



*WDRV Chicago*

**QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS**

**WDRV/WWDV Chicago**

**October 1, 2017 – December 31, 2017**

**Susan Wiencek**

**Public Affairs Manager**

## **October 1, 2017**

### **5:30am-6:00am “Viewpoints”**

1. Unconventional vacation destinations. When Americans take vacations, it is often to places like theme parks, resorts, or national parks. Our guest says there's a treasure trove of unique destinations around the world if you veer off the beaten vacation path. He talks about a few of the places you probably never heard about but which offer unique experiences, educational opportunities and a lot of fun. Guests: Dylan Thuras, co-author of Atlas Obscura: An explorer's guide to the world's hidden wonders.
2. Non-traditional students. College is thought to be a ticket to a better life. Non-traditional students- those who go to college later in life- can face an uphill battle in their fight to obtain that ticket. Guest Mike Rose from UCLA discusses accommodating these students. Rose is a faculty member at the UCLA Graduate School of Education and Information Studies, and author of the book Back to School: Why everyone deserves a second chance at education.
3. Culture Crash: Peak TV and the battle for streaming supremacy. “Peak TV” is the choice term used to describe the current flood of options when it comes to what to watch. One thing this year's Emmys ceremony made very clear: Peak TV is not going anywhere anytime soon.

**Issues covered:** family issues; geography; culture; education; policy making; student issues; television; art.

### **6:00am-6:30am “Radio Health Journal”**

1. A possible treatment for fetal alcohol syndrome. Fetal alcohol spectrum disorder affects around five percent of the U.S. population with mental disabilities and behavioral problems. Experiments on animals with a new treatment could eliminate the disorder, perhaps even after birth. Guests: Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.
2. Fertility rate declines. Birth rates in the U.S. 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. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH.

**Issues covered:** youth at risk; parenting issues; alcohol abuse; technology; developmental disabilities; health care; teen pregnancy; labor and employment; economics; generational conflict.

## **October 8, 2017**

### **5:30am-6:00am “Viewpoints”**

1. Mythology and fairy tales: good and evil. We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons modern stories have been teaching our children. Guest: Soman Chainani, author of The School for Good and Evil.
2. Bats: Their value and their endangerment. Bats are often thought of as scary or dangerous but they're actually very helpful! They eat the insects we so desperately do not want in our yards. We explore the benefits of bats and why their numbers are decreasing at an alarming rate. Guests: Jodi Sedlock, Associate professor of biology, Lawrence University; Don Mitchell, author of Flying Blind: One man's adventures battling buckthorn, making peace with authority, and creating a home for endangered bats.
3. Culture Crash: Netflix's Mindhunter. This Friday the 13th comes in October. We discuss what to watch on the spookiest day of the year and explore Netflix's upcoming psychological thriller series “Mindhunter.”

**Issues covered:** family issues; childhood development culture; mythology; nature; education; animals; television; culture; art.

### **6:00am-6:30am “Radio Health Journal”**

1. Undocumented immigrants skipping healthcare. With the federal government's crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss. Guests: Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA .
2. Pica: A strange “eat anything” disorder. Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history. Guests: Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester.

**Issues covered:** immigration; health care; public health; federal government; Hispanic and Latino issues; discrimination; youth at risk.

## **October 15, 2017**

### **5:30am-6:00am “Viewpoints”**

1. The vital role of pre-kindergarten. Sending your child off to school can be tricky, especially in the years before kindergarten. But Dr. Sharon Bouffard, a developmental psychologist, says doing so can make a big difference in your child's education. We explore the importance of high-quality pre-k schooling, and tips for parents on how to

spot a good program. Guests: Dr. Sharon Bouffard, author of The Most Important Year: Pre-Kindergarten and the Future of Our Children.

2. The appeal of time travel stories. For decades, we've loved stories where characters can travel through time. What is it about this seemingly straight-forward concept that draws us in and keeps us compelled all these years later? We talk to pop culture psychologist Dr. Travis Langley, author of Doctor Who Psychology: A Madman with a Box.
3. Culture Crash: James Cameron's Avatar franchise and the billion-dollar question. In 2009, Avatar was released and smashed box office records worldwide. Eight years later, 20th Century Fox is producing four sequels simultaneously but does that past success mean audiences really crave more from the land of Pandora?

