

# People & Perspectives

Airs Sundays at 6 AM  
Program length: 20 minutes

**Date: October 1, 2017**

**Issue:** PA National Horse Show. The PA National Horse Show takes place October 12-21 and features the country's best riders and horses in competitions and features. The show benefits several charities for therapeutic riding and horse rescue programs.

**Guest: Susie Webb, Executive Director**

**Date: October 8, 2017**

**Issue:** Project Lyme. Carrie is hosting an event at Spring Gate Vineyard on October 23<sup>rd</sup> called "Wine with a Splash of Lyme." The event raises money and awareness for Lyme disease and helps fund Project Lyme's educational outreach. Carrie has first-hand experience with the issues Lyme disease patients face as her daughter suffers from the disease.

**Guest: Carrie Perry, event coordinator**

**Date: October 15, 2017**

**Issue:** Cholesterol Myths. Understanding cholesterol is key to protecting your heart health. Dr. Eckel talked about the best ways to manage the condition, including exercise, diet and treatment. He also cleared up common myths and provided practical tips and downloadable resources.

**Guest: Dr. Robert Eckel**

**Date: October 22, 2017**

**Issue:** Foundation for Hope. This organization is an outreach program started by Jesse Gantt that works to provide resources to those who have been bullied or are struggling with depression or thoughts of suicide. Jesse was bullied growing up and shared his story. His ability to overcome depression from that experience is what led him to start this Foundation. This issue is especially important to talk about now because of the recent suicide by beloved actor Robin Williams.

**Guest: Jesse Gantt, Founder & CEO**

**Date: October 29, 2017**

**Issue:** Sweet Pea. The death of a baby is tragic. Sweet Pea is an organization that reaches out to anyone grieving over the death of a baby or child. The death of a baby can also be very difficult on other children. They witness their parents wrestling with overwhelming grief, and struggle with their own feelings of sadness and confusion. These children deserve a day just to be carefree children, playing with their parents in the sunshine and having fun, and that is what Sweet Pea's annual picnic is all about.

**Guest: Stephanie Cole, Founder/President, Sweet Pea Project; Beth Gauthier, Event Organizer**

**Date: November 5, 2017**

**Issue:** Salvation Army. Kathy talked about the need during the holidays, the Red Kettle Campaign and ways to volunteer. She also spoke about the ongoing need throughout the year. The Salvation Army offers an after-school program and programs during the summer. There are also computer classes, nutrition and anger-management courses.

**Guest: Kathy Anderson-Martin, Director of Resource Development, Salvation Army**

**Date: November 12, 2017**

**Issue:** Lung Cancer Awareness. November is Lung Cancer Awareness Month. Lung cancer is by far the leading cause of cancer death among men and women, claiming more lives than breast, colon and prostate cancers combined. It kills twice as many women as breast cancer, yet research funding for breast cancer is 5 times greater than lung cancer research funding. Dr. Aberle talked about the research and the Lung Cancer Foundation of America 30 Days 30 Ways campaign. Julia talked about her experience and how she's giving back.

**Guest: Dr. Denise Aberle and Julia Cohen, 12-year-old fundraiser**

**Date: November 19, 2017**

**Issue:** Spotting Dementia Around the Holidays. Jennifer talked about some red flags you might spot in a loved one over the holidays that indicate they may be suffering from Alzheimer's disease or other types of dementia. She says there are better times to discuss the changes and what the next steps are after observing dementia symptoms.

**Guest: Jennifer FitzPatrick**

**Date: November 26, 2017**

**Issue:** National Runaway Switchboard. The NRS serves as the federally-designated national communication system for homeless and runaway youth. Over the past three years there has been a 50% increase in calls from homeless youth, 48% increase in calls from kids on the street for more than six months and an increase in calls from kids wanting to discuss GLBTQ issues. We talked about how parents and communities can get involved to help curb this issue.

**Guest: Dr. Gary Harper, Professor, Department of Psychology, DePaul University and Board Member with the NRS**

**Date: December 3, 2017**

**Issue:** Teen Drivers. Tim lost his 17-year-old son in a one-car accident. He is working to turn his family's tragedy into a special public service campaign to educate parents and save lives. There is new technology available that monitors a driver's behavior, location and maintenance in automobiles. He talked about how parents can open the door to constructive conversations about safer driving.

**Guest: Tim Hollister, father and author**

**Date: December 10, 2017**

**Issue:** COPD. Chronic Obstructive Pulmonary Disease (COPD) affects about 24 million people in the US, yet about half of those afflicted wait months and sometimes years before receiving a proper diagnosis. Dr. Mannino talked about ways you can manage the condition and improve quality of life. Sean was diagnosed in 2012 and spoke about the challenges he faces both physically and mentally.

**Guest: Dr. David Mannino and Sean Cummings, COPD patient**

**Date: December 17, 2017**

**Issue:** Food Allergies. Almost 6 million children in the US have a food allergy. It's a growing problem that Dr. Swanson wants to curb. She discussed "The Big 8" which cause 90% of food allergies and how to be proactive with early nutrition. There is also emerging research about dietary diversity, especially with highly allergenic foods.

**Guest: Dr. Wendy-Sue Swanson**

**Date: December 24, 2017**

**Issue:** Holiday Heart Attacks. According to the American Heart Association, heart attack-related deaths are 5% more likely around Christmas and New Year's than any other time of year. Dr. Plutzky shared some of the risks specific to this time of year, some of the warning signs and tips to lower your chances of having a holiday heart attack.

**Guest: Dr. Jorge Plutzky, cardiologist**

**Date: December 31, 2017**

**Issue:** Someone To Tell It To. Michael and Thomas founded the non-profit Someone To Tell It To to create a safe place where anyone, with any issue, can reach out to unburden themselves and share their story. They provide a safe place to talk for people locally and all over the world.

**Guest: Michael Gingerich & Thomas Kaden, Co-Founders**