

QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WILV-Chicago

October 1, 2014 – December 31, 2014

Susan Wiencek

Public Affairs Manager

October 5, 2014

5:30am-6:00am “Radio Health Journal”

1. Pregnant? You're fired. 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. Guests are: Sarah Crawford, Director, Workplace Fairness, National Partnership for Women and Families; Jamie Dolkas, Director of Women's Leadership, Center for Worklife Law, Hastings College of the Law, Univ. of California; Joan Williams, Distinguished Prof. of Law, Hastings Foundation Chair and Founding Director, Center for Worklife Law, Hastings College of the Law, Univ. of California.
2. The emotional attachment of pets. 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. Guests are: Marilyn Putz, pet loss counselor and animal behaviorist, Lincolnshire Animal Hospital, Lincolnshire IL; Laura S. Scott, founder and director, Childless By Choice documentary/research project and author, Two Is Enough: A Couples Guide to Living Childless By Choice; and Froma Walsh, Emeritus Prof. of Clinical Psychology, Univ. of Chicago and Co-Director, Chicago Center for Family Health.

Issues covered: employment; discrimination; economics; women's issues; family issues; federal law; pets and people; family issues.

6:00am-6:30am “Viewpoints”

1. The Dangers and the Value of High School Football. 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? 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. Guests are: Steve Almond, award-winning author of the book, Against Football: One fan's reluctant manifesto, (www.againstfootball.org); and Mark Edmundson, Prof. of English, University of Virginia, author of Why Football Matters: My education in the game, (www.virginia.edu).
2. In the Kingdom of Ice: A Heroic – and Tragic – Adventure. Back in the 1870s and 80s, the North and South Poles were as mysterious and intriguing as the moon and planets are to us today. Many expeditions tried – and most failed – to reach the North Pole, leaving many courageous sailors and their ships encased in the snow and ice. We talk to an author whose new book chronicles one of those voyages about the adventure of arctic expeditions, and the men who risked their lives to find out what was actually on the top of the world. Guest: Hampton Sides, author of In the Kingdom of Ice: The grand and terrible polar voyage of the USS Jeannette, (www.hamptonsides.com).

Issues covered: health and well-being; education; recreation; children and family issues; science; military; exploration; climate; technology.

October 12, 2014

5:30am-6:00am “Radio Health Journal”

1. Restoring doctors' compassion. 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. Guests: Dr. Joseph O'Donnell, Prof. of Medicine and Psychiatry, Senior Advising Dean and Director of Community Programs, Geisel School of Medicine, Dartmouth College; Dr. Dean Parmelee, Associate Dean for Academic Affairs, Wright State Univ. Boomshoft School of Medicine.

2. Water and healing. Water is almost synonymous with relaxation and mental cleansing. A researcher explains the mind science behind it. Guest: Wallace J. Nichols, Research Associate, California Academy of Sciences and author, Blue Mind: The Surprising Science that Shows How Being Near, In, On or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do.

Issues covered: education; health care; legal system; mental health; environment and pollution.

6:00am-6:30am "Viewpoints"

1. Domestic Violence: Why do abusers do it? 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 a partner that might be a clue they're an abuser, and what can be done to prevent abuse in the future. Guests are: Dr. Julee Poole, Academic Chair for the Graduate Program in Psychology at Kaplan University, and a professional counselor (www.thepathlifecoaching.com); and Randy Susan Meyers, former counselor to men in court-mandated counseling for domestic abuse, author of the novel about abuse, Accidents of Marriage, (www.randysusanmeyers.com).
2. Co-Parenting: Raising children in two households. 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. Guest: Karen Bonnell, Co-parent Coach, author of The Co-Parents' Handbook: Raising well-adjusted, resilient and resourceful kids in a two-home family from little ones to young adults, (www.thecoparentshandbook.com).

Issues covered: domestic abuse; therapy and mental health; the courts and law enforcement; divorce; children and family issues; education.

