

4th Quarter Report

October 1 – December 31, 2017



**WZLR-FM Xenia, Ohio
Cox Radio, Inc.**

WZLR-FM Shows Listed in Report

10/01/17-12/31/17

Durations listed in Hours:Minutes:Seconds (02:00:00)

Radio Health Journal (Sunday) 5:00-5:30a.m.

View Points (Sunday)..... 5:30-6:00a.m.

WHIO Reports (Sunday) 6:00-6:30a.m.

Miami Valley Voices (Sunday)..... 6:30-7:00a.m.
(Current Issues Produced by the News Department)

ISSUE & DESCRIPTIONDATETIMELENGTHCIVIC ISSUES

10/29/17 5:30AM 00:09:09

VIEW POINTS: SEGMENT 2: There are 48 states in the continental United States. Some of them have borders that make a lot of sense, like Illinois which is flanked by rivers. But what about Michigan, Rhode Island, and so many others? We talk to writer Mark Stein about the borders that we've come to take for granted. Host: Marty Peterson. Guests: Mark Stein, author of *How the States Got Their Shapes*

10/29/17 6:00AM 00:24:21

WHIO REPORTS: State Issue 1 (Marsey's Law): This edition of WHIO Reports will focus on State Issue 2 also known as Marsey's Law. This law is designed to improve the rights of victims of crime. Guests Include: Cathy Lee Harper, Executive Director, Ohio Crime Victim Justice Center; Dani Brewer, Dayton-area crime victim and State Rep. Jim Butler, R-Oakwood.

11/5/17 6:00AM 00:24:30

WHIO REPORTS: Election Preview: This episode of WHIO Reports will focus on the upcoming general election on November 7. Guests include: Lynn Hulsey, Dayton Daily News reporter; Katie Wedell, Dayton Daily News reporter and Jeremy Kelley, Dayton Daily News reporter.

11/19/17 5:30AM 00:09:30

VIEW POINTS: SEGMENT 2: New gadgets and programs are constantly being invented. We talk to two leading experts on the subjects to highlight some of the software and hardware helping police and lawyers find the right criminals and get them convicted. Host: Marty Peterson. Guests: Lee Reiber, COO for Oxygen Forensics Inc.; Jerry Ropelato, CEO of White Clouds

12/3/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Brady Kress, CEO of Dayton History, on the 3rd annual Holiday Tree of Lights and festivities for the season at Carillon Historical Park, plus other changes to the park and other programs.

ISSUE & DESCRIPTIONDATETIMELENGTH

12/24/17 5:30AM 00:08:38

VIEW POINTS: SEGMENT 2: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season. Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of *Pearl Harbor Christmas: A world at war 1941*

CULTURAL ISSUES:

10/1/17 5:30AM 00:10:13

VIEW POINTS: SEGMENT 1: When Americans take vacations, it's often to places like theme parks, resorts, or national parks. Our guest says that there's a treasure trove of unique destinations around the world if you veer off the beaten vacation path. He talks about a few of the places you probably never heard about but which offer unique experiences, educational opportunities and a lot of fun. Host: Gary Price. Guests: Dylan Thuras, co-author of *Atlas Obscura: An explorer's guide to the world's hidden wonders*

10/8/17 5:30AM 00:08:44

VIEW POINTS: SEGMENT 1: We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children. Host: Gary Price. Guests: Soman Chainani, author of *The School for Good and Evil*

10/8/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Bob Taft, Holly Wiggins and Alex Hara talk about the 1,000 Cherry Trees Project, which planted its final tree in Dayton – a gift from Japan to the Dayton area in the wake of the community's response to the Fukushima disaster a few years ago.

ISSUE & DESCRIPTIONDATETIMELENGTH

10/15/17 5:30AM 00:09:20

VIEW POINTS: SEGMENT 2: For decades, we've loved stories where characters can travel through time. What is it about this seemingly straight-forward concept that draws us in and keeps us compelled all these years later? We talk to pop culture psychologist Dr. Travis Langley. Host: Marty Peterson. Guests: Dr. Travis Langley, author of *Doctor Who Psychology: A Madman with a Box*

10/29/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Katherine Siegworth and Jerry Smith, curators at the Dayton Art Institute, on its latest special exhibition and upcoming shows.

