

QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WSHE-Chicago

April 1, 2015 – June 30, 2015

Susan Wiencek

Public Affairs Manager

April 5, 2015

5:30am-6:00am “Radio Health Journal”

1. Food addiction. Scientists are learning that some people can be physically addicted to certain kinds of foods, especially highly-processed foods, and suffer withdrawal when they can't have them. Experts explain the brain chemistry of food addiction, how it is virtually identical to the chemistry of drug addiction and alcoholism, and what it means for the nation's fight against obesity. Guests are: Dr. Ashley Gearhardt, Asst. Prof. of Psychology, Univ. of Michigan; Dr. Vera Tarman, Medical Director, Renascent Addiction Treatment Center, Toronto, and author, Food Junkies: The Truth About Food Addiction.
2. Moderate exercise. Studies are showing that people who train hard and long at running have death rates similar to couch potatoes, while those who exercise moderately or even lightly are likely to live much longer. Experts discuss how much exercise is enough and how to make the most of light exercise. Guests are: Dr. Carol Ewing Garber, Prof. of Movement Sciences, Teachers College, Columbia Univ.; and Dr. Vijay Vad, sports medicine specialist, Hospital for Special Surgery, New York, Asst. Prof. of Rehabilitation Medicine, Weill Cornell Medical College and author, The New Rules of Running.

Issues covered: public health; consumerism; addiction; youth at risk; economics; health care.

6:00am-6:30am “Viewpoints”

1. Race and diversity: Can it be taught in schools? Can race be taught as a school subject, like chemistry and foreign language? And if so, what kinds of curricula are best for making students understand how other races fit into and benefit society? We talk to two researchers about the answers to these questions and take a slightly different look at race, ethnicity, religion and how they affect our perceptions of the world. Guests are: Lawrence Blum, Prof. of Philosophy, Dist. Prof. of Liberal Arts & Education, Univ. of Massachusetts, Boston, author of High Schools, Race and America's Future: What can students teach us about morality, diversity, and community; and Todd Pittinsky, Prof. in the Dept. of Technology and Society, SUNY-Stony Brook, lecturer at Harvard Univ., author of Us + Them: Tapping the positive power of difference.
2. Liar, liar: How questioners get at the truth. How do professionals question people to get the information they want? We talk to a specialist on interrogation and lying, and how law enforcement and job interviewers use the same tactics to get to the truth and find out if someone might be lying to them. Guest is Maryann Karinch, a human behavior expert and author of the book, Nothing But the Truth: Secrets from top intelligence experts to control the conversation and get the information you need.

Issues covered: race; religion; ethnic concerns; education; media; employment; crime.

April 12, 2015

5:30am-6:00am “Radio Health Journal”

1. Correcting color blindness. Color blindness (or color vision deficiency) affects up to eight percent of men. Until recently, doctors could do nothing to treat it. Now high-tech glasses can make colors come alive for many people with the most common form of color blindness. Experts explain color blindness and the glasses that can treat it. Guests are: Sean Reynolds, color blind patient; and Dr. Michael Marmor Prof. of Ophthalmology, Stanford Univ. School of Medicine and Byers Eye Institute; Dr. Don McPherson, Vice President of Products, Enchroma, Inc.
2. Why we eat what we do. Most people would like to eat healthy foods, but other factors such as cost and ease of preparation are much more important in our food choices. A longtime food

market researcher discusses why we choose the foods we eat. Guest: Harry Balzer, Chief Industry Analyst, NPD Group.

Issues covered: health care; consumerism; technology ; economics; health and nutrition; consumerism.

6:00am-6:30am “Viewpoints”

1. Future crimes: Cybercrime in business and in our homes is growing. We’ve all learned how to become more careful about protecting our credit card and financial information from hackers. However, there are new ways that criminals can invade our privacy and, often, there’s little the police can do about it. We talk to a cyber-security expert and a technology attorney about the new threats to privacy – and even personal safety – and how we can protect ourselves from intrusions into our homes and lives. Guests: Marc Goodman, author of Future Crimes: Everything is connected, everyone is vulnerable and what we can do about it; Adam Rouse, Legal Fellow for the Institute for Science, Law and Technology, IIT Chicago-Kent College of Law.
2. Roadmap: Learning to incorporate your dreams into your life. Not everyone is able to follow their dream into a career that they truly love. People have debt, family obligations and are possibly just not talented enough to make a living working at what they’ve always dreamed of doing. Our guest says that he’s talked to people who have found ways of incorporating their dreams into their lives in very creative – and lucrative -- ways, and he’ll pass along some advice on just how to do it. Guest: Nathan Gebhard, co-creator of the PBS documentary series “Roadtrip Nation,” and co-author of the book, Roadmap: The get-it-together guide for figuring out what to do with your life.

