

List of significant programming

WEZZ, Gardendale, AL

For the quarter beginning April 1, 2014-June 30, 2014.

All programming discussed in this report aired on the "Radio Health Journal" and "Viewpoints" series, at 6am and 6:30am on Sundays. Each program is a single 30 minute episode. Each entry below is a 6-8 minute segment imbedded in one of the programs.

Through its regular ascertainment process, WEZZ-FM /Summit Media Group has determined that the following issues are important to the Birmingham, AL community:

Education
Health
Economics
Family Issues
Culture
Business

This report contains WEZZ /Summit Media Group's most significant treatment of these community issues during the 1st Quarter of 2014.

Education

4-6-14

"School refusal"

Synopsis: With spring break beginning or ending around Birmingham this week, the start of the school year and returning from spring break are the two most common times for children to suffer from what used to be called "school phobia," anxiety leading them to claim they are ill and cannot go to school. Experts discuss how these children should be treated, and how they differ from children who are simply "playing hooky."

Host: Reed Pence. Guests: Dr. Christopher Kearney, Prof. of Psychology, Univ. of Nevada-Las Vegas; Dr. Karen Cassiday, clinical director, Anxiety and Agoraphobia Treatment Center, Northbrook, IL

4-13-14

Post-High School Ed: Are we doing all we can?

SYNOPSIS: There are many students and adults who don't go to a four-year college, but are out in the workforce looking for a job or seeking to get a better one. But how do they get the education they need to find a job or move up in the work world?

Host: Gary Price. Guests: Mike Rose, professor at the UCLA Graduate School of Education and Information Studies, author of the book, "Why School? Reclaiming education for all of us,"

5-18-14

The Promise of a Pencil: Small actions make big changes

SYNOPSIS: There are many activists such as Bono, Bill Clinton and Oprah who stir large numbers of people to contribute to a cause or spend time helping others less fortunate than themselves. But there are also some non-famous people who start small but are making a big change in the world. We talk to one young man who started by giving a poor Indian boy a pencil – just a pencil – and turned that one small act into a program to build schools for poor children in many countries around the world.

Host: Gary Price. Guests: Adam Braun, Founder & CEO of Pencils of Promise, author of "The Promise of a Pencil,"

5-25-14

Making Education in Poor Areas Better and More Fair

SYNOPSIS: Birmingham has been riddled with concerns about the quality of schools, when schools are sub-par, who is to blame? There's a lot of blame to share, but there are also good public schools out there and models for making troubled schools better, if we want to learn from them. We talk to two education specialists who have ideas on how to create better learning environments in schools, how to better equip and support teachers, and how to even the playing field for poorer students who are often stuck in a district's lowest-performing schools.

Host: Gary Price. Guests: Greg Duncan, Dist. Prof. in the School of Ed., Univ. of California-Irvine, co-author of "Restoring Opportunity: The crisis of inequality and the challenge for American education,"; John Kuhn, school superintendent in Texas, author of "Fear and Learning in America"

6-22-14

Creating a Consensus: Bringing diverse groups together

SYNOPSIS: Diversity is always an important issue around Birmingham, activists working to make something happen in a community often have problems getting people to come to meetings or take part in other gatherings for a common cause. Why is that? What impediments of race, education, and economic status create roadblocks to building a consensus, and how can they be overcome? Our guest, an activist for more than 30 years and a director of a national non-profit organization, researched the issue and has some surprising answers.

Host: Marty Peterson. Guests: Betsy Leondar-Wright, Program Dir. of the national non-profit organization Class Action and author of the book, "Missing Class: Strengthening social movement groups by seeing class cultures."

6-29-14

ADHD overdiagnosis and school funding

Synopsis: ADHD diagnoses are skyrocketing. One reason, according to an analysis by two researchers, could be educational policy such as No Child Left Behind that has funded schools based on test scores and graduation rates. The researchers say these policies encourage schools to medicate children to get their scores up or label them with a disorder so their scores don't count.

Host: Reed Pence. Guests: Dr. Stephen Hinshaw, Prof. of Psychology, Univ. of California-Berkeley; Dr. Richard Scheffler, Prof. of Health Economics and Public Policy, Univ. of California-Berkeley

Health

4-20-14

Adult Swimming: It's important for safety and health

SYNOPSIS: As many Birmingham area residents make plans for trips to the Gulf this summer, it's amazing that millions of adults never learned to swim! We talk to a swimming expert about why it's important for adults to learn to navigate the pool for their own health, safety and the safety of their children. It's also a great activity where you can make new friends, keep fit and have fun.

Host: Marty Peterson. Guests: Rob Butcher, Executive Director, United States Master Swimming (USMS)

Pre-surgical anxiety

Synopsis: Surgeons are learning that a high proportion of people facing surgery are terrified of what might happen. This stress adversely affects outcomes, so many large hospitals are turning to relaxation and visualization programs to combat the problem. Experts discuss.