**Issues covered:** family issues; childhood development; parenting; education; pop culture; television; literature; movies; ethics; psychology; film; culture; art; finance.

#### **6:00am-6:30am "Radio Health Journal"**

1. Why the opposition to later school-start times? Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization.
2. Cancer and beauty. Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it. Guest: Caitlin Keirnan, former fashion columnist and beauty director, cancer survivor and author, Pretty Sick: A Beauty Guide for Women With Cancer.

**Issues covered:** youth at risk; education; public policy; parenting issues; economics; women's issues; health care.

### **October 22, 2017**

#### **5:30am-6:00am "Viewpoints"**

1. Memory loss and Alzheimer's disease. As we get older, we all will suffer from some memory loss. The question becomes what memory loss is a normal byproduct of aging and when is it a larger problem, like Alzheimer's disease. We talk to experts and discuss what, if anything, we can do to avoid it. Guests: Martha Weinman Lear, author of Where Did I Leave My Glasses?: The what, when, and why of normal memory loss; Dr. Marwan Sabbagh, author of The Alzheimer's Answer: Reduce your risk and keep your brain healthy.
2. Narcissism: The manipulative, selfish disorder. Narcissists are always thinking about themselves. While this takes a toll on their well-being, it also takes a big toll on the people around them. We talk about the disorder and tips for people who feel they're drowning in the orbit of a true narcissist. Guest: Dr. Linda Martinez-Lewi, author of Freeing Yourself from the Narcissist in Your Life. Culture Crash: Blade Runner 2049. Blade Runner 2049 is a sequel worth watching at the theater, but there is some

confusion about how best to see its predecessor, Blade Runner. We discuss the merits of each and where to best watch the films.

**Issues covered:** personal health; disease; healthcare; family issues; senior issues; mental health; disorders; film; culture; art; finance.

#### **6:00am-6:30am “Radio Health Journal”**

1. The biology of addiction. Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field. Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine.
2. Preparing for disaster. Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes. Guests: Jonathan Jones and Kylene Jones, co-authors, The Provident Prepper: A Common Sense Guide to Preparing for Emergencies.

**Issues covered:** drug addiction and treatment; alcohol addiction; public health; natural disasters; emergency preparedness; public safety.

### **October 29, 2017**

#### **5:30am-6:00am “Viewpoints”**

1. Stutters, stammers, and vocal blunders. If you’ve had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean. Guests: Michael Erard, author of Um: Slips, Stumbles and Verbal Blunders and What They Mean.
2. America’s borders: How our states got their shapes. There are 48 states in the continental United States. Some of them have borders that make a lot of sense, like Illinois which is flanked by rivers. But what about Michigan, Rhode Island, and so many others? We talk to writer Mark Stein about the borders that we’ve come to take for granted. Stein is the author of How the States Got Their Shapes.
3. Culture Crash: Obsessive-compulsive disorder and John Green’s “Turtles All The Way Down.” John Green is best known for his 2012 hit novel The Fault in Our Stars. His latest book, Turtles All The Way Down chronicles the life of a teen with OCD. Drawing on Green’s experiences with the disorder, the book offers a great story and pulls back the curtain on a misunderstood mental disorder.

**Issues covered:** science; psychology; public speaking; American history; geography; government; literature; culture; art; mental health.

#### **6:00am-6:30am “Radio Health Journal”**

1. Including females in basic research. Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even

more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed. Guests: Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging & Disease, Georgetown Univ.

2. "Exploding head syndrome." A sleep disorder strangely named "exploding head syndrome" may keep more than ten percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, Sleep Paralysis.

**Issues covered:** women's issues; gender issues; federal government; economics; science; health care; lifestyle issues.

## **November 5, 2017**

### **5:30am-6:00am "Viewpoints"**

1. Bumper sticker philosophy. We've all been amused or annoyed by someone's bumper sticker, but some of these strips of adhesive paper with the pithy statements on them have a deeper meaning. We talk to a teacher and philosopher about the deeper meanings of popular bumper stickers. Guests: Jack Bowen, philosopher and teacher at Menlo School in Atherton, CA and author, If You Can Read This: The philosophy of bumper stickers.
2. Gardening differently. Typically, we think of gardens as a place meant to look nice or grow some vegetables. However, gardener and author Benjamin Vogt says he believes gardens can be about cultivating a better environment and reconnecting humans with the nature around us. Vogt is a garden designer with Monarch Gardens and author, A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future.
3. Culture Crash: The Stretch Run of 2017 in Film. With just two months left in the year, there remain so many must-see movies set to be released before the new year. We look into a few of the titles that seem especially worth seeing.

