

Pre-Record Date: December 19, 2019 – Nashville Radio Show Talking Points

1:30pm – 2:30pm | Air Date January 13

➤ **Andy Marshall, CEO - A. Marshall Hospitality**

- The story of the business
- Philanthropic efforts and focus on our communities. (I know Andy doesn't like to talk about this much, but it is a good topic for community involvement). To not be just a restaurant in a community but to be a partner to them.
- Andy's passion and support for the community leaders
- Music Program and Hitmaker series, bringing the music roots even further out of Nashville
- The ever-changing hospitality industry in Nashville and what we are doing to stay relevant
- New Year's Eve events plug, barn party and dance in Columbia

Media/ Web

Website: www.deaconsnewsouth.com ; www.puckettsgro.com ; www.puckettsboathouse.com;
www.hattiejanescreamery.com ; www.scoutspub.com

See Attached for all other sites.

➤ **Tammy Raburn, - Last Call 4 Grace**

Social Media/ Web

Website: <http://lastcall4grace.org/>

Facebook: <https://www.facebook.com/LastCall4Grace/>

➤ **Rebecca King, Senior Director of Community Relations/Executive Director - Nashville Predators Foundation**

- What is the Nashville Predators Foundation?
- GnashVegas Casino Night & Auction presented by King Jewelers on Thursday, March 7
- Largest fundraiser of the year for the Preds Foundation
- Over the ice at Bridgestone Arena
- Wine Festival & Tasting Presented by Deacon's New South
- Friday, April 5
- Preds Foundation Zoo Calendar
- Weber's Woof Pack
- Blueline Buddies

Social Media/ Web

Facebook: <https://www.facebook.com/PredsFoundation/>

Twitter: <https://twitter.com/PredsFoundation>

Website: www.nashvillepredators.com/Foundation

Instagram: <https://www.instagram.com/predsfoundation/>

Pre-Record Date: December 19, 2018 – Nashville Radio Show Talking Points

2:30pm – 3:30pm | Air Date January 20

➤ **Claire Tucker, President and Chief Executive Officer - CapStar Bank**

- Brentwood Opening, Celebration CD rates and Rewards Checking
- Business Lending: recent national recognition as a Leader in Customers Experience from market research firm
- Success Stories from recent customer experiences

Social Media/ Web

Facebook: <https://www.facebook.com/CapStarBank>

Twitter: <https://twitter.com/capstarbank>

Website: www.capstarbank.com

LinkedIn: <https://www.linkedin.com/company/capstar-bank/>

➤ **Jonathan Harris, co-founder - Homes for Homes and owner of Scout Properties**

➤ **Mike Smalling, co-founder - Homes for Homes and mortgage lender with F & M Bank**

- What is the mission of Homes for Homes?
- What communities are being impacted?
- How have you seen the people in our community support Homes for Homes?
- What is your vision for the future with this ministry?

Social Media/ Web

Facebook: <https://www.facebook.com/HomesforHomes>

Instagram: <http://instagram.com/homesforhomes>

Website: www.homes-for-homes.org

Email: info@homes-for-homes.org

➤ **LeeAnn Courvoisier – (*CO va See A*), Founder - ReRoute**

Professional Certified Coach, Speaker

- Story of ReRoute
- Mission, Need, Goals
- How you can help

Social Media/ Web

Facebook: www.facebook.com/ReRouteInfo/

Website: www.ReRoute.net

Pre-Record Date: December 19, 2018 – Nashville Radio Show Talking Points

3:30pm – 4:30pm | Air Date January 27

➤ **Joe Venezia, President - Bridgestone Americas, Inc. Retail Operations**

Bridgestone Retail Operations, LLC (BSRO) is headquartered in Nashville, Tenn., and operates the largest network of company-owned automotive service providers in the world — more than 2,200 tire and vehicle service centers across the United States — including Firestone Complete Auto Care, Tires Plus, Hibdon Tires Plus and Wheel Works store locations. Credit First National Association and Firestone Complete Fleet Care operations are also part of BSRO. BSRO is a member of the Bridgestone Americas family of companies.

- At Bridgestone, we are committed to giving back our communities in which we **move, live, work and play**. It's **Our Way to Serve** Middle Tennessee, which is also the home of our corporate headquarters and more than 3500 employees.
- Through the ***Driving Great Futures*** campaign, we **collect donations for Boys & Girls Clubs of America in our 2,220 retail stores** across the country. BSRO is **on track to donating more than \$2 million** to BGCA this year.
- This year, we are providing **81 Boys & Girls Clubs** across the country **with transportation grants** to enable these organizations to **get more kids to and from the Club** who otherwise wouldn't be able to get there or allow them to take Club members on educational **field trips**. This **increases access** to the **high-impact out-of-school programming** that sets up **young people for great futures**.
- I was thrilled to find out that the Boys & Girls Clubs of Middle Tennessee won a ***Driving Great Futures* transportation grant**, so the Club was able to purchase a new passenger van that will help to **safely transport kids and teens** to and from the Club for afterschool activities.
- We had the distinct privilege of delivering this new van which our Firestone Complete Auto Care team has outfitted with **Bridgestone DriveGuard tires**. These tires are **engineered to travel up to 50 miles at 50 mph in the event of a puncture or sudden loss of tire pressure**, allowing Club drivers to safely transport its passengers to their local Club and/or their home.
- We are so **grateful to our customers** and **key vendor partners** whose contributions to BGCA have made this van donation possible.
- On behalf of Bridgestone and our local Firestone Complete Auto Care teammates, we thank the Boys & Girls Clubs of Middle Tennessee for their continued effort to make an impact on the lives of our local Nashville youth. Together we are **driving great futures!**

Reference:

- Bridgestone Americas is proud to call Middle Tennessee home.
- The company employs more than 4,500 people across its downtown headquarters, manufacturing plants and retail store locations in the area.
- BSRO has more than 30 Firestone Complete Auto Care locations in Middle Tennessee.
- Bridgestone is committed to being an employer of choice and will continue to invest in the local communities where we live, work and play.

