

Call Letters: WMPL

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Health

Mayo Clinic Radio, weekend of 1/05-06

Date aired: 1/6/19 Time Aired: 6:05am

30:00

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage on the ends of your bones wears down over time. Although osteoarthritis can damage any joint in your body, the disorder most commonly affects joints in your hands, knees, hips and spine. Although the underlying process cannot be reversed, osteoarthritis symptoms usually can be managed effectively. Staying active, maintaining a healthy weight and other treatments may slow progression of the disease and help improve pain and joint function. Medications, physical therapy and surgical procedures are used to treat osteoarthritis.

Dr. Shreyasee Amin, a rheumatologist at Mayo Clinic, covered osteoarthritis diagnosis, treatment and prevention. Also on the program, January is American Blood Donor Month. Dr. Justin Kreuter, medical director of the Blood Donor Program at Mayo Clinic in Rochester, discussed the continuous need for blood donors. And Thomas Rieck, an exercise specialist at the Mayo Clinic Healthy Living Program, offered tips to help you get exercising in the new year..

Mayo Clinic Radio, weekend of 1/12-13

Date aired: 1/13/19 Time Aired: 6:05am

30:00

More than 15,000 Americans are living with Lou Gehrig's disease, also called amyotrophic lateral sclerosis (ALS), according to the Centers for Disease Control and Prevention. It's a progressive neurological disease that destroys nerve cells gradually, causing more and more loss of function over time. It often begins with muscle twitching and weakness in a limb, or slurred speech. Eventually, it affects control of the muscles needed to move, speak, eat and breathe. While there is no cure, treatments can slow its progression.

Dr. Jennifer Martinez-Thompson, a Mayo Clinic neurologist, discussed diagnosis and treatment options for ALS. Also on the program, Dr. Molly Jeffery and Dr. W. Michael Hooten shared new Mayo Clinic research on trends in opioid use. Dr. Jeffery is the scientific director of Emergency Medicine Research at Mayo Clinic, and Dr. Hooten is a Mayo Clinic anesthesiologist and pain medicine specialist. And Dr. Paul Brown, a Mayo Clinic radiation oncologist, explained a new radiotherapy approach aimed at preserving cognitive function for some brain tumor patients.

Mayo Clinic Radio, weekend of 1/19-20

Date aired: 1/20/19 Time Aired: 6:05am

30:00

Macular degeneration is a common eye disease and a leading cause of vision loss among people 50 and older. With macular degeneration, the center of your retina begins to deteriorate. This causes symptoms, such as blurred central vision or a blind spot in the center of the visual field. There are two types: wet macular

degeneration and dry macular degeneration. Many people will first have the dry form, which can progress to the wet form in one or both eyes. In some people, age-related macular degeneration advances so slowly that vision loss does not occur for a long time. In others, the disease progresses faster and may lead to a loss of vision in one or both eyes. Early diagnosis and treatment can help patients maintain their vision.

On this week's Mayo Clinic Radio program, Dr. Sophie Bakri, an ophthalmologist at Mayo Clinic, explained macular degeneration and share her new research on treatments for macular disease. Also on the program, Dr. Christopher Camp, an orthopedic surgeon at Mayo Clinic, discussed treatment options for frozen shoulder. And Dr. Daniel Saris, an orthopedic surgeon at Mayo Clinic, and Dr. Aaron Krych, an orthopedic and sports medicine specialist at Mayo Clinic, explained recycled cartilage auto/allo implantation, or RECLAIM — a novel stem cell therapy using regenerative medicine for knee cartilage repair.

Mayo Clinic Radio, weekend of 1/26-27

**Date aired: 1/27/19 Time Aired: 6:05am
30:00**

Tumors of the musculoskeletal system can originate in bone or soft tissues, such as muscle and cartilage. Both benign and malignant tumors can arise from any soft tissue, such as muscle, or any bones of the arms, legs, pelvis, shoulder or trunk. If the tumors are malignant, meaning they are cancerous, they are called "sarcomas." Compared to tumors at other sites, such as the breast, prostate, kidney or lung, tumors of the bones and soft tissues are relatively rare. Musculoskeletal tumors are diagnosed with imaging and sometimes a biopsy of the tissue. Treatment for cancerous tumors can involve surgery, radiation and chemotherapy.

Dr. Peter Rose, division chair of Orthopedic Oncology at Mayo Clinic, discussed tumors of the musculoskeletal system. Also on the program, Dr. Leo Maguire, a Mayo Clinic ophthalmologist, explained how laser-assisted in situ keratomileusis (LASIK) eye surgery can correct common vision problems. And Dr. Erica Loomis, a Mayo Clinic trauma and critical care specialist, discussed treatment for appendicitis.

Mayo Clinic Radio, weekend of 2/02-03

**Date aired: 2/3/19 Time Aired: 6:05am
30:00**

According to the American Heart Association, heart disease is the No. 1 killer in America, causing 1 in every 4 deaths each year. Heart disease includes a wide range of conditions that affect your heart, including blood vessel diseases, such as coronary artery disease; heart rhythm problems; and problems with the heart valves or heart muscle itself. Heart disease can be improved — or prevented — by making certain lifestyle changes, including quitting smoking, controlling your blood pressure and cholesterol, and staying at a healthy weight and getting regular exercise. In an ongoing effort to raise awareness and promote prevention of heart disease, each February is recognized as American Heart Month.

Dr. Stephen Kopecky, a Mayo Clinic cardiologist, discussed heart disease and the cholesterol lowering medications known as statins. Also on the program, Dr. Margaret Long, a Mayo Clinic gynecologist, explained birth control options, including a mobile medical app that's been approved by the Food and Drug Administration as a form of birth control. And Dr. Tobias Kohler, a Mayo Clinic urologist, shared a warning: Beware of bogus treatments for erectile dysfunction.

Mayo Clinic Radio, weekend of 2/09-10

**Date aired: 2/10/19 Time Aired: 6:05am
30:00**

A living donor kidney transplant usually involves a donated kidney from someone you know, such as a family member, friend or co-worker. Genetically related family members are most likely to be compatible living kidney donors. You and your living kidney donor are evaluated to determine if the donor's organ is a good match. If not, there is another option available: paired kidney donation.

Paired donation, also known as "paired exchange," may be an option when a donor and intended recipient have incompatible blood types, or when the recipient has unacceptable antibodies against the donor's tissue antigens. In paired donation, two or more organ recipient pairs trade donors, so that the recipients get organs that are compatible with their blood type. A nondirected living donor also can participate in paired donation to match incompatible pairs.