Issues covered: technology; crime; privacy; family issues; economics; law enforcement; careers and employment issues; business; education.

April 19, 2015

5:30am-6:00am “Radio Health Journal”

1. Too many vitamins? Vitamins are essential to our health, and most of those we need we can get through our diets. Many foods are fortified today. Standards for dietary minimums help prevent deficiency diseases, but little is known about whether it's possible to consume too many vitamins. Experts discuss. Guests are: Catherine Price, author, Vitamina: Our Obsessive Quest for Nutritional Perfection; Dr. Valerie Tarasuck, Prof. of Nutritional Sciences, Univ. of Toronto; Dr. Mara Vitolins, Prof. of Epidemiology and Prevention, Wake Forest Univ. Baptist Medical Center.
2. The nature of addiction. Many people have misconceptions about what addiction is and is not. A noted British journalist explains how these myths fuel the war on drugs, and alternatives that might really curb addiction and drug trafficking. Guest: Johann Hari, author, Chasing the Scream: The First and Last Days of the War on Drugs.

Issues covered: public health; consumerism; food supply and food safety; federal government and regulation; business and industry; drug addiction and treatment; youth at risk; drug policy.

6:00am-6:30am “Viewpoints”

1. Spring and summer travel: Saving time, money and aggravation. The spring and summer travel seasons are here and Americans are planning their vacation trips both online and through travel agents. We’ll talk to two travel experts about where the action is this season, how to get more for your travel dollars, and hear some tips and tricks for making your travel less aggravating and more fun. Guests: Chris McGinnis, business and leisure travel guru, blogger and contributor to

Best Western's travel website, You Must Be Trippin.com; Mark Murphy, travel expert, CEO of Travepulse.com.

2. The joy of missing out: Getting off the Internet. With emails, spam, texts and instant messaging it's a wonder we ever have time anymore to just sit and relax with family and friends. At the office, we spend so much time online, how do we get anything done...or done well? That's what worried our guest who took a 31-day vacation from the Internet to reconnect with her loved-ones and learn about how online life needs to be balanced with face-to-face communications and relaxation. Guest is Christina Crook, communications professional and author of the book, The Joy of Missing Out: Finding balance in a wired world.

Issues covered: personal finance; recreation and leisure; transportation; economy; government; communications; technology; social media; family issues; bullying.

April 26, 2015

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

1. Navigating the digestive system. Most people have little idea what goes on in the digestive system. A science writer explains everything she found during an exhaustive investigation. Guest: Mary Roach, author, Gulp: Adventures On the Alimentary Canal.
2. Neuroplasticity: how the brain heals. Since the dawn of medicine, doctors have believed that, once injured, the brain could not heal. Now they've learned that the brain can heal, and are beginning to tap ways to make it heal better and faster. Experts explain. Guests: Dr. Norman Doidge, Prof. of Psychiatry, Univ. of Toronto, Columbia Univ. Center for Psychoanalytic Training and Research and author, The Brain's Way of Healing: Remarkable Discoveries and Recoveries From the Frontiers of Neuroplasticity; Dr. Edward Taub, Prof. of Psychiatry, Univ. of Alabama, Birmingham and Director, UAB Taub Training Clinic.

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

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

1. Astrotwins: An astronaut talks about science and math education. As a kid, did you ever dream of being an astronaut and flying a rocket ship into space, but figured you weren't good enough in science and math to do it? Our guest, a former U.S. astronaut admits he wasn't the best young student in school in those subjects, but later on he grew fascinated by them and turned his newfound interest into becoming a Navy pilot and then a member of NASA's Space Shuttle team. He talks about his new young readers' book, and how he hopes it will encourage boys and girls to go into science, math and engineering. Guest is Mark Kelly, retired astronaut, author of the novel, Astrotwins: Project Blastoff, a young reader book.
2. Creativity in technology and art. We hear a lot about creativity these days, but can you be creative and artistic if you work in any kind of occupation? We talk to two creative people – one an artist and the other a business consultant – about the essence of creativity, how they foster creativity in their work and how anyone can be creative – even under very constrained conditions -- if they just take the time to look at their life and work in a different way. Guest is Miranda July, filmmaker, actor, screenwriter, author of the novel, The First Bad Man: Mark Barden, partner in the consulting firm, eatbigfish, and co-author with Adam Morgan of the book, A Beautiful Constraint: How to transform your limitations into advantages, and why it's everyone's business.

