

WZZR
Fort Pierce, FL
Quarterly Issues/Programs List
Fourth Quarter, 2017
01/03/2018

WZZR
Quarterly Issues/Programs List

WZZR provides its listeners with programming and public service announcements that address issues of concern to our local community. Among the issues determined to be of most concern to the community during the preceding calendar quarter were:

1. Stuart Sailfish Club Foundation
2. Wounded Veteran's Relief Fund
3. PB Library
4. Kravis 26th Season
5. Sctipps
6. Quantum House
7. Gray Mockingbird Community Gardens
8. Toys 4 Tots Bills Bike Run
9. Palm Beach Zoo
10. Norton Museum of Art
11. PAL WPB Police Athletic League
12. Dub City Roller Derby

**Section I
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

WZZR broadcasts Perspectives on Sundays at 9:30 pm

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/ TIME	DURA- TION
Stuart Sailfish Club Foundation	Palm Beach Perspectives	Talked with Margaret Dyer, Chair for 32nd annual Salt Water Sisters Fishing Tournament. It's through the Stuart Sailfish Club Foundation. The Stuart Sailfish Club was formed more than 75 years ago in 1936 and incorporated in January of 1941. It is one of the oldest sportfishing clubs in the United States, formed for the purpose of promoting the conservation of gamefish and encouraging visitors to fish in Martin County waters. This years event is being held at Pirate's Cove Resort & Marina 4307 SE Bayview St Stuart, FL. The proceeds this year go to Friends in Pink and Windsor Community Angels. If ladies don't have a boat they can pay and go out on the Safari 1 (Rod, Reel and Bait included). Lady Anglers can sign up at www.saltwatersisters.com or call 772-286-9373.	Margaret Dyer, Chair, Salt Water Sisters fishing tournament Stuart Sailfish Club Foundation www.saltwatersisters.com 772-286-9373	10/01/17	30 min
Wounded Veteran's Relief Fund	Palm Beach Perspectives	Talked with Mike about the Wounded Veteran's Relief Fund. Their Mission is to ease the distress caused by financial burdens for post 9/11 Florida disabled veterans and their families, helping them transistion back home in a productive and meaningful way. They have several fundraisers: Sept 29 Creighton Redfish Rodeo, Nov 11 6 th Annual All Branches Formal Military Ball and Gala, Nov 18 3 rd Annual Running for Heroes 5K. And listeners can donate \$11 on the 11 th of each month. For info goto www.wvrf.org	Mike Durkee, Exec.Dir., Wounded Verterans Relief Fund Wvrf.org 561-855-4207	10/08/17	30 min

PB Library	Palm Beach Perspectives	Talked with Sarah Smedley, Talking Books Manager and Chris Jankow, System Activities Coordinator, Palm Beach County Library. Sarah works with the Talking Books division. It's a free service for folks who qualify (Doctor authorization required). It provides Braille and recorded material to Palm Beach County residents who are certified legally blind, visually impaired or physically handicapped and can't hold a book. The physical limitations do not have to be permanent in order to qualify. Listeners can reach Sarah at 561-649-5486. Chris works on a variety of programs. Right now he's compiling the list of authors who are going to be part of their 10th annual "Writer's Live" series, including Tim Dorsey and JJ Jance. They have lots of digital programs including: Hoopla Digital, Axis 360, Freegal, Overdrive, RB Digital, Flipster, Press Reader and Full Text Finder. They also have programs in the libraries such as Tai Chi, Drawing Still Lives, Educational Seminars on Health Insurance, etc. There are also volunteer opportunities. Listeners can find out more about the library by going to www.pbclibrary.org	Sarah Smedley, Talking Books Manager and Chris Jankow, System Activities Coordinator, Palm Beach County Library www.pbclibrary.org	10/15/17	30 min
Kravis 26 th Season	Palm Beach Perspectives	Talked with Ashley Douglass, Kravis Center and Elizabeth Dashiell, Public Relations Coor. It's the 26th season for the Kravis Center and they have a great line up of shows. And it's the 10th anniversary of them adding their Kravis on Broadway series. The Kravis on Broadway shows this year include: The Book of Mormon, Rodgers & Hammerstein's The King and I, Finding Neverland, Cabaret, The Illusionists Live from Broadway, The Bodyguard, and Something Rotten. They also have a wonderful line up of orchestra's in the Regional Arts Concert series. Listeners can buy individual tickets for shows or tickets for an entire series. Kravis is also looking for Volunteers and will be holding an orientation day on October 26th. For more info on shows, donating, and volunteering listeners can go to www.kravis.org .	Ashley Douglass, Kravis Center and Elizabeth Dashiell, Public Relations Coor www.kravis.org	10/22/17	30 min
	Palm Beach Perspectives	Corporate Sent Show – no local PSA show		10/29/17	30 min