Pre-Record Date: December 19, 2018 – Nashville Radio Show Talking Points

(cont.) 3:30pm – 4:30pm | Air Date January 27

Bridgestone Americas Suggested Questions:

1. What does Bridgestone Retail Operations do? How is BSRO connected to Bridgestone Americas?
2. What is Bridgestone's corporate social responsibility platform? (Our Way to Serve – People, Environment, Mobility)
3. Tell me about BSRO's partnership with Boys & Girls Clubs of America? (i.e. started in 2015 after a thoughtful selection of cause marketing partners)
4. How do you raise funds for BGCA? (i.e. through generous contributions of our customers in store, at the point-of-sale)
5. You had a record-breaking fundraising year! How? (i.e. 80% increase in donations after credit card donation prompt rolled out...donations quadrupled overnight)
6. Why did you decide to start the transportation grant program? (i.e. connecting business to the cause, and addressing a critical and unmet need)
7. Joslyn Hebda recently attended a van delivery here in Nashville to BGCMT. Talk to me about that experience.
8. Talk to me about the van and the tires. (i.e. safety, reliability, and Bridgestone DriveGuard features)
9. Anything else? (Yes, thank you to our customers for your generous contributions...and helping to DRIVE GREAT FUTURES)

Social Media/ Web

Website: www.bridgestoneamericas.com
LinkedIn: <https://www.linkedin.com/company/bridgestone>
Facebook: <https://www.facebook.com/BridgestoneTires/>
Twitter: <https://twitter.com/bridgestoneUS>

➤ **Dr. Shanna (*pronounced Shawwna*) Jackson, President - Nashville State Community College**

- Nashville State Community College overview (where we are located, what we offer)
- First 6 months of my presidency (what I've learned, challenges and where we are planning to go)
- Nashville GRAD (Mayor Briley's new initiative)

Social Media/ Web

Facebook: <https://www.facebook.com/nashvillestate>
Website: www.nsc.edu
LinkedIn: www.linkedin.com/in/nashvillestatecc/
www.linkedin.com/in/shanna-jackson-92561328/

Pre-Record Date: December 19, 2018 – Nashville Radio Show Talking Points

(cont.) 3:30pm – 4:30pm | Air Date January 27

➤ Doug Oliver, Patient Advocate and Founder - The Regenerative Outcomes Foundation

a 501(c)3 charity dedicated to increasing access to regenerative medicine therapies and technologies.

IF World Stem Cell Summit press release about my award has occurred:

Doug has recently been awarded a world honor for patient advocacy and inspiration in advancing the field. The Regenerative Medicine Stem Cell Action Award has been awarded to national figures like VP Joe Biden and Dr. Jill Biden, Michael J. Fox, the Christopher Reeve Foundation, and other world leaders, scientists and visionaries

Topics:

- What is Regenerative Medicine...
- A basic description of what regenerative medicine means, why it's important, and how it affected my life.

Doug's Story

- Legally blind for 10 years from macular degeneration. I received much of my sight back after a regenerative medicine treatment to my retinas.
- Why I'm spending my time spreading the love.
- It's redefining how we experience hope for our future

Everybody wants it

- The potential for biotech and medical innovation is staggering and many diseases are on their way to being cured through precision medicine, genetic therapies and regenerative medicine.

Why I founded The Regenerative Outcomes Foundation

- To serve as a support structure to raise awareness of patient needs, promote just regulatory policy, and "privilege" the patient voice, helping us step away from the children's table and get to the adult table where real decisions are made about who gets access to these advanced therapies, how to help us afford them, which diseases get targeted, and more.

The Future for me:

- Stepping up my advocacy to the states, who are now passing laws overseeing these therapies as they emerge. Patient safety is a concern, and I am dedicated to all areas of medical innovation, the need for proper regulation, and flexible access to patients who have a right to health, delivered by their physicians in an atmosphere of shared decision making...

Social Media/ Web

Twitter: @realDougOliver

Facebook: <https://www.facebook.com/doug.oliver.102>

Web: www.regenerativeoutcomes.org

LinkedIn: www.linkedin.com/in/regenerativieoutcomesfoundation/

2019-Q4 (October-December) Viewpoints Radio Quarterly Report – Compliance Issues & Programs List

Art	Literature
Business	Media
Career	Medicine
Childhood safety/development	Mental health
Climate change	Music
Communication	Nonprofit organizations
Crime & criminal justice	Philosophy
Culture	Pop culture
Discrimination	Politics
Diversity	Pollution
Economics	Psychology
Education	Race
Engineering	Relationships
Environment	Religion
Entrepreneurship	Science
Family and parenting issues	Sexual assault
Finance	Social media
Gender issues	Sports
Government & regulation	Sustainability
Healthcare	Technology
History	Television
Housing	Transportation
International affairs/culture	Travel & exploration
Internet	Women's issues
Law enforcement	Women's rights

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Affiliate downloads are available at <ftp://mediatracksdownloads.com> and www.mediatracks.com

Guest information and segment podcasts are available at <https://viewpointsradio.org/>.

Questions/comment can be referred to info@mediatracks.com

Program	19-40	Written & Produced	Amirah Zaveri, Annie Krall & Evan Rook
Air Week	10/06 – 10/12/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:48	SEGMENT 1: THE SUMMER OF SPIKED SELTZER		9:27
Synopsis: If you were at a beach or barbeque this summer, there was probably a box of spiked seltzers somewhere in the vicinity. 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.			
Host: Gary Price. Guests: 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.			
Links for more information: https://twitter.com/SamuelAdamsBeer https://www.instagram.com/bonandvivspikedseltzer/?hl=en , https://www.facebook.com/DrinkMeMagazine/			
Compliance Issues Covered: business; trends; culture; marketing; social media; demographics			
13:19	SEGMENT 2: RAISING A READER: THE IMPORTANCE OF BOOKS IN TODAY’S DIGITAL AGE		9:16
Synopsis: These days physical books have a lot of competition. From TV to smartphone use, it can be hard to switch it all off and dive into a new book. That’s why it’s so important to start a routine of reading and storytime from the get-go with your child. 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.			
Host: Marty Peterson. Guests: Maria Russo, Children’s Books Editor at The New York Times Book Review, co-author, <i>How to Raise a Reader</i> .			
Links for more info: https://www.nytimes.com/2019/08/01/books/review/great-picture-books-summer.html https://www.nytimes.com/guides/books/how-to-raise-a-reader https://www.amazon.com/How-Raise-Reader-Pamela-Paul/dp/1523505303			
Compliance Issues Covered: literature; education; parenting; social media; internet; child development			
23:35	CULTURE CRASH: THE NEW SPACE DRAMA “AD ASTRA”		2:52
Synopsis: We discuss the new movie “Ad Astra” starring Brad Pitt as an interstellar astronaut, and why it’s more than your typical ‘on a mission to save the world’ space drama.			
Host & Producer: Evan Rook			
Compliance Issues Covered: film; culture; space; history			

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Questions/comment can be referred to info@mediatracks.com

Program	19-41	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	10/13 – 10/19/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:48	SEGMENT 1: DISCOVERING DEATH: A MORTICIAN’S GUIDE TO LIFE		11:13
Synopsis: 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.			
Host: Gary Price. Guests: Caitlin Doughty, mortician, death awareness advocate and author, <i>Will My Cat Eat My Eyeballs?</i>			
Links for more information: https://www.amazon.com/Will-Cat-Eat-Eyeballs-Questions/dp/039365270X http://caitlindoughty.com/			
Compliance Issues Covered: aging; death; business; culture; career; history; literature psychology			
15:04	SEGMENT 2: DISPOSABLE FASHION NO MORE: IS THE INDUSTRY REALLY CHANGING?		7:11
Synopsis: The retail giant, Forever 21 was once a prominent leader in the trendy style category for teens and young adults, boasting the latest fashions at bare bone prices. However, earlier this month, the company filed for Chapter 11 bankruptcy citing decreased sales and increased online competition. But for many, the 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.			
Host: Marty Peterson. Guest: Dana Thomas, journalist and author, <i>Fashionopolis: The Price of Fast Fashion and the Future of Clothes</i>			
Links for more info: https://www.penguinrandomhouse.com/books/554229/fashionopolis-by-dana-thomas/ https://www.washingtonpost.com/business/2019/10/03/tipping-point-fast-fashion-forever-s-bankruptcy-signals-shifting-priorities-young-shoppers/ http://www.danathomas.com/ https://twitter.com/DanaThomasParis			
Compliance Issues Covered: environment; labor issues; fashion; business; consumerism; technology			
23:15	CULTURE CRASH: TAKING A LOOK AT THE FLURRY OF OSCAR CONTENDERS		3:09
Synopsis: Awards season is quickly approaching as we countdown the last few months of 2019. We discuss this year’s biggest blockbusters, new releases and what movies have high hopes for an Oscar win.			
Host: Evan Rook			
Compliance Issues Covered: film; culture; technology			

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Guest information and segment podcasts are available at viewpointsradio.org.

Questions/comment can be referred to <mailto:info@mediatracks.com>

Program	19-42	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	10/20 – 10/26/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:47	SEGMENT 1: THE PLIGHT OF THE STRAWBERRIES		9:41
Synopsis: Strawberries are ubiquitous in the U.S. Supermarkets in every town stock cartons of fresh strawberries year round at an affordable price. But this widespread availability may come to a halt in the near future as the industry faces several big challenges. 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.			
Host: Gary Price. Guest: Julie Guthman, professor of social sciences at the University of California – Santa Cruz, author, <i>Wilted: Pathogens, Chemicals & the Fragile Future of the Strawberry Industry</i> .			
Links for more information: https://www.ucpress.edu/book/9780520305281/wilted https://blogs.sciencemag.org/books/2019/08/13/wilted/			
Compliance Issues Covered: farming; sustainability; agriculture; environment; health; food production			
13:31	SEGMENT 2: DISEASE DETECTING DOGS		8:33
Synopsis: Did you know that dogs can smell up to 100,000 times better than the average person? 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.			
Host: Marty Peterson. Guest: Maria Goodavage, author, <i>Doctor Dogs: How Our Best Friends Are Becoming Our Best Medicine</i>			
Links for more info: https://www.amazon.com/gp/product/1524743046/ref=dbs_a_def_rwt_bibl_vppi_i0 https://twitter.com/MariaGoodavage?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.pbs.org/wgbh/nova/article/dogs-sense-of-smell/ https://www.mariagoodavage.com/			
Compliance Issues Covered: medicine; health; animals; technology; science; healthcare; innovation			
23:04	CULTURE CRASH: JOAQUIN PHOENIX’S “JOKER”		3:18
Synopsis: Directed by Todd Phillips, the newest installment in the “Joker” franchise was released earlier this month to mixed reviews. We cover the evolution of the classic villain and how this movie portrays a different side of the character and society itself.			
Host: Evan Rook		Compliance Issues Covered: film; culture; crime	

Program	19-43	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	10/27 – 11/02/2019	Studio Producer	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: THE COMPLICATED ROLE OF CAREGIVING	10:36	
Synopsis: 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.			
Host: Gary Price. Guest: Doctor Santo D. Marabella, author of <i>Lessons of Caring: Inspiration and Support for Caregivers</i> ; Erick Stoll, co-director of the film, “América”.			
Links for more information: https://www.caregiver.org/ https://americadocumentary.com/ https://www.moravian.edu/economics/faculty/marabella https://www.amazon.com/gp/product/B07H1J661J/ref=dbs_a_def_rwt_bibl_vppi_i0 https://www.citybeat.com/movies-tv/film/article/21089790/regional-filmmakers-erick-stoll-and-chase-whitesides-documentary-amrica-is-intimate-empathetic			
Compliance Issues Covered: healthcare; aging; mental health; film; culture; interpersonal relationships			
14:27	SEGMENT 2: A SHIFT IN SWEDEN: SIMILARITIES AND DIFFERENCES TO THE U.S.	8:23	
Synopsis: 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.			
Host: Marty Peterson. Guest: Elisabeth Åsbrink, author of <i>Made in Sweden: 25 Ideas That Created a Country</i> .			
Links for more info: http://elisabethasbrink.se/en/bio/ https://www.amazon.com/Made-Sweden-ideas-created-country/dp/194753484X https://en.wikipedia.org/wiki/Elisabeth_Åsbri			
Compliance Issues Covered: politics; global affairs; culture; immigration; diversity; race; literature			
23:50	CULTURE CRASH: A REVIEW OF “GEMINI MAN”	2:37	
Synopsis: Directed by Ang Lee and starring Will Smith, Gemini Man employs new filming technology aimed at immersing audiences deeper into the film. We discuss if the new release lived up to all the hype.			
Host: Evan Rook			
Compliance Issues Covered: film; culture; technology			

Program	19-44	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	11/03 – 11/09/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:48	SEGMENT 1: THE UNDISCOVERED PHOTOS OF WWII		8:58
Synopsis: 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?			
Host: Gary Price. Guest: Richard Cahan, journalist and author, <i>Aftershock: The Human Toll of War, Haunting World War II Images by America’s Soldier Photographers</i> .			
Links for more information: https://www.cityfilespress.com/books/aftershock-human-toll-war/ https://www.amazon.com/Aftershock-Haunting-Americas-Soldier-Photographers/dp/099154188X/			
Compliance Issues Covered: war; history; government; photography; literature; technology; culture			
12:49	SEGMENT 2: WHY ARE PEOPLE STILL DUMPING THEIR CIGARETTES ON THE GROUND?		9:43
Synopsis: It’s almost 2020. 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.			
Host: Marty Peterson. Guest: Dr. Thomas Novotny, professor emeritus of epidemiology and biostatistics, San Diego State University.			
Links for more info: https://publichealth.sdsu.edu/people/thomas-novotny/ https://truthinitiative.org/research-resources/harmful-effects-tobacco/5-ways-cigarette-litter-impacts-environment https://truthinitiative.org/research-resources/harmful-effects-tobacco/tobacco-and-environment			
Compliance Issues Covered: crime; law enforcement; mental health; history; literature; technology			
23:34	CULTURE CRASH: THE WORLD OF FOREIGN LANGUAGE FILMS		2:52
Synopsis: Why do Americans tend to sway away from foreign language films? We discuss some of the best of this genre in recent years and what’s on our radar right now.			
Host: Evan Rook			
Compliance Issues Covered: foreign films; art; culture			

Program	19-45	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	11/10 – 11/16/2019	Studio Producer	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: GETTING A GRIP ON PERSONAL FINANCE IN A ONE-CLICK WORLD	10:01	
Synopsis: 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.			
Host: Gary Price. Guests: Ashley Feinstein Gerstley, money coach, founder of <i>The Fiscal Femme</i> , author of <i>The 30-Day Money Cleanse</i> .			
Links for more information: https://www.thefiscalfemme.com/ https://www.forbes.com/sites/stephanieneuman/2018/09/05/how-this-soon-to-be-author-helps-her-clients-find-financial-bliss/-21b3835a62f2 https://www.mint.com/ https://www.acorns.com/			
Compliance Issues Covered: personal finance; money; technology; economics; education; investment			
13:49	SEGMENT 2: COLORS: A VIVID HISTORY	8:34	
Synopsis: 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.			
Host: Marty Peterson. Guests: 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			
Links for more info: https://www.amazon.com/True-Colors-Masters-Natural-Pigments/dp/1733510850 https://www1.icsi.berkeley.edu/~kay/ https://en.wikipedia.org/wiki/Basic_Color_Terms:_Their_Universality_and_Evolution http://handeyemagazine.com/			
Compliance Issues Covered: color; history; art; language; education; culture; environment			
23:25	CULTURE CRASH: HOW TECHNOLOGY HAS CHANGED SPORTS-WATCHING	3:01	
Synopsis: It used to be that you’d tune into a basketball game or tennis match with whoever was in the room. Now, social media and the internet allow us to watch, analyze data and connect in real-time commentary with people from around the world.			
Host: Evan Rook			
Compliance Issues Covered: sports; television; internet; social media; culture			

Program	19-46	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	11/17 – 11/23/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:47	SEGMENT 1: YOUNG ADULTS & ANIMALS: THE SIMILARITIES THEY SHARE IN DEVELOPMENT		11:35
Synopsis: Being a teenager is tough these days – and being a parent to a teenager can be even be tougher sometimes. 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.			
Host: Gary Price. Guests: 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.			
Links for more information: https://www.uclahealth.org/barbara-natterson https://bnatterson-horowitz.com/ https://www.amazon.com/Wildhood-Journey-Adolescence-Adulthood-Animals/dp/1501164694 https://vet.osu.edu/vmc/our-people/m-leanne-lilly			
Compliance Issues Covered: animals; veterinary science; evolutionary biology; personal growth; parenting; social media; literature			
15:24	DOCUMENTING A PRESIDENCY: INSIGHTS FROM AN OBAMA WHITE HOUSE PHOTOGRAPHER		7:43
Synopsis: What would it be like to photograph a sitting president? 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.			
Host: Marty Peterson. Guests: Lawrence Jackson, photojournalist and author, <i>Yes We Did: Photos and Behind-the-Scenes Stories Celebrating Our First African-American President</i>			
Links for more info: https://www.barnesandnoble.com/w/yes-we-did-lawrence-jackson/1130946611 https://people.com/politics/barack-michelle-obama-white-house-behind-the-scenes-photos/			
Compliance Issues Covered: politics; history; photography; literature; art; career; family; relationships			
23:07	CULTURE CRASH: THE NEWEST RELEASE FROM SCI-FI AUTHOR BLAKE CROUCH		2:17
Synopsis: We review the new science fiction book, “Recursion” written by American author Blake Crouch who’s widely known for the “Wayward Pines” trilogy.			
Host: Evan Rook			
Compliance Issues Covered: literature; culture; media			

Program	19-47	Producers	Amirah Zaveri, Annie Krall & Evan Rook
Air Week	11/24 – 11/30/2019	Studio Producer	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: A LIFE UNDONE: FALLING VICTIM TO IDENTITY THEFT	10:38	
Synopsis: 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.			
Host: Gary Price. Guest: Axton Betz-Hamilton, author <i>The Less People Know About Us: A Mystery of Betrayal, Family Secrets, and Stolen Identity</i> .			
Links for more information:			
https://www.amazon.com/Less-People-Know-About-Us/dp/1538730286			
https://www.nytimes.com/2019/10/15/books/review/the-less-people-know-about-us-axton-betz-hamilton.html			
https://www.identitytheft.gov/warning-signs-of-identity-theft , https://www.idtheftcenter.org/			
Compliance Issues Covered: identity theft, fraud, crime, personal finance, literature, law, education			
14:27	SEGMENT 2: THE DOUBLE LIVES OF DOCTORS	8:54	
Synopsis: 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.			
Host: Marty Peterson. Guest: Dr. Thomas Oden, adult forensic psychiatrist and DJ Diagnosis; Dr. James Webb, radiologist and country music artist.			
Links for more info:			
http://www.djdiagnosismusic.com/			
https://www.psychologytoday.com/us/psychiatrists/thomas-oden-atlanta-ga/447203			
https://www.drjameswebb.com/ https://www.jamesrobertwebb.com/			
Compliance Issues Covered: health, medicine, music, mental health, culture, education, community			
24:21	CULTURE CRASH: EXPLORING HULU’S “CASTLE ROCK”	2:05	
Synopsis: Season two of “Castle Rock” is now streaming on Hulu. The Stephen King-inspired show is full of spooky plotlines and a diverse mix of characters – but is it worth the watch?			
Host: Evan Rook			
Compliance Issues Covered: culture, television, horror			

Program	19-48	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	12/1-12/7/2019	Studio Producer	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: THE PANAMA CANAL: AN ENGINEERING MAMMOTH & IMPLICATIONS ON WORKERS	9:42	
Synopsis: 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.			
Host: Gary Price. Guest: Paul Sutter, professor of environmental history, University of Colorado-Boulder.			
Links for more information: https://www.colorado.edu/history/paul-s-sutter http://www.environmentandsociety.org/arcadia/what-yellow-fever-disease-and-causation-environmental-history https://history.state.gov/milestones/1899-1913/panama-canal			
Compliance Issues Covered: history, disease, labor, technology, engineering, international affairs			
13:31	SEGMENT 2: WHAT CAN WE LEARN FROM HOW OTHER CULTURES APPROACH EDUCATION?	8:55	
Synopsis: 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.			
Host: Marty Peterson. Guest: Teru Clavel, education expert, author, <i>World Class: One Mother’s Journey Halfway Around the Globe in Search of the Best Education for Her Children</i> .			
Links for more info: https://www.teruclavel.com/ https://www.amazon.com/World-Class-Mothers-Education-Children-ebook/dp/B07P56J7Y5 https://twitter.com/TeruClavel?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor			
Compliance Issues Covered: education, technology, child development, parenting, literature, culture			
23:20	CULTURE CRASH: EXPLORING HBO’S “WATCHMEN”	3:06	
Synopsis: The new series stands apart from other superhero shows while also staying true to the original “Watchmen” graphic novel written by Alan Moore. We discuss the first season that’s now streaming on HBO.			
Host: Evan Rook			
Compliance Issues Covered: film; culture; television			

Program	19-49	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	12/8-12/14/2019	Studio Producer	Jason Dickey
Time	Segment	Dur.	
1:47	SEGMENT 1: TOP DOG: HELPING SENIOR DOGS FIND NEW HOMES	10:36	
Synopsis: 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.			
Host: Gary Price. Guest: Jean Stelten-Beuning, creator, owner, operator, Top Dog Country Club and founder, board chair, Top Dog Foundation.			
Links for more information: https://www.topdogfoundation.org/ https://www.topdogfoundation.org/leadership/ https://www.asPCA.org/pet-care/pet-planning/pet-trust-primer https://www.topdogfoundation.org/pet-trusts-plans/			
Compliance Issues Covered: animals, pets, aging, health, welfare, animal shelters, nonprofit organization			
14:25	SEGMENT 2: SAVING THE BULLY: WHY WE SO QUICKLY CONDEMN ‘TROUBLED CHILDREN’	8:35	
Synopsis: 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?			
Host: Marty Peterson. Guests: 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.			
Links for more info: https://www.washingtonpost.com/outlook/i-thought-my-bully-deserved-an-awful-life-but-then-he-had-one/2018/02/21/5c36bc94-1013-11e8-9570-29c9830535e5_story.html https://www.everywhereist.com/ , https://www.livesinthebalance.org/			
Compliance Issues Covered: psychology, education, mental health, parenting, child development			
24:02	CULTURE CRASH: DIVING INTO THE NEW MOVIE “WAVES”	2:25	
Synopsis: What it’s like to be a teenager in today’s hyper-competitive, tech-driven world? Trey Edward Shults’ new movie follows the dizzying lives of two teenagers as they navigate the sometimes-insurmountable pressures of youth hood.			
Host: Evan Rook			
Compliance Issues Covered: television, culture, film, music			

Program	19-50	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	12/15-12/21/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:47	SEGMENT 1: THE IMPLICATIONS OF A SHIFTING CLIMATE		11:01
Synopsis: 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.			
Host: Gary Price. Guests: Avanti Centrae, author, <i>VanOps: The Lost Power</i> ; Alejandro Frid, ecologist, science coordinator, Central Coast Indigenous Resource Alliance, author, <i>Changing Tides: An Ecologist's Journey to Make Peace with the Anthropocene</i> .			
Links for more information: https://www.avanticentrae.com/ https://twitter.com/avanticentrae?lang=en https://www.newsociety.com/Contributors/F/Frid-Alejandro https://www.amazon.com/Changing-Tides-Ecologists-Journey-Anthropocene/dp/0865719098			
Compliance Issues Covered: climate change, environment, natural disaster, politics, public policy			
14:50	SEGMENT 2: TIPS AND TRICKS FOR HOLIDAY COOKING SUCCESS		7:55
Synopsis: 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.			
Host: Marty Peterson. Guests: Julia Turshen, author of <i>Small Victories: Recipes, Advice + Hundreds of Ideas for Home Cooking Triumphs</i> .			
Links for more info: http://www.juliaturshen.com/ http://www.juliaturshen.com/smallvictories https://www.instagram.com/turshen/?hl=en https://twitter.com/turshen?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.amazon.com/Julia-Turshen/e/B00B29V6AG			
Compliance Issues Covered: holidays, cooking, food, literature, family, food waste			
23:47	CULTURE CRASH: NETFLIX MINISERIES BASED ON TRUE STORIES		2:40
Synopsis: We delve into two great true crime miniseries, “When They See Us” and “Unbelievable” that are both now streaming on Netflix. The two shows take a deeper look into past crimes to uncover how the justice system failed the people behind these stories.			
Host: Evan Rook			
Compliance Issues Covered: culture, film, tv, crime, justice, politics			

