

INFO-TRAK

WMAN AM + FM
Weekly Public Affairs Program

Call Letters:

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2013

Show # 2013-27

Date aired: July 7 Time Aired: 7:30AM

Barbara J. Mahler, Research Hydrologist, U.S. Geological Survey

Ms. Mahler recently authored a USGS report that noted that many common driveway sealants are made of coal tar, which contains dangerous carcinogens. USGS research found that many homes with black driveways have surprisingly large doses of carcinogens in their household dust. She talked about the potential health consequences and explained how consumers can determine if a driveway sealant contains coal tar.

Issues covered:

**Personal Health
Consumer Matters
Environment**

Length: 8:14

Sonya Lunder, expert in environmental health, Senior Analyst at Environmental Working Group

Ms. Lunder said her organization tested 600 beach and sport sunscreens and only about 20% met their standards for safety and effectiveness. She explained what consumers need to know when choosing a sunscreen product. She also noted that high-SPF products often give a false sense of security, and that sunscreens might actually increase the risk of the deadliest form of skin cancer for some people. She also explained why European consumers have better choices in sunscreens than Americans.

Issues covered:

**Personal Health
Consumer Matters
Government Regulation**

Length: 8:51

Mark Thompson and Brian Tracy, experts in entrepreneurship, authors of "*Now, Build a Great Business!: 7 Ways to Maximize Your Profits in Any Market*"

Mr. Thompson and Mr. Tracey explained why tough economic times can actually be a good time to start a business. They talked about the importance of a business plan and how to find great potential employees.

Issues covered:

**Employment
Workplace**

Length: 4:59

Show # 2013-28

Date aired: July 14 Time Aired: 7:30am

Donald Edmondson, PhD, MPH, Assistant Professor of Behavioral Medicine at the Columbia University Medical Center in New York

Dr. Edmondson's research has discovered that nearly one in four people who suffer a stroke also experiences symptoms of post-traumatic stress disorder afterwards. He discussed other life-threatening illnesses that can also result in PTSD. He said the younger a person is who experiences a life-threatening event, the more likely they are to experience PTSD. He also talked about the potential treatments for the disorder.

Issues covered:

Personal Health
Mental Health
Senior Citizens

Length: 8:31

Kathryn Zickuhr, Pew Research Center's Internet and American Life Project.

Ms. Zickuhr led a surprising study that found that Americans ages 16 to 29 are actually more likely than older Americans to have read a printed book in the past year and are more likely than their elders to use a library. She discussed the rapidly changing landscape of technology and literacy, and how libraries have adapted.

Issues covered:

Literacy
Youth Concerns
Technology

Length: 8:44

Guillermo Payet, Founder and President of LocalHarvest.org, a non-profit organization that maintains a nationwide directory of small farms, farmers markets and other local food sources

Mr. Payet explained Community Supported Agriculture, where small farmers sell shares of their annual harvest to local families. The families then receive weekly deliveries of vegetables or fruit. He talked about the positive social and environmental impact of the "buy local" movement.

Issues covered:

Agriculture
Environment
Consumer Matters

Length: 5:02

Show # 2013-29

Date aired: July 21 Time Aired: 7:30am

Karen E. Smith, Senior Research Associate with the Income and Benefits Policy Center at the Urban Institute

Ms. Smith co-authored a study for the Center for Retirement Research at Boston College, which found that the Great Recession may have permanently reduced future retirees' incomes by an average of \$2,300 a year. She explained the reasons behind this finding, who will be most affected, and how Americans can try to mitigate the damage to their retirement savings.

Issues covered:

Senior Citizens
Retirement Planning
Economy

Length: 7:13

Peter J. Pronovost, MD, PhD, intensive care specialist physician at Johns Hopkins Hospital in Baltimore, Professor at the Johns Hopkins University School of Medicine in the Departments of Anesthesiology and Critical Care Medicine, Professor of Health Policy and Management at the Johns Hopkins Bloomberg School of Public Health, Medical Director for the Center for Innovation in Quality Patient Care, author of "Safe Patients, Smart Hospitals"

31,000 Americans die each year as a result of bloodstream infections that occur during hospitalization. Dr. Pronovost is on a state-by-state crusade to prevent these deaths with a simple infection-reduction checklist for hospital personnel. This free program has virtually eliminated infections in participating hospitals.

Issues covered:

Community Health

Length: 10:03

Paul Tough, editor at the New York Times Magazine, nationally-recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

Issues covered:

Poverty
Education
Minority Concerns
Parenting

Length: 5:04

Show # 2013-30

Date aired: July 28 Time Aired: 7:30 AM

Jon D. Miller, PhD, Research Scientist, Director of the International Center for the Advancement of Scientific Literacy at the University of Michigan

Dr. Smith's research found that 48 percent of Generation X (ages 37-48) are enrolled in continuing education courses or other job training. He explained why technology and the changing job market have made it necessary for midcareer professionals to pursue lifelong learning opportunities. He believes this is the new norm, particularly in technical fields, such as medicine, auto mechanics or information technology, and that workers will routinely return to school to stay up to date with changing technology and trends.

Issues covered:

Education
Career

Length: 7:26

Paul Offit, MD, Chief of the Division of Infectious Diseases and Director of the Vaccine Education Center at the Children's Hospital of Philadelphia, Professor of Pediatrics at the University of Pennsylvania School of Medicine, author of book called "Do You Believe in Magic? The Sense and Nonsense of Alternative Medicine"

From visits to acupuncturists, chiropractors and naturopaths to the use of vitamins and supplements, half of the US population uses some form of alternative medicine. Dr. Offit said he believes that alternative medicine can be dangerous because it is an unregulated industry under no legal obligation to prove its claims or admit its risks. He explained why alternative medicine's popularity has grown so rapidly. He said he thinks some alternative treatments do work as a result of the placebo effect, enabled by the healing powers of the human mind.

Issues covered:
Community Health
Consumer Matters

Length: 9:41

Meghan Busse, PhD, Associate Professor of Management and Strategy at the Kellogg School of Management at Northwestern University

Dr. Busse was the co-author of a study that found women frequently are quoted higher prices for car repairs than men. The research also found that consumers (of any gender) who do their homework about the cost of repairs usually pay less. She offered advice on how to avoid being ripped off.

Issues covered:
Women's Issues
Consumer Matters

Length: 4:50

Show # 2013-31

Date aired: Aug 4 Time Aired: 7:30m

Andrew Papachristos, PhD, Robert Wood Johnson Health & Society Scholar at Harvard University, Assistant Professor of Sociology at the University of Massachusetts, Amherst

Dr. Papachristos is an expert in Social Network Analysis and he used this emerging field of science to analyze the rate of random murders in big cities. He found that the vast majority of homicides are anything but random. Homicide victims and their killers tend to be criminally active and more than two-thirds know each other.

Issues covered:
Crime
Urban Issues

Length: 7:27

David J. Linden, PhD, expert in addiction, Professor in the Department of Neuroscience at the Johns Hopkins University School of Medicine, author of "*The Compass of Pleasure*"

Dr. Linden said whether it involves eating, taking drugs, engaging in sex, gambling or doing good deeds, the pursuit of pleasure is a hardwired, central drive of humans and many other animals. He outlined recent neurobiological research that explains the reasons behind many forms of addiction and pleasure, and why they are interconnected.

Issues covered:
Substance Abuse
Addiction
Mental Health

Length: 9:43

Steve Chaouki, Group Vice President of TransUnion's Financial Services Business unit

Since the start of the Great Recession, more than 4.4 million Americans have lost their homes to foreclosure. Mr. Chaouki's organization studied the differences between two groups who defaulted: those who struggled to keep paying their mortgage along with other debts like car loans and credit cards, and others who walked away from their mortgage while they kept up their other payments. He shared the surprising results of the study and what consumers can learn from it.

Issues covered:
Economy
Consumer Matters

Length: 5:07

Show # 2013-32

Date aired: Aug 11 Time Aired: 7:30am

Sonya Madison, Workplace Attorney and Legal Analyst, based in Atlanta

Ms. Madison said a drunk driving conviction can severely damage a person's chances of finding or even keeping a job. She noted that most large employers typically conduct background checks on potential employees today. She explained why negatives such as a DUI conviction often will remove the applicant from consideration for a job opening.

Issues covered:
Drunk Driving
Employment

Length: 7:47

Jeff Strohl, PhD, Director of Research at the Georgetown University Center on Education and the Workforce

Dr. Strohl co-authored a recent study that determined that although more Hispanics and African-Americans are going to college, their access to the most selective schools isn't keeping pace. He said there are major income differences between those with a top education compared to graduates of other schools. He explained the reasons behind this problem, and why it is so difficult to address.

