

List of significant programming

WEZZ-FM, Gardendale, AL

For the quarter beginning January 1, 2014-March 31, 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.

Family Issues

2-9-14

Traumatic brain injury and relationships

Synopsis: Traumatic brain injury can dramatically change spousal relationships, as the injured may lose the ability to read the emotions of themselves and others, or may suffer a personality change. These relationship issues are often ignored in the rehabilitation process. However, the divorce rate of these couples is much less than previously believed. Experts discuss developing methods to help people with TBIs relearn important social skills.

Host: Reed Pence. Guests: Rosemary Rawlins, wife of TBI patient and author, Learning By Accident; Dr. Jeffrey Kreutzer, Director of Neuropsychology and Rehabilitation Psychology, Virginia Commonwealth Univ.; Dr. Dawn Neumann, Asst. Research Faculty, Indiana Univ. School of Medicine and Clinical Research Assoc., Rehabilitation Hospital of Indiana.

3-16-14

Bullying and Hazing: How to deal with the fallout

SYNOPSIS: Many kids are victims of bullying by their peers, and they and their parents don't know why it happens or how to stop it. Hazing rituals are similar to bullying, but the victim willingly participates. We talk to two bullying specialists about why kids bully, what makes someone join in a hazing ritual, what are the signs that a child is being bullied, and find out some strategies parents, teachers and bystanders can use to prevent bullying and deal with both the aggressors and the victims.

Host: Gary Price. Guests: Jodee Blanco, speaker, former bully victim, author of "The Please Stop Laughing At Me Journal," Dr. Nadine Kaslow, professor and Vice Chair for Faculty Development in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine, Chief Psychologist at Grady Memorial Hospital.

Health

1-12-14

Avoiding doctor's mistakes

Synopsis: With so much talk of health care in Birmingham, medical mistakes may be far more common than we think. An expert team of medical consumer advocates discusses what patients can do to protect themselves.

Host: Nancy Benson. Guests: Joe Graedon and Dr. Teresa Graedon, authors, [Top Screw-ups Doctors Make and How to Avoid Them](#). (PeoplesPharmacy.com)

1-19-14

Weather and pain

Synopsis: Millions of Americans suffer pain as a result of weather changes. Experts discuss different conditions affected by weather, why pain responds to weather changes and possible remedies to some of these maladies.

Host: Reed Pence. Guests: Deni Cantrall, retired teacher and arthritis sufferer; Dr. Robert Jamison, Prof. of Anesthesia and Psychiatry, Brigham and Women's Hospital and Harvard Medical School; Bob Smirbeck, Expert Senior Meteorologist, AccuWeather.com; Dr. David Borenstein, Clinical Prof. of Medicine, George Washington Univ. School of Medicine and Health Sciences; Dr. Vincent Martin, Prof. of Medicine and Director, Headache and Facial Pain Program, Univ. of Cincinnati.

1-19-14

Do women make better doctors?

Synopsis: With such a large number of listeners in the medical profession in Birmingham, medicine is changing from technically centered practice to patient-centered, which requires doctors to listen to the patient and relate to them on a personal level. Experts discuss training all new doctors in this style, and whether it suits women better than men as a result of cultural upbringing.

Host: Nancy Benson. Guests: Robert Kreisman, Chicago malpractice attorney; Dr. Carol Aschenbrenner, Chief medical Education Officer, Association of American Medical Colleges; Dr. Klea Bertakis, Prof. and Chair, Dept. of Family Community medicine, Univ. of California-Davis; Dr. Holly Humphrey, Dean for Medical Education, Univ. of Chicago

1-26-14

Ambulance fees

Synopsis: Millions of Americans are surprised when they get a bill for their 911 ambulance call. Experts explain the economics of emergency medical services, why communities typically bill for calls, and what insurance will and won't pay.

Host: Reed Pence. Guests: Bob Holdsworth, President, Holdsworth Group EMS consultants and veteran paramedic; Dr. Jay Fitch, President, Fitch and Assoc. EMS consultants.