Issues covered: math and science education; technology; children's issues; marketing; business; the arts; consumer issues.

May 3, 2015

5:30am-6:00am “Radio Health Journal”

1. Distracted teen drivers. Teenage drivers are the most dangerous on the road. Graduated driver's license programs have improved their record, but a new study finds teen drivers are often distracted before crashes. Brain biology plays a role. Experts discuss distracted driving and ways to get teens to pay attention on the road. Guests are: Peter Kissinger, President / CEO, AAA Foundation for Traffic Safety; Dr. Kelly Browning, Exec. Director, Impact Teen Drivers; Dr. Robert Foss, Director, Center for the Study of Young Drivers, Univ. of North Carolina-Chapel Hill; and Dr. David Hurwitz, Asst. Prof. of Transportation Engineering, Oregon State Univ.
2. Teaching doctors how to better communicate with patients. Doctors too often use language that's indecipherable to their patients. Efforts are underway at medical schools to teach doctors to speak in plain language. An expert at one such school and a participant in these classes discuss. Guests are: Dr. Evonne Kaplan-Liss, Assoc. Prof. of Preventive Medicine, Stony Brook Univ.; Ashwin Mahotra, medical student, Stony Brook Univ.; and Dr. Zack Berger, Asst. Prof. of Medicine, Johns Hopkins Univ. and author, Talking to Your Doctor: A Patient's Guide to Communication in the Exam Room.

Issues covered: transportation; traffic safety; public safety; youth at risk; parenting; education; health care; public health; consumerism.

6:00am-6:30am “Viewpoints”

1. Baseball and the movies: What makes a good baseball film? There are movies about a lot of sports and athletic competitions, but for some reason baseball outnumbers them all. Why is that? And what are the hallmarks of a good baseball movie? We talk to an author and professor of communications, and to a baseball novelist, player and screenwriter about these issues. We'll also hear about a novel way one guest is seeking to “crowdfund” and cast his upcoming baseball film. Guests are: Brother Gerry Molyneaux, Prof. of Communications, La Salle University, Philadelphia, PA, author of several film biographies including John Sayles: An unauthorized biography of the pioneer filmmaker; and Mark Donahue, author of the novel, Last At Bat, screenwriter and life-long baseball player.
2. The Bill of Rights: New thoughts on its structure and meaning. When we learn about the Bill of Rights in school, we often look at it as ten separate amendments to our Constitution instead of as a single, well-structured work, like a poem or symphony. Our guest didn't see this either, until he needed a document to type while practicing his word processing program. We'll hear about his realization that the Bill of Rights is, indeed, a cohesive and carefully plotted document, how it captures the essence of democracy that our forefathers fought for, and how, in modern cases, he thinks some Supreme Court decisions undermine the founders' intentions. Guest is Burt Neuborne, Norman Dorsen Professor of Civil Liberties at NYU Law School, former National Legal Director of the ACLU, author of the book, Madison's Music: On reading the First Amendment.

Issues covered: communications and media; American history; recreation; economics; law; war and military; judicial system; government.

May 10, 2015

5:30am-6:00am “Radio Health Journal”

1. Lung cancer in those who don't smoke. Lung cancer is the world's number-one cancer killer, but its association with smoking has created a stigma that often stuns patients who never smoked and results in much less research money for lung cancer than for other less lethal diseases. Still,

new treatments provide hope. Guests are: Dr. Andrea McKee, Chairman, radiation oncology, Leahy Hospital & Medical Center, Burlington, MA; Dr. Heather Wakelee, Assoc. Prof. of Medicine, Stanford Univ. and Stanford Cancer Institute; and Dr. Joan Schiller, Deputy Director, Simmons Cancer Center, UT Southwestern Medical Center, Dallas, and President, Free to Breathe advocacy organization.

2. Preparing for disaster. Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it happens. Guests are Jonathan Jones and Kylene Jones, co-authors, [The Provident Prepper: A Common Sense Guide to Preparing for Emergencies](#).

Issues covered: health care; public health; discrimination; economics; smoking; natural disasters; emergency preparedness; public safety; family issues; parenting matters.

