



QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WSHE – Chicago

City of License – Chicago, IL

July 1, 2023 – September 30, 2023

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Elizabeth A. Luptak

Public Affairs Manager

Section I. Issues

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

- A. Mental Health:** Organizations that provide mental health services to those in need
- B. Women's Health:** Issues regarding contraceptives, high risk pregnancy, childbirth and fertility are discussed
- C. Civil & Labor Rights:** What is driving the strike in Hollywood? Why doesn't the music sector have the same protections as others? How will affirmative action ban affect healthcare?
- D. Technology:** Experts discuss influencers, the story behind Meta's new social platform and Chat GPT
- E. Environment:** Improving the river, fighting air pollution, and helping in a natural disaster
- F. Health:** Organizations that spotlight unique health issues

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. Mental Health

1. "Hubbard Helps": Astute Counseling And Wellness

07/23/23; 5:15 AM CT; 13:51 Minutes

When you're feeling emotionally challenged, even the simplest of tasks can be overwhelming. Asking for help can bring up feelings of shame, anxiety, and depression. It's important to understand that asking for help isn't a sign of weakness. With us this morning to talk more about the importance of mental and physical health is Rebecca Tenzer, the Owner and Head Clinician of Astute Counseling and Wellness Services. Interviewee: Becca Tenzer becca@astutecounseling.com. Contact/Sales: Lauren Karcz lauren.karcz@hubbardchicago.com

2. "Hubbard Helps": Beyond Healing And Caring

07/30/23; 5:15 AM CT; 11:42 Minutes

No Beyond Healing and Caring is a non-profit organization that provides women and children who are struggling in life to have access to mental health counseling, career counseling, financial counseling, empowerment, and safety. With us this morning to talk more about Beyond Healing and Caring and the work they are doing to aid women and children is Dr. Tracey "Kim" Snow, Licensed clinical professional counselor and Founder of Beyond Healing and Caring. Interviewee: Dr. Tracey "Kim" Snow. Contact: Dr. Tracey "Kim" Snow snow13728@aol.com

3. “Hubbard Helps”: Tri-Family Services

08/20/23; 5:15 AM CT; 15:31 Minutes

The Since 1967, TriCity Family Services has been Kane County’s leading provider of counseling and other mental health services to clients of all ages and all income levels. They are committed to helping clients strengthen themselves, their families, and their communities. With us this morning to talk more about TriCity Family Services and their upcoming “Let in the Brightness” gala are Laura Poss, the Executive Director and Sarah Russe, the Development Director. Interviewee: Laura Poss lposs@tricityfamilyservices.org and Sarah Russe srusse@tricityfamilyservices.org Contact: Kelsey Boyer kboyer@tricityfamilyservices.org

B. Women's Health

1. “Radio Health Journal”: Will Hormonal Contraceptives Worsen Your Autoimmune Disease?

07/02/23; 5:32 AM CT; 12:47 Minutes

Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

2. “Radio Health Journal”: High-Risk Pregnancy? Bed Rest May Not Be The Answer

07/30/23; 5:44 AM CT; 08:36 Minutes

Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There’s no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman’s physical and mental health. Our experts break down the evidence and explain alternative interventions. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down

3. “Radio Health Journal”: The “Perfect Pregnancy” Doesn’t Exist: Childbirth Throughout History

09/10/23; 5:43 AM CT; 09:55 Minutes

Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. She explains how our mindset has changed over time and the repercussions that follow. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, *The Myth of the Perfect Pregnancy*

4. “Radio Health Journal”: Why Fertility Preservation Is Crucial For Cancer Patients

09/24/23; 5:32 AM CT; 11:54 Minutes

A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor

C. Civil & Labor Rights

1. “Viewpoints”: What’s Happening in Hollywood? The Strike, Explained

08/06/23; 6:10 AM CT; 10:13 Minutes

The screenwriters' strike in Hollywood is now in its third month. Last month, the Screen Actors Guild joined forces with the Writers Guild of America and called a strike. We spoke with two active voices in the industry about what's driving this strike and why these asks are so important to current and future professionals in this landscape. Host: Marty Peterson. Guests: Sofya Levitsky-Weitz, playwright, screenwriter, “The Bear”; Irving Belateche, screenwriting professor, School of Cinematic Arts, University of Southern California.

2. “Viewpoints”: Actors & Writers Are On Strike, But Why Aren't Musicians Picketing As Well?

09/03/23; 6:11 AM CT; 09:56 Minutes

Screenwriters and writers aren't the only ones feeling the pinch in this new media landscape dominated by streaming. Hundreds of thousands of musicians are struggling to make a living from the substandard pay they receive from platforms like Spotify and Apple Music. We cover just how the music sector has changed and why these artists don't have the same protections as other creatives. Host: Marty Peterson. Guests: David Lowery, senior lecturer, Music Business Certificate Program, University of Georgia; Rene Kladzyk, volunteer, Union of Musicians and Allied Workers.

3. “Radio Health Journal”: How Will The Affirmative Action Ban Affect Healthcare?

09/17/23; 5:32 AM CT; 11:28 Minutes

The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well

as the healthcare career opportunities for minority populations. Host: Elizabeth Westfield. Producer: Polly Hansen. Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges

D. Technology

1. “Viewpoints”: Why Does Everyone, Including Parents, Want To Be Influencers?

