

## Quarterly Issues Programs List for Townsquare Media Utica

January 1, 2021 through March 31, 2021

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

#### WIBX-AM

##### Section I. Issues.

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

- A. **Public Health:** During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. Dr. Hall discussed topics including hospitalization rates, the number of new cases, testing, how to stay safe and what steps the hospitals are taking to make sure patients are safe. Oneida County has experienced a record surge of cases and deaths during Q1.
- B. **Homelessness:** Currently in the City of Utica, there are over 50 residents who are homeless. Homeless individuals suffer on many levels that impact their mental, emotional, and health well-being and this situation was exacerbated by the pandemic. The Rescue Mission of Utica experienced increased demand for services during the pandemic and this increased their need for crucial fundraising throughout the year. The event "Walk A Mile In My Shoes" is one of the Rescue Mission's biggest fundraisers of the year and due to the pandemic they were forced to shift to a virtual walk.
- C. **Local Economy:** Central New York restaurants have suffered throughout the entire pandemic. The New York State Restaurant Association (NYSRA) released a survey from the National Restaurant Association that indicates delivery and takeout are not able to recover the massive revenue loss. NYSRA says 67% of restaurants report revenue from increased takeout and delivery sales have made up less than 30% of their lost on-premise sales. Oneida County Tourism discussed the "Central New York A to Z Food Tour". This promotion highlighted dishes at local restaurants that have suffered financially through the COVID-19 pandemic.
- D. **Mental Health:** Healthcare workers in Emergency Rooms and ICUs in Oneida County and Herkimer County have been fighting COVID-19 for a full year. Mirroring national trends, many of these workers are experiencing exhaustion and depression. Two front-line doctors stopped by Radio Health Journal to describe how they're managing to stay optimistic amid so much chaos, and how the vaccine has given them a goal, keeping them afloat. They provided tips on how to manage mental health during the pandemic.
- E. **Constitutional Rights:** All New York State employers are required to provide employees with paid time off (PTO) to receive a COVID-19 vaccine at the employee's regular rate of pay. Can employers require employees to get the vaccine? Businesses may even begin to require proof of vaccination among customers to maintain safe environments. An expert on health law discussed the law and constitutional rights on Radio Health Journal on this topic.

## Section II. Responsive Programs

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

### **This Week in the Mohawk Valley Programs for Quarter One 2021**

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

<b>Date(s) Aired</b>	<b>Program Name</b>	<b>Description of Issue Discussed</b>	<b>Duration</b>
1/3/21	This Week in the Mohawk Valley	<b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the addition of 317 new positive COVID-19 test results this week. Seven of those new cases came from nursing homes. Tragically, we discussed four additional Coronavirus related deaths. Dr. Hall urged listeners to wash hands, cover mouth and noses, and continue to practice social distancing.	20 minutes
1/10/21	This Week in the Mohawk Valley	<b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss how frontline, essential workers in New York are now eligible to receive their first dose of the COVID-19 vaccine. Mohawk Valley Health System, tasked with distributing the vaccine locally, issued an update on those who can now get in line for inoculation.	20 minutes

1/17/21	This Week in in the Mohawk Valley	<b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss lingering symptoms Central New Yorkers are experiencing after battling COVID. We provided tips and remedies to attempt to get your sense of taste back.	20 minutes
1/24/21	This Week in the Mohawk Valley	<b>CIVIC ENGAGEMENT-</b> Ray Durso of the Genesis Group talked about the group's annual Legislative Forum. Residents hear from local and state lawmakers about their agenda for the upcoming year and get to ask questions. We discussed how this year's forum is being held virtually, and how to register.	20 minutes
1/31	This Week in the Mohawk Valley	<b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss how Oneida County has surpassed over 100 COVID deaths. We reviewed how our region needs to continue to be diligent and safe.	20 minutes
2/7/21	This Week in the Mohawk Valley	<b>LOCAL ECONOMY-</b> Sarah Foster of Oneida County Tourism stopped by to discuss the Central New York A to Z Food tour. It's a promotion to highlight dishes at local restaurants that have suffered financially through the COVID-19 pandemic. These restaurants need as much help financially as possible, and this program will help get restaurant workers back to work, and help provide some amazing food locally.	20 minutes
2/14/21	This Week in the Mohawk Valley	<b>HOMELESSNESS-</b> Susann Woods of the Rescue Mission of Utica talked about "Walk a Mile in My Shoes" one of the Mission's biggest fundraisers of the year. The walk is being done virtually this year. Currently, there are 53 people in the Utica-area identified as homeless who need support and help.	20 minutes
2/21/21	This Week in in the Mohawk Valley	<b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. This week our listeners had questions for the doctor all about the vaccine, as people in the region continue to maneuver to get the inoculation.	20 minutes

