



Program Log for *Viewpoints Radio*

VLSM

**2018-Q1 (January-March) Viewpoints Radio Quarterly Report
Compliance Issues covered this quarter:**

Activism	Marriage
Advertising	Media
American Issues	Mental Health
Art	Neurology
Business	Parenting
Childhood Development	Personal Behavior
City Planning	Personal Improvement
Civic Engagement	Personal Issues
Community Issues	Philosophy
Criticism	Phobias
Culture	Politics
Disability	Problem Solving
Diseases	Psychology
Diversity	Public Issues
Education	Race
Employment Issues	Race Issues
English	Race Relations
Ethics	Sales
Family	Sanitation
Family Issues	Self-help
Film	Science
Grief	Social Sciences
History	Sports
Humanities	Technology
Humor	Television
International Relations	War
Internet	
Literature	



Program	18-01	Producers	Reed Pence, Evan Rook
Air Week	1/7/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Lessons On Joy	9:48	
Synopsis: In a country that seems to be pulling away more and more every day, it can seem nearly impossible to find time for yourself to clear your mind and feel joy. We talk to Douglas Abrams about the week he spent learning from two of the world's spiritual leaders, His Holiness the 14th Dalai Lama and Archbishop Desmond Tutu. Abrams shares the joy practices and little things that the Dalai Lama and Archbishop Tutu do daily to experience joy regularly.			
Host: Gary Price. Guests: Douglas Abrams, author of <i>The Book of Joy: Lasting happiness in a changing world</i>			
Links for more info: http://bookofjoy.org/			
Compliance Issues Covered: Mental Health, Philosophy, History			
13:37	SEGMENT 2: The State of Television	10:03	
Synopsis: The world of television has never been busier. With more than 500 scripted shows airing in 2017, it's never been harder to keep up with the medium. We talk to TV critic Alan Sepinwall about staying on top of things, the trends of TV, and one of the great shows of the century so far, <i>Breaking Bad</i> .			
Host: Marty Peterson. Guests: Alan Sepinwall, TV critic for UPROXX.com and author, <i>Breaking Bad 101</i>			
Links for more info: http://twitter.com/sepinwall , http://uproxx.com/sepinwall , http://www.abramsbooks.com/product/breaking-bad-101-9781419724831/			
Compliance Issues Covered: Television, Culture, Art, Criticism			
24:40	Culture Crash: <i>The Chi</i>	1:57	
Synopsis: Lena Waithe won an Emmy last year for her work on Master of None. Now, she brings her passion project to the screen in Showtime's newest show, <i>The Chi</i> .			
Host: Evan Rook		Compliance Issues Covered: Media, Television, Culture, Race	



Program Log for *Viewpoints Radio*

Program	18-02	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	1/14/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Diversity in Sci-Fi	7:52	
Synopsis: For decades, science fiction was a genre written almost exclusively by white males. Now, the genre is flourishing with diverse voices, thanks in part to the trailblazing writer Octavia E. Butler. Historian Gerry Canavan discusses the obstacles Butler faced and her legacy on one of the most popular genres in American literature.			
Host: Gary Price. Guests: Gerry Canavan, professor at Marquette University and author, <i>Octavia E. Butler</i>			
Links for more info: https://www.press.uillinois.edu/books/catalog/34ghf4me9780252040665.html , https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Dstripbooks&field-keywords=octavia+e+butler			
Compliance Issues Covered: Culture, Race, Diversity, Literature			
11:41	SEGMENT 2: Finding Inspiration in Our Communities	10:44	
Synopsis: The news typically shows us stories about the national government being stuck in a gridlock on most of the big, important issues. Sarah Van Gelder, co-founder of Yes! Magazine, went on a trip across America to see how change is being made at the local level and found inspirational stories and examples of community involvement solving big problems while paving the way for a better future.			
Host: Marty Peterson. Guests: Sarah van Gelder, author, <i>The Revolution Where You Live</i>			
Links for more info: https://revolutionwhereyoulive.org/ , http://www.yesmagazine.org/about/staff-board			
Compliance Issues Covered: American issues, Activism, Community Issues			
23:25	Culture Crash: Looking Forward to the Films of 2018	3:01	
Synopsis: We look ahead to the movies set to be released this year, from blockbusters like <i>Fantastic Beasts: The Crimes of Grindelwald</i> to more serious fare like Damien Chazelle's Neil Armstrong biopic, <i>First Man</i> .			
Host: Evan Rook		Compliance Issues Covered: Media, Film, Culture	



Program	18-03	Producers	Reed Pence, Evan Rook
Air Week	1/21/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: America's Cities: Why they matter...and a plan to save them	10:02	
Synopsis: Cities, from New York and Chicago to New Orleans and San Francisco, are a vital piece of our country. We talk about the reasons for cities, their role as cultural epicenters, and a radical plan to stop American cities from decaying under our very feet.			
Host: Gary Price. Guests: Joshua Jelly-Schapiro, co-author, <i>Nonstop Metropolis: A New York City Atlas</i> ; William Goldsmith, retired professor of city and regional planning at Cornell University and author, <i>Saving Our Cities: A progressive Plan to transform urban America</i>			
Links for more info: http://www.cornellpress.cornell.edu/book/?GCOI=80140100510000 http://joshuajellyschapiro.com/ http://www.ucpress.edu/book.php?isbn=9780520285958			
Compliance Issues Covered: American Issues, City planning, Race issues, History			
13:51	SEGMENT 2: Our Unconscious Minds	9:00	
Synopsis: We like to think we're in control of our own actions... but are we? We talk to Dr. John Bargh, a professor of psychology at Yale University and author of <i>Before You Know It: The unconscious reasons we do what we do</i> , to discuss just how much of what we do is dictated by our unconscious minds.			
Host: Marty Peterson. Guests: Dr. John Bargh, Professor of psychology at Yale University, author, <i>Before You Know It: The unconscious reasons we do what we do</i>			
Links for more info: http://www.simonandschuster.com/books/Before-You-Know-It/John-Bargh/9781501101212			
Compliance Issues Covered: Psychology, Personal Behavior, Science			
23:51	Culture Crash: The Divisive <i>Three Billboards Outside Ebbing, Missouri</i>	2:34	
Synopsis: Awards season is in full swing one contender is the divisive <i>Three Billboards Outside Ebbing, Missouri</i> . The film's racial politics has set the stage for an interesting stretch run to Oscars season.			
Host: Evan Rook		Compliance Issues Covered: Media, Film, Culture, Race relations	

Program	18-04	Producers	Reed Pence, Evan Rook
Air Week	1/28/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: The Real History Behind the Evacuation of Dunkirk	9:15	
Synopsis: In the last year, two movies including Christopher Nolan's latest blockbuster have introduced the story of Dunkirk to American audiences. We talk to Michael Korda, a historian and author, who explains some of the real history, including why Hitler and Churchill acted the way they did throughout the ordeal.			
Host: Gary Price. Guests: Michael Korda, author, <i>Alone: Britain, Churchill, and Dunkirk: Defeat into Victory</i>			
Links for more info: https://www.amazon.com/Alone-Britain-Churchill-Dunkirk-Victory/dp/1631491326			
Compliance Issues Covered: History, War, International Relations			
13:04	SEGMENT 2: Working to Maintain a Healthy Marriage	9:49	
Synopsis: Maintaining a relationship or a marriage is a wonderful thing, but sometimes it can be tricky. We hear tips from an expert clinical psychologist on how couples can communicate better, understand each other more deeply, and work through some of the issues common in modern marriages.			
Host: Marty Peterson. Guests: Dr. Daphne de Marneffe, clinical psychologist and author, <i>The Rough Patch: Marriage and the Art of Living Together</i>			
Links for more info: http://www.daphnedemarneffe.com/ , https://www.amazon.com/dp/B01N637OIO/			
Compliance Issues Covered: Family Issues, Marriage, Mental Health, Problem solving			
23:53	Culture Crash: The Ringer's <i>Binge Mode</i> Podcast	2:32	
Synopsis: There are so many podcasts these days that it can sometimes be tough to sort through them all. We highlight Binge Mode, a podcast made for obsessive fans of cultural touchstones, like <i>Game of Thrones</i> , Pixar's <i>Coco</i> , and <i>Star Wars</i> .			
Host: Evan Rook		Compliance Issues Covered: Media, Culture, Criticism	



Program Log for *Viewpoints Radio*

Program	18-05	Producers	Reed Pence, Evan Rook, Polly Hansen, Pat Renter
Air Week	2/4/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Reworking a Classic	8:28	
Synopsis: Alfred Hitchcock's "Rear Window" is a film classic. The story of a man spying on his neighbors and witnessing a murder has been the inspiration for countless books and movies. Now comes author AJ Finn's version "The Woman in the Window," which uses Hitchcock's film as a jumping-off point to tell a story close to Finn's heart about the anxiety disorder agoraphobia.			
Host: Gary Price. Guests: AJ Finn, Author, <i>The Woman in the Window</i>			
Links for more info: https://www.harpercollins.com/9780062678416/the-woman-in-the-window			
Compliance Issues Covered: Literature, Culture, Phobias, Mental health			
12:17	SEGMENT 2: Super Bowl Ads	10:18	
Synopsis: The Super Bowl is the biggest game for the NFL, but it's also the biggest game for advertisers. Many people who don't even like football tune into the game just to see the ads. We talk to marketing specialists about how to craft a good ad, how ads are effectively measured and what makes an ad memorable.			
Host: Marty Peterson. Guests: Aaron Goldman, Chief Marketing Officer for 4C Insights; David Stewart, President's Professor of Marketing at Loyola Marymount University in Los Angeles; Richard Krevolin, branding consultant and author of the book, <i>The Hook: How to share your brand's unique story to engage customers, boost sales, and achieve heartfelt success.</i>			
Links for more info: http://www.daphnedemarneffe.com/ , https://www.amazon.com/dp/B01N637OIO/			
Compliance Issues Covered: Advertising, Media, Sales, Business, Sports			
23:35	Culture Crash: TV Theme Songs	2:50	
Synopsis: TV theme songs: they're the soundtrack to our childhoods, adolescence, and Sunday nights. But have you ever stopped to think about their evolution... or how many of them you've grown fond of?			
Host: Evan Rook			
Compliance Issues Covered: Media, Culture, Television			



Program Log for *Viewpoints Radio*

Program	18-06	Producers	Reed Pence, Evan Rook
Air Week	2/11/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Making Philosophy Relatable Through Humor	9:36	
Synopsis: Often, philosophy is so dense and hard to fully process that it feels impossible to understand and enjoy. Thomas Cathcart and Daniel Klein are trying to fix that problem. They explain some of the deepest thinkers of all time, like Immanuel Kant or John Locke, with humor.			
Host: Gary Price. Guests: Thomas Cathcart and Daniel Klein, authors, <i>Plato and a Platypus Walk Into a Bar</i>			
Links for more info: http://www.penguinrandomhouse.com/books/302997/plato-and-a-platypus-walk-into-a-bar----by-thomas-cathcart/9780143113874/			
Compliance Issues Covered: Philosophy, History, Humor, Education			
12:29	SEGMENT 2: Norwich, Vermont's Olympic Formula	9:55	
Synopsis: How has a small town in Vermont produced 11 Olympians since the '80s? New York Times sportswriter Karen Crouse went there to find out, and says the answer lays in the town's culture... and most crucially, the parenting.			
Host: Marty Peterson. Guests: Karen Crouse, New York Times writer and author, <i>Norwich: One tiny Vermont town's secret to happiness and excellence</i>			
Links for more info: https://www.nytimes.com/by/karen-crouse http://www.simonandschuster.com/books/Norwich/Karen-Crouse/9781501119897			
Compliance Issues Covered: Sports, Parenting, Family Issues			
23:24	Culture Crash: YouTube's Logan Paul Problem	3:01	
Synopsis: YouTube stars rack up huge followings and a lot of cash. But YouTube's hottest star is in a lot of hot water over one of his videos. How should the Internet regulate itself?			
Host: Evan Rook		Compliance Issues Covered: Media, Culture, Internet, Ethics	



Program Log for *Viewpoints Radio*

Program	18-07	Producers	Reed Pence, Evan Rook
Air Week	2/18/2018	Production Director	Sean Waldron
Time	Segment		Dur.
1:47	SEGMENT 1: <i>The Graduate</i> , 50 Years Later		9:07
Synopsis: Few movies become as iconic as Mike Nichols's December 1967 classic, <i>The Graduate</i> . The film became a touchstone for Baby Boomers and became emblematic of the generation's desire to stand out from the generations before them. We look at some of the elements that made <i>The Graduate</i> so memorable.			
Host: Gary Price. Guests: Beverly Gray, author, <i>Seduced By Mrs. Robinson</i>			
Links for more info: https://beverlygray.com/ , https://beverlygray.com/books/seduced-by-mrs-robinson/			
Compliance Issues Covered: Culture, Film, History			
12:58	SEGMENT 2: The Power of the Written Word		10:02
Synopsis: Storytelling is a human impulse that has guided civilizations as far back as we can remember. Martin Puchner is a scholar on the subject and takes us through the history of writing stories down, and how those written accounts have become so important to our understanding of the world.			
Host: Marty Peterson. Guests: Martin Puchner, Professor of English and Comparative Literature at Harvard University and author, <i>The Written Word: The power of stories to shape people, history, civilization</i>			
Links for more info: https://www.penguinrandomhouse.com/books/253470/the-written-world-by-martin-puchner/9780812998931/ https://english.fas.harvard.edu/faculty/puchner/			
Compliance Issues Covered: Humanities, History, English, Literature			
24:00	Culture Crash: The New Era of Science Fiction		2:27
Synopsis: There was a time when science fiction stories had to be a part of some established arc or it wouldn't get made. Now, thanks to <i>Black Mirror</i> , <i>Electric Dreams</i> , and the <i>Cloverfield</i> franchise, stand-alone sci-fi is thriving once again.			
Host: Evan Rook		Compliance Issues Covered: Media, Culture, Television, Film	

Program	18-08	Producers	Reed Pence, Evan Rook
Air Week	2/25/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Obsessive Compulsive Disorder: A debilitating and misunderstood malady	9:45	
Synopsis: David Adam is a reporter and author who has lived with OCD for almost 20 years. He joins the show to explain his disorder and clear up some common misconceptions about the debilitating disorder.			
Host: Gary Price. Guests: David Adam, reporter at Nature and author, <i>The Man Who Couldn't Stop: OCD and the true story of a life lost in thought</i>			
Links for more info: https://www.amazon.com/Man-Who-Couldnt-Stop-Thought/dp/1447238281 , https://www.nature.com/nature/ https://www.nami.org/Learn-More/Mental-Health-Conditions/Obsessive-Compulsive-Disorder			
Compliance Issues Covered: Mental Health, Personal issues, Community Issues			
13:37	SEGMENT 2: Processing Unimaginable Grief	9:42	
Synopsis: Grief is something all humans experience in their life. But that doesn't make it any easier. Author Tom Malmquist suffered a terrible loss: his partner of 10 years died after childbirth. This was compounded a short while later when Malmquist's father died. He talks about how he processed his grief through writing, and the hope he finds in raising his daughter.			
Host: Marty Peterson. Guests: Tom Malmquist, author, <i>In Every Moment We Are Still Alive</i>			
Links for more info: http://static.mhpbooks.com/In-Every-Moment/			
Compliance Issues Covered: Family issues, Grief, Mental health			
24:19	Culture Crash: A Father & Son Duo's New Creepy Ghost Story	2:08	
Synopsis: Authors Richard and Billy Chizmar aren't just partners, they're family. Their new horror novella, <i>Widow's Point</i> , tells the story of a haunted lighthouse. Despite its scary plot, the father and son say writing it was a blast.			
Host: Evan Rook		Compliance Issues Covered: Media, Culture, Television, Film	



Program Log for *Viewpoints Radio*

Program	18-09	Producers	Reed Pence, Evan Rook
Air Week	3/4/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Empowering Students To Be Leaders	9:38	
Synopsis: Students are taking an active role in political conversations around the country. We talk to experts about how teachers and schools are teaching young adults to think critically about important topics and take an active role in the ongoing debates.			
Host: Gary Price. Guests: Diana E. Hess, Dean of the School of Education, University of Wisconsin-Madison; Paula McAvoy, Program Director for the Centers for Ethics & Education, University of Wisconsin-Madison. Both guests are co-authors of the book, <i>The Political Classroom: Evidence and ethics in democratic education</i> .			
Links for more info: http://www.crf-usa.org/ , http://www.mikvachallenge.org/ , http://www.civiced.org/			
Compliancy Issues Covered: Education, Politics, Civic engagement, Social sciences			
13:29	SEGMENT 2: The Value of Grit	8:38	
Synopsis: Why is it that the same obstacles can cause one person to stop a pursuit and encourage another to keep going? The answer may lie in grit, the intangible “thing” that encompasses someone’s passion and perseverance.			
Host: Marty Peterson. Guests: Angela Duckworth, Professor of Psychology at the University of Pennsylvania, Scientific Director of the Character Lab, author, <i>Grit: The power of passion and perseverance</i>			
Links for more info: http://www.angeladuckworth.com/			
Compliancy Issues Covered: Personal improvement, Self help, Job issues, Education			
23:07	Culture Crash: Oscar Sunday	3:19	
Synopsis: Tonight is the big night: The Academy Awards. We run through five of the biggest contenders of the year and where you can watch them to prepare for the ceremony.			
Host: Evan Rook		Compliancy Issues Covered: Media, Culture, Television, Film	



Program Log for *Viewpoints Radio*

Program	18-10	Producers	Reed Pence, Evan Rook
Air Week	3/11/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Education For Students With Autism	9:26	
Synopsis: The right to an education is guaranteed to all students by federal law. But experts and parents are now wondering if we're doing enough to help students with autism reach their full potentials.			
Host: Gary Price. Guests: Mark Claypool, CEO of Chance Light Behavioral Health and co-author, <i>How Autism is Reshaping Special Education</i>			
Links for more info: http://chancelight.com/ https://www.amazon.com/How-Autism-Reshaping-Special-Education/dp/1475834977/ref=asap_bc?ie=UTF8 https://www.autismspeaks.org/			
Compliance Issues Covered: Education, Disability, Family Issues, Childhood development			
13:17	SEGMENT 2: The Spanish Flu of 1918	9:35	
Synopsis: We all know about the Bubonic Plague, but fewer of us know very much about the Spanish Flu. Author Susan Meissner's new novel explores the illness, and she joins the show to discuss the disease itself, how it interacted with World War I, and the immense cost of the sickness.			
Host: Marty Peterson. Guests: Susan Meissner, author, <i>As Bright As Heaven</i>			
Links for more info: https://www.penguinrandomhouse.com/books/552037/as-bright-as-heaven-by-susan-meissner/9780399585968/			
Compliance Issues Covered: History, Diseases, Sanitation, Public Issues			
23:52	Culture Crash: Hulu's Big Push	2:34	
Synopsis: For years, Netflix has been the top choice for TV streaming enthusiasts. But Hulu has slowly become a more well-rounded service with top-tier original titles and a huge backlog of TV classics.			
Host: Evan Rook		Compliance Issues Covered: Media, Culture, Television, Business	



Program Log for *Viewpoints Radio*

Program	18-11	Producers	Reed Pence, Evan Rook
Air Week	3/18/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Studying School Shootings and Gun Violence	9:22	
Synopsis: Since the shooting in Parkland, Florida, gun reform debates have been happening all across the country, but researcher Adam Pah says one thing missing from the debates are the essential data points that he says can and should be informing future policy decisions.			
Host: Gary Price. Guests: Adam Pah, Clinical assistant professor at the Kellogg School of Management at Northwestern University			
Links for more info: https://insight.kellogg.northwestern.edu/article/school-shootings-rise-and-fall-with-the-unemployment-rate http://www.kellogg.northwestern.edu/faculty/directory/pah_adam.aspx			
Compliance Issues Covered: Public safety, Guns, Schools, Education, Politics			
13:02	SEGMENT 2: Spring 2018's Biggest Books	9:56	
Synopsis: Springtime is almost here, and with it comes an onslaught of books. We talk to three authors about some of the biggest books of the year.			
Host: Marty Peterson. Guests: Matt Haig, author, <i>How to Stop Time</i> ; Chloe Benjamin, author, <i>The Immortalists</i> ; CJ Tudor, author, <i>The Chalk Man</i>			
Links for more info: http://www.matthaig.com/how-to-stop-time/ , https://www.penguinrandomhouse.com/books/551044/the-immortalists-by-chloe-benjamin/9780735213180/ , https://www.penguinrandomhouse.com/books/556729/the-chalk-man-by-c-j-tudor/			
Compliance Issues Covered: Literature, Culture, Books, Mental Health, Family issues			
23:56	Culture Crash: Adapting a Book into a Movie: <i>Annihilation</i>	2:31	
Synopsis: The new sci-fi adventure movie, <i>Annihilation</i> , is based on a book but the adaptation is looser than what we typically expect. How director Alex Garland created something new.			
Host: Evan Rook		Compliance Issues Covered: Media, Culture, Movies, Books	

Program	18-12	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	3/25/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
1:47	SEGMENT 1: Racism in 2018	9:22	
Synopsis: We talk to two experts on sociology and racism who say that racism still exists in 2018. We discuss what racism looks like in our modern world and what we all can be doing to help make the world more tolerant and less racially biased.			
Host: Gary Price. Guests: Paul Kivel, activist and author, "Uprooting Racism: How white people can work for racial justice;" Bruce Haynes, professor of sociology at The University of California-Davis and author, "Down the Up Staircase: Three generations of a Harlem family"			
Links for more info: http://sociology.ucdavis.edu/people/bdhaynes , https://cup.columbia.edu/book/down-the-up-staircase/9780231181020 , http://paulkivel.com/			
Compliance Issues Covered: Sociology, Racism, American history, Economics			
13:31	SEGMENT 2: The Benefits of Music Education	9:56	
Synopsis: Often during a budget crunch, music education is the first thing to go from our schools. But we talk to two experts who give us some insight into the many benefits that learning music can have on our brains and how our children develop.			
Host: Marty Peterson. Guests: Dr. Nina Kraus, Director of the Auditory Neuroscience Laboratory at Northwestern University; Dr. Aniruddh Patel, Professor of Psychology at Tufts University			
Links for more info: https://sites.lsa.umich.edu/scottepage/research-2/diversity-research/ , https://www.amazon.com/The-Difference-Diversity-Creates-Societies/dp/0691138540			
Compliance Issues Covered: Sociology, Workplace issues, Psychology, Diversity			
23:38	Culture Crash: 2017's "Little" Horror Movies	2:26	
Synopsis: This year, low-cost horror movies like "Get Out" made big noise at the box office and now, the awards conversation. We discuss one man responsible for the trend: producer Jason Blum.			
Host: Evan Rook		Compliance Issues Covered: Media, Movies, Culture, Economics	

2018-Q1 (January-March) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:

Accident	Legal System
Alcohol Abuse	Legislation
Business	Mental Illness
Children	Nutrition
Consumerism	Parenting issues
Crime	Police
Developmental Disorders	Pop Culture
Diet	Prevention
Disabilities	Public Health
Drunk Driving	Public Safety
Economics	School Safety
Education	Sexual Assault
Employment	Sexual Harassment
Family Issues	Social Media
Federal Government	Sports and Recreation
Firearms	Technology
Food Regulation	Media
Gender Issues	Women's Issues
Health Care	Workplace Safety
Industry	Workplace Violence
Injury	Youth at Risk
Interpersonal Relations	

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Guest information, segment podcasts and the latest health news are available at www.radiohealthjournal.net

Program	18-01	Producers	Evan Rook, Molly Nagle, & Reed Pence
Air Week	1/7/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:05	SEGMENT 1: HEART ATTACKS IN YOUNG WOMEN	11:15	
Synopsis: Young women are at a relatively low risk of heart attacks, but when they have one a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss.			
Host: Reed Pence. Guests: Dr. Judith Lichtman, Assoc. Prof. and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Andersen, attending cardiologist and Director of Education and Outreach, Perelman Heart Institute, New York Presbyterian Hospital.			
Compliance issues covered: public health; health care; women's issues; education			
Links for more information: https://www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/			
14:22	SEGMENT 2: ODD MEDICAL TREATMENTS OF THE PAST	7:26	
Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude that doctors in ancient Greece provided better care than those in the US 150 years ago.			
Host: Nancy Benson. Guests: Nathan Belofsky, author, <i>Strange Medicine: A Shocking History of Real Medical Practices Through the Ages</i> .			
Compliance issues covered: education; consumerism; health care			
Links for more information: http://strangemedicine.com			

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Program	18-02	Producers	Reed Pence
Air Week	1/14/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:03	SEGMENT 1: VIOLENCE AGAINST HEALTHCARE WORKERS	12:24	
Synopsis: Healthcare workers are about four times more likely than other workers to be attacked on the job, usually by patients or family members, and most often in the emergency department. Experts discuss how and why attacks occur, and how hospitals and health care workers can do a better job preventing them.			
Host: Reed Pence. Guests: Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Assn.; Dr. Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald Wyatt, Medical Director, Division of Healthcare Improvement, The Joint Commission			
Compliance issues covered: health care; workplace violence; employment and workplace safety; prevention; education			
Links for more information: https://www.ena.org/practice-research/research/Pages/Default.aspx ; http://www.jointcommission.org			
15:29	SEGMENT 2: EGG DONATION FOR FAMILY AND FRIENDS	7:26	
Synopsis: Egg donation can solve infertility, but it can be a minefield of emotional risks, especially if the donor and recipient are family or friends. An author/journalist who has donated twice with vastly different results discusses the technology and what to look out for when approaching egg donation.			
Host: Lynn Holley. Guest: Alicia Young, author, <i>Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets</i>			
Compliance issues covered: healthcare; family issues; technology			
Links for more information: http://www.twoeggstwokids.com			

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Program	18-03	Producers	Reed Pence
Air Week	1/21/2018	Production Director	Sean Waldron
Time	Segment		Dur.
2:02	SEGMENT 1: WHEN SHOULD KIDS GET A PHONE?		12:52
Synopsis: Smartphones have become ubiquitous among those in their teens and older, but there is no consensus on when children should first get a phone. Experts discuss dangers and cautions, and how parents can decide when the time is right for their kids to "get connected."			
Host: Reed Pence. Guests: Dr. Yalda Uhls, Asst. Prof. of Psychology, UCLA and author, <i>Media Moms and Digital Dads</i> ; Dr. Richard Freed, child and adolescent psychologist and author, <i>Wired Child: Reclaiming Childhood in a Digital Age</i> ; Brooke Shannon, founder, Wait Until 8 th ; Dr. Scott Campbell, Prof. of Telecommunications, Univ. of Michigan			
Compliance issues covered: youth at risk; technology and media; parenting issues; education; social media			
Links for more information: http://www.yaldatauhls.com ; http://richardfreed.com ; https://www.waituntil8th.org ; https://lsa.umich.edu/comm/people/regular-faculty/swcamp.html			
15:56	SEGMENT 2: SILENT REFLUX		7:13
Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder.			
Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, <i>The Chronic Cough Enigma</i> .			
Compliance issues covered: health care; consumerism; federal government and food regulation			
Links for more information: http://www.voiceinstituteofnewyork.com			

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Program	18-04	Producer	Polly Hansen, Reed Pence
Air Week	1/28/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:02	SEGMENT 1: ANXIETY & DEPRESSION—NOT A BRAIN CHEMICAL IMBALANCE?	12:33	
Synopsis: For the last several decades, doctors have believed many mental illnesses were the result of chemical imbalances in the brain. However, a journalist's investigation shows that lost human connection, dissatisfaction, and loneliness are behind many cases of depression and anxiety. He explains.			
Host: Reed Pence. Guests: Johann Hari, author, <i>Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions</i>			
Compliance issues covered: health care; public health; technology; mental illness; interpersonal relations			
Links for more information: https://thelostconnections.com			
15:37	SEGMENT 2: TBI'S AND PERSONALITY CHANGE	7:13	
Synopsis: Traumatic brain injuries, even mild ones, may produce cognitive and personality changes months later when that “bump on the head” has been forgotten. An expert explains these injuries and how to prevent some of the consequences.			
Host: Nancy Benson. Guests: Dr. Sandeep Vaishnavi, neuroscientist, Duke Univ. Medical Center; Director, Neuropsychiatric Clinic, Carolina Partners; co-author, <i>The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior After Brain Injury</i>			
Compliance issues covered: health care; consumerism; accident and injury; sports and recreation			
Link for more information: https://jhupbooks.press.jhu.edu/content/traumatized-brain			

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Program	18-05	Producer	Reed Pence
Air Week	2/4/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:05	SEGMENT 1: ADULT BULLIES—MORE COMMON THAN WE THINK	12:09	
Synopsis: Some bullies never grow up, and just keep on bullying. 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.			
Host: Reed Pence. Guests: 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			
Compliance issues covered: youth at risk; workplace issues; employment; business and industry; interpersonal relations			
Links for more information: https://www.cmc.edu/academic/faculty/profile/ronald-riggio ; http://www.drSophy.com ; http://www.workplacebullying.org			
15:16	SEGMENT 2: FIBER AND THE GUT	7:36	
Synopsis: Scientists are discovering why dietary fiber is so good for us—it feeds beneficial bacteria living in our intestines. Experts discuss how far fiber can go to keep us healthy, and what happens when we ignore fiber in the diet.			
Host: Nancy Benson. Guests: Dr. Hannah Holscher, Asst. Prof. of Nutrition, Univ. of Illinois-Urbana-Champaign; Dr. Andrew Gewirtz, Prof. of Biomedical Sciences, Georgia State Univ.			
Compliance issues covered: health care; diet and nutrition; public health			
Links for more information: https://fshn.illinois.edu/directory/hholsche ; http://biomedical.gsu.edu/profile/andrew-gewirtz/			

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Program	18-06	Producer	Polly Hansen, Reed Pence
Air Week	2/11/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:03	SEGMENT 1: SPEAKING OUT ON SEXUAL HARASSMENT	12:01	
Synopsis: Women who have suffered sexual assault and harassment are speaking out in unprecedented numbers. Many women feel empowered, but the movement has created confusion and doubt as well. Experts discuss what's on the edges of harassment and what makes those perpetrators more dangerous than they seem, as well as legal hurdles to making claims stick.			
Host: Reed Pence. Guests: Dr. Ashton Lofgreen, Asst. Prof. of Psychiatry, Rush Univ; Dr. Cynthia Eller, Prof. of Religion, Claremont Graduate Univ. and author, <i>The Myth of Matriarchal Prehistory: Why an Invented Past Won't Give Women a Future</i> ; Dr. Emily Grijalva, Asst. Prof. of Organization and Human Resources, Univ. of Buffalo; Dr. John Pryor, Emeritus Distinguished Prof. of Psychology, Illinois State Univ.			
Compliance issues covered: women's issues; crime; legal system; sexual harassment and assault; gender issues; public health and safety; employment and workplace issue			
Links for more information: https://www.rushu.rush.edu/faculty/ashton-lofgreen-phd ; https://www.cgu.edu/people/cynthia-eller/ ; https://mgt.buffalo.edu/faculty/academic-departments/organization-human-resources/faculty/emily-grijalva.html ; https://cas.illinoisstate.edu/faculty_staff/profile.php?ulid=pryor#fs-tabs-accord2			
15:06	SEGMENT 2: THE HIGH HEALTH COST OF SUGAR	7:58	
Synopsis: Many experts disagree over the roots of the obesity crisis some 40 years ago. One well-known expert describes why he believes sugar is to blame, and the changes in the market and government advisories that made sugar a much heavier part of our diets.			
Host: Nancy Benson. Guests: Dr. Robert Lustig, pediatric endocrinologist, Univ. of California, San Francisco, President, Institute for Responsible Nutrition and author, <i>Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease</i>			
Compliance issues covered: health care; public health; consumerism; economics; federal government			
Links for more information: http://www.responsiblefoods.org			

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Program	18-07	Producers	Reed Pence
Air Week	2/18/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:05	SEGMENT 1: DASHING OLD STUTTERING MYTHS	11:39	
Synopsis: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutterers; an inability to perceive rhythms; and a much more successful way to treat stuttering. Experts discuss the new advances.			
Host: Reed Pence. Guests: Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara; Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Newuroscience, Michigan State Univ.			
Compliance issues covered: youth at risk; developmental disorders; education			
Links for more information: http://www.speech.ucsb.edu/clinic/ ; https://www.nri.ucsb.edu/people/researchers/graffon ; http://taplab.psy.msu.edu			
14:46	SEGMENT 2: MANUFACTURING HAPPINESS	7:42	
Synopsis: Surveys show that most Americans are less than happy, and seldom experience joy. Two experts discuss how even naturally glum people can manufacture joy.			
Host: Nancy Benson. Guest: Dr. Sonja Lyubomirsky, Prof. of Psychology, Univ. of California-Riverside and author, <i>The How of Happiness and Myths of Happiness: What Should Make You Happy But Doesn't, What Shouldn't Make You Happy But Does</i> ; Dr. Alex Korb, UCLA researcher and author, <i>The Upward Spiral: Using Neural Science to Reverse the Course of Depression, One Small Change At a Time</i>			
Compliance issues covered: consumerism; family issues; mental illness			
Links for more information: http://sonjalyubomirsky.com ; http://alexkorbphd.com			

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Program	18-08	Producer	Reed Pence
Air Week	2/25/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:03	SEGMENT 1: ADHD AND SLEEP DISORDERS	12:31	
Synopsis: New research shows that most people with ADHD have a disordered body clock prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.			
Host: Reed Pence. Guests: Dr. Sandra Kooij, Assoc. Prof. of Psychiatry, Free Univ. Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Asst. Prof. of Psychiatry, New York Univ. School of Medicine and CEO, Reimbursify			
Compliance issues covered: youth at risk; developmental disorders; education; family issues			
Links for more information: https://www.eunetworkadultadhd.com/author/sandra-kooij/ ; http://vatsalthakkar.com			
15:16	SEGMENT 2: A REAL-LIFE STAR TREK TRICORDER	7:38	
Synopsis: A real-life version of the Star Trek Tricorder, a non-invasive remote medical diagnostic machine, has won a major contest after passing multiple tests. Now it faces FDA scrutiny to go onto the market. Its developer discusses what the device is and how it could be used.			
Host: Nancy Benson. Guests: Dr. Basil Harris, Emergency Physician, Lankenau Medical Center and founder, Final Frontier Medical Devices			
Compliance issues covered: consumerism; technology; pop culture; health care			
Links for more information: https://tricorder.xprize.org/teams/final-frontier-medical-devices			

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Program	18-09	Producer	Reed Pence, Amirah Zaveri
Air Week	3/4/2018	Production Director	Sean Waldron
Time	Segment	Dur.	
2:05	SEGMENT 1: MISUNDERSTANDING AUTISM	12:37	
Synopsis: Autism has been misunderstood ever since its first description in the 1940's. Experts describe how this misunderstanding has drastically affected treatment of people with autism, and how schools and other institutions might change their approach and understanding to improve treatment.			
Host: Reed Pence. Guests: Steve Silberman, author, <i>Neurotribes: The Legacy of Autism and the Future of Neurodiversity</i> ; Dr. Barry Prizant, Pro., Artists & Scientists As Partners Group, Brown Univ. and author, <i>Uniquely Human: A Different Way of Seeing Autism</i>			
Compliance issues covered: youth at risk; disabilities; education; pop culture			
Links for more information: http://stevesilberman.com ; http://barryprizant.com			
15:44	SEGMENT 2: CYCLIC VOMITING SYNDROME	7:17	
Synopsis: Children suffering from a rare disorder called cyclic vomiting may vomit for days on end once or twice a month. Experts describe how the disorder is often misdiagnosed and remains difficult to treat. However, children often eventually outgrow the disorder as it transitions into migraine headaches.			
Host: Nancy Benson. Guest: Kathleen Adams, mother of cyclic vomiting sufferer and founder, President and Research Liason, Cyclic Vomiting Syndrome Assn.; Dr. B Li, Prof. of Pediatrics and Director, Cyclic Vomiting Program, Medical College of Wisconsin; Dr. Katja Kovacic, pediatric gastroenterologist, Children's Hospital of Wisconsin			
Compliance issues covered: health care; youth at risk			
Links for more information: http://cvsaonline.org ; http://www.mcw.edu ; http://www.chw.org			

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Program	18-10	Producer	Reed Pence, Polly Hansen
Air Week	3/11/18	Production Director	Sean Waldron
Time	Segment	Dur.	
2:04	SEGMENT 1: OVERDOING SCHOOL LOCKDOWN DRILLS	12:39	
Synopsis: The rise of school shootings has made lockdown drills an everyday part of school life. However, without a consensus on the best way to carry out these drills, some schools may make them too realistic and traumatize students and staff more than prepare them for an intruder. A noted expert discusses how schools go wrong and what they should do to be effective.			
Host: Reed Pence. Guests: Dr. David Schonfeld, Director, National Center for School Crisis and Bereavement, University of Southern California			
Compliance issues covered: youth at risk; children; public safety; school safety; education; police; firearms; legislation; drunk driving			
Links for more information: https://www.schoolcrisiscenter.org			
15:45	SEGMENT 2: THE MYSTERY OF ANESTHESIA	7:11	
Synopsis: Anesthesia is a bedrock of medical practice, yet doctors admit we don't know exactly how it works. An expert discusses anesthesia's back story and recent improvements.			
Host: Nancy Benson. Guests: Dr. Henry Jay Przybylo, Assoc. Prof. of Anesthesiology, Northwestern Univ. School of Medicine and author, <i>Counting Backwards: A Doctor's Notes on Anesthesiology</i>			
Compliance issues covered: health care; technology; patient safety			
Links for more information: https://www.henryjaymd.com			

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Program	18-11	Producer	Reed Pence
Air Week	3/18/18	Production Director	Sean Waldron
Time	Segment	Dur.	
2:03	SEGMENT 1: DRUNKOREXIA	11:47	
Synopsis: Studies show that a large proportion of college students are at least occasionally “drunkorexic,” avoiding food when they know they’ll be drinking later in order to get a better buzz or to keep from gaining weight. Experts discuss dangers of drunkorexia and methods colleges are using to limit the damage.			
Host: Reed Pence. Guests: Dr. Dipali Rinker, Research Asst. Prof., Univ. of Houston; Joy Stephenson-Laws, founder Proactive Health Labs; Dr. Petros Levounis, Prof. and Chrmn., Psychiatry, Rutgers New Jersey Medical School; William Mupo, Health Promotion Coordinator, Univ. of Texas-Austin			
Compliance issues covered: youth at risk; alcohol abuse; education; public health			
Links for more information: http://www.uh.edu/class/psychology/about/people/dipali-rinker/ ; https://www.amazon.com/Joy-Stephenson-Laws-JD/e/B01N59UXTS ; https://asam.org/about-us/leadership/board-of-directors/biography-petros-levounis ; https://www.healthyhorns.utexas.edu/healthpromotion.html			
14:52	SEGMENT 2: BIG DATA AND HEALTHCARE	8:04	
Synopsis: Big data is changing the world, but it’s been slow in coming to healthcare. An expert in healthcare IT explains how that’s changing and what it could mean to treatment.			
Host: Nancy Benson. Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, <i>The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era</i>			
Compliance issues covered: health care; technology			
Links for more information: https://www.cio.com/author/Paddy-Padmanabhan/			

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Program	18-12	Producer	Reed Pence
Air Week	3/25/18	Production Director	Sean Waldron
Time	Segment	Dur.	
2:05	SEGMENT 1: HOSPITALS AND HOUSING	13:48	
Synopsis: A number of hospitals, particularly in large cities, are beginning to develop or operate housing units for the homeless, finding they markedly reduce healthcare costs for this population. Experts discuss their “housing first” approach that does not require people to get off addictions before they get an apartment.			
Host: Reed Pence. Guests: Stephen Brown, Director, Preventive Emergency Medicine, Univ. of Illinois Hospital and Health Sciences, Chicago; Shannon Nazworth, Pre./CEO, Ability Housing, Jacksonville, FL			
Compliance issues covered: homeless; housing; public health; substance abuse & addictions; economics; Medicaid; economics; non-profit organizations			
Links for more information: https://chicago.medicine.uic.edu/departments/academic-departments/emergency-medicine/about/directory/sbrown/ ; https://abilityhousing.org/our-people/			
16:55	SEGMENT 2: STEM CELLS FOR COPD	5:57	
Synopsis: Lung diseases such as COPD are difficult to treat, but a new method taking a patient’s own stem cells, concentrating them, and reinfusing them is showing success. An expert explains.			
Host: Nancy Benson. Guest: Dr. Jack Coleman, Medical Director, Lung Health Institute			
Compliance issues covered: health care; technology			
Links for more information: http://www.thelunghealthinstitute.com			

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