

1st Quarter Report

January 1-March 31, 2020



WHKO-FM Dayton, Ohio
Camelot Radio Buyer, LLC

WHKO-FM

This report contains information that was broadcast on each of the following topics:

Civic Issues

Culture

Business/Economy

Education

Health/Human Services

Public Safety

WHKO-FM Shows Listed in Report
01/01/2020-03/31/2020

All durations listed within report are approximate.
Durations listed in Hours: Minutes: Seconds (i.e. 01:20:00)

View Points (Sunday)..... 5:00-5:30 a.m.

Radio Health Journal (Sunday) 5:30-6:00 a.m.

Miami Valley Voices (Sunday)..... 6:00-6:30 a.m.
(Current Issues Produced by the News Department)

WHIO-TV Reports (Sunday)..... 6:30-7:00 a.m.
(Current Issues Produced by the News Department)

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

CIVIC ISSUES

01/05/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on talking with Ohio Gov. Mike DeWine about his first year as governor and what to expect in the coming year; the plans he has and what is instore for the state of Ohio. Guests: Gov. Mike DeWine and DDN Reporter Laura Bischoff.

01/12/20 05:00AM 00:06:44

VIEWPOINTS: SEGMENT 1: The 2020 census is just around the corner. We speak with an employee from the U.S. Census Bureau about the importance of taking part in the nationwide survey and how the government is reaching students and their families through new in-school programs. Host: Gary Price Guests: Victoria Glasier, Chief of the Statistics in Schools Program, U.S. 2020 Census Bureau.

01/19/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on honoring the life and legacy of Dr. Martin Luther King, Jr.; focusing on his words to live by. The show also looked at what’s become of some of the issues that Dr. King fought for. Guests include: Tom Roberts, Former state lawmaker and Anthony Whitmore, Dayton MLK Celebration Committee.

02/02/20 05:00AM 00:10:00

VIEWPOINTS: SEGMENT 2: It seems like lately political breaking news has hit an all-time high with all of the continuous impeachment coverage and campaign trail updates. While it’s important to be an informed citizen, what do you do with all of this knowledge? Is it leading to change? Could you do something better with your time? We delve into these questions and more this week on Viewpoints. Host: Marty Peterson Guests: Eitan Hersh, associate professor, political science, Tufts University, author Politics is for Power: How to Move Beyond Political Hobbyism, Take Action, and Make Real Change; Naava Ellenberg, senior, Barnard University.

ISSUE & DESCRIPTION

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LENGTH

02/02/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the 2020 Primary Election and General Election. It took a look at the voting process and everything that goes into making this a good year for voters. There's a lot to talk about – election security, new voting machines among other questions. Guests include: Jan Kelly, Montgomery County Board of Elections; Rhine McLin, and Montgomery County Board of Elections.

02/09/20 05:00AM 00:11:28

VIEWPOINTS: SEGMENT 1: : Can it ever be too easy to cast a ballot in an American election? The answer is yes. Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at a DMV in Illinois through a law best known as the Motor Voter Law. This originally well-intentioned program is now trapping hundreds of immigrants into federal charges and possible deportation for an act they didn't fully comprehend to begin with. Host: Gary Price Guests: Richard Hanus, immigration lawyer; Elizabeth Keathley, immigration client.

02/16/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: This show focused on Sue Hesselgesser, exec director of the Dayton chapter of the League of Women Voters, on the 100th anniversary of women's right to vote, and upcoming programs.

02/16/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the upcoming population census for 2020. It happens every 10 years. The census conducts an exhaustive account of where people are, how many family members are living in each home and the collection of that information is very important for a lot of different reasons – distribution of federal funding, the shape of Congressional districts and a lot more. Guests include: Nikol Miller, Chair, Dayton-Montgomery County Complete Count Committee; Dr. Tom Lasley, Dayton-Montgomery County Complete County Committee and Rose Simmons, Partnership Coordinator, U.S. Census Bureau, Philadelphia Region.