11/5/17 5:30AM 00:09:04

VIEW POINTS: SEGMENT 1: We've all been amused or annoyed by someone's bumper sticker, but have you ever stopped to think that these strips of adhesive paper with the pithy statements on them could actually mean something? We talk to a teacher and philosopher about the deeper meanings of popular bumper stickers. Host: Gary Price. Guests: Jack Bowen, philosopher and teacher at Menlo School in Atherton, CA and author, *If You Can Read This: The philosophy of bumper stickers*

11/12/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Sharon Rab, founder and director of the Dayton Literary Peace Prize, on the latest awards ceremony and this year's winners of the prestigious literature award.

11/19/17 5:00AM 00:06:54

RADIO HEALTH JOURNAL: SEGMENT 2: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain. Host: Nancy Benson. Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Eckman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.

ISSUE & DESCRIPTIONDATETIMELENGTH

11/19/17 5:30AM 00:09:14

VIEW POINTS: SEGMENT 1: Americans pride themselves on never forgetting the attacks and terrorism of our history, but somehow a 1920 attack on New York City has slipped through the cracks. Author Jed Rubenfeld talks about the first car bomb attack on Wall Street, the backdrop for one of his historical fiction novels. Host: Gary Price. Guests: Jed Rubenfeld, author of *The Death Instinct*

11/26/17 5:30AM 00:10:08

VIEW POINTS: SEGMENT 2:: At the beginning of the 20th century, W.E.B. Du Bois revolutionized scientific sociology, but was denied accolades because of his race. Now, we talk to scholars about what exactly Du Bois did to improve the study of sociology and what his impact truly was. Host: Marty Peterson. Guests: Aldon D. Morris, professor of sociology and African-American studies at Northwestern University, author of the book, *The Scholar Denied: W.E.B. Du Bois and the birth of modern sociology*.

12/3/17 5:30AM 00:10:30

VIEW POINTS: SEGMENT 2: Jack London is known for his rip-roaring adventure books, but he was also a social activist. We discover how London's own journey informed his writing, and how his books and stories reflect the plight of exploited workers and impoverished women and children. Host: Marty Peterson. Guests: Cecelia Tichi, William R. Kenan Jr. Professor of English and professor of American Studies at Vanderbilt University, author, *Jack London: A writer's fight for a better America*.

12/10/17 5:30AM 00:10:07

VIEW POINTS: SEGMENT 1: You see authors thank their editors all the time in the acknowledgements section of a book. But exactly what does an editor do? We talk to an editor himself who explains to us what an editor does to get the book from a manuscript to the finished copy on store shelves. Host: Gary Price. Guests: Peter Ginna, literary editor and author, *What Editors Do*

12/17/17 5:30AM 00:10:11

VIEW POINTS: SEGMENT 1: Diners are an American staple. It's where you stop for a piece of pie and a cup of coffee from coast to coast. But diners are slowly disappearing to larger chains. We talk about the waitresses who make the diners function and the culture behind the career. Host: Gary Price. Guests: Candacy Taylor, author, *Counter Culture: The American Coffee Shop Waitress*

ISSUE & DESCRIPTIONDATETIMELENGTH

12/17/17 5:30AM 00:08:38

VIEW POINTS: SEGMENT 2: It may seem like the best way to create a business is to only include the best and the brightest. But limiting your group to any standard, even Ivy League-education, can lead to groupthink. We talk to one expert about how cognitive diversity can improve the results for a school, business, or even an entire society. Host: Marty Peterson. Guests: Scott E. Page, Leonid Hurwicz Collegiate Professor at the University of Michigan and author, *The Difference: How the power of diversity creates better groups, firms, schools and societies*.

12/17/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Carol Clark, publisher of PRIZM, Ohio's new magazine focusing on issues in the LGBTQ community and part of Equitas Health, talking about the startup and issues facing the community.

12/24/17 5:30AM 00:10:11

VIEW POINTS: SEGEMENT 1: Smart phones and social media apps take up a lot of time for many Americans. We can't watch TV or sit at the dinner table without checking for notifications or scrolling Twitter simultaneously. That's what worried Christina Crook, who took a 31-day vacation from the internet to reconnect with her physical life. Host: Gary Price. Guests: Christina Crook, communications professional and author, *The Joy of Missing Out: Finding balance in a wired world*.

12/31/17 5:30AM 00:10:08

VIEW POINTS: SEGMENT 2: The world of television has never been busier. With more than 500 scripted shows airing in 2017, it's never been harder to keep up with the medium. We talk to TV critic Alan Sepinwall about staying on top of things, the trends of TV, and one of the great shows of the century so far, *Breaking Bad*. Host: Marty Peterson. Guests: Alan Sepinwall, TV critic for UPROXX.com and author of *Breaking Bad 101*

ISSUE & DESCRIPTIONDATETIMELENGTHECONOMY ISSUES:

10/22/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Amy Radachi of Rebuilding Together Dayton, which helps low income elderly people stay in their homes by doing needed renovations and repairs.

11/26/27 5:30AM 00:09:23

VIEW POINTS: SEGMENT 1: During the holidays, many parents fret over the materialistic messages their children are exposed to. We talk to a mom and an author who together have created a children's book and game designed to make giving back to others a fun pursuit. Host: Gary Price. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, North Pole Ninjas: Mission: Christmas

12/3/17 6:00AM 00:24:30

WHIO REPORTS: UD Arena Improvements: This edition of WHIO Reports will focus on the \$72 Million renovation project to improve and enhance the University of Dayton Arena. Guests include: Neil Sullivan, UD Vice President, Director of Athletics; Scott DeBolt, Senior Associate Athletics Director, Director of UD Arena and Beth Keyes, Vice President for Facilities and Campus Operations.

12/10/17 6:00AM 00:24:30

WHIO REPORTS: Charity Scam – This edition of WHIO Reports will focus on charitable giving. This time of the year a lot of us are in the spirit to be generous and want to be supportive when it comes to giving to charities. But, how do you know if that donation is going to be well spent? How do I find out more information about a non-profit that says they're helping people in the Miami Valley? Guests include: Christy Mauch, Better Business Bureau ; Tina Patterson, CEO, Homefull; Nicole Sturk, Echoing U.

12/10/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Doug and Beth Mann of For Love of Children, on its holiday toy drive for low-income families and children, plus other programs through the year.

ISSUE & DESCRIPTIONDATETIMELENGTH

12/24/17 6:00AM 00:24:30

WHIO REPORTS: Social Security Questions : This edition of WHIO Reports will focus on the questions you may have regarding social security. Whether you are on it now, approaching retirement age or have a long way to go, social security is there for you. We will be taking a look at how it works, what changes could be coming and what's the best way to make the most of the Social Security system. Guests include: Theresa Busher, Social Security Public Affairs Specialist; John Cambron, Social Security Supervisor, Xenia Office and Vickie Carraher, City of Kettering Senior Services, Chair of the Montgomery County Council on Aging.

12/31/17 5:00AM 00:06:34

RADIO HEALTH JOURNAL: SEGMENT 2: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem. Host: Nancy Benson. Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund

12/31/17 6:00AM 00:24:30

WHIO REPORTS: Dayton/Miami Valley Economy: This edition of WHIO Reports will focus on examining the Dayton economy. In the post-recession world we've been through a lot such as job losses, company shakeups and then a comeback. It's been a slow and steady return to the new normal. We look at what we've accomplished in 2017 and what's coming in the future. Guests Include: Phil Parker, President/CEO, Dayton Chamber of Commerce; Kelly Geers, Workforce Development Director, Earn to Learn and Scott Murphy, Vice President for Economic Development, Downtown Dayton Partnership.

12/31/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Cherish Cronmiller, director of Dayton's Community Action Partnership, on its programs to help low-income families with legal, heating, home and other issues.

ISSUE & DESCRIPTIONDATETIMELENGTHEDUCATION ISSUES:

10/1/17 5:30AM 00:08:31

VIEW POINTS: SEGMENT 2: College is thought of as a ticket to a better life. Non-traditional students- those who go to college later in life- can face an uphill battle in their fight to obtain that ticket. We talk to Mike Rose from UCLA about accommodating these students. Host: Marty Peterson. Guests: Mike Rose, faculty member at the UCLA Graduate School of Education and Information Studies, and author of the book *Back to School: Why everyone deserves a second chance at education*.

10/15/17 5:00AM 00:12:02

RADIO HEALTH JOURNAL: SEGMENT 1: Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change. Host: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

10/15/17 5:30AM 00:09:29

VIEW POINTS: SEGMENT 1: Sending your child off to school can be tricky, especially in the years before kindergarten. But Dr. Sharon Bouffard, a developmental psychologist, says doing so can make a big difference in your child's education. We explore the importance of high-quality pre-k schooling, and tips for parents on how to spot a good program from a bad one. Host: Gary Price. Guests: Dr. Sharon Bouffard, author of *The Most Important Year: Pre-Kindergarten and the Future of Our Children*

10/22/17 6:00AM 00:24:21

WHIO REPORTS: School Levies: This edition of WHIO Reports will focus on levies from two local school districts, Beavercreek and Kettering. We also examine the proposal voters will be facing from Sinclair Community College. Guests Include: Scott Inskeep,

ISSUE & DESCRIPTIONDATETIMELENGTH

Superintendent, Kettering City Schools; Paul Otten, Superintendent, Beavercreek City Schools and Dr. Steve Johnson, President, Sinclair Community College.

11/12/17 5:30AM 00:09:23

VIEW POINTS: SEGMENT 1: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics. Host: Gary Price. Guests: Bob Sun, inventor of *The 24 Game* and *First in Math*; Jason Wilkes, author, *Burn Math Class: and reinvent mathematics for yourself*

11/19/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Bridget Shingleton and Celine O'Neill of the Brunner Literacy Center on how they help adult non-readers, and a look at the problem.

12/3/17 5:30AM 00:09:51

VIEW POINTS: SEGMENT 1: We think of scientists as needing a lot of training before we can trust their findings. But for centuries, citizen scientists, not scientists by trade, have made some of the biggest discoveries. We talk to two experts about the need for average citizens to be the eyes and ears of big data collecting projects.

Host: Gary Price. Guests: Mary Ellen Hannibal, author, *Citizen Scientist: Searching for heroes and hope in an age of extinction*; Geoff LeBaron, director of Audubon Society's annual Christmas Bird Count

12/24/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Diane Farrell of the Dayton Metro Library updating the massive construction project renovating or replacing all the libraries in the county, plus the opening of the main downtown branch.

ISSUE & DESCRIPTIONDATETIMELENGTHENVIRONMENT ISSUES:

10/1/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Nora Vondrell, executive director of SICSA, a local non-profit animal shelter and adoption center, talks about their plans to expand and relocate; also, Audrey Starr of the Dayton YWCA on upcoming plans and programs.

10/8/17 5:30AM 00:09:56

VIEW POINTS: SEGMENT 2: Bats are often thought of as scary or dangerous. But two experts tell us... they're actually very helpful! They eat the insects we so desperately try to rid our yards and neighborhoods of. We explore the benefits of bats, and why their numbers are decreasing in alarming numbers. Host: Marty Peterson. Guests: Jodi Sedlock, Associate professor of biology, Lawrence University; Don Mitchell, author of *Flying Blind: One man's adventures battling buckthorn, making peace with authority, and creating a home for endangered bats*.

11/5/17 5:00AM 00:12:11

RADIO HEALTH JOURNAL: SEGMENT 1: Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem. Host: Reed Pence. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington

11/5/17 5:30AM 00:11:00

VIEW POINTS: SEGMENT 2: Typically, we think of gardens as a place meant to look nice or grow some vegetables. But gardener and author Benjamin Vogt says he believes gardens can be about cultivating a better environment and reconnecting humans with the nature around us. Host: Marty Peterson. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*

ISSUE & DESCRIPTIONDATETIMELENGTH

12/24/17 5:00AM 00:12:09

RADIO HEALTH JOURNAL: SEGMENT 1: Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season. Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives. Host: Shel Lustig. Guests: Dr. Howard Osofsky, Chrmn., Dept of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority

HEALTH/HUMAN SERVICES ISSUES:

10/1/17 5:00AM 00:12:39

RADIO HEALTH JOURNAL: SEGMENT 1: Fetal alcohol spectrum disorder affects around five percent of the US population with mental disabilities and behavioral problems. Researchers explain experiments on animals with a new treatment that could eliminate the disorder, perhaps even after birth. Host: Reed Pence. Guests: Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.