Program	19-51	Written & Produced	Amirah Zaveri, Annie Krall & Evan Rook
Air Week	12/22-12/28/2019	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:47	SEGMENT 1: HOLIDAY BAKING CHEER AND CHAOS: INSIDE COMPETITIVE REALITY TV		11:41
Synopsis: 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.			
Host: Gary Price. Guests: Erin Campbell, season 1 champion, “Holiday Baking Championship”; Lorraine Pascale, chef, judge, “Holiday Baking Championship”; Jennifer Barney, season 4 champion, “Holiday Baking Championship.”			
Links for more information: https://www.foodnetwork.com/shows/holiday-baking-championship https://www.nadiacakes.com/ https://lorrainepascale.com/ http://meringuecakes.com/			
Compliance Issues Covered: television, culture, baking, career, food, entrepreneurship, relationships			
15:30	SEGMENT 2: THE ANNUAL HOLIDAY SHOPPING FRENZY		6:39
Synopsis: 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.			
Host: Marty Peterson. Guest: Colin Morris, director, product management at Adobe Analytics.			
Links for more info: https://theblog.adobe.com/author/colinmorris/ https://nrf.com/insights/retail-holiday-and-seasonal-trends https://www.cnn.com/2019/10/29/holiday-spending-online-set-to-hit-a-record-of-143point7-billion-adobe.html			
Compliance Issues Covered: consumer spending, economy, internet, retail, data, technology, business			
23:09	CULTURE CRASH: UNCOVERING SOME OF THE DECADE’S BEST FORGOTTEN FILMS		3:16
Synopsis: Thousands of movies have been released over the last ten years. With the mind-boggling amount of films available, it can be easy to forget about a fantastic movie you may have seen years ago. We take a look at some of the best picks of the decade that may not be getting as much attention as other films on your typical end-of-year list.			
Host: Evan Rook			
Compliance Issues Covered: culture; film; history			

Program	19-52	Written & Produced	Amirah Zaveri, Annie Krall & Evan Rook
Air Week	12/29-01/05/2020	Studio Producer	Jason Dickey
Time	Segment		Dur.
1:47	SEGMENT 1: AGING IN AMERICA: THE SENIOR CARE INDUSTRY		9:37
Synopsis: 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?			
Host: Gary Price. Guest: Mark Dunning, certified senior care manager; director and founder, Care Planning Institute; Joy Demiar, caregiver.			
Links for more information: https://www.careplanninginstitute.org/ https://www.aarp.org/home-garden/housing/info-08-2009/ginzler_housing_choices.html https://www.aarp.org/caregiving/home-care/ https://www.vox.com/the-highlight/2019/8/21/20694768/home-health-aides-elder-care			
Compliance Issues Covered: aging, career, healthcare, retirement, personal finance, business			
13:26	SEGMENT 2: HARRY POTTER: MORE THAN JUST A WIZARDING TALE		9:32
Synopsis: 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.			
Host: Marty Peterson. Guest: 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.			
Links for more info: https://yourstory.com/2016/07/hermione-granger https://twitter.com/MuggleNet?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.utep.edu/liberalarts/english/people/faculty-profiles/mimi-gladstein.html https://feminisminharrypotter.weebly.com/feminism-and-gender.html https://www.cbsnews.com/news/harry-potter-books-banned-nashville-catholic-school-bans-series-read-by-a-human-being-risk-conjuring-evil-spirits/			
Compliance Issues Covered: literature, film, women’s rights, feminism, social media, culture			
23:58	CULTURE CRASH: DOES DISNEY PLUS STACK UP TO THE HYPE?		2:27
Synopsis: Disney+ debuted this past fall to a lot of speculation about what another streaming platform could really add to the already crowded marketplace. We discuss its offerings and who might really benefit from its niche selection.			

**2019-Q4 (October-December) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List**

Affordable Housing	Interpersonal relations
Agriculture	Law & crime
Business & industry	Local government policy
Cancer	Malnutrition
Child safety	Mass shootings
Climate Change	Mental health
Community water fluoridation	Mental illness
Consumerism	Nutrition
Drug use	Parenting issues
Economics	Police & law enforcement
Education	Population decline
Emergency responders	Poverty
Environment	Prevention
Ethics	Psychology
Family values	Public health
Federal government	Public policy
Generational issues/conflict	Regulation
Gun violence	Rural community issues
Health care	Suicide
Health care accessibility issues	Vaccination
HIV & AIDS	Women's issues
Homelessness	Workplace & employment issues
Hospitals & emergency room	Youth at risk
Infant mortality	

Radio Health Journal Program Log

Program	19-40	Writers/Producers	Reed Pence
Air Week	10/06 – 10/12/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:55	SEGMENT 1: DOES PRENATAL FLUORIDE LOWER IQ?	13:20	
Synopsis: 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.			
Host & Producer: Reed Pence. Guests: Dr. Brittany Seymour, Assistant Professor of Oral Health Policy and Epidemiology, Harvard School of Dental Medicine; Dr. Christine Till, Associate Professor of Psychology, York University; Dr. Patricia Braun, Professor of Pediatrics, University of Colorado and Chair, Section on Oral Health Executive Committee, American Academy of Pediatrics			
Compliance issues covered: public health; youth at risk; local government policy; parenting issues; community water fluoridation; health care; child safety			
Links for more information: https://hsdm.harvard.edu/people/brittany-seymour http://health.info.yorku.ca/health-profiles/index.php?mid=645764 https://www.denverhealth.org/provider-directory/b/braun-patricia-a			
16:17	SEGMENT 2: TRYPOPHOBIA: THE FEAR OF CLUSTERED HOLES	6:38	
Synopsis: As much as 16 percent of the population suffers from trypophobia, 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.			
Host: Nancy Benson. Producer: Morgan Kelly. Guests: Dr. Geoff Cole, Center for Brain Science, University of Essex; Kerry Taylor, trypophobia sufferer and administrator of support group; Dr. Keith Wagner, University of Texas Medical Branch, Galveston			
Compliance issues covered: health care; consumerism; mental health			
Links for more information: https://www.essex.ac.uk/people/cole19909/geoff-cole https://www.skinhoax.com https://www.consultant360.com/exclusive/consultant360/dermatology/qa-keith-wagner-md-online-skin-disease-hoaxes			

Radio Health Journal Program Log

Program	19-41	Executive Producer	Reed Pence
Air Week	10/13 – 10/19/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: RURAL MATERNITY UNITS CLOSING	13:25	
Synopsis: 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 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.			
Host & Producer: Reed Pence. Guests: Dr. Carrie Henning-Smith, Assistant Professor of Health Policy and Management, University of Minnesota School of Public Health and Deputy Director, University of Minnesota Rural Health Research Center; Dr. John Cullen, President, American Academy of Family Physicians; Brock Slabach, Senior Vice President, National Rural Health Association			
Compliance issues covered: public health; health care; parenting issues; child safety; emergency responders; rural community issues; economics; population decline; workforce issues; health care accessibility issues; hospitals			
Links for more information: https://directory.sph.umn.edu/bio/sph-a-z/carrie-henning-smith https://www.aafp.org/about/governance/board-directors/board-chair-cullen.html https://www.ruralhealthweb.org/about-nrha/staff-directory			
16:29	SEGMENT 2: ECZEMA IN INFANTS: A STARTING POINT FOR ALLERGIES AND ASTHMA	6:33	
Synopsis: 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.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Donald Leung, Head, Pediatric Allergy Division, National Jewish Health, Denver			
Compliance issues covered: health care; youth at risk; public health; consumerism			
Links for more information: https://www.nationaljewish.org/doctors-departments/providers/physicians/donald-y-m-leung			

Radio Health Journal Program Log

Program	19-42	Executive Producer	Reed Pence
Air Week	10/20 – 10/26/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:01	SEGMENT 1: THE PSYCHOLOGY OF GIG WORKERS	13:12	
<p>Synopsis: Gig work is becoming more and more a part of the American economy. 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.</p>			
<p>Host & Producer: Reed Pence. Guests: Jeff Kreisler, Editor in Chief, PeopleScience.com; Dr. Brianna Caza, Associate Professor of Business Ethics, University of Manitoba</p>			
<p>Compliance issues covered: economics; workplace & employment issues; mental health; psychology</p>			
<p>Links for more information: http://jeffkreisler.com https://umanitoba.ca/faculties/management/faculty_staff/academic_professors/brianna-caza.html</p>			
16:15	SEGMENT 2: CARING FOR STRANGERS	6:42	
<p>Synopsis: 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.</p>			
<p>Host: Nancy Benson. Producer: Polly Hansen. Guest: Dr. Paul Seward, author, <i>Patient Care: Death and Life In the Emergency Room</i></p>			
<p>Compliance issues covered: health care; public health; hospitals & emergency room</p>			
<p>Links for more information: http://www.washingtonindependentreviewofbooks.com/index.php/bookreview/patient-care-death-and-life-in-the-emergency-room</p>			

Radio Health Journal Program Log

Program	19-43	Executive Producer	Reed Pence
Air Week	10/27 – 11/02/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: CLIMATE CHANGE = LESS NUTRITIOUS FOODS	12:12	
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 & Producer: Reed Pence. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard University; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, University 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			
15:16	SEGMENT 2: PAID PARENTAL LEAVE	7:21	
Synopsis: The US is one of the few world nations that offers 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.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Lucy Sullivan, Executive Director, 1000 Days			
Compliance issues covered: health care; public health; youth at risk; infant mortality; workplace & employment issues; economics			
Link for more information: https://thousanddays.org/person/lucy-martinez-sullivan/			

Radio Health Journal Program Log

Program	19-44	Executive Producer	Reed Pence
Air Week	11/03 – 11/09/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: MASS VIOLENCE: HOW MUCH IS MENTAL ILLNESS TO BLAME?	12:11	
Synopsis: Mass shootings and other forms of mass violence are on the increase. Where to assess blame is in sharp dispute. 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.			
Host & Producer: Reed Pence. Guests: Dr. Jeffrey Lieberman, Professor and Chair, Dept. of Psychiatry, Columbia University College of Physicians and Surgeons; Dr. Joseph Parks, Medical Director, Natl. Council for Behavioral Health			
Compliance issues covered: crime; police & law enforcement; public health; gun violence; prevention; mental illness; education; workplace issues; school safety; youth at risk; mass shootings			
Links for more information: https://www.columbiapsychiatry.org/profile/jeffrey-lieberman-md https://www.thenationalcouncil.org/press-releases/national-council-behavioral-health-announces-dr-joseph-parks-first-medical-director/			
15:15	SEGMENT 2: “MIND CONTROL,” PSYCHEDELICS, AND THE CIA	7:53	
Synopsis: 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.			
Host: Nancy Benson. Producer: Polly Hansen Guests: Stephen Kinzer, Senior Fellow, Watson Institute for International and Public Affairs, Brown University and author, <i>Poisoner In Chief: Sidney Gottlieb and the CIA Search for Mind Control</i>			
Compliance issues covered: ethics; drug use; federal government			
Links for more information: https://watson.brown.edu/people/visiting/kinzer			

Radio Health Journal Program Log

Program	19-45	Executive Producer	Reed Pence
Air Week	11/10 – 11/16/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: SUICIDE SURVIVORS	13:43	
Synopsis: 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.			
Host & Producer: Reed Pence. Guests: Joyce Bruggeman, Exec. Director, Survivors of Suicide Loss; Dr. Holly Prigerson, Co-Director, Center for Research on End of Life Care, Professor of Geriatrics and Sociology in Medicine, Weill-Cornell Medical College			
Compliance issues covered: mental health; public health; family issues; suicide; mental illness			
Links for more information: https://www.soslsd.org/board-leadership/#bruggeman http://vivo.med.cornell.edu/display/cwid-hgp2001 https://suicidepreventionlifeline.org https://save.org/what-we-do/grief-support/			
16:47	SEGMENT 2: FERTILITY RATE DECLINE AND THE AGING POPULATION	6:00	
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			

Radio Health Journal Program Log

Program	19-46	Executive Producer	Reed Pence
Air Week	11/17 – 11/23/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:59	SEGMENT 1: THE RISKS OF EGG DONATION	11:32	
Synopsis: 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.			
Host & Producer: Reed Pence. Guests: Dr. Linda Kahn, postdoctoral fellow in pediatrics, New York University School of Medicine; Dr. Richard Paulson, Professor of Reproductive Medicine, University of Southern California and President, American Society of Reproductive Medicine; Dr. Wendy Chavkin, Professor of Public Health and Obstetrics and Gynecology, Columbia University			
Compliance issues covered: health care; economics; ethics; technology; women's issues; federal government; regulation			
Links for more information: https://med.nyu.edu/departments-institutes/pediatrics/divisions/environmental-pediatrics/our-team https://uscfertility.org/about-usc-fertility/richard-paulson-md/ https://www.mailman.columbia.edu/people/our-faculty/wc9			
14:33	SEGMENT 2: THE CHANGING FACE OF HIV	8:00	
Synopsis: 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.			
Host: Nancy Benson. Guest: Dr. Laura Cheever, Associate Administrator, HIV/AIDS Bureau, US Health Resources and Services Administration			
Compliance issues covered: health care; HIV/AIDS; public health; prevention; poverty			
Links for more information: https://www.hrsa.gov/about/organization/bureaus/hab/bio-cheever.html			