03/01/20 05:30AM 00:12:57

RADIO HEALTH JOURNAL: SEGMENT 1: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that theory, but finding values of grocery stores in other, unexpected places. Experts discuss how nearby supermarkets change people and the neighborhoods where they live. Host & Producer: Reed Pence Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

03/01/20 05:30AM 00:07:06

RADIO HEALTH JOURNAL: SEGMENT 2: Some experts believe the healthy lifespan eventually may be extended to hundreds of years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses. Host: Nancy Benson Producer: Polly Hansen Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever.

03/08/20 05:30AM 00:06:37

RADIO HEALTH JOURNAL: SEGMENT 2: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem. Host: Nancy Benson Producer: Polly Hansen Guests: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund.

03/08/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports took a closer look at the Social Security system, a system that is there for us. Whether you're already drawing benefits or you're still years away from retiring, there's a lot to learn about how the system works and how we can take advantage of it. Guests include: Theresa Busher, Public Affairs Specialist – Social Security Administration; Christina Reeg, Director of Ohio Department of Insurance's OSHIP Program and Barbara Edwards, Social Security Administration Richmond, Indiana.

03/15/20 05:00AM 00:06:13

VIEWPOINTS: SEGMENT 2: The white hair, rosy cheeks and stark complexion are what we often picture when we think of our first president. But behind his looks and historic accomplishments, what are some facts that are not as well publicized? Viewpoints' speaks with history buff and author, Alexis Coe to learn more about the man, the myth: George Washington. Host: Marty Peterson Guests: Alexis Coe, author, You Never Forget Your First: A Biography of George Washington.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

03/22/20 05:30AM 00:06:54

RADIO HEALTH JOURNAL: SEGMENT 2: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment. Host: Nancy Benson
 Producer: Reed Pence Guests: Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy.

CULTURE

01/05/20 05:00AM 00:10:20

VIEWPOINTS: SEGMENT 1: Humans have always practiced various forms of self-expression, whether that's through written word, music, art or some other outlet. The art of tattooing is one such form that dates back to thousands of years ago. We speak with a history expert, Craig Koslofsky about some of the earliest tattoo designs and how they were achieved as well as other skin alteration methods including scarification and branding. Host: Gary Price Guests: Craig Koslofsky, history professor, University of Illinois at Urbana-Champaign, author, Evening's Empire: A History of the Night in Early Modern Europe.

01/05/20 05:30AM 00:07:06

RADIO HEALTH JOURNAL: SEGMENT 2: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain. Host: Nancy Benson Producer: Morgan Kelly Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco.

01/12/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: Lisa Hansen, executive director of Culture Works, talks about the arts advocacy organization's plans to move into the new Arcade and other programs for 2020.

01/26/20 05:00AM 00:11:01

VIEWPOINTS: SEGMENT 1: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important Host: Gary Price
 Guests: Sarah Ban Breathnach, author, Simple Abundance: 365 Days to a Balanced and Joyful Life. Rachel Bertsche, journalist, author, The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting.

ISSUE & DESCRIPTION

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01/26/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: Amanda Grieve, gallery director of the Dayton Society of Artists, discusses upcoming programs, classes and plans for the organization for 2020.

02/09/20 05:30AM 00:11:10

RADIO HEALTH JOURNAL: SEGMENT 1: Spouses of Alzheimer’s disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable. Host & Producer: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Assistant Professor of Psychiatry, Drexel University; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, Bleeding Hearts: A True Story of Alzheimer’s, Family, and the Other Woman.

02/09/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: Catherine Roma, director and founder of the Yellow Springs-based World House Choir, talked about the social justice group’s plans to lead a communitywide chorus for the March on Poverty later this year.

02/16/20 05:00AM 00:10:22

VIEWPOINTS: SEGMENT 1: Coloring books aimed at children, adults and even seniors have been all the rage in recent years and are still trending in 2020. But what’s so special about these patterns and designs that draw people in? We delve into the process of putting together these collections and why the creative outlet has become a mainstay for so many looking to switch off and de-stress. Host: Gary Price Guests: Johanna Basford, artist, author; Jenean Morrison, artist, designer, author.

03/01/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: Brady Kress, CEO of Dayton History, shares information on new buildings and programs at Carillon Historical Park.