October 19, 2014

5:30am-6:00am "Radio Health Journal"

1. The "obesity virus" Researchers are collecting evidence that a virus is to blame for at least some cases of obesity, making it literally as easy to catch as a cold, and explaining in part why obesity has grown so quickly all over the world. Experts discuss the virus, how it takes over fat cells of the body, and its implications. Guests are: Dr. Nikhil Dhurandhar, Prof. of Health Promotion, Pennington Biomedical Research Center, Louisiana State Univ.; Dr. Richard Atkinson, Emeritus Prof. of Medicine and Nutritional Sciences, Univ. of Wisconsin-Madison.
2. Twinless twins. 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. Guest: Mary R. Morgan, New York psychotherapist and author, Beginning With the End: A Memoir of Twin Loss and Healing.

Issues covered: health care; public health; infectious disease; consumerism; health and fitness; family and parenting issues; children at risk; education.

6:00am-6:30am “Viewpoints”

1. When We Die: The logistics of death. 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. Guests are: Scott Taylor Smith, author of When Someone Dies: The practical guide to the logistics of death, (www.whensomeonedies.net); and Lori R. Sackler, Sr. VP and Sr, Investment Management Consultant, Morgan Stanley Wealth Management, author of The M Word: The money talk every family needs to have about wealth and their financial future, (www.themword.com).
2. Personal Style: How clothes and attitude make the difference. Why is it that some women seem to know how to dress for every occasion, and others spend days trying to figure out what they'll wear for a night out? How do these stylish ladies do it? We talk to a veteran of the fashion industry and an image consultant about cultivating a style, what makes up a cohesive wardrobe, and the attitude a woman needs to have about herself to look and feel good about her appearance no matter what the occasion. Guests are: Betty Halbreich, legendary personal shopper at Bergdorf Goodman, NYC, author of I'll Drink to That: A life in style with a twist, (www.facebook.com); and Nancy Nix-Rice, image consultant, author of Looking Good Every Day: Style solutions for real women, (www.nancynixrice.com).

Issues covered: personal finance; banking; commerce; death; family issues; law; women's issues; retail business; popular culture.

October 26, 2014

5:30am-6:00am “Radio Health Journal”

1. The reality of ebola. 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. Guests are: Dr. William Schaffner, Prof. of Preventive Medicine, Vanderbilt Univ. Medical Center; and Dr. Robert Murphy, Prof. of Medicine & Biomedical Engineering and Director, Center for Global Health, Northwestern Univ.
2. Breast cancer treatment. 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. Guest: Dr. Denise Yardley, Senior Investigator, Sarah Cannon Breast Cancer Research Program, Nashville.

Issues covered: health care; public health; infectious disease; public safety; women's issues; technology.

6:00am-6:30am “Viewpoints”

1. Liar, Temptress, Soldier, Spy: Women in the Civil War. We've heard a lot about the famous generals and other heroes of the Civil War, but very little has been written about the women who fought as hard as the men for their beliefs. We talk to an author who researched these women, about the jobs they did, how they risked their lives to find and carry intelligence from the enemy to their generals, and even how they used their “feminine wiles” to get the information they needed to gain advantage in the war. Guest: Karen Abbott, author of Liar, Temptress, Soldier, Spy: Four women undercover in the Civil War, (www.karenabbott.net).

2. Bats! Why they're important and how we can help them. Bats are one of the iconic images of Halloween and hundreds of gothic novels and horror movies. They have a scary image and a bad reputation for carrying disease, but they are actually vital to global agriculture and health. We talk to a bat expert and a man who spent years working hard to create a safe habitat for one endangered species, about what these flying mammals are really like, the disease that is threatening their existence in the U.S., and their value to society. Guests are: Jodi Sedlock, Assoc. Professor of Biology specializing in bats, Lawrence University, Appleton, WI (www.Lawrence.edu); and Don Mitchell, author of Flying Blind: One man's adventures battling buckthorn, making peace with authority, and creating a home for endangered bats, (www.chelseagreen.com).

Issues covered: history; military and veterans; women's issues; environment; government; agriculture; public health; endangered species.

November 2, 2014

5:30am-6:00am "Radio Health Journal"

1. Emergency responder stress. Police officers, firefighters, paramedics and emergency dispatchers experience events that most people couldn't stand, and they pay for it with high levels of stress-related outcomes and PTSD. Experts describe the training received by first responders, the additional training they need, and the police/fire culture that makes it difficult to get help. Guests are: Dr. Joel Fay, former police officer and President, First Responder Support Network and West Coast Post Trauma Retreat; Rodger Ruge, former police officer and founder, HeroTalk; Dr. Michelle Lilly, Asst. Prof. of Psychology, Northern Illinois Univ.; Heather Pierce, former 911 dispatcher; and Dr. John Mason, founder, Stress Education Center, Oak Harbor, WA and author, The Guide to Stress Reduction.
2. Fighting fear and phobias. 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. Guest: Dr. Katharina Kircanski, post-doctoral fellow in psychology, Stanford Univ.

