

### QUARTERLY ISSUES/PROGRAMS LIST

The following is a listing of some of the significant issues responded to by Station KMSW-FM, The Dalles, Oregon, along with the most significant programming treatment of those issues for the period October 1, 2019 to December 31, 2019. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type & Description of Program/Segment
<b>DOES PRENATAL FLUORIDE LOWER IQ?</b>	Radio Health Journal	Oct. 6	5:03am	13 min.	Fluoride in community drinking water has been controversial since its introduction nearly 75 years ago. A new study adds to this with evidence that pregnant women who drink fluoridated water may produce children with slightly lowered IQ. The study author and two other experts discuss what's known and what the ramifications of the study could be for communities, for oral health, and for children. With Dr. Brittany Seymour, Asst. Prof. of Oral Health Policy and Epidemiology, Harvard School of Dental Medicine; Dr. Christine Till, Assoc. Prof. of Psychology, York Univ.; Dr. Patricia Braun, Prof. of Pediatrics, Univ. of Colorado and Chair, Section on Oral Health Executive Committee, American Academy of Pediatrics
<b>TRYPOPHOBIA: THE FEAR OF CLUSTERED HOLES</b>	Radio Health Journal	Oct. 6	5:16am	7 min.	As much as 16 percent of the population suffers from tryphobia, which makes them uneasy at the sight of holes clustered together, as in a honeycomb. Two experts and a sufferer discuss this phobia, which can be remarkably debilitating. With Dr. Geoff Cole, Center for Brain Science, Univ. of Essex; Kerry Taylor, tryphobia sufferer and administrator of support group; Dr. Keith Wagner, Univ. of Texas Medical Branch, Galveston
<b>THE SUMMER OF SPIKED SELTZER</b>	Viewpoints	Oct. 6	5:30am	9 min.	These canned, around 100-calorie alcoholic beverages have been the latest craze in 2019 and beverage industry experts predict that the hype isn't going to end anytime soon. Viewpoints spoke with the founder of Samuel Adams and Boston Beer Company, Jim Koch, along with two other industry experts to get the inside scoop on why spiked seltzers are just so popular among consumers. With Jim Koch, founder of Samuel Adams and Boston Beer Company; Natasha Swords, editor-in-chief, <i>Drink Me Magazine</i> and <i>Bonfort's Wine and Spirits Journal</i> ; Chelsea Phillips, vice president, Beyond Beer Brands, Anheuser Busch.
<b>RAISING A READER: THE IMPORTANCE OF BOOKS IN TODAY'S DIGITAL AGE</b>	Viewpoints	Oct. 6	5:39am	9 min.	We discuss how children's books have changed over the years and how to go about finding the best books for each age and interest. With Maria Russo, Children's Books Editor at The New York Times Book Review, co-author, <i>How to Raise a Reader</i> .
<b>RURAL MATERNITY UNITS CLOSING</b>	Radio Health Journal	Oct. 13	5:03am	13 min.	A large number of hospitals in rural areas have closed, and many more have closed their maternity units, leaving many rural mothers-to-be with no nearby place to deliver

