# List of significant programming

# WZNN-FM, Gardendale, AL

For the quarter beginning January 1, 2013 through March 31, 2013.

All programming discussed in this report aired on the "Radio Health Journal" and "Viewpoints" series, at 6am and 6:30am on Sundays.

# Through its regular ascertainment process, WZNN-FM/Cox Media Group has determined that the following issues are important to the Gardendale, AL community:

Charity fundraising Education Health Economics Public Safety Family Issues Culture Business

This report contains WZNN-FM/Cox Media Group's most significant treatment of these community issues during the 1<sup>st</sup> Quarter of 2013.

# Family Issues

# Program # 13-01

## Air week: 1/6/13

1:49 SEGMENT #1 - Companion Animals: Dogs and monkeys to the rescue! 11:17

SYNOPSIS: We all know how Seeing Eye dogs help the blind, but dogs help the disabled in other ways...and so do other animals. We talk to two women who have experience with unusual service animals and hear about how these companions help when illness strikes and provide their owners with friendship and the independence they wouldn't have had without them.

Host: Christopher Michael. Guests: Catherine Peters, owner and trainer of service dogs, and obedience judge for the American monkey and a miracle," Kennel Club; Ellen Rogers, author of "Kasey to the Rescue: A remarkable story of a (www.kaseytotherescue.com).

## Air week: 1/13/13

## 14:50 SEGMENT #2- Co-Housing: Building caring communities

SYNOPSIS: Birmingham has several communities that struggle with crime and poverty, one answer could be co-housing. A small, niche market is building for an alternative type of neighborhood: co-housing. We talk to the man who helped bring the concept to the U.S. from Europe, and find out how it works, who is best served by the plan, how it encourages sustainable living options, and hear about the different types of residences there are around the country.

10:36

Host: Marty Peterson. Guests: Charles Durrett, architect and co-author of "Creating Co-housing: Building Sustainable Communities," (www.cohousingco.com).

## 13:51 SEGMENT #2- Verbs! How action words can help your writing and speech 11:39

SYNOPSIS: What makes writing sing? How is it that some books and speeches make you fall asleep, while others put you on the edge of your seat? We talk to a writer and teacher about the use of "verbs" in their various forms, and how they can spice up writing, create a mood and resonate with readers long after they close the book.

Host: Marty Peterson. Guests: Constance Hale, journalist, essayist, author of the book, "Vex, Hex, Smash, Smooch: Let verbs power your writing," (<u>www.sinandsyntax.com</u>).

#### Air week: 1/20/13

1:41 SEGMENT #1 – Grieving: What it is; how we can help those in grief 12:05

SYNOPSIS: We all know people who have lost a loved one, or perhaps a job, or spouse in divorce, and we want to comfort them, but we don't know what to say. We talk to two grief experts about just what grief is, and how it affects the grief-stricken person, their family and friends. We'll also hear some advice on what to do and *not* do when comforting a grieving person.

Host: Christopher Michael. Guests: . Guests: Dr. Mary Lamia, clinical psychologist and psychoanalyst in private practice in Marin County, CA, author of the books, "Understanding Myself," and "Emotions!" (<u>www.marylamia.com</u>); Russell Friedman, Exec. Dir. of the Grief Recovery Institute, co-author of the book, "Moving Beyond Loss: Real answers to real questions from real people," (<u>www.griefrecoverymethod.com</u>).

## Air Week: 2-3-13

1:56

Synopsis: Once the domain of pop psychologists, science has now tackled romantic relationships to show the secrets of success. Experts discuss what research shows couples need to know to maintain their relationship.

Host: Reed Pence. Guests: Alisa Bowman, author, Project: Happily Ever After and editor, ProjectHappilyEverAfter.com; Dr. Howard Markman, Prof. of Psychology, Univ. of Denver and author, Fighting for Your Marriage; Dr. Gary Lewandowski, Prof. of Psychology, Monmouth Univ.

## Air Week: 2-10-13

1:56 **SEGMENT 1:** Normal pressure hydrocephalus

**SEGMENT 1:** What makes a happy relationship and marriage?

Synopsis: As many as five percent of people diagnosed with Parkinson's or Alzheimer's diseases may in reality have a treatable disorder caused by "water on the brain." An expert and patient discuss.