Dr. Carrie Schinstock, a Mayo Clinic nephrologist, and Kay Kosberg, a Mayo Clinic nurse who coordinates the paired kidney donation program across Mayo Clinic's Arizona, Florida and Rochester campuses, discussed the paired kidney donation program at Mayo Clinic. Also on the program, Dr. Amir Khan, a Mayo Clinic ophthalmologist, explained what causes eye floaters. And Dr. Pashtoon Kasi, a Mayo Clinic medical oncologist, explained changes in colorectal cancer screening guidelines to prevent the disease in younger adults.

Mayo Clinic Radio, weekend of 2/16-17

**Date aired: 2/17/19 Time Aired: 6:05am
30:00**

In 2018, the ketogenic or "keto" diet topped the list of trending health-related questions searched on Google. The keto diet is a high-fat, low-carbohydrate diet. The idea is that getting most of your calories from fat forces your body to use different energy pathways. Instead of carbs for energy, the body burns fat, entering a state called "ketosis." While the ketogenic diet may be recommended for some people with uncontrolled epilepsy to help control seizures, for most people the high fat content combined with limits on nutrient-rich fruits, vegetables and grains is a concern for long-term heart health.

Katherine Zeratsky, a Mayo Clinic registered dietician nutritionist, discussed the keto diet and compared it with other popular diet plans, including the Mediterranean diet; Dietary Approaches to Stop Hypertension, also known as the "DASH diet"; and the Mayo Clinic diet. Also on the program, Dr. Tobias Kohler, a Mayo Clinic urologist, explained why vasectomy rates rise in March. And Dr. Jan Buckner, chair of Oncology at Mayo Clinic's Rochester, Minnesota, campus, discussed why deaths from cancer in the U.S. continue a 25-year decline.

Mayo Clinic Radio, weekend of 2/23-24

**Date aired: 2/24/19 Time Aired: 6:05am
30:00**

Structural heart disease is a problem with the tissues or valves of the heart. The valves in your heart control the flow of blood from one part of the heart to another. The mitral valve is located between the two chambers on the left side of the heart — the left atrium and left ventricle. There are several abnormalities that can affect the mitral valve. Two common forms of mitral valve disease are mitral valve regurgitation and mitral valve stenosis. In mitral valve regurgitation, the valve leaks. In mitral valve stenosis, the valve is too narrow and restricts the blood flow. Treatment for mitral valve disease can range from monitoring and making healthy lifestyle changes to surgical procedures to repair or replace the mitral valve.

Dr. Peter Pollak, director of Structural Heart Disease at Mayo Clinic's Florida campus, discussed mitral valve disease and another structural heart disease problem, patent foramen ovale — a hole in the heart that didn't close the way it should after birth. Also on the program, Dr. Bruce Levy, a Mayo Clinic orthopedic surgeon,

explained the minimally invasive hip arthroscopy procedure. And Dr. Rachel Miest, a Mayo Clinic dermatologist, offered tips to keep you safe from infection during manicures and pedicures.

Mayo Clinic Radio, weekend of 3/02-03

**Date aired: 3/3/19 Time Aired: 6:05am
30:00**

Most cases of colorectal cancer begin as small, noncancerous (benign) clumps of cells called polyps. Over time, some of these polyps become colon cancers. Of the cancers that affect both men and women, colorectal cancer is the second leading cause of cancer death in the U.S., according to the Centers for Disease Control and Prevention. But it doesn't have to be. Colorectal cancer is also one of the most preventable cancers if people get the recommended screening. These screening tests can find precancerous polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment is more effective in curing the disease.

March is Colorectal Cancer Awareness Month. Dr. John Kisiel, a Mayo Clinic gastroenterologist, discussed screening and treatment options for colorectal cancer. Also on the program, Dr. Pritish Tosh, a Mayo Clinic infectious diseases expert, gave an update on the measles outbreak and flu season. And two Mayo Clinic staff members and friends — Melanie Peterson and Lindsay Stromback — shared their story of supporting each other through breast cancer treatment.

Mayo Clinic Radio, weekend of 3/09-10

**Date aired: 3/10/19 Time Aired: 6:05am
30:00**

More than 30 million American adults have chronic kidney disease, and millions more are at risk due to diabetes and high blood pressure, according to the National Kidney Foundation. Chronic kidney disease is a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then flushed from the body in your urine. When chronic kidney disease reaches an advanced stage, dangerous levels of fluid, electrolytes and wastes can build up in your body. In the early stages of chronic kidney disease, you may have few signs or symptoms. The only way to find out for sure whether you have chronic kidney disease is through blood and urine tests. If untreated, chronic kidney disease can lead to nerve damage, weakened bones, cardiovascular disease and a higher risk of heart attack and stroke.

March is National Kidney Month — an awareness effort to encourage people who are at risk of chronic kidney disease, often due to diabetes or high blood pressure, to get screened. Dr. Ladan Zand, a Mayo Clinic nephrologist, discussed chronic kidney disease and offer tips to keep your kidneys healthy. Also on the program, Dr. Valeria Cristiani, a Mayo Clinic pediatrician, discussed fluoride varnish and oral health for children. And Dr. Dawn Davis, a Mayo Clinic dermatologist, explained the importance of sunscreen to protect against sun damage.

Mayo Clinic Radio, weekend of 3/16-17

**Date aired: 3/17/19 Time Aired: 6:05am
30:00**

There are more than 600 types of neurologic and neuromuscular diseases that can affect your nervous system. The nervous system includes the brain, spinal cord and nerves that control all the workings of the body. When something goes wrong with a part of your nervous system, you can have trouble moving, speaking, swallowing or breathing. Other problems can develop with your memory, senses or mood. Two such diseases are muscular dystrophy and multiple sclerosis (MS).

Muscular dystrophy is a group of diseases that cause progressive weakness and loss of muscle mass. In muscular dystrophy, abnormal genes (mutations) interfere with the production of proteins needed to form healthy muscle.

In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and causes communication problems between your brain and the rest of your body. Eventually, the disease can cause nerves to deteriorate or become permanently damaged.

Dr. Jennifer Martinez-Thompson, a Mayo Clinic neurologist, discussed treatment options for muscular dystrophy and MS. Also on the program, Dr. Erica Loomis, a Mayo Clinic trauma and critical care surgeon, explained what causes intestinal obstruction and how it's treated. And Dr. Colin Driscoll, a Mayo Clinic otolaryngologist, will explain the health consequences of untreated hearing loss.

