

List of significant programming

WEZZ, Gardendale, AL

For the quarter beginning October 1, 2014-December 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 4th Quarter of 2014.

Education

10-12-14

Restoring doctors' compassion

Synopsis: Doctors have often been advised to avoid emotions regarding patients in order to keep their decisions objective. However, this has led many patients to believe doctors don't care about them. A new movement in medicine seeks to reverse the trend and put compassion back in medicine, led by a "Healer's Art" class in many medical schools. Experts who teach the class explain.

11-19-14

Gay Teens: The trials of coming out and being bullied

For LGBT teens in a state as conservative as Alabama, the coming out process is often very stressful. What will my parents, relatives and friends think of me? Will I experience negativity? Ostracism? Or will everything be fine? We talk to two specialists in the area of gay teens about the issues of coming out to parents and friends, and how bullying because someone is gay affects the teen and others.

11-30-14

Reading to Kids: Why it's so important for their development

SYNOPSIS: Some of people's fondest childhood memories are the times when their parents read to them on a rainy day or at bedtime. More than just an entertaining interlude, these sessions help children develop their reading, comprehension and analytical skills. We talk to two children's reading specialists about how reading aloud to children can help them succeed in school and beyond.

12-21-14

Twice exceptional" children

Synopsis: Many people feel that gifted children don't need any help because they're so talented. But many gifted kids are so bored in school they become disruptive and do poorly, so they're not identified and their need for a challenge isn't met. Some gifted children also have disabilities, such as learning disabilities, that are not identified because they are masked by their gifts.

Health

10-5-14

The Dangers and the Value of High School Football

SYNOPSIS: There has been a lot of talk about the dangers of football, and the long-term physical trauma it can cause in the pro game. But what about in high school? In Alabama, high school football holds a special place in communities. We talk to a former sports reporter and a former player about the dangers and the benefits of the game on the youth level, and hear about other, non-physical, problems that high school football programs face.

10-12-14

Water and healing

Synopsis: Water is almost synonymous with relaxation and mental cleansing. A researcher explains the mind science behind it.

10-26-14

The reality of ebola

Synopsis: The ebola virus, which has killed thousands in West Africa, has made it to the US. Experts describe the characteristics of the virus and its transmission, whether there really is a risk to Americans, and the odds of success of new safety measures.

Breast cancer treatment

Synopsis: Breast cancer treatment has made great strides since doctors have determined several types and subtypes of cancers and the treatments that are optimum for each. An expert explains where breast cancer treatment is today.

11-9-14

Post-hospital syndrome

Synopsis: Many people who've recently been in the hospital quickly make a return trip, often with a different illness. Hospital stays themselves can make people sick, or at least susceptible to getting sick

11-2-14

Enchanted Objects: How they will change our lives

SYNOPSIS: These days, it's nothing to send a message, photo or business data right from your cell phone. In the near future, however, don't be surprised if your pill bottle cap will remind you to take your meds, or give you pollen counts for your usual route to work – and suggest an alternate one. You could even have your umbrella provide weather reports, and your watch tell you where there's likely to be icy patches on the sidewalk. We talk about these "enchanted objects," and an experiment called "The Array of Things" with two tech specialists, and find out how our lives will be changed by giving everyday things "superpowers."

11-16-14

Questions on lasik safety

Synopsis: Sixteen million Americans have had lasik surgery for vision correction, and some have complained of severe visual artifacts and eye pain. The former chief of the FDA branch that approved lasik has now petitioned the FDA to remove lasik devices

11-23-14

Introverts: More happy and fun than you think!

SYNOPSIS: Introverts get a bad reputation for being party poopers, shy, and even anti-social. Our two guests say that couldn't be further from the truth, and dispel the myths surrounding introverts. We discuss what introversion is, why it's not the same as shyness, how introverts can be gregarious, talkative and a lot of fun to be around.

12-14-14

The Affordable Care Act and access to care

Synopsis: Widely criticized across Alabama, the Affordable Care Act is moving into its second year. Some insured people are finding that getting access to care is extremely difficult due to meager provider networks and low doctors' payments. Many insured are also being surprised by high deductibles and co-payments.

12-28-14

Kidney dialysis

Synopsis: More than 400,000 Americans are on kidney dialysis, a number that may grow to 2 million by 2030 due to obesity-related diseases. Experts discuss the advantages and shortfalls of dialysis and new transplant waiting list rules that will give the best organs to recipients who will be able to use them the longest.

Cancer rehabilitation

Synopsis: People who undergo cancer treatment are not generally offered the same kind of physical rehabilitation given to others who suffer injuries and illnesses. A leader in the new field of cancer rehabilitation explains how it could improve outcomes and quality of life after cancer.

Economics

10-19-14

When We Die: The logistics of death

SYNOPSIS: When a loved-one dies, it's a time of great sorrow, and often confusion. How do you attend to the deceased's funeral? What about their banking? Credit cards? Notifying everyone? And what do you do when the heirs start fighting over the estate? We talk to two people who are specialists in these areas about what should be done after someone dies – and long before – to make the situation less difficult for everyone involved.

12-14-14

Christmas Overshopping

Synopsis: Compulsive overshoppers often are seeking to compensate for some unfilled internal need. An expert discusses these reasons and how people can learn to overcome compulsive shopping.

Family Issues

10-5-14

Pregnant? You're fired

Synopsis: Discrimination due to pregnancy has been illegal since the 1970's, yet it's still a common occurrence. Experts discuss the many pretexts employers use to fire pregnant women and the steps women need to take to combat it.

The emotional attachment of pets

Synopsis: Some people, particularly childless couples, insist they love their pets as much as anyone could love their children. Is the emotional attachment really the same? Experts discuss the evidence.

10-12-14

Domestic Violence: Why do abusers do it?

SYNOPSIS: After a rash of public domestic abuse stories that have had many Alabamians talking, many women and also men are victims of domestic violence and abuse. What makes an abusive husband or wife turn on their spouse? And how can we help the victims. We talk to two women who have worked with abusers and victims, about the reasons for abuse, what kind of behavior a woman or man should watch out for in

10-12-14

Co-Parenting: Raising children in two households

SYNOPSIS: Separations and divorces are common in the U.S., and out of those split-ups come children living in two households. These kids often experience situations and conflicts that their friends living in an intact household don't. We talk to a co-parenting specialist about how the parents' behavior, ability to compromise, and desire to put the child's needs above their own, can lead to successful parenting and well-adjusted, happy kids.

10-19-14

Twinless twins

Synopsis: Twins whose "other half" dies unexpectedly may face challenging issues of grief and identity. A well-known psychotherapist, herself a twin, explains these issues through the lens of her own life.

11-30-14

Midlife eating disorders

Synopsis: The last decade, the number of women over 30 seeking treatment for anorexia, bulimia and binge eating disorder has skyrocketed. Experts discuss the factors triggering eating disorders in midlife or bringing women in for treatment for long standing disorders.

12-28-14

Looking Ahead to 2015 – How are your finances?

SYNOPSIS: It's the end of 2014, and we're scrambling to get our financial houses in order for this year and plan a bit for the next. Our guest offers some last-minute advice on what you can do to save a bit on your taxes and plan ahead for a more secure financial situation in 2015.

Culture

10-26-14

Fighting fear and phobias

Synopsis: Halloween is the season for fright, but people with phobias may not have been in the mood to enjoy it. Research shows an effective way to combat phobias--admit out loud what you're afraid of. Most people are advised to pretend they're not afraid. The lead researcher of this study explains why pretending doesn't work and why this approach has promise.

11-9-14

Sports Strategy: It's about much more than winning

SYNOPSIS: In the heart of the college football season and with Alabama and Auburn having a lot of success, is the key to a successful sports franchise a winning player or team? Can that alone pack the stadium? Hardly. We talk to a seasoned sports strategist about many of the factors necessary for a profitable team, including venue, stars, image and the overall fan experience.

11-30-14

Color: How trends are created in fashion and society

SYNOPSIS: Have you ever wondered why some colors are "in" and others are "out"? Who decides these things? And what criteria do they use? We talk to a woman who is the expert on colors and trends about the social, economic and cultural events that make certain colors popular and others passé.

12-7-14

The Life and Music of Jazz Legend, Sheila Jordan

SYNOPSIS: Jazz is the quintessential American music genre, and nobody sings it better than Sheila Jordan. We talk to Jordan and her biographer about Jordan's rise from poverty to her career singing with some of the most famous jazz musicians of the 20th century, the racism that jazz musicians – both black and white – experienced, and the need to preserve this music for future generations.

12-21-14

Write a Novel in a Month? You *can* do it!

SYNOPSIS: Have you ever wanted to write a novel, but figured you didn't have the time? Or didn't know what to write or where to start? Our guest says that those perceived "problems" shouldn't be a roadblock to anyone who dreams of creating a work of fiction. We find out how to get started, where to find inspiration, how to keep from giving up, and, most importantly, how to finish your novel in a month.

Business

11-16-2014

Hotel Confidential: Secrets of getting the best service

SYNOPSIS: Have you ever wondered what goes on behind the desk at the major hotels in the U.S.? How come some guests always get the best rooms and service, and you end up in a room overlooking the alley? Why is it that you have to pay for your mini-bar peanuts and some guests never pay? We talk to a hospitality industry insider about his experiences in two large hotels; how hotels figure out who to put where; how the mini-bar and movies work; and how to get the best service from the staff that counts.

11-23-14

Sexual harassment of men

Synopsis: Some people believe it's not possible for men to be sexually harassed at work. But new studies show that not only is it possible, but men can be much more disturbed by it than most people think, and may react in some ways even more than women.

12-7-2014

Digital eyestrain

Synopsis: Increased use of computer screens and smartphones has brought an epidemic of eye complaints. Experts discuss why digital devices produce extra eyestrain and how people can avoid it.

12-14-14

Consumer and Business Protection from Tech Scammers

SYNOPSIS: Credit card and debit card scams are almost a weekly occurrence these days, and some of the biggest banks and retailers, have been victims, as well as small businesses and individual consumers. Is there anything we can do to stay safer? We talk to two tech security experts about how these scams are happening and how everyone can stay a little bit safer this holiday season, and beyond.