

Public Interest File

April 1, 2015 – June 30, 2015

The Faith Middleton Show

Tuesday, April 14

3:00pm (1 hour)

Faith spoke with orthopedic surgeon and former NFL player Richard Diana, MD, about his book *Healthy Joint for Life*. He applies his unique experience and training to tackle joint pain without medication or drastic measures. Based on cutting-edge research that has clarified the crucial role of a molecule known as NFkB in regulating inflammation, Dr. Diana's eight-week program talks about how to reduce inflammation, relieve pain and rejuvenate joints.

Issues discussed: Consumer services, Public safety, health and welfare.

Thursday, April 30

3:00pm (1 hour)

Faith hosts a regular book show with a panel of guests who describe and recommend books in all categories. Callers are encouraged to join the conversation with their own recommendations.

Issues discussed: Culture, Education, Recreation, etc.

Thursday, May 7

3:00pm (1 hour)

Faith spoke with investigative journalist Nina Teicholz about her book *The Big Fat Surprise*, where she reveals the unthinkable: that everything we thought we knew about dietary fat is wrong. She documents how the low-fat nutrition advice of the past sixty years has amounted to a vast uncontrolled experiment on the entire population, with disastrous consequences for our health. For decades, we have been told that the best possible diet involves cutting back on fat, especially saturated fat, and that if we are not getting healthier or thinner it must be because we are not trying hard enough. But what if the low-fat diet is itself the problem? What if the very foods we've been denying ourselves—the creamy cheeses, the sizzling steaks—are themselves the key to reversing the epidemics of obesity, diabetes, and heart disease?

Issues discussed: Agriculture, Business, Consumer services, etc.

Monday, May 11

3:00pm (1 hour)

Faith talked with Yale's Dr. Michael Bennick who's in charge of determining what

“patient-entered care” should look like. It turns out hospital patients get woken up all night long for tests so doctors can have them in the morning at their convenience. A recent experiment at Yale New Haven Hospital, though, showed no patient appeared worse off when staff were told to let them sleep all night. That experiment was conducted at the direction of Dr. Michael Bennick, He looked at things like, should the food be better? Are there enough doctors and nurses on each hospital floor? Should patients have teams of advocates to help when an insurance company denies a procedure as you're sitting in a hospital bed? And, perhaps most of all, what is "healing," no matter how sick you are?

Issues discussed: Business, Professions, Public safety, health and welfare, etc.

Thursday, May 14
3:00pm (1 hour)

Author Marc Goodman talked about his book *Future Crimes*. Goodman's one of the world's leading authorities on global security. He takes readers deep into the digital underground to expose the alarming ways criminals, corporations, and even countries are using new and emerging technologies against you -- and how this makes everyone more vulnerable than ever imagined.

Issues discussed: Business, Government, Public safety, health and welfare, etc.

Tuesday, May 26
3:00pm (1 hour)

Kevin Carey, an education researcher and writer, joined us to talk about his book *The End of College*. He draws on years of in-depth reporting and cutting-edge research to paint a vivid and surprising portrait of the future of education. Over the span of just nine months in 2011 and 2012, the world's most famous universities and high-powered technology entrepreneurs began a race to revolutionize higher education. College courses that had been kept for centuries from all but an elite few were released to millions of students throughout the world -- for free. Exploding college prices and a flagging global economy, combined with the derring-do of a few intrepid innovators, have created a dynamic climate for a total rethinking of an industry that has remained virtually unchanged for a hundred years.

Issues discussed: Business, Education, Government, etc.

Monday, June 8
3:00pm (1 hour)

What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing -- the scientifically based approach described in *Redirect* -- might be able to accomplish all of

this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change, and he joined us for the hour.
Issues discussed: Culture, Education, Religion, etc.