6:00am-6:30am “Viewpoints”

1. Becoming Steve Jobs: A look at the life of the Apple co-founder. Apple co-founder Steve Jobs was hailed as a genius during his lifetime for the success he and his partner made of the fledgling computer company. However, Jobs was also accused of being a divisive manager who burnt out his employees, and was eventually sidelined at his own company. We talk to one of his biographers about how Jobs changed his ways after he left Apple, and how his experiences with NeXt Computer, Pixar, and becoming a husband and father helped him develop into a savvy, more understanding innovator and leader. Guest is Rick Tetzeli, co-author with Brent Schlender, of the book, [Becoming Steve Jobs: The evolution of a reckless upstart into a visionary leader](#).
2. The Noted -- and unsung -- women of the Nuclear Age. The Atomic Age is credited mostly to men like Einstein, Oppenheimer and Fermi. Although there's no question that these eminent scientists were leaders in the development and understanding of nuclear power, there were also many women who contributed knowledge and sometimes their health and lives, but who are overshadowed by the men. We talk to two authors whose books give these women the recognition they deserve. Guests are: Craig Nelson, author of [The Age of Radiance: The epic rise and dramatic fall of the Atomic Era](#); and Denise Kiernan, author of the best-selling book, [The Girls of Atomic City](#), now in paperback.

Issues covered: technology; business; labor and employment; women's issues; science; war; education; health.

May 17, 2015

5:30am-6:00am “Radio Health Journal”

1. Weight, culture, and science. The cultural bias against obesity is often justified on health grounds. But recent studies show that people classified in the "overweight" BMI category actually have less mortality than normal weight people. Experts discuss how culture drives our obsession with weight and what science really has to say about it. Guests are: Harriet Brown, Assoc. Prof. of Magazine Journalism, Newhouse School of Public Communication, Syracuse Univ. and author, [Body of Truth: How Science, History, and Culture Drive Our Obsession With Weight and What We Can Do About It](#); and Dr. Carl Lavie, Medical Director of Preventive Cardiology, John Ochsner Heart & Vascular Institute, New Orleans and author, [The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier](#).
2. Dietary gene therapy. Many diseases have a genetic trigger, but a noted researcher concludes that alteration of the diet can override that programming. He discusses how disease doesn't have to be preordained. Guest is Dr. Mitchell Gaynor, Asst. Clinical Prof. of Medicine, Weill

Cornell Medical Center and author, The Gene Therapy Plan: Taking Control of Your Genetic Destiny With Diet and Lifestyle .

Issues covered: health care; public health; discrimination; science and technology; economics; prevention.

6:00am-6:30am “Viewpoints”

1. The importance of letters. When was the last time you wrote or received a real, handwritten letter in the mail? It’s sad that there are young people today who will never experience the joy of getting or writing a personal letter during their lives. We talk to a writer and editor about the importance of letter writing, and what we can learn from reading letters from notables and unknowns of the past. Guest: Shaun Usher, writer, editor of the book, Letters of Note: An eclectic collection of correspondence deserving of a wider audience.
2. Healthier ethnic cooking and sweets. America is a melting pot of many nationalities, races and religions, each with its own traditions and cuisines. Some of the food that is so loved by families across the country isn’t the healthiest, however, and can cause obesity, blood sugar problems and heart issues. We talk to two experienced cooks and an award-winning baker about how they are trying to make ethnic dishes and baked goods a bit healthier while maintaining the flavors and textures of the traditional dishes. Guests are: Caroline Randall Williams, co-author of Soul Food Love: Healthy recipes inspired by one hundred years of cooking in a black family; Leah Koenig, author of Modern Jewish Cooking: Recipes and customs for today’s kitchen; and Joanne Chang, owner of Flour Bakery + Café, Boston and Cambridge, MA, author of Baking with Less Sugar: Recipes for desserts using natural sweeteners and little-to-no white sugar.

Issues covered: arts and literature; media; African-American issues; crime; history; health and nutrition; religion.

May 24, 2015

5:30am-6:00am “Radio Health Journal”

1. The health effects of loneliness. Loneliness affects far more than our mental health. Studies are now showing that loneliness and social isolation also have profound effects on our physical health, and increase the risk of death substantially. Guests are: Dr. Richard Schwartz, Assoc. Prof. of Psychiatry, Harvard Medical School and co-author, The Lonely American: Drifting Apart in the 21st Century; and Dr. Tim Smith, Prof. of Psychiatry, Brigham Young Univ.
2. Drowning. It doesn’t look like you think. Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble. Guests are: Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard.

Issues covered: health care; public health; mental health; technology; social media; public safety; youth at risk; parenting issues; water safety; consumerism.

6:00am-6:30am “Viewpoints”

1. Getting things done: It’s all in the planning. Does it ever seem like the more you try to get stuff done, the less you accomplish? It may be that you’re expending too much energy on doing and not enough planning ahead of time. We talk to two experts in the field about some simple strategies you can use to make more of the time you have to get things done. Guests: David Allen, productivity consultant and author of Getting Things Done: The art of stress-free

productivity; Steve McClatchy, founder of Alleer Training and Consulting, author, Decide: Work smarter, reduce your stress and lead by example.

2. Eldercare: Challenges for the Future. With the baby boomers transitioning into retirement in record numbers, and their parents living longer, we're facing an eldercare challenge that's bigger than we've ever seen before in this country. Who will take care of all of the older Americans who will need medical and end-of-life assistance in the coming decades? And how will we ensure that elder citizens will be able to live in comfort and dignity during their senior years? We talk to an activist about her own experiences with the system, and learn about strategies for dealing with the eldercare challenges that face us. Guests: Ai-Jen Poo, co-director of Caring Across Generations, author of the book, The Age of Dignity: Preparing for the elder boom in a changing America.

Issues covered: business; productivity; work-life balance; elderly; healthcare; labor and employment; government; family issues; immigrant workers.

May 31, 2015

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

1. Cheaper breast cancer gene testing. Testing for breast cancer genes BRCA-1 and -2 has been inaccessible to many women due to extremely high cost. Now a new \$249 breast cancer gene test is available. Experts discuss whether this changes who should be tested and the ramifications of widespread testing. Guests are: Annette Bar-Cohen, Exec. Director, Center for Advocacy Training, National Breast Cancer Coalition; and Dr. Charis Eng, Prof. and Chair, Genomic Medical Institute, Cleveland Clinic Lerner Research Institute.
2. The science of smell. The sense of smell evokes powerful memories and makes food taste good, but it also has important functions in interpersonal relations and personal safety. Experts discuss the science behind it. Guests are: Dr. Charles Wysocki, Behavioral Neuroscientist Emeritus, Monell Chemical Senses Center; Neil Pasricha, author, The Book of Awesome.

Issues covered: women's issues; consumerism; economics; public health; health care; interpersonal relations; personal health; gender issues.

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

1. Choosing a college: How it can affect your life in school and after. High school graduates who plan to go on with their education are making plans to head off to college this fall. Not all of them were accepted to the college that was their first choice, and many are disappointed about it. Some young people didn't get into college at all because they weren't offered the help they needed to find a college that suited them financially and culturally. We talk to an author and to a high school counselor about the myths surrounding acceptance to an "elite" college, why a small or state school can be a better fit, and how high school counselors can better serve diverse and often financially strapped students. Guests are: Frank Bruni, columnist for The New York Times, author of the book, Where You Go Is Not Who'll You'll Be: An antidote to the college admissions mania; and Joshua Steckel, counselor at a high school in Brooklyn, NY, co-author of the book, Hold Fast to Dreams.
2. Big, bad botany. Every spring, millions of gardeners head outside to spruce up their flower beds, trees, shrubs and vegetable patches, without thinking much about the history – and sometimes toxicity – of some of their plantings. We talk to a man who has researched the unusual side of gardening and find out about some very interesting plants, and how they were cultivated and used in the past as hallucinogens, medicines and tourist attractions. Guest is Michael Largo, author of the book, The Big, Bad Book of Botany: The world's most fascinating flora.

Issues covered: higher education; race; poverty; ethnicity; family issues; economics; agriculture; history; medicine; science.

