

3rd Quarter Report

July 1 – September 30, 2015



WHKO-FM

WHKO-FM

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

Civic

Culture

Economy

Education

Health/Human Services

WHKO-FM Shows Listed in Report

7/01/15-9/30/15

Durations listed in Hours:Minutes:Seconds (02:00:00)

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:

7/05/15 5:30AM 00:12:12

RADIO HEALTH JOURNAL: SEGMENT 1: Most people don't think much about what happens to their trash after they set it at the curb. But day in and day out, refuse workers have the most dangerous municipal job, with more injuries than police or firefighters. Two experts discuss the massive job of hauling our garbage away. Host: Reed Pence. Guests: Robin Nagle, Clinical prof. of Anthropology and Urban Studies, New York Univ., anthropologist in residence, New York Sanitation Dept., and author, Picking Up: On the Streets and Behind the Trucks with the Sanitation Workers of New York City; Sam Shick, franchise operator. Compliancy issues covered: local and municipal government; worker safety; environment

7/12/15 5:00AM 00:11:13

VIEW POINTS: SEGMENT 1: Slavery is alive in the United States and around the world in the 21st century. That's hard to believe, but all over the world people are being forced to work long hours as laborers or in the sex trades, in horrible conditions for little or no money – and there's no way for them to get out. Host: Gary Price. Guests: Melysa Sperber, Dir. of the Alliance to End Slavery and Trafficking, a project of Humanity United; Kay Buck, CEO of Coalition to Abolish Slavery and Trafficking, CAST, Los Angeles, CA **COMPLIANCY ISSUES COVERED:** slavery, labor, crime & law enforcement, immigration, criminal justice system, business

7/12/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on veterans services available locally and issues they face. Guests discussed issues such as securing a job, finding housing, etc. Veterans are used to structure and rely on services such as county assistance which varies. Legal issues can also be a factor and there a pro bono lawyers available that will assist veterans specifically. Guests: Max Kinman, Attorney, Alexander, Webb, & Kinman; Robin Titus, President, Veterans Services Commission Board, Montgomery County; Josh Sweigart, DDN Reporter VETERANS SERVICES COMMISSION BOARD 4th Floor, East Medical Plaza, 627 S Edwin C Moses Blvd, Dayton, OH 45417 (937) 225-4801 website: www.mcoho.org

7/19/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on local specialty courts with a focus on the Veteran's Treatment Court and Women's Therapeutic Court. The first specialty court began in the mid-90's with a drug court and has expanded to address various needs. The judges have learned to treat each person as an individual and recognize that each has their own needs within these courts. They share information and best practices as needed. The programs for the specialty courts are voluntary and probation officers screen offenders to

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

recognize good candidates. Guests: Judge Dennis Adkins, Veteran’s Treatment Court; Judge Gregory Singer, Women’s Therapeutic Court; Mark Gokavi, DDN Reporter MONTGOMERY COUNTY COMMON PLEAS COURT website: <http://montcourt.org>

7/26/15 5:00AM 00:10:54

VIEW POINTS: SEGMENT 2: The President of the United States has a lot of powers that we think are given to him by the U.S. Constitution. You might be surprised to find out, however, that very little in that document actually outlines the job or the authority the Commander-in-Chief possesses. We talk to a historian about how executive powers and privilege for the President were created not by Congress but by the first man to hold the nation’s highest office. Host: Marty Peterson. Guests: Harlow Giles Unger, historian and author of the book, *Mr. President: George Washington and the making of the nation's highest office*. **COMPLIANCY ISSUES COVERED:** government, history, the Presidency, laws & the Constitution

7/26/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the drive to legalize marijuana in the state of Ohio for medical and recreational use. State lawmakers are trying to block. Pro-legalization advocates note economic opportunities as well as compassionate care to those needing marijuana for medicinal purposes. Anti-legalization advocates note the dangers to youth and children as well as health impact. This issue will be a hot item on the November 2015 ballot. Guests: Ian James, Executive Director, ResponsibleOhio; Marcie Seidel, Director, Drug Free Action Alliance; Laura Bischoff, DDN Reporter RESPONSIBLEOHIO 1349 East Broad Street, Columbus OH 43205 website: <http://yeson3ohio.com/> DRUG FREE ACTION ALLIANCE 6155 Huntley Rd #H, Columbus, OH 43229 (614) 540-9985 <https://www.drugfreeactionalliance.org>

8/09/15 5:00AM 00:09:21

VIEW POINTS: SEGMENT 1: The Netflix television show, *Orange is the New Black*, depicts life in a women’s prison – but is it real? Are the inmates whose lives they portray realistic? We toured a real women’s medium-security prison, talked to the administration and some inmates there to find out. We also talk to the real-life Alex Vause from OITNB, Cleary Wolters – a former inmate and friend of Piper Kerman, author of the book *Orange is the New Black: My year in a women’s prison*. Host: Gary Price. Guests: Lt. Brad Gray, Correctional Officer, Rockville Correctional Facility, Rockville, IN; Stacie Brown, Inmate; Cleary Wolters, former inmate, author of “Out of Orange: A memoir.” **COMPLIANCY ISSUES COVERED:** women’s issues, correctional facilities, commerce, mental health, crime

8/09/15 5:00AM 00:10:15

VIEW POINTS: SEGMENT 2: What’s a women’s prison really like? Motherhood, drama and romantic relationships are all quite common. We visited Rockville Correctional Facility and sat down with two inmates to discuss their prison experience, past regrets and what they’ve