Host: Reed Pence. Guests: J.D. and Donna Cain, normal pressure hydrocephalus patient and his wife/caregiver; Dr. Marvin Bergsneider, Prof. of Neurosurgery and chief, Adult Hydrocephalus and ICP Disorders Program, UCLA

#### Air week: 2/24/13

SEGMENT #2- How to Survive the Big Break-up 9:34 15:53

SYNOPSIS: Millions of men and women didn't celebrate Valentine's Day - not because they're killjoys but because their sweetheart dumped them. A romantic break-up can be hard to take, and it can monopolize your thoughts, keep you from working, sleeping and getting on with your life. We talk to two break-up experts about some strategies for coming back from a romantic disaster stronger and wiser for the experience.

Host: Marty Peterson. Guests: Dr. Debora Phillips, behavior therapist in private practice in San Francisco, teacher at three medical schools, author of the newly revised edition of "How to Fall Out of Love," (www.drdphillips.com) Dr. Phillips invites listeners to email her with questions about break-ups at <u>deborap@earthlink.net;</u> Christine Arylo, teacher, speaker and author of the book, "Madly in Love with Me:

12:41

# Air Week: 2-24-13

#### 2:05 SEGMENT 1: Postpartum depression in men

Synopsis: Doctors are on the lookout for postpartum depression in new mothers. However, around 10 percent of new fathers may also experience depression in the first six months after their child's birth. Experts discuss differences in symptoms, warning signs, and preventive strategies.

11:56

Host: Reed Pence. Guests: Dr. Shoshanna Bennett, clinical psychologist, author, <u>Postpartum Depression for</u> <u>Dummies</u> and founder, DrShosh.com; Dr. Paul Ramchandani, Dept. of child and Adolescent Psychiatry, Imperial College, London; Dr. Will Courtenay, founding editor, International Journal of Men's Health, founder, MensDoc.com and PostPartumMen.com.

## Air week: 3/3/13

1:46	SEGMENT #1 - Are Kids Growing Up Too Fast or Too Slow?	12:42
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SYNOPSIS: Are kids today growing up too fast? Or do parents hover around them, "infantilizing" their kids by making decisions for them? We talk to three psychologists who specialize in young people about maturity, and hear some ideas on how moms and dads can help their children grow up to be happy kids and independent adults.

Host: Christopher Michael. Guests: Dr. Beth Halbert, clinical child-family psychologist, (<u>www.drbeth.com</u>); Dr. Edward Christophersen, clinical psychologist, Children's Mercy Hospital, Kansas City, MO (<u>www.cmh.edu</u>); Dr. Robert Epstein, research psychologist, author of "Teen 2.0: Saving our families from the torment of adolescence," (<u>www.drrobertepstein.com</u>).

## 15:28SEGMENT #2- Caregivers: Navigating the healthcare system10:02

SYNOPSIS: In the increasingly aging Birmingham area second and third generation caregivers were given some important tips. When a loved-one becomes ill, their caretakers can suffer just as much as the patient. Navigating hospital rules and regs; trying to discuss the case with doctors – if you can find them – and dealing with nurses who seem more like wardens, can wear a caregiver out and change them into resentful relatives rather than loving spouses or children. We talk to an author who has been there about how she combined common sense, perseverance and humor to take care of her chronically ill husband in and out of the hospital.

Host: Marty Peterson. Guests: Jane Heller, humorist, novelist and author of the non-fiction book, "You'd Better Not Die or I'll Kill You: A caregiver's survival guide to keeping you in good health and good spirits," (www.janeheller.com).

Air Week: 3-17-13

#### 2:05 **SEGMENT** 1: Teen dating abuse

13:34

Synopsis: New studies show dating abuse among teenagers may be twice as prevalent as previously thought, and that it has bad effects on behavior years later. Experts discuss this new research, why such behavior may be so common, and resources for teens who may find themselves in abusive relationships.

Host: Reed Pence. Guests: Katie Ray-Jones, President, National Dating Abuse Helpline; Dr. Amy Bonomi, Assoc. Prof. of Human Development and Family Science, The Ohio State Univ. and author of new study; Deinera Exner-Cortens, doctoral candidate in human development, Cornell Univ. and author of new study

## 1:49 SEGMENT #2 - Dress for Success: More important now than ever 11:55

SYNOPSIS: There are several Birmingham communities with much higher than average unemployment rates, this program addresses job searching techniques. With unemployment high, more people are vying for fewer jobs. It's important to get an edge on the competition, and one way that's possible is with your appearance. We talk to two authors who explain why it's important to "dress for success," and how men and women can accomplish that goal whether it's in a job interview, an important meeting or a "business casual" event.

Host: Christopher Michael. Guests: Glen R. Sondag, financial services professional, fashion aficionado, author of "Anything Other Than Naked," (<u>www.anythingotherthannaked.com</u>); Meryl Weinsaft Cooper, public relations professional, co-author of "Be Your Own Best Publicist," (<u>http://beyourownbestpublicist.com</u>).

#### Air Week: 3-24-13

2:03 SEGMENT 1: Undetected hearing loss

12:52

Synopsis: A man who went mostly deaf at age six but did not realize it explains his survival skills honed over 25 years. He and several experts discuss implications of hearing loss, use of cochlear implants, and teaching sign language to children.

Host: Reed Pence. Guests: Gerald Shea, author, Song Without Words: Discovering My Deafness HalfwayThrough Life; Dr. BobPeters, President, Dallas Ear Institute and Dallas Hearing Foundation; Dr. KarenEmmorey, Prof. of Speech, Language andHearing Science, San Diego State Univ.

# Air Week: 3-31-13

2:04 SEGMENT 1: Failing bridges

Synopsis: Alabama ranks high as a state with many unsafe bridges. America's infrastructure is falling apart. Hundreds of bridges have failed the last 20 years, and thousands more are structurally deficient. Experts fear that the Minnesota bridge collapse in 2013, killing 13 and injuring 145, may be only the first of many tragedies or, at the very least, severe economic loss if state and federal governments fail to address the issue. Host: Reed Pence. Guests: Barry LePatner, founder and senior partner, LePatner & Assoc. construction law firm, New York, and author, <u>Too Big to Fall: America's Failing Infrastructure and the Way Forward;</u> David Goldberg, Communications Director, Transportation for America

Synopsis: Doctors now accept that mental illness is often the result of chemical imbalance in the brain. A researcher discusses the genetic inability of some people's bodies to process some nutrients, leading to imbalances, and the nutritional therapy that might correct them.

Host: Nancy Benson. Guest: Dr. William Walsh, President, Walsh Research Institute, and author, <u>Nutrient</u> <u>Power</u>.

# **Education**

#### Air Week: 1-6-13

2:06 **SEGMENT** 1: Music education and the brain

Synopsis: Birmingham's many failing schools have eliminated music programs. Many schools are slashing music education as "a costly frill" so students can concentrate on the 3 R's. But new research shows that music education changes the brain. Students who learn a musical instrument are much better learners in all subjects. Experts explain.

13:07

Host: Reed Pence. Guests: Chris Woodside, Assistant Executive Director for Advocacy and Public Affairs, National Association of Music Education; Dr. Nine Krauss, Director, Auditory Neuroscience Laboratory, Northwestern Univ.; Dr. Aniruddh Patel, Assoc. Prof. of Psychology, Tufts Univ.

16:16SEGMENT 2: Making cheerleading safer7:49

Synopsis: Cheerleading, with its pyramids and throws, is the most dangerous school activity that a high school girl can pursue. An expert and study co-author explains changes advocated by the nation's pediatricians that would reduce catastrophic injuries.

Host: Nancy Benson. Guest: Dr. Jeff Mjaanes, Asst. Prof. of Orthopedic Surgery and Pediatrics and Director, Chicago Sports Concussion Clinic, Rush Univ. Medical Center

## Air week: 1/27/13

1:41 SEGMENT #1 – Back to School: Improving The Community College Experience 10:20

SYNOPSIS: Millions of Americans attend community colleges, and these institutions have changed over the years to accommodate their diverse needs. We talk to two education experts about how these schools have evolved through the years; what their mission is now, and how the educational experience can be improved for both the students and their teachers.

Host: Christopher Michael. Guests: Mike Rose, Prof. at the UCLA Graduate School of Education and Information Studies, author of "Back to School: Why everyone deserves a second chance at an education," (<u>www.mikerosebooks.com</u>); Dr. Joseph Hankin, Pres. Westchester Community College, SUNY, Valhalla, NY, (<u>www.sunywcc.edu</u>).

13:08 SEGMENT #2- Back to School: Alternatives to a college degree 12:18

SYNOPSIS: Some young students and some older Americans are looking forward to graduating from high school so they can get right into the workforce. These workers would rather have a more hands-on learning experience than 2- or 4-year colleges usually provide. We talk to two men about the alternatives to a college degree: one who says the skilled trades are a great place to start a lifelong, good-paying and rewarding career; the other who took an entrepreneurial approach to his life's work.

Host: Marty Peterson. Guests: Henry A. Kelly, Project Exec. Georgia Power Company, Atlanta, GA (<u>www.gobuildgeorgia.com</u>); David DiEugenio, owner, Cartridge World USA, Gainesville, FL (<u>www.cartridgeworldusa.com/store849</u>)

## Air week: 2/10/13

13:28 **SEGMENT** #2- The Myth of the Perfect Girl

SYNOPSIS: Girls these days are expected to do so many things: get good grades, excel in athletics, volunteer, be popular and make it into a good college and complete a degree program. This can put a lot of stress on anyone, but our guest says that teenage girls are especially susceptible to pressure and the idea that they have to be "perfect" in everything they do. We discuss how girls can be successful in school and life without over-taxing themselves physically and emotionally.

Host: Marty Peterson. Guests: Ana Homayoun, nationally-recognized educator, speaker and consultant, founder of Green Ivy Educational Consulting, author of "The Myth of the Perfect Girl," (<u>www.anahomayoun.com</u>)

## Air week: 2/17/13

1:51 SEGMENT #1 – Distracted Driving

SYNOPSIS: Birmingham recently adopted new distracted driving laws. There are thousands of deaths each year due to distracted driving. Anytime a driver takes his or her eyes off the road, hands off the wheel or mind of what they're increasing their chances of a crash. We talk to a driving instructor who is also a father and author about how we become distracted in the car; what we can do to teach kids about the dangers of cell phone use and texting; and how we can make them better, more attentive drivers.

Host: Christopher Michael. Guests: Bob Ragazzo, author of "Seven Things Every Parent Must Teach their Young Driver BEFORE Handing Over the Keys," and the Save Your Teen Driver Online Program, (<u>www.saveyourteendriver.com</u>).

9:55

# Air Week: 2-24-13

15:03 SEGMENT 2: Learning from traditional societies 8:48 Synopsis: An expert discusses his study of traditional native societies, which shows how human genetics have not adapted to change.

Host: Nancy Benson. Guest: Jared Diamond, author, <u>The World Until Yesterday: What Can We Learn from</u> <u>Traditional Societies?</u>

## Air week: 3/24/13

14:30 SEGMENT #2 – New Ideas on Race and Diversity 10:55

SYNOPSIS: Birmingham's history of race issues continues to be an important topic. Can race be taught as a school subject, like chemistry and foreign language? Are we doing those different from us a disservice by trying to "walk a mile in their shoes" as a way of understanding them? Are news stories giving the public a skewed view of what different factions in society and the world think of each other? Are racial tensions brought about just because of skin color? Or are there other factors in play? We talk to two researchers about the answers to these questions and take a slightly different look at race, ethnicity, religion and how they affect our perceptions of the world.

Host: Marty Peterson. Guests: Lawrence Blum, Prof. of Philosophy, Dist. Prof. of Liberal Arts & Education, Univ. of Massachusetts, Boston, author of "High Schools, Race and America's Future: What can students teach us about morality, diversity, and community," (<u>www.umb.edu</u>); Todd Pittinsky, Assoc. Prof. in the Dept of Technology and Society, SUNY-Stony Brook, lecturer at Harvard Univ., author of "Us + Them: Tapping the positive power of difference," (<u>www.stonybrook.edu</u>).

## **Business**

## Air Week: 1-13-13

# 2:04 SEGMENT 1: Compounding pharmacy safety

14:22

Synopsis: Drug contamination from a compounding pharmacy led to dozens of deaths and hundreds of illnesses this fall, calling into question the lack of regulation that could allow such an incident to happen. Experts discuss how compounding is regulated in pharmacies, loopholes that allow drug manufacture in the guise of compounding, and how consumers can protect themselves.

Host: Reed Pence. Guests: Joe Graedon, pharmacologist, and Dr. Teresa Graedon, medical anthropologist, co-founders and coand How to Avoid Them; David Ball, spokesman, international Academy of Compounding Pharmacists; Dr. Sarah Sellers, former FDA regulator and President, Q-Vigilance drug safety consultants

# Air week: 1/20/13

14:49 SEGMENT #2- Heads in Beds: Behind the scenes in the hotel business 10:34

SYNOPSIS: Birmingham is on the verge of several new area hotels. Have you ever wondered what goes on behind the desk at the major hotels in the U.S.? How come some guests always get the best rooms and service, and you end up in a room overlooking the alley? Why is it that you have to pay for your mini-bar peanuts and some guests never pay? We talk to a hospitality industry insider about his experiences in two large hotels; how hotels figure out who to put where; how the mini-bar and movies work; and how to get the best service from the staff that counts.

Host: Marty Peterson. Guests: Jacob Tomsky, veteran of the hospitality business in hotels in New Orleans and New York City, author of the book, "Heads in Beds: A reckless memoir of hotels, hustles and so-called hospitality," (www.jacobtomsky.com).

## Air week: 1/27/13

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Host: Marty Peterson. Guests: Henry A. Kelly, Project Exec. Georgia Power Company, Atlanta, GA (<u>www.gobuildgeorgia.com</u>); David DiEugenio, owner, Cartridge World USA, Gainesville, FL (<u>www.cartridgeworldusa.com/store849</u>)

## Air week: 2/3/13

1:50 SEGMENT #1 – Cyber Attacks: Who's mounting them and why 10:34

SYNOPSIS: Cyber attacks on government and business are on the rise, and hackers from around the world are stealing valuable information for international espionage, to sell or to embarrass countries and industries. We talk to two computer specialists about who is mounting these attacks, how much damage it could do to our country and what's being done to stop it.

Host: Christopher Michael. Guests: John Stuart, a high-tech entrepreneur, co-author with Caitlin Stuart of the cyber suspense novel, "Hiding in Sunshine," (<u>www.hidinginsunshine.com</u>); Jon Iadonisi, US Naval Acad. graduate, former Navy Seal, computer scientist with a degree in homeland security, and CEO of White Canvas Group, (<u>www.whitecanvasgroup.com</u>).

#### Health

## Air Week: 1-13-13

17:31 SEGMENT 2: Premonitions: evidence of reality

Synopsis: Research is showing that premonitions may be real, and explainable through quantum physics. A `noted expert discusses the research and how premonitions could be exploited to people's benefit.

Host: Nancy Benson. Guest: Dr. Larry Dossey, author, <u>The Power of Premonitions: How Knowing the Future</u> <u>Can Shape Our Lives</u>.

## Air Week: 1-20-13

2:04 SEGMENT 1: Flu and flu vaccines

13:25

6:42

Synopsis: This flu season is shaping up to longer and worse than usual. Experts discuss influenza and impediments to the development of a "universal" flu vaccine that would protect against all forms of flu for years at a time.

Host: Reed Pence. Guests: Dr. Anthony Fauci, Director, National Institute of Allergy and Infectious Diseases, National Institutes of Health; Dr. William Schaffner, chair, Department of Preventive Medicine, Vanderbilt Univ. Medical Center.

16:34 SEGMENT 2: Inside your eye exam 7:02

Synopsis: Eye exams are looking for a lot more than just eye diseases or how well you see. The eye is the window to the rest of our body's health, and many diseases can be spotted there first. An ophthalmologist explains.

Host: Lynn Holley. Guest: Dr. Christopher Starr, Asst. Prof. of Ophthalmology, Weill-Cornell Medical Center, New York.

# Air Week: 1-27-13

2:06SEGMENT 1: Reducing hospital readmissions13:26

Synopsis: All too often, people who've been released from the hospital quickly get sick again and need to be readmitted, resulting in wasteful spending. Medicare now financially penalizes hospitals whose readmission rates are above average, so hospitals are embarking on measures to check up on released patients and keep them well. Experts discuss.

Host: Reed Pence. Guests: Joel Wright, Vice President, Health System Operations, Walgreen Co.; Dr. Amy Boutwell, President, Collaborative Healthcare Strategies and practicing physician, Newton-Wellesley and Massachusetts General Hospitals.

## Air week: 2/3/2013

1:50 SEGMENT #1 – Mass Killers: What makes them do what they do? 12:04

SYNOPSIS: The United States has had a number of mass killings during the past few years and the same questions come up each time: Why do people do such things? What's their motivation? We talk to a nationally renowned forensic psychiatrist about why people commit mass murder, what they have in common and how we might identify and help these individuals before they become dangerous.

Host: Christopher Michael. Guests: Dr. Park Dietz, forensic psychiatrist, founder of the Threat Assessment Group, Newport Beach, CA (<u>www.taginc.com</u>).

14:57 **SEGMENT** #2- Resolutions: How to keep them going *after* the New Year 10:28

SYNOPSIS: Alabama is one of the most obese states in the country. It's the first week of February and your New Year's resolution is beginning to falter. Why can't you stay on track with your diet, exercise or stop smoking program? We talk to two resolution specialists about why we make resolutions, how we can make them better and what we can do to keep focused on our goals long after the New Year.

Host: Marty Peterson. Guests: Dr. Duane Jackson, Prof. of Psychology and Chairperson of the Psychology Dept., Morehouse College, Atlanta, GA (<u>www.morehouse.edu</u>); Jeremy Dean, host of the popular psychology website, Psyblog, author of the book, "Making Habits, Breaking Habits: Why we do things, why we don't and how to make any change stick," (<u>www.spring.org.uk</u>).

## Air Week: 2-10-13

14:50 SEGMENT 2: How personality affects longevity 8:40

Synopsis: A unique 90-year study has uncovered how personality is one of the most important factors determining lifespan. One of the researchers involved in the study explains their groundbreaking findings.

Host: Nancy Benson. Guest: Dr. Leslie Martin, Prof. of Psychology, La Sierra Univ. and co-author, <u>The Longevity Project</u>.

# Air Week: 2-17-13

2:05 SEGMENT 1: Preventing surgical "never events"

Synopsis: A new study finds that about 80 times per week in the US, errors occur in surgery that experts agree should never happen: operating on the wrong body part or the wrong person, or leaving an instrument or sponge behind in the patient. Experts discuss how these egregious mistakes happen and new efforts to prevent them.

Host: Reed Pence. Guests: Dr. Marty Makary, Assoc. Prof. of Health Policy, Johns Hopkins Univ. and<br/>author, <u>Unaccountable:</u><br/><u>What Hospitals Don't Tell You and How Transparency Can Revolutionize</u><br/>Healthcare; Dr. Verna Gibbs, Prof. of Surgery, Univ. of<br/>California-San Francisco, staff surgeon, San<br/>Francisco VA Medical Center and Director, No Thing Left Behind; Coleen Smith, High<br/>Reliability<br/>Initiatives Director, Center for Transforming Healthcare, The Joint CommissionReliability

## Air Week: 3/3/2013

12:51 SEGMENT #2- Saving Money: Advice for young and old

12:37

14:44

SYNOPSIS: Personal finances are still tight, and people in all walks of life are looking for ways to get more for their money. We talk to two financial experts about how young people can deal with credit card debt, mortgages, and student loans; and how older people can make the most of their retirement funds by learning a few lessons about investing and the stock market.

Host: Marty Peterson. Guests: Jordan Goodman, frequent business contributor to CNBC, Fox, 'The View' and other television and radio shows, author of "Master Your Debt," (<u>www.moneyanswers.com</u>); John H. Graves, Independent Financial Advisor and Managing Partner, the Renaissance Group, LLC, author of "The 7% Solution: You can afford a comfortable retirement," (<u>www.theretirementjournal.com</u>).

## Air Week: 3-3-13

#### 2:05 **SEGMENT 1**: Immune cell therapy

Synopsis: Researchers have succeeded in treating a small number of leukemia patients using their own immune systems. The patient's T-cells are altered to recognize and destroy cancer cells while affecting very few healthy cells, similar to the way T-cells kill a virus. It could mark a breakthrough in cancer treatment if further trials are successful.

Host: Reed Pence. Guests: Dr. Rebecca Gardner, University of Washington Seattle Children's Research Institute; Dr. Stephen Grupp, Director, Translational Research, Children's Hospital of Philadelphia

#### Air week: 3/10/13

15:28 SEGMENT #2- Caregivers: Navigating the healthcare system 10:02

SYNOPSIS: When a loved-one becomes ill, their caretakers can suffer just as much as the patient. Navigating hospital rules and regs; trying to discuss the case with doctors – if you can find them – and dealing with nurses who seem more like wardens, can wear a caregiver out and change them into resentful relatives rather than loving spouses or children. We talk to an author who has been there about how she combined common sense, perseverance and humor to take care of her chronically ill husband in and out of the hospital.

Host: Marty Peterson. Guests: Jane Heller, humorist, novelist and author of the non-fiction book, "You'd Better Not Die or I'll Kill You: A caregiver's survival guide to keeping you in good health and good spirits," (www.janeheller.com).

15:17 SEGMENT 2: A new way to deal with tinnitus

8:43

11:41

Synopsis: Tinnitus, or ringing in the ears, affects millions of Americans, though many of them do nothing about it. Some who seek treatment cannot be helped with common masking solutions. An audiologist and inventor of a new technology for tinnitus symptoms discusses the issue.

Host: Lynn Holley. Guest: Dr. Jeff Carroll, Director, Clinical Services and Engineering, Soundcure Inc.

#### Air Week: 3/17/2013

1:47 SEGMENT #1 – 1968: The year that changed baseball forever

SYNOPSIS: Baseball is quite a different game today than it was 45 years ago, when players made middleclass wages, lived in the neighborhoods in which they played and were, for the most part, wholly-owned employees of their team owners. What a difference a season makes! We talk to an author about the events of the 1968 baseball season and how they changed the players, the business of baseball and the country forever.

Host: Christopher Michael. Guests: Tim Wendel, Writer in Residence, Johns Hopkins Univ., author of "Summer of '68: The season that changed baseball and America forever," (<u>www.timwendel.com</u>)

#### 16:40 SEGMENT 2: Treating depression with Botox

Synopsis: A few studies have shown that treatment of frown muscles can effectively treat many cases of depression. The developer of the technique discusses how brain-muscular "feedback loops" affect mood.

Host: Nancy Benson. Guest: Dr. Eric Finzi, Dermatologic Surgeon and author, <u>The Face of Emotion: How</u> <u>Botox Affects Mood and</u> <u>Relationships</u>

## <u>Culture</u>

## Air Week: 1-6-13

16:35 **SEGMENT** 2: Reality TV: The new freak show?

Synopsis: Reality shows are very popular in Alabama. Societies have attempted to stamp out carnival freak shows, but they always return. Many experts believe reality TV shows are this generation's incarnation of this phenomenon. Experts discuss the purposes they may serve society, efforts to legitimize such shows and the seemingly irresistible pull they have on many of us.

Host: Nancy Benson. Guests: Robert Bogdan, Distinguished Prof. Emeritus of Sociology and SpecialEducation, Syracuse Univ.;Andy Denhart, Asst. Prof. of Journalism, Stetson Univ., and editor,RealityBlurred.com; Nadia Durbach, Assoc. Prof. of History,Univ. of Utah and author, Spectacle of Deformity:Freak Shows and Modern British Culture; Mark Andrejevic, Assoc. Prof. ofCommunication Studies, Univ. ofIowa.Iowa

### 3/3/2013

1:50 **SEGMENT** #1 – Lincoln: The man and the movie

12:59

SYNOPSIS: The film "Lincoln" has been out for a few months now and by just about everyone's measure it's a blockbuster. The movie just touches on the events surrounding the 13<sup>th</sup> Amendment to the Constitution that abolished slavery, without going into great detail about the events that led up to the activities in the film. We talk to a historian and author about the film, the men and events that led to the passage of the amendment and how the actors and craftspeople brought the people and the era to life.

Host: Christopher Michael. Guests: David Rubel, historian, author of "A Steven Spielberg Film – Lincoln, a Cinematic and Historical Companion," published by Disney Press, (<u>www.davidrubel.net</u>).

7:20

#### 1:47 SEGMENT #1 – The Master of Disguise: The man behind the story of "Argo" 12:48

SYNOPSIS: When the movie "Argo" won the Oscar for "Best Picture" last month, Producer/Director/Actor Ben Affleck thanked a former CIA operative for sharing the story of the amazing caper with him. Eleven years ago, we talked to that operative and his wife who was also a spy, about what it was like to work undercover, how Hollywood contributes to spycraft and how the couple used simple and complex methods of deception to fool the enemy.

Host: Christopher Michael. Guests: Antonio and Jonna Mendez, former CIA agents, both served in the Office of Technical Services and both were Chief of Disguise. Antonio and Jonna are authors of the book, "Spy Dust," and Antonio is the author of "The Master of Disguise: My secret life in the CIA," (www.themasterofdisguise.com) (www.spymuseum.org).

#### 15:35 SEGMENT #2- Photographing the Beatles: A friend and photographer looks back 9:55

SYNOPSIS: If you're a baby boomer then you know all about the excitement and frenzy that occurred when the Beatles first arrived on the scene and traveled to America. We talk to a photographer who not only took many memorable pictures of the Fab Four, but who also became their good friend. We discuss what the musicians were like, how he gained their trust, what it was like to photograph the Beatles and other luminaries of the time, and how the profession of news photographer has changed in the last 50 years.

Host: Marty Peterson. Guests: Henry Grossman, professional photographer of the Beatles and others, author of the photographic book, "Places I Remember: My time with the Beatles," (<u>www.curbender.com</u>), (<u>www.henrygrossman.com</u>).

## Air week: 3/17/13

#### 1:47 SEGMENT #1 – Seeing vs. Observing: Enriching life by being more observant 10:29

SYNOPSIS: How often do you walk around your neighborhood without noticing what really makes it interesting? Do you know what kinds of trees, wildlife, signage and minerals inhabit your little corner of the world? No? That's probably because you see your habitat, but you don't *observe* much about it. We talk to two psychologists about the difference between seeing and observing, find out how your neighborhood can become a whole new world if you walk with people with different perspectives, and discuss how anyone can learn to become more observant of their surroundings with company or alone.

Host: Christopher Michael. Guests: Dr. Alexandra Horowitz, psychologist, animal behavior and canine cognition specialist who teaches at Barnard College, and is the author of the book, "On Looking: Eleven walks with expert eyes," (<u>www.on-looking.com</u>); Dr. Duane Jackson, Chairperson of and professor in the Dept. of Psychology, Morehouse College, Atlanta, GA (www.morehouse.edu)

## 13:19 **SEGMENT** #2- The Inventor and the Tycoon: The birth of motion pictures 12:09

SYNOPSIS: Watching the Best Picture clips during the Oscars® last month reminds us how technologically sophisticated movies are these days with special effects, gorgeous cinematography and amazing sound. It really wasn't that long ago when just seeing a few pictures move for a very few seconds was as exciting as 3-D movies are to us today. But who made the pictures first come to life? Was it Thomas Edison? Or someone else? We talk to an author about how two very different men – one a millionaire, the other an artist and a murderer – joined forces to make pictures move.

Host: Marty Peterson. Guests: Edward Ball, author of "The Inventor and the Tycoon: A gilded age murder and the birth of moving pictures," (<u>www.facebook.com/EdwardBallAuthor</u>).