Radio Health Journal Program Log

Program	19-47	Executive Producer	Reed Pence
Air Week	11/24 – 11/30/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: HOMELESSNESS MYTHS	11:34	
Synopsis: 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.			
Host & Producer: Reed Pence. Guest: Dr. Deborah Padgett, Professor of Social Work and Global Public Health, Silver School of Social Work, New York University			
Compliance issues covered: homeless; poverty; economics; mental illness; addiction and substance abuse; crime; employment and unemployment; affordable housing; public health			
Links for more information: https://aaswsw.org/member/deborah-padgett/			
14:25	SEGMENT 2: PRESERVING BEAUTY THROUGH CANCER	7:44	
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. Producer: Polly Hansen. Guest: Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, <i>Pretty Sick: A Beauty Guide for Women With Cancer</i>			
Compliance issues covered: women’s issues; health care; cancer			
Links for more information: https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271			

Radio Health Journal Program Log

Program	19-48	Executive Producer	Reed Pence
Air Week	12/01 – 12/07/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: THE SLEEP DEPRIVATION OF LOCAL POLICE	12:56	
Synopsis: 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.			
Host & Producer: Reed Pence. Guests: Dr. Jagdish Khubchubdani, Professor of Health Science, Ball State University; Dr. John Violanti, Research Professor Of Epidemiology and Environmental Health, University at Buffalo			
Compliance issues covered: police & law enforcement; public safety; local government; public health			
Links for more information: https://www.bsu.edu/academics/collegesanddepartments/nutrition-health-science/about-us/faculty-and-staff/health-science-faculty/khubchandanijagdish http://www.buffalo.edu/news/experts/john-violanti-faculty-expert-police-stress.html			
15:47	SEGMENT 2: PET FOOD: WHAT SHOULDN'T YOUR DOG OR CAT EAT?	6:48	
Synopsis: 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 veterinarian discuss what pets should and shouldn't eat to be healthy.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Valerie Parker, Associate Professor of Veterinary Clinical Sciences, The Ohio State University Veterinary Medical Center			
Compliance issues covered: pets & people; nutrition			
Links for more information: https://vet.osu.edu/parker-valerie			

Radio Health Journal Program Log

Program	19-49	Executive Producer	Reed Pence
Air Week	12/08 – 12/14/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: WORKPLACE BULLIES	11:56	
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 & Producer: Reed Pence. Guests: Dr. Ron Riggio, Professor 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 & industry; interpersonal relations			
Links for more information: https://www.cmc.edu/academic/faculty/profile/ronald-riggio http://www.drSophy.com http://www.workplacebullying.org			
14:47	SEGMENT 2: OLDER DADS, YOUNGER KIDS	8:01	
Synopsis: 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.			
Host: Nancy Benson. Producer: Polly Hansen. Guest: Tim O’Brien, author, <i>Dad’s Maybe Book</i>			
Compliance issues covered: parenting issues; men’s issues; generational issues			
Links for more information: https://time.com/5696948/life-after-wartime/			

Radio Health Journal Program Log

Program	19-50	Executive Producer	Reed Pence
Air Week	12/15 – 12/21/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:46	SEGMENT 1: BRIDGING THE VAX/ANTI-VAX DIVIDE	14:10	
Synopsis: The debate over vaccination isn’t as civil as it once was, and leaves little room for common ground or even discussion. 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.			
Host & Producer: Reed Pence. Guests: Dr. Bernice Hausman, Professor and Chair, Dept. of Humanities, Penn State University College of Medicine and author, <i>Anti-Vax: Reframing the Vaccination Controversy</i>			
Compliance issues covered: youth at risk; politics; ethics; family values; science and technology; government; vaccination			
Links for more information: https://news.psu.edu/story/534300/2018/08/30/academics/penn-state-college-medicine-welcomes-new-chair-department ; https://www.cornellpress.cornell.edu/book/9781501735622/antivax/			
16:58	SEGMENT 2: “AFFLUENZA”	6:00	
Synopsis: 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. Experts discuss.			
Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Suniya Luthar, Foundation Professor of Psychology, Arizona State University and Professor Emerita, Columbia University Teachers College; Maia Szalavitz, co-author, <i>Born for Love: Why Empathy is Essential and Endangered</i>			
Compliance issues covered: youth at risk; mental health; law & crime; ethics			
Links for more information: http://www.suniyaluthar.org https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8			

Radio Health Journal Program Log

Program	19-51	Executive Producer	Reed Pence
Air Week	12/22 – 12/28/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: CHRISTMAS IN THE E.R.: IT’S NO HOLIDAY	12:39	
<p>Synopsis: 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.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Christopher Michos, emergency physician; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institutes and Professor of Medicine, University of Southern California Keck School of Medicine; Dr. David Phillips, Emeritus Professor of Sociology, University of California, San Diego</p>			
<p>Compliance issues covered: health care; family issues; prevention; hospitals & emergency room</p>			
<p>Links for more information: https://health.usnews.com/doctors/christopher-michos-226133 https://hmri.org/our-researchers/robert-a-kloner-md-phd/ https://sociology.ucsd.edu/people/faculty/emeritus/david-phillips.html</p>			
15:30	SEGMENT 2: GERD AND YOUR HOLIDAY FEAST	7:29	
<p>Synopsis: 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.</p>			
<p>Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Jeffrey King, Chief of Gastroenterology, National Jewish Health, Denver</p>			
<p>Compliance issues covered: health care; family issues</p>			
<p>Links for more information: https://www.nationaljewish.org/doctors-departments/providers/physicians/jeffrey-b-king</p>			

Radio Health Journal Program Log

Program	19-52	Executive Producer	Reed Pence
Air Week	12/29/19 – 01/05/20	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:49	SEGMENT 1: HOARDING DISORDER: IT’S ABOUT MORE THAN THE CLUTTER	12:17	
Synopsis: 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.			
Host & Producer: Reed Pence. Guests: Dr. Carolyn Rodriguez, Associate Professor and Associate Chair of Psychiatry and Behavioral Sciences, Stanford University 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>			
Compliance issues covered: mental health; family issues; public safety; first responders; youth and children at risk			
Links for more information: https://profiles.stanford.edu/carolyn-rodriguez http://hoarding.ca			
15:08	SEGMENT 2: MELANOMA ADVANCES	7:14	
Synopsis: 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.			
Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Philip Friedlander, Director, Melanoma Medical Oncology Program, Mt. Sinai, New York.			
Compliance issues covered: health care; prevention			
Links for more information: https://icahn.mssm.edu/profiles/philip-friedlander			