Scripps	Palm Beach Perspectives	Talked w Dr. Kendall Nettles, Professor/Researcher at Scripps in Jupiter, FL. Much of the work at Scripps Florida is geared toward basic biomedical research. Professor Nettles and his team are doing Breast Cancer research and with the newer technology are able to identify different proteins on the cells and how estrogen/estrogen inhibiting drugs affect them. They are working towards creating treatments that are more effective for patients that don't responds to current hormone therapies. We discussed breakthroughs in T-cell therapies regarding lymphoma and how researchers are trying to adapt that delivery system to other diseases. Listeners can find out more/support research by going to https://www.scripps.edu/florida	Dr. Kendall Nettles, Professor/Researcher at Scripps in Jupiter, FL https://www.scripps.edu/florida	11/05/17	30 min
Quantum House	Palm Beach Perspectives	Spoke with Amanda Atwater, Manager of Community Relations and Events, Quantum House. Quantum House provides housing/food for families of children who are receiving medical care. They have two fundraisers coming up: Golf and Gobble at Palm Beach Par 3 on Saturday, November 18th and then Sugar Plum Dreams Brunch at Nordstrom Court, Gardens Mall on Sunday, December 3rd. To volunteer, buy tickets, become a sponsor listeners can reach out 561-494-0515 or go to www.quantumhouse.org	Amanda Atwater, Manager of Community Relations and Events, Quantum House 561-494-0515 or go to www.quantumhouse.org	11/12/17	30 min
Gray Mockingbird Community Gardens	Palm Beach Perspectives	Talked with Brian Kirsch from Gray Mockingbird Community Garden in Lake Worth. They are growing the community by growing food. They offer lots of events and programs including: Breakfast at the Garden, Community Yard Sale, Group planting/tours of the garden, Pottery and planting class, food distribution to local food banks, volunteer opportunities. They also do Bingo fundraisers Saturdays from 6p-9pm. There's a christmas paint your own canvas night too. This month's breakfast is on 11/26 and if listeners bring an unwrapped toy the price is \$2.50 instead of \$5. For more info listeners can follow them on Facebook or go to http://www.graymockingbird.com	Brian Kirsch from Gray Mockingbird Community Garden in Lake Worth	11/19/17	30 min