					<p>their babies or even get prenatal care. Experts discuss the financial and demographic reasons behind these closures, the danger it presents to mothers and children, and some ways to counter the risk. With Dr. Carrie Henning-Smith, Asst. Prof. of Health Policy and Management, Univ. of Minnesota School of Public Health and Deputy Director, Univ. of Minnesota Rural Health Research Center; Dr. John Cullen, President, American Academy of Family Physicians; Brock Slabach, Senior Vice President, National Rural Health Association</p>
<b>ECZEMA IN INFANTS: A STARTING POINT FOR ALLERGIES AND ASTHMA</b>	Radio Health Journal	Oct. 13	5:16am	7 min.	<p>Doctors have learned that childhood allergies and asthma may have their start in dry, dysfunctional skin in infancy, when allergens such as food particles enter the body through cracks in the skin. A noted pediatric allergist discusses this "atopic march" and ways to combat it. With Dr. Donald Leung, Head, Pediatric Allergy Division, National Jewish Health, Denver</p>
<b>DISCOVERING DEATH: A MORTICIAN'S GUIDE TO LIFE</b>	Viewpoints	Oct. 13	5:30am	11 min.	<p>What happens if you pass away on an airplane or in outer space? Why do bugs only eat certain parts of your body? These are some of the questions Caitlin Doughty answers everyday and in her new book <i>Will My Cat Eat My Eyeballs?</i> Viewpoints spoke with Doughty about why discussing death is still such a taboo topic in the U.S. and how our burial and funeral practices vary widely from other cultures.</p>
<b>DISPOSABLE FASHION NO MORE: IS THE INDUSTRY REALLY CHANGING</b>	Viewpoints	Oct. 13	5:41am	7 min.	<p>Recent news has also signaled a shift in consumer's shopping habits and the potential decline of fast fashion. We speak with journalist and author Dana Thomas about the fast fashion industry, its negative effects and if consumers are really starting to change the way they shop.</p>
<b>THE PSYCHOLOGY OF GIG WORKERS</b>	Radio Health Journal	Oct. 20	5:03am	13 min.	<p>It takes a certain temperament for a worker to thrive on the freedom gig work offers without being paralyzed by the lack of security. Experts discuss the psychological benefits and difficulties of multiple part time jobs or freelancing. With Jeff Kreisler, Editor in Chief, PeopleScience.com; Dr. Brianna Caza, Assoc. Prof. of Business Ethics, Univ. of Manitoba.</p>
<b>CARING FOR STRANGERS</b>	Radio Health Journal	Oct. 20	5:16am	7 min.	<p>Emergency room physicians have to make sense of and care for complete strangers every day. A recently retired ER doctor looks back at lessons he's learned that are applicable to everyone's life. With Dr. Paul Seward, author, <i>Patient Care: Death and Life In the Emergency Room</i></p>
<b>THE PLIGHT OF THE STRAWBERRIES</b>	Viewpoints	Oct. 20	5:30am	10 min.	<p>We discuss the history of the strawberry and where it's headed today as environmental sustainability, labor shortages and other issues start to boil over. With Julie Guthman,</p>

					professor of social sciences at the University of California – Santa Cruz, author, <i>Wilted: Pathogens, Chemicals &amp; the Fragile Future of the Strawberry Industry</i> .
<b>DISEASE DETECTING DOGS</b>	Viewpoints	Oct. 20	5:40am	9 min.	Most of us are familiar with service or police dogs using their nose to sniff out a particular scent, but now researchers are harnessing the power of a dogs nose to find malaria, diabetes and even some of the hardest-to-detect cancers. With Maria Goodavage, author, <i>Doctor Dogs: How Our Best Friends Are Becoming Our Best Medicine</i> .
<b>CLIMATE CHANGE = LESS NUTRITIOUS FOODS</b>	Radio Health Journal	Oct. 27	5:03am	12 min.	Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem. With Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington
<b>PAID PARENTAL LEAVE</b>	Radio Health Journal	Oct. 27	5:15am	7 min.	The US is one of the few world nations that provides no paid job leave for either new moms or dads. A new study shows that paid leave has benefits in infant mortality as well as mother's health. An expert and advocate for paid leave discusses the benefits. With Lucy Sullivan, Executive Director, 1000 Days
<b>THE COMPLICATED ROLE OF CAREGIVING</b>	Viewpoints	Oct. 27	5:30am	11 min.	People place such a heavy emphasis on finding and arranging care for loved ones, whether that's hiring professional care or becoming the caretakers themselves. And if people take on the role themselves, it can be easy to quickly lose sight of personal health, wellness and relationships. We discuss the ups and downs of caregiving in a world that's not always so straightforward and forgiving. With Doctor Santo D. Marabella, author of <i>Lessons of Caring: Inspiration and Support for Caregivers</i> ; Erick Stoll, co-director of the film, "América".
<b>A SHIFT IN SWEDEN: SIMILARITIES AND DIFFERENCES TO THE U.S.</b>	Viewpoints	Oct. 27	5:41am	8 min.	: International influence is increasingly pervasive in today's interconnected, social media-driven world. Swedish author Elisabeth Åsbrink joins Viewpoints to discuss how Sweden has changed in recent years and the perception of the country versus the reality of what's happening within its borders.
<b>MASS VIOLENCE: HOW MUCH IS MENTAL ILLNESS TO BLAME?</b>	Radio Health Journal	Nov. 3	5:03am	12 min.	A new report from a blue ribbon panel of behavioral scientists has found that mental illnesses carry some of the blame, but mental "distress" is a much more likely factor. Panel members discuss mental health first aid, red