Issues covered:
Minority Concerns
Education

Length: 9:21

Janet Champ, co-author of *"Ripe: The Truth About Growing Older and the Beauty of Getting on With Your Life"*

Ms. Champ talked about challenges and myths faced by women as they age. She said many women feel discarded and undervalued as they reach their forties. She believes that this phase of life is rich in often underappreciated beauty and that women who adapt to these changes can offer much to society.

Issues covered:
Women's Issues
Aging
Senior Citizens

Length: 4:39

Show # 2013-33

Date aired: Aug 18 Time Aired: 7:30am

Lori Gottlieb, PhD, psychotherapist who focuses on marriage and family therapy, author, contributor to the magazine and website, "The Atlantic"

Dr. Gottlieb believes that many modern parents are too obsessed with the happiness of their children and will do nearly anything to spare their kids from even mild discomfort, anxiety or disappointment. She said this form of parenting often dooms children to unhappy adulthoods. She explained how parents can recognize this trend in their family and change it.

Issues covered:
Parenting
Youth at Risk

Length: 9:11

William Hanson, MD, Professor of Anesthesiology and Critical Care, Surgery and Internal Medicine at the Hospital of the University of Pennsylvania, author of "*The Edge Of Medicine The Technology That Will Change Our Lives The Edge Of Medicine*"

Rapid improvements in technology are revolutionizing the medical profession. Dr. Hanson talked about hi-tech advancements such as diagnostic smartphone apps and telemedicine that have recently become commonplace tools for doctors. He explained how these new trends can benefit patients and what other breakthroughs may be on the horizon.

Issues covered:
Personal Health
Technology

Length: 8:10

Philip Reed, Senior Consumer Advice Editor at Edmunds.com

Some environmental groups have recently recommended that motorists turn off their car anytime they will be idling more than ten seconds. Mr. Reed discussed the wisdom of this advice, and potential safety and car maintenance concerns. He offered other practical suggestions for drivers who would like to reduce pollution and fuel costs.

Issues covered:
Environment
Consumer Matters

Length: 5:03

Show # 2013-34

Date aired: Aug 25 Time Aired: 7:30 AM

Eric Brende, author of "*Better OFF; Flipping the Switch on Technology*"

Mr. Brende believes that today's technology has some downsides. He and his wife left the fast-paced life of high technology at MIT to conduct an experiment: spending a year living in the country with an Amish group. He believes the goal should be a balanced life, and suggested that if Americans decreased their dependency on technology (automobiles, televisions, computers), many social problems could be alleviated.

Issues covered:
Consumer Matters
Environmental Issues

Length: 8:47

Media Issues

Kathy Boutis, MD, Emergency Staff Physician, Hospital For Sick Children in Toronto, Associate Scientist, Child Health Evaluative Sciences Program at Sickkids Research Institute

Dr. Boutis conducted a survey that found that less than half of parents understood that radiation from a computed tomography (CT) scan is tied to an increased risk of cancer for their child. She said a CT scan can expose a child to roughly 60 to 80 times the amount of radiation from a standard X-ray. She explained the long-term health concerns and what parents need to know to make wise decisions.

Issues covered:
Personal Health
Parenting

Length: 8:25

Sage R. Myers, MD, MSCE, Assistant Professor in Pediatrics at the University of Pennsylvania Perelman School of Medicine, Attending Physician in the Division of Emergency Medicine at Children's Hospital of Philadelphia

Contrary to what many believe, living in the city is far less risky than in the country, according to a study Dr. Myers recently completed. She said that although homicides in cities still outpace those in rural areas, the risk of dying from some form of accident or injury is 20 percent greater in rural counties. She explained how this research can be used for future planning of trauma centers and other improvements to the medical system.

Issues covered:
Personal Health
Crime
Government

Length: 4:55

Show # 2013-35

Date aired:

Sept 1

Time Aired:

7:30 AM

John Santa, MD, Director of the Health Ratings Center for Consumer Reports

Heart health has become a highly profitable business. Dr. Santa talked about the growing wave of cardiac tests and treatments that are being marketed to aging baby boomers. He said the most dubious tests often result in costly, unnecessary and sometimes dangerous treatments. He also explained how health consumers can get accurate information on the proficiency and competence of heart doctors.