		The Dr. answered questions about side effects and more.	
2/28/21	This Week in the Mohawk Valley	<p><b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss how Oneida County continues to see fewer and fewer virus-related deaths.</p> <p><b>NON-PROFIT FUNDING-</b> John Swann of the Community Foundation Herkimer and Oneida Counties talked about new way to fund non-profits amid the COVID pandemic. Instead of awarded grants, the foundation will provide funding on an as-needed-basis through September.</p>	20 minutes
3/7/21	This Week in the Mohawk Valley	<p><b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss how even though there has been a dramatic improvement in the COVID-19 numbers in Oneida County, we are still losing residents to the virus. There was a big jump in deaths over this last week. We reviewed safety precautions to take.</p>	20 minutes
3/14/21	This Week in the Mohawk Valley	<p><b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss how new positive cases of coronavirus are staying relatively low locally, Oneida County has reported another COVID death, it's 400th since the pandemic began, so we reviewed where to register for vaccines, and how to continue to be safe.</p>	20 minutes
3/21/21	This Week In The Mohawk Valley	<p><b>PUBLIC HEALTH-</b> During the coronavirus pandemic, we wanted to make sure that our listeners were kept up to date with the latest COVID-19 information. Dr. Kent Hall of Mohawk Valley Health System joined us to discuss the latest information and answer any questions about the coronavirus. Dr. Hall discussed topics including hospitalization rates, the number of new cases,</p>	20 minutes

		testing, how to stay safe and what steps the hospitals are taking to make sure patients are safe.	
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## **Quarterly Report of Compliancy Issues & Programs List**

2021-Q1 (January - March) – Radio Health Journal

“Radio Health Journal” airs weekly on each station at the following times:

Saturdays at 6:00AM on WIBX-AM, and Sundays at 6:10AM on WFRG-FM, WLZW-FM, WOUR-FM, and WODZ-FM.

- Agriculture
- Alcohol abuse and alcoholism
- Auto safety and highways
- Child abuse
- Childcare
- Chronic pain
- Communications
- Constitutional rights
- Consumerism
- Diet and nutrition
- Disabilities
- Discrimination
- Drunk driving
- Economics
- Emergency preparedness
- Employment and workplace issues
- Environment
- Equity
- Federal and State government
- Food safety
- Health care
- Law and courts
- Mental health
- Mental illness
- Minority issues
- Opioid epidemic
- Police and law enforcement
- Pollution
- Prevention
- Public health
- Public safety
- Rural issues
- Schools and education
- Sex education
- Social safety net
- Sports and society
- Technology
- Traffic safety
- Unemployment
- Veteran's issues
- Women's issues
- Youth at risk

1/3/21

**Studio Production:** Jason Dickey

**Writers/Producers:** Reed Pence

### **SEGMENT 1: COVID MESSAGING: WHY COMMUNICATIONS IS LIFE AND DEATH**

**Time:** 1:47

**Duration:** 13:05

**Synopsis:** Poor communication and mixed messages have contributed greatly to poor acceptance of anti-coronavirus actions such as masking and social distancing, and experts fear it may be the same with the new vaccines. Experts discuss what we've done right in messaging and the lessons from what we've done wrong.