June 7, 2015

5:30am-6:00am “Radio Health Journal”

1. Sibling abuse. Psychological or physical abuse by siblings is much more common than most people realize. It can leave severe psychological scars. However, parents often downplay it, calling it "normal sibling rivalry." Experts discuss the extent of the problem, warning signs of abuse, and how parents can act without involving family services officials and endangering the family. Guests are: Dr. John Caffaro, Distinguished Prof., California School of Professional Psychology; Nancy Kilgore, PTSD trainer, abuse survivor and author, [Girl in the Water](#); and Dr. Mandy Morrill, Asst. Prof. of Psychology, Valparaiso Univ.
2. HIV from the beginning. When AIDS first became widespread in the 1980's, it was a death sentence. A doctor who has spent her entire career on the front lines of HIV recounts the gloom and desperation of the early days and the transition of HIV into a treatable chronic disease. Guest is Dr. Susan Ball, Assoc. Prof. of Medicine, Weill Cornell Medical College, Asst. Director, Birnbaum Unite, Center for Special Studies, New York Presbyterian Hospital and author, [Voices In the Band: A Doctor, Her Patients, and How the Outlook on AIDS Care Changed From Doomed to Hopeful](#).

Issues covered: public health; youth at risk; child abuse, child safety and child protection; parenting issues; family issues; technology; health care; public health; personal health; HIV and AIDS.

6:00am-6:30am “Making A Difference”

Another in Hubbard Radio Chicago's ongoing series “Making A Difference,” spotlighting the people and organizations who are making a difference in our communities.

1. Host Kathy Voltmer welcomes Erna Colborn, CEO/President of the Alzheimer's Association-Greater Illinois Chapter. Ms. Colborn discusses Alzheimer's & Brain Awareness month, The Longest Day and the ways people can get involved with the cause. She also discusses the Alzheimer's Association –Greater Illinois Chapter, its mission, its struggles and recent Alzheimer's breakthroughs. Ms. Colborn also has advice for families, caregivers, and those battling the disease.

Issues covered: health/healthcare; public health; family issues; aging issues; mental health.

June 14, 2015

5:30am-6:00am “Radio Health Journal”

1. Digital tech in medicine: not meeting its promise yet. Digital technology has revolutionized many industries, but medicine has lagged behind. One of the nation's most influential doctors discusses why the shift hasn't occurred yet, what the consequences are, and what it will take to bring health care technology to its full potential. Guest is Dr. Robert Wachter, Prof. and Assoc. Chairman, Dept. of Medicine, Univ. of California, San Francisco and author, [The Digital Doctor: Hope, hype and harm at the dawn of medicine's computer age](#).
2. Photographic memory. Some people who remember things extremely well may claim they have a "photographic memory," but some experts say such a thing doesn't really exist. Experts discuss how memory works. Guests are: Dr. Barry Gordon, Prof. of Neurology and Cognitive Science, Johns Hopkins Univ.; and Dr. Henry Roediger, Washington Univ., St. Louis.

Issues covered: public health; health care; technology; consumerism; economics; science and technology; education.

6:00am-6:30am “Viewpoints”

1. Social Security Works: How it can be funded and expanded. There has been a debate going on for decades over Social Security and its future. Sometimes we hear that it’s going to go bankrupt; other times politicians want to scrap part of it and have workers find commercial financial instruments for their retirement; still others want to cut money paid out to retirees, their survivors and the disabled. We talk to an author and researcher about his ideas on why Social Security is important, isn’t going broke, and how it can be expanded and funded with modest increases in the future. Guest is Eric J. Kingson, Prof. of Social Work, Syracuse University, N.Y., author with Nancy J. Altman of the book Social Security Works! Why Social Security isn’t going broke and how expanding it will help us all.
2. Boating and water safety: What you need to know this summer. Hundreds of people die each year in boating accidents – and many of those can be prevented if the right equipment is on board and boating safety procedures are followed. We talk to two Coast Guard specialists about what you need to know and have on hand in your boat to make this summer’s boating safe and fun. Guests are: Lt. Andrew Perodeau, U.S. Coast Guard 9th District Office of Law Enforcement, Great Lakes Hdqts., Cleveland, OH; and Mike Baron, Recreational and Water Safety Program Mgr. U.S. Coast Guard 9th District in Cleveland, OH.

Issues covered: elderly; disabled; retirees; politics; finance; government; retirement issues; family issues; personal finance; recreation; public safety; health and well-being; military; technology; drinking and driving while boating.

June 21, 2015

5:30am-6:00am “Radio Health Journal”

1. Multiple births through IVF. More than five million children have been born as a result of in-vitro fertilization, but many are born as twins, triplets and even quadruplets. Experts discuss the challenges that result in multiple births and new technology that promises to reduce the number of multiples in IVF. Guests are: Dr. Arthur Wisot, Prof. of Obstetrics & Gynecology, UCLA School of Medicine & Reproductive Partners Medical Group; Dr. Barry Behr, Prof. of Obstetrics & Gynecology and Lab Director, Fertility and Reproductive Health Program, Stanford Univ.; and Courtney Kinney, IVF recipient.
2. Social anxiety in children. Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated. Guest is Jennifer Shannon, co-founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens.

