



QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WSHE-Chicago

April 1, 2017 – June 30, 2017

Susan Wiencek

Public Affairs Manager

April 2, 2017

5:30am-6:00am “Radio Health Journal”

1. Putting the brakes on environmental regulation. Critics say the Environmental Protection Agency needs cutting. However, the President has proposed 31 percent budget cut for the EPA and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. Experts discuss pros and cons of EPA cuts. Guests: Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation.
2. Plagues and dread diseases. Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains. Guest: Jennifer Wright, author, Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them.

Issues covered: federal government and regulation; environment and pollution; public health; state government; economics; employment; renewable energy; ethics; HIV and AIDS.

6:00am-6:30am “Viewpoints”

1. Climate change: Causes, solutions, and its impact on our economy. Scientists have maintained for years that carbon dioxide and other greenhouse gasses are causing climate change. Some people deny it, but scientists insist their answer is correct. We talk to Dr. Kerry Emanuel, professor of atmospheric science at MIT about what makes him and other scientists so certain greenhouse gasses are to blame and how the problem can be addressed to not only help our planet, but also create new jobs for American workers.
2. The trouble with teaching reading: Why so many children struggle with literacy. America is facing a literacy problem: according to surveys, fewer than 50% of American schoolchildren are highly proficient readers. Why are so many students struggling and how can we fix it? Experts discuss. Guests: Dr. Mark Seidenberg, research professor in the department of psychology, University of Wisconsin-Madison and author of Language at the Speed of Sight: How we read, why so many can't and what can be done about it; Dr. Susan B. Neuman, professor of childhood and literacy development at New York University; Dr. Marie Ann Donovan, associate professor of teacher education, DePaul University.

Issues covered: climate change; science; federal government; jobs; education; literacy; child development.

April 9, 2017

5:30am-6:00am “Radio Health Journal”

1. Cancer research recruitment. Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions taken to meet needs. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham and Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer; Dr.

Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer.

2. Why taming sleep leaves us restless. Sleep used to be natural, governed by darkness, light, and fatigue. Now it's highly processed and scheduled. An author discusses his research on the ways this has led to a poorer night's sleep. Guest: Benjamin Reiss, Prof. of English, Emory Univ. and author, Wild Nights: How Taming Sleep Created Our Restless World.

Issues covered: health care; public health; federal government; minority affairs and discrimination; sleep and sleep issues; family issues; parenting issues; work and employment.

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

1. The legal side of cohabitation. There are millions of Americans who live together, but never become formally "married." What are their rights? Who gets the house, the car, and 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. Guests: Martha Ertman, Professor of Law specializing in contract and family at the Carey School of Law, University of Maryland, and author of the book, Love's Promises: How formal and informal contracts shape all kinds of families.
2. The immigrant narrative in modern times. When people discuss "the immigrant narrative," you may picture Ellis Island. But what is that process like today? We talk to two writers about the more modern immigrant journey. First, journalist and author Daniel Connolly talks about Isaías Ramos, a bright young man whose life is complicated by his status as an illegal immigrant. Then, author Shilpi Somaya Gowda discusses her own family's experiences emigrating from India. Two very different stories about immigration. Guests: Daniel Connolly, journalist and author of The Book of Isaías: A Child of Immigrants Seeks His Own America; Shilpi Somaya Gowda, author of The Golden Son.

Issues covered: family issues; relationships; law; contracts; immigration; politics; storytelling.

April 16, 2017

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

1. Workplace genetic testing. Workers are currently protected from having to take genetic tests for employers, but a bill under consideration in the U.S. House would allow corporate wellness plans to ask workers for a test, and penalize them through markedly higher health insurance premiums if they refuse. The bill also provides no protections against how the information is distributed. Experts discuss. Guests: Dr. Derek Scholes, Director of Science Policy, American Society of Human Genetics; Dr. Arthur Caplan, Director, Division of Medical Ethics, New York Univ.; Dr. Jon Robison, co-founder, Salveo Partners employee well-being consulting firm.
2. Moderate exercise: it's better for you. Studies are showing that people who train hard and long at running have death rates similar to couch potatoes, while those who

exercise moderately or even lightly are likely to live much longer. Experts discuss how much exercise is enough and how to make the most of light exercise. Guests: Dr. Carol Ewing Garber, Prof. of Movement Sciences, Teachers College, Columbia Univ.; Dr. Vijay Vad, sports medicine specialist, Hospital for Special Surgery, New York, Asst. Prof. of Rehabilitation Medicine, Weill Cornell Medical College and author, The New Rules of Running.