Mayo Clinic Radio, weekend of 3/23-24

**Date aired: 3/24/19 Time Aired: 6:05am
30:00**

Fibromyalgia is a disorder that causes pain all over the body, sleep problems, fatigue, and often emotional and mental distress. Fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals, meaning people with fibromyalgia are more sensitive to pain than those without the disorder. According to the Centers for Disease Control and Prevention, fibromyalgia affects around 4 million U.S. adults, or about 2 percent of the adult population.

Dr. Christopher Aakre, an internal medicine specialist in Mayo Clinic's Fibromyalgia and Chronic Fatigue Clinic, discussed diagnosing and managing fibromyalgia. Also on the program, Dr. Andrew Bentall, a Mayo Clinic nephrologist, explained what can be done to help sensitized transplant patients who can be difficult to match with organ donors. And Dr. Victor Karpyak, a Mayo Clinic psychiatrist, shared research on how your genetics can affect your response to treatment for alcohol use disorder.

Mayo Clinic Radio, weekend of 3/30-31

**Date aired: 3/31/19 Time Aired: 6:05am
30:00**

If you've ever groaned, "Oh, my aching back," you're not alone. As people age, it's estimated that 8 of 10 adults experience back pain from life's normal wear and tear on the spine. One common cause of back pain is the narrowing of the spinal canal, called "spinal stenosis." Spinal stenosis is categorized by where it occurs in the spine. Cervical stenosis is the narrowing of the spine in your neck. Lumbar stenosis is when narrowing of the spine occurs in the lower back, which is the most common type of spinal stenosis. Symptoms usually begin as a tingling in your hand, arm, foot or leg, and progress to loss of sensation and function. Fortunately, there are multiple options for treating spinal stenosis, including surgery.

Dr. Bradford Currier, a Mayo Clinic orthopedic surgeon, discussed treatment options for spinal stenosis. Also on the program, Dr. Craig Sawchuk, co-chair of Mayo Clinic's Division of Integrated Behavioral Health, explained the mental health benefits of the cleaning fad that's swept the country. And Dr. J Taylor Hays, medical director for the Mayo Clinic Nicotine Dependence Center, and Dr. Carrie Thompson, a Mayo Clinic hematologist, explained a Mayo Clinic program that's helping cancer patients quit tobacco.



Call Letters: WMPL

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Show # 2019-01

Date aired: 1.6.19 **Time Aired:** 7:00a

Katy J. Harriger, PhD, Chair and Professor, Department of Politics and International Affairs at Wake Forest University

Our nation’s political climate is more polarized than ever, and voter turnout among young people is abysmal. But Dr. Harriger led a study that found that learning to talk about controversial issues while in college can inspire young adults to be more engaged citizens even ten years later. She explained what the students were taught and how it could be applied to voters of any age.

Issues covered: **Length: 8:34**
Civic Participation
Voting
Youth Concerns

Matt Schulz, Senior Industry Analyst at CreditCards.com

25 million credit cardholders haven’t changed their go-to credit card in at least ten years. Mr. Schultz said that people are missing many rewards because card issuers are hotly competing for new customers and giving big sign-up bonuses. He outlined some of the methods savvy consumers use to get the most out of their credit cards. He also explained why many consumers are reluctant to switch cards.

Issues covered: **Length: 8:27**
Personal Finance
Consumer Matters

Show # 2019-02

Date aired: 1.13.19 **Time Aired:** 7:00a

Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System’s Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered: **Length: 7:29**
Personal Health

Teresa Gil, PhD, psychotherapist, author of "*Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation*"

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:

**Sexual Abuse
Parenting
Mental Health**

Length: 9:40

Show # 2019-03

Date aired: 1.20.19 **Time Aired:** 7:00a

Alan Schroeder, MD, Clinical Professor of Pediatrics at the Stanford University School of Medicine

Each year, thousands of teenagers and young adults are prescribed opioids for pain relief after having their wisdom teeth removed. Dr. Schroeder led a study that found almost 6 percent of these patients were diagnosed with opioid abuse during the 12 months after the initial prescription. He discussed alternate options for pain relief. He said wisdom tooth extraction is by far the most common surgical procedure for adolescents and young adults but there is very little research that supports the widespread use of the procedure.

Issues covered:

**Drug Abuse
Personal Health**

Length: 7:26

Elizabeth Emens, PhD, Isidor and Seville Sulzbacher Professor of Law at Columbia Law School, author of "*Life Admin: How I Learned to Do Less, Do Better, and Live More*"

Every day an unseen form of labor creeps into our lives—the kind of secretarial and managerial work necessary to run a life and a household. Dr. Emens discussed how this labor is created, how it affects our lives, and how we might avoid, reduce, and redistribute admin whenever possible—as individuals and as a society.

Issues covered:

**Personal Productivity
Parenting
Career
Education**

Length: 9:48

Show # 2019-04

Date aired: 1.27.19 **Time Aired:** 7:00a

Tasleem Padamsee, PhD, Assistant Professor of Health Services Management and Policy at Ohio State University

Dr. Padamsee led a study that found that African-American women at high risk of breast cancer are less likely than white women to pursue potentially life-saving preventive care. She talked about the most common preventative steps that at-risk patients can take. She also encouraged patients to talk to their physicians about cancer risk concerns.

Issues covered:
Cancer Prevention
Minority Concerns
Women's Issues

Length: 9:32

James Clear, author of "*Atomic Habits: Tiny Changes, Remarkable Results*"

Mr. Clear offered strategies aimed at forming good habits, breaking bad ones, and mastering the tiny behaviors that lead to extraordinary results. He explained how to find the underlying causes of bad habits and why that can help to correct them. He offered examples of ways to redesign an environment to break bad habits.

Issues covered:
Personal Productivity
Personal Health

Length: 7:41

Show # 2019-05

Date aired: 2.3.19 **Time Aired:** 7:00a

Bryan E. Robinson, PhD, psychotherapist, Professor Emeritus at the University of North Carolina at Charlotte, author of "*#Chill: Turn Off Your Job and Turn On Your Life*"

It is common knowledge that good health and happiness depends on having proper balance between our professional and private lives. Dr. Robinson explained how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He outlined the benefits of mediation to let go of anxiety and focus on the moment.

Issues covered:
Mental Health
Personal Health
Career

Length: 9:00

Jonathan Adkins, Executive Director of the Governors Highway Safety Association

Mr. Adkins discussed a recent report from his organization that highlighted excessive vehicle speed as a persistent factor in nearly one-third of all motor vehicle-related fatalities. He believes that speeding is not given enough attention as a traffic safety issue and is widely deemed culturally acceptable by the motoring public. He outlined several public policy measures that he believes would help to reduce speeding.

Issues covered:
Traffic Safety
Government Policies

Length: 8:10

Show # 2019-06

Date aired: 2.10.19 **Time Aired:** 7:00a

Darrell Laffoon, Chief Technology Officer of security firms EZShield + IdentityForce

Americans are preparing to file their taxes, and fraudsters are getting ready to target taxpayers with new scams. Mr. Laffoon outlined some of the most common schemes used to commit tax fraud and tax-related identity theft. He noted that the IRS never uses email to contact taxpayers or others filing tax returns. He explained what to do if you are targeted.

Issues covered:

Length: 8:47

**Crime
Identity Theft**

Nancy O'Reilly, PsyD, licensed psychologist, author of *"In This Together: How Successful Women Support Each Other in Work and Life"*

Dr. O'Reilly explained why women experience more rudeness and incivility from other women in the workplace than they do from men. She said women have not been trained to lead as women. She offered suggestions for women to offer support to each other at work, rather than competing. She explained why men should also be concerned about this trend.

Issues covered:

Length: 8:19

**Women's Issues
Workplace**

Show # 2019-07

Date aired: 2.17.19 **Time Aired:** 7:00a

Patty Ann Tublin, PhD, author of *"Money Can Buy You Happiness: Secrets Women Need to Know To Get Paid What They Are Worth!"*

Dr. Tublin outlined ways women can close the gender wage gap and negotiate their true worth at work. She explained why women have a harder time accepting the emotional and financial value of money, and how to change that attitude. She also offered suggestions for women who would like to determine what the appropriate pay range is for a particular job.

Issues covered:

Length: 7:08

**Women's Issues
Career**

Henry S. Gornbein, attorney, author of *"Divorce Demystified: Everything You Need to Know Before You File for Divorce"*

Mr. Gornbein said next to the death of a loved one, divorce is one of the most traumatic of life's experiences. He discussed the sometimes complicated steps to take when deciding whether to proceed with a divorce. He talked about the significant ways divorce has changed in recent years, including the surprising influence of social media and changes in child custody arrangements.

Issues covered:

Length: 9:57

**Legal Matters
Marriage
Parenting**

Show # 2019-08

Date aired: 2.24.19 **Time Aired:** 7:00a

Daniel Pink, author of "When: The Scientific Secrets of Perfect Timing"

Mr. Pink explained how timing affects everything — from work to home to school — and that it's a science, not an art or luck. He outlined research that found that 86 specific days each year are the optimal days to start a project or to get a fresh start. He offered several examples of how productivity, personal goals and even medical procedures are significantly affected by the timing of the event.

Issues covered:

**Workplace Matters
Education
Personal Health**

Length: 8:27

Amy Adamczyk, PhD, Professor of Sociology and Criminal Justice, City University of New York

Americans' views about marijuana have drastically changed in a relatively short period of time. Dr. Amamczyk led a study that found that support for legalization began to increase shortly after the news media began to frame marijuana as a medical issue, rather than as a criminal or drug abuse issue. She believes that nationwide legalization of marijuana is likely in coming years.

Issues covered:

**Marijuana Legalization
Media**

Length: 8:33

Show # 2019-09

Date aired: 3.3.19 **Time Aired:** 7:00a

Alicia Munnell, PhD, economist, Director of the Center for Retirement Research at Boston College, Peter F. Drucker Professor of Management Sciences at Boston College's Carroll School of Management

Many Americans will be shocked once they reach retirement, to find that their IRA or 401(k) is not worth nearly as much as they think. Dr. Munnell said many upper income retirees will be hit with 25-32% federal tax bills on the funds they saved for retirement, and possibly even more from state taxes. She noted that those who save in tax-deferred retirement plans still come out ahead, even after paying taxes on the withdrawals.

Issues covered:

**Retirement Planning
Taxes**

Length: 6:56

Dean Ornish M.D, founder and President of the nonprofit Preventive Medicine Research Institute, Clinical Professor of Medicine at the University of California, San Francisco, author of *"Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases"*

Dr. Ornish is a well-known advocate for using diet and lifestyle changes to treat and prevent heart disease. He outlined four changes in lifestyle that he believes can stop the progression and even reverse many chronic diseases. He said it's surprising how rapidly our bodies can begin to heal after making simple lifestyle changes.

Issues covered:

**Personal Health
Aging**

Length: 10:12

Show # 2019-10

Date aired: 3.10.19 **Time Aired:** 7:00a

Mark Hamrick, Senior Economic Analyst for Bankrate.com

73% of Millennials (ages 23-38) who have student loan debt have delayed at least one major life or financial milestone as a result, according to a new Bankrate.com report. Mr. Hamrick said the issue has influenced large percentages of Americans of all ages, affecting decisions such as buying a home or car, saving for retirement, having children and getting married.

Issues covered:

Length: 9:47

**Student Debt
Education
Personal Finance**

David Closs, PhD, Professor of Supply Chain Management in the Eli Broad College of Business at Michigan State University

Phony prescription drugs are big business and can be life-threatening to consumers. Dr. Closs discussed a recent change in federal regulations that requires companies to track prescription drugs from their raw materials stage to their delivery to pharmacies. He explained how copycat drugs sometimes make their way into the system and what consumers need to know.

Issues covered:

Length: 7:12

**Drug Safety
Government Regulations
Personal Health**

Show # 2019-11

Date aired: 3.17.19 **Time Aired:** 7:00a

Scott McCartney, Travel Editor and author/creator of the weekly Middle Seat column on airlines and travel for The Wall Street Journal

Airlines' pricing strategies have changed in significant ways in the past several years and ticket prices can literally change by the minute. Mr. McCartney discussed the best days to find the lowest prices, how far ahead to buy and other money-saving travel tips for airline travel.

Issues covered:

Length: 8:26

**Consumer Matters
Transportation**

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Ms. O'Shea said the average American must live on their retirement savings for 23 years. She explained how consumers can determine how much money they may need in retirement. She outlined four strategies to find extra income and control expenses in retirement. She recommends using a fee-only financial planner.

Issues covered:

Length: 8:40

**Retirement Planning
Personal Finance**

Penelope Larsen, researcher and PhD candidate, School of Exercise Science, Sport & Health, Charles Sturt University, Bathurst, New South Wales, Australia

Show # 2019-12

Date aired: 3.24.19 **Time Aired:** 7:00a

Michael J. Blaha, MD, MPH, Preventive Cardiologist, Director of Clinical Research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins Hospital

Dr. Blaha recently led a study that suggests that people who exercise habitually are more likely to survive their first heart attack. He discussed the wide-ranging benefits of exercise and how much is

enough. He said even older people can get in shape and get the heart-protective benefits of physical activity. He also offered ideas for how to get started.

Issues covered:
Personal Health
Senior Citizens

Length: 9:03

Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, author of “Streetfight: Handbook for an Urban Revolution”

Ms. Sadik-Khan discussed the importance of incorporating innovative transportation plans into modern urban environments. She explained how cities can add protected bike paths, improve crosswalk space, and provide visual cues to reduce speeding. She said redesigning streets can reduce congestion and increase foot traffic, which often improves the bottom line of local businesses.

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

Show # 2019-13

Date aired: 3.31.19 **Time Aired:** 7:00a

James P. Smith, PhD, Distinguished Chair in Labor Markets and Demographic Studies at the RAND Corporation, a nonprofit research organization

Dr. Smith led a study that found that Americans under the age of 26 are much more likely to be arrested than Americans born in previous decades. He noted that the increase occurred most rapidly among white Americans and women. He said that the study also found connections between the rising rate of arrests/convictions and lower probabilities of being married, fewer weeks worked, lower hourly wages and lower family incomes during Americans' adulthood.

Issues covered:
Crime
Legal

Length: 9:04

Ramon Hinojosa, PhD, Assistant Professor in the Department of Sociology at the University of Central Florida

Prof. Hinojosa warned of a coming public health crisis for veterans. He led a study that found that veterans are more likely to have heart disease at a younger age than nonveterans. He discussed the possible differences between vets who served in Iraq and Afghanistan compared to those who served in previous conflicts. He offered advice for veterans who may have cause for concern.

Issues covered:
Veterans Issues
Personal Health

Length: 8:09

Airs Sunday mornings @ 7:30am on WMPL**2019-Q1 (January-March) Viewpoints
Quarterly Report – Compliancy Issues & Program List:**

Alternative medicine	Incarceration
American issues	Internet
Ancient civilizations	Interpersonal relationships
Anxiety and depression	Language
Audiobooks	Law enforcement
Awards	LGBTQ issues
Business	Literature
Child development	Marriage
Cinema/film	Media
Crime	Mental health
Criminal justice	Mental illness
Criticism	Mindfulness
Culture	Morality and ethics
Cybercrime	Music
Data/data analysis	Mythology
Death	Narrative/storytelling
Disabilities	Politics
Domestic issues	Pregnancy
Documentary film	Psychology
Economics	PTSD
Education	Public health/safety
Emotional wellness	Religion
Entertainment	Science
Entrepreneurship	Self-help
Family and parenting issues	Sociology/societal issues
Federal law	Statistics
Gender issues/gender equality	Stigma/stereotypes
Grief	Technology
Gun violence	Television
Health and wellness	Trauma
Health care	Travel
History	US history
Immigration	



Program Log for Viewpoints

Program 19-01 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 01/06 – 01/12/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Women in the United States Military	10:32
Synopsis: Women have served in the US military dating all the way back to the Revolutionary War. Back then, they had to lie about their sex and their names in order to get enlist, but some did. Now, combat positions are open to women. We discuss the vital role women have played in America's military might.		

Host: Gary Price. Guests: Eileen Rivers, army veteran and author of *Beyond the Call: Three women on the front lines in Afghanistan*

Links for more info: <https://www.dacapopress.com/titles/eileen-rivers/beyond-the-call/9781549168710/>;
<https://www.hachettebookgroup.com/articles/a-talk-with-eileen-rivers-author-of-beyond-the-call/>

Compliance Issues Covered: military; US history; women in history; feminism; gender equality; American issues; war

14:21	SEGMENT 2: Overcoming Anxiety and Feeling Joy	8:52
Synopsis: Early January has long been a time for people to hit the re-set button and try to refocus their energy and attention for the year ahead. We talk to two experts about how to overcome anxiety to feel happier and more at ease, despite the chaos of our everyday life.		

Host: Marty Peterson. Guests: Neil Pasricha, author, *Two Minute Mornings: A journey to win your day every day*; Sharon Weil, author, *ChangeAbility: How artists, activists and awakeners navigate change*

Links for more info: <https://globalhappiness.org/neil-pasricha/>;
<http://www.sharonweilauthor.com/>

Compliance Issues Covered: mental health; mental illness; emotional wellness; self-help; alternative medicine; anxiety and depression

24:13	Culture Crash: <i>Minding the Gap</i>	2:12
Synopsis: In a crowded field of great films from 2018, Bing Liu's <i>Minding the Gap</i> , a documentary available on Hulu, stands above the pack.		

Host: Evan Rook

Compliance Issues Covered: media; cinema/film; family issues; documentary film; entertainment; criticism



Program Log for Viewpoints

Program 19-02 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 01/13 – 01/19/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Cybercrime in Real Life	10:42

Synopsis: We've all seen how our fiction portrays cybercrime, but what does it really look like? Jonathan Lusthaus, the director of the Human Cybercriminal Project at the University of Oxford, joins the show to talk about the real crimes committed online and what, if anything, we can do to protect ourselves.

Host: Gary Price. Guests: Jonathan Lusthaus, Director of the Human Cybercriminal Project and author, *Industry of Anonymity: Inside the Business of Cybercrime*

Links for more information: <https://industryofanonymity.com/>;
<https://www.nuffield.ox.ac.uk/people/profiles/jonathan-lusthaus/>

Compliance Issues Covered: crime; law enforcement; internet; cybercrime; technology

14:31	SEGMENT 2: Marriage Maintenance	8:10
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Synopsis: Maintaining a relationship or a marriage is a wonderful thing, but sometimes it can be tricky. We hear tips from an expert clinical psychologist on how couples can communicate better, understand each other more deeply, and work through some of the issues common in modern marriages.

Host: Marty Peterson. Guests: Dr. Daphne de Marneffe, clinical psychologist and author, *The Rough Patch: Marriage and the Art of Living Together*

Links for more info: <http://www.daphnedemarneffe.com/>;
<https://www.amazon.com/dp/B01N637OIO/>

Compliance Issues Covered: marriage; family issues; self-help; psychology

23:41	Culture Crash: <i>True Detective</i>	2:43
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Synopsis: In 2014, *True Detective* was a cultural juggernaut. In 2015, it was a laughing stock. Can the new season recapture the magic for HBO?