**Host & Producer:** Reed Pence

**Guests:** Dr. Jay Van Bavel, Associate Professor of Psychology and Neuroscience, New York University; Ashley Bernardi, founder, Nardi Media

**Compliance issues:** health care; public health; consumerism; communications

**Links:**

<https://as.nyu.edu/content/nyu-as/as/faculty/jay-van-bavel.html> <https://tomorrow.me/trust-worthy/moms-tomorrow/spotlight-producer-pr-ashley-bernardi/>

### **SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE**

**Time:** 15:54

**Duration:** 7:08

**Synopsis:** Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.

**Host:** Nancy Benson

**Guests:** Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

**Compliance issues:** child abuse; mental health; public health

**Links:**

<https://donnajacksonnakazawa.com/>

1/10/21

**Studio Production:** Jason Dickey

**SEGMENT 1: SMART CARS AND SMART ROADS**

**Time:** 1:47

**Duration:** 12:18

**Synopsis:** Cars will soon be able to provide data as well as receive it. Experts explain how cars can talk with roads, traffic signals, and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer.

**Host & Producer:** Reed Pence

**Guests:** Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder, and CEO, Integrated Roadways Co.

**Compliance issues:** technology; traffic safety; public safety; police and law enforcement; economics

**Links:**

<http://integratedroadways.com/-Team>

[https://smartregionsconference2018.sched.com/speaker/andrew\\_bremer.1yltrq28](https://smartregionsconference2018.sched.com/speaker/andrew_bremer.1yltrq28)

**SEGMENT 2: OVERCOMING BLACK DISTRUST IN THE COVID VACCINE**

**Time:** 15:07

**Duration:** 7:54

**Synopsis:** Success of COVID-19 vaccines depends on about 75 percent of people getting them, but distrust of medicine and of vaccines among African Americans means they may not come close to that milepost. Two experts discuss historical reasons for distrust, how the system will have to come through in ways it has not in the past, and how community leaders will make a huge difference in how the new vaccines are accepted.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Dr. Leon McDougle, Professor of Family Medicine, Ohio State University and President, National Medical Assn.; Dr. Jewel Mullen, Associate Dean for Health Equity, University of Texas-Austin Dell Medical School and former Acting Director, National Vaccine Program

**Compliance issues:** minority issues; equity; discrimination; public health; federal government **Links:**

<https://www.nmanet.org/page/McDouglebio> <https://dellmed.utexas.edu/directory/jewel-mullen>

1/17/21

### **SEGMENT 1: REQUIRING EMPLOYEES TO GET COVID VACCINES**

**Time:** 1:47

**Duration:** 12:42

**Synopsis:** Some Americans say there is no way they'll get a COVID-19 vaccine, yet some may have no choice if they want to keep their jobs. Law allows workplaces to require safety-related vaccines for workers. Businesses may even begin to require proof of vaccination among customers to maintain safe environments. An expert on health law discusses.

**Host & Producer:** Reed Pence

**Guests:** Lawrence Gostin, University Professor of Global Health Law and Director, O'Neill Institute for National and Global Health Law, Georgetown University and Director, World Health Organization Center on Global Health Law

**Compliance issues:** law and courts; employment and workplace issues; Constitutional rights; schools and education **Links:**

<https://oneill.law.georgetown.edu/faculty/Lawrence-Gostin/>

### **SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?**

**Time:** 15:30

**Duration:** 7:01

**Synopsis:** Scientists are discovering that our food preferences are much more than a matter of taste, and that taste itself is more complicated than we thought. Psychology also plays a role. An expert discusses what determines preferences, such as why some people like jalapeno peppers & black coffee, and some don't.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Dr. Rachel Herz, Adjunct Assistant Professor of Psychiatry and Human Behavior, Brown University, and author, Why You Eat What You Eat: The Science Behind Our Relationship With Food

**Compliance issues:** diet and nutrition; technology **Links:**

<https://www.chipjonesbooks.com/>

1/24/21

### **SEGMENT 1: FIBBING TO YOUR DOCTOR**

**Time:** 1:50

**Duration:** 12:30

**Synopsis:** Surveys show that as many as 80 percent of people omit information, stretch the truth, or outright lie to their doctors. Experts discuss why it happens, consequences, and methods that might reduce the amount of less-than-truthful answers to doctors' questions.