Issues covered: women’s health; parenting issues; family issues; infant health issues; technology; health insurance; economics; children’s emotional health and well-being; youth at risk; mental health; teen issues; education.

6:00am-6:30am “Viewpoints”

1. A new look at invasive species. Many ecologists, farmers and members of the public are worried that non-native plants and animals are invading the U.S. and preventing native species from thriving. Much money and time is spent trying to rid the land of these aliens – often to no avail. But are these species present because they’re the only ones that can thrive in an area? Are they

multiplying because of something bad we're injecting into their environment? Are these aliens actually helping nature create a diverse and robust environment? And are those so-called native species of plants and animals really native? Our guests have some surprising answers to those questions. Guests are: Fred Pearce, science journalist, researcher, and author of The New Wild: Why invasive species will be nature's salvation; and Tao Orion, permaculture educator, author of Beyond the War on Invasive Species: A permaculture approach to ecosystem restoration.

2. The Great Fire: An unsung hero who save thousands. After World War I there was a great conflict in Turkey and many Christians and others were killed. The city of Smyrna was set ablaze and even more people had to run to the beaches just to escape the flames. Refugees poured into the city from towns and rural areas and soon there were tens of thousands stranded on the shore with nowhere to go. We'll hear how governments and diplomats in the West all but ignored their plight, and how the efforts of one brave relief worker and a Navy commander finally brought the victims to safety. Guest is Lou Ureneck, Professor of Journalism at Boston University, author of The Great Fire: One American's mission to rescue victims of the 20th century's first genocide.

Issues covered: the environment; agriculture; public safety; education; international politics; military; religion; business; refugee relief.

June 28, 2015

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

1. Bell's palsy. Bell's palsy is a frightening malfunction in the nerve controlling half of the face that occurs for unknown reasons. Sufferers often think they're having a stroke. While Bell's palsy often resolves on its own, it can leave permanent effects. Experts and two people who've had the disorder discuss. Guests are: Mandy, Bell's palsy patient; Dr. Steven Lewis, Prof. and Assoc. Chairman, Dept. of Neurological Sciences, Rush Univ. Medical Center; Dr. Lisa Ishii, Assoc. Prof. of Otolaryngology-Head and Neck Surgery, Johns Hopkins Univ. School of Medicine; and Kerry Schrambeck, Bell's palsy patient.
2. A doctor's emotions. Many doctors believe emotion is detrimental to medical practice, and many patients think doctors are cold and emotionless. But one influential physician explains why emotion is important to doctors. Guest is Dr. Danielle Ofri, Assoc. Prof. of Medicine, New York Univ. School of Medicine and author, What Doctors Feel: How emotions affect the practice of medicine.

Issues covered: health care; personal health; disabilities; consumerism; the medical profession; public health.

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

1. Domestic violence: Why it happens and how it affects the family. Domestic abuse is something many women and men will experience in their lives. We talk to two psychologists familiar with the subject about what kind of person perpetrates partner and domestic violence, what victims can do to remove themselves from the abuse, and how being a witness to or a victim of abuse affects the intimate relationship, children and the family dynamic. Guests are: Dr. Shannon Karl, Associate Prof. in School of Psychology at Nova Southeastern University, Ft. Lauderdale, FL; and Dr. Jay Richards, forensic psychologist on the faculty of Washington University and Seattle University, author of the novel, Silhouette of Virtue.
2. Paternity and Family Leave: Good for families, workers and the economy. Bringing a new baby into the home is a wonderful – and chaotic – experience, and it's often made more chaotic when mom and dad have to rush back to work shortly after the child is born. Financial reasons and the

stigma of staying home if you're a man, keep parents away from their children at a time in their lives when they're needed the most. We talk to an author – and a dad who fought for his rights – about why it's important for employees to receive paid family leave to take care of new babies, sick relatives and elderly parents. He also explains why paid leave is good for business and the economy. Guest is Josh Levs, journalist, father of 3, author of the book All In: How our work-first culture fails dads, families, and businesses – and how we can fix it together.

Issues covered: Domestic violence; counseling; mental health; children and families; crime; business; parenting issues; economy; labor; government.