ISSUE & DESCRIPTION

DATE

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LENGTH

03/15/20 05:00AM 00:13:00

VIEWPOINTS: SEGMENT 1: Newer brands are shaking up retail, but many of them are based off of traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades? In this show, two industry specialists on productivity discuss cultural changes that are having an impact. Host: Gary Price 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 of Decide: Work Smarter, Reduce Your Stress and Lead by Example.

03/22/20 05:00AM 00:10:29

VIEWPOINTS: SEGMENT 2: In a moment where many are practicing ‘social distancing’, it can be a good opportunity to put down your phones and pick up a stress-relieving solo hobby. We speak with Shannon Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-stitching as well as how she’s used it to channel social issues Host: Marty Peterson Guests: Shannon Downey, creator of Badass Cross Stitch.

BUSINESS/ECONOMY

01/12/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on looking back at the economy in 2019 in the Miami Valley and looking ahead to 2020 and what the Dayton Development Coalition has to say about the economy. Guests include: Jeff Hoagland, President & CEO, Dayton Development Coalition; Julie Sullivan, EVP Regional Development, DDC and Elaine Bryant, EVP Aerospace and Defense, DDC.

01/19/20 05:30AM 00:13:25

RADIO HEALTH JOURNAL: SEGMENT 1: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high deductibles and out-of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt. Host & Producer: Reed Pence Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund.

ISSUE & DESCRIPTION

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01/26/20 05:30AM 00:07:30

RADIO HEALTH JOURNAL: SEGMENT 2: Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office. Host: Nancy Benson Producer: Reed Pence Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA.

02/09/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on community health centers around the Miami Valley. Our guests come from health centers in Springfield and in Dayton. The Rocking Horse Community Health Center in Springfield is celebrating 20 years of service. And, we learned about the role that these health centers are playing in the community. Guests include: Kent Youngman, Director of Rocking Horse Community Health Center; Gregg Hopkins, Executive Director of Community Health Centers of Greater Dayton and Dr. Ann Roether, Medical Director of Community Health Centers of Greater Dayton.

02/23/20 05:30AM 00:07:59

RADIO HEALTH JOURNAL: SEGMENT 2: Big data is changing the world, but it's been slow in coming to healthcare. An expert in healthcare IT explains how that's changing and what it could mean to treatment. Host: Nancy Benson Producer: Reed Pence Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare.

02/23/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on all the activities surrounding the NCAA First Four tournament games in Dayton in March. Guests include: Sarah Spees, The Big Hoopla Committee; Terry Slaybaugh, The Big Hoopla Committee and Mike Hartsock (appearing via video interview).

03/01/20 05:00AM 00:08:04

VIEWPOINTS: SEGMENT 2: 1,000,000 animal and plant species now face the threat of extinction. As more than 80 percent of all global biodiversity lives on private land, what is the role of corporations when it comes to protecting these endangered species? Viewpoints speaks with Margaret O' Gorman, president of the Wildlife Habitat Council, about the creative and adaptive policies companies can take to make a difference. Host: Marty Peterson Guests: Margaret O'Gorman, President, Wildlife Habitat Council.

ISSUE & DESCRIPTION

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03/01/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports took a closer look at downtown Dayton and all of the new development that is taking place. After so many years of planning and working behind the scenes, we're now seeing multiple projects in progress. Guests include: Sandy Gudorf, President of Downtown Dayton Partnership; Dave Williams, Senior Development Director with Cross Street Partners and Jason Woodard, Founder and Principal of Woodard Development.

03/08/20 05:00AM 00:09:24

VIEWPOINTS: SEGMENT 1: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades? Host: Gary Price
 Guests: Lawrence Ingrassia, former business editor, deputy managing editor, The New York Times, author, The Billion Dollar Brand Club.

03/29/20 05:30AM 00:12:41

RADIO HEALTH JOURNAL: SEGMENT 1: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don'ts of working from home without going crazy. Host & Producer: Reed Pence
 Guests: Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams.

EDUCATION

01/05/20 05:00AM 00:08:17

VIEWPOINTS: SEGMENT 2: Being a college or professional athlete is hard enough. Throw on top of that the constant commentary online and it can sometimes be hard to look away from what people are saying. Two football players offer up their thoughts on the pros and cons of social media and how to stay focused and positive. Host: Marty Peterson
 Guests: Joshua Perry, former linebacker, Indianapolis Colts, San Diego Chargers, The Ohio State University. Johnny Davidson, senior quarterback, Washington University at St. Louis.

ISSUE & DESCRIPTION

DATE

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01/19/20 05:00AM 00:12:01

VIEWPOINTS: SEGMENT 1: In 1881, Lt. Adolphus Greely and 24 men set out on a voyage to explore the northernmost Polar Arctic where few had ventured before. The goal was to collect vast amounts of scientific data of the unknown region and hopefully reach the North Pole. But the expedition soon went awry when no resupply made it to the camp for two years and the men were left to fend for themselves. Starvation, frostbite and even tales of cannibalism soon followed in this historic tale of exploration and survival. Host: Gary Price Guests: Buddy Levy, author, Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition.

01/19/20 05:00AM 00:07:31

VIEWPOINTS: SEGMENT 2: Roughly 15 percent of 25 to 35-year-olds are back living with their parents, according to a 2016 study by Pew Research Center – and this number is only on the rise. Higher rent, cost of living and student debt are all contributing factors, however, there are some young adults stuck in an unmotivated, directionless state labeled as “failure to launch” We break down the term and what parents can do to nudge their young adults along. Host: Marty Peterson Guests: Doctor Mark McConville, author, Failure to Launch: Why Your Twentysomething Hasn’t Grown Up...and What to Do About It.

02/02/20 05:30AM 00:12:22

RADIO HEALTH JOURNAL: SEGMENT 1: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well. Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned- med student, an admissions officer and a musical doctor explain. Host & Producer: Reed Pence Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, Bellevue Literary Review.

02/09/20 05:00AM 00:07:32

VIEWPOINTS: SEGMENT 2: The field of mathematics is still seen as a boring and overly complex field by many. But Matt Parker, a former math teacher turned popular YouTuber, is working to fix that stubborn mindset. In his new book, he illustrates the powerful and interesting side of math through real-life examples that have failed because someone’s calculations were just slightly off. Host: Marty Peterson Guests: Matt Parker, mathematician, YouTuber, author Humble Pi: When Math Goes Wrong in the Real World.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

02/23/20 05:00AM 00:12:09

VIEWPOINTS: SEGMENT 1: From sugary lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. Even with greater awareness, it can still be hard to avoid the cookies and cake if you're craving something sweet. Viewpoints speaks with baking blogger, Elif Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so while still indulging in some healthier sweets. Host: Gary Price Guests: Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author Half the Sugar, All the Love.

02/23/20 05:00AM 00:06:57

VIEWPOINTS: SEGMENT 2: Imagine being born into slavery in the South. You have not a dime to your name, received no education and all you know are the surrounding fields of a plantation. What would you do after slavery is abolished? How would you start over? February is Black History Month. As we remember the past and the history of slavery in America, it's important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from the people who lived through this experience. Viewpoints' speaks with historian and photographer, Richard Cahan, co-author of the new book River of Blood: American Slavery From the People Who Lived It. Host: Marty Peterson.

03/08/20 05:00AM 00:09:24

VIEWPOINTS: SEGMENT 2: What exactly classifies a person as a genius? Are there biological differences between male and female geniuses? Viewpoints' explores these questions and highlights a few overlooked female scientists throughout history. Host: Marty Peterson Guests: Janice Kaplan, author, The Genius of Women, From Overlooked to Changing the World; Catherine Whitlock, author, Ten Women Who Changed Science and the World.

HEALTH/HUMAN SERVICES

01/05/20 05:30AM 00:12:31

RADIO HEALTH JOURNAL: SEGMENT 1: As loved one's age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age. Host & Producer: Reed Pence Guests: Melanie Merriman, author, Holding the Net: Caring For My Mother On the Tightrope of Aging; Joy Loverde, author, Who Will Take Care of Me When I'm Old?

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

01/12/20 05:00AM 00:11:32

VIEWPOINTS: SEGMENT 2: Millions of Americans are addicted to alcohol and drugs, and many of them eventually end up unemployed, broken, separated from their families and homeless. We talk to an author who’s battled alcohol and drug addiction for many years and finally found help through treatment. We also speak with a psychologist about the causes of addiction and why some people are more likely to become addicts than others. Host: Marty Peterson Guests: Ryan LaLumiere, psychologist, professor in the Psychology Dept., University of Iowa, and a specialist on addiction; Bob Allison, recovering addict, author of Saved by the Prince of Peace: Dungeon to Sky.

01/12/20 05:30AM 00:07:58

RADIO HEALTH JOURNAL: SEGMENT 2: When a person suffers a severe emotional shock, they may suffer what looks like Heart attack but is actually what doctors call “stress cardiomyopathy.” Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains. Host: Nancy Benson Guests: Dr. Tracy Stevens, cardiologist, St. Luke’s Mid America Heart Institute, Kansas City, MO.

01/19/20 05:30AM 00:06:36

RADIO HEALTH JOURNAL: SEGMENT 2: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that protocols affecting the most vulnerable— young athletes—often are not followed. Experts explain why, and what people should do when they receive any blow to the head. Host: Nancy Benson Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children’s Hospital and Associate Professor of Pediatrics, The Ohio State University College of Medicine.

01/26/20 05:00AM 00:08:01

VIEWPOINTS: SEGMENT 2: Hate the stairmaster? Dread the treadmill? Exercise doesn’t have to be an anxiety-inducing, hour-long activity. It can be getting a group of friends together for an axe-throwing session or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to better habits and a happier life. Host: Marty Peterson Guests: Kelly McGonigal, research psychologist, author, Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago.

ISSUE & DESCRIPTION

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01/26/20 05:30AM 00:12:10

RADIO HEALTH JOURNAL: SEGMENT 1: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep. Host & Producer: Reed Pence
 Guests: Dr. Sandra Kooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify.

02/02/20 05:00AM 00:09:07

VIEWPOINTS: SEGMENT 1: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important. Host: Gary Price
 Guests: Katie S. Sanders, freelance journalist & World War II expert.

02/09/20 05:30AM 00:08:27

RADIO HEALTH JOURNAL: SEGMENT 2: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss. Host: Nancy Benson Producer: Reed Pence Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians.

02/16/20 05:00AM 00:08:50

VIEWPOINTS: SEGMENT 2: The topic of healthcare is one of the most debated issues so far in the 2020 election – but what's the fix for the expensive, inefficient system that's currently in place? So far, it's a murky answer. Millions are struggling with the high cost of care; doctors are burning out and patient-doctor interaction is at an all-time low. We speak with an industry expert about the current woes of American healthcare and what can be done. Host: Marty Peterson Guests: Samuel Shem, author, House of God, Man's 4th Best Hospital.

ISSUE & DESCRIPTION

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LENGTH

02/16/20 05:30AM 00:12:30

RADIO HEALTH JOURNAL: SEGMENT 1: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries. Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery. Host & Producer: Reed Pence Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, Dying to be Ill: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center.

02/23/20 05:30AM 00:12:10

RADIO HEALTH JOURNAL: SEGMENT 1: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks. Host & Producer: Reed Pence Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, The Crispr Generation: The Story of the World’s First Gene-Edited Babies.

03/08/20 05:30AM 00:13:04

RADIO HEALTH JOURNAL: SEGMENT 1: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it’s often misdiagnosed. Experts discuss the disorder and what women should know. Host & Producer: Reed Pence Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

03/15/20 05:30AM 00:07:34

RADIO HEALTH JOURNAL: SEGMENT 2: Studies show that by this time of year, most of us have failed new year’s resolutions to lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow. Host: Nancy Benson Producer: Reed Pence. Guests: Dr. Michael Mosely, author, The Fast 800.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

03/22/20 05:00AM 00:08:48

VIEWPOINTS: SEGMENT 1: Ever feel like each morning you look at your closet, and despite the large number of clothes, never really have anything to wear? This abundance of extra fabric not only takes up space but also can be a burden to your headspace. We speak with two experts about how to shop and consume less as well as best organize the items you already have. Host: Gary Price Guests: Courtney Carver, author, Project 333: The Minimalist Fashion Challenge That Proves Less Really is So Much More; Rachel Rosenthal, founder & CEO, Rachel & Company.