Issues covered: police and fire; public safety; emergency response; education; pop culture; consumerism; public health.

6:00am-6:30am "Viewpoints"

1. Enchanted Objects: How they will change our lives. 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." Guests are: David Rose, faculty member at the MIT Media Lab, author of Enchanted Objects :Design, human desire and the internet of things, (www.enchantedobjects.com); and Charlie Catlett, Sr. Computer Scientist, Argonne National Laboratory, Sr. Fellow, Computation Institute of Argonne and the University of Chicago, (www.urbanccd.org).

2. The Inventor and the Tycoon: The birth of motion pictures. Watching movie trailers on the internet reminds us how technologically sophisticated movies are these days with special effects, gorgeous cinematography and amazing sound. It really wasn't that long ago when just seeing a few pictures move for a very few seconds was as exciting as 3-D movies are to us today. But who made the pictures first come to life? Was it Thomas Edison? Or someone else? We talk to an author about how two very different men – one a millionaire, the other an artist and a murderer – joined forces to make pictures move. Guest: Edward Ball, author of The Inventor and the Tycoon: A gilded age murder and the birth of moving pictures, (www.facebook.com/EdwardBallAuthor).

Issues covered: technology; health; entrepreneurship; urban issues; education; the arts; crime; law; government; transportation; the arts; technology; education; philanthropy.

November 9, 2014

5:30am-6:00am “Radio Health Journal”

1. Post-hospital syndrome. Many people who've recently been in the hospital quickly make a return trip, often with a different illness. Researchers are finding that hospital stays themselves can make people sick, or at least susceptible to getting sick. Experts discuss post-hospital syndrome and simple ways it might be fixed. Guests are: Dr. David Newman, Director of Research, Dept. of Emergency Medicine, Icahn School of Medicine at Mt. Sinai; and Dr. Harlan Krumholz, Prof. of Medicine, Yale School of Medicine and Director, Yale-New Haven Hospital Center for Outcomes Research and Evaluation.
2. Rescuing runaways. More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed. Guest: Carissa Phelps, author, Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time.

Issues covered: health care; public health; economics; youth at risk; crime and police; child abuse; education.

6:00am-6:30am “Viewpoints”

1. Sports Strategy: It's about much more than winning. 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. Guest: Irving Rein, Prof. of Communication Studies, Northwestern, Univ., co-author with Adam Grossman and Ben Shields, of the book, The Sports Strategist: Developing leaders for a high-performance industry, (www.thesportsstrategist.com).
2. Gay Teens: The trials of coming out and being bullied. For LGBT teens, 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. Guests are: Kristin Russo, co-author with Dannielle Owens-Reid, of This Is a Book for Parents of Gay Kids, (www.everyoneisgay.com); and Dr. Eileen Kennedy-Moore, psychologist in private practice in Princeton, NJ, professor for the Great Courses Videos, (www.thegreatcourses.com/parenting) (www.eileenkennedymoore.com).

Issues covered: business; sports; recreation; consumerism; LGBT issues; education; family issues; parenting issues; bullying.

November 16, 2014

5:30am-6:00am “Radio Health Journal”

1. Questions on lasik safety. 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 from the market for these safety reasons. He and experts on both sides of the issue discuss safety of this common surgery. Guests are: Dr. Morris Waxler, founder, Waxler Regulatory Consultancy and former Chief of Ophthalmic Devices, FDA Center for Devices and Radiological Health; Dr. Eric Donnenfeld, Clinical Prof. of Ophthalmology, New York Univ. and Trustee, Dartmouth Medical School; and Dr. Perry Rosenthal, Asst. Clinical Prof. of Ophthalmology, Harvard Medical School and founder, Boston Eye Pain Foundation.
2. Biking as transportation. More and more Americans are turning to their bicycles for everyday transportation, not just recreation. Experts discuss the public policy and urban planning ideas that can make this healthy habit easier. Guests: Jim Merrell, Campaign Director, Active Transportation Alliance, Chicago; and Mark Fenton, public health planning and transportation consultant, Boston and Adjunct Prof., Tufts Univ.

Issues covered: health care; public health; federal government and regulation; consumerism and consumer safety; public health; recreation; travel and transportation; roads and highways; urban planning.

6:00am-6:30am “Viewpoints”

1. Conversion Disorder: Could it have prompted the Salem Witch Trials? Back in the 1690s, several New England girls exhibited strange behavior that was attributed to witchcraft. The Salem Witch Trials resulted in false accusations, executions and a mystery that has haunted our country for centuries. What was happening to these girls? Were they faking or did they have a bona fide psychiatric condition? We talk to an author and a psychologist about what could have been the cause for one of the strangest events in American History. Guests are: Katherine Howe, lecturer in American Studies, Cornell Univ, author of Conversion(www.katherinehowe.com) ; and Travis Langley, Prof. of Psychology, Henderson State Univ., author or Batman and Psychology: A Dark and Stormy Knight, (Twitter: @Superherologist).
2. Hotel Confidential: Secrets of getting the best service. 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. Guests: Jacob Tomskey, veteran of the hospitality business in hotels in New Orleans and New York City, author of the book, Heads in Beds: A reckless memoir of hotels, hustles and so-called hospitality, (www.jacobtomskey.com).

Issues covered: mental health; history; education; teen issues; business; transportation; consumerism; labor and employment.

November 23, 2014

5:30am-6:00am "Radio Health Journal"

1. Sexual harassment of men. 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. Experts discuss psychological and legal ramifications of sexual harassment of men. Guests are: Keith Fink, Los Angeles Attorney and lecturer, UCLA law school; and Dr. NiCole Buchanan, Assoc. Prof. of Sociology, Michigan State Univ.
2. "Almost alcoholic." Most people who have a drinking problem are not alcoholics, so they may slip through the cracks and not receive the help they need. Experts discuss warning signs and ways to break through denial. Guests are: Dr. Robert Doyle, clinical psychiatrist, Massachusetts General Hospital and Harvard Medical School; Dr. Joe Nowinski, clinical psychologist and co-author, Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem.

Issues covered: men's issues; employment and workplace issues; legal issues; discrimination; gender issues; addiction; substance abuse and treatment; personal health; family issues.

6:00am-6:30am "Viewpoints"

1. Introverts: More happy and fun than you think! 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. Guests are: Todd Kashdan, Prof. of Psychology, George Mason University, author of the forthcoming book Mindfulness, Acceptance and Positive Psychology, (www.toddcashdan.com); and Sophia Dembling, introvert, author of the book, The Introvert's Way: Living a quiet life in a noisy world, (www.facebook.com/SophiaDemblyngWriter).
2. Technocreep: Chiseling away at our privacy. Technology invades every part of our lives – from entertainment, to shopping, to communications. And the people who provide those cool phones, and great social media sites know a lot more about you than you might think – or like. We talk to two technology specialists about the invasion of our privacy and how we can keep at least some of our personal information private. Guests are: Dr. Thomas Keenan, prof. at the University of Calgary, author of Technocreep: The surrender of privacy and the capitalization of intimacy, (www.technocreep.com); and Cameron Camp, security researcher, ESET North America, global provider of security services and products (www.eset.com).

Issues covered: mental health; recreation; technology; employment; crime; privacy; consumerism; business.

November 30, 2014

5:30am-6:00am "Radio Health Journal"

1. Midlife eating disorders. 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. Guests are: Denise Folcik, eating disorder survivor; Lori Ciotti, Site Director, Renfrew Center of Massachusetts; Dr. Margo Maine, psychologist, co-founder, National Eating Disorders Assn. and author, The Body Myth: Women and the Pressure to be Perfect; and Dr. Cynthia Bulik, founding

Director, Univ. of North Carolina Center of Excellence for Eating Disorders and author, Midlife Eating Disorders: Your Journey to Recovery.

2. Bad health and incarceration. Researchers have found that poor health and disabilities can be factors leading to prison. An expert discusses the life cycles that can make this occur. Guest is: Dr. Susan Sered, Prof. of Sociology, Suffolk Univ. and co-author, Can't Catch a Break: Gender, Jail, Drugs and the Limits of Personal Responsibility.