Host: Evan Rook

Compliance Issues Covered: media; culture; television; business; entertainment; criticism



Program Log for Viewpoints

Program 19-03 Producers Reed Pence, Evan Rook
Air Week 01/20 – 01/26/2019 Production Director Jason Dickey

Time Segment Dur.

1:47 SEGMENT 1: China's Family Policies & Their Impact on America 8:50

Synopsis: In America, we may have an idea of how China's one-child and two-child policies work, but the truth is more complicated than many of us imagine. We talk to journalist and author Vanessa Hua about how these policies have rippled all the way into America.

Host: Gary Price. Guests: Vanessa Hua, journalist and author, *A River of Stars*

Links for more information: <http://www.randomhousebooks.com/books/550208/>;
<https://www.nbcnews.com/news/us-news/feds-raid-l-maternity-hotel-birth-tourists-n315996>

Compliance Issues Covered: immigration; American issues; international issues; family issues; parenting; societal issues

12:39 SEGMENT 2: Processing Unimaginable Grief 9:25

Synopsis: Grief is an innate part of human life, but how we process that grief varies from person to person. Tom Malmquist knows too much about grief after he lost his partner shortly after the birth of their first child. Malmquist put his experiences into his novel, *In Every Moment We Are Still Alive*, to help others in similar situations feel less alone.

Host: Marty Peterson. Guests: Tom Malmquist, author, *In Every Moment We Are Still Alive*

Links for more info: <http://static.mhpbooks.com/In-Every-Moment/>

Compliance Issues Covered: grief; death; parenting; family issues; trauma

23:04 Culture Crash: Movies to Look Forward to in 2019 3:21

Synopsis: With a new year comes new things to look forward to, and this year will offer an enormous slate of hotly anticipated new films, like *Toy Story 4*, *It: Chapter 2*, and a plethora of superhero offerings.

Host: Evan Rook

Compliance Issues Covered: media; culture; cinema/film; entertainment



Program Log for Viewpoints

Program 19-04 Producers Reed Pence, Evan Rook
Air Week 01/27 – 02/02/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Truth Behind Faith-Based Prison Ministry	9:02

Synopsis: Since the beginning of the US prison system, religion has been suggested as a way to help rehabilitate criminals. We talk to Tanya Erzen, a professor of religion, about why that is and what role prison ministries play in the lives on inmates.

Host: Gary Price. Guests: Tanya Erzen, author *God in Captivity: The Rise of Faith-Based Prison Ministries in the Age of Mass Incarceration*

Links for more information: <https://tanyaerzen.com/>;
<http://www.beacon.org/God-in-Captivity-P1256.aspx>

Compliance Issues Covered: US history; criminal justice; religion; American issues; incarceration

12:51	SEGMENT 2: Tips on Entrepreneurship	9:56
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Synopsis: Brian Scudamore founded 1-800-GOT JUNK when he was just 18. Now, it's one of the biggest companies in the world. He talks about the lessons he learned and what advice he has for young entrepreneurs dreaming of creating the next big startup.

Host: Marty Peterson. Guests: Brian Scudamore, CEO of 1-800-GOT JUNK and author, *WTF: Willing to Fail: How failure can be your key to success*

Links for more info: https://www.1800gotjunk.com/us_en/about/our_company;
<https://www.amazon.com/WTF-Willing-Fail-Failure-Success-ebook/dp/B07JXY3823>

Compliance Issues Covered: business; entrepreneurship; economics; marketing

23:47	Culture Crash: A New Future for Comic Book Movies	2:41
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Synopsis: For a decade now, it seemed like comic book movies had settled in to an existence based on these larger cinematic universes. Now, Spider-Man and The Joker are proving comic stories can have their cake and eat it, too.

Host: Evan Rook

Compliance Issues Covered: media; culture; cinema/film; comic books; entertainment; criticism



Program Log for Viewpoints

Program 19-05 Producers Reed Pence, Evan Rook
Air Week 02/03 – 02/09/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Unexpected Utility of a Well-Held Grudge	9:56

Synopsis: Grudges are something most of us think of as a negative feeling. They're petty or vindictive or unforgiving. But we talk to author Sophie Hannah, who says grudges can be a really positive thing in our lives if we just know how to hold them properly. She can explain.

Host: Gary Price. Guests: Sophie Hannah, author, *How to Hold a Grudge: From resentment to contentment- the power of grudges to transform your life*

Links for more information: <https://sophiehannah.com/>;
<https://www.simonandschuster.com/books/How-to-Hold-a-Grudge/Sophie-Hannah/9781982111427>;
<https://twitter.com/sophiehannahcb1>

Compliance Issues Covered: interpersonal relationships; self-help; psychology

13:45	SEGMENT 2: Parenting a Transgender Child	8:31
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Synopsis: We talk to the parent and the doctor of a transgender child to discover what science says about gender transitions and how one family navigated the issues associated with having a child you suddenly don't fully understand.

Host: Marty Peterson. Guests: Dr. Michele Angello, therapist and gender specialist; Alisa Bowman, journalist, author, and mother of a transgender child

Links for more info: <https://www.micheleangelo.com/>;
<https://www.barnesandnoble.com/w/raising-the-transgender-child-michele-angelo/1123537769>

Compliance Issues Covered: parenting; family issues; LGBTQ issues; sociology/societal issues; gender issues; gender equality; science

23:16	Culture Crash: On Ethan Hawke and Oscar Snubs	3:10
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Synopsis: Every year, there is some outrage over Oscar snubs. This year, many of us wish Ethan Hawke had been nominated for *First Reformed*. We look at why.

Host: Evan Rook

Compliance Issues Covered: media; culture; cinema/film; awards; entertainment; criticism



Program Log for Viewpoints

Program 19-06 Producers Reed Pence, Evan Rook
Air Week 02/10 – 02/16/2019 Production Director Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: The History of Pirates 10:40
Synopsis: From Pirates of the Caribbean and Captain Hook to the Pittsburgh Pirates and Tampa Bay Buccaneers, pirates have a real foothold in our culture. But their history is anything but a fairy tale. Historian Eric Jay Dolin joins the show to discuss some of the most notorious real-life pirates to ever live.