**Host & Producer:** Reed Pence

**Guests:** Dr. Andrea Gurmankin-Levy, Associate Professor of Psychology, Middlesex Community College; Dr. Maricella Moffitt, Professor of Medicine and Director, Doctoring Curriculum, University of Arizona College of Medicine, Phoenix

**Compliance issues:** health care; consumerism; public health; education **Links:**

<https://mxcc.edu/bios/andrea-levy/> <http://phoenixmed.arizona.edu/directory/bios/moffitt>

### **SEGMENT 2: LIVING TOO CLEAN DURING COVID**

**Time:** 15:22

**Duration:** 7:41

**Synopsis:** The COVID pandemic has prompted people to clean and disinfect more than ever. However, experts believe that humans need a certain amount of germs for our immune systems to work properly. One expert discusses her concern that we're living too clean in the pandemic, and how we can benefit from "good bugs" without danger from the bad ones.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Dr. Jessica Ter Haar, Scientific Director, International Probiotics Association

**Compliance issues:** consumerism; public health **Links:**

<https://thriveglobal.com/authors/jessica-ter-haar/>

1/31/21

### **SEGMENT 1: COVID UPDATE: INFECTIOUS NEW VARIANT & STRETCHING THE VACCINE**

**Time:** 1:50

**Duration:** 12:37

**Synopsis:** The Centers for Disease Control and Prevention predicts that a new, more contagious version of COVID-19 will become the predominant strain by March, testing the new vaccine's effectiveness. At the same time, researchers are trying to find ways to get the vaccine to more people more quickly by lengthening time between doses, with unknown results. Infectious disease experts discuss where we are in the fight. spirits and reducing the need for medications. A therapist and program director at one such nursing home discusses how llamas, chickens, goats, and mini horses have found a home, to the benefit of residents.

**Host & Producer:** Reed Pence

**Guests:** Dr. Robert Bollinger, Professor of Infectious Diseases, Johns Hopkins University School of Medicine; Dr. William Schaffner, Professor of Infectious Diseases and Preventive Medicine, Vanderbilt University Medical Center

**Compliance issues:** health care; consumerism; public health; federal and state government **Links:**  
<https://www.jhsph.edu/faculty/directory/profile/70/robert-bollinger> <https://www.vumc.org/health-policy/person/william-schaffner-md>

### **SEGMENT 2: PREVENTING FOOD WASTE**

**Time:** 15:29

**Duration:** 7:25

**Synopsis:** During the Super Bowl, leftovers from gatherings—even small ones--may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast

**Compliance issues:** public health; food safety; environment; consumerism **Links:**  
<https://www.nationaldairycouncil.org/our-story/local-dairy-council/ohio>

2/7/21

### **SEGMENT 1: EXHAUSTION ON THE COVID FRONT LINES**

**Time:** 1:50

**Duration:** 11:46

**Synopsis:** Healthcare workers in ERs and ICUs are in their 11th month of fighting COVID-19 and its exhaustion and depression. Two front-line doctors describe how they're managing to stay optimistic amid so much chaos, and how the vaccine has given them a goal, keeping them afloat.