<p>Toys 4 Tots Bills Bike Run</p>	<p>Palm Beach Perspectives</p>	<p>Talked with Jesse Mejia, Coordinator, Marine Corps Reserve Toys For Tots and Kat Krum, President, Palm Beach County's Motorcyclists Toys For Tots, Inc. The Marine Corps Toys For Tots began in 1947. The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community. Kat is President of PBC Motorcyclists Toys For Tots and they are doing their 35th Annual Bill's Bike Run for Toys For Tots. It's on December 10th and motorcyclists line up at the South Florida Fairgrounds and then ride in a parade to Dreyer Park. Participants bring an unwrapped toy or you can donate \$10 at the park and they'll use the it to buy toys. Iheart is working with both Jesse and Kat. WKGR-FM will be doing Bill's Bike Run, and the 12 Guitars of Christmas toy drive at PGA National on December 14th. WZZR-FM is doing 12 Days of Chaos on December 17th at Twisted Tuna in Port St. Lucie. WOLL-FM is doing Mo & Sally's Dueling Toy drive on the 9th at 3 PBC Toys R Us locations: Mo in Wellington, Sally in PBG and Curtis in Boynton Beach, Lots of fun ways for listeners to donate toys and enjoy the holidays. To volunteer, donate, receive toys, or just get more info goto: www.toysfortots.org or www.billsbikestoyrun.com; Instagram: WPB_Toys4tots</p>	<p>Jesse Mejia, Coordinator, Marine Corps Reserve Toys For Tots and Kat Krum, President, Palm Beach County's Motorcyclists Toys For Tots, Inc www.toysfortots.org www.billsbikestoyrun.com</p>	<p>11/26/17</p>	<p>30 min</p>
<p>Toys 4 Tots Bills Bike Run</p>	<p>Palm Beach Perspectives</p>	<p>Repeat Show – vacation coverage</p>	<p>Jesse Mejia, Coordinator, Marine Corps Reserve Toys For Tots and Kat Krum, President, Palm Beach County's Motorcyclists Toys For Tots, Inc www.toysfortots.org www.billsbikestoyrun.com</p>	<p>12/03/17</p>	<p>30 min</p>

Palm Beach Zoo	Palm Beach Perspectives	Talked with Naki Carter, Communications & Marketing, Damian Lechner, Lead Keeper, Amy Anderson, Keeper and Wilber - the Sloth from Palm Beach Zoo and Conservation Society. The Zoological Society of the Palm Beaches, Inc. (Palm Beach Zoo & Conservation Society) exists to inspire people to act on behalf of wildlife and the natural world. They advance their conservation mission through endangered species propagation, education and support of conservation initiatives in the field. One of these ways is with their animal experience at the zoo. Wilbur, the sloth came as an animal ambassador and everyone loved meeting her and taking their #slothie It allows people to connect more closely with animals while learning about their history, habitat and how folks can become good stewards for the animals and the planet. Listeners can also do breakfast at the Zoo with Santa, Sleepovers at the zoo (to see nocturnal animals), 5k races at the Zoo, and volunteer at the Zoo. For more info, www.palmbeachzoo.org	Naki Carter, Communications & Marketing, Damian Lechner, Lead Keeper, Amy Anderson, Keeper and Wilber - the Sloth from Palm Beach Zoo and Conservation Society www.palmbeachzoo.org	12/10/17	30 min
Norton Museum Of Art	Palm Beach Perspectives	Talked with Hilary Greene and Yimarie Rivera from the Norton Museum of Art. Admission is free during their remodeling, which they hope to have completed by February of 2019. They have a new exhibition opening called Miss Lucy's 3 Day Dollhouse Party and coming up for the school break they have some fun programs for kids/families to enjoy based on the mini theme. From 12:30p-4:30p on 12/26-12/29 the schedule looks like: 12:15pm Mini book + art, 12:30p DIY- mini works of art on canvas, 12:30 & 2:30 tours: Miss Lucy's 3 Day Dollhouse Party, 1pm Performances- Magicians, singers, Ballet Florida, etc (check norton.org for dates), 2-4p mini film screenings and All Day cellphone based scavenger hunt. For more information, to become a member/volunteer, listeners can reach out to: www.norton.org This years school break is sponsored by Publix Super Markets Charities.	Hilary Greene and Yimarie Rivera from the Norton Museum of Art www.norton.org	12/17/17	30 min