10/1/17 5:00AM 00:07:18

RADIO HEALTH JOURNAL: SEGMENT 2: Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility. Host: Nancy Benson. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH

ISSUE & DESCRIPTIONDATETIMELENGTH

10/1/17 6:00AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports will focus on State Issue 2 that will be on the November ballot. It's a controversial plan that according to supporters is designed to deal with the rising cost of prescription medication. The question before voters is whether to accept or reject the Ohio Drug Price Relief Act. Guests Include: Matt Borges, Ohio Taxpayers for Lower Drug Prices; Dale Butland, Ohioans Against the Deceptive Rx Ballot Issue and Katie Wedell, Reporter, Dayton Daily News.

10/8/17 5:00AM 00:12:48

RADIO HEALTH JOURNAL: SEGMENT 1: With the federal government's crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss. Host: Reed Pence. Guests: Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA

10/8/17 5:00AM 00:07:05

RADIO HEALTH JOURNAL: SEGMENT 2: Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history. Host: Nancy Benson. Guests: Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester

10/8/17 6:00AM 00:24:30

WHIO REPORTS: Health Care Reform: This edition of WHIO Reports will focus on Congress as it continues to consider making changes that will affect us in the Miami Valley, health care reform and the move to repeal and replace the Affordable Care Act (Obamacare), has been a start and stop and start again process. This week's episode will take a look at the challenges we face, the services from local public health agencies and what the coming changes could mean for all of us. Guests Include: Mariette Orłowski, Ph D., Associate Professor at Wright State University Boonshoft School of Medicine - Department of Population and Public Health; Dr. Kate Conway, Assistant Professor of Family Medicine; and Dr. Robert Dillaplain, Greene County Public Health.

ISSUE & DESCRIPTIONDATETIMELENGTH

10/15/17 5:00AM 00:07:39

RADIO HEALTH JOURNAL: SEGMENT 2: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it. Host: Nancy Benson. Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, *Pretty Sick: A Beauty Guide for Women With Cancer*

10/15/17 6:00AM 00:24:30

WHIO REPORTS: Human Services Levy: This edition of WHIO Reports will focus on the Human Services Levy in Montgomery County. The levy is a renewal, so there is no additional tax money being requested. The levy funds all kinds of services in the county. Guests Include: Tom Kelley, Assistant Montgomery County Administrator – Human Services; Commissioner Judy Dodge – Montgomery County and Charles Meadows – Human Services Levy Campaign Co-Chair.

10/15/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Clothes That Work director Paula Cosby, talking about the organization in Dayton that provides interview clothes and job skills coaching to folks re-entering the workforce.

10/22/17 5:00AM 00:12:40

RADIO HEALTH JOURNAL: SEGMENT 1: Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field. Host: Reed Pence. Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine

ISSUE & DESCRIPTIONDATETIMELENGTH

10/22/17 5:30AM 00:09:29

VIEW POINTS: SEGMENT 1: As we get older, we all will suffer from some memory loss. The question becomes what memory loss is a normal byproduct of getting older and when is it a sign of a larger problem, like Alzheimer's Disease. We talk to experts about this question, and what, if anything, we can do to avoid losing their memories. Host: Gary Price. Guests: Martha Weinman Lear, author of *Where Did I Leave My Glasses?: The what, when, and why of normal memory loss*; Dr. Marwan Sabbagh, author of *The Alzheimer's Answer: Reduce your risk and keep your brain healthy*

10/22/17 5:30AM 00:09:20

VIEW POINTS: SEGMENT 2: Narcissists are always thinking about themselves. While this takes a toll on their wellbeing, it also takes a big toll on the people around them. We talk about the disorder and tips for people who feel they're drowning in the orbit of a true narcissist. Host: Marty Peterson. Guests: Dr. Linda Martinez-Lewi, author of *Freeing Yourself from the Narcissist in Your Life*

10/29/17 5:00AM 00:12:00

RADIO HEALTH JOURNAL: SEGMENT 1: Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed. Host: Reed Pence. Guests: Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging & Disease, Georgetown Univ.