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

learned while serving their sentences. Host: Marty Peterson. Guests: Kelly Patterson, Inmate; Toni Golightly, Inmate. **COMPLIANCY ISSUES COVERED:** family issues, correctional facilities, domestic abuse, crime, mental health, education

8/09/15 6:00AM 00:28:31

MIAMI VALLEY VOICES: Branford Brown, the executive director of the new Urban League of the Miami Valley, on the work of the civil rights organization. URBAN LEAGUE OF THE MIAMI VALLEY 3458 Reading Road Cincinnati, OH 45229 (513) 281-9955 website: <http://www.gcul.org/miami-valley-urban-league-2/>

8/23/15 5:00AM 00:11:23

VIEW POINTS: SEGMENT 2: Snapchat is quickly rising to the top of the social media hierarchy, and presidential candidates want to tap into its growing audience. But how exactly do you reach young voters on social media without sounding “too political” and boring? We speak with Matthew McGregor, Obama’s former digital strategist, and Aria Juliet Castillo, a young voter who loves social media and politics about the issue. Host: Marty Peterson. Guests: Matthew McGregor, Aria Juliet Castillo **COMPLIANCY ISSUES COVERED:** social media, presidential election, politics & young voters, marketing, technology

8/23/15 6:00AM 00:28:37

MIAMI VALLEY VOICES: Sarah Hippensteel Hall and Kurt Rinehart of the Miami Conservancy District, on the 100th anniversary of the region’s flood-control agency and its work along the river system, and issues with our water. MIAMI CONSERVANCY DISTRICT 38 E Monument Ave, Dayton, OH 45402 (937) 223-1271 website: www.miamiconservancy.org/

8/30/15 5:00AM 00:11:06

VIEW POINTS: SEGMENT 1: There are millions of Americans who live together as husband and wife, but they never became formally “married.” What are their rights? Who gets the house, the car the bank accounts if they break up or one of them dies? We talk to a noted contract and family law attorney who has written extensively on the subject to find out how society and the courts view cohabitation relationships. We also discuss what cohabiting couples should do to prevent problems with the law. Host: Gary Price. Guests: Martha Ertman, professor of law specializing in contract and family at the Carey School of Law, University of Maryland, author of the book, *Love’s Promises: How formal and informal contracts shape all kinds of families.* **COMPLIANCY ISSUES COVERED:** law, families, marriage, gay issues, culture

8/30/15 6:00AM 00:28:37

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

MIAMI VALLEY VOICES: Brady Kress, President and CEO of Dayton History, on the 10th anniversary of the region's top history organization -- merged from Carillon Historical Park and the Montgomery County Historical Society. DAYTON HISTORY 1000 Carillon Blvd, Dayton, OH 45409 (937) 293-2841 website: www.daytonhistory.org/

8/30/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the potential merger of the city of Dayton and Montgomery County's governments. Guests believe it will assist with poverty, job opportunities, jurisdictional conflict, etc. Guests cited examples such as Nashville, Louisville, and Indianapolis of success of integrated governments. The Dayton NAACP opposes the merger and guests discussed their reactions to the opposition. Guests: Dan Foley, Montgomery County Commissioner; Phil Parker, President & CEO, Dayton Area Chamber of Commerce; Paul Leonard, Former Dayton Mayor, WSU Professor MONTGOMERY COUNTY COMMISSIONERS 451 W. Third Street, 11th Floor P.O. Box 972 Dayton, OH 45422 DAYTON AREA CHAMBER OF COMMERCE 22 E 5th St, Dayton, OH 45402 (937) 226-1444 website: www.daytonchamber.org/ WRIGHT STATE UNIVERSITY 3640 Colonel Glenn Hwy, Dayton, OH 45435 (937) 775-3333 website: www.wright.edu/

9/06/15 5:00AM 00:09:52

VIEW POINTS: SEGMENT 1: When an American trophy hunter killed Cecil the Lion, a protected animal in an African game preserve, the internet was packed with Tweets and Facebook diatribes condemning the man who did it and big game hunting in general. Why are we so concerned about *one* animal when there are millions of them killed around the world every year? Is there a good reason to shoot large game for sport, or is it always wrong? Host: Gary Price. Guests: Dr. Samuel Richards, a senior lecturer in sociology at Penn State University; Keith Norris, director of government affairs & partnerships at the Wildlife Society; Mike Hoffmann, senior scientist for the International Union for Conservation of Nature, Species Survival Commission. **COMPLIANCY ISSUES COVERED** wildlife, recreation, poverty, crime, social media, conservation and the environment

9/06/15 6:00AM 00:28:37

MIAMI VALLEY VOICES: Laura Estandia, executive director of the LINK bike share program in and around downtown Dayton, updating the new system that started earlier this year. BIKE MIAMI VALLEY 937-496-3825 website: <http://www.bikemiamivalley.org/>

9/20/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the legalization of marijuana issue coming up on the ballot in November. Guests discussed the pros and cons of the issue and the likelihood of the passage in the state. Business concerns regarding employees usage was also discussed. Guests: Chris Kershner, VP, Public Policy & Economic Development, Dayton Area Chamber of Commerce;

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

Suresh Gupta, Physician, Dayton Outpatient Center; Mark Smith Director of Center for Political Studies, Cedarville University; Laura Bischoff, DDN reporter DAYTON AREA CHAMBER OF COMMERCE 22 E 5th St, Dayton, OH 45402 (937) 226-1444 website: www.daytonchamber.org/ CEDARVILLE UNIVERSITY 251 N Main St, Cedarville, OH 45314 (937) 766-7700 website: <https://www.cedarville.edu/>

CULTURE ISSUES:

