



QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WSHE – Chicago

City of License – Chicago, IL

January 1, 2023 – March 31, 2023

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Section I. Issues

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

- A. Non-Profits:** Three individual organizations that help at-risk women/children, the elderly and those suffering from Cystic Fibrosis
- B. Diet/Nutrition:** Various factors that influence our diet/nutrition from higher prices at the grocery store, to ultra-processed foods, to lack of nutrients
- C. Government:** Federal policies and their impact
- D. Addiction:** Experts discuss the risks of drinking, opioids, and on-line gambling
- E. Women History:** Contributions of women in the worlds of culinary arts, politics, and medicine
- F. Medicine:** Strides made in the field of medicine from COVID-19 to organ transplants to genetic counseling

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. Non-Profits

1. "Hubbard Helps": Junior League of Chicago

01/08/23; 5:15 AM CT; 08:10 Minutes

Action and leadership: these are the two values of The Junior League of Chicago, dedicated to developing the potential of at-risk women and children and transforming communities. The JLC helps break down the barriers that hold back those who are more disadvantaged from improving themselves and the communities they call home. Contact: Melissa Schumacher, president@jlchicago.org

2. "Hubbard Helps": Little Brothers: Friends of the Elderly

02/19/23; 5:15 AM CT; 14:57 Minutes

Social interaction is critical to the human spirit. That's why Little Brothers - Friends of the Elderly Chicago, also known as LBFE Chicago, have their mission, philosophy, programs, and activities focused on alleviating loneliness and isolation among older adults. With us this morning to talk more about LBFE-Chicago and the work they are doing for the senior community is Heather Dudzinski, Director of Programs. Interviewee: Heather Dudzinski hdudzinski@lbfechicago.org. Contact: Cecilia Straney CStraney@lbfechicago.org

3. "Hubbard Helps": Cystic Fibrosis Foundation

02/26/23; 5:15 AM CT; 13:13 Minutes

There are close to 40,000 children and adults living with cystic fibrosis in the United States, and an estimated 105,000 people have been diagnosed with CF across 94 countries. The

Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF and supports a broad range of research initiatives to tackle the disease from all angles. With us this morning to talk more about Cystic Fibrosis and CFF's upcoming Chef's Experience is Randell Gans. Interviewee: Randell Gans rgolman2@gmail.com. Contact: Olivia Coady ocoady@cff.org

B. Diet/Nutrition

1. "Viewpoints": A Changing Palate Across Periods of Economic Uncertainty 02/05/23; 6:11 AM CT; 10:37 Minutes

Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted recipes and food trend. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.

Host: Marty Peterson. Guest: Jane Ziegelman, food historian, author, *A Square Meal: A Culinary History of the Great Depression*.

2. "Radio Health Journal": Is Your Diet Slowly Killing You 03/12/23; 5:44 AM CT; 09:07 Minutes

Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut

3. "Viewpoints": Food's Connection to our Mental Health 03/19/23; 6:02 AM CT; 10:47 Minutes

You're probably familiar with the saying: 'You are what you eat.' It's no secret that the foods we consume directly correlate to how we feel, look and more. But there's more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

Host: Gary Price. Guest: Mary Beth Albright, food systems & policy expert, food correspondent, *The Washington Post*, author, *Eat & Flourish: How Food Supports Emotional Well-Being*.

C. Government

1. "Radio Health Journal": Dropping the Paywalls to Scientific Research 01/15/23; 5:32 AM CT; 11:19 Minutes

By 2026, all federally funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry.

Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH; Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine

2. “Viewpoints”: A Disintegrating Framework

02/12/23; 6:13 AM CT; 09:11 Minutes

Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries. Host: Marty Peterson. Guests: Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology; Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University.

3. “Viewpoints”: A Withholding of Public Information

03/26/23; 6:14 AM CT; 07:02 Minutes

Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that’s aiming to make this process more efficient and speedier. Host: Marty Peterson. Guest: Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, *The Declassification Engine: What History Reveals About America’s Top Secrets*.

D. Addiction

1. “Radio Health Journal”: Drunkorexia: A Popular Practice that Leads to Malnourishment

01/08/23; 5:32 AM CT; 11:23 Minutes

‘Drunkorexia’ is a habit that’s popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks.

Host: Reed Pence. Producer: Reed Pence. Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs; Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School; William Mupo, Former Health Promotions Coordinator, University of Texas at Austin

2. “Radio Health Journal”: Finding Pain Management Strategies that Don’t Involve Opioids

02/19/23; 5:44 AM CT; 08:25 Minutes

We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don’t involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Cammie Wolf Rice, Author, The Flight, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital.

3. “Viewpoints”: Online Sports Betting: A Lucrative New Industry or a Gateway to Gambling

03/05/23; 6:12 AM CT; 09:11 Minutes

Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population. Host: Marty Peterson. Guests: Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program.

E. Women’s History

1. “Viewpoints”: A New Viewpoint: Speaking with Acclaimed Pastry Chef Joanne Chang

03/05/23; 6:02 AM CT; 08:32 Minutes

A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat. Host: Gary Price. Guest: Joanne Chang, pastry chef, owner, Flour Bakery, Myers and Chang.

2. “Viewpoints”: The Untold Story of Edith Wilson

03/26/23; 6:02 AM CT; 10:18 Minutes

Women’s History Month is a time to look back and honor the women of the past who’ve made a difference. One of these stories is that of Edith Wilson. On paper, she’s known as Woodrow Wilson’s second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent woman.

Host: Gary Price. Guest: Rebecca Roberts, author, Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson.

3. “Radio Health Journal”: The Women Behind the Polio Vaccine

03/26/23; 5:44 AM CT; 08:44 Minutes

The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you've probably never heard of. In honor of Women's History Month, Author Lynn Cullen explains Horstmann's crucial role in the fight against polio. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Lynn Cullen, Author, *The Woman with the Cure*

F. Medicine

1. "Radio Health Journal": Is COVID-19 the New Flu?

01/15/23; 5:44 AM CT; 08:24 Minutes

Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus. Host: Nancy Benson.

Producer: Kristen Farrah. Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association

2. "Radio Health Journal": How Doctors Can Transplant Organs without a donor Match

02/12/23; 5:32 AM CT; 11:01 Minutes

Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, we discuss how creative thinking and plasma exchange technology helped save Colette's life. Host: Reed Pence. Producer: Kristen Farrah. Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies

3. "Radio Health Journal": A Look at the Rising Field of Genetic Counseling

03/05/23; 5:32 AM CT; 11:08 Minutes

Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases