

WUSQ-FM  
Winchester, VA  
Quarterly Issues/Programs List  
Second Quarter, 2013

WUSQ-FM  
Quarterly Issues/Programs List

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WUSQ-FM provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

- **Awareness:** Making our community aware of new services provided by SPCA and the Salvation Army.
- **Community Engagement:** Making our community aware of the results from the latest needs assessment study.
- **Domestic Violence:** The Laurel Center will double its capacity with the opening of its new building.
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- **Education:** Interviewed two different organizations whose goal includes a better education: Big Brothers tutor and Access Independence's mission includes education about people with disabilities.
- **Mental Health Care:** Promoting awareness of local mental healthcare and available services for mentally ill and their families.
- **Mentoring:** Interview discussing the scope and mission of NW Works.
- **Senior Care:** Making our community aware of the need for senior's mobility and the lack of volunteers to transport them.

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**Section I  
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/ TIME	DURATION
Mental Health Care	VA Crossroads-Concern Hotline	Discusses the growing need for mental health care in the valley.	Sue Hildreth, Executive Director	04/07/2013 07:02 AM	031:56
Mentoring	VA Crossroads-NW Works	Discusses the scope and mission of NW Works.	Jon Brauer, Executive Director	04/14/2013 07:03 AM	035:07

Awareness	VA Crossroads-SPCA	Discusses SPCA needs and practices.	Ellen Taylor, Executive Director	04/21/2013 07:01 AM	030:10
Mentoring	VA Crossroads-NW Works	Discusses the scope and mission of NW Works.	Jon Brauer, Executive Director	04/28/2013 07:01 AM	035:07
Homelessness	VA Crossroads-Help With Housing	Discusses the overwhelming need for services.	Paula Costello, Executive Director	05/05/2013 07:02 AM	033:43
Domestic Violence	VA Crossroads-The Laurel Center	Discusses the opening of the new building allowing for greater capacity and more local abused women to be served.	Melissa Nilson, Domestic Violence Coordinator	05/12/2013 07:03 AM	031:10
Mental Health Care	VA Crossroads-NAMI	Discusses NAMI outreach and available services for mentally ill and their families.	Steve Tichner, Vice President & Rene Smith, Board Member	05/19/2013 07:00 AM	034:27
Awareness	VA Crossroads-Salvation Army	Announces outreach programs being offered this summer to underprivileged children in our area.	Denitza Porras, Major in Salvation Army	05/26/2013 07:02 AM	034:38
Education	VA Crossroads- Big Brothers/Big Sisters	Educates us about outcomes of Big Brothers/Big Sisters program.	Julie Ferrell, Executive Director & Adam Glougau, Program Participant	06/02/2013 07:00 AM	033:08
Education	VA Crossroads-Access Independence	Discusses lack of resources for the disabled in our area.	Diane Starkey, Executive Director	06/09/2013 07:00 AM	032:38
Senior Care	VA Crossroads-Shenandoah Area Agency on Aging	Discusses the lack of volunteers to transport seniors in our area.	Bob Haas, Director of Transportation	06/16/2013 07:03 AM	030:36
Community Engagement	VA Crossroads-United Way	Discusses results of "needs study" of our community.	Joe Sthulman, Executive Director	06/23/2013 07:03 AM	030:36
Mental Health Care	VA Crossroads-NAMI	Discusses NAMI outreach and available services for mentally ill and their families.	Steve Tichner, Vice President & Rene Smith, Board Member	06/30/2013 07:00 AM	030:10
Fundraiser	WUSQ Community Microphone-Kiwanis Club	Announces upcoming Community Pancake Day Fundraiser.	Ray Meeker, Chairman	04/03/2013 06:15 AM	010:00
Community Engagement	WUSQ Community Microphone-Salvation Army	Announces upcoming Salvation Army Food Drive.	Denitza Porras, Major in Salvation Army	05/20/2013 06:15 AM	010:00
Mentoring	WUSQ Community Microphone- Big Brothers/Big Sisters	Speaks about becoming a "Big".	Julie Ferrell, Executive Director	05/29/2013 06:15 AM	010:00
Fundraising	WUSQ Community Microphone- MS	Speaks about riding for 20 years in the MS Bike Ride and asking for donations.	Dan Gloster, Participant	06/04/2013 06:15 AM	010:00
Awareness	WUSQ Community Microphone-	Announces the upcoming Roll Your Own event.	Diane Starkey, Executive Director	06/05/2013 06:15 AM	010:00

	Access Independence				
Community Engagement	WUSQ Community Microphone- American Cancer Society	Discusses the changes at this year's Relay for Life and invites participants.	Judy Alchire, Chairperson	06/12/2013 06:15 AM	010:00

**Section II  
NETWORK (and/or SYNDICATED) PROGRAMMING**

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues. Radio Health Journal airs on WUSQ on Sunday mornings at 7:30 a.m.

ISSUE	PROGRAM / TITLE	DESCRIPTION	DATE/TIME	DURATION
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## Radio Health Journal®

Program # 13-14      Air week: 4-7-13

Producer: Reed Pence      Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1— Alzheimer's Association "One in Three" OUT Q: ...at ALZ.org.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Food waste	12:51

Synopsis: Americans throw out 25 percent of the food we bring home. Food makes up 18 percent of landfills. Experts discuss why we waste so much, how to combat waste, and how hunger organizations are turning food that used to be thrown out into good meals for the needy.

Host: Reed Pence. Guests: Jonathan Bloom, author, American Wasteland; Pam Stuppy, registered dietitian, York, ME and Portsmouth, NH; Ross Fraser, spokesman, Feeding America

**COMPLIANCY ISSUES COVERED:** economics; environment; family issues; public health; hunger and poverty; charitable organizations

14:56	SPOT BREAK #2—Pompeian Olive Oil "Change Your Oil" OUT Q:...facebook.com/Pompeian	:62
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15:58	:02 PAUSE FOR LOCAL AVAIL	:02
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16:00	SEGMENT 2: Two generations of ADHD Synopsis: Having a child with ADHD is often difficult for parents, but when a parent has ADHD as well, it can set up an explosive situation. One such parent who went on a quest of understanding explains the "inside story" of the dynamic and suggests solutions.	7:59
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Host: Nancy Benson. Guest: Katherine Ellison, author, Buzz: A Year of Paying Attention

**COMPLIANCY ISSUES COVERED:** family issues; youth at risk; mental health; consumerism

23:59	SPOT BREAK #3— Novartis "Cushing's Disease Awareness Day"	:57
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24:56	Medical Notes and News. Host: Shel Lustig	1:35
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26:31	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:58
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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## Radio Health Journal®

Program # 13-15 Air week: 4-14-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—Dux Dental "Cross Contamination" OUT Q: ... <a href="http://www.bit.ly/bibclip">www.bit.ly/bibclip</a> .	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Bike safety: how much do helmets count?	12:49

Synopsis: Twenty-one US states require bicycle helmets for children, but they remain controversial for adults and few jurisdictions require them. Experts discuss conflicting evidence on helmet effectiveness, the possibility that helmet laws reduce ridership, and other governmental actions that could reduce injuries and deaths even more than helmets.

Host: Reed Pence. Guests: Randy Swart, Director, Bicycle Helmet Safety Institute; Avery Burdett, blogger at [VehicularCyclist.com](http://VehicularCyclist.com) and editorial board member, Bicycle Helmet Research Foundation; Dr. Susan Shaheen, Co-Director, Transportation Sustainability Research Center, Univ. of California, Berkeley

**COMPLIANCY ISSUES COVERED:** public health; public safety; traffic safety; consumerism and consumer protection; government and regulation; individual rights; parenting issues; youth at risk

14:54	SPOT BREAK #2— Alzheimer's Association "Long Distance Caregivers" OUT Q: ...at <a href="http://ALZ.org">ALZ.org</a> .	:62
15:56	:02 PAUSE FOR LOCAL AVAIL	:02
15:58	SEGMENT 2: Height, beauty, and criminality	7:53

Synopsis: Researchers have found that short, less-attractive people are less likely to be employed than tall, beautiful people, and so are statistically more likely to turn to a life of crime. Experts discuss the ramifications of this legal discrimination on society.

Host: Nancy Benson. Guests: Dr. Gregory Price, Prof. of Economics, Morehouse College; Deborah Rhode, Director, Stanford Center for the Legal Profession.

**COMPLIANCY ISSUES COVERED:** crime and criminal justice system; economics; employment and unemployment; discrimination

23:51	SPOT BREAK #3—Hennion & Walsh "Tax Free"	:60
24:51	Medical Notes and News. Host: Shel Lustig	1:38
26:29	SPOT BREAK #4—Donate Cars "Going to Do"	:60

27:29 Conclusion of program :30  
 27:59 TOTAL TIME

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# Radio Health Journal®

Program # 13-16 Air week: 4-21-13

Producer: Reed Pence Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1—Dux Dental "Cross Contamination" OUT Q: ...www.bit.ly/bibclip.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Caregiving and the workplace	12:19

Synopsis: About one of every six US workers is also a caregiver for an elderly parent or loved one. This creates a drag on productivity in the workplace as employees arrive late, leave early, take work time for caregiving issues and deal with extra stress. Co-workers also have to pick up the slack for these workers. Experts discuss the issue and how employers can prevent problems.

Host: Reed Pence. Guests: Gail Gibson Hunt, President and CEO, National Alliance for Caregiving; Jody Gastfriend, Vice President of Senior Care, Care.com.

**COMPLIANCY ISSUES COVERED:** workplace and employment issues; senior citizens and elderly; federal government; economics

14:24	SPOT BREAK #2— US Tax Shield "Settlement" OUT Q: ... 800-226-8183.	:60
15:24	:02 PAUSE FOR LOCAL AVAIL	:02
15:26	SEGMENT 2: Food trends	8:33

Synopsis: Most people would like to eat healthy foods. But other factors such as cost and ease of preparation are much more important in our food choices. A longtime food market researcher discusses why we choose the foods we eat.

Host: Nancy Benson. Guest: Harry Balzer, Chief Industry Analyst, NPD Group.

**COMPLIANCY ISSUES COVERED:** economics; consumerism; health and nutrition

23:59	SPOT BREAK #3— Donate Cars "Going to Do"	:60
24:59	Medical Notes and News. Host: Shel Lustig	1:32
26:31	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:58
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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# Radio Health Journal®

Program # 13-17 Air week: 4-28-13

Producer: Reed Pence Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1—A Place for Mom OUT Q: ...800-349-0644.	:59
2:00	:02 PAUSE FOR LOCAL AVAIL	:02
2:02	SEGMENT 1: Allergies and climate change	12:15
	Synopsis: The 40 million Americans with allergies are finding allergy seasons are getting longer with higher pollen counts as a health.	
	Host: Reed Pence. Guests: Dr. Kim Knowlton, Senior Scientist, Health and Environment Program, Natural Resources Defense Systems and Global Change Laboratory.	
	<b>COMPLIANCY ISSUES COVERED:</b> public health; environment; climate change; economics; agriculture	
14:17	SPOT BREAK #2— US Tax Shield "Settlement" OUT Q: ... 800-226-8183.	:60
15:17	:02 PAUSE FOR LOCAL AVAIL	:02
15:19	SEGMENT 2: A major endorsement of the Mediterranean diet	8:09
	Synopsis: The Mediterranean diet, high in olive oil, beans, nuts, vegetables and fish, has been found to cut the risk of death by up to 30 percent in high risk people. Experts discuss why this style of eating confers such advantages and how people can eat such a diet inexpensively.	
	Host: Lynn Holley. Guests: Dr. Angelo Acquista, New York Univ. Medical Center and author, <u>The Mediterranean Prescription</u> ;	
	<b>COMPLIANCY ISSUES COVERED:</b> health and nutrition; public health; family issues; economics.	
23:26	SPOT BREAK #3— Donate Cars "Going to Do"	:60
24:26	Medical Notes and News. Host: Shel Lustig	2:05
26:31	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:59
27:30	Conclusion of program	:30
28:00	TOTAL TIME	

result of climate change. Experts discuss this change and how it could affect public

Council; Dr. Lew Ziska, plant ecologist, USDA Agricultural Research Service Crop

to 30 percent in high risk people. Experts discuss why this style of eating confers such

Nancy Harmon Jenkins, author, The New Mediterranean Diet.

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## Radio Health Journal®

Program # 13-18 Air week: 5-5-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1—A Place for Mom OUT Q: ...800-349-0644.	:60
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: "Truth serum"	13:22

Synopsis: Police and prosecutors have long sought technologies to help them solve crimes and gain convictions. Use of "truth serum" is one such effort. Research shows subjects are able to lie and are extremely suggestible under its influence, so these narcoanalytic interviews are seldom used. Even so, a Colorado judge has okayed their use on the alleged Aurora theater shooter should he attempt an insanity defense. Is that ethical? Might it work? Experts discuss truth serum and its use.

Host: Reed Pence. Guests: Dr. August Piper, psychiatrist and internist, Seattle, researcher into narcoanalytic interviews; Dr. Elliot Atkins, clinical and forensic psychologist

**COMPLIANCY ISSUES COVERED:** Law, criminal justice system and courts; ethics; law and medicine

15:25	SPOT BREAK #2— US Tax Shield "Settlement" OUT Q: ... 800-226-8183.	:61
16:26	:02 PAUSE FOR LOCAL AVAIL	:02
16:28	SEGMENT 2: "Imaginary" illness	6:59

Synopsis: Diseases that produce no diagnosis are frustrating for both patient and physician, to the point that some doctors conclude that even a real illness must be "all in a patient's head." One victim discusses such a misdiagnosis and its implications.

Host: Lynn Holley. Guests: Dr. Chloe Atkins, Assoc. Prof. of Law and Society, Univ. of Calgary and author, [My Imaginary Illness: A Journey into Uncertainty and Prejudice in Medical Diagnosis](#); Dr. Brian Hodges, Prof. of Psychiatry, Univ. of Toronto.

**COMPLIANCY ISSUES COVERED:** Ethics; health care

23:27	SPOT BREAK #3— Donate Cars "Going to Do"	:60
24:27	Medical Notes and News. Host: Shel Lustig	2:02
26:29	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:60
27:29	Conclusion of program	:30

27:59 TOTAL TIME

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## Radio Health Journal®

Program # 13-19 Air week: 5-12-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1— Hennion & Walsh "Tax Free" OUT Q: ...SIPC.	:60
2:01	:02 PAUSE FOR LOCAL AVAIL	:02
2:03	SEGMENT 1: Getting a good night's sleep	13:07
	Synopsis: As many as 40 percent of Americans suffer from insomnia. Two experts discuss consequences of our sleep deficit and a variety of ways to give people a better chance to sleep soundly all night.	
	Host: Reed Pence. Guests: Dr. Nina Shapiro, Prof. of Head and Neck Surgery, UCLA; Dr. Sara Gottfried, Integrative Physician and author, <a href="#">The Hormone Cure</a> .	
	<b>COMPLIANCY ISSUES COVERED:</b> public health; women's issues; nutrition; youth at risk	
	SPOT BREAK #2—National Mango Board "Mango Studies" OUT Q: ... 800-226-8183.	1:59
15:10	:02 PAUSE FOR LOCAL AVAIL	:02
17:09	SEGMENT 2: The beginning of modern cancer treatment	7:52
	Synopsis: Scientists are hotly pursuing the genetic roots of cancer to treat the disease without harming normal cells. But when they first stumbled onto a single mutation that caused a form of leukemia in 1959, researchers had no idea what to do with the discovery. A science writer describes 40 years of innovation to get from the microscope to the first genetic treatment.	
	Host: Nancy Benson. Guests: Jessica Wapner, author, <a href="#">The Philadelphia Chromosome: A Mutant Gene and the Quest to Cure Cancer at the Genetic Level</a> .	
	<b>COMPLIANCY ISSUES COVERED:</b> health care; public health; science and technology; economics	
25:03	Medical Notes and News. Host: Shel Lustig	1:27
26:30	SPOT BREAK #3— US Tax Shield "Settlement"	:59
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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## Radio Health Journal®

Program # 13-20 Air week: 5-19-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1— Arm & Hammer "Spinbrush Spring Cleaning" OUT Q: ...at Spinbrush.com.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: The midlife crisis myth	12:22

Synopsis: Many people believe that middle aged men almost inevitably face a midlife crisis, resulting in intemperate behavior, divorce and the purchase of convertibles. Experts trace the origins of the theory and why it doesn't hold up to examination.

Host: Reed Pence. Guests: Dr. Margie Lachman, Prof. of Psychology, Brandeis Univ.; Dr. David Almeida, Prof. of Human Development, Pennsylvania State Univ.

**COMPLIANCY ISSUES COVERED:** Aging; mental health issues; men's issues

14:27	SPOT BREAK #2—National Mango Board "Mango Studies" OUT Q: ... 800-226-8183.	2:00
16:27	:02 PAUSE FOR LOCAL AVAIL	:02
16:29	SEGMENT 2: DNA and incest: what's a doctor's ethical obligation?	6:54

Synopsis: New DNA tests given for other reasons can reveal when a new baby is the product of incest, even without parental cooperation. A doctor's legal obligation to report is clear in the case of child abuse. But what should doctors do if both parents are of age and incest is revealed? Experts discuss.

Host: Nancy Benson. Guests: Dr. Arthur Baudet, Prof. and Chair, Dept. of Molecular and human Genetics, Baylor College of Medicine; Dr. Christine Courtois, psychologist and author, [Healing the Incest Wound: Adult Survivors in Therapy.](#)

**COMPLIANCY ISSUES COVERED:** youth at risk; technology; ethics; sexual abuse

23:23	Medical Notes and News. Host: Shel Lustig	3:06
26:29	SPOT BREAK #3— US Tax Shield "Settlement"	:60
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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## Radio Health Journal®

Program # 13-21      Air week: 5-26-13

Producers: Reed Pence and Molly Nagle      Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1— Arm & Hammer "Spinbrush Spring Cleaning" OUT Q: ...at Spinbrush.com.	:62
2:03	:02 PAUSE FOR LOCAL AVAIL	:02
2:05	SEGMENT 1: Alimentary adventures	13:04
	Synopsis: Most people have little idea what goes on in the digestive system. A science writer explains everything she found during an exhaustive investigation.	
	Host: Reed Pence. Guest: Mary Roach, author, <a href="#">Gulp: Adventures On the Alimentary Canal</a>	
	<b>COMPLIANCY ISSUES COVERED:</b> health care; public health	
15:09	SPOT BREAK #2—Roche "Accuracy in Blood Glucose Monitors" OUT Q: ... <a href="http://www.accu-chek.com">www.accu-chek.com</a> .	:57
16:06	:02 PAUSE FOR LOCAL AVAIL	:02
16:08	SEGMENT 2: Drowning: it doesn't look like you think	7:22
	Synopsis: Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble.	
	Host: Nancy Benson. Guests: Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard.	
	<b>COMPLIANCY ISSUES COVERED:</b> youth at risk; water safety; public safety; consumerism	
23:30	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:59
24:29	Medical Notes and News. Host: Shel Lustig	2:00
26:29	SPOT BREAK #4— US Tax Shield "Settlement"	:61
27:30	Conclusion of program	:30
28:00	TOTAL TIME	

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# Radio Health Journal®

Program # 13-22 Air week: 6-2-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:00	SPOT BREAK #1— Pet Armor "Vested Interest" OUT Q: ... that's PetArmor.com.	:62
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: Silver fillings	14:04

Synopsis: Some 180 million Americans have silver tooth fillings, which contain mercury. Some advocates and dentists claim they should be banned because they release mercury vapor, which can cause severe health problems. However, the FDA, American Dental Association and other authorities insist there is no health issue. Experts on each side discuss the evidence.

Host: Reed Pence. Guests: Freya Koss, Director, Pennsylvania Coalition for Mercury-Free Dentistry and publicist, International Academy of Oral Medicine and Toxicology; Dr. Phillip Sukeel, mercury-free dentist, Huntley, IL and former President, International Academy of Oral Medicine and Toxicology; Dr. Edmond Hewlett, Prof. of Restorative Dentistry, UCLA School of Dentistry and consumer advisor, American Dental Assn.

**COMPLIANCY ISSUES COVERED:** health care; public health; consumer safety; environment; federal government and regulation

16:08	SPOT BREAK #2—Donate Cars "Going to Do" OUT Q: 800-835-1478.	:60
17:08	:02 PAUSE FOR LOCAL AVAIL	:02
17:10	SEGMENT 2: Inside the last alms house	6:52

Synopsis: Most US counties had an alms house at one time, a form of charity hospital/housing for longer term recovery. Today, almost none exist. A doctor who spent 20 years at an alms house discusses the lessons it brings to how medicine can be done.

Host: Nancy Benson. Guest: Dr. Victoria Sweet, Assoc. Clinical Prof. of Medicine, Univ. of California, San Francisco and author,

[God's Hotel: A Doctor, A Hospital, and a Pilgrimage to the Heart of Medicine](#)

**COMPLIANCY ISSUES COVERED:** health care; public health; poverty

24:02	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:59
25:01	Medical Notes and News. Host: Shel Lustig	1:30
26:29	SPOT BREAK #4— US Tax Shield "Settlement"	:60
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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# Radio Health Journal®

Program # 13-23 Air week: 6-9-13

Producers: Reed Pence and Molly Nagle Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:00	SPOT BREAK #1— Pet Armor "Vested Interest" OUT Q: ... that's PetArmor.com.	:62
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: Group doctor's appointments	12:27

Synopsis: Access to doctors is a major problem in American healthcare. It can take weeks to get in to the doctor, and then a patient may have just a few minutes time in the exam room. Researchers have devised group visits as a solution, as long as patients are willing to share their lengthened appointment time with a dozen or so other patients. Experts discuss the pro's and con's.

Host: Reed Pence. Guests: Dr. Edward Noffsinger, group visit consultant and author, [The ABC's of Group Visits](#); Dr. Edward Shahady, Medical Director, Diabetes Master Clinician Program, Florida Academy of Family Physicians.

**COMPLIANCY ISSUES COVERED:** health care; public health; consumerism; economics; privacy

14:31	SPOT BREAK #2—Cherry Marketing Institute "Race Season" OUT Q: ...visit ChooseCherries.com.	:59
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15:30	:02 PAUSE FOR LOCAL AVAIL	:02
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15:32	SEGMENT 2: Failure to launch Synopsis: It's much more common today for 20-somethings to delay moving out of Mom and Dad's house to start an independent life. An expert discusses the reasons for this trend, and emerging thought on whether this apparent new stage of life is normal.	8:20
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Host: Nancy Benson. Guest: Dr. Jeffrey Jensen Arnett, Prof. of Research Psychology, Clark Univ. and author, [When Will My Grown Up Child Grow Up? Loving and Understanding Your Emerging Adult](#)

**COMPLIANCY ISSUES COVERED:** youth at risk; employment; economics

23:51	SPOT BREAK #3—US Potato Board "Nutritious Potatoes"	:62
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24:53	Medical Notes and News. Host: Shel Lustig	1:37
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26:30	SPOT BREAK #4— Hennion & Walsh "Tax Free"	:60
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27:30	Conclusion of program	:30
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28:00	TOTAL TIME	
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# Radio Health Journal®

Program # 13-24 Air week: 6-16-13

Producer: Reed Pence Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:00	SPOT BREAK #1— Cherry Marketing Institute “Race Season” OUT Q: ...visit ChooseCherries.com.	:59
1:59	:02 PAUSE FOR LOCAL AVAIL	:02
2:01	SEGMENT 1: Raising kids in a toxic world	13:12
	Synopsis: Children are most vulnerable to the toxics in our environment. The US has fewer rules requiring testing of new chemicals compared to the EU, so it is mostly up to parents to keep children safe. Two experts discuss the important steps parents can take. Host: Reed Pence. Guests: Dr. Sandra Steingraber, Scholar-In-Residence, Ithaca College and author, <u>Living Downstream</u> and <u>Raising Elijah: Protecting Our Children In An Age of Environmental Crisis</u> ; Dave Wentz, author, <u>The Healthy Home: Simple Truths to Protect Your Family From Hidden Household Dangers</u> .	
	<b>COMPLIANCY ISSUES COVERED:</b> public health; consumerism; air and water pollution; environment; youth at risk; federal government and regulation; economics	
15:13	SPOT BREAK #2— Donate Cars “Going To Do” OUT Q: 800-835-1478	:60
16:13	:02 PAUSE FOR LOCAL AVAIL	:02
16:15	SEGMENT 2: Free play and playgrounds	7:13
	Synopsis: Many schools are cutting recess and playgrounds to give children more time in the classroom. However, research shows that children need free play, and learn better when they have it. Two experts discuss the advantages of free play. Host: Nancy Benson. Guests: Bob Collins, playground designer, RGC Design, and author, <u>The Complete Guide to Playground Development</u> ; Dr. Jodi Crane, Assoc. Prof. and Director, Appalachian Play Therapy Center, Lindsey Wilson College.	
	<b>COMPLIANCY ISSUES COVERED:</b> education; youth at risk; parenting issues	
23:28	SPOT BREAK #3—Hennion & Walsh “Tax Free”	:60
24:28	Medical Notes and News. Host: Shel Lustig	1:59
27:28	SPOT BREAK #4—US Tax Shield “Tax Settlement”	:61
27:58	Conclusion of program	:30
	TOTAL TIME	

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# Radio Health Journal®

Program # 13-25      Air week: 6-23-13

Producers: Reed Pence and Kristin Lambert

Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Segment time</u>
:00	Intro	:60
1:01	SPOT BREAK #1— Walgreens "Diabetes Supplies" OUT Q: ...who can help.	:61
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: GPS and the brain Synopsis: Devices such GPS help us find our way easily, but researchers are finding that over-reliance may lead to weakening of a specific part of the brain, with a higher risk of dementia later. Experts explain and discuss ways to keep the hippocampus healthy.  Host: Reed Pence. Guests: Dr. Veronique Bohbot, Assoc. Prof. of Psychiatry, McGill Univ.; Dr. Michael Merzenich, Prof. Emeritus of Neuroscience, Univ. of California-San Francisco and Chief Scientific Officer, Posit Science Co.; Glen Schorr, Exec. Dir., Orienteering USA	13:41
	<b>COMPLIANCY ISSUES COVERED:</b> public health; technology and society; healthy aging; consumerism	
15:45	SPOT BREAK #2—Novartis "TSC Awareness" OUT Q: ...visit TSCathletes.tumblr.com.	:62
16:47	:02 PAUSE FOR LOCAL AVAIL	:02
16:49	SEGMENT 2: Puzzles and the brain  Synopsis: Researchers have discovered that specific mind tasks can enhance specific parts of the brain. A brain scientist and a puzzle developer discuss how to use different kinds of puzzles to strengthen the mind.  Host: Nancy Benson. Guests: Dr. Richard Restak, Prof. of Neurology, George Washington Hospital and Scott Kim, independent game designer, co-authors, <u>The Playful Brain: The Surprising Science of How Puzzles Improve Your Mind</u>	7:04
	<b>COMPLIANCY ISSUES COVERED:</b> consumerism; education	
23:53	SPOT BREAK #3--American College of Emergency Physicians "One in Five"	:60
24:53	Medical Notes and News. Host: Shel Lustig	1:33
26:26	SPOT BREAK #4—Wal-Mart "Grant Program"	:63
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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# Radio Health Journal®

Program # 13-26 Air week: 6-30-13

Producers: Polly Hansen, Pat Reuter, and Reed Pence

Production Director: Sean Waldron

Time	Segment	Segment time
:00	Intro	:60
1:01	SPOT BREAK #1— Walgreens "Diabetes Supplies" OUT Q: ...who can help.	:61
2:02	:02 PAUSE FOR LOCAL AVAIL	:02
2:04	SEGMENT 1: Medical apps Synopsis: The advent of smartphones puts a computer in many people's pockets, and application developers have created hundreds of apps to do everything from finding information and testing vital signs to making diagnoses. The industry calls these "MHealth apps." Experts discuss how they're being adopted by doctors and patients and what they'll mean to health care.  Host: Reed Pence. Guests: Brian Edwards, Senior MHealth Analyst, i-Medial Apps and fellow, Startup Health; Dr. Noah Craft, Chief Medical Officer, Logical Images, and dermatologist, UCLA Medical Center; Kim Tyrell-Knott, partner, Epstein, Becker and Green Law and attorney, MHealth Regulatory Coalition	13:10
15:14	SPOT BREAK #2—Wal-Mart "Grant Program" OUT Q: ...visit Foundation.Walmart.com.	:62
16:16	:02 PAUSE FOR LOCAL AVAIL	:02
16:18	SEGMENT 2: Vocal abuse  Synopsis: Much of our communication relies on speaking. Experts discuss ways to keep your voice out of trouble.  Host: Nancy Benson. Guests: Dr. Ramon Franco, Director, Div. of Laryngology, Harvard Medical School-Massachusetts Eye and Ear infirmary; Lisa Grisolia, voice teacher and professional vocalist with New Classic Singers.	7:39
	<b>COMPLIANCY ISSUES COVERED:</b> health care; public health; technology and society; consumerism; government and regulation	
23:57	SPOT BREAK #3--Biotene "Dry Mouth"	:57
24:54	Medical Notes and News. Host: Shel Lustig	1:36
26:30	SPOT BREAK #4—Hennion & Walsh "Tax Free"	:59
27:29	Conclusion of program	:30
27:59	TOTAL TIME	

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**Section III  
PUBLIC SERVICE ANNOUNCEMENTS**

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
Community Engagement	4-H Center Pool Opens with Lifeguard lessons	000:26	002
Fundraiser	Access Independence Ice Cream Social	000:24	005
Fundraiser	Adult Care Center Lunch N Bid	000:25	005
Awareness	Aids Response Effort	000:29	039
Fundraiser	Aids Response Effort Male Revue	000:27	001
Fundraiser	American Cancer Society Car & Bike Show	000:22	002
Disaster Relief	American Red Cross	000:30	013
Fundraising	American Red Cross	000:30	028
Donations	American Red Cross Blood Drives	000:33	001
Arts	Apollo Theatre "Hello Dolly"	000:27	003
Arts	Apollo Theatre Auditions	000:24	003
Fundraiser	Benefit for Terry and Ramey	000:28	004
Education	Blandy Experimental Farm EcoHistory Program	000:25	002
Community Engagement	Blandy Experimental Farm Full Moon Walk	000:24	001
Education	Blandy Experimental Farm Tree Care	000:26	003
Education	Blue Ridge CTC Career Fair	000:24	003
Legal Services	Blue Ridge Legal Services	000:29	034
Donations	Bowman Library Book Drop-Off	000:24	002
Fundraiser	Boy Scouts of America Car Wash	000:21	002
Fundraiser	Capon Valley Rod & Gun Club Cornhole Tournament	000:21	001
Community Engagement	CFW Foster Care Open House	000:25	004
Fundraising	Children's Miracle Network	000:30	028
Arts	Clarke County Historic Association Art At The Mill	000:22	006
Education	Clarke County Library Brown Bags with Books	000:24	004
Fundraiser	Clarke County Young Farmers Association Truck & Tractor Pull	000:24	002



Fundraiser	Clean 5k Run/Walk	000:31	002
Fundraiser	Clear Brook Volunteer Fire & Rescue Yard Party	000:26	001
Community Event	Dynamic Life Christian School	000:31	010
Healthcare	EMS Council Open House	000:25	002
Military and Veterans	Fisher House	000:30	026
Community Event	Frederick County Fire & Rescue Free Baseball	000:25	003
Fundraiser	Gainesboro Fire & Rescue Yard Party	000:24	003
Fundraiser	Golden Horseshoe 4-H Club Bingo	000:28	001
Volunteering	Habitat for Humanity	000:30	037
Fundraiser	Hampshire County Hospice Auction	000:24	001
Fundraiser	Harmony Place Yard Sale	000:27	002
Donations	Horizon Goodwill Industries	000:30	034
Fundraiser	Humane Society of Warren County Raffle	000:25	022
Fundraiser	Inwood/Bunker Hill Lions Club Cruise Raffle	000:21	001
Fundraiser	James Wood High School Band BBQ Dinner	000:21	001
Fundraiser	James Wood High School Raffle	000:23	008
Fundraiser	-James Wood High Sschool Basket Bingo	000:25	005
Animal Health	Jefferson County Animal Welfare Bark in the Park	000:25	002
Education	Literacy Volunteers	000:30	034
Fundraiser	Martinsburg VA Medical Center Ride	000:25	003
Fundraiser	Movie to benefit the United Way	000:26	002
Community Engagement	Museum of the Shenandoah Valley	000:31	026
Music	Museum of the Shenandoah Valley Gardens at Night	000:31	002
Fundraiser	Musselman High School Collection Drive for Oklahoma	000:21	002
Community Engagement	New Market Battlefield Adventure Camp	000:28	004
Fundraiser	North Mountain Fire & Rescue Flea Market	000:26	003
Community Engagement	Northern VA 4-H Center Sunset Swims	000:30	004
Community Engagement	Relay for Life Front Royal/Warren County	000:31	002
Fundraiser	Relay for Life Team Car Wash & Bake Sale	000:26	003
Fundraiser	Relay for Life Team Concert	000:25	003
Fundraiser	Relay for Life Team Dinner & Dance	000:29	001

Fundraiser	Relay for Life Team Golf Before You Walk	000:24	002
Fundraiser	Relay for Life Team Gospel & Bluegrass Concert	000:28	003
Fundraiser	Relay for Life Team Motorcycle Ride	000:23	001
Fundraiser	Relay for Life Team Night at Sweet Frog	000:24	001
Fundraiser	Relay for Life Team Night at Sweet Frog	000:25	002
Fundraiser	Relay for Life Team Sock Hop	000:25	001
Fundraiser	Relay for Life Team Spirit Night at KFC	000:21	002
Fundraiser	Relay for Life Team Steak Dinner	000:25	002
Fundraiser	Relay for Life Team Yard Sale	000:24	001
Fundraiser	Relay for Life Team Yard Sale	000:25	003
Community Engagement	Relay for Life Winchester/Frederick County	000:32	003
Fundraiser	Reynolds Store Fire & Rescue Open House & Fun Day	000:22	002
Fundraiser	Rotary Club of Woodstock Golf Tournament	000:25	005
Fundraiser	Round Hill Ruritan Club Craft & Yard Sale	000:24	004
Fundraiser	Round Hill Ruritan Community Sale	000:22	004
Poverty	Share Our Strength	000:31	037
Fundraiser	Shenandoah Farms Fire & Rescue Breakfast	000:22	002
Community Event	Sherando High School Senior Citizen Prom	000:24	003
Military and Veterans	Show Your Stripes	000:26	039
Military and Veterans	Show Your Stripes	000:27	038
Military and Veterans	Show Your Stripes	000:29	020
Military and Veterans	Show Your Stripes	000:30	174
Fundraiser	Skyline Street Rod Association Rod Run	000:21	004
Community Event	Slanesville Elementary School Spring Fling	000:26	004
Arts	Smithsonian	000:31	033
Animal Health	Spay Today	000:30	039
Awareness	Special Olympics Community Safety Day	000:25	004
Animal Health	Strasburg Dog Owner's Group	000:31	028
Community Engagement	The Laurel Center Richard Rau Bike Tour	000:21	001
Mental Health Care	The Laurel Center Women's Workshop	000:31	002
Mental Health Care	The Laurel Center Young Women's group	000:25	002

Awareness	United Way	000:30	036
Fundraiser	United Way Rubbermaid Sale	000:27	003
Fundraiser	Valley Glasshoppers Show & Sale	000:25	002
Community Engagement	Warren Coalition Celebrate Kids Day	000:23	001
Fundraiser	Winchester Rotary Club Rummage Sale	000:23	007
Fundraiser	Winchester SPCA "Tails in my Beer" Blast	000:27	002
Fundraiser	Wounded Warrior Project Car Show	000:27	001