Issues covered: health care; privacy issues; ethics; federal government and legislation; employment and workplace; economics; consumerism; sports and recreation.

6:00am-6:30am “Viewpoints”

1. The state of education for autistic students. Federal law guarantees all students the right to an education, regardless of disability. However, experts and parents are now wondering if we are doing enough to help autistic students maximize their abilities to live their best possible lives. Mark Claypool, co-author of How Autism is Reshaping Special Education, discusses the current status of public schooling for autistic students and how the systems in place can be optimized to help students grow even more. Claypool is CEO of ChanceLight Behavioral Health, Therapy and Education.
2. Casey Stengel’s life in baseball. Most of us know that the New York Yankees dominated baseball diamonds across the country for decades, but fewer know the Hall of Fame manager who guided them to success and was named by MLB Network “baseball’s greatest character.” We talk to Yankees historian Marty Appel about the life of Mr. Stengel, who spent over 50 years in professional baseball and won eight World Series titles, but whose handling of the MLB’s integration era has been questioned for years. Appel has also written the book Casey Stengel: Baseball’s Greatest Character.

Issues covered: family issues; education; law; special needs; sports; history; culture; integration.

April 23, 2017

5:30am-6:00am “Radio Health Journal”

1. Penicillin allergy? Probably not. Millions of Americans believe they are allergic to penicillin. However, most of them are wrong. Experts discuss how these misdiagnoses happen and what results when so many of us avoid the most effective, yet cheapest antibiotic. Guests: Dr. David Khan, Prof. of Medicine, Univ. of Texas Southwestern Medical Center; Dr. Alan Frient and Dr. Jodi Zuckerman, otolaryngologists, North Shore Ear, Nose and Throat Associates, Highland Park, IL.
2. Multiple Myeloma study in Iceland. Scientists are tapping the entire adult population of Iceland for a clinical test for treatments for multiple myeloma, a blood cancer. An expert explains the disease and how a whole country is pitching in to fight it. Guest: Dr. Brian Durie, Chairman, International Myeloma Foundation.

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

6:00am-6:30am “Viewpoints”

1. Cutting through the fake news. Between the election cycle and coverage of President Trump’s first 100 days, we have all seen some fake news online. We talk to two

educators about the harm that can be done when people believe fake news, the education crisis involved when students believe fake news, and tips we can all use to identify lies online and keep ourselves informed by only the truth. Guests: Dr. Robert Probst and Dr. Kyleen Beers, educators and authors of the book, Disrupting Thinking: Why How We Read Matters.

2. The adventure is still out there: Explorers past and present. Being an explorer may seem like a childhood fantasy, but it's a real thing people do. We talk to two experts about some notable explorers of the past and ways you can see the world through fresh eyes yourself. Guests: Dr. Huw Lewis-Jones, historian, explorer, and author of Explorers' Sketchbooks: The Art of Discovery & Adventure; Dr. Nick Middleton, professor at Oxford University and author of An Atlas of Countries That Don't Exist.

Issues covered: education; news; politics; literacy; history; travel; global issues; geopolitics

April 30, 2017

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

1. Late effects of childhood cancer treatment. Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease because of powerful cancer treatments. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor.
2. Are we doing too much for terminal patients? Doctors often take extreme measures to save patients who are dying, and who might wish to die in peace. A critical care physician discusses how doctors are learning to resist their impulses to over-treat. Guest: Dr. Jessica Zitter, author, Extreme Measures: Finding a Better Path to the End of Life.

Issues covered: youth at risk; health care; technology; consumerism; hospice and end-of-life care.

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

1. A writer's world: Jonathan Lethem on literature and his decades-long career. Guest is Jonathan Lethem, award-winning author of Motherless Brooklyn and other novels. His latest book, More Alive and Less Lonely, is an inside look at his thoughts on literature. He talks to us about the importance of reading, what inspires him, and how he feels about tough critics.
2. Gene crunching: The ethics and impact of genetic screenings on children. Science enables us to know much more than ever before. We can be aware of what disorders we could pass on to our kids and we can conduct screenings on children to discover irregularities in their genes. Such screenings can help doctors catch issues early, but they can also put a huge burden on families. Guest is Bonnie Rochman, journalist and

author of The Gene Machine: How genetic technologies are changing the way we have kids—and the kids we have.

3. Culture Crash: The importance of “Hamilton: An American Musical.” “Hamilton” burst on the scene in 2015 as a cultural force and shows no signs of slowing down. We look at how its groundbreaking nontraditional casting is opening doors for actors of all races and why the soundtrack has been incorporated into classrooms around the country.

Issues covered: literature; education; criticism; culture; science; technology; health; family issues; history; the theater; race relations.

May 7, 2017

5:30am-6:00am “Radio Health Journal”

1. Last chance for weight loss: bariatric surgery in teenagers. The proportion of severely obese teenagers continues to rise. Doctors increasingly believe that only weight loss surgery is likely to help them lose weight and avoid health consequences of obesity. However, teens are often held back until they are so heavy that even bariatric surgery isn’t enough to return them to normal weight. Experts discuss. Guests: Dr. Thomas Inge, Chief of Pediatric Surgery, Children’s Hospital Colorado and Prof. of Surgery, Univ. of Colorado Denver; Dr. Fatima Cody Stanford, obesity medicine physician, Massachusetts General Hospital and Harvard Medical School; Dr. Meg Zeller, Prof. of Pediatrics, Cincinnati Children’s Hospital Medical Center.
2. Cancer treatment and sex. Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation’s top experts discusses. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com.

Issues covered: health care; public health; teen issues; youth at risk; parenting issues; bullying; relationships.

6:00am-6:30am “Viewpoints”

1. Religion behind bars: The role of faith-based prison ministries. Since the beginning of the U.S. prison system, religion has been suggested as a way to help rehabilitate criminals. We talk to Tanya Erzen, a professor of religion, about why that is and what role prison ministries play in the lives of inmates. Erzen is the author of God in Captivity: The Rise of Faith-Based Prison Ministries in the Age of Mass Incarceration.
2. The history of physics. The history of physics is a long and extremely interesting one, with the names of some of the most famous scientists in the world like Galileo, Newton, Copernicus, Einstein, Curie, and others. We talk to a science historian about a few of the highlights throughout the long history of physics and astronomy. Guests: Tom Jackson, author of Physics: An illustrated history of the foundations of science – a Ponderables book.
3. Culture Crash: A Look at Gimlet Media’s “Homecoming” podcast. “Homecoming,” a new podcast from Gimlet Media isn’t a talk show or a deep-dive into a specific topic. It’s an original, fictional thriller about military personnel and technology. It expands our media landscape and gives us a look at the future of the podcasting medium.

Issues covered: religion; prisons; criminal issues; ethics; science; technology; history; culture; media; technology; storytelling.

May 14, 2017

5:30am-6:00am “Radio Health Journal”

1. Elephant DNA: the secret to cancer suppression? DNA mutations happen all the time in the body, but the immune system usually detects and deals with them. When the system fails, cancer results. Yet some animals, such as elephants, almost never get cancer, and scientists have learned that the elephant DNA repair system is 20 times more powerful than the human system. Experts discuss. Guests: Dr. Joshua Schiffman, Prof. of Pediatrics, Univ. of Utah and investigator, Huntsman Cancer Institute; Dr. Vincent Lynch, Asst. Prof. of Human Genetics and Organismal Biology, Univ. of Chicago.
2. Intergenerational living. Some retirement homes are offering local college students room and board in return for interaction with elderly residents. Students and experts involved discuss how it is a win/win for everyone. Guests: Shelby Miller, student, Northern Iowa Univ.; Carolyn Martin, Director, Volunteer Services, Western Home Communities, Cedar Falls, IA; Tom Berkshire, President, Generations of Hope.

Issues covered: health care; public health; animals; college students and youth; education; elderly and senior citizens.

6:00am-6:30am “Viewpoints”

1. The most wanted man on Wall Street: The Fed’s pursuit of SAC Capital. The financial world was shocked when the FBI began investigating Wall Street big shot Steve Cohen and his company SAC Capital. We discuss what they were looking for, what they found, and what it all means going forward. Guest: Sheelah Kolhatkar, author of Black Edge: Inside Information, Dirty Money, and the Quest to Bring Down the Most Wanted Man on Wall Street.
2. The big ideas: A look inside this year’s biggest books. With summer around the corner, many of us are looking for some fresh books to read on the beach or on the porch. We talk to three authors about the themes and messages written into their latest novels. Guests: Caitriona Lally, author of Eggshells; Michael Callahan, author of The Night She Won Miss America; Benjamin Ludwig, author of Ginny Moon.
3. Culture Crash: Aziz Ansari has a lot to say in “Master of None.” Netflix’s slice-of-life sitcom “Master of None” has more than just laughs, it also grapples with family issues, cultural identity, and modern life in a big city.

Issues covered: crime; finance; government; law enforcement; culture; literature; special needs; adoption; history; media; diversity; family issues.

May 21, 2017

5:30am-5:58am “Radio Health Journal”

1. Blood substitutes. Donated blood saves 4.5 million American lives each year, but has a short shelf life, low portability, and must be available for all blood types. Researchers have sought safe and effective blood substitutes for 60 years, and a few viable

alternatives are in animal testing. Experts involved in research discuss. Guests: Dr. Allan Doctor, Prof. of Pediatrics and Biochemistry, Washington Univ. in St. Louis School of Medicine; Dr. Jan Frayne, researcher, Univ. of Bristol (UK).

2. E-cigarettes and oral health. Experts still have many unanswered questions about electronic cigarettes, but evidence is starting to accumulate that the effect on the oral cavity can be as significant as tobacco cigarettes. Guest: Dr. Larry Williams, Asst. Prof. of Dental Medicine, Midwestern Univ. and West Side Branch President, Chicago Dental Society.

Issues covered: health care; public health; military; emergency response; smoking, tobacco and substance abuse; youth at risk.

5:58am-6:03am “Making A Difference”

WSHE presents “Making A Difference,” a locally-produced public affairs show that spotlights the people and organizations working to improve our communities. Host and producer is Hubbard Radio Chicago Public Affairs Manager Susan Wiencek.

1. Stroke awareness. Most of us think strokes only afflict the elderly but that is not true. Statistics show that more young people are suffering strokes, and more women than men will have a stroke. Guest is Crystal Blaylock, Development Director for the National Stroke Association. Ms. Blaylock explains the facts about stroke, the warning signs, and why it’s important to think F.A.S.T. when someone is having a stroke. She also talks about the upcoming benefit walk, The Comeback Trail, being held June 3rd in Chicago.

Issues covered: health and wellness; women’s health issues; family issues; disabilities; education; community involvement; not-for-profit organizations.

6:03am-6:33am “Viewpoints”

1. Video games evolution: From frivolous entertainment to bona fide art. Video games have long been seen as child’s play, but now they are the source of massive TV ratings and legitimate artistic expression. We talk to author Andrew Ervin about the transformation. Ervin is the author of Bit by Bit: How video games transformed our world.
2. The gift of numbers: The impact of Fibonacci. As hard as it is to imagine, before an Italian mathematician we know as Fibonacci came to the scene, most people did not use numbers. We talk to mathematician and author Keith Devlin about Fibonacci’s mammoth contribution to mathematics and our daily lives. Devlin is a mathematician at Stanford University and author of The Man of Numbers: Fibonacci’s Arithmetic Revolution.
3. Culture Crash: Rap with a message: Logic’s suicide prevention anthem. Rapper Logic’s song “1-800-273-8255” is a mental health anthem, designed to help suicidal listeners realize the value of their life. We explore the format and message of the song.

Issues covered: entertainment; art; culture; violence; sports; mathematics; history; education; technology; suicide; mental health; music; culture.

May 28, 2017

5:30am-5:58am “Radio Health Journal”

1. Alternatives to opioids for pain. Americans consume 80 percent of the opioid painkillers prescribed worldwide, ultimately resulting in the deaths of more than 20,000 Americans each year of overdoses of these drugs. The crisis is making doctors look at alternative medicine therapies for a substitute for these drugs. Experts discuss modalities that have shown success. Guests: Dr. Josie Briggs, Director, National Center for Complementary and Integrative Health, National Institutes of Health; Dr. Roger Chou, Prof. of Medicine, Oregon Health and Science Univ. and Director, Pacific Northwest Evidence Based Practice Center; Dr. David Miller, acupuncturist and medical doctor, East West Integrated Medicine, Chicago, and spokesperson, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).
2. “Giggling epilepsy.” Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a nine-year old boy with such seizures, the danger they posed, and the novel way he was treated. Guest: Dr. Aria Fallah, Asst. Prof. of Neurosurgery, UCLA Geffen School of Medicine and Mattel Children’s Hospital.

Issues covered: health care; public health; drug addiction and substance abuse; alternative medicine; youth at risk; children’s health and well-being.

5:58am-6:03am “Making A Difference”

WSHE presents “Making A Difference,” a locally-produced public affairs show that spotlights the people and organizations working to improve our communities. Host and producer is Hubbard Radio Chicago Public Affairs Manager Susan Wiencek.

1. Stroke awareness. More young people are having strokes than ever before, and it afflicts more women than men. Guest is Crystal Blaylock, Development Director for the National Stroke Association. Ms. Blaylock explains how no one fully recovers from a stroke and there are always residual effects. Furthermore, we often do not celebrate the milestones, big and small, that stroke survivors achieve. That’s part of the reason the National Stroke Association is hosting The Comeback Trail, a charity walk in Chicago on June 3rd, to celebrate survivorship and to raise awareness for strokes.

Issues covered: health and wellness; women’s health issues; family issues; disabilities; education; community involvement; not-for-profit organizations.

6:03am-6:33am “Viewpoints”

1. The lost art of writing letters. Every day, we send and receive emails, but when is the last time you wrote or received a handwritten letter? We talk to a writer and editor about the more romantic, considered communication style of abandoning modern technology and writing physical letters. Guest is Shaun Usher, writer, editor of the book Letters of Note: An eclectic collection of correspondence deserving of a wider audience.
2. From fan to collaborator: How Richard Chizmar wrote a novella with Stephen King. Richard Chizmar is an author, publisher, and Stephen King fan. He discusses his

career, his process, and his opportunity to write a novella with one of the world's biggest authors. Guests: Richard Chizmar, publisher of Cemetery Dance, co-author of Gwnedy's Button Box.

3. Culture Crash: Stephen King's mastery of storytelling. Stephen King is known for his horror masterpieces, but he has also written beloved dramas and fantasy novels. We explore what makes his novels click.

Issues covered: communication; art; history; literature; culture; collaboration; media; film.

June 4, 2017

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

1. The health effects of loneliness. Loneliness affects far more than our mental health. Studies are now showing that loneliness and social isolation also have profound effects on our physical health, and increase the risk of death substantially. Experts discuss. Guests: Dr. Richard Schwartz, Associate Professor of Psychiatry, Harvard Medical School and co-author, The Lonely American: Drifting Apart in the 21st Century; Dr. Tim Smith, Professor of Psychiatry, Brigham Young University.
2. Rescuing runaways. More than two million young people may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman, who overcame such a life, describes how she beat the odds and what runaways need to have a chance at succeeding. Guest: Carissa Phelps, author, Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time.

Issues covered: health care; public health; mental health; technology; social media; youth at risk; crime and police; child abuse; education.

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

1. Beating a mental health crisis: One couple's journey through the psych ward. One morning without warning, Giulia Lukach experienced a psychotic break. We talk to her husband Mark about Giulia's mental health journey, his own experience as a caregiver, and how they overcame three stints in the psych ward. Guest: Mark Lukach, author of My Lovely Wife in the Psych Ward: A Memoir.
2. Hospice dogs: How our four-legged friends can help us until the very end. Jon Katz's dogs do more than just play fetch: they help comfort hospice patients in their final days. We talk about Katz's experience volunteering for hospice and how dogs give so much comfort. Guests: Jon Katz, author of Izzy & Lenore; Warren Cardwell, husband of late hospice patient; Keith Mann, former coordinator of volunteers for Washington County Hospice and Palliative Care.
3. Culture Crash: HBO's The Leftovers-Storytelling on grief. The Leftovers will air its final episode this week on HBO. Though its tough subject matter and the study of grief can be overwhelming, it is a show with a lot to admire and themes worth exploring.

Issues covered: mental health; hospitals; family issues; marriage; psychology; pets; health care; media; television; hospice and end-of-life issues; culture.

June 11, 2017

5:30am-6:00am “Radio Health Journal”

1. Only children and their parents. Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Experts refute the myths about only children and discuss how parents can help children navigate life with no siblings. Guests: Beth Apone Salamon, Director of Communications & Television, School of Continuing Studies, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, One and Only: The Freedom of Having an Only Child and the Joy of Being One; Dr. Susan Newman, psychologist, contributor to *Psychology Today* magazine and author, Parenting an Only Child.
2. The sense of touch. The sense of touch conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it is not working as it should. Guest: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart, and Mind.

Issues covered: family issues; youth at risk; parenting issues; consumerism; youth at risk; aging; mental health issues.

6:00am-6:30am “Viewpoints”

1. The virtues of being an introvert. Introverts usually get a bad rap, but we talk to two experts who say introverts have a lot to offer. We discuss what introversion is and how introverts can be a lot of fun to be around. Guests: Todd Kashdan, Professor of Psychology, George Mason University, author of the book Mindfulness, Acceptance and Positive Psychology. Sophia Dembling, introvert, author of the book, The Introvert’s Way: Living a quiet life in a noisy world.
2. The complications of spelling English. The rules of the English language always seem to have an exception or ten. The language’s irregularities make it difficult to learn and spell. We explore how the language got so complicated. Guests: Vivian Cook, Professor Emeritus of Applied Linguistics at Newcastle University and author of Accommodating Broccoli in the Cemetery or Why Can’t Anybody Spell?; Niall McLeod Waldman, author of Spelling Dearest: The down and dirty, nitty-gritty history of English spelling.
3. Culture Crash: Overcoming franchise fatigue. Lately, it seems like the only movies coming out are franchise movies and that can get pretty dull. But the success of Wonder Woman sheds light on one way studios can keep their ‘tent poles’ fresh.

Issues covered: psychology; personality types; social issues; emotional well-being; family issues; parenting issues; history; education; spelling; language; media; film.

June 18, 2017

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

1. "Textalyzers" to stop texting while driving. After 40 years of declining traffic deaths, American roads have become more dangerous the past two years. Police blame texting. Now activists want to put teeth into anti-texting-while-driving laws with the legalization of a device that police can use to instantly determine if a driver was texting at a given time. Experts discuss the "textalyzer," how it would work, and its pros and cons. Guests: Ben Lieberman, founder, Distracted Operators Risk Casualties (DORCs) and Alliance Combatting Distracted Driving; Jim Grady, CEO Cellebrite, Inc.; Rashida Richardson, Legislative Counsel, American Civil Liberties Union of New York.
2. Household chemicals. The average American is exposed to more than 100 potentially toxic synthetic chemicals every day and there is little oversight of their safety. A noted expert discusses the vast amount that we do not know about these chemicals and how tougher regulation in other countries could help keep Americans safer. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, Chemicals Without Harm: Policies for a Sustainable World.

Issues covered: traffic and road safety; drunk driving; laws and legislation; police and law enforcement; technology; privacy issues; environment and pollution; consumerism; consumer safety.

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

1. Adventure in the jungle: The discovery of the Maya Civilization. Discovering one of the most well-known ancient civilizations was no easy task. We talk to author William Carlsen about the two men who ventured into the jungle and discovered the Mayans. Guests: William Carlsen, author of Jungle of Stone: The true story of two men, their extraordinary journey, and the discovery of the lost civilization of the Maya.
2. Why Wonder Woman works so well in 2017. Wonder Woman is breaking box office records in her first solo film, and we look at what makes her so in tune with the times. Professor, author, and editor Travis Langley explains how Wonder Woman's pursuit of the truth, belief in humanity, and inspirational name make her the perfect heroine for now. Langley is co-editor of Wonder Woman Psychology: Lassoing the Truth.
3. Culture Crash: Streaming libraries secret strength. We often think about streaming apps as vehicles for a new wave of TV: original scripted shows created for Netflix or Amazon Prime. But streaming also allows us to revisit old shows. We explore the libraries of already-aired TV.

Issues covered: history; ancient civilization; exploring; travel; psychology; culture; film; pop culture; literature; television; media; business.

June 25, 2017

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

1. Perfect pitch. 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. However, new research shows perfect pitch is teachable to adults as well. Experts discuss the

implications on all forms of learning. 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.

2. Children and social anxiety. Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated. Guest: Jennifer Shannon, co-founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens.

Issues covered: education and learning; adult education; the arts; youth at risk; parenting issues; mental health.

6:00am-6:30am “Viewpoints”

1. Is cursive still worth it? With all of our technology and reliance on computers, many schools are phasing out some handwriting lessons. Specifically, schools have stopped teaching cursive. Experts discuss the pros and cons. Guests: Jan Olsen, occupational therapist, President of Handwriting Without Tears; Margaret Shepherd, calligrapher, artist, and author of Learn World Calligraphy.
2. The fight for paternity leave. Bringing a new baby home is exciting and chaotic. The last thing parents want to worry about is their work life. Nevertheless, for many dads, the stigma and financial burdens of trying to stay home means they have little time to bond at home. We talk to Josh Levs, a journalist who took the fight for paternity leave head-on. Levs is a journalist, father of three, and author of the book, All In: How our work-first culture fails dads, families, and businesses – and how we can fix it together.
3. Culture Crash: TV Theme Songs. TV theme songs are the soundtrack to our childhoods, adolescence, and Sunday nights. But have you ever stopped to think about their evolution or how many of them you know well?

Issues covered: education; children; technology; family issues; work issues; parenting; media; culture; television.