03/29/20 05:00AM 00:10:10

VIEWPOINTS: SEGMENT 1: Human use of cannabis dates back to tens of thousands of years ago. And the drug wasn't just used in medicinal or recreational settings, but also part of religious ceremonies or used by warriors before wartime battle. We speak with pharmacology expert Dr. Richard Miller about the drug's global history and its prohibition in the U.S. over the last 70 years. Host: Gary Price Guests: Dr. Richard Miller, professor of pharmacology, Northwestern University Feinberg School of Medicine.

03/29/20 05:00AM 00:08:53

VIEWPOINTS: SEGMENT 2: World-renowned flutist and CBS correspondent Eugenia Zukerman was diagnosed with dementia and Alzheimer's three years ago. She details her experience living with the progressive disease and how she keeps a positive mindset despite the losses. Host: Marty Peterson Guests: Eugenia Zukerman, flutist, writer and journalist, author, Like Falling Through a Cloud: A Lyrical Memoir of Coping with Forgetfulness, Confusion and a Dreaded Diagnosis.

03/29/20 05:30AM 00:07:27

RADIO HEALTH JOURNAL: SEGMENT 2: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention. Host: Nancy Benson Producer: Reed Pence Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

PUBLIC SAFETY

01/05/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: Jane Kiefer, ED of the Artemis Center, on its efforts to combat domestic violence in the Miami Valley.

01/12/20 05:30AM 00:11:34

RADIO HEALTH JOURNAL: SEGMENT 1: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.” Host & Producer: Reed Pence Guests: Dr. Mark Sklansky, Professor and Chief, Division of Pediatric Cardiology, UCLA Mattel Children’s Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, “The Inspirational Nurse;” Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

01/19/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: An interview with Dayton Daily News and Dayton.com reporter and columnist Amelia Robinson about her experience with writing about the 2019 mass shooting and tornadoes in Dayton, along with the community response she covered.

01/26/20 06:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on taking a closer look at the path of the Memorial Day tornadoes to reconnect with people who were hit the hardest by the storm and to get a better idea of what’s happening with repairs and reconstruction. Guests include: Josh Sweighart, Reporter DDN; Laura Mercer, Recovery Center and McCall Vrydaghs, Chief Meteorologist, WHIO-TV.

02/02/20 05:30AM 00:07:51

RADIO HEALTH JOURNAL: SEGMENT 2: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths. Host: Nancy Benson Producer: Reed Pence Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University.

ISSUE & DESCRIPTION

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TIME

LENGTH

02/16/20 05:30AM 00:07:11

RADIO HEALTH JOURNAL: SEGMENT 2: Coronavirus has sickened tens of thousands in China and killed hundreds, but few cases have reached the US. Experts explain exactly what this Coronavirus is and the relative danger it poses compared to more familiar diseases such as influenza. Host: Nancy Benson Producer: Reed Pence Guests: Dr. William Schaffner, Professor of Preventative Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.

02/23/20 06:00AM 00:30:00

MIAMI VALLEY VOICES: Nora Vondrell, CEO of SICSA, the Society for the Improvement of Conditions for Stray Animals, discussed the nonprofit's recent move to a new and improved building for stray dogs and cats, adoptions and neuter/spay surgery.

03/01/20 05:00AM 00:10:48

VIEWPOINTS: SEGMENT 1: Today, body-worn cameras are a mainstay in many police departments across the country. While the new technology increases transparency, is it leading to better relationships between the public and police? How are innovations in the field - including the incorporation of artificial intelligence - changing officers' day-to-day duties? Host: Gary Price Guests: Daniel Lawrence, Senior Research Associate, Urban Institute; Rick Smith, Founder, CEO, Axon Enterprise Inc.

03/15/20 05:30AM 00:11:59

RADIO HEALTH JOURNAL: SEGMENT 1: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we've come since then and the difficult cooperation it will take to make patient safety more certain. Host & Producer: Reed Pence Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle Managing of American Medicine.

03/22/20 05:30AM 00:13:08

RADIO HEALTH JOURNAL: SEGMENT 1: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses these questions. Host & Producer: Reed Pence. Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center.