**Host & Producer:** Reed Pence

**Guests:** Dr. Christopher Michos, emergency medicine physician, Norwalk Hospital, Norwalk, CT; Dr. Gabriel Lockhart, ICU Director, St. Joseph Hospital, Denver, and Assistant Professor of Medicine, National Jewish Health

**Compliance issues:** health care; public health; employment issues; mental health; emergency preparedness; alcohol abuse and alcoholism; substance abuse; suicide **Links:**

<https://www.norwalkhospital.org/find-a-doctor/christopher-michos-j>

<https://www.nationaljewish.org/doctors-departments/providers/physicians/gabriel-c-lockhart>

### **SEGMENT 2: SUPERSTITIONS IN SPORTS**

**Time:** 14:38

**Duration:** 7:53

**Synopsis:** Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life.

**Producer:** Reed Pence

**Guests:** Dr. Stuart Vyse, author, *Believing In Magic: The Psychology of Superstition*; Dr. Alex Lickerman, author, *The Undefeated Mind*

**Compliance issues:** sports and society **Links:**

<https://stuartvyse.com/>

<http://alexlickerman.com/bio/>

2/14/21

**SEGMENT 1: COVID AND CRASHES**

**Time:** 1:50

**Duration:** 13:27

**Synopsis:** The number of cars on the road has been dramatically lower during the pandemic, yet the number of crash deaths has actually increased. That means the number of crashes and traffic deaths per mile driven have skyrocketed. Experts discuss this unprecedented scenario and what we can do about it. **Host & Producer:** Reed Pence

**Guests:** Dr. Mitchell Doucette, Dept. of Health Policy and Management, Johns Hopkins

Bloomberg School of Public Health; Ken Kolash, Manager of Statistics, National Safety Council;

Dr. Sarah Kaufman, Associate Director, Ruden Center for Transportation, New York University

**Compliance issues:** public health; public safety; auto safety and highways; drunk driving;

alcohol abuse and alcoholism; police and law enforcement **Links for more info:**

<https://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-gun-policyand-research/about/faculty-and-staff/> <https://www.nsc.org/company/experts/ken-kolosh>

<https://wagner.nyu.edu/community/faculty/sarah-kaufman>

**SEGMENT 2: VACCINE PASSPORTS**

**Time:** 16:19

**Duration:** 6:44

**Synopsis:** Proof of having received COVID-19 vaccine may soon be required for boarding a plane, going to a ball game, going to school, having a job or eating in some restaurants. An expert involved in the design of a passport app discusses how it would all work.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Paul Meyer, CEO, Commons Project Foundation **Compliance**

**issues:** technology; public health; consumerism **Links for more info:**

<https://thecommonsproject.org/>

2/21/21

**SEGMENT 1: ENDING PARKINSON'S DISEASE**

**Time:** 1:50

**Duration:** 13:31

**Synopsis:** Parkinson's disease has become one of the fastest growing diseases and causes of disability in the world. Evidence shows that environmental toxins such as pesticides play a role. Experts discuss what we know about Parkinson's and how we could curtail its rise, saving lives and restoring quality of life.

**Host & Producer:** Reed Pence

**Guests:** Dr. Ray Dorsey, Professor of Neurology, Univ, of Rochester Medical Center and Dr.

Michael Okun, National Medical Director, Parkinson's Foundation and Exec. Director, Norman

Fixel Institute for Neurological Diseases, University of Florida, co-authors, Ending Parkinson's Disease: A Prescription for Action

**Compliance issues:** public health; environment; pollution; veteran's issues; rural issues; agriculture; health care **Links for more info:**

<https://endingpd.org/authors>

**SEGMENT 2: GENETIC TESTING FOR DRUG EFFECTIVENESS**

**Time:** 16:23

**Duration:** 6:32

**Synopsis:** Since the beginning of the "baby on back" movement to reduce sudden infant death syndrome, many more infants are developing misshapen heads with a flat spot in one place. An expert discusses whether this is serious, how it can be treated with a helmet-like device, and how it might be prevented. **Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Dr. Mark Pollack, Professor of Psychiatry and Behavioral Sciences, Rush University

Medical Center and Chief Medical Officer, Myriad Neuroscience

**Compliance issues:** technology; health care; mental illness **Links for**

**more info:**<https://finance.yahoo.com/news/dr-mark-h-pollack-named-110505501.html>

2/28/21

**SEGMENT 1: COVID'S EFFECT ON WOMEN IN THE WORKPLACE**

**Time:** 1:50

**Duration:** 12:02

**Synopsis:** The COVID-19 pandemic has affected women's employment much more dramatically than men, especially women of color, both because of the fields they work in and the need to take care of children who are distance learning. Experts discuss how this affects families, the workforce overall, and what can be done to ease the problem.