10/29/17 5:00AM 00:06:51

RADIO HEALTH JOURNAL: SEGMENT 2: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss. Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

ISSUE & DESCRIPTIONDATETIMELENGTH

10/29/17 5:30AM 00:09:47

VIEW POINTS: SEGMENT 1: If you've had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean. Host: Gary Price. Guests: Michael Erard, author of *Um: Slips, Stumbles and Verbal Blunders and What They Mean*

11/5/17 5:00AM 00:07:28

RADIO HEALTH JOURNAL: SEGMENT 2: Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment.
Host: Nancy Benson. Guests: Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital

11/5/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Interview with outgoing CEO of the St. Vincent DePaul Society homeless shelters in Dayton, David Bohardt, who is retiring – discussion of homelessness in the area.

11/12/17 5:00AM 00:11:37

RADIO HEALTH JOURNAL: SEGMENT 1: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be "clean." Host: Reed Pence. Guests: Dr. Mark Sklansky, Prof. and Chief, Division of Pediatric Cardiology, UCLA Mattel Children's Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, "The Inspirational Nurse;" Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

ISSUE & DESCRIPTIONDATETIMELENGTH

11/12/17 5:00AM 00:07:49

RADIO HEALTH JOURNAL: SEGMENT 2: Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes. Host: Nancy Benson. Guest: Maryn McKenna, author, *Big Chicken: The Incredible Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats*

11/12/17 5:30AM 00:09:09

VIEW POINTS: SEGMENT 2: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term. Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, *Why We Sleep: Unlocking the power of sleep and dreams*

11/19/17 5:00AM 00:12:31

RADIO HEALTH JOURNAL: SEGMENT 1: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age. Host: Reed Pence. Guests: Melanie Merriman, author, *Holding the Net: Caring For My Mother On the Tightrope of Aging*; Joy Loverde, author, *Who Will Take Care of Me When I'm Old?*

11/19/17 6:00AM 00:24:30

WHIO REPORTS: Winter Weather Preps: This edition of WHIO Reports will focus on prepping for the 2017-2018 winter weather season. We will take a look at how road conditions affect commuters, how schools handle snow days, truck safety and do local counties and municipalities have enough salt for the winter season. Guests include: McCall Vrydaghs, WHIO-TV Meteorologist; Kirstie Zontini, WHIO-TV Meteorologist; and Robert Geyer, Greene County Engineer.

ISSUE & DESCRIPTIONDATETIMELENGTH

11/26/17 5:00AM 00:11:08

RADIO HEALTH JOURNAL: SEGMENT 1: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable. Host: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, *Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman*

11/26/17 5:00AM 00:08:05

RADIO HEALTH JOURNAL: SEGMENT 2: 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. Guest: Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

11/26/17 6:00AM 00:24:30

WHIO REPORTS: Valley Food Relief: This edition of WHIO Reports will focus on the Valley Food Relief Campaign. The annual event invites all kinds of people around the Miami Valley to show their support for the community. It's a painless and simple way to make a lasting contribution to the people of the greater Dayton region. Guests include: Michelle Riley, CEO, The Foodbank ; Amb. Tony Hall, Hall Hunger Initiative; Kyle Gulley, Hearth Community Place Food Pantry.

11/26/17 6:30AM 00:30:00

MIAMI VALLEY VOICES: Michelle Riley, CEO of the Dayton Foodbank, on the kickoff of this year's Dayton Daily News Valley Food Relief fundraising campaign for the regional food distribution center for pantries.

ISSUE & DESCRIPTIONDATETIMELENGTH

12/3/17 5:00AM 00:07:41

RADIO HEALTH JOURNAL: SEGMENT 2: Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available. Host: Nancy Benson. Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine

12/10/17 5:00AM 00:12:38

RADIO HEALTH JOURNAL: SEGMENT 1: Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they're prepared. Host: Reed Pence. Guests: Dr. Jeanne Van Cleve, Asst Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL

12/10/17 5:00AM 00:07:19

RADIO HEALTH JOURNAL: SEGMENT 2: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies. Host: Nancy Benson. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, *Your Blood Never Lies* and *Cracking the Metabolic Code*

12/10/17 5:30AM 00:09:00

VIEW POINTS: SEGMENT 2: When you're the new person at the office, in the neighborhood or at a party it can be an awkward situation, especially if you're not the most gregarious person. Our guest discusses the issue and offers advice on how to navigate various situations when you're the newbie in the room. Host: Marty Peterson. Guests: Keith Rollag, Associate Professor of Management, and Chairman of the Management Division at Babson College, Wellesley, MA, and of author of *What to Do When You're New: How to be comfortable, confident and successful in new situations.*

ISSUE & DESCRIPTIONDATETIMELENGTH

12/17/17 5:00AM 00:12:03

RADIO HEALTH JOURNAL: SEGMENT 1: Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works. Host: Shel Lustig. Guest: Dr. Richard Davidson, Prof. of Psychology and Psychiatry and founder and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, *Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body*

12/17/17 5:00AM 00:07:23

RADIO HEALTH JOURNAL: SEGMENT 2: Hiccups are annoying and uncomfortable, and doctors don't know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work. Host: Nancy Benson. Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine

12/17/17 6:00AM 00:24:30

WHIO REPORTS: CASA Program: This edition of WHIO Reports will focus on a special effort in Montgomery County that helps foster children as they progress through the court system, back to their biological parents or on to adoptive parents. It's called CASA which stands for Court Appointed Special Advocates. They are the eyes and ears of the judicial system, speaking out for the children. Guests include: Jane P. Novak, CASA Program Manager; Al Minor, CASA Volunteer Coordinator and Charlotte Lemming, CASA Volunteer and retired Dayton Children's Hospital social worker.

12/24/17 5:00AM 00:07:37

RADIO HEALTH JOURNAL: SEGMENT 2: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains. Host: Nancy Benson. Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO.

ISSUE & DESCRIPTIONDATETIMELENGTH

12/31/17 5:00AM 00:13:11

RADIO HEALTH JOURNAL: SEGMENT 1: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know. Host: Reed Pence. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

12/31/17 5:30AM 00:11:07

VIEW POINTS: SEGMENT 1: In a country that seems to be pulling away more and more every day, it can seem nearly impossible to find time for yourself to clear your mind and feel joy. We talk to Douglas Abrams about the week he spent learning from two of the world's spiritual leaders, His Holiness the 14th Dalai Lama and Archbishop Desmond Tutu. Abrams shares the joy practices and little things that the Dalai Lama and Archbishop Tutu do daily to experience joy regularly. Host: Gary Price. Guests: Douglas Abrams, author of *The Book of Joy: Happiness in a Changing World*

PUBLIC SAFETY ISSUES:

10/22/17 5:00AM 00:7:13

RADIO HEALTH JOURNAL: SEGMENT 2: Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes. Host: Nancy Benson. Guests: Jonathan Jones and Kylene Jones, co-authors, *The Provident Prepper: A Common Sense Guide to Preparing for Emergencies*

11/12/17 6:00AM 00:24:30

WHIO REPORTS: Domestic Violence: This episode of WHIO Reports will focus on preventing domestic violence, symptoms of women and teens being abused and how to get help. Guests include: Jane Keiffer, Executive Director, Artemis Center; Debbie Matheson, Family Violence Prevention Center of Greene County and Harmony Byrd, Family Prevention Center of Greene County.

ISSUE & DESCRIPTIONDATETIMELENGTH

12/03/17 5:00AM 00:12:16

RADIO HEALTH JOURNAL: SEGMENT 1: Millions of vulnerable low-wage workers are exploited and trapped, both in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued. Host: Reed Pence. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago