



C H I C A G O

**QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS**

**WSHE-Chicago**

**October 1, 2018 – December 31, 2018**

**Placed in the Public File-January 2, 2019**

**Susan Wiencek**

**Public Affairs Manager**

## **Section I. Issues**

WSHE has identified these significant issues facing our community in this quarter:

- A. Community**, community concerns as well as ways to make our neighborhoods stronger and safer.
- B. Education** issues related to learning, schools, and students in our community.
- C. Women's Issues** to keep women informed of health, employment, and other issues.
- D. Children's Health and Wellness** so our kids can be their best.
- E. Family and Parenting** issues and ways to help strengthen the family unit.
- F. Youth At Risk** and ways to support children and teens at-risk.
- G. Health and Health Care** issues to help keep ourselves and our families healthy.
- H. Mental Health Issues and Addictions**, and those who suffer from them need our support; so do their families.
- I. Technology, Communication, Media, and Social Media** and how it impacts our lives.

## **Section II. Responsive Programs**

WSHE has broadcast programming dealing with each of the above-referenced issues. Details about said programming is set out below.

### **A. Community**

Public Service Announcement-Goodwill, broadcast 10/1/18-10/31/18, 11/16/18-11/30/18, various times, 30-seconds in length, aired 30 times. Shop for décor and unique gifts at Goodwill and you'll also be helping our neighbors in need with jobs and job training.

Public Service Announcement-Tears in Heaven, broadcast 10/1/18-10/15/18, various times, 30-seconds in length, aired eight times. The non-profit Tears in Heaven is hosting a benefit to continue its work of helping Chicago families that have lost a child to violence.

“Viewpoints”-broadcast on 10/14/17, 6:13am, ten-minutes in length. Growing up poor in rural America. Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America’s wage gap. Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, Heartland: A memoir of working hard and being broke in the richest country on earth.

Public Service Announcement-Arthritis Foundation, broadcast 10/16/18-10/31/18, various times, 30-seconds in length, aired seven times. Jingle Bell Run on Nov. 17<sup>th</sup> in Wheaton benefits the Arthritis Foundation.

Public Service Announcement-Infant Welfare Society, broadcast 11/1/18-11/15/18, various times, 30-seconds in length, aired ten times. New and gently used children’s coats are being collected for the Infant Welfare Society of Chicago.

Public Service Announcement-Caring Patriots, broadcast 11/1/18-11/15/18, various times, 30-seconds in length, aired nine times. The local non-profit Caring Patriots needs volunteers and donations to help pack and distribute groceries and Thanksgiving dinners to 1,000 veterans in need.

“Radio Health Journal”-broadcast on 11/18/18, 5:30am, 13-minutes in length. Reporting “bad parents.” Just about anyone can report a parent to a child abuse hotline. It’s meant to protect children, but all too often, parents are reported when no abuse or neglect exists in order to retaliate for a divorce or some other grievance. And though the world is actually safer for children than it used to be, some parents are reported for merely letting children play outside or walk to school without an adult in attendance, what was once thought of as normal. Some activists say this robs children of independence. An expert and a woman who went through an unjustified child abuse investigation discuss. Host: Reed Pence. Guests: Corey Widen, mother reported to child abuse hotline, Wilmette, IL; Rachel Ruttenberg, Exec. Dir., Family Defense Center, Chicago.

Public Service Announcement-Chicago Art Girls, broadcast 12/1/18-12/15/18, various times, 30-seconds in length, aired 13 times. Chicago Art Girls, a collection of local artisans, is hosting its 7<sup>th</sup> Annual Holiday Pop Up Shop with proceeds supporting a local food bank, Common Pantry.

Public Service Announcement-Night Ministry, broadcast 12/1/18-12/15/18, various times, 30-seconds in length, aired 12 times. Donations are needed to support the non-profit Night Ministry, which distributes gift stockings filled with essentials like socks, gloves, toiletries and treats like candy to hundreds of adults and children living on the streets of Chicago.

Public Service Announcement-Pilot Light, broadcast 12/16/18-12/31/18, various times, 30-seconds in length, aired 14 times. The annual First Bites Bash, a preview of Chicago Restaurant Week, supports the non-profit Pilot Light which helps Chicago children make healthier food choices.

Public Service Announcement-Feeding America, broadcast 12/16/18-12/31/18, various times, 30-seconds in length, aired 15 times. Donations to Feeding America help support Chicago's two biggest food banks: The Greater Chicago Food Depository and The Northern Illinois Food Bank.

"Radio Health Journal"-broadcast on 12/16/18, 5:30am, 12-minutes in length. The good and bad of medical crowdfunding. Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who've fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation. Host: Reed Pence. Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell.

"Radio Health Journal"-broadcast on 12/30/18, 5:30am, 13-minutes in length. Smart roads. In the near future, cars will be able to provide data as well as receive it, and a variety of methods are being researched to tap into this. Experts explain how cars can communicate with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer. Host: Reed Pence. Guests: Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.

## **B. Education**

Public Service Announcement-Adult education/literacy, broadcast 10/1/18-10/15/18, various times, 30-seconds in length, aired eight times. Community colleges in the Chicago area offer adult education classes to help those wanting to get their GED, or learn to be a better reader or writer.

“Viewpoints”-broadcast on 10/7/18, 6:00am, nine-minutes in length. The joy of retirement: How people can look forward to retiring and make it the best time of their lives. Retirement can be bittersweet. On one hand, it's something you build toward your whole life, but it can also be intimidating to lose your purpose in the workplace. We talk to Helen Wilkes about how she found a new passion in her retirement, and how she's helping others make their retirements more fulfilling. Host: Gary Price. Guests: Helen Wilkes, author, The Aging of Aquarius: Igniting passion and purpose as an elder.

“Viewpoints-Culture Crash segment”-broadcast on 10/7/18, 6:24am, three-minutes in length. An Absolutely Remarkable Thing, and the difficulty of classifying art. Sometimes, art doesn't fit neatly in one box. Such is the case with Hank Green's novel, An Absolutely Remarkable Thing. We explore its story and categorization. Host: Evan Rook.

“Radio Health Journal”-broadcast on 10/21/18, 5:30am, 13-minutes in length. Doctors' obesity bias. Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it. Host: Reed Pence. Guests: Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues.

“Viewpoints”-broadcast on 10/14/18, 6:00am, ten-minutes in length. Stutters, stammers, and vocal fillers. If you've ever had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come

from and what they might mean. Host: Gary Price. Guests: Michael Erard, author of Um: Slips, Stumbles and Verbal Blunders and What They Mean.

“Viewpoints”-broadcast on 11/18/18, 6:15am, nine-minutes in length.  
How Pre-Kindergarten can prepare our children. From the moment a child is born, parents are working to get them off on the best possible foot in everything from sports to academics. We look into how families can best evaluate good pre-kindergarten programs for children, and how those programs can set kids up for success. Host: Marty Peterson. Guests: Dr. Suzanne Bouffard, author of The Most Important Year: Pre-Kindergarten and the Future of Our Children.

“Radio Health Journal”-broadcast on 11/25/18, 5:30am, 12-minutes in length.  
School-based mental health. Schools would be a good place for programs to screen for mental health issues in students, and to educate about mental health to lessen the pervasive stigma. Some states are making programs mandatory, but elsewhere schools and personnel may resist, seeing mental health as outside the normal role of teachers. Experts discuss how inventive programs are overcoming obstacles. Host: Reed Pence. Guests: Dr. Kimberly Kendziora, Managing Researcher, American Institutes for Research; Dr. Michael Murphy, psychologist, Massachusetts General Hospital and Assoc. Prof. of Psychology, Harvard Medical School.

“Viewpoints”-broadcast on 11/25/18, 6:00am, ten-minutes in length.  
Shame and bullying. Bullying is nothing new, but that doesn’t make it any easier to deal with. Plus, in the social media era, the techniques are getting more public and crueler. We look at bullying, the shame it can cause, and how it can stick with us for life. Host: Gary Price. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University; Liz Pryor, author, Look at You Now: My journey from shame to strength.

“Viewpoints”-broadcast on 12/2/18, 6:00am, ten-minutes in length.  
Learning math simpler. It’s no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics. Host:

Gary Price. Guests: Bob Sun, inventor of The 24 Game and First in Math; Jason Wilkes, author, Burn Math Class: and reinvent mathematics for yourself.

“Viewpoints”-broadcast on 12/16/18, 6:00am, nine-minutes in length.

The many planets outside our galaxy and the search for extraterrestrial life. We know about the planets within the Milky Way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about “exoplanets” and where science stands on the issue of life thriving somewhere else in the universe. Host: Gary Price. Guests: Dr. Donald Goldsmith, author of Exoplanets: Hidden worlds and the quest for extraterrestrial life.

### C. Women’s Issues

Public Service Announcement-Metropolitan Chicago Breast Cancer Task Force, broadcast 10/1/18-10/15/18, 12/1/18-12/15/18, various times, 30-seconds in length, aired 28 times. The Metropolitan Chicago Breast Cancer Task Force offers free mammograms and follow-up screenings to Chicago women who are uninsured and under-insured.

Public Service Announcement-In Good Taste, broadcast 10/1/18-10/31/18, various times, 30-seconds in length, aired 16 times. In Good Taste is a month-long benefit for Lynn Sage Scholars, a local non-profit that funds a handful of local researchers working on new treatments for breast cancer.

“Radio Health Journal”-broadcast on 10/14/18, 5:30am, 13-minutes in length. Demintia in women. About two-thirds of people with dementia in the United States are women, and researchers are discovering it’s not just because they live longer. Reproductive history also plays a role. Scientists are focusing on the role of estrogen as a potential protective factor against Alzheimer’s disease. Host: Reed Pence. Guests: Dr. Rachel Whitmer, Prof. of Epidemiology, Univ. of California-Davis; Dr. Heather Snyder, Senior Director, Medical and Scientific Operations, Alzheimer’s Assn.; Dr. Pauline Maki, Prof. of Psychiatry and Psychology, Univ. of Illinois-Chicago.

Public Service Announcement-Beyond October, broadcast 10/16/18-11/10/18, various times, 30-seconds in length, aired 25 times. Beyond October is a day-long

health fair for women with free screenings, education sessions, insurance enrollment info.

“Viewpoints”-broadcast on 11/4/18, 6:13am, ten-minutes in length.

Body image and weight problems. Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel Good Luck With That. She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult, issues. Host: Marty Peterson. Guest: Kristan Higgins, author, Good Luck With That.

“Viewpoints”-broadcast on 11/11/18, 6:14am, ten-minutes in length.

One woman’s life in Beatlemania, from youthful innocence to personal tragedy and beyond. Ann Hood was a Beatles fan all her life. Then, tragedy struck and she found herself unable to listen to the band at all. She tells the true story of how she re-gained her love for the iconic group, and how she channeled her story into a work of fiction pleasing multiple generations of readers. Host: Marty Peterson. Guest: Ann Hood, author, She Loves You (Yeah, Yeah, Yeah).

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Tips and tricks for holiday cooking success. Cooking for holiday parties can be a major source of stress. We have big groups at our house for hours at a time, and you want to impress them with your culinary skills. But some of us don’t really have many culinary skills. We talk to Julia Turshen for some insight into how to impress with our holiday cooking this season. Host: Marty Peterson. Guests: Julia Turshen, author of Small Victories: Recipes, advice + hundreds of ideas for home cooking triumphs.

#### **D. Children’s Health and Wellness**

Public Service Announcement-Autism Speaks, broadcast 10/16/18-10/31/18, various times, 30-seconds in length, aired 10 times. A benefit gaming night is being held for the non-profit Autism Speaks; proceeds from “Chip In Casino Night” will help raise funds for autism research and everyday resources for families impacted by autism.

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#### **E. Family and parenting**

“Radio Health Journal”-broadcast on 10/7/18, 5:30am, 13-minutes in length. Health crises and financial disaster. Medical bills have long been labeled the number one cause of bankruptcy in the US. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Host: Reed Pence. Guests: Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.

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“Radio Health Journal”-broadcast on 11/4/18, 5:45am, eight-minutes in length. The surprising importance of tickling. Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling. Host: Nancy Benson. Guests: Dr.

David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart and Mind; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, Curious Behavior: Yawning, Laughing, Hiccuping, and Beyond.

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happened recounts her experience. Host: Reed Pence. Guests: Naomi Jacobs, amnesia victim and author, [Forgotten Girl](#); Dr. Jason Brandt, Prof. of Psychiatry and Neurology, Johns Hopkins Univ. School of Medicine.

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“Viewpoints”-broadcast on 12/30/18, 6:15am, seven-minutes in length. Celebrating New Year’s as a night in. New Year’s Eve is a huge night for bars, but what if you’d rather not brave the elements and pay big cover charges? We discuss ways to ring in the new year on your couch with festive drinks, snacks, and maybe a movie. Host: Marty Peterson. Guests: Tim Federle, author, [Gone with the Gin: Cocktails with a Hollywood Twist](#); Christian DeBenedetti, co-author, [Beer Bites: Tasty recipes and perfect pairings for brew lovers](#).