**Host & Producer:** Reed Pence

**Guests:** Dr. Kate Bahn, Director of Labor Market Policy, Washington Center for Equitable Growth; Dr. Jeff Hayes, Chief Data Analyst, Institute for Women's Policy Research; Michael Madowitz, economist, Center for American Progress

**Compliance issues:** economics; workplace issues; unemployment; women's issues; minority issues; social safety net; childcare; public health; retraining **Links for more info:**

<https://equitablegrowth.org/people/kate-bahn/> <https://iwpr.org/member/jeff-hayes-ph-d/>

<https://www.americanprogress.org/person/madowitz-michael/>

**SEGMENT 2: HOW HORMONES CONTROL OUR LIVES**

**Time:** 14:54

**Duration:** 6:35

**Synopsis:** Hormones were unknown until a little more than 100 years ago, and experts admit we still have a lot to learn. An expert author details the discovery of hormones and how our growing knowledge has shaped treatment of many diseases and conditions.

**Host:** Karen Hand

**Producer:** Reed Pence

**Guests:** Dr. Randi Hutter Epstein, Yale University and Columbia University and author, Aroused:

The History of Hormones and How They Control Just About Everything

**Compliance issues:** health care; public health; technology **Links for more info:** <http://randihutterepstein.com/>

3/7/21

**SEGMENT 1: THE DOWNSIDE OF "SPRINGING AHEAD"**

**Time:** 1:50

**Duration:** 12:38

**Synopsis:** The annual switch to Daylight Saving Time brings more accidents, heart attacks, and other health effects. Experts discuss health and mental effects of body clocks not being in synch with the actual time, and how year-around consistency would help. But should it be Standard Time or DST? Experts discuss alternatives.

**Host & Producer:** Reed Pence

**Guests:** Dr. Michael Jaffee, Vice Chair, Dept. of Neurology, University of Florida; Dr. Muhammad

Adeel Rishi, pulmonary critical care and sleep physician, Mayo Clinic Health System and Vice

Chair, Public Safety Committee, American Academy of Sleep Medicine; Dr. Steve Hanke,

Professor of Applied Economics, Johns Hopkins University **Compliance issues:**

economics; public health; health care **Links for more info:**

<https://neurology.ufl.edu/profile/jaffee-michael/>

<https://www.mayoclinichealthsystem.org/providers/muhammad-rishi-md>

[https://en.wikipedia.org/wiki/Steve\\_Hanke](https://en.wikipedia.org/wiki/Steve_Hanke)

**SEGMENT 2: THE INCREASE IN SEXUALLY TRANSMITTED DISEASES**

**Time:** 15:30

**Duration:** 7:18

**Synopsis:** Despite social distancing, experts say people are increasingly “hooking up.” Sexually transmitted diseases are growing as a result. An expert discusses STDs in a pandemic.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Dr. Ina Park, Associate Professor of Family Community Medicine, University of

California San Francisco & author, Strange Bedfellows: Adventures in Science, History & Surprising Secrets of STDs

**Compliance issues:** health care; public health; youth at risk; sex education; technology **Links for more info:**

<https://www.inapark.net/about>

3/14/21

**SEGMENT 1: I'M VACCINATED NOW WHAT**

**Time:** 1:49

**Duration:** 13:06

**Synopsis:** Americans have waited anxiously for the COVID-19 vaccine. Now that it's being rapidly deployed, how much will it change life for those who've received it? Experts offer a primer on exactly how the vaccines work, what activities recipients can and can't safely do, and estimates of when masks won't be necessary.