Host: Gary Price. Guests: Eric Jay Dolin, historian and author, *Black Flags, Blue Waters: The epic history of America's most notorious pirates*

Links for more information: <https://www.amazon.com/Black-Flags-Blue-Waters-Notorious/dp/1631492101>;
<https://www.ericjaydolin.com/>

Compliance Issues Covered: American issues; culture; crime; US history; history; mythology

14:29 SEGMENT 2: The Written Word: A history of storytelling 8:08
Synopsis: Throughout history, stories have been told but sometimes preserving them for future generations has proven difficult. We examine the ways stories have been passed down, and the role the written word has played in shaping our civilizations.

Host: Marty Peterson. Guests: Martin Puchner, Professor of English and Comparative Literature, Harvard University and author, *The Written Word: The power of stories to shape people, history, civilization*

Links for more info: <https://english.fas.harvard.edu/people/martin-puchner>;
<https://www.penguinrandomhouse.com/books/253470/the-written-world-by-martin-puchner/>

Compliance Issues Covered: literature; language; history; ancient civilizations; technology; narrative/storytelling

23:37 Culture Crash: Missing Gems in the Deluge of 'Peak TV' 2:45
Synopsis: There is so much new TV content being made that it can be easy to fall behind or forget to check out a show you meant to watch. We look at a few of these overlooked gems, like Showtime's "Escape at Dannemora."

Host: Evan Rook

Compliance Issues Covered: television; media; awards; culture; entertainment; criticism



Program Log for Viewpoints

Program 19-07 Producers Reed Pence, Evan Rook
Air Week 02/17 – 02/23/2019 Production Director Jason Dickey

Time Segment Dur.

1:47 SEGMENT 1: Facing Our Own Mortality: How to plan for a more peaceful death for yourself and loves ones 10:40

Synopsis: Facing the prospect of death isn't pleasant, but it is the reality of being human. We talk to two experts about how people can get their affairs in order both personally and medically to ensure their wishes are respected and their loved ones can properly grieve if the unthinkable happens.

Host: Gary Price. Guests: Katy Butler, journalist and author, *The Art of Dying Well: A practical guide to a good end of life*; Dr. Sunita Puri, Medical Director of Palliative Medicine at the University of Southern California and author, *That Good Night: Life and medicine in the eleventh hour*

Links for more information:

<http://www.katybutler.com/author/> <https://www.simonandschuster.com/books/The-Art-of-Dying-Well/Katy-Butler/9781501135316>;
<https://www.penguinrandomhouse.com/books/551602/that-good-night-by-sunita-puri/9780735223318/>;
<https://keck.usc.edu/faculty-search/sunita-puri/>

Compliance Issues Covered: health care; family issues; personal issues; death; grief; health & wellness

14:52 SEGMENT 2: Considering the Precarious Future of AI 8:08

Synopsis: Between Alexa, Google and Siri, artificial intelligence is here. But looking forward, AI will only get more and more intelligent. Author and researcher James Rollins discusses why AI has long scared scientists and storytellers, and what the future of our technology could look like if we aren't careful.

Host: Marty Peterson. Guests: James Rollins, researcher and author, *Crucible*

Links for more info: <https://jamesrollins.com/>;
<https://www.amazon.com/Crucible-Thriller-Sigma-Force-Novels/dp/0062381784>

Compliance Issues Covered: technology; science; narrative/storytelling; morality and ethics; societal issues

23:37 Culture Crash: The Academy's Unforced Errors 2:45

Synopsis: This year's Academy Awards have been a series of mistakes, from suggesting a Best Popular Film award to the plan to award from of the evening's awards during commercial breaks.

Host: Evan Rook

Compliance Issues Covered: cinema/film; awards; media; culture; entertainment; criticism

Program Log for Viewpoints

Program 19-09 Producers Evan Rook
 Air Week 03/03 – 03/09/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: What Big Data Can Teach Us About Ourselves	7:37

Synopsis: These days, there is data on just about everything. Our social media presence, our careers, our web search history- it's all crunched into data points. And author Seth Stephens-Davidowitz says all that data can shed plenty of light on the truth about who we really are underneath all of our social formalities.

Host: Gary Price. Guests: Seth Stephens-Davidowitz, author of *Everybody Lies: Big data, new data, and what the internet can tell us about who we really are*

Links for more information: <https://www.amazon.com/Everybody-Lies-Internet-About-Really/dp/0062390856>;
<http://sethsd.com/>

Compliance Issues Covered: data/data analysis; science; sociology; statistics; technology; internet

11:26	SEGMENT 2: Exploring What It Means for Women to be 'Brave, Not Perfect'	10:57
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Synopsis: Reshma Saujani is a lawyer, a former political candidate, an author and the founder of Girls Who Code. She says our society puts too much pressure on women to be perfect, which means girls are afraid to explore their true passions for fear of failure. She's hoping to change that, and to teach girls that it's okay to try something that you might not succeed at.

Host: Marty Peterson. Guests: Reshma Saujani, author, *Brave, Not Perfect*

Links for more info: <https://reshmasaujani.com/>;
<https://www.penguinrandomhouse.com/books/561367/brave-not-perfect-by-reshma-saujani/9781524762339/>

Compliance Issues Covered: feminism; business; sociology and societal issues; gender equality; gender issues; stereotypes

23:23	Culture Crash: Audiobooks	3:03
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Synopsis: Audiobooks used to be big, cumbersome collections of tapes. Now, they're simply files on our phones, and their portability and convenience make them a great option for commute-time listening.

Host: Evan Rook

Compliance Issues Covered: literature; culture; audiobooks; entertainment



Program Log for Viewpoints

Program 19-10 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 03/10 – 03/16/2019 Production Director Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: A More Ethical Garden 9:59
Synopsis: Spring is almost here! That means it's time to start thinking about gardens and landscaping. Expert Benjamin Vogt has a new way to garden, so that your property can be a place that looks nice, and also contributes to a healthy ecosystem that helps animal species and our planet thrive.

Host: Gary Price. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*

Links for more information: <https://www.newsociety.com/Books/N/A-New-Garden-Ethic>

Compliance Issues Covered: science; gardening; environment; morality and ethics; climate change; public health

13:48 SEGMENT 2: A Fantasy Series that Aims at Teaching Children to Consider Some Big Questions 8:40
Synopsis: 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: Marty Peterson. Guests: Soman Chainani, author of *The School for Good and Evil*

Links for more info: <https://schoolforgoodandevil.com/>;
<http://somanchainani.net/>

Compliance Issues Covered: literature; culture; family issues; child development; education; morality and ethics; mythology; societal issues

23:28 Culture Crash: Netflix's "Russian Doll" 2:54
Synopsis: Netflix's new show, "Russian Doll" is an ethical, mysterious, funny drama modeled after the *Groundhog Day* "waking up in the same moment" plot. It's an especially great binge-watch.