**Issues covered:** transportation; culture; politics; media; philosophy; the environment; leisure; nature; film; culture.

### **6:00am-6:30am "Radio Health Journal"**

1. More carbon dioxide=less nutritious crops. Rising levels of carbon dioxide in the atmosphere are making crops grow bigger and 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. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington.

2. Body dysmorphic disorder. Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment. Guests: Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital.

**Issues covered:** environment; climate change; agriculture; malnutrition; poverty; public health; personal health; health and beauty; health care; mental illness; suicide and prevention.

## **November 12, 2017**

### **5:30am-6:00am “Viewpoints”**

1. A simpler way to learn math. It’s no secret that American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics. Guests: Bob Sun, inventor of The 24 Game and First in Math; Jason Wilkes, author, Burn Math Class: and reinvent mathematics for yourself.
2. Sleeping soundly: How getting quality sleep can enhance our health. We all sleep, it’s human evolution. However, the amount of sleep we get and the quality of that sleep can vary greatly. Some say sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term. Guest: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, Why We Sleep: Unlocking the power of sleep and dreams.
3. Culture Crash: Chicago’s Own Chance the Rapper. Chance the Rapper has won three Grammys, headlined Lollapalooza, and given millions in charity to Chicago Public Schools. We talk about the impact he’s made on Chicago.

**Issues covered:** education; mathematics; calculus; sleep; mental health; health; science; culture; music; philanthropy.

### **6:00am-6:30am “Radio Health Journal”**

1. Handshake bans and handwashing. Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.” Guests: Dr. Mark Sklansky, Prof. and Chief, Division of Pediatric Cardiology, UCLA Mattel Children’s Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, “The Inspirational Nurse;” Dr. Pamela Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).
2. “Big Chicken” Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes. Guest: Maryn McKenna, author, Big Chicken: The Incredible

Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats.

**Issues covered:** public health, health care; environment; economics; agriculture.

**November 19, 2017**

**5:30am-6:00am “Viewpoints”**

1. Terrorism in America, 1920. Americans pride themselves on never forgetting the attacks and terrorism of our history, but somehow a 1920 attack on New York City has slipped through the cracks. Author Jed Rubenfeld talks about the first car bomb attack on Wall Street, the backdrop for one of his historical fiction novels. Guest: Jed Rubenfeld, author of The Death Instinct.
2. Developing forensic technology: New solutions for tracking and convicting criminals. New gadgets and programs are constantly being invented. We talk to two leading experts on the subjects to highlight some of the software and hardware helping police and lawyers find the right criminals and get them convicted. Guests: Lee Reiber, COO for Oxygen Forensics Inc.; Jerry Ropelato, CEO of White Clouds.
3. Culture Crash: Hollywood’s Sexual Assault Scandals. With sexual assault allegations coming against some of Hollywood’s top producers, directors and stars, director Ridley Scott is taking a big step to distance his movie from Kevin Spacey’s soiled reputation.

**Issues covered:** history; U.S. issues; terrorism; law enforcement; technology; science; criminal law; sexual assault; Hollywood; culture.

**6:00am-6:30am “Radio Health Journal”**

1. Navigating the aging process. As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age. Guests: Melanie Merriman, author, Holding the Net: Caring For My Mother On the Tightrope of Aging; Joy Loverde, author, Who Will Take Care of Me When I’m Old?
2. Helpful lies. Lies aren’t always bad. Often, they’re told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they’re being told lies. Experts explain. Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Eckman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.

**Issues covered:** health care; aging and the elderly; family issues; housing; economics; ethics; public discourse.

**November 26, 2017**

**5:30am-6:00am “Viewpoints”**

1. Giving back this holiday season. During the holidays, many parents fret over the materialistic messages their children are exposed to. We talk to a mom and an author



who together have created a children's book and game designed to make giving back to others a fun pursuit. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, North Pole Ninjas: Mission: Christmas.

2. W.E.B. Du Bois's lasting impact in sociology. At the beginning of the 20th century, W.E.B. Du Bois revolutionized scientific sociology, but was denied accolades because of his race. Now, we talk to scholars about what exactly Du Bois did to improve the study of sociology and what his impact truly was. Guests: Aldon D. Morris, professor of sociology and African-American studies at Northwestern University, author of the book, The Scholar Denied: W.E.B. Du Bois and the birth of modern sociology.
3. Culture Crash: Greta Gerwig's fantastic film "Lady Bird." Greta Gerwig's new film "Lady Bird" offers a fresh perspective on the coming-of-age story and seems bound to play a major role in this year's awards season.

**Issues covered:** charity; holidays; parenting matters; family issues; sociology; history; race; media; literature; film; culture.

#### **6:00am-6:30am "Radio Health Journal"**

1. Alzheimer's, spouses and "close friends." Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman.
2. Childhood trauma, later disease. Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings. Guest: Donna Jackson Nakazawa, author, Childhood Disrupted: How your biography becomes your biology, and how you can heal.

**Issues covered:** health care; public health; the elderly and senior citizens; family issues; ethics; mental health; child abuse.

#### **December 3, 2017**

##### **5:30am-6:00am "Viewpoints"**

1. Making an impact as a citizen scientist. We think of scientists as needing a lot of training before we can trust their findings. But for centuries, citizen scientists, not scientists by trade, have made some of the biggest discoveries. We talk to two experts about the need for average citizens to be the eyes and ears of big data collecting projects. Guests: Mary Ellen Hannibal, author, Citizen Scientist: Searching for heroes and hope in an age of extinction; Geoff LeBaron, director of Audubon Society's annual Christmas Bird Count.

2. Author Jack London's writings and social activism. Jack London is known for his rip-roaring adventure books, but he was also a social activist. We discover how London's own journey informed his writing, and how his books and stories reflect the plight of exploited workers and impoverished women and children. Guests: Cecelia Tichi, William R. Kenan Jr. Professor of English and professor of American Studies at Vanderbilt University, author, Jack London: A writer's fight for a better America.
3. Culture Crash: The Simpsons's Apu Problem. The Simpsons is a cultural institution. But one character, Apu, is a racist stereotype, and some Indian-American actors and comedians think it's past time for a re-evaluation.

**Issues covered:** science; humanity; education; climate change; literature; American history; capitalism; Hollywood; culture; racism.

#### **6:00am-6:30am "Radio Health Journal"**

1. Human trafficking: Slavery by another name. Millions of vulnerable low-wage workers are exploited and trapped, both in the U.S. and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago.
2. Pancreatic cancer. Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available. Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine.

**Issues covered:** youth at risk; labor and employment issues; police; crime and the justice system; immigration; economics; health care; public health.

### **December 10, 2017**

#### **5:30am-6:00am "Viewpoints"**

1. The role of a literary editor. You see authors thank their editors all the time in the acknowledgements section of a book. But exactly what does an editor do? We talk to an editor himself who explains to us what an editor does to get the book from a manuscript to the finished copy on store shelves. Guests: Peter Ginna, literary editor and author, What Editors Do.
2. Being the newcomer: How to navigate new situations. When you're the new person at the office, in the neighborhood or at a party it can be an awkward situation, especially if you're not the most gregarious person. Our guest discusses the issue and offers advice on how to navigate various situations when you're the newbie in the room. Guests: Keith Rollag, Associate Professor of Management, and Chairman of the Management Division at Babson College, Wellesley, MA, and of author of What to Do When You're New: How to be comfortable, confident and successful in new situations.

3. Culture Crash: Christmas Music. It's all around us: the sounds of the holiday season. We explore some of the classics and modern hits that make December truly the most wonderful time of the year.

**Issues covered:** literature; careers; culture; sociology; history; workplace issues; psychology; music; holidays.

#### **6:00am-6:30am "Radio Health Journal"**

1. Mental health treatment for children. Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they are prepared. Guests: Dr. Jeanne Van Cleve, Asst. Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL.
2. Seasonal affective disorder and the holidays. Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, *Your Blood Never Lies* and *Cracking the Metabolic Code*.