7/05/15 5:00AM 00:10:40

VIEW POINTS: SEGMENT 1: Everyone likes a good comedy show, and these days there seems to be a comedian around every corner. Comedy club comics, television shows, movies and plays that try to make us laugh at the absurdities of life are very popular, but did you ever wonder just how they come up with their material? We talk to a veteran comedy writer about the process of writing funny stuff and the successes and failures that make a comedian a star. Host: Gary Price. Guests: Joe Randazzo, head writer for @Midnight on Comedy Central, former editor of *The Onion*, former creative editor of Adultswim.com, author of the book *Funny on Purpose: The definitive guide to an unpredictable career in comedy*. **COMPLIANCY ISSUES COVERED:** popular culture, media, the arts

7/05/15 6:00AM 00:29:20

MIAMI VALLEY VOICES: Cast and production crew from St. George’s Episcopal Church talk about this summer’s big community theater production, “Tarzan: The Musical,” and about local community theater in general. ST. GEORGE’S EPISCOPAL CHURCH 5520 Far Hills Ave, Dayton, OH 45429 (937) 434-1781 website: stgeorgesdayton.org/

7/12/15 6:00AM 00:28:30

MIAMI VALLEY VOICES: Susan Hesselgesser and Valerie Lee from the Greater Dayton chapter of the League of Women Voters on voter turnout, apathy, and why people don’t vote. GREATER DAYTON CHAPTER OF THE LEAGUE OF WOMEN VOTERS 131 N. Ludlow St., Talbott Tower, Suite 1208, Dayton, OH 45402-1703 website: league@lwvdayton.org

7/19/15 5:00AM 00:11:59

VIEW POINTS: SEGMENT 1: Jazz is the quintessential American music genre, and nobody sings it better than Sheila Jordan. We talk to Jordan and her biographer about Jordan’s rise from poverty to her career singing with some of the most famous jazz musicians of the 20th century, the racism that jazz musicians – both black and white – experienced, and the need to preserve this music for future generations.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

Host: Gary Price. Guests: Sheila Jordan, jazz singer, teacher and composer); Ellen Johnson, singer, musician, author of “Jazz Child: A portrait of Sheila Jordan.” **COMPLIANCY ISSUES COVERED:** music & the arts, racism, poverty, alcoholism & drug addiction

7/19/15 5:00AM 00:09:36

VIEW POINTS: SEGMENT 2: Crime novels are among the most popular reading in the U.S., and nobody writes a more engaging, suspenseful and factually accurate story than award-winning and best-selling novelist Patricia Cornwell. Her Kay Scarpetta series is full of detailed forensic information, and we talked to her about how she gathers her facts and actually experiences some of the dangerous situations that she puts her heroine through in her books. Host: Marty Peterson. Guests: Patricia Cornwell, crime novelist, author of “Flesh and Blood” **COMPLIANCY ISSUES COVERED:** forensics, technology, prisons, media, law enforcement

7/19/15 6:00AM 00:29:20

MIAMI VALLEY VOICES: Aimee Marcereau DeGalan, chief curator of the Dayton Art Institute, on the museum’s latest special show, “Call to Glory,” a collection of WWI and WWII posters. DAYTON ART INSTITUTE 456 Belmonte Park N, Dayton, OH 45405 (937) 223-4278 website: www.daytonartinstitute.org

8/16/15 5:00AM 00:10:52

VIEW POINTS: SEGMENT 1: Everyone makes lists: shopping lists, to-do lists, Christmas lists, and many more. But what do your lists say about you? We talk to an author who looked at hundreds of lists compiled by the famous, the infamous and the unknown, and found out that they say a great deal about the times, our history and the list makers themselves. Host: Gary Price. Guests: Shaun Usher, author of *Lists of Note: An eclectic collections deserving of a wider audience.* **COMPLIANCY ISSUES COVERED:** literature, popular culture, war, media, crime

8/23/15 5:00AM 00:10:13

VIEW POINTS: SEGMENT 1: These days, “instant photography” means digital pictures that can be cropped, enhanced and captioned and uploaded to the internet in a matter of minutes. It’s nothing very novel today, what with all of the cell phones and tablets that can produce stunning photos. It wasn’t that long ago, however, that “instant” pictures were as talked about as the latest iPhones are today. Host: Gary Price. Guests: Ronald K. Fierstein, author of “A Triumph of Genius: Edwin Land, Polaroid, and the Kodak Patent War.” **COMPLIANCY ISSUES COVERED:** inventions, U.S. military & intelligence, entrepreneurship, law, science

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

9/20/15 6:00AM 00:29:20

MIAMI VALLEY VOICES: Fred Arment and Irene Bedard from the Dayton Peace Week organizing committee on Peace Week in the Miami Valley, and other local peace initiatives. DAYTON PEACE WEEK website: internationalcitiesofpeace.org/dayton/daytoncityofpeace

9/27/15 5:00AM 00:10:17

VIEW POINTS: SEGMENT 1: Everyone knows the line “It was a dark and stormy night” from Snoopy’s exploits as a budding novelist. But do you know the real author of that famous line, and why he has a literary competition named after him? We’ll talk to the retired professor of English and contest creator about the famous aristocrat and author who lent his name to a quirky contest, and why he was a better writer than he’s been given credit for. We’ll also hear some of the winning entries from past Bulwer-Lytton Contests. Host: Gary Price. Guest: Scott Rice, retired English professor from San Jose State University and founder of the annual Bulwer-Lytton Fiction Contest.

COMPLIANCY ISSUES COVERED: literature & arts, history, education, media

9/27/15 6:00AM 00:29:20

MIAMI VALLEY VOICES: Rachel Graves and Diane Farrell of TEDxDayton planning committee, on the third TEDxDayton event coming in October. TEDXDAYTON www.tedxdayton.com/

ECONOMY ISSUES

7/12/15 5:00AM 00:10:25

VIEW POINTS: SEGMENT 2: The huge donations by billionaires such as Bill and Melissa Gates, Oprah, and Warren Buffett get a lot of press – and they help a lot of charities and people around the world. You might be surprised to know, though, that most of the money that non-profits receive is from small donors giving much less to deserving causes Host: Marty Peterson. Guests: Carrie Morgridge, Vice President of The Morgridge Family Foundation, author of *Every Gift Matters: How your passion can change the world.* **COMPLIANCY**

ISSUES COVERED: philanthropy, business, personal finance, non-profits, government

8/2/15 6:00AM 00:29:06

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

MIAMI VALLEY VOICES: Marianne Bailey, owner/operator of a small business called “The Senior Tutor,” who works with elderly people on technology and tech issues, teaching them what they need to know in the digital world. THE SENIOR TUTOR 937.550.3234 website: <http://theseniortutor.com/>

8/2/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the tax-free weekend in Ohio August 7-9 on clothing, footwear, and back to school supplies. Guests discussed the incentive to implement the sales tax holiday and the impact to the economy and consumers. Guests likened the holiday to Black Friday shopping incentives. This first weekend is experimental to determine if the incentive will return annually. Guests: Niraj Antani, State Representative (R-42), Lora Miller, Director of Government Affairs and Public Relations, Ohio Council of Retail Merchants; Mark Fisher, DDN Reporter STATE OF OHIO www.ohio.gov/ OHIO COUNCIL OF RETAIL MERCHANTS LeVeque Tower, 50 W Broad St, Columbus, OH 43215 (614) 221-7833 website: www.ocrm.net/

8/16/15 5:00AM 00:10:45

VIEW POINTS: SEGMENT 2: Millions of young people will soon head out on their own for the first time to attend college or start their first job. It will also be the first time that many of them are in charge of their own finances. How literate are they about banking, spending, saving, and credit? Host: Marty Peterson. Guests: Dean Obenauer, Asst. Dir. of Financial Aid for Financial Literacy, Creighton University, Omaha, Nebraska; Jeff Reeves, Exec. Editor at Investorplace.com **COMPLIANCY ISSUES COVERED:** personal finance, banking, education, family issues

9/06/15 5:00AM 00:11:40

VIEW POINTS: SEGMENT 2: These days, a phone or digital interview often precedes the face-to-face meeting for job hunters. If you think that all you have to do is sit in front of your computer or cell phone camera and talk, think again. Resumes are also changing, with online services such as LinkedIn and CareerBuilder the first places an employer looks to find an applicant. We talk to two employment specialists about how the interview and resume processes have changed, and how applicants can get the edge in the digital job search market. Host: Gary Price. Guests: Amy Kristof-Brown, Prof. in the Henry Tippie College of Business at the University of Iowa; Paul J. Bailo, CEO of Phone Interview Pro, author of *The Essential Digital Interview Handbook*, **COMPLIANCY ISSUES COVERED:** employment; technology; communications; social media

9/06/15 6:30AM 00:24:30

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

WHIO REPORTS: This edition of WHIO Reports focused on consumer debt. Credit card debt and student loan debt are continually on the rise with student loan debt now surpassing credit. Paying off credit cards in full each month is ideal. Bankruptcy can result from years of accumulated debt. Guests noted the importance of parents showing more than telling their kids how to handle their finances. Guests: Jackie Cummings Koski, Author & Financial Literacy Advocate; D.R. Fannin, Director, WSU Center for Economic Education and Financial Literacy; Vicki Rish, Community Action Partnership of Greater Dayton, Housing Counselor WRIGHT STATE UNIVERSITY 3640 Colonel Glenn Hwy, Dayton, OH 45435 (937) 775-3333 website: www.wright.edu/ COMMUNITY ACTION PARTNERSHIP OF GREATER DAYTON 719 S Main St, Dayton, OH 45402 (937) 341-5000 website: www.cap-dayton.org/

9/13/15 6:00AM 00:29:06

MIAMI VALLEY VOICES: Val Beerbower of the Downtown Dayton Partnership and Jim Woodward of Woodward Developers on the latest in downtown housing trends, pegged to the partnership's recent downtown housing tour. DOWNTOWN DAYTON PARTNERSHIP 10 W 2nd St Suite 611, Dayton, OH 45402 (937) 224-1518 website: www.downtowndayton.org/

9/27/15 5:00AM 00:11:20

VIEW POINTS: SEGMENT 2: We're always hearing about how everyone is stressed these days, that we have too much to do and too many people asking for a moment – or more! – Of our time. What can we do to keep our bosses happy, our clients needs fulfilled and ourselves from pulling out our hair? We talk to two men who have found that meditating can help workers become more productive, less stressed and happier overall. Host: Marty Peterson. Guests: David Gelles, business reporter, NY Times, author of "Mindful Work: How meditation is changing business from the inside out." Allan Lokos, founding and guiding teacher of the Community Meditation Center in NYC, author of "Through the Flames: Overcoming disaster through compassion, patience and determination." **COMPLIANCY ISSUES COVERED:** business, health & well being, religion

9/27/15 5:30AM 00:13:08

RADIO HEALTH JOURNAL: SEGMENT 1: Most medium and large businesses now have corporate wellness programs for employees in an effort to keep health insurance costs down. Many have incentives for reaching health goals. Experts discuss how these plans work and whether the effort shows up favorably on the bottom line. Host: Reed Pence. Guests: Dr. Katherine Baicker, Prof. of Health Economics, Harvard School of Public Health; Larry Chapman, President and CEO, Chapman Institute; Al Lewis, co-author, *Cracking Health Costs: How to Cut Your Company's Health Costs and Provide Employees Better Care* Compliancy issues covered: health care; consumerism; economics; education; business and industry; employment

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

EDUCATION ISSUES:

7/05/15 5:00AM 00:11:00

VIEW POINTS: SEGMENT 2: Kids are little bundles of imagination and they can amuse themselves with the simplest of household goods: a pot and a spoon, becomes a drum; a cardboard box turns into a fort, and a towel can transform them into a caped crusader! However, some parents tend to micromanage their kids' time with structured activities and there's little left for the child to explore the world. Host: Marty Peterson. Guests: William Joyce, Oscar-winning filmmaker, author of the children's book, *Billy's Booger: A memoir, sort of*. Mary Jo Rapini, psychotherapist who deals with issues of family, relationships and intimacy. **COMPLIANCE ISSUES COVERED:** parenting issues, youth at risk, education

7/05/15 5:30AM 00:12:54

RADIO HEALTH JOURNAL: SEGMENT 1: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning. Host: Reed Pence. Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago
Compliance issues covered: education and learning; adult education

8/9/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on scholarship opportunities available for local students. Guests discussed programs available through The Dayton Foundation such as ScholarshipConnex and MC Ohio College Promise as well as Wright State University through the Wright STEPP program that offers a full four-year scholarship. Guests: Dr. Ruby Mawasha, Assistant Dean of the College of Engineering, Wright State University; Gary Smiga, Executive Director for Montgomery County Ohio College Promise, The Dayton Foundation; Mitch Heaton, Director of Development, Wright State University Foundation WRIGHT STATE UNIVERSITY 3640 Colonel Glenn Hwy, Dayton, OH 45435 (937) 775-3333 website: www.wright.edu/ THE DAYTON FOUNDATION 40 N Main St #500, Dayton, OH 45423 (937) 222-0410 website: www.daytonfoundation.org/

8/16/15 5:30AM 00:13:19

RADIO HEALTH JOURNAL: SEGMENT 1: Colleges are now required by Federal law to present anti-sexual assault training to new students, but rather than instilling "no means no," some experts think we need to do much more to enlist men to help prevent sexual assault.

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

Experts discuss how it can be done by making men allies, rather than regarding them as potential perpetrators, and through bystander training. Host: Reed Pence. Guests: Dr. John Foubert, Prof. of Higher Education and Student Affairs, Oklahoma State Univ., National President, One in Four, and author of 7 books on preventing sexual assault; Ashley Warner, psychoanalyst and author, *The Year After: A Memoir*; Dorothy Edwards, Exec. Director, Green Dot, Etc. **Compliance issues covered:** women's issues; sexual assault; crime; education; colleges and universities; gender issues; public safety; men's issues

9/13/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on costs of administrative salaries at public universities. Guests discuss reasoning behind the growth in administrative positions and budget. Guests: John McNay, professor of history at University of Cincinnati – Blue Ash; Richard Vedder, economics professor at Ohio University; Josh Sweigart, DDN reporter UNIVERSITY OF CINCINNATI-BLUE ASH University Hall, Suite 100 51 Goodman Drive 513-556-6781 website: <https://www.uc.edu/> OHIO UNIVERSITY Athens, Ohio 45701 740-593-1000 www.ohio.edu

9/27/15 5:30AM 00:07:01

RADIO HEALTH JOURNAL: SEGMENT 2: Many schools are cutting down on recess to focus on the 3R's, but child development experts say play is part of children's "work" and an important part of how they learn. One expert discusses. Host: Nancy Benson. Guest: Ann Gadzikowski, Early Childhood Coordinator, Center for Talent Development, Northwestern Univ. and author, *Creating a Beautiful Mess: The Essential Experiences for a Joyful Childhood* Compliance issues covered: youth at risk; education; parenting

9/27/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the upcoming election in November in which Sinclair will be asking for an additional \$1M tax levy. According to guests, the funds from the tax levy would benefit jobs training at the community college impacting the quality and opportunities available for jobs in the region. Guests: Steven Johnson, president, Sinclair Community College; Bryan Bucklew, president and CEO of the Greater Dayton Area Hospital Association; Lance Lambert, DDN reporter SINCLAIR COMMUNITY COLLEGE 444 W 3rd St, Dayton, OH 45402 (937) 512-3000 website: www.sinclair.edu/ GREATER DAYTON AREA HOSPITAL ASSOCIATION 2 Riverplace, Suite 400 Dayton, Ohio 45405 (937) 228-1000 website: <http://www.gdaha.org/>

HEALTH/HUMAN SERVICES

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

7/05/15 5:30AM 00:07:17

RADIO HEALTH JOURNAL: SEGMENT 1: TV doctors wield tremendous influence with patients, sometimes even more than a person's own doctor. Yet studies show that the advice you hear on TV is often unsupported by medical research. Experts discuss how celebrity doctors miss the mark and why they're so popular. Host: Nancy Benson. Guests: Dr. Christina Korownyk, Assoc. Prof. of Family Medicine, Univ. of Alberta; Dr. Georgianna Donadio, Program Director, National Institute of Whole Health; Dr. Lindsey Meredith, Prof. of Marketing, Beedie School of Business, Simon Fraser Univ. **Compliance issues covered:** health care; public health; consumerism; mass media; pop culture

7/05/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on water safety during the summer season. There have been multiple incidents and accidents thus far. Guests discussed hazards and tips for remaining safe while swimming, boating, and participating in other water activities. Guests: Don Siler, Watercraft officer, Ohio Department of Natural Resources; Paul Schreiber, Senior Director – Aquatics, YMCA of Greater Dayton OHIO DEPARTMENT OF NATURAL RESOURCES 2045 Morse Road Columbus, OH 43229 614-265-6565 website: <http://ohiodnr.gov/> YMCA OF GREATER DAYTON 2045 Morse Road Columbus, OH 43229 website: <http://www.ymcaonline.org/>

7/12/15 5:30AM 00:07:01

RADIO HEALTH JOURNAL: SEGMENT 2: Air pollution is blamed for one of every eight deaths worldwide, including 200,000 in the US each year. A noted lung physician discusses some of the diseases smog can cause and ways to keep your lungs safe. Host: Nancy Benson. Guest: Dr. Steven Nathan, Director, Advanced Lung Disease and Lung Transplant Program, Inova Fairfax Hospital, Falls Church, VA **Compliance issues covered:** health care; public health; pollution and environment

7/19/15 5:30AM 00:10:55

RADIO HEALTH JOURNAL: SEGMENT 1: The death rate surrounding pregnancy in the US has been climbing to the point it compares with some third world countries rather than the western European nations we once compared to. Experts discuss possible reasons for the increase and one possible way to reverse it--more reliance on midwives. Host: Reed Pence. Guests: Dr. Kate Menard, Prof. and Chief, Obstetrics & Gynecology, Univ. of North Carolina School of Medicine; Patricia Harman, certified nurse-midwife and author, The Midwife of Hope River novel series. **Compliance issues covered:** health care; public health; infants at risk; women's issues

7/19/15 5:30AM 00:08:24

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

RADIO HEALTH JOURNAL: SEGMENT 2: Research shows that singing in a group has health benefits, as well as simply making people feel good. Experts and participants discuss this increasing singing trend in society, and how singing is being used to treat one serious disease. Host: Nancy Benson. Guests: Stacy Horn, author, Imperfect Harmony: Finding Happiness Singing With Others; Dr. Barbara Reuer, CEO and Founder, Musicworx, Inc. music therapy practice, San Diego; Karen Hesley, speech pathologist and director, Tremble Clefs singing group **Compliance issues covered:** health care; psychology; pop culture; elderly, senior citizens, and aging

7/26/15 5:00AM 00:10:41

VIEW POINTS: SEGMENT 1: We hear that we should be happy, and that happiness helps you live longer, brings more tranquility to your life, and to the lives of your family and friends. But do you know what happiness truly is? We talk to a psychologist and a philosopher about the essence of happiness, how to find it and how it's different from person to person and across the globe. Host: Gary Price. Guests: Tim Bono, assistant dean in the college of arts and sciences, and a lecturer in psychology at Washington University, St. Louis; Frederic Lenoir, philosopher, sociologist and religious historian. Author of the book, *Happiness: A philosopher's guide*. **COMPLIANCE ISSUES COVERED:** mental health, poverty, family, Alzheimer's disease

7/26/15 5:30AM 00:09:19

RADIO HEALTH JOURNAL: SEGMENT 1: Scientists have discovered that tinnitus, or "ringing in the ears," involves many more areas of the brain than just those involved with hearing. Experts explain why the findings mean it will be difficult to develop treatments for tinnitus, and what sufferers can do now. Host: Reed Pence. Guests: Dr. Richard Salvi, Distinguished Prof. of Communicative Disorders and Sciences, Univ. at Buffalo; Dr. Phillip Gander, Univ. of Iowa **Compliance issues covered:** health care; public health; consumerism; disabilities

7/26/15 5:30AM 00:10:05

RADIO HEALTH JOURNAL: SEGMENT 2: Children whose parents die by suicide face a difficult emotional recovery. Well-meaning adults often make it worse with their mistakes in how they talk about the death. Experts discuss the right and wrong ways to help children cope with parental suicide. Host: Nancy Benson. Guests: Wendy Parmley, psychotherapist and author, Hope After Suicide: One Woman's Journey From Darkness to Light; Donna Schuurman, CEO, Dougy Center for Grieving Children and Families, Portland, OR **Compliance issues covered:** youth at risk; parenting issues; mental health and mental illness

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

7/26/15 6:00AM 00:28:54

MIAMI VALLEY VOICES: Dennis Grant, executive director of United Rehabilitation Services, on its work with local people with disabilities and their latest “Duck Regatta” fundraiser. UNITED REHABILITATION SERVICES 4710 Troy Pike, Dayton, OH 45424 (937) 233-1230 website: urscopyton.org/

8/02/15 5:00AM 00:11:59

VIEW POINTS: SEGMENT 1: When we hear the term “psychopath,” we usually think of serial killers or other nasty villains. Rarely does anyone think of the mild-mannered neuroscientist next door. We talk to a psychologist and to a neuroscientist who happens to be psychopathic, about what the term actually means in the medical world. Host: Gary Price. Guests: Scott Lilienfeld, professor of psychology, Emory Univ., Atlanta, GA; James Fallon, neuroscientist at Univ. of California-Irvine, author of “The Psychopath Inside: A neuroscientists personal journey into the dark side of the brain.” **COMPLIANCY ISSUES COVERED:** mental health, disabilities, family issues, science & technology

8/02/15 5:00AM 00:09:37

VIEW POINTS: SEGMENT 2: Its seems that when the topic of abortion comes up in the media, there are two distinct sides voicing their opinions with no middle ground or real conversation on the topic. The debate over this issue and other touchy topics these days usually disintegrates into an “Us vs. Them” shouting match, leaving many on both sides and in the middle angry and dissatisfied. Host: Marty Peterson. Guests: Aspen Baker, co-founder and executive director of Exhale, author of the book, “Pro-Voice: How to keep listening when the world wants a fight.” **COMPLIANCY ISSUES COVERED:** abortion, social activism, politics, media, family issues

8/02/15 5:30AM 00:11:20

RADIO HEALTH JOURNAL: SEGMENT 1: Few people are aware that the vehicle occupant most likely to be hurt in a crash is the one in the front passenger seat. Experts discuss why this occurs, the different injuries that can occur there, and many ways car occupants can protect themselves from injury. Host: Reed Pence. Guests: Meghan Smeenge, injured in auto accident; Dr. David Pedley, consultant, accident and emergency medicine, Dumfries & Galloway Royal Infirmary, Scotland; Dr. Peter Cummings, Emeritus Prof. of Epidemiology, Univ. of Washington; Dr. Elisa Braver, Adjunct Assoc. Prof. of Epidemiology, Univ. of Maryland School of Medicine **Compliance issues covered:** public health; traffic & vehicle safety; public safety; consumerism

8/02/15 5:30AM 00:10:05

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

RADIO HEALTH JOURNAL: SEGMENT 2: It's a fine line between preserving life and prolonging death. An award winning science writer discusses her experience observing how medical professionals and patients differ in their acceptance of impending death, and what families need to know to navigate the end of life toward a "good death." Host: Nancy Benson. Guest: Katy Butler, author, Knocking on Heaven's Door: The Path to a Better Way of Death. **Compliance issues covered:** ethics; health care; consumerism; family issues; technology and society

8/09/15 5:30AM 00:11:57

RADIO HEALTH JOURNAL: SEGMENT 1: Consumers who purchase medicines online for convenience and price are taking a big risk-- experts say 97% of online "pharmacies" are rogue sites operating illegally. Often the medications they sell are counterfeit or substandard. Experts discuss the risks and how consumers can buy safely. Host: Reed Pence. Guests: Carmen Catizone, Exec. Dir., National Assoc. of Boards of Pharmacy; Libby Baney, Exec. Dir., Alliance for Safe Online Pharmacies; Dr. Roger Bate, scholar, American Enterprise Institute & author, *Phake: The Deadly World of Falsified and Substandard Medicines* **Compliance issues covered:** public health; public safety; consumerism; crime

8/09/15 5:30AM 00:08:06

RADIO HEALTH JOURNAL: SEGMENT 2: Multitasking seems like a necessity for most people, and most of us think it improves our efficiency. However, studies show that only a tiny proportion of people can juggle tasks well. Researchers discuss why our brains can't do two things at once, and why "supertaskers" may be different. Host: Nancy Benson. Guests: Dr. David Strayer, Prof. of Cognition Neurosciences, Univ. of Utah; Dr. Jayson Watson, Assoc. Prof. of Psychology, Univ. of Utah **Compliance issues covered:** workplace issues; consumerism

8/16/15 5:30AM 00:06:32

RADIO HEALTH JOURNAL: SEGMENT 2: Researchers are learning that tears shed for different reasons are chemically different. Emotional tears, for example, contain high levels of stress hormones, indicating they may be a way for the body to reduce stress. Experts discuss why it's good for people to cry. Host: Nancy Benson. Guests: Dr. William Frey, Univ. of Minnesota and Research Director, Health Partners Neuroscience; Dr. Judith Orloff, psychiatrist and author, *Emotional Freedom* **Compliance issues covered:** health; mental health; gender issues

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

8/16/15 6:00AM 00:28:54

MIAMI VALLEY VOICES: Christine Herr, program director with Goodwill/Easter Seals of the Miami Valley, on its work and on the anniversary of the Americans with Disabilities Act. GOODWILL EASTER SEALS OF THE MIAMI VALLEY 660 S. Main Street, Dayton, OH 45402 937.461.4800 website: <http://gesmv.org/>

8/16/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused the Miami Valley Hospital's 125th Anniversary this year. Guests discussed the history of the hospital and the foundation as well as the present services and resources available to those in need. Future goals and outlook on overall healthcare were also mentioned. Guests: Mark Shaker, President and CEO, Miami Valley Hospital; Jenny Lewis, President and CEO, Miami Valley Hospital Foundation; Christopher Danis, MD Chairman, Miami Valley Hospital Board of Trustees MIAMI VALLEY HOSPITAL 1 Wyoming St, Dayton, OH 45409 (937) 208-8000 website: <https://www.miamivalleyhospital.org/>

8/23/15 5:30AM 00:11:15

RADIO HEALTH JOURNAL: SEGMENT 1: Young women are at relatively low risk of heart attacks, but when they have one, a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss reasons and possible remedies. Host: Reed Pence. Guests: Dr. Judith Lichtman, Assoc. Prof. and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Andersen, attending cardiologist and Director of Education and Outreach, Perelman Heart Institute, New York Presbyterian Hospital. **Compliance issues covered:** public health; health care; women's issues; education;

8/23/15 5:30AM 00:07:38

RADIO HEALTH JOURNAL: SEGMENT 2: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude doctors in ancient Greece provided better care than those in the US 150 years ago. Host: Nancy Benson. Guest: Nathan Belofsky, author, Strange Medicine: A Shocking History of Real Medical Practices Through the Ages. **Compliance issues covered:** education; consumerism