Host: Evan Rook Compliance Issues Covered: television; culture; media; entertainment; criticism



Program Log for Viewpoints

Program 19-11 Producers Reed Pence. Evan Rook
Air Week 03/17 – 03/23/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Mindfulness in Life, Leadership and Collaboration	9:44

Synopsis: The hustle and bustle of the world can overwhelm us all from time to time. Expert Marc Lesser talks about how we can embrace mindfulness to relieve anxiety, enhance our empathy, and become better collaborators and leaders in our lives.

Host: Gary Price. Guests: Marc Lesser, author, *Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery Kitchen*

Links for more information: <https://www.marclesser.net/>

Compliance Issues Covered: self-help; personal issues; business; interpersonal relationships; mindfulness; health & wellness; alternative medicine; anxiety and depression; mental health; emotional wellness

13:33	SEGMENT 2: Harry Potter Therapy	8:33
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Synopsis: The Harry Potter series is full of creatures and storylines that parallel real-life adversities like depression, PTSD and grief in a heightened reality. Dr. Janina Scarlet says these stories are so powerful that she uses them to help people cope in real-life therapy sessions.

Host: Marty Peterson. Guests: Dr. Janina Scarlet, clinical therapist and author of *Superhero Therapy: A hero's journey through acceptance and commitment therapy*

Links for more info: <https://www.amazon.com/Superhero-Therapy-Journey-Acceptance-Commitment/dp/1472136411>;
<http://www.superhero-therapy.com/>

Compliance Issues Covered: literature; fantasy; mental health; PTSD; anxiety and depression; grief; health & wellness; alternative medicine; mental illness; emotional wellness

23:06	Culture Crash: Do We All Have the Cultural Taste of Our 15 Year-old Selves?	3:20
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Synopsis: Anecdotal evidence and some real data science both suggest that we never grow out of the things we loved at 15.

Links for more info: <https://www.hollywoodreporter.com/news/bill-carter-covering-snl-lorne-769095>; <https://www.amazon.com/Everybody-Lies-Internet-About-Really/dp/0062390856>

Host: Evan Rook

Compliance Issues Covered: television; culture; media; statistics; data/data analysis; entertainment; science

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Program Log for Viewpoints

Program 19-12 Producers Reed Pence, Evan Rook
Air Week 03/24 – 03/30/2019 Production Director Jason Dickey

Time	Segment	Dur.
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1:47	SEGMENT 1: Life in the Shadow of the Columbine High School Shooting	9:44
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Synopsis: On April 20, 1999, Sue Klebold's son and his friend went into Columbine High School and committed one of the largest mass shootings in US history. Over the last 18 years, Klebold has been forced to cope with this horrible tragedy while managing anxiety attacks and being blamed by so many. Klebold talks about her story and the mental health messages she wants every American to know.

Host: Gary Price. Guests: Sue Klebold, author of the book *A Mother's Reckoning*

Links for more information: <http://amothersreckoning.com/>;
<https://suicidepreventionlifeline.org/>;
https://bbrfoundation.org/mental-illness-1?gclid=CL6L_4iZqdICFQ2UaOodYjUFqw

Compliance Issues Covered: mental health; mental illness; domestic issues; US history; gun violence; trauma; public safety; anxiety and depression

13:33	SEGMENT 2: Raising Financially-minded Children	8:33
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Synopsis: All parents want their kids to succeed and live good lives, and part of accomplishing that is raising them to understand the value of a dollar. We talk to Beth Kobliner, a financial expert and author of the book *Make Your Kid A Money Genius (Even if you're not)* about tips and tricks to help our kids, from toddlers to post-grads, handle money responsibly.

Host: Marty Peterson. Guests: Beth Kobliner, financial expert and author of *Make Your Kid A Money Genius (Even if you're not)*

Links for more info: <http://www.bethkobliner.com/>

Compliance Issues Covered: finance; family issues; parenting; economics

24:06	Culture Crash: Junk Food TV	3:20
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Synopsis: Sometimes you want to watch an expertly written and produced hour of television with central themes and a commentary on modern life... and sometimes, you just want to shut your brain off and watch something easy. This is about those latter experiences.

Host: Evan Rook
Compliance Issues Covered: television; culture; media; entertainment; criticism



Program Log for Viewpoints

Program 19-13 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 03/31 – 04/06/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Using YA Fiction to Help Young People Process the Big Issues	9:59

Synopsis: For a few decades now, teens have flocked to YA novels like *The Hunger Games* or *The Fault in Our Stars*. Why are they so popular? We talk to two novelists who say young adult fiction can help teens consider big issues and life and ‘practice’ their responses to real-world problems like violence and drugs.

Host: Gary Price. Guests: Marie Lu, author, *Wildcard*; Ellen Hopkins, author, *People Kill People*

Links for more information: <http://www.onetrueportal.com/marielu/>;
<http://www.ellenhopkins.com/>

Compliance Issues Covered: literature; culture; young adults; family issues; education; morality and ethics

14:00	SEGMENT 2: Using the ‘Voices in Your Head’	8:40
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Synopsis: Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill. However, experts tell us the “voices in your head” can be used to talk to, and about, yourself in a healthy, productive way. In fact, most people hear voices in their head and already use inner speech on a daily basis. We discuss tips and techniques to use “self-talk” as a way to get yourself through tough decisions and lower stress.

Host: Marty Peterson. Guests: Dr. Charles Fernyhough, author, *The Voices Within: The history and science of how we talk to ourselves*; Dr. Ethan Kross, Professor of Psychology at the University of Michigan

Links for more info: <http://www.charlesfernyhough.com/>;
<https://lsa.umich.edu/psych/people/faculty/ekross.html>

Compliance Issues Covered: psychology; science; self-help; mental illness; mental health; stigma/stereotypes; alternative medicine; emotional wellness

23:57	Culture Crash: Summer Concerts	2:54
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Synopsis: Summer is almost here, which means the concert and music festival season is almost in full swing. We talk a look at why a day at an amphitheater can stick with you for life.

Host: Evan Rook

Compliance Issues Covered: music; culture; entertainment