#### **F. Youth At Risk**

“Viewpoints”-broadcast on 10/7/18, 6:13am, eleven-minutes in length. When a young person gets sent to adult prison. There are millions incarcerated in American prisons, even many juveniles who were sentenced to long terms alongside adults. We talk to guests about how and why this happens, whether it should continue, and what life is like for young people behind bars. Host: Gary Price. Guests: Peter K. Enns, Associate Professor, Dept. of Government at Cornell University and author, [Incarceration Nation: How the United States became the most punitive democracy in the world](#); Jean Trounstine, Professor at Middlesex Community College and author, [Boy With a Knife: A story of murder, remorse, and a prisoner's fight for justice](#).

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“Radio Health Journal”-broadcast on 10/28/18, 5:30am, 13-minutes in length. Fact and fiction about the flu and flu vaccines. About 40 percent of eligible people have been vaccinated against the flu in recent years, but many more might do so were it not for persistent myths about the disease and its vaccine. For example, a new survey shows that more than half of parents believe the flu shot can cause the flu. Experts explain why those myths aren’t true and set the record straight. Host: Reed Pence. Guests: Dr. William Schaffner, Prof. of Preventive Medicine & Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Jean Moorjani, pediatric hospitalist, Arnold Palmer Children’s Hospital, Orlando, FL; Dr. Michael Deem, Prof. of Bioengineering, Physics & Astronomy, Rice Univ.

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Public Service Announcement-Feeding America, broadcast 12/16/18-12/31/18, various times, 30-seconds in length, aired 15 times. Donations to Feeding America help support Chicago’s two biggest food banks: The Greater Chicago Food Depository and The Northern Illinois Food Bank.

“Radio Health Journal”-broadcast on 12/23/18, 5:46am, eight-minutes in length. Little people, disability and the prospect of a “cure.” : Many people with dwarfism also face skeletal abnormalities which can lead to disability. Experts, all little people themselves, discuss major causes of dwarfism, the hurdles they create, the struggle for respect, and the prospect of treatments that could one

day make little people much more rare. Host: Nancy Benson. Guests: Dr. Jennifer Arnold, co-star, TLC's The Little Couple and co-author, Think Big; Ericka Okenfuss, licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago.

#### **G. Health and Health care**

“Radio Health Journal”-broadcast on 10/7/18, 5:30am, 13-minutes in length. Health crises and financial disaster. Medical bills have long been labeled the number one cause of bankruptcy in the US. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Host: Reed Pence. Guests: Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.

“Radio Health Journal”-broadcast on 10/7/18, 5:46am, seven-minutes in length. Polyamines. Researchers have discovered a variety of components in foods that are essential to health but are low in quantity in most diets. One of these is a set of compounds called polyamines. Researchers explain what they are, how they work, and how people can replace those that are needed in the diet. Host: Nancy Benson. Guests: Rick Bendera, Pres. And CEO, Nokomis Research; Dr. Brazos Minshew, Naturopath, Austin TX.

“Radio Health Journal”-broadcast on 10/14/18, 5:30am, 13-minutes in length. Demintia in women. About two-thirds of people with dementia in the United States are women, and researchers are discovering it's not just because they live longer. Reproductive history also plays a role. Scientists are focusing on the role of estrogen as a potential protective factor against Alzheimer's disease. Host: Reed Pence. Guests: Dr. Rachel Whitmer, Prof. of Epidemiology, Univ. of California-Davis; Dr. Heather Snyder, Senior Director, Medical and Scientific Operations, Alzheimer's Assn.; Dr. Pauline Maki, Prof. of Psychiatry and Psychology, Univ. of Illinois-Chicago.

“Radio Health Journal”-broadcast on 10/21/18, 5:30am, 13-minutes in length.

Doctors' obesity bias. Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it. Host: Reed Pence. Guests: Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues.

"Radio Health Journal"-broadcast on 10/21/18, 5:46am, seven-minutes in length. Getting rid of those old style hospital gowns. Surveys show that hospital gowns are one of the things that most makes a hospital stay unpleasant. Finally hospitals may be moving to get rid of the old style gowns toward a less revealing, more dignified design that is still functional for healthcare workers. Experts discuss. Host: Nancy Benson. Guests: Chat Razdan, co-founder and CEO, Care and Wear garment maker; Dr. Deborah Mullen, Assoc. Prof. of Health Care Administration, Univ. of Tennessee-Chattanooga and consultant, Health Partners-Park Nicollet Health System.

"Radio Health Journal"-broadcast on 10/28/18, 5:30am, 13-minutes in length. Fact and fiction about the flu and flu vaccines. About 40 percent of eligible people have been vaccinated against the flu in recent years, but many more might do so were it not for persistent myths about the disease and its vaccine. For example, a new survey shows that more than half of parents believe the flu shot can cause the flu. Experts explain why those myths aren't true and set the record straight. Host: Reed Pence. Guests: Dr. William Schaffner, Prof. of Preventive Medicine & Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Jean Moorjani, pediatric hospitalist, Arnold Palmer Children's Hospital, Orlando, FL; Dr. Michael Deem, Prof. of Bioengineering, Physics & Astronomy, Rice Univ.

"Radio Health Journal"-broadcast on 10/28/18, 5:46am, eight-minutes in length. Narcolepsy and cataplexy. Sleep disorders can be difficult to diagnose and treat. A science journalist discusses his efforts to overcome narcolepsy, which produces extreme daytime sleepiness, and cataplexy, which produces instant sleep-like paralysis, as well as the science behind sleep disorders. Host: Nancy Benson.

Guest: Henry Nicholls, author, Sleepyhead: The Neuroscience of a Good Night's Sleep.

Public Service Announcement-Quit smoking, broadcast 11/1/18-11/15/18, various times, 30-seconds in length, aired ten times. The American Lung Association and Chicago Urban League have free quit smoking support online, on the phone and in person.

Public Service Announcement-Movember, broadcast 11/1/18-11/26/28, various times, 30-seconds in length, aired 11 times. Movember is a campaign designed to raise awareness for men's health issues including prostate cancer, testicular cancer, mental health, and suicide.

"Viewpoints"-broadcast on 11/4/18, 6:00am, nine-minutes in length.

Looking into our minds: How our brains perceive the world. There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online. Host: Gary Price. Guest: Bob Duke, professor at the University of Texas-Austin, expert on music and human learning, co-host, "Two Guys on Your Head," co-author, Brain Briefs: Answers to the most (and least) pressing questions about your mind.

"Viewpoints"-broadcast on 11/4/18, 6:13am, ten-minutes in length.

Body image and weight problems. Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel Good Luck With That. She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult, issues. Host: Marty Peterson. Guest: Kristan Higgins, author, Good Luck With That.

"Radio Health Journal"-broadcast on 11/11/18, 5:45am, seven-minutes in length. Leprosy in the modern era. Thanks in part to its Biblical past, the disfiguring disease leprosy carries more stigma than most diseases. We hear little about it today, but it still exists, and because it's now treatable, often the stigma is worse than the disease. An expert discusses. Host: Nancy Benson. Guest: Dr. David Scollard, Director, National Hansen's Disease Program.

“Radio Health Journal”-broadcast on 12/2/18, 5:30am, twelve-minutes in length. Fungal sinusitis. Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Host: Reed Pence. Guests: Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon, Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School.

“Viewpoints”-broadcast on 12/2/18, 6:14am, nine-minutes in length. Sleeping soundly: how getting quality sleep can enhance our health. We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term. Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, Why We Sleep: Unlocking the power of sleep and dreams.

“Radio Health Journal”-broadcast on 12/9/18, 5:30am, 13-minutes in length. ICU inefficiency. With monitors surveying every part of patients' bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU's are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU's could be improved to save lives. Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN.

“Radio Health Journal”-broadcast on 12/9/18, 5:46am, eight-minutes in length. Party food safety. During the holidays, party foods are a prime source of food-borne illness. Two food scientists discuss common ways foods become contaminated, some of the myths of food contamination, and ways to keep foods safe when you have guests to protect. Host: Nancy Benson. Guests: Dr. Brian Sheldon, Prof. Emeritus of Food Microbiology, North Carolina State Univ. and co-

author, Did You Just Eat That? Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Sciences, Clemson Univ. and co-author, Did You Just Eat That?

Public Service Announcement-Doctors Without Borders, broadcast 12/16/18-12/31/18, various times, aired 15 times. Doctors Without Borders goes where others don't, to provide life-saving medical care.

"Radio Health Journal"-broadcast on 12/16/18, 5:30am, 12-minutes in length. The good and bad of medical crowdfunding. Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who've fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation. Host: Reed Pence. Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell.

"Radio Health Journal"-broadcast on 12/16/18, 5:46am, eight-minutes in length. Avoiding food waste. During the holidays, leftovers from gatherings and parties may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste. Host: Nancy Benson. Guest: Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast.

"Radio Health Journal"-broadcast on 12/23/18, 6:00am, 13-minutes in length. Amnesia. It's a rare thing for people to lose their memory of past events. An expert discusses why doctors believe it may occur, and a woman to whom it happened recounts her experience. Host: Reed Pence. Guests: Naomi Jacobs, amnesia victim and author, Forgotten Girl; Dr. Jason Brandt, Prof. of Psychiatry and Neurology, Johns Hopkins Univ. School of Medicine.

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day make little people much more rare. Host: Nancy Benson. Guests: Dr. Jennifer Arnold, co-star, TLC's The Little Couple and co-author, Think Big; Ericka Okenfuss, licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago.

"Radio Health Journal"-broadcast on 12/30/18, 5:46am, seven-minutes in length. Epilepsy myths. Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them. Host: Nancy Benson. Guests: Kurt Eichenwald, author, A Mind Unraveled.

#### **H. Mental health, psychology, addictions**

"Radio Health Journal"-broadcast on 10/14/18, 5:45am, eight-minutes in length. Homesickness. What we now call "homesickness" used to be a medical diagnosis called "nostalgia," and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it's nothing to be ashamed of. We all suffer from it sometime and need to know how to cope. Host: Nancy Benson. Guest: Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School.

"Viewpoints"-broadcast on 10/28/18, 6:14am, ten-minutes in length. Halloween frights and traditions. It's the time of year when we dress up in costumes, head to haunted houses, and shell out candy to trick-or-treaters. But why do we do those things? We take a look at the traditions of Halloween and what makes being scared so fun. Host: Marty Peterson. Guests: Ben Armstrong, co-owner of Netherwood Haunted House and president of America Haunts; Dr. Janina Scarlet, clinical psychologist and author.

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Public Service Announcement-Movember, broadcast 11/1/18-11/26/28, various times, 30-seconds in length, aired 11 times. Movember is a campaign designed to

raise awareness for men's health issues including prostate cancer, testicular cancer, mental health, and suicide.

"Radio Health Journal"-broadcast on 11/4/18, 5:30am, 13-minutes in length. The psychology of adopted people. People who are adopted have more psychological problems than others, yet they also tend to have other psychological strengths. Experts, both themselves also adoptees, discuss the roots and outcomes of these issues as adopted children grow up. Host: Reed Pence. Guests: Dr. Stephen Betchen, Clinical Asst. Prof. of Psychology, Thomas Jefferson Univ., Sr. Supervisor, Council for Relationships and author, Magnetic Partners; Dr. Joyce Maguire Pavao, adoption consultant and Lecturer in Psychiatry, Harvard Medical School.

"Radio Health Journal"-broadcast on 11/4/18, 5:45am, eight-minutes in length. The surprising importance of tickling. Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling. Host: Nancy Benson. Guests: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart and Mind; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, Curious Behavior: Yawning, Laughing, Hiccuping, and Beyond.

"Viewpoints"-broadcast on 11/4/18, 6:00am, nine-minutes in length. Looking into our minds: How our brains perceive the world. There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online. Host: Gary Price. Guest: Bob Duke, professor at the University of Texas-Austin, expert on music and human learning, co-host, "Two Guys on Your Head," co-author, Brain Briefs: Answers to the most (and least) pressing questions about your mind.

"Viewpoints"-broadcast on 11/4/18, 6:13am, ten-minutes in length. Body image and weight problems. Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel Good Luck With That. She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult,

issues. Host: Marty Peterson. Guest: Kristan Higgins, author, Good Luck With That.

“Radio Health Journal”-broadcast on 11/11/18, 5:30am, 12-minutes in length. MDMA for PTSD. People suffering from post-traumatic stress disorder often can't face their trauma, which is necessary for psychotherapy to work. It is a big reason PTSD is so difficult to treat. Scientists are leading clinical trials into the use of the banned drug MDMA in connection with therapy to help break this hurdle, and the results so far have been outstanding in curing PTSD. Host: Reed Pence. Guests: Dr. Michael Mithoefer, Clinical Asst. Prof. Of Psychiatry, Medical Univ. of South Carolina and Medical Director, MAPS Public Benefit Corporation clinical trials; Charlotte Harrison, Senior Clinical Research Associate, MAPS Public Benefit Corporation.

“Radio Health Journal”-broadcast on 11/25/18, 5:30am, 12-minutes in length. School-based mental health. Schools would be a good place for programs to screen for mental health issues in students, and to educate about mental health to lessen the pervasive stigma. Some states are making programs mandatory, but elsewhere schools and personnel may resist, seeing mental health as outside the normal role of teachers. Experts discuss how inventive programs are overcoming obstacles. Host: Reed Pence. Guests: Dr. Kimberly Kendziora, Managing Researcher, American Institutes for Research; Dr. Michael Murphy, psychologist, Massachusetts General Hospital and Assoc. Prof. of Psychology, Harvard Medical School.

“Radio Health Journal”-broadcast on 11/18/18, 5:46am, seven-minutes in length. Emotional support animals. A woman who suffered abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals. Host: Nancy Benson. Guests: Julie Barton, author, Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.

“Viewpoints”-broadcast on 11/25/18, 6:00am, ten-minutes in length. Shame and bullying. Bullying is nothing new, but that doesn't make it any easier to deal with. Plus, in the social media era, the techniques are getting more public

and crueler. We look at bullying, the shame it can cause, and how it can stick with us for life. Host: Gary Price. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University; Liz Pryor, author, Look at You Now: My journey from shame to strength.

“Viewpoints”-broadcast on 11/25/18, 6:14am, nine-minutes in length.

Intrinsic hope. : It can be easy to get the blues, especially with all of the division and turmoil in the world. But author Kate Davies has a different way of looking at the world: one that can make us more hopeful, positive, and willing to pitch in and help. She calls it intrinsic hope, and it may be just what we all need this holiday season. Host: Marty Peterson. Guests: Kate Davies, author, Intrinsic Hope: Living courageously in troubled times.

“Viewpoints”-broadcast on 12/2/18, 6:14am, nine-minutes in length.

Sleeping soundly: how getting quality sleep can enhance our health. We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term. Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, Why We Sleep: Unlocking the power of sleep and dreams.

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licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago.

“Viewpoints”-broadcast on 12/23/18, 6:00am, 12-minutes in length.

Letters to Max: Two friends confront their mortality through letters. Sarah Ruhl is a MacArthur Fellowship recipient and a famed playwright. As a professor, she met Max Ritvo, who went on to become a published poet. She recounts the story of their friendship and how they used letters to make a connection and comfort one another while Ritvo faced the end of his life. Host: Gary Price. Guests: Sarah Ruhl, co-author, Letters to Max.

“Viewpoints”-broadcast on 12/30/18, 6:00am, twelve-minutes in length.

Unlocking creativity and tips for sticking to your artistic New Year’s resolutions in 2019. We’re about to enter the season of New Year’s resolutions. Maybe you want to write a book, make a short film, or paint your masterpiece. We talk to two published authors about silencing your inner critic, breaking through any artistic funks, and finally putting pen to paper in 2019. Host: Gary Price. Guests: Danielle Krysa, author, Your Inner Critic is a Big Jerk: and other truths about being creative; David W. Berner, professor and author.

### **I. Technology, communication, media, and social media**

“Viewpoints-Culture Crash segment”-broadcast on 10/14/18, 6:24am, two-minutes in length. *Better Call Saul*’s unique pacing and why it works so well. Television shows often rely on a fast pace to keep audiences engaged. AMC’s *Better Call Saul* takes the opposite approach to rousing success. Host: Evan Rook.

“Viewpoints”-broadcast on 10/21/18, 6:00am, nine-minutes in length.

The art of video games. Video games are often considered child’s play, or at least something below “real” art. Author Andrew Ervin argues that’s not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness. Host: Gary Price.

“Viewpoints”-broadcast on 10/21/18, 6:13am, ten-minutes in length.

What we can learn from lists. Lists are a part of our everyday. Often, they are a forgotten part of our everyday. But Shaun Usher read through countless lists to compile a stunning collection of lists throughout time that shed light on the times, our collective history, and the list makers themselves. Host: Marty Peterson.

Guests: Sarah Smarsh, journalist and author, Heartland: A memoir of working hard and being broke in the richest country on earth.

“Viewpoints-Culture Crash segment”-broadcast on 10/21/18, 6:23am, three-minutes in length. *The Old Man & The Gun* allows Robert Redford to age gracefully. *The Old Man & The Gun* is a movie about bank robberies, so it may come as a surprise that it’s a touching drama and may be the perfect way for Robert Redford to bid farewell to film fans. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 10/28/18, 6:26am, two-minutes in length. Netflix’s binge-worthy horror drama, *The Haunting of Hill House*. With Halloween this week, many of us are looking for something spooky to watch. Well look no further than Netflix’s *The Haunting of Hill House*, a show that’s like *This Is Us* meets *The Shining*. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 11/4/18, 6:24am, two-minutes in length. “Serial,” the podcast that captivated America, returns for its most important season yet. The podcast that captured the minds of countless Americans back in 2014 is back with an in-depth look at the criminal justice system in Cleveland, offering a detailed look at such a vital American system. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 11/11/18, 6:24am, three-minutes in length. Dave Eggers and his boundary-pushing writing. Author Dave Eggers has been a cult hero since his 2000 memoir took readers on a wild ride. Now, almost two decades later, he’s still finding new ways to tell his stories. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 11/18/18, 6:25am, three-minutes in length. Filling the Thanksgiving movie void with “Stuck In Love” Halloween and Christmas both have a plethora of holiday classics to create a mood, but Thanksgiving doesn’t have those. We offer a modest proposal to give Stuck In Love a try. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 11/25/18, 6:24am, three-minutes in length. Amazon Prime’s *Homecoming*. Director Sam Esmail has taken Gimlet’s hit podcast *Homecoming* and infused it with a whole lot of cinematic flair

in his new Amazon Prime series that serves as a throwback to classic thrillers and a trailblazer for the brave new world of 30 minute dramas. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 12/2/18, 6:23am, three-minutes in length. Watching sports with a second screen. It used to be that you’d watch sports with whoever was in the room. Now, our phones and tablets allow us to watch sports with the entire internet, and look up statistics and names in an instant. Host: Evan Rook.

“Radio Health Journal”-broadcast on 12/9/18, 5:30am, 13-minutes in length. ICU inefficiency. With monitors surveying every part of patients’ bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU’s are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU’s could be improved to save lives. Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN.

“Viewpoints-Culture Crash segment”-broadcast on 12/9/18, 6:26am, three-minutes in length. The disappointing *Fantastic Beasts: The Crimes of Grindelwald*. *Fantastic Beasts: The Crimes of Grindelwald* has been mystifying and disappointing fans around the globe. We take a look at why the movie simply does not work. Host: Evan Rook.

“Radio Health Journal”-broadcast on 12/16/18, 5:30am, 12-minutes in length. The good and bad of medical crowdfunding. Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who’ve fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation. Host: Reed Pence. Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell.

“Viewpoints”-broadcast on 12/16/18, 6:00am, nine-minutes in length. The many planets outside our galaxy and the search for extraterrestrial life. We know about the planets within the Milky Way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about “exoplanets” and where science stands on the issue of life thriving somewhere else in the universe. Host: Gary Price. Guests: Dr. Donald Goldsmith, author of Exoplanets: Hidden worlds and the quest for extraterrestrial life.

“Viewpoints-Culture Crash segment”-broadcast on 12/23/18, 6:24am, three-minutes in length. *Roma*. You may have noticed a new movie on your Netflix homepage called *Roma*. It’s Oscar-winning director Alfonso Cuarón’s most personal film yet and an absolute masterpiece. Host: Evan Rook.

“Radio Health Journal”-broadcast on 12/30/18, 5:30am, 13-minutes in length. Smart roads. In the near future, cars will be able to provide data as well as receive it, and a variety of methods are being researched to tap into this. Experts explain how cars can communicate with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer. Host: Reed Pence. Guests: Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.

“Viewpoints-Culture Crash segment”-broadcast on 12/30/18, 6:23am, four-minutes in length. Anthony Bourdain. This year saw the passing of Anthony Bourdain, a chef, writer, and travel documentarian. We take a look at the impact and legacy of this cultural giant. Host: Evan Rook.

#### **Additional issues covered:**

##### **The Environment, science issues**

“Viewpoints”-broadcast on 10/14/18, 6:00am, ten-minutes in length. Stutters, stammers, and vocal fillers. If you’ve ever had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean. Host: Gary Price. Guests: Michael Erard, author of Um: Slips, Stumbles and Verbal Blunders and What They Mean.

“Viewpoints”-broadcast on 10/28/18, 6:00am, ten-minutes in length.

Spiders and bats: The truth behind Halloween icons of fear. Spiders and bats are two of the most indelible symbols of Halloween fear across the country. We get the truth behind these traditionally scary creatures, and hear why neither of them are nearly as scary as we've been made to believe. Host: Gary Price. Guests: Nancy Troyano, entomologist and director of technical education and training for Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist and author of the book, The Secret Lives of Bats: My adventures with the world's most misunderstood mammals.

“Radio Health Journal”-broadcast on 11/4/18, 5:45am, eight-minutes in length. The surprising importance of tickling. Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling. Host: Nancy Benson. Guests: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart and Mind; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, Curious Behavior: Yawning, Laughing, Hiccuping, and Beyond.

“Viewpoints”-broadcast on 11/4/18, 6:00am, nine-minutes in length.

Looking into our minds: How our brains perceive the world. There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online. Host: Gary Price. Guest: Bob Duke, professor at the University of Texas-Austin, expert on music and human learning, co-host, “Two Guys on Your Head,” co-author, Brain Briefs: Answers to the most (and least) pressing questions about your mind.

“Radio Health Journal”-broadcast on 12/2/18, 5:30am, twelve-minutes in length. Fungal sinusitis. Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Host: Reed Pence. Guests: Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon,

Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School.

“Radio Health Journal”-broadcast on 12/2/18, 5:45am, eight-minutes in length. Implicit biases in science. Most people think of science as fact-based and not as subject to bias as the rest of the world. However, studies show that gender bias is rampant in science, and that women are not taken as seriously as men, even with identical qualifications. Experts discuss the problem and possible solutions. Host: Nancy Benson. Guests: Dr. Hannah Valentine, Chief Officer for Scientific Workforce Diversity, National Institutes of Health, and Senior Investigator, National Heart, Blood and Lung Institute; Dr. Nancy Hopkins, Prof. of Biology Emeritus, Massachusetts Institute of Technology.

“Viewpoints”-broadcast on 12/2/18, 5:44am, nine-minutes in length. Sleeping soundly: how getting quality sleep can enhance our health. We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term. Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, Why We Sleep: Unlocking the power of sleep and dreams.

“Radio Health Journal”-broadcast on 12/9/18, 5:30am, 13-minutes in length. ICU inefficiency. With monitors surveying every part of patients' bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU's are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU's could be improved to save lives. Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN.

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"Radio Health Journal"-broadcast on 12/16/18, 5:46am, eight-minutes in length. Avoiding food waste. During the holidays, leftovers from gatherings and parties may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste. Host: Nancy Benson. Guest: Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast.

"Viewpoints"-broadcast on 12/16/18, 6:00am, nine-minutes in length. The many planets outside our galaxy and the search for extraterrestrial life. We know about the planets within the Milky Way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about "exoplanets" and where science stands on the issue of life thriving somewhere else in the universe. Host: Gary Price. Guests: Dr. Donald Goldsmith, author of Exoplanets: Hidden worlds and the quest for extraterrestrial life.

### **Business, jobs/employment**

Public Service Announcement-Goodwill, broadcast 10/1/18-10/31/18, various times, 30-seconds in length, aired 16 times. Shop for décor and unique gifts at Goodwill and you'll also be helping our neighbors in need with jobs and job training.

"Radio Health Journal"-broadcast on 10/7/18, 5:30am, 13-minutes in length. Health crises and financial disaster. Medical bills have long been labeled the number one cause of bankruptcy in the US. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Host: Reed Pence. Guests: Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.

“Viewpoints”-broadcast on 10/7/18, 6:00am, nine-minutes in length.

The joy of retirement: How people can look forward to retiring and make it the best time of their lives. Retirement can be bittersweet. On one hand, it's something you build toward your whole life, but it can also be intimidating to lose your purpose in the workplace. We talk to Helen Wilkes about how she found a new passion in her retirement, and how she's helping others make their retirements more fulfilling. Host: Gary Price. Guests: Helen Wilkes, author, The Aging of Aquarius: Igniting passion and purpose as an elder.

“Viewpoints”-broadcast on 10/14/17, 6:13am, ten-minutes in length. Growing up poor in rural America. Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America's wage gap. Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, Heartland: A memoir of working hard and being broke in the richest country on earth.

“Viewpoints”-broadcast on 10/21/18, 6:00am, nine-minutes in length.

The art of video games. Video games are often considered child's play, or at least something below “real” art. Author Andrew Ervin argues that's not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness. Host: Gary Price.

“Viewpoints”-broadcast on 11/18/18, 6:00am, eleven-minutes in length.

How craft beer became king. For decades, choosing what beer to drink was really just a decision between a few big players. Now, there are thousands of breweries across the country. We talk to two experts about how and why craft beer came to the forefront and how they recommend novices jump into the world of beer. Host: Gary Price. Guests: Josh Noel, beer writer for the *Chicago Tribune* and author, Barrel-Aged Stout and Selling Out: Goose Island, Anheuser-Busch, and How Craft Beer Became Big Business; Fal Allen, brewmaster for Anderson Valley Brewing Company and author, Gose: Brewing a classic German beer for the modern era.

“Radio Health Journal”-broadcast on 11/25/18, 5:45am, eight-minutes in length. Open offices. Companies instituting open offices without walls often claim they improve collaboration and interaction. Studies now show that the opposite is true—that workers put on headphones and interact via email rather than in

person in order to shut out distractions and stress. Experts discuss. Host: Nancy Benson. Guests: Dr. Ethan Bernstein, Assoc. Prof. of Leadership and Organizational Behavior, Harvard Business School; Ashley Dunn, Director of Workplace, Dyer Brown Architects, Boston.

“Radio Health Journal”-broadcast on 12/2/18, 5:45am, eight-minutes in length. Implicit biases in science. Most people think of science as fact-based and not as subject to bias as the rest of the world. However, studies show that gender bias is rampant in science, and that women are not taken as seriously as men, even with identical qualifications. Experts discuss the problem and possible solutions. Host: Nancy Benson. Guests: Dr. Hannah Valentine, Chief Officer for Scientific Workforce Diversity, National Institutes of Health, and Senior Investigator, National Heart, Blood and Lung Institute; Dr. Nancy Hopkins, Prof. of Biology Emeritus, Massachusetts Institute of Technology.

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“Viewpoints”-broadcast on 12/9/18, 6:00am, nine-minutes in length. The need for investigative journalism. Investigative journalism is a necessity in a democracy. Independent journalists putting in long hours to serve as watch-dogs for our government can have long-lasting ramifications, just look at the impact Woodward and Bernstein made with their Watergate investigations. We talk to one expert about the current state of investigative journalism in America and what can be done to ensure the watchdogs stay in business. Host: Gary Price. Guests: James Hamilton, Hearst professor of communications at Stanford University and author, Democracy’s Detectives: The economics of investigative journalism.

## **Government, American issues, history**

“Viewpoints”-broadcast on 10/7/18, 6:13am, eleven-minutes in length.

When a young person gets sent to adult prison. There are millions incarcerated in American prisons, even many juveniles who were sentenced to long terms alongside adults. We talk to guests about how and why this happens, whether it should continue, and what life is like for young people behind bars. Host: Gary Price. Guests: Peter K. Enns, Associate Professor, Dept. of Government at Cornell University and author, Incarceration Nation: How the United States became the most punitive democracy in the world; Jean Trounstine, Professor at Middlesex Community College and author, Boy With a Knife: A story of murder, remorse, and a prisoner's fight for justice.

“Viewpoints”-broadcast on 10/14/17, 6:13am, ten-minutes in length. Growing up poor in rural America. Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America’s wage gap. Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, Heartland: A memoir of working hard and being broke in the richest country on earth.

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Terrorism in America, 1920. Over 95 years ago, New York City was the target of a terrorist attack that has yet to be solved. No suspects have ever been named in the attack that killed or injured over 400 Wall Street bystanders. In contrast to the attacks of September 11th, which occurred just around the corner from the 1920 bombing, this deadly event has been all but erased from the collective American consciousness. Host: Gary Price. Guest: Jed Ruberfeld, author, The Death Instinct.

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How craft beer became king. For decades, choosing what beer to drink was really just a decision between a few big players. Now, there are thousands of breweries across the country. We talk to two experts about how and why craft beer came to the forefront and how they recommend novices jump into the world of beer. Host: Gary Price. Guests: Josh Noel, beer writer for the *Chicago Tribune* and author, Barrel-Aged Stout and Selling Out: Goose Island, Anheuser-Busch, and How Craft Beer Became Big Business; Fal Allen, brewmaster for Anderson Valley

Brewing Company and author, Gose: Brewing a classic German beer for the modern era.

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Winter reads for 2018. It’s getting cold outside, which means it’s time to cuddle up with some good books to pass the time. Or maybe you’re just on the prowl for some holiday gifts for the reader in your life. Either way, we have some options for what to read this winter. Host: Marty Peterson. Guests: Ellen Keith, author, The Dutch Wife; Andrew Shaffer, author, Hope Never Dies: An Obama/Biden Mystery.

“Radio Health Journal”-broadcast on 12/16/18, 5:30am, 12-minutes in length.

The good and bad of medical crowdfunding. Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who’ve fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment.

Experts discuss these issues and the need for regulation. Host: Reed Pence.

Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell.

“Viewpoints”-broadcast on 12/23/18, 6:15am, eight-minutes in length.

The Pearl Harbor Christmas. Christmas, 1941, came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to

historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season. Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of Pearl Harbor Christmas: A world at war 1941.

### **Art, The arts, culture**

“Viewpoints-Culture Crash segment”-broadcast on 10/7/18, 6:24am, three-minutes in length. An Absolutely Remarkable Thing, and the difficulty of classifying art. Sometimes, art doesn’t fit neatly in one box. Such is the case with Hank Green’s novel, An Absolutely Remarkable Thing. We explore its story and categorization. Host: Evan Rook.

“Radio Health Journal”-broadcast on 10/14/18, 5:45am, eight-minutes in length. Homesickness. What we now call “homesickness” used to be a medical diagnosis called “nostalgia,” and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it’s nothing to be ashamed of. We all suffer from it sometime and need to know how to cope. Host: Nancy Benson. Guest: Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School.

“Viewpoints-Culture Crash segment”-broadcast on 10/14/18, 6:24am, two-minutes in length. *Better Call Saul*’s unique pacing and why it works so well. Television shows often rely on a fast pace to keep audiences engaged. AMC’s *Better Call Saul* takes the opposite approach to rousing success. Host: Evan Rook.

“Viewpoints”-broadcast on 10/21/18, 6:00am, nine-minutes in length. The art of video games. Video games are often considered child’s play, or at least something below “real” art. Author Andrew Ervin argues that’s not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness. Host: Gary Price.

“Viewpoints-Culture Crash segment”-broadcast on 10/21/18, 6:23am, three-minutes in length. *The Old Man & The Gun* allows Robert Redford to age gracefully. *The Old Man & The Gun* is a movie about bank robberies, so it may come as a surprise that it’s a touching drama and may be the perfect way for Robert Redford to bid farewell to film fans. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 10/28/18, 6:26am, two-minutes in length. Netflix’s binge-worthy horror drama, *The Haunting of Hill House*. With Halloween this week, many of us are looking for something spooky to watch. Well look no further than Netflix’s *The Haunting of Hill House*, a show that’s like *This Is Us* meets *The Shining*. Host: Evan Rook.

“Viewpoints”-broadcast on 11/11/18, 6:14am, ten-minutes in length. One woman’s life in Beatlemania, from youthful innocence to personal tragedy and beyond. Ann Hood was a Beatles fan all her life. Then, tragedy struck and she found herself unable to listen to the band at all. She tells the true story of how she re-gained her love for the iconic group, and how she channeled her story into a work of fiction pleasing multiple generations of readers. Host: Marty Peterson. Guest: Ann Hood, author, [She Loves You \(Yeah, Yeah, Yeah\)](#).

“Viewpoints-Culture Crash segment”-broadcast on 11/25/18, 6:24am, three-minutes in length. Amazon Prime’s *Homecoming*. Director Sam Esmail has taken Gimlet’s hit podcast *Homecoming* and infused it with a whole lot of cinematic flair in his new Amazon Prime series that serves as a throwback to classic thrillers and a trailblazer for the brave new world of 30 minute dramas. Host: Evan Rook.

Public Service Announcement-Chicago Art Girls, broadcast 12/1/18-12/15/18, various times, 30-seconds in length, aired 13 times. Chicago Art Girls, a collection of local artisans, is hosting its 7<sup>th</sup> Annual Holiday Pop Up Shop with proceeds supporting a local food bank, Common Pantry.

“Viewpoints”-broadcast on 12/9/18, 6:13am, ten-minutes in length. Winter reads for 2018. It’s getting cold outside, which means it’s time to cuddle up with some good books to pass the time. Or maybe you’re just on the prowl for some holiday gifts for the reader in your life. Either way, we have some options for what to read this winter. Host: Marty Peterson. Guests: Ellen Keith, author, [The Dutch Wife](#); Andrew Shaffer, author, [Hope Never Dies: An Obama/Biden Mystery](#).

“Viewpoints-Culture Crash segment”-broadcast on 12/9/18, 6:26am, three-minutes in length. The disappointing *Fantastic Beasts: The Crimes of Grindelwald*. *Fantastic Beasts: The Crimes of Grindelwald* has been mystifying and disappointing fans around the globe. We take a look at why the movie simply does not work. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 12/16/18, 6:23am, three-minutes in length. A look ahead at the movies set to dominate awards season. The Golden Globe nominations are already out, and the next few months will be chalk full of top 10 lists and award nominees. We look at what movies you should keep an eye out for. Host: Evan Rook.

“Viewpoints”-broadcast on 12/23/18, 6:00am, 12-minutes in length.

Letters to Max: Two friends confront their mortality through letters. Sarah Ruhl is a MacArthur Fellowship recipient and a famed playwright. As a professor, she met Max Ritvo, who went on to become a published poet. She recounts the story of their friendship and how they used letters to make a connection and comfort one another while Ritvo faced the end of his life. Host: Gary Price. Guests: Sarah Ruhl, co-author, Letters to Max.

“Viewpoints”-broadcast on 12/23/18, 6:15am, eight-minutes in length.

The Pearl Harbor Christmas. Christmas, 1941, came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season. Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of Pearl Harbor Christmas: A world at war 1941.

“Viewpoints-Culture Crash segment”-broadcast on 12/23/18, 6:24am, three-minutes in length. *Roma*. You may have noticed a new movie on your Netflix homepage called *Roma*. It’s Oscar-winning director Alfonso Cuarón’s most personal film yet and an absolute masterpiece. Host: Evan Rook.

“Viewpoints”-broadcast on 12/30/18, 6:00am, twelve-minutes in length.

Unlocking creativity and tips for sticking to your artistic New Year’s resolutions in 2019. We’re about to enter the season of New Year’s resolutions. Maybe you want to write a book, make a short film, or paint your masterpiece. We talk to two published authors about silencing your inner critic, breaking through any artistic funks, and finally putting pen to paper in 2019. Host: Gary Price. Guests: Danielle Krysa, author, Your Inner Critic is a Big Jerk: and other truths about being creative; David W. Berner, professor and author.

“Viewpoints-Culture Crash segment”-broadcast on 12/30/18, 6:23am, four-minutes in length. Anthony Bourdain. This year saw the passing of Anthony

Bourdain, a chef, writer, and travel documentarian. We take a look at the impact and legacy of this cultural giant. Host: Evan Rook.

### **Animals, shelter pets**

“Viewpoints”-broadcast on 10/28/18, 6:00am, ten-minutes in length.

Spiders and bats: The truth behind Halloween icons of fear. Spiders and bats are two of the most indelible symbols of Halloween fear across the country. We get the truth behind these traditionally scary creatures, and hear why neither of them are nearly as scary as we've been made to believe. Host: Gary Price. Guests: Nancy Troyano, entomologist and director of technical education and training for Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist and author of the book, The Secret Lives of Bats: My adventures with the world's most misunderstood mammals.

“Radio Health Journal”-broadcast on 11/18/18, 5:46am, seven-minutes in length. Emotional support animals. A woman who suffered abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals. Host: Nancy Benson. Guests: Julie Barton, author, Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.

### **Veterans, first responder issues**

Public Service Announcement-Caring Patriots, broadcast 11/1/18-11/15/18, various times, 30-seconds in length, aired nine times. The local non-profit Caring Patriots needs volunteers and donations to help pack and distribute groceries and Thanksgiving dinners to 1,000 veterans in need.

“Radio Health Journal”-broadcast on 11/11/18, 5:30am, 12-minutes in length. MDMA for PTSD. People suffering from post-traumatic stress disorder often can't face their trauma, which is necessary for psychotherapy to work. It is a big reason PTSD is so difficult to treat. Scientists are leading clinical trials into the use of the banned drug MDMA in connection with therapy to help break this hurdle, and the results so far have been outstanding in curing PTSD. Host: Reed Pence. Guests: Dr. Michael Mithoefer, Clinical Asst. Prof. Of Psychiatry, Medical Univ. of South Carolina and Medical Director, MAPS Public Benefit Corporation clinical trials;

Charlotte Harrison, Senior Clinical Research Associate, MAPS Public Benefit Corporation.

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Terrorism in America, 1920. Over 95 years ago, New York City was the target of a terrorist attack that has yet to be solved. No suspects have ever been named in the attack that killed or injured over 400 Wall Street bystanders. In contrast to the attacks of September 11th, which occurred just around the corner from the 1920 bombing, this deadly event has been all but erased from the collective American consciousness. Host: Gary Price. Guest: Jed Ruberfeld, author, The Death Instinct.