1/26/14

Technology: Too much tech for our kids?

SYNOPSIS: How much tech is too much for kids and adults? We talk to two communications specialists about the differences between how young people and older people use technology; introduce ideas for children and adults to stay safe online; and discuss why and when parents should draw time boundaries for themselves and their children when it comes to using cell phones, computers and video games.

Host: Gary Price. Guests: Anne Katherine, therapist, author of, "Boundaries in an Overconnected World," Rob Weiss, therapist and author of "Closer Together, Further Apart,"

2-2-14

An Obama care update

Synopsis: Health care has been at the forefront of many Birmingham conversations lately, the Affordable Care Act's enrollment website had a disastrous rollout, and "young immortals" aren't yet signing up for insurance in numbers that would assure the program's survival. Experts discuss deadlines and incentives that they think will encourage signups, and the difficulties likely to be encountered by people who've never been insured before. Experts also discuss studies showing that newly insured people may use healthcare much differently than had been expected.

Host: Reed Pence. Guests: Michael Mahoney, Sr. Vice President of Consumer Marketing, GoHealth; Dr. Paul Ginsberg, Sr. Fellow, Mathematica Policy Research; Larry Levitt, Sr. Vice President for Special Initiatives, Kaiser Family Foundation; Dr. Katherine Baicker, Prof. of Health Economics, Harvard, School of Public Health

2-16-14

Probiotics

Synopsis: Scientists are learning that they can affect many areas of function of the body through supplementation of "good bacteria" in the intestinal tract. Experts discuss new methods.

Host: Nancy Benson. Guests: Dr. Mitchell Jones, Chief Scientific Officer, MicroPharma, Ltd.; Graham Rigby, Senior Vice President of Innovation and Research and Development, New Chapter Supplements.

2-23-14

Do we need vitamins?

Synopsis: Rigorous scientific studies increasingly show that for healthy people, vitamins do not prevent many major diseases, such as cancer and heart disease. However, the supplement industry contends that's not why people take vitamins. They see an effort to amass disputable ammunition to further regulate the supplement industry. Experts discuss both sides of the issue.

Host: Reed Pence. Guests: Dr. Edgar Miller, Prof. of Medicine and Epidemiology, Johns Hopkins Univ. co-author of vitamin editorial, Annals of Internal Medicine; John Shaw, Executive Director and CEO, Natural Products Association.

3-2-14

SEGMENT 2: Thyroid disease

Synopsis: Thyroid disease affects millions of Americans, many of whom have not been diagnosed. Experts discuss symptoms, causes, and treatments.

Host: Nancy Benson. Guests: Dr. Jordan Geller, endocrinologist, Beverly Hills, CA; Shannon Rosen, thyroid disorder patient, Cincinnati, OH; Dr. Jeffrey Garber, Chief of Endocrinology, Harvard Vanguard Medical Assoc., Associate Prof. of Medicine, Harvard Medical School and lead author, Clinical Practice Guidelines for Hypothyroidism in Adults.

3-9-14

SEGMENT 2: Silent reflux

Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder.

Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, The Chronic Cough Enigma.

3-23-14

SEGMENT 1: Obesity as a disease

Synopsis: Birmingham has a major issue with obesity. Last summer, the American Medical Association labeled obesity as a disease in hopes of getting physicians and society to take it more seriously as a medical problem and not as a lack of willpower. However, some researchers are finding psychological side effects of "having a disease." Experts discuss the effects of the declaration on the public and medical community.

Host: Reed Pence. Guests: Ted Kyle, spokesman, Obesity Society (obesity.org); Dr. David Katz, Director, Yale Univ. Prevention Research Center and author, Disease Proof: The Remarkable Truth About What Makes Us Well (davidkatzmd.com); Dr. Crystal Hoyt, Assoc. Prof. of Leadership Studies and Psychology, Univ. of Richmond; Dr. Jenny Bernette, Asst. Prof. of Psychology, Univ. Of Richmond (richmond.edu).

