
27:25	Program Conclusion	:30	
27:55	TOTAL TIME		