Issues covered:
Personal Health
Senior Citizens
Consumer Matters

Length: 8:32

Jonathan Levav, PhD, Associate Professor of Marketing at the Stanford University Graduate School of Business

Wise decision-making is perhaps the greatest factor that determines success or failure in life and business. Professor Levav talked about his study of "decision fatigue." He

explained the surprising influences on decisions, and how individuals can improve decision-making by recognizing and controlling those variables.

Issues covered:
Workplace Matters
Mental Health

Length: 8:40_

Bernard Biermann, MD, PhD, Assistant Professor, Department of Psychiatry at the University of Michigan, Medical Director of the Child/Adolescent Inpatient Unit at Mott Children's Hospital in Ann Arbor, MI

Dr. Biermann completed a study that found that parents severely underestimate their teens' use of drugs and alcohol. While just ten percent of parents thought their kids drank alcohol in the past year, 52 percent of teens admitted to doing so. He talked about the possible reasons in the huge disparity, and offered advice for parents on how to recognize the signs of alcohol and drug use in their teenager.

Issues covered:
Substance Abuse
Parenting
Youth at Risk

Length: 5:07

Show # 2013-36

Date aired: Sept 8 Time Aired: 7:30 AM

Armon B. Neel Jr., PharmD., consulting pharmacist, author of "*Are Your Prescriptions Killing You?: How to Prevent Dangerous Interactions, Avoid Deadly Side Effects, and Be Healthier with Fewer Drugs*"

Mr. Neel said that patients and doctors often don't recognize when prescription drugs may be interacting dangerously with one another. He discussed the financial costs to our nation's healthcare system, and explained how patients can reduce the number of medications they're taking.

Issues covered:

Personal Health

Senior Citizens

Consumer Matters

Length: 7:17

Catherine Steiner-Adair, EdD., clinical psychologist, school consultant, author of "*The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*"

The digital world is here to stay, but what are families losing? Dr. Steiner-Adair believes that today's parents often pay more attention to their smartphones than their children. She discussed the emotional impact felt by kids, and outlined how parents can set boundaries on the use of hi-tech devices for both themselves and their children.

Issues covered:

Parenting

Youth at Risk

Length: 10:00

Jack Canfield, co-creator of the Chicken Soup for the Soul book series, author of "*The Success Principles*" series

Mr. Canfield talked about the keys to success and how to overcome self-defeating beliefs, fears and habits. He also offered principles on building good teams and better relationships at the office, and how to set goals to improve your life and finances.

Issues covered:

Workplace Issues

Education

Personal Finance

Length: 4:51

Program # 2011-37

Date aired: Sept 15 Time Aired: 7:30 AM

Lori Gottlieb, PhD, psychotherapist who focuses on marriage and family therapy, author, contributor to the magazine and website, "The Atlantic"

Dr. Gottlieb believes that many modern parents are too obsessed with the happiness of their children and will do nearly anything to spare their kids from even mild discomfort, anxiety or disappointment. She said this form of parenting often dooms children to unhappy adulthoods. She explained how parents can recognize this trend in their family and change it.

Issues covered:

Length: 9:11

**Parenting
Youth at Risk**

William Hanson, MD, Professor of Anesthesiology and Critical Care, Surgery and Internal Medicine at the Hospital of the University of Pennsylvania, author of *"The Edge Of Medicine The Technology That Will Change Our Lives The Edge Of Medicine"*

Rapid improvements in technology are revolutionizing the medical profession. Dr. Hanson talked about hi-tech advancements such as diagnostic smartphone apps and telemedicine that have recently become commonplace tools for doctors. He explained how these new trends can benefit patients and what other breakthroughs may be on the horizon.

Issues covered:
Personal Health
Technology

Length: 8:10_

Philip Reed, Senior Consumer Advice Editor at Edmunds.com

Some environmental groups have recently recommended that motorists turn off their car anytime they will be idling more than ten seconds. Mr. Reed discussed the wisdom of this advice, and potential safety and car maintenance concerns. He offered other practical suggestions for drivers who would like to reduce pollution and fuel costs.

Issues covered:
Environment
Consumer Matters

Length: 5:03

Show # 2013-38

Date aired: Sept 22 Time Aired: 7:30 AM

David Gumpert, food rights advocate, author of *"Life, Liberty and the Pursuit of Food Rights"*

Mr. Gumpert believes that Americans should have the right to privately obtain foods directly from farmers, neighbors, and local producers, in the same way that previous generations did. He said government regulations are making it increasingly difficult for consumers who wish to get raw milk, custom-slaughtered beef and pastured eggs outside the government regulatory system. He outlined the potential health concerns about mass-produced, processed food sold at supermarkets.

Issues covered:
Food Safety
Government Regulation

Length: 8:29

Noël Janis-Norton, learning and behavior specialist, founder and director of The New Learning Centre in London, author of *"Calmer, Easier, Happier Parenting: Five Strategies That End the Daily Battles and Get Kids to Listen the First Time"*

Ms. Norton offered advice to parents who are tired of nagging, pleading or yelling just to get their kids to do simple tasks. She offered examples of how parents should use positive reinforcement to encourage children to cooperate. She also offered tips on how to make homework a more positive and pleasant task each day.

Issues covered:
Parenting
Children's Issues

Length: 8:40

Virginia Reichert, former director of the Center for Tobacco Control at North Shore-Long Island Jewish Health System

Ms. Reichert talked about a study she conducted that discovered many smokers incorrectly believe that nicotine causes cancer. This misperception makes them less like to use nicotine patches or gum to help them stop smoking. She explained how comprehensive programs can greatly increase the success rate of smokers who want to quit.

Issues covered:
Addiction
Community Health

Length: 4:58

Show # 2013-39

Date aired: Sept 29 Time Aired: 7:30 AM

Emily Rogalski, PhD, Neuroscientist, Research Associate Professor in Cognitive Neurology and Alzheimer's Disease Center at the Northwestern University Feinberg School of Medicine

Dr. Rogalski is in the early stages of a study of "SuperAgers" — men and women who are in their 80s and 90s, but with brains and memories that seem far younger. She explained what has been learned so far from these exceptional seniors, and what she hopes to discover as the study progresses. She said the research may eventually find ways to help protect others from memory loss.

Issues covered:
Personal Health
Senior Citizens

Length: 8:01

Amanda Ripley, investigative journalist, author of "*The Smartest Kids in the World--and How They Got That Way*"

Over the past fifty years, math and science skills have remained largely flat in the US, while soaring in Canada, Finland and many other developed countries. Ms. Ripley explained why some new "education superpower" countries have rapidly improved test scores, and how their policies differ from the US. She said teachers' college programs in the US should become much more selective, only accepting top students.

Issues covered:
Education
Government

Length: 9:10

Dana Gunders, Project Scientist, Natural Resources Defense Council's Food and Agriculture program in San Francisco

Ms. Gunders recently co-led a study with Harvard researchers that concluded that dates printed on packaged foods often confuse consumers, leading many to throw out food before it actually goes bad. She said the dates are intended to indicate freshness rather than whether a product is unsafe to eat. She would like to see new government regulations that would standardize food labeling and make it less confusing for consumers.

Issues covered:

Length: 4:55

QUARTERLY REPORT
JULY-SEPTEMBER 2013

Program # 2013-28

Airdate: July 6

Time of Broadcast 7:30 AM

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Marketing	16:00

Summary: Our guest explores why a buyer makes a decision to purchase in the first place. He found 12 "triggers" that act as short cuts to buying decisions.

Guest: Robert Boog is a successful LA Real Estate agent and author of "Selling Outside the Square: Ways to Help You Make More Sales" www.sellingoutsidethesquare.com

Issues Covered: pricing, objections, power of the word

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Creativity	7:00

Summary Our guest discusses how to optimize your inner vision even if you have a creative block. Second part of our series.

Guest: Tim Levy is a coach, speaker and author of "Creativity and Innovation". He consults numerous multi-national corporations. www.timlevy.com

Issues Covered: diet, energy, clarity

29:00	Conclusion of Program	:30
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Program # 2013-29

Airdate: July 13

Time of Broadcast 7:30 AM

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 –Breast Cancer	16:00

Summary: Our guest discusses the risk for breast cancer and alternatives to mastectomy.

Guest: Anna Manayan is an attorney and nationally recognized holistic clinician. She is founder of Immune Matrix. Also board certified in internal medicine.

www.chronicfatigueandnutrition.com

Issues Covered: gene markers, family history, detox

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Creativity	7:00

Summary Our guest discusses how to optimize your inner vision even if you have a creative block. Third part of our series.

Guest: Tim Levy is a coach, speaker and author of "Creativity and Innovation". He consults numerous multi-national corporations. www.timlevy.com

Issues Covered: diet, energy, clarity

29:00	Conclusion of Program	:30
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Program # 2013-30

Airdate: July 20 Time of Broadcast 7:30am

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 –Pet Care	16:00

Summary: Our guest discusses the often undetected problem of food intolerance in pets.

Guest: Dr John Symes has been a veterinarian for over 30 years. He is a leading expert in pet food intolerance and creator of the GARD Diet. www.dogtorj.com

Issues Covered: foods to avoid, seizures, gluten-free

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Vacations 7:00

Summary: Last year \$34 billion worth of vacation time was forfeited. Our guest explains the importance of taking time off.

Guest: Rami Lazarescu is the CEO and Founder of Happiness.com. The company has been offering vacation assistance since 1994. www.happinessassurance.com

Issues Covered: planning, cost, stress reduction

29:00 Conclusion of Program :30

Program # 2013-31

Airdate: July 27 Time of Broadcast 7:30AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Sexual Abuse	16:00

Summary: Our guest discusses his years of being a victim of sexual abuse and what happens when a victim goes back to question his molester.

Guest: Donald McLean author of "Unraveling Charlie", his story of child abuse, survival, acceptance and understanding. www.unravelingcharlie.com

Issues Covered: repressed memory, trust, break cycle

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Vacations 7:00

Summary: Last year \$34 billion worth of vacation time was forfeited. Our guest explains the importance of taking time off.

Part 2 of our series.

Guest: Rami Lazarescu is the CEO and Founder of Happiness.com. The company has been offering vacation assistance since 1994.
www.happinessassurance.com

Issues Covered: planning, cost, stress reduction

29:00 Conclusion of Program :30

Program # 2013-32

Airdate: Aug 3 Time of Broadcast 7:30 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 –Careers	16:00

Summary: Our guest explains how to design and implement a job search action plan.

Guest: Kathleen Brady is an iPEC certified career management coach with 25 years experience and the author of "Get A Job: 10 Steps To Success"
www.careerplanners.net

Issues Covered: resume writing, social media, negotiating

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Business Opportunities 7:00

Summary: Our guests discuss the do's and don'ts of starting your own home based business for full or part time income.

Guest: Rudy Cypher and Lonnie Schrag are entrepreneurs who have operated a successful direct marketing business for over 15 years.
www.blessings4ever.com

Issues Covered: financing, marketing, training

29:00 Conclusion of Program :30

Program # 2013-33

Airdate: Aug 10

Time of Broadcast 7:30 am

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -History	16:00

Summary: Our guest explains the historical significance of the 1920's in America..

Guest: E.K. Prescott has been an educator and researcher for over 30 years. She's the author of the award winning historical novel "The Ivy League Chronicles: 9 Squares".
www.ivyleaguechronicles.com

Issues Covered: federal reserve, new world order, politics

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Business	7:00

Summary: Our guest explains how he was able to regain his financial footing after years of unemployment..

Guest: Robert Adelman lost a high paying professional job after 9-11. After finding a new job, his hours were cut back due to the recession.

Issues Covered: job search, supplemental income, networking

29:00	Conclusion of Program	:30
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Program # 2013-34

Airdate: Aug 17

Time of Broadcast 7:30 am

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Drugs	16:00

Summary: Our guest discusses the events that took him from a star athlete to the world of drug smuggling.

Guest: Travis Waters is a motivational speaker and youth counselor. He's the author of "The West Coast Kid: My Redemption".
www.thewestcoastkid.com

Issues Covered: drug abuse, rehab, parental advice

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Business 7:00

Summary: Our guest explains how he was able to regain his financial footing after years of struggling with occasional part time work..

Guest: Raymond Morris hit rock bottom when he lost his job working on a garbage truck. Today he owns a multi-million dollar home business

Issues Covered: job search, opportunities, networking

29:00 Conclusion of Program :30

Program # 2013-35

Airdate: Aug 24 Time of Broadcast 7:30 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Health	16:00

Summary: Our guest discusses the problem of overuse of prescription medication and drug interaction.

Guest: Suzy Cohen has been called America's Most Trusted Pharmacist. She is the author of several best sellers including "Drug Muggers".
www.dearpharmacist.com

Issues Covered: supplements, antibiotics, probiotics

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Pageants 7:00

Summary: Our guest explains the pros and cons of beauty pageants.

Guest: Michelle Strom is a former Mrs Nebraska and owner of one of the nation's top pageant boutiques. She is star of WE tv's series "Obsessed With The Dress".

www.wetv.com/shows/obsessed-with-the-dress

Issues Covered: scholarships, competition, job skills

29:00 Conclusion of Program :30

Program # 2013-36

Airdate: Aug 31 Time of Broadcast 7:30 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 - Accessible College	16:00

Summary: Our guest discusses the transition from high school to college for students with disabilities.

Guest: Dr Jeffrey Holmes is a nationally recognized consultant, educator and author of "Accessible College: A Guide to Transition Students With Disabilities From High School to College".
www.diversitytrainingconsultants.com

Issues Covered: self-advocacy, legal rights, checklists

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Childhood Obesity 7:00

Summary: Our guest discusses the problem of overweight and out of shape children.

Guest: Dr Joanna Dolgoff is the child obesity expert on NBC's "Biggest Loser", author of "Red Light, Green Light, Eat Right", and consultant for "Rally For Recess".
www.rallyforrecess.com

Issues Covered: exercise, nutrition, family role

29:00 Conclusion of Program :30

Program # 2013-37

Airdate: Sept 7 Time of Broadcast 7:30am

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Health Care	16:00

Summary: With over 10,000 people turning 65 every day, experts predict a major strain on our health care system.

Guest: Chris Orestis is a senior health care advocate and pioneer in using life insurance for long term care.

Issues Covered: Types of care, costs, converting

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Food	7:00

Summary: Our guest discusses the power of food, how to share special moments with family and friends.

Guest: Joan Porte is the author of "Signs of the Times" an astrological cookbook. She has been a travel agent and political consultant.
www.joansastrology.blogspot.com

Issues Covered: food cravings, seasonal fare, recipes

29:00	Conclusion of Program	:30
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Program # 2013-38

Airdate: Sept 14 Time of Broadcast 7:30Am

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Personal Finance	16:00

Summary: Our guest discusses how to take advantage of home

loan

modification programs and be able to prevent foreclosure.

Guest: Mick Barron is a housing market analyst and president and founder of How To Modify.com, a self help loan modification system. www.howtomodify.com

Issues Covered: eligibility, documents needed, scams

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Food 7:00

Summary: Our guest discusses the power of food, how to share special moments with family and friends. Part 2 of our interview.

Guest: Joan Porte is the author of "Signs of the Times" an astrological cookbook. She has been a travel agent and political consultant. www.joansastrology.blogspot.com

Issues Covered: food cravings, seasonal fare, recipes

29:00 Conclusion of Program :30

Program # 2013-39

Airdate: Sept 21 Time of Broadcast 7:30 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Health	16:00

Summary: Our guest discusses how a Vitamin B12 deficiency can adversely impact your health and why it is often misdiagnosed..

Guest: Sally Pacholak, R.N., is an emergency room nurse with 32 years experience. She is co-author of "Could It Be B12? An Epidemic of Misdiagnosis." www.b12awareness.com

Issues Covered: risks, misdiagnose, early detection

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Food 7:00

Summary: Our guest discusses the power of food, how to share special moments with family and friends. Part 3 of our interview.

Guest: Joan Porte is the author of "Signs of the Times" an astrological cookbook. She has been a travel agent and political consultant.

www.joansastrology.blogspot.com

Issues Covered: food cravings, seasonal fare, recipes

29:00 Conclusion of Program :30

Program # 2013-40

Airdate: Sept 28 Time of Broadcast 7:30 AM

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u> <u>Length</u>	<u>Segment</u>	<u>Segment</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 -Healing	16:00

Summary: Our guest discusses the capacity of horses to help us heal the human heart and the sacred bond between us.

Guest: Dr Rosalyn Berne is a university professor who writes and teaches about engineering and technology. She is the author of "When the Horses Whisper"

www.whenthehorseswhisper.com

Issues Covered: sexual abuse, spirit, healing

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Life Lessons 7:00

Summary: Our guest discusses the power of forgiveness and transformation.

Guest: Wm Paul Young is the author of the international bestsellers "The Shack" and "Cross Roads".

www.wmpaulyoung.com

Issues Covered: reflection, family, community

29:00 Conclusion of Program :30

**Food Safety
Consumer Matters
Government Regulations**

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