Issues covered: women's issues; mental health; health care; consumerism; family issues; prison and justice system; crime; drugs and drug treatment; public health; disabilities.

6:00am-6:30am "Viewpoints"

1. Reading to Kids: Why it's so important for their development. 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. Guests are: Dr. Anne van Kleeck, professor at the University of Texas-Dallas, specialist in child pre-literacy development (www.bbs.utdallas.edu); Maia Haag, president, I See Me Children's Personalized Books, offering the Night Before Christmas personalized book this season (www.iseeme.com).
2. Color: How trends are created in fashion and society. 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. Guest is: Leatrice Eiseman, color specialist and forecaster for Pantone, Exec. Dir. of the Pantone Color Institute®, co-author of Pantone on Fashion: A century of color in design, (www.pantone.com).

Issues covered: early childhood development; education; literature; parenting; social movements; popular culture; manufacturing; fashion and art.

December 7, 2014

5:30am-6:00am "Radio Health Journal"

1. Mental illness in adolescents and children. Two years ago, when mentally ill 20-year old Adam Lanza killed 20 grade school children and six staff members at Sandy Hook Elementary School, some in the public blamed Lanza's mother (also a victim) for not getting him treatment. A writer with a mentally ill son explains the many reasons why it's not as easy to get treatment as many people think. Guest is: Liza Long, author, The Price of Silence: A Mom's Perspective on Mental Illness.
2. Digital eyestrain. 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. Guests are: Dr. Michael Rosenblatt, optometrist, Washington DC; and Jakob Nielsen, Principal, Nielsen Norman Group user experience research firm.

Issues covered: mental health; health care; family issues; youth at risk; violence; criminal justice system; technology; consumerism.

6:00am-6:30am "Viewpoints"

1. The Life and Music of Jazz Legend, Sheila Jordan. 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. Guests: Sheila Jordan, jazz singer, teacher and composer (www.sheilajordanjazz.com); Ellen Johnson, singer, musician, author of Jazz Child: A portrait of Sheila Jordan, (www.jazzchildthebook.com).

2. The Anatomy of a Crime Novel. Crime novels are among the most popular reading in the U.S., and nobody writes a more engaging, suspenseful and factually accurate story than award-winning and best-selling novelist Patricia Cornwell. Her Kay Scarpetta series is full of detailed forensic information, and we talked to her about how she gathers her facts and actually experiences some of the dangerous situations that she puts her heroine through in her books. Guest is: Patricia Cornwell, crime novelist, author of Flesh and Blood, (www.patriciacornwell.com).

Issues covered: music and the arts; racism; poverty; alcoholism and drug addiction; forensics; technology; prisons; media; law enforcement.

December 14, 2014

5:30am-6:00am “Radio Health Journal”

1. The Affordable Care Act and access to care. As "Obamacare" health insurance exchanges enter their 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. Experts discuss the extent of the problems and ways they might be resolved. Guests are: Dr. Andrew Kleinman, President, Medical Society of the State of New York; Merrill Matthews, Resident Scholar, Institute for Policy Innovation; and Dr. Paul Ginsburg, Norman Topping Chair in Medicine and Public Policy, Univ. of Southern California.
2. Christmas over-shopping. Compulsive over-shoppers often are seeking to compensate for some unfilled internal need. An expert discusses these reasons and how people can learn to overcome compulsive shopping. Guest is: Dr. April Lane Benson, psychologist, founder, StoppingOvershopping.com and author, To Buy Or Not To Buy: Why We Overshop and How To Stop.

Issues covered: health care; federal government; public policy; public health; Medicaid and Medicare; economics; consumerism; addiction; mental health.

6:00am-6:30am “Viewpoints”

1. Veterans and Employment: Best cities and jobs. We see the honors at every major sporting event – the big flag on the field, the cheers, the signs – all for our veterans. It's wonderful that America is honoring its military men and women, but we also need to remember that many of them come back from active duty without good jobs. We talk to two men whose organizations are trying to remedy that shortfall, and to a woman who writes about opportunities for some veterans to get back into life and work after stress-related injuries. Guests are: Eric Eversole, Vice-President of the US Chamber of Commerce, Exec. Dir. of Hiring Our Heroes, (www.hiringourheroes.org); Eric Engquist, Asst. Vice President of USAA's Military Transition Program (www.usaa.com/bestplaces); and Stephanie Westlund, author, Field Exercises: How veterans are healing themselves through farming and outdoor activities, (www.fieldexercises.com).
2. Consumer and Business Protection from Tech Scammers. 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. Guests are: Sergio Galindo, Gen. Manager, GFI Software, (www.gfi.com); Philip Becnel, Managing Partner, Dinolt Becnel & Wells Investigative Group, Washington, DC (www.dinolt.com).