Host: Reed Pence. Guests: Walter Martin and Kathy Mellendy, surgical patients; Dr. Lawrence Cohn, Hubbard Prof. of Cardiac Surgery, Harvard Medical School and Chief Emeritus, Cardiac Surgery, Brigham & Women's Hospital, Boston; Peggy Huddleston, psychotherapist and author, Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques (healfaster.com)

Restless Legs Syndrome

Synopsis: Restless legs syndrome, a neurological condition, strikes people at night, creating some of the worst sleep conditions known by any patients. Experts discuss identifying and treating the syndrome.

Host: Lynn Holley. Guests: Karla Dzienkowski, Interim Director, Willis-Ekbom Disease Foundation and parent of daughter with restless legs syndrome; Dr. William Ondo, Prof. of Neurology, Univ. of Texas Health Science Center, Houston and advisory board member, Restless Legs Syndrome Foundation

4-27-14

"The HIV Cure"

Synopsis: Over the years, Jefferson County has been struggling with outbreaks of HIV, which has become a treatable chronic disease in the US, yet around the world, millions still die of AIDS. Two people called The Berlin Patients have apparently been cured of HIV, and their biology is informing a great deal of developing science to defeat the disease. A noted HIV researcher discusses where we are and where we are headed in the fight.

Host: Reed Pence. Guest: Dr. Nathalia Holt, HIV research scientist and author, [Cured: How the Berlin Patients Defeated HIV and Forever Changed Medical Science](#)

Spasmodic dysphonia

Synopsis: Experts discuss an unusual "voice strangling" disorder and the toxin that can treat it.

Host: Nancy Benson. Guests: Dr. Ramon Franco, Jr., Director, Division of Laryngology, Harvard Medical School; Dr. Susan Miller, Principal, Voice Trainer, Washington, DC

5-4-14

Cutting medical training

Synopsis: UAB school of medicine is a major employer in Birmingham, so any cuts in medical training could have a large effect on the economy. In an age of increasing medical complexity, some leading thinkers in medical education are proposing that the time spent on medical education be cut by nearly one third. The key, these advocates say, is reorganizing what is taught to rid curricula of research and other requirements that most doctors never use in their working lives. Experts discuss both sides of the issue.

Host: Reed Pence. Guests: Dr. Ezekiel Emanuel, Vice Provost for Global Initiatives and Chari, Department of Biomedical Ethics and Health Policy, Univ. of Pennsylvania; Dr. Victor Fuchs, Henry J. Kaiser Prof. Emeritus of Economics and Health Policy, Stanford Univ. and Senior Fellow, Stanford Institute for Economic Policy Research; Dr. Gail Morrison, Senior Vice Dean for Education and Director of Academic Programs, Univ. of Pennsylvania Perleman School of Medicine.

5-11-14

A change in judging MS drugs?

Synopsis: Physicians say more treatments are needed for multiple sclerosis because for some patients, no existing treatments work. Many experts have been stunned at the FDA's rejection of a promising new drug which has been approved in much of the rest of the world. Experts discuss the consequences of rejection and whether the FDA has changed how it evaluates medicines.

Host: Reed Pence. Guests: Dr. Aaron Miller, Medical Director, Corinne Goldsmith Dickinson Center for Multiple Sclerosis, Icahn School of Medicine at Mount Sinai, New York; Dr. Tim Coetzee, Chief Advocacy Services and Research Officer, National Multiple Sclerosis Society

Physical therapy for war veteran amputees

Synopsis: A physical therapist working at Walter Reed Army Medical Center during its last days discusses how veterans who've lost their limbs in combat are treated.

Host: Nancy Benson. Guest: Adele Levine, author, [Run Don't Walk: The Curious and Chaotic Life of a Physical Therapist Inside Walter Reed Army Medical Center](#)

5-25-14

CT scans: benefit vs. radiation risk

Synopsis: CT scans provide doctors with a look inside the body to help make much more precise diagnoses, guiding treatment, avoiding mistakes and preventing unneeded surgeries. However, the x-rays emitted create a cancer risk, and doctors admit they don't know exactly how much risk they create.

Host: Reed Pence. Guests: Dr. Donald, Dr. Susanna Lee, Dr. James Brink

Home births and the law

Synopsis: Home births have increased by more than 50 percent since 2004. But in 22 states, certified professional midwives have to work outside the law to assist women in home birth. Although doctors and nurse midwives *can* assist home births, very few of them actually do, leaving many women without a single legal home-birth provider. Experts discuss what some activists call a home birth crisis in one such state, Illinois.

Host: Nancy Benson. Guests: Emily Fetterer and Kimberlie Kranich, Angelica Pinkevich, Ashley Price, Dr. Maura Quinlan, William Haine,

6-22-14

SCAD: spontaneous coronary artery dissection

Synopsis: A form of heart attack that strikes young, seemingly healthy people--most of them women, often near childbirth--is increasing. Experts discuss heart attacks caused by arteries that split open rather than blockages.

Host: Reed Pence. Guests: Shelley Simonton, SCAD patient; Dr. Sharonne Hayes, Founder, Women's Heart Clinic, Mayo Clinic; Carol Vich, SCAD patient

Economics

4-27-14

Bitcoin: What it is and why we need to take it seriously

SYNOPSIS: The virtual currency, "bitcoin," has been in the news lately for its fantastic rise in value, then it's dramatic fall after the world's largest bitcoin exchange filed for bankruptcy. We talk to two financial specialists about what it is, how it's used, the pros and cons of dealing in bitcoin, and what the future might bring for this novel currency.

Host: Gary Price. Guests: Peter Leeds, owner and CEO of Peter Leeds Penny Stocks, author of "Penny Stocks for Dummies," Joe Deaux, Economic Analyst at The Street

6-8-14

Presenteeism

Synopsis: Presenteeism is when people go to work at less than peak efficiency due to illness, injury or distraction. Experts discuss the huge cost to the economy, the chronic illnesses that exact the most cost, and the accommodations that could save businesses billions of dollars.

Host: Reed Pence. Guests: Rob Hosking, Executive Director, Office Team staffing service; Todd Whitthorne, President, ACAP Health; Michael Klachevsky, Practice Consultant for Absence Management, Standard Insurance Co.

Family Issues

5-18-14

Verbal abuse from sweethearts and bosses

Synopsis: Incessant verbal abuse by a significant other can take a huge toll in misery. Abusers may be psychologically compensating for verbal, emotional, or sexual abuse they themselves received in childhood. Bosses are also significant abusers of subordinates, though for different reasons. Experts discuss the consequences of verbal abuse, the hidden reasons it may occur, and what victims can do to make it stop.

Host: Reed Pence. Guests: Patricia Evans (verbalabuse.com), author, Victory Over Verbal Abuse and five other books; Dr. Meredith Ferguson, Asst. Prof. of Management, Jon Huntsman School of Business, Utah State Univ.

6-1-14

Baby Names: Why and how parents choose them

SYNOPSIS: Why do parents name their babies what they do? What goes into that decision? And why do some names become popular and others fall out of favor? We talk to a baby name specialist and a branding expert about how and why people name their kids what they do.

Host: Marty Peterson. Guests: Jennifer Griffin, author of “1,107 Baby Names that Stand the Test of Time”; Jonah Berger, Prof. of Marketing, The Wharton School of the University of Pennsylvania, author of the NYTimes and WSJ best-seller, “Contagious: Why things catch on,”

6-8-14

The empty nest

Synopsis: Parents who have spent 18 years or more raising children often feel lost when the last child leaves home for college or their own place. A psychotherapist discusses common reactions and strategies for renewing purpose living in the empty nest.

Host: Nancy Benson. Guest: Wendy Aronssen, psychotherapist and author, Refeathering the Empty Nest: Life After the Children Leave

6-15-14

Pope Francis: What changes can we expect in the Church?

SYNOPSIS: Birmingham is a city with a long complicated relationship to religion, the Catholic Church has been embroiled in problems during the past few decades, and the new pope, Francis, is being looked to for guidance and significant changes during his tenure. But is he really a breath of fresh air? How much will the Church change? Which of the “hot button” issues will the pope address head-on? What will remain the same? We talk to two Vatican observers about what *they* think is in store with the Church under Pope Francis.

Host: Gary Price. Guests: John Thavis, journalist, author of “The Vatican Diaries: A behind-the-scenes look at the power, personalities, and politics at the heart of the Catholic Church,” Dr. Joe Wenke, satirist, journalist, author of “Papal Bull: An ex-Catholic calls out the Catholic Church,”

Culture

6-22-14

Creating a Consensus: Bringing diverse groups together

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Business

5-18-14

SEGMENT #2- Sustainable Fishing: Is farming the answer?

SYNOPSIS: Doctors and nutritionists tell us to eat less red meat, and more fish. As a result, salmon, tuna, and various white fish have caught on in many households, with salmon being a favorite. A lot of Atlantic salmon is farmed in North America, and some people are skeptical that these operations are healthy – for people, the environment and the fish themselves. We talk to a scientist and to a chef about fish farming, how it can be done well, and how we should pursue good environmental practices as well as good aquaculture practices to make fish like salmon a sustainable option.

Host: Marty Peterson. Guests: Meriel Brooks, Prof. of Biology, Program Director, Masters of Science Program in Environmental Studies, Green Mountain College, VT; Rick Moonen, Chef, Rick Moonen's RM Seafood restaurant, Mandalay Bay Casino and Resort, Las Vegas, NV

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6-15-14

The High Cost of Cheap Fashion

SYNOPSIS: The summer home clean-out is here, and old clothes and shoes are often the items that end up in the charity bin. Why is it that Americans have so much clothing to throw away? What happens to the clothing and other items that go off to the resale store? And how does the consumerism of Americans affect emerging economies and Third World countries? We talk to an investigator and author who went inside the "fast fashion" industry for the answers to those questions, and discuss some solutions to the "clothing pollution" that plagues the world.

Host: Marty Peterson. Guests: Elizabeth L. Cline, journalist, author of "Overdressed: The shockingly high cost of cheap fashion,"