**Host & Producer:** Reed Pence

**Guests:** Dr. Niket Sonpal, Assistant Professor of Clinical Medicine, Touro College of Medicine;

Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center"

**Compliance issues:** public health; health care; education **Links for more info:**

<https://tourocom.touro.edu/academics/faculty/harlem/niket-sonpal.php> <https://www.vumc.org/health-policy/person/william-schaffner-md>

**SEGMENT 2: EPILEPSY MYTHS**

**Time:** 15:57

**Duration:** 6:49

**Synopsis:** Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them. **Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Kurt Eichenwald, author, A Mind Unraveled **Compliance issues:** health care; disabilities; discrimination **Links for more info:**

<https://www.nytimes.com/2018/10/15/books/review/kurt-eichenwald-mind-unraveled.html>

3/21/21

**SEGMENT 1: WHY KNEE REPLACEMENTS MAY GO WRONG**

**Time:** 1:49

**Duration:** 12:27

**Synopsis:** Knee replacements are successful for 80 percent of recipients, yet many assume the success rate should be higher. Those who are not successful often are bitterly disappointed. However, patients and physicians can take steps to avoid a bad result. New techniques also offer much faster recovery. Experts discuss.

**Host & Producer:** Reed Pence

**Guests:** Dr. Dan Riddle, Professor of Physical Therapy, Orthopedic Surgery and Rheumatology, Virginia Commonwealth University; Dr. James Rickert, President, Society for Patient Centered

Orthopedics; Dr. Richard Berger, Assistant Professor of Orthopedics, Rush University" **Compliance**

**issues:** health care; public health; economics; technology **Links for more info:**

<https://pt.chp.vcu.edu/facultystaff/daniel-riddle-pt-phd-fapta.html>

<https://www.thepatientfirst.org/who-we-are.html> <https://outpatienthipandknee.com/>

**SEGMENT 2: PIONEERING WOMEN DOCTORS**

**Time:** 15:18

**Duration:** 7:44

**Synopsis:** Today, women outnumber men in medical school. But 175 years ago, women were unheard of in medicine. An author discusses the ingenuity it took for two sisters to break barriers in medicine for women.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Janice Nimura, author, The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine"

**Compliance issues:** health care; discrimination; women's issues; education **Links for more info:**

<https://www.janicenimura.com>

3/28/21

### **SEGMENT 1: THE UNMEASURABLE PRESENCE OF PAIN**

**Time:** 1:49

**Duration:** 13:55

**Synopsis:** Pain varies from person to person and is totally subjective. It can't be truly measured. This makes pain management one of the greatest challenges in healthcare. An expert discusses how pain works and how doctors struggle to contain it.

**Host:** Reed Pence

**Producer:** Polly Hansen

**Guests:** Dr. Abdul Lalkhen, consultant in anesthesia and pain medicine, Salford Royal NHS Foundation, Manchester, UK, and author, *An Anatomy of Pain: How the Body and the Mind Experience and Endure Physical Suffering*

**Compliance issues:** health care; public health; technology; opioid epidemic; chronic pain **Links for more info:**

<https://www.simonandschuster.com/books/An-Anatomy-of-Pain/Abdul-GhaaliqLalkhen/9781982160982>

### **SEGMENT 2: OUR DISASTROUS PANDEMIC DIETS**

**Time:** 16:46

**Duration:** 6:21

**Synopsis:** During the pandemic, millions of people have adopted diets full of comfort food, and have wrecked their heart health in the process. Now as the world begins to return to a semblance of normal, they will face wildly conflicting dietary advice. An expert cardiologist discusses how people can cut through the confusion.

**Host:** Nancy Benson

**Producer:** Reed Pence

**Guests:** Dr. Elisabeth Klodas, cardiologist, founder and Chief Medical Officer, Step One Foods, and author, *Slay the Giant: The Power of Prevention In Defeating Heart Disease*

**Compliance issues:** health care; prevention; diet & nutrition; consumerism **Links for more info:**

<https://www.steponefoods.com/blogs/news/meet-dr-elizabeth-klodas>