					flag laws, and other report recommendations on ways to prevent mass violence. With Dr. Jeffrey Lieberman, Prof. and Chair, Dept. of Psychiatry, Columbia Univ. College of Physicians and Surgeons; Dr. Joseph Parks, Medical Director, Natl. Council for Behavioral Health
<b>"MIND CONTROL," PSYCHEDELICS, AND THE CIA</b>	Radio Health Journal	Nov. 3	5:15am	8 min.	Intelligence agencies have long sought ways to control the mind to get people to do their bidding. An author discusses his investigation into CIA mind control efforts in the 1950's and 60's through the use of psychedelic drugs, which unwittingly led to an explosion of the drugs' use. With Stephen Kinzer, Senior Fellow, Watson Institute for International and Public Affairs, Brown Univ. and author, <i>Poisoner In Chief: Sidney Gottlieb and the CIA Search for Mind Control</i>
<b>THE UNDISCOVERED PHOTOS OF WWII</b>	Viewpoints	Nov. 3	5:30am	9 min.	It's been almost 75 years since the end of World War II. With Veterans Day around the corner, we discover what it was like to be an army photographer documenting the war in its final year of 1945. Who were these men? What did they do after the war? With Richard Cahan, journalist and author, <i>Aftershock: The Human Toll of War, Haunting World War II Images by America's Soldier Photographers.</i>
<b>WHY ARE PEOPLE STILL DUMPING THEIR CIGARETTES ON THE GROUND?</b>	Viewpoints	Nov. 3	5:40am	10 min.	While many Americans have grown to be more eco-conscious, some things still remain the same. It seems like almost everyday a smoker is seen stomping on a cigarette and leaving it on the pavement or chucking a lighted butt out the car window. Did you know that nearly 38 percent of all collected litter is cigarettes? We speak with an expert about how this type of litter affects the environment and its ecosystems. With Dr. Thomas Novotny, professor emeritus of epidemiology and biostatistics, San Diego State University.
<b>SUICIDE SURVIVORS</b>	Radio Health Journal	Nov. 10	5:03am	14 min.	For those left behind when a loved one dies of suicide, recovery can be difficult. Stigma, guilt, and blame are exceptionally common. They need more support, but often get less, and their own risk of suicide is elevated. Experts—one a suicide survivor herself—discuss the difficulties and ways survivors can cope. With Joyce Bruggeman, Exec. Director, Survivors of Suicide Loss; Dr. Holly Prigerson, Co-Director, Center for Research on End of Life Care, Prof. of Geriatrics and Sociology in Medicine, Weill-Cornell Medical College
<b>FERTILITY RATE DECLINE AND THE AGING POPULATION</b>	Radio Health Journal	Nov. 10	5:17am	6 .min.	Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility. With Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception

					Program, Nationwide Children's Hospital, Columbus, OH
<b>GETTING A GRIP ON PERSONAL FINANCE IN A ONE-CLICK WORLD</b>	Viewpoints	Nov. 10	5:30am	10 min.	It's almost too easy to purchase items and services these days. Need dinner? A ride? Groceries? All of these items are just a click away with a credit card that's saved online or in a mobile app. We speak with money expert, Ashley Feinstein Gerstley to find out why most Americans barely have any savings in the bank and how to start becoming more fiscally responsible through some simple, small steps.
<b>COLORS: A VIVID HISTORY</b>	Viewpoints	Nov. 10	5:40am	9 min.	Have you ever wondered how to create the color purple using only natural ingredients? Or why, amongst completely different languages, the third color term that's identified after black and white is always red? Viewpoints' speaks with two color experts about the theorized meanings behind certain hues and their natural origins. With Keith Recker, color trend consultant for Pantone, editor and founder of <i>Hand/Eye Magazine</i> , author of <i>True Colors: World Masters of Natural Dyes and Pigments</i> ; Paul Kay, professor emeritus at the University of California – Berkeley, adjunct professor at Stanford University
<b>THE RISKS OF EGG DONATION</b>	Radio Health Journal	Nov. 17	5:03am	12 min.	Some agencies estimate that 50,000 children have been born in the US using donor eggs. But egg donation (or sale, as some insist) is not regulated, and while short term risks are known, few donors have been followed for years. Long term risks are not well understood. Experts discuss what we know... and what we don't. With Dr. Linda Kahn, postdoctoral fellow in pediatrics, New York Univ. School of Medicine; Dr. Richard Paulson, Prof. of Reproductive Medicine, Univ. of Southern California and President, American Society of Reproductive Medicine; Dr. Wendy Chavkin, Prof. of Public Health and Obstetrics and Gynecology, Columbia Univ.
<b>THE CHANGING FACE OF HIV</b>	Radio Health Journal	Nov. 17	5:15am	8 min.	HIV/AIDS was once an epidemic and a death sentence. But many Americans are too young to remember that, so HIV awareness has faded. One of the nation's top HIV experts discusses HIV as a treatable, chronic illness and the need to still be vigilant—and be tested. With Dr. Laura Cheever, Assoc. Administrator, HIV/AIDS Bureau, US Health Resources and Services Administration
<b>YOUNG ADULTS &amp; ANIMALS: THE SIMILARITIES THEY SHARE IN DEVELOPMENT</b>	Viewpoints	Nov. 17	5:30am	12 min.	Over the last five years, two researchers, who are parents themselves, traveled across the world to observe several wild animal species and the interactions of their young in an effort to better understand human adolescent development. With Doctor Barbara Natterson-Horowitz, professor of evolutionary biology and medicine at Harvard University and University of California– Los

					Angeles, co-author, <i>Wildhood: The Epic Journey From Adolescence to Adulthood in Humans and Other Animals</i> ; M. Leanne Lilly, board-certified veterinary behaviorist at The Ohio State University Veterinary Medical Center.
<b>DOCUMENTING A PRESIDENCY: INSIGHTS FROM AN OBAMA WHITE HOUSE PHOTOGRAPHER</b>	Viewpoints	Nov. 17	5:42am	10 min.	Viewpoints Radio speaks with Lawrence Jackson who was an official White House photographer during the eight-year Obama administration. Through his position, he intimately witnessed every angle of the presidency from the historic to the chaotic
<b>HOMELESSNESS MYTHS</b>	Radio Health Journal	Nov. 24	5:03am	12 min.	Around a half million people are homeless in the US on any given night, but the street homeless who are most visible often incorrectly influence our assumptions about the homeless. A noted researcher discusses myths and truths about their addictions, employment, residences, and more, and why people often become homeless. With Dr. Deborah Padgett, Prof. of Social Work and Global Public Health, Silver School of Social Work, New York University
<b>PRESERVING BEAUTY THROUGH CANCER</b>	Radio Health Journal	Nov. 24	5:15am	8 min.	Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it. With Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, <i>Pretty Sick: A Beauty Guide for Women With Cancer</i>
<b>A LIFE UNDONE: FALLING VICTIM TO IDENTITY THEFT</b>	Viewpoints	Nov. 24	5:30am	11 min.	What would it be like to feel crippled by identity theft for most of your young adult life? Axton Betz-Hamilton shares her surprising identity theft story and how she's now helping others in a similar boat.
<b>THE DOUBLE LIVES OF DOCTORS</b>	Viewpoints	Nov. 24	5:41am	9 min.	Everyone needs some kind of creative outlet. For two practicing doctors, they've turned their respective interests into separate and successful side careers. Viewpoints' speaks with each about the stressors of working in the medical field and how they de-compress and give back through their musical talents. <i>With</i> Dr. Thomas Oden, adult forensic psychiatrist and DJ Diagnosis; Dr. James Webb, radiologist and country music artist.
<b>THE SLEEP DEPRIVATION OF LOCAL POLICE</b>	Radio Health Journal	<b>Dec. 1</b>	5:03am	13 min.	Studies show that law enforcement is the most sleep deprived of all professions, with potentially damaging and even fatal consequences for decision-making and reaction time, as well as long-term health damage. Experts discuss the unique challenges in having a poorly rested police force and in fixing it. With Dr. Jagdish Khubchubdani, Prof. of Health Science, Ball State Univ.; Dr. John Violanti, Research Prof. Of Epidemiology and Environmental Health, Univ. at Buffalo
<b>PET FOOD: WHAT SHOULDN'T</b>	Radio Health Journal	Dec.1	5:16am	7 min.	A growing number of pet owners are tempted to put their dog or cat on vegan, gluten-free or raw diets. An expert pet nutritionist and

<b>YOUR DOG OR CAT EAT?</b>					veterinarian discusses what pets should and shouldn't eat to be healthy. With Dr. Valerie Parker, Assoc. Prof. of Veterinary Clinical Sciences, The Ohio State Univ. Veterinary Medical Center
<b>THE PANAMA CANAL: AN ENGINEERING MAMMOTH &amp; ITS IMPLICATIONS ON WORKERS</b>	Viewpoints	Dec. 1	5:30am	10 min.	The Panama Canal was one of the most treacherous builds in modern history. The man-made waterway spanning 51 miles took more than a decade to complete and resulted in the deaths of thousands of workers. What challenges did builders face? How did disease so quickly spread? We answer these questions and more. With Paul Sutter, professor of environmental history, University of Colorado-Boulder.
<b>WHAT CAN WE LEARN FROM HOW OTHER CULTURES APPROACH EDUCATION?</b>	Viewpoints	Dec. 1	5:40am	9 min.	Have you other wondered how children in other countries are taught? What are the classrooms like? How are teachers educated? Class sizes? We speak with education expert and mother, Teru Clavel, who lived abroad with her three children, about the education differences between Asia and U.S. school systems.
<b>WORKPLACE BULLIES</b>	Radio Health Journal	Dec. 8	5:03am	12 min.	Experts describe where and how it most often occurs, what workplace bullies are seeking, who they target, why it continues, and what needs to happen to stop it. With Dr. Ron Riggio, Prof. of Psychology and Leadership, Claremont McKenna College; Dr. Charles Sophy, Medical Director, Los Angeles County Dept. of Children and Family Services; Dr. Gary Namie, Director, Workplace Bullying Institute
<b>OLDER DADS, YOUNGER KIDS</b>	Radio Health Journal	Dec. 8	5:15am	8 min.	The average age when men first become fathers has risen to 31, and more men are also becoming dads in their 40's and 50's. A National Book Award-winning author discusses his experience as a first-time dad at 56, and now as a 73-year old father with teenagers. With Tim O'Brien, author, <i>Dad's Maybe Book</i>
<b>TOP DOG: HELPING SENIOR DOGS FIND NEW HOMES</b>	Viewpoints	Dec. 8	5:30am	11 min.	Only one out of every five dogs will finish their life with the family who originally took them home. Top Dog Foundation specifically helps find new homes for senior dogs through a variety of programs. We speak with the founder of the organization, Jean Stelten-Beuning about the need and how owners can plan ahead to ensure the long-term welfare of their pet.
<b>SAVING THE BULLY: WHY WE SO QUICKLY CONDEMN 'TROUBLED CHILDREN'</b>	Viewpoints	Dec. 8	5:41am	9 min.	While many schools have put in place comprehensive anti-bullying campaigns, we still seldom focus on ensuring that the child bullies get the help they need. We still punish troubled kids with harsh detentions, suspensions and from there it escalates onward. Because of this, many bullies seem to never get the proper support and get stuck in a perpetual cycle of trouble throughout life. How do we change our systems and perspectives in order to stop these kids from falling through the cracks? With Geraldine

					DeRuiter, creator of the blog <i>The Everywhereist</i> and author, <i>All Over the Place: Adventures in Travel, True Love and Petty Theft</i> ; Dr. Ross Greene, clinical child psychologist and founding director of Lives in the Balance.
<b>BRIDGING THE VAX/ANTI-VAX DIVIDE</b>	Radio Health Journal	Dec.15	5:03am	14 min.	Pro-vaccine advocates often point to science showing safety and effectiveness, but as a noted medical humanities researcher explains, values common among anti-vaccine advocates lead them to reject this science, and both sides need to understand where the disconnect comes from. With Dr. Bernice Hausman, Prof. and Chair, Dept. of Humanities, Penn State Univ. College of Medicine and author, <i>Anti-Vax: Reframing the Vaccination Controversy</i>
<b>“AFFLUENZA”</b>	Radio Health Journal	Dec. 15	5:17am	6 min.	Rich people receive deference that the rest of us don't, but do wealthy kids grow up knowing they can get away with what others can't? Research finds that <i>all</i> children apparently know this. With Dr. Suniya Luthar, Foundation Prof. of Psychology, Arizona State Univ. and Prof. Emerita, Columbia Univ. Teachers College; Maia Szalavitz, co-author, <i>Born for Love: Why Empathy is Essential and Endangered</i>
<b>THE IMPLICATIONS OF A SHIFTING CLIMATE</b>	Viewpoints	Dec. 15	5:30am	11 min.	Extreme forest fires in California; increased flooding throughout the Midwest; rising sea levels threatening much of the coastal United States. Viewpoints speaks with author Avanti Centrae and ecologist Alejandro Frid about some of these extreme weather patterns and how people across the world are changing the way they live to adapt to this new landscape.
<b>TIPS AND TRICKS FOR HOLIDAY COOKING SUCCESS</b>	Viewpoints	Dec. 15	5:41am	8 min.	Cooking during the holidays can be a major source of stress – but it doesn't have to be. Viewpoints speaks with cookbook author Julia Turshen to get some insider tips & tricks on how to quickly pull together a successful holiday meal with basic cooking skills and ingredients that are most often already in your pantry
<b>CHRISTMAS IN THE E.R.: IT'S NO HOLIDAY</b>	Radio Health Journal	Dec. 22	5:03am	13 min.	Winter in general, and the holidays in particular, are the busiest time of year in hospital emergency departments, even in places where it doesn't snow. Experts discuss the increase in deaths of all kinds, including the “Merry Christmas Coronary” and possible reasons those deaths bounce up. With Dr. Christopher Michos, emergency physician; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institutes and Prof. of Medicine, Univ. of Southern California Keck School of Medicine; Dr. David Phillips, Emeritus Prof. of Sociology, Univ. of California, San Diego

<b>GERD AND YOUR HOLIDAY FEAST</b>	Radio Health Journal	Dec. 22	5:16am	8 min.	During the holidays, reflux problems are magnified by big meals with trigger foods like chocolate and alcohol. But reflux sometimes doesn't show up as heartburn. A gastroenterologist discusses reflux, how it may appear as asthma or hoarseness, and how it can be treated. With Dr. Jeffrey King, Chief of Gastroenterology, National Jewish Health, Denver
<b>HOLIDAY BAKING CHEER AND CHAOS: INSIDE COMPETITIVE REALITY TV</b>	Viewpoints	Dec. 22	5:30am	12 min.	There's nothing quite like watching reality TV – and holiday-themed reality TV is even better if you're trying to de-stress during the busy end-of-year months. We delve into the world of Food Network's popular show, "Holiday Baking Championship" to get the inside scoop on what it's really like to compete and judge a reality TV baking series. With Erin Campbell, season 1 champion, "Holiday Baking Championship"; Lorraine Pascale, chef, judge, "Holiday Baking Championship"; Jennifer Barney, season 4 champion, "Holiday Baking Championship."
<b>THE ANNUAL HOLIDAY SHOPPING FRENZY</b>	Viewpoints	Dec. 22	5:42am	7 min.	Christmas is only days away. Most Americans by now have bought all of their presents and have tucked their well-used credit cards away until the New Year. Viewpoints' speaks with Colin Morris at Adobe Analytics about the hottest items and shopping trends this year and the whopping 143 billion dollars that Americans are set to spend just online during the 2019 holiday shopping season.
<b>HOARDING DISORDER: IT'S ABOUT MORE THAN THE CLUTTER</b>	Radio Health Journal	Dec. 29	5:03am	12 min.	Hoarding disorder affects at least five percent of Americans, and despite TV programs showing its effects, it is still widely misunderstood. Experts discuss the danger hoarding poses to others, including neighbors, children, and first responders; why those with the disorder are so attached to things; and the right and wrong ways to address the problem. With Dr. Carolyn Rodriguez, Assoc. Prof. and Assoc. Chair of Psychiatry and Behavioral Sciences, Stanford Univ. School of Medicine; Elaine Birchall, social worker specializing in hoarding disorder and co-author, <i>Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding</i>
<b>MELANOMA ADVANCES</b>	Radio Health Journal	Dec. 29	5:15am	8 min.	Fifteen years ago, advanced melanoma was usually lethal. But new treatments harnessing the immune system have increased survival so much that researchers haven't completely been able to quantify it. An expert physician discusses the advances. With Dr. Philip Friedlander, Director, Melanoma Medical Oncology Program, Mt. Sinai, New York.
<b>AGING IN AMERICA: THE SENIOR CARE INDUSTRY</b>	Viewpoints	Dec. 29	5:30am	10 min.	Each day, 10,000 Americans will hit retirement age. With millions of people aging, the need for home health aides is set to expand by 47 percent between 2016 and 2026, according to the Bureau of Labor

					Statistics. So, what are the best senior care options out there? How much does it cost per year? What is working as a home health aide really like? With Mark Dunning, certified senior care manager; director and founder, Care Planning Institute; Joy Demiar, caregiver.
<b>HARRY POTTER: MORE THAN JUST A WIZARDING TALE</b>	Viewpoints	Dec. 28	5:40am	10 min.	The <i>Harry Potter</i> series is one of the most beloved stories of all time, unlocking a world of wizarding magic, adventure and intrigue to millions of young readers. We discuss how its unconventional storyline and character development can shift thinking and teach real life lessons. With Mimi Gladstein, English and literature professor, University of Texas at El Paso, author of the essay, <i>Feminism and Equal Opportunity: Hermione and the Women of Hogwarts</i> ; Amy Hogan, creative media manager, MuggleNet.