3-30-14

SEGMENT 1: Weight loss surgery and insurance

Synopsis: If obesity is defined a disease, why do a majority of employer-sponsored health plans refuse to cover weight loss surgery? Experts discuss reasons for this exclusion and new research showing the high costs of obesity's consequences, raising the possibility that paying for weight loss surgery could ultimately save insurers money.

Host: Reed Pence. Guests: Karin Anderson, weight loss surgery patient; Dr. John Morton, Chief of Bariatric Surgery, Stanford Univ. and President-Elect, American Society of Metabolic and Bariatric Surgeons (asmbs.org); Susan Pisano, Vice President for Communications, America's Health Insurance Plans (ahip.org); Dr. Marianne Udow-Phillips, Director, Center for Healthcare Research and Transformation, Univ. of Michigan (chrt.org)

1-12-14

Cutting

Synopsis: About one-fifth of teens at some point injure themselves in order to cope with emotional stress. Experts discuss the difference between self-injury and suicidal behavior, and offer tips on how parents should deal with a child who is trying to deal with stress through cutting.

Host: Reed Pence. Guests: Dr. Janis Whitlock, Director, Research Program on Self-Injurious Behavior in Adolescence and Young Adults, Cornell Univ.; Dr. Wendy Lader, co-founder and Clinical Director, SAFE Alternatives, co-founder, Self-Injury Foundation, and co-author, Bodily Harm: The Breakthrough Healing Program for Self-Injurers; Susan Bowman, licensed professional counselor and Vice President, Youth Light Publishers and Developmental Resources.

3/2/2014

History of Physics: Why it's important and fun to learn

SYNOPSIS: The history of physics is a long and extremely interesting one, littered with the names of some of the most famous scientists in the world, like Galileo, Newton, Copernicus, Einstein, Curie, and others. It is also the story of great discoveries that changed cultures, religious beliefs and politics over the centuries. We talk to a science historian about a few of the highlights throughout the long history of physics and astronomy.

Host: Marty Peterson. Guest: Tom Jackson, author of "Physics: An illustrated history of the foundations of science" – a Ponderables book.

3/30/14

SEGMENT #2- The Future of the Mind

SYNOPSIS: It's amazing that in the 21st century, science knows so much about all of the organs of the body save one: the brain. We talk to a scientist and author about the unbelievable abilities of the brain, how memories help us predict the future, where dreams are located, how brain injury can sometimes make someone a genius, and how research into brain function is opening up new areas of understanding the mind and its possibilities.

Host: Marty Peterson. Guests: Dr. Michio Kaku, physicist, professor of theoretical physics City College and City University of New York, co-founder of string theory, and author of "The Future of the Mind: The scientific quest to understand, enhance, and empower the mind,"

Business

2-16-14

Pregnancy job discrimination

Synopsis: In the heart of the birth of the civil rights movement, Birmingham is highly sensitive to discrimination. Job discrimination or lack of accommodation due to pregnancy has been illegal for 35 years, but courts have interpreted the law very narrowly, allowing discrimination against pregnant women to occur. Experts discuss how and why discrimination occurs, how women can help prevent it, and how a Congressional bill would tighten up enforcement.

Host: Reed Pence. Guests: Emily Martin, Vice President and General Counsel, National Women's Law Center; Dr. Whitney Botsford Morgan, Asst. Prof. of Management, Univ. of Houston-Downtown.

3-16-14

Long-Term Unemployed: It's more than just a financial toll

SYNOPSIS: Many Americans have been out of work for more than six months, and are considered "long-term unemployed." It's tough for everyone looking for a job, but especially hard for formerly well-paid white-collar workers. We talk to a researcher and author about the toll it takes on workers and their families, get some advice on how to lessen the frustration and depression that comes with being unemployed, and hear some strategies for getting unemployed workers back on the job.

Host: Marty Peterson. Guests: Ofer Sharone, Asst. Prof. at the Sloan School of Management, MIT, author of "Flawed System, Flawed Self,"

3/9/14

SEGMENT #2- How to Work a Room: Navigating business and social events

SYNOPSIS: Everyone has been the "stranger in the room" when they've attended a business or social event. It can be intimidating and awkward, and sometimes make you want to run out the door! We talk to the "mingle maven" about how to navigate these events by starting a conversation with someone you don't know, joining a group of strangers, handling difficult people, and extracting yourself from sticky situations.

Host: Marty Peterson. Guests: Susan RoAne, keynote speaker, coach, educator and author of the Silver Anniversary Edition of her best-selling book, "How To Work A Room," (www.susanroane.com).

Culture

1/5/14

America's History Through Objects & Artifacts

SYNOPSIS: We learn American history in school mainly through reading and lectures. Why not through tangible objects? We talk to a curator from the Smithsonian Institution about how their collections offer us a unique insight into our nation – even before it became a nation – that books, movies, and lectures can't.

Host: Gary Price. Guests: Richard Kurin, Undersecretary for History, Art and Culture, The Smithsonian Institution, Washington, DC, and author of the book, "The Smithsonian's History of America in 101 Objects."

1/12/14

Dorothea Lange: Bearing witness to hard times

SYNOPSIS: The Great Depression and the Dust Bowl years brought with them hardship and change for a large part of the country. We know about how difficult it was for Americans in cities and in farming communities on the Plains and the Southwest, in part, because of a little-known government photographer named Dorothea Lange, who documented the people and places hit hardest. We talk to her goddaughter and biographer about Lange, her life and the personal demons and disabilities that informed her unique style and her passion for her work.

1/12/14

Kids' Books: How dark and gory stories affect children

SYNOPSIS: It seems that kids' lit is getting darker and more violent all the time. Stories of zombies, vampires and intergalactic war are all the rage, and kids just can't get enough of them. But do these books make kids more violent or afraid? We talk to two best-selling authors of young people's literature about what kids look for in these stories, how they can help young people deal with their fears and create life-long reading habits.

Host: Marty Peterson. **Guests:** Adam Gidwitz, author of "The Grimm Conclusion," Anthony Horowitz, author of the Alex Rider stories, the latest of which is titled "Russian Roulette,"

2/9/14

Projects that Make Learning Science Fun

SYNOPSIS: We keep hearing that science is an important subject for American kids to master, but many don't develop an interest for it because they think it's just boring math and memorization. We talk to two men who spend their time making science fun for kids – and adults – using everyday items to illustrate and explain complex scientific principles.

Host: Gary Price. **Guests:** Stephen Voltz and Fritz Grobe, the "Coke and Mentos Guys," and authors of "How to Build a Hovercraft,"

Economic

1-5-14

Obesity and the military

Synopsis: The pool of recruits available to the US military is much more overweight and obese than ever, and some experts worry that it's a threat to readiness. Experts discuss the impact of obesity on our nation's finest.

Host: Reed Pence. **Guests:** Dr. Catherine Maclean, Asst. Prof. of Medical Ethics and Health Policy, Univ. of Pennsylvania Perelman School of Medicine; Dr. Lester Martinez-Lopez, Major General (ret.), US Army, former head, Army Medical and Research Command and member, Mission: Readiness; Stew Smith, fitness trainer and author

Home schooling for sick kids

Air week: 1-5-14

Synopsis: Children facing long term illness and medical care receive education wherever they are. Technology is helping those students maintain more normalcy and contact with their schools than has previously been possible. Experts discuss.

Host: Nancy Benson. **Guests:** Vicky McClure, teacher of sick children, Chicago Public Schools; Ned Semenite, Vice President, Product Development and Marketing, VGo Communications educational robot developer; Anna King, 8th grader, McCauley Junior High School, The Woodlands, TX