8/23/15 6:30AM 00:24:30

WHIO REPORTS: This edition of WHIO Reports focused on the WHIO-TV weather team and information on tips and precautions with forecasts. The meteorologists discussed their most memorable local weather events and a bit of background on themselves. Guests: Eric Elwell, Chief Meteorologist, WHIO-TV; Kirstie Zontini, Meteorologist, WHIO-TV; McCall Vrydaghs, Meteorologist, WHIO-TV

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

8/30/15 5:00AM 00:10:33

VIEW POINTS: SEGMENT 2: We're taught from a young age that we should obey authority and do what adults tell us to do. Those lessons usually work in our favor, however there are times when a child – and an adult – should say no to the ones in charge. Our guest has studied this issue and has come up with situations where refusing to do something is the right thing, and he discusses when and how to say “no” effectively and for the benefit of the individual and others. Host: Marty Peterson. Guests: Ira Chaleff, founder and president of Executive Coaching & Consulting Associates, Washington, D.C., author of the book *Intelligent Disobedience: Doing right when what you're told to do is wrong*. **COMPLIANCY ISSUES COVERED:** ethics, business, disabilities, military,

8/30/15 5:30AM 00:12:01

RADIO HEALTH JOURNAL: SEGMENT 1: A surprisingly large number of people may become agitated or even enraged when they hear "mouth sounds" such as chewing or slurping, sniffing, or crunching of paper. This disorder, misophonia, is largely unknown, but researchers believe audio processing of these sounds is mis-routed to rage centers in the brain. Experts and a sufferer discuss the syndrome. Host: Reed Pence. Guests: Paul Tabachneck, IT professional, musician, and misophonia sufferer; Judy Krauthamer, author, Sound Rage: A Primer of the Neurobiology and Psychology of a Little Known Anger Disorder; Dr. Aage Moller, Prof. of Behavioral and Brain Sciences, Univ. of Texas at Dallas. **Compliance issues covered:** youth at risk; education; interpersonal relations; health care

8/30/15 5:30AM 00:07:50

RADIO HEALTH JOURNAL: SEGMENT 2: Everyone deals with grief at one time or another. An expert discusses how it's experienced by most people, and what separates normal grief from more problematic depression A writer/illustrator discusses his experience dealing with his spouse's sudden death. Host: Nancy Benson. Guests: Dr. Ronald Pies, Prof. of Psychiatry, State Univ. of New York Upstate Medical Univ. and Clinical Prof. of Psychiatry, Tufts Univ.; Danny Gregory, author and illustrator, A Kiss Before You Go **Compliance issues covered:** mental illness: family issues

9/06/15 5:30AM 00:11:12

RADIO HEALTH JOURNAL: SEGMENT 1: Cancer biopsies traditionally require surgery to remove a piece of tumor. But doctors are increasingly able to find evidence of cancer in the blood, eliminating the need for surgery. Researchers hope to eventually be able to use

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

these liquid biopsies for cancer screening and early diagnosis. Experts discuss. Host: Reed Pence. Guests: Dr. Nicholas Papadopoulos, Prof. of Oncology, Johns Hopkins Univ; Dr. Scott Kopetz, Assoc. Prof. of Medical Oncology, Univ. of Texas MD Anderson Cancer Center; Dr. Terry Friedlander, Asst. Clinical Prof. of Medicine, Univ. of California at San Francisco **Compliance issues covered:** health care; public health; technology

9/06/15 5:30AM 00:08:44

RADIO HEALTH JOURNAL: SEGMENT 2: Just as people face an obesity crisis in the US, so do our pets, who have many of the same health consequences as overweight humans. Experts discuss why pet obesity is a problem and ways pet owners can keep their furry friends healthy. Host: Nancy Benson. Guests: Dr. Ernie Ward, Veterinarian and founder, Association for Pet Obesity Prevention; Dr. Deborah Linder, Research Asst. Prof., Cummings School of Veterinary Medicine, Tufts Univ. **Compliance issues covered:** family issues; pets and people

9/13/15 5:00AM 00:13:59

VIEW POINTS: SEGMENT 1: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover. Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, *After the Crash*; Debbie Miller Koziarz, car accident survivor **Compliance issues covered:** public safety; auto & highway safety; mental health

9/13/15 5:00AM 00:06:03

VIEW POINTS: SEGMENT 2: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss. Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee **Compliance issues covered:** alcohol; youth at risk; laws and legislation; public health

9/13/15 5:30AM 00:13:59

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

RADIO HEALTH JOURNAL: SEGMENT 1: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover. Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, *After the Crash*; Debbie Miller Koziarz, car accident survivor **Compliance issues covered:** public safety; auto & highway safety; mental health

9/13/15 5:30AM 00:06:03

RADIO HEALTH JOURNAL: SEGMENT 2 Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss. Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee **Compliance issues covered:** alcohol; youth at risk; laws and legislation; public health

9/20/15 5:00AM 00:11:46

VIEW POINTS: SEGMENT 1: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain. Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences **Compliance issues covered:** aging; technology; public health

9/20/15 5:00AM 00:07:07

VIEW POINTS: SEGMENT 2: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss. Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis* Compliance issues covered: health care; lifestyle issues

9/20/15 5:30AM 00:11:46

ISSUE & DESCRIPTION

DATE

TIME

LENGTH

RADIO HEALTH JOURNAL: SEGMENT 1: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain. Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences **Compliance issues covered:** aging; technology; public health

9/20/15

5:30AM

00:07:07

RADIO HEALTH JOURNAL: SEGMENT 1: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss. Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis* **Compliance issues covered:** health care; lifestyle issues