PAL WPB Police Athletic League	Palm Beach Perspectives	Talked with Brittany Perdigon, Executive Director, West Palm Beach Police Athletic League. The goal of the WPB PAL is to prevent juvenile crime and violence by providing civic, athletic, recreational, and educational opportunities to the youth of WPB. They offer lots of programs at their West Palm Beach location, including: Basketball, Football, Cheer Leading, Dance, wrestling Self Improvement, Classes from other non-profits for enrichment such as art lessons from the Norton. WPB P.A.L. services over 400 kids. They are always looking for volunteers to help out. They are holding some fundraisers starting with a "Clay for Kids" sporting event at SF Shooting Club 500SW Long Drive Palm City FL 34990 at 7:30am. For info, tix, to donate, become a sponsor/volunteer reach out to Brittany at 561-835-7195 or Brittany@WestPalmBeachPAL.com	Brittany Perdigon, Executive Director, West Palm Beach Police Athletic League www.westpalmbeachpal.com	12/24/17	30 min
Dub City Roller Derby	Palm Beach Perspectives	Talked with Janae and Grim Carey from Dub City Roller Derby. They are both skaters for Dub City Roller Derby. It's a sanctioned sport and a fun way to meet fitness goals for the New Year. Each team has five players on the floor during a jam (2 minute session) and they score points by passing opposing team members. It's a fun group that encourages everyone to come out, skate, volunteer, become an official, sell merchandise, become a sponsor. Lots of opportunities to get involved and have some fun. It's a non-profit and also helps out other charities. For more info listeners can reach out to them at dubcityderbygirls.com or follow them on Facebook Dub City Roller Derby.	Janae, Grim Cary, Skaters Dub City Roller Derby www.dubcityderbygirls.com	12/31/17	30 min

Section II
NETWORK (and/or SYNDICATED) PROGRAMMING

Section II lists the network-provided (and/or syndicated) programming that the station broadcast during the preceding calendar quarter that addresses community issues.

WZZR broadcasts Radio Health Journal on Sundays at 10:00 pm



Program Log for Radio Health Journal

Program 17-40 **Producers** Reed Pence & Libby Foster
Air Week 10/01/17-10/07/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: A POSSIBLE TREATMENT FOR FETAL ALCOHOL SYNDROME?	12:39

Synopsis: Fetal alcohol spectrum disorder affects around five percent of the US population with mental disabilities and behavioral problems. Researchers explain experiments on animals with a new treatment that could eliminate the disorder, perhaps even after birth.

Host: Reed Pence. Guests: Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.

Compliance issues covered: youth at risk; parenting issues; alcohol abuse; technology; developmental disabilities

Links for more information: <http://www.nuin.northwestern.edu/members-2/e-redei/>;
<http://www.sickkids.ca/AboutSickKids/Directory/People/R/Joanne-Rovet.html>

15:44	SEGMENT 2: FERTILITY RATE DECLINES	7:18
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Synopsis: 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.

Host: Nancy Benson. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH

Compliance issues covered: health care; teen pregnancy; labor and employment; economics; generational conflict

Links for more information: <http://www.globalaginginstitute.org/about-gai/team.html>; <http://www.nationwidechildrens.org/elise-d-berlan>

Program Log for *Radio Health Journal*

Program 17-41 **Producers** Reed Pence & Libby Foster
Air Week 10/08/17-10/14/17 **Production Director** Sean Waldron

Time	Segment	Dur.
1:57	SEGMENT 1: UNDOCUMENTED IMMIGRANTS SKIPPING HEALTHCARE	12:48

Synopsis: With the federal government's crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA

Compliance issues covered: immigration; health care; public health; federal government; Hispanic and Latino issues; discrimination

Links for more information: <http://www.med.unc.edu/fammed/news/unique-partnershipbrings-doctors-to-statesunderserved-areas>; <https://www.facebook.com/elisabethpoorman/>

15:47	SEGMENT 2: PICA: A STRANGE "EAT ANYTHING" DISORDER	7:05
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Synopsis: Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history.

Host: Nancy Benson. **Guests:** Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester

Compliance issues covered: health care; youth at risk

Links for more information: <https://www.nationaleatingdisorders.org>;
<http://www.anthropology.northwestern.edu/people/faculty/sera-young.html>;
<https://www.urmc.rochester.edu/people/20022129-richard-e-kreipe/patients>

Program 17-42 **Producers** Reed Pence & Polly Hansen
Air Week 10/15/17-10/21/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: WHY THE OPPOSITION TO LATER SCHOOL START TIMES?	12:02

Synopsis: Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change.

Host: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

Compliance issues covered: Youth at risk; education; public policy; parenting issues; economics

Links for more information: https://www.rand.org/about/people/t/troxel_wendy_m.html; <http://www.startschoollater.net>

15:09	SEGMENT 2: CANCER & BEAUTY	7:39
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Synopsis: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.

Host: Nancy Benson. Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, *Pretty Sick: A Beauty Guide for Women With Cancer*

Compliance issues covered: women's issues; health care

Links for more information: <https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271>

Program 17-43 **Producer** Reed Pence
Air Week 10/22/17-10/28/17 **Production Director** Sean Waldron

Time	Segment	Dur.
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2:05	SEGMENT 1: THE BIOLOGY OF ADDICTION	12:40
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Synopsis: Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field.

Host: Reed Pence. Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine

Compliance issues covered: drug addiction and treatment; alcohol addiction; public health

Links for more information: <http://www.nationalgeographic.com/magazine/2017/09/the-addicted-brain/>;
<http://www.mountsinai.org/profiles/rita-goldstein>; http://www.med.upenn.edu/csa/bios_faculty.html

15:47 **SEGMENT 2: PREPARING FOR DISASTER**

Synopsis: Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes.

Program Log for *Radio Health Journal*

Host: Nancy Benson. Guests: Jonathan Jones and Kylene Jones, co-authors, *The Provident Prepper: A Common Sense Guide to Preparing for Emergencies*

Compliance issues covered: natural disasters; emergency preparedness; public safety and public health

Link for more information: <http://theprovidentprepper.org>

Program 17-44 **Producer** Reed Pence
Air Week 10/29/17-11/04/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: INCLUDING FEMALES IN BASIC RESEARCH	12:00

Synopsis: Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.

Program Log for *Radio Health Journal*

Host: Reed Pence. Guests: Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging & Disease, Georgetown Univ.

Compliance issues covered: health and medicine; women's issues; gender issues; federal govt.; economics

Links for more information: <https://www.womenshealth.northwestern.edu> ; <http://kibbelab.northwestern.edu> ;
<http://csd.georgetown.edu>

15:07 SEGMENT 2: "EXPLODING HEAD SYNDROME"

6:51

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

Compliance issues covered: health care; lifestyle issues

Links for more information: <http://www.briansharpless.com>

Program	17-45	Producer	Reed Pence
Air Week	11/05/17-11/11/17	Production Director	Sean Waldron

Time	Segment	Dur.
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2:05 SEGMENT 1: MORE CARBON DIOXIDE, LESS NUTRITIOUS FOOD CROPS

12:11

Synopsis: 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.

Host: Reed Pence. Guests: 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

Compliance issues covered: environment; climate change; agriculture; malnutrition; poverty; public health

Links for more information: <https://planetaryhealthalliance.org/people/sam-s-myers-md-mph>;
<https://globalhealth.washington.edu/faculty/kristie-ebi>

15:18 SEGMENT 2: BODY DYSMORPHIC DISORDER

7:28

Synopsis: Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment.

Host: Nancy Benson. Guests: Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital

Compliance issues covered: health and beauty; health care; mental illness; suicide and prevention

Links for more information: <http://www.hirschplasticsurgery.com>; <https://mghocd.org/staff/angela-fang-ph-d/>

Program 17-46 **Producers** Polly Hansen & Reed Pence
Air Week 11/12/17-11/18/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:01	SEGMENT 1: HANDSHAKE BANS & HAND WASHING	11:37

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be "clean."

Host: Reed Pence. Guests: Dr. Mark Sklansky, Prof. and Chief, Division of Pediatric Cardiology, UCLA Mattel Children's Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, "The Inspirational Nurse;" Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

Compliance issues covered: public health; health care

Links for more information: <https://www.uclahealth.org/mark-sklansky>; <http://donnacardillo.com>;
https://www.cecily.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm; <http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

14:40	SEGMENT 2: "BIG CHICKEN"	7:49
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Synopsis: Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes.

Program Log for *Radio Health Journal*

Host: Nancy Benson. Guest: Maryn McKenna, author, *Big Chicken: The Incredible Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats*

Compliance issues covered: public health; environment; economics; agriculture

Links for more information: <http://marynmckenna.com/big-chicken/>

Program 17-47 **Producer** Reed Pence
Air Week 11/19/17-11/25/17 **Production Director** Sean Waldron

Time	Segment	Dur.
	SEGMENT 1: NAVIGATING THE AGING PROCESS	12:31

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.

Host: Reed Pence. Guests: Melanie Merriman, author, *Holding the Net: Caring For My Mother On the Tightrope of Aging*; Joy Loverde, author, *Who Will Take Care of Me When I'm Old?*

Compliance issues covered: health care; aging and elderly; family issues; housing; economics

Links for more information: <http://greenwriterspress.com/book/holding-the-net/>; <http://www.elderindustry.com>

15:35	SEGMENT 2: "HELPFUL LIES"	6:54
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Program Log for *Radio Health Journal*

Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.

Host: Nancy Benson. Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Eckman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.

Compliance issues covered: ethics; public discourse

Links for more information: <https://matthewlupoli.wixsite.com/ucsd>; <http://www.paulekman.com/paul-ekman/>

Program 17-48 **Producer** Reed Pence
Air Week 11/26/17-12/02/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: ALZHEIMER'S, SPOUSES, AND "CLOSE FRIENDS"	11:08

Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.

Program Log for *Radio Health Journal*

Host: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, *Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman*

Compliance issues covered: health care; public health; elderly and senior citizens; family issues; ethics; mental health

Links for more information: <https://www.doximity.com/pub/william-uffner-md>; <https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92/>; <http://www.tamireeves.com/bleeding-hearts.html>

14:15 **SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE**

8:05

Synopsis: Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.

Host: Nancy Benson. Guest: Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

Compliance issues covered: child abuse; mental health; public health

Links for more information: <https://donnajacksonnakazawa.com>

Program 17-49 **Producer** Reed Pence
Air Week 12/03/17-12/09/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: HUMAN TRAFFICKING: SLAVERY BY ANOTHER NAME	12:16

Synopsis: Millions of vulnerable low-wage workers are exploited and trapped, both in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued.

Host: Reed Pence. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago

Compliance issues covered: youth at risk; labor and employment issues; police, crime and justice system; immigration; economics

Links for more information: <https://humantraffickinghotline.org>; <https://endslaveryandtrafficking.org>;
<https://www.metrofamily.org/legal-aid/>

15:23 SEGMENT 2: PANCREATIC CANCER

7:41

Synopsis: Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available.

Host: Nancy Benson. Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine

Compliance issues covered: health care; public health

Links for more information: <http://www.rolfefoundation.org>; <https://cancergenetics.uchicago.edu/directory/jessica-stoll-ms-cgc>

Program Log for *Radio Health Journal*

Program 17-50 **Producer** Reed Pence
Air Week 12/10/17-12/16/17 **Production Director** Sean Waldron

Time	Segment	Dur.
1:59	SEGMENT 1: MENTAL HEALTH TREATMENT FOR CHILDREN	12:38

Synopsis: Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they're prepared.

Host: Reed Pence. Guests: Dr. Jeanne Van Cleve, Asst Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL

Compliance issues covered: youth at risk; health care; mental illness; education; consumerism

Links for more information: <https://www.sharecare.com/doctor/dr-jeanne-m-vancleave>; <http://www.apa.org>;
<https://www.aap.org>

15:39	SEGMENT 2: SEASONAL AFFECTIVE DISORDER & THE HOLIDAYS	7:19
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Synopsis: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies.

Host: Nancy Benson. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, *Your Blood Never Lies* and *Cracking the Metabolic Code*

Compliance issues covered: consumerism; health care; mental illness

Links for more information: <https://wexnermedical.osu.edu/neurological-institute/researchers/nicholas-forand-phd>;
<http://www.jimlavallo.com/bio.html>

Program 17-51 **Producer** Polly Hansen and Reed Pence
Air Week 12/17/17-12/23/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: STAYING CALM IN STRESSFUL TIMES	12:03

Synopsis: Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works.

Host: Shel Lustig. Guest: Dr. Richard Davidson, Prof. of Psychology and Psychiatry and founder and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, *Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body*

Compliance issues covered: health care; modern culture; pop psychology

Links for more information: <https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/>

15:08	SEGMENT 2: HICCUPS	7:23
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Synopsis: Hiccups are annoying and uncomfortable, and doctors don't know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work.

Host: Nancy Benson. Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine

Compliance issues covered: consumerism; health care; pop culture

Links for more information: <http://www.aacom.org/>; https://en.wikipedia.org/wiki/Tyler_Cymet

Program 17-52 **Producer** Reed Pence
Air Week 12/17/17-12/23/17 **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: LONG TERM PSYCHOLOGICAL DAMAGE OF NATURAL DISASTERS	12:09

Synopsis: Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season. Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives.

Host: Shel Lustig. Guests: Dr. Howard Osofsky, Chrmn., Dept of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority

Compliance issues covered: mental health; environment and natural disasters; emergency preparedness; alcohol and drug abuse

Links for more information: https://www.medschool.lsuhsu.edu/neuroscience/faculty_detail.aspx?name=osofsky_howard;
<https://www.healthcare6.com/physician/marrero-la/thomas-a-hauth-169256.html>

15:14	SEGMENT 2: 'BROKEN HEART SYNDROME'	7:37
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Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.

Host: Nancy Benson. Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO.

Compliance issues covered: health care; consumerism; pop culture

Links for more information: https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html

Program	17-53	Producers	Reed Pence and Polly Hansen	
Air Week	12/31/17-01/06/18	Production Director	Sean Waldron	
Time	Segment			Dur.
2:05	SEGMENT 1: POLYCYSTIC OVARY SYNDROME			13:11

Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.

Host: Reed Pence. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

Compliance issues covered: health care; women's issues; consumerism

Links for more information: <http://integrativemqi.com/doctors/dr-felice-gersh/>;
<https://intmed.vcu.edu/about/leadership/nestler.html>; <https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez>;
https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgriev_brie.php;

16:18	SEGMENT 2: DREAMS VS. REALITY FOR CHILDREN IN POVERTY	6:34
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Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.

Host: Nancy Benson. Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund

Compliance issues covered: health care; public health; youth at risk; poverty

Links for more information: <https://www.mailman.columbia.edu/people/our-faculty/ir2110>;
<https://www.childrenshealthfund.org>

Section III
PUBLIC SERVICE ANNOUNCEMENTS

Section III lists public service announcements that the station broadcast during the preceding calendar quarter that address community issues.

ISSUE	ORGANIZATION OR TITLE	DURATION	RUNS
DISTRACTED DRIVING	PROJECT YELLOW LIGHT	000:30	001
FOOD SAFETY	AD COUNCIL	000:59	012
HEALTH AND FITNESS	SAVE THE MALES	000:30	004
PSA	DEPT OF HOMELAND SECURITY	000:30	005
PSA	RED WORLD AIDS DAY	000:30	016
RED	RED	000:30	009
Safe Driving	PROJECT YELLOW LIGHT	000:30	004