Issues covered: military; employment; mental health; agriculture; technology; crime; large and small businesses; consumerism.

December 21, 2014

5:30am-6:00am "Radio Health Journal"

1. "Twice exceptional" children. 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. Experts discuss how to meet the needs of these children educationally and emotionally. Guests are: Dr. James Webb, clinical psychologist, President, Great Potential Press and founder, Supporting Emotional Needs of the Gifted; Megan Foley Nicpon, Assoc. Prof of Counseling Psychology, University of Iowa and Assoc. Director for Research and Clinic, Belin-Blank Center; and Jen Merrill, mother of two twice exceptional children and author, [If This Is A Gift, Can I Send It Back?](#)
2. Beat deafness. Some people simply have no rhythm. A small percentage may be "beat deaf," the rhythmic equivalent of tone deafness, and have a biological deficit in their body's timing mechanism. Experts discuss the problem and other body timekeeping clocks that may be affected. Guests are: Mathieu Dion, Montreal TV reporter who suffers from beat deafness; and Dr. Caroline Palmer, Prof. of Psychology, McGill Univ., Montreal.

Issues covered: education; children at risk; disabilities; mental health; disabilities; pop psychology.

6:00am-6:30am "Viewpoints"

1. Silent Night: The World War I Christmas Truce. In the winter of 1914, British and French soldiers spent their days hunkered down in cold, wet trenches, battling the German army which was dug in only 75 yards away. World War I was one of the bloodiest -- and some say the most unnecessary -- wars in history. Yet, one event occurred on Christmas Eve of that year that has never happened before or since in war. We talk to a historian and author about the World War I Christmas Truce and how it affected the soldiers who fought there, and how we can use this event as a lesson for future conflicts. Guest: Stanley Weintraub, historian, author of [Silent Night: The story of the WWI Christmas Truce](#). (www.amazon.com).
2. Write a Novel in a Month? You can do it! 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. Guest: Chris Baty, founder of National Novel Writing Month, (NaNoWriMo), teacher, speaker and author of [No Plot? No Problem: A low-stress, high-velocity guide to writing a novel in 30 days](#), (www.nanowrimo.org).

Issues covered: war; faith; government; politics; culture; literature and arts; education; employment.

December 28, 2014

5:30am-6:00am “Radio Health Journal”

1. Kidney dialysis. 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. Guests are: Dr. David Law, Asst. Chief of Nephrology, Kaiser Permanente Oakland Medical Center & Medical Director, Satellite Healthcare dialysis, Oakland; and Dr. Les Spry, nephrologist, Lincoln, NE, and spokesperson, National Kidney Foundation.
2. Cancer rehabilitation. 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. Guest is Dr. Julie Silver, Asst. Prof. of Physical Medicine and Rehabilitation, Harvard medical School and founder, Oncology Rehab Partners.

Issues covered: health care; public health; economics; personal health; disabilities.

6:00am-6:30am “Viewpoints”

1. A Christmas Far From Home: On the battlefields of the Korean War. It was right after Thanksgiving in 1950, when U.S. troops found themselves out-numbered by North Korean and Chinese soldiers in the frigid and unforgiving terrain near the Chosin Reservoir. The enemy destroyed the bridge over a 4,000-foot-deep chasm that was their exit to safety, but it did not scare off the brave men who were hell-bent on making it back to the coast. We'll hear how they used their ingenuity and raw determination to bring as many soldiers back alive in spite of overwhelming odds. Guest is: Stanley Weintraub, historian and author of A Christmas Far from Home: An epic tale of courage and survival during the Korean War.
2. Looking Ahead to 2015 – How are your finances? 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. Guest is: Lauren Lyons Cole, Personal Finance Contributor at The Street.com (www.thestreet.com), (www.laurenlyonscole.com).

Issues covered: war and military; government; politics; taxes; personal finance; philanthropy; family issues.