**Issues covered:** youth at risk; health care; mental illness; education; consumerism.

### **December 17, 2017**

#### **5:30am-6:00am "Viewpoints"**

1. America's diner waitresses. Diners are an American staple. It's where you stop for a piece of pie and a cup of coffee from coast to coast. But diners are slowly disappearing to larger chains. We talk about the waitresses who make the diners function and the culture behind the career. Guests: Candacy Taylor, author, Counter Culture: The American Coffee Shop Waitress.
2. Creating great teams with diverse thought. It may seem like the best way to create a business is to only include the best and the brightest. But limiting your group to any standard, even Ivy League-education, can lead to groupthink. We talk to one expert about how cognitive diversity can improve the results for a school, business, or even an entire society. Guest: Scott E. Page, Leonid Hurwicz Collegiate Professor at the University of Michigan and author, The Difference: How the power of diversity creates better groups, firms, schools and societies.
3. Culture Crash: 2017's "Little" Horror Movies. 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.

**Issues covered:** American issues; careers; culture; business; sociology; workplace issues; psychology; diversity; media; movies; culture; economics.

#### **6:00am-6:30am “Radio Health Journal”**

1. Staying calm in stressful times. Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works. Guest: Dr. Richard Davidson, Prof. of Psychology, Psychiatry, founder, and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body.
2. Hiccups. Hiccups are annoying and uncomfortable, and doctors don’t know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work. Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine.

**Issues covered:** health care; modern culture; pop psychology; consumerism; pop culture.

#### **December 24, 2017**

#### **5:30am-6:00am “Viewpoints”**

1. Hitting the off switch: Going offline in a digital age. Smart phones and social media apps take up a lot of time for many Americans. We can’t watch TV or sit at the dinner table without checking for notifications or scrolling Twitter simultaneously. That’s what worried Christina Crook, who took a 31-day vacation from the internet to reconnect with her physical life. Guest: Christina Crook, communications professional and author, The Joy of Missing Out: Finding balance in a wired world
2. America’s Pearl Harbor Christmas. Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season. Guests: Stanley Weintraub, historian, author of Pearl Harbor Christmas: A world at war 1941.
3. Culture Crash: Black Mirror. Netflix’s Black Mirror is like The Twilight Zone for the digital age. We discuss the show, its technologies, and how the unsettling drama has found a foothold exploring the future of our world.

**Issues covered:** American issues; the Internet; technology; social issues; history; war; politics; holidays.

#### **6:00am-6:30am “Radio Health Journal”**

1. Long-term psychological damage of natural disasters. Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season. Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives. Guests: Dr. Howard Osofsky, Chrmn., Dept. of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority.
2. Broken heart syndrome. When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually, what doctors call “stress cardiomyopathy.” Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains. Guest: Dr. Tracy Stevens, cardiologist, St. Luke’s Mid America Heart Institute, Kansas City, MO.

**Issues covered:** mental health; environment and natural disasters; emergency preparedness; alcohol and drug abuse; health care; grief; consumerism; pop culture.

## **December 31, 2017**

### **5:30am-6:00am “Viewpoints”**

1. Making your New Year’s resolutions stick. Every New Year’s Eve, millions of Americans make resolutions. And most of the time, we struggle to live them out through January. We talk to an expert in the field of habit making to talk about how we can make our resolutions last all year round. Guests: MJ Ryan, author, Habit Changers: 81 game-changing mantras to mindfully realize your goals.
2. Staying in and ringing in the New Year. Some people don’t always feel up to the hustle and bustle of spending New Year’s Eve out at a big party or a bar. We discuss ways you can make the night a special one without spending a fortune or staying out way too late. Guests: Tim Federle, author of Gone with the Gin: Cocktails with a Hollywood twist; Christian DeBenedetti, co-author with Andrea Slonecker of the book, Beer Bites: Tasty recipes and perfect pairings for brew lovers.
3. Culture Crash: Dark. Netflix has a new binge-worthy show called Dark. The German-language show involves time travel, family drama, a small town, and a lot of mind-bending sci-fi.

**Issues covered:** mental health; philosophy; personal achievement; holidays; culture; leisure; cooking; media; television; culture.

### **6:00am-6:30am “Radio Health Journal”**

1. Polycystic ovary syndrome. Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it is often misdiagnosed. Experts discuss the disorder and what women should know. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.
2. Dreams vs. reality for children in poverty. Poor children often can’t access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem. Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children’s Health Fund.

**Issues covered:** health care; women’s issues; consumerism; public health; youth at risk; poverty.