09/10/23; 6:02 AM CT; 07:16 Minutes

Two out of three people on Earth are on social media. With so many eyeballs online, it's big business to have a large social media following and work as an influencer. We highlight this ever-evolving lucrative industry and how new laws are better protecting those who've been previously taken advantage of. Host: Gary Price. Guest: Stephanie McNeal, senior editor, Glamour, author, Swipe Up for More: Inside the Unfiltered Lives of Influencers.

2. “Viewpoints”: X (AKA TWITTER) VS. Threads: The Story Behind Meta’s New Social Platform

09/17/23; 6:02 AM CT; 08:00 Minutes

Do you remember the hype when Threads, Meta's new version of X, debuted earlier this summer? Everyone seemed to jump on the new platform at a moment's notice. But what happened to all the buzz? We spoke with two social media experts about Meta's big investment in Threads and what needs to change in the coming months to avoid its quick demise. Host: Gary Price. Guest: Carolyn Garavente, associate director, paid social, Brain Labs Media; Danielle Carter, account director, paid social, Croud Digital.

3. “Viewpoints”: Are You Making The Most Out Of Chat GPT?

09/24/23; 6:02 AM CT; 08:05 Minutes

There's been a lot of hype around Chat GPT and generative AI this year, but is the average person actually using the new tech? We highlight how leaders in education policy are integrating AI into certain processes to create positive for teachers, administrators, and students in classrooms nationwide. From there, we breakdown what are some of the biggest ways AI helps with tasks and how you can go about interacting with these chatbots to get the answer you're looking for. Host: Gary Price. Producer: Amirah Zaveri. Guest: Perpetual Baffour, Research Director, Learning Agency Lab

E. Environment

1. “Hubbard Helps”: Friends Of The Chicago River

09/10/23; 5:15 AM CT; 10:22 Minutes

Since 1979, Friends has been working to improve the health of the Chicago River system for the benefit of people, plants and animals; and by doing so, has laid the foundation for the river to be a beautiful, continuous, and easily accessible corridor of open space in the

Chicago region. The organization's work also includes education and outreach programs that inform and inspire people to help revitalize the Chicago River. As a result, the Chicago River is becoming a haven for wildlife and a treasured community resource. With us this morning to talk more about Friends of the Chicago River and the work they are doing for the River, wildlife, and people of Chicago is Margaret Frisbie, the Executive Director of Friends of the Chicago River. Interviewee: Margaret Frisbie. Contact: Tim Touhy TTouhy@chicagoriver.org

2. "Radio Health Journal": How To Protect Yourself From Air Pollution

09/17/23; 5:44 AM CT; 08:04 Minutes

Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Bars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Nikki Bars McCullough, Respiratory protection Expert, 3M Company

3. "Viewpoints": One After Another: Helping People Recover In A World Where Natural Disasters Are All Too Common

09/24/23; 6:12 AM CT; 08:50 Minutes

The reality: Human-induced climate change is leading to more frequent and powerful extreme weather events. In the U.S. and around the world, millions struggle to get back on their feet following the damage and destruction these disasters bring. As bystanders, how can we pitch in and help? We cover the physical and mental toll these hardships cause and why it's important to step up and give back in any way you can. Host: Marty Peterson.

Producer: Amirah Zaveri. Guest: Vickie Mays, clinical psychologist, distinguished professor, psychology, health policy & management, University of California-Los Angeles.

F. Health

1. "Hubbard Helps": Cure SMA

08/06/23; 5:15 AM CT; 09:09 Minutes

August is SMA Awareness month. SMA (spinal muscular atrophy) is a progressive neurodegenerative disease that affects the motor nerve cells in the spinal cord and impacts the muscles used for activities such as breathing, eating, crawling, and walking. With us this morning to talk more about SMA and the upcoming Walk - N - Roll fundraising event is Dr. Mary Schroth, the Chief Medical Officer of CureSMA.

Interviewee: Dr. Mary Schroth
Contact: Sarah McCall sarah.mccall@curesma.org

2. "Hubbard Helps": Pulmonary Fibrosis Foundation

09/03/23; 5:15 AM CT; 10:07 Minutes

September is Pulmonary Fibrosis Awareness month. A recent study estimates that idiopathic pulmonary fibrosis (which is just one of more than 200 types of PF) affects 1 out of 200 adults over the age of 70 in the United States. There are over 250,000 Americans living with PF today. With us this morning to talk more about Pulmonary Fibrosis and

Pulmonary Fibrosis Foundation is Seth Klein, the Chief Development Officer of the organization. interviewee: Seth Klein. Contact: Dorothy Coyle dorothyccoyle@gmail.com

3. "Hubbard Helps": Laugh Your Face Off / Facial Pain Research Center / Trigeminal Neuralgiari

09/17/23; 5:15 AM CT; 09:20 Minutes

Roughly 400,000 people in the US suffer from trigeminal neuralgia, a nerve disorder that doctors classify as one of the worst pains known to mankind. The Facial Pain Research Foundation is holding the Laugh Your Face Off fundraising event to aid in research and funding for a cure. With us this morning to talk more about trigeminal neuralgia and the Laugh Your Face Off event coming up on September 23rd is WGN's Pat Tomasulo, Host of the event and Trustee of the Facial Pain Research Foundation. Interviewee: Pat Tomasulo ptomasulo@icloud.com. Contact: Kara Hernandez