

WIFE 1Q2020 January-March
INDIANA ISSUES SHOWS AND CONTENT

Program: Mayor Show

Air Date: 1/06/20

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Topic(s): Talked about the new city officials being sworn in and gave an update on the farmer's market area and that it was finished and would be ready for the upcoming season

Program Host : Starr Miller

Guests: Mayor Mike Pavey

PROGRAM: Mayor Show

Air date: 1/13 and 1/20/20

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Host : Starr Miller

Program Topic(s): Laid out plans for working with new officials for the upcoming year. Working with new city council members and Sheriff and ensuring a smooth transition during the period

Guests: Brian Sheehan

PROGRAM: Mayor Show

Air date: 1/27 and 2/03/20

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Topic(s): Talked about the new social media campaign for the city. Explained several Stellar City projects underway and new businesses proposed for the city

Guests: Mayor Mike Pavey, Carmen Clark, Chuck Jenkins

PROGRAM: Mayor Show

Air date: 02/10/20 and 02/17/20

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Topic(s): Talked about the adjustments being made to city services including fire and police departments under new heads of department. Also explained the city is doing focus groups with children to see what they think the city can do to make it better for them

Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show

Air date: 02/24/20 and 03/02/20

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Topic(s): Talked about the Mayor's upcoming State of the City address and all the improvements made in the downtown area that will be highlighted. Also talked about the ongoing Stellar City projects ongoing to help city gain that status

Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show

Air date: 03/09 through end of March

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Topic(s): Talked about ongoing Margan Street Trail project. Who is funding it, Where it will be and when it will be ready. Also talked about the major construction project getting underway on 8th street and how long it will take. **This show aired all Monday's in month of March due to COVID-19 crisis.**

Program Host: Starr Miller

Guests: Mayor Mike Pavey, Brian Sheehan, Jane Gentry, Deb Humel

PROGRAM: Hope Center

Air date: 1/06/20

Air time: 9 am

Program Length: 10 minutes 35 seconds

Program Topic(s): Talked about January being Sanctity Of Life Month and that it is held to honor all who choose life. We also discussed the rebranding efforts with new logo, Facebook page and Website for the center and the mentoring program offered to help parents to be better prepared when baby comes.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 1/14/20

Air time: 9 am

Program Length: 10 minutes 53 seconds

Program Topic(s): Talked about the center's effort to help struggling parents by offering a bag of seasonal clothing for their children free of charge. We also ran down statistics from previous year with office visits and amount of free supplies given to clients. Discussed Hand Bag For Hope, the yearly bingo fund raiser where winners receive designer handbags and that tickets are on sale

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 1/21/20

Air time: 9 am

Program Length: 10 minutes 34 seconds

Program Topic(s): Talked about the I decide For Me program. This is a class held in area middle and high schools that explains the consequences of entering sexual relationships before being emotionally ready to handle all that comes with it. Also gave an update on handbags for hope ticket sales.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 1/28/20

Air time: 9 am

Program Length: 10 minutes 30 seconds

Program Topic(s): Talked about the Earn While You learn program. Tis is a series of classes for new parents to be that teaches budgets, cooking, job interview skills and other things needed for when baby comes. Also mentioned the need for formula to give to clients in need and gave handbag for hope ticket update

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/4/20

Air time: 9 am

Program Length: 11 minutes 16 seconds

Program Topic(s): Talked about the Safe Haven Baby Box. This is a system that is located at a fire station that allows a mom in crisis to turn her baby over to CFS. The mom, under state law, can do this with no legal issues. The baby is taken to local hospital for well check and turned over to CFS for placement.

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/11/20

Air time: 9 am

Program Length: 10 minutes 52 seconds

Program Topic(s): Talked about Hands Bags For Hope and that the annual fundraiser was 3 days away. They added another session this year so more people can attend and play bingo for designer handbags. This a major annual fundraiser for the center.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/18/20

Air time: 9 am

Program Length: 11 minutes 22 seconds

Program Topic(s): Gave rundown on the success of Hand Bags For hope, the annual bingo fundraiser. Also talked about Parenting classes that helps new parents cope with life changes brought on by having a baby. Also thanks went out to annual donors who keep the center open and free to everyone

Program Host: Ted Cramer

Guests:

Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/25/20

Air time: 9 am

Program Length: 11 minutes 52 seconds

Program Topic(s): Talked about parents who have problems when it comes to dealing with new babies and how to maintain self control. They mentioned the mentors that are available to help in situations that may come up and how they can help keep things on track for the betterment of the new family.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/1/20

Air time: 9 am

Program Length: 10 minutes 45 seconds

Program Topic(s): Big kick off for drive to collect hygiene items for clients as the drive runs through the end of the month of March. Also talked about how the center can help new families flourish with classes for all aspects of child rearing and that they have weekly diaper and wipes pickup for the entire area.

Program Host: Ted Cramer
Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/10/20

Air time: 9 am

Program Length: 10 minutes 10 seconds

Program Topic(s): talked about the pre-natal side of center. They offer pregnancy testing, free pre-natal vitamins, and sonograms for mothers to be. They also teach nutrition classes and help the client set up proper doctors appointments for the entire pregnancy.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/17/20

Air time: 9 am

Program Length: 9 minutes 40 seconds

Program Topic(s): Talked about the store the center runs for clients. It is filled with items for baby, from clothes to strollers, hygiene and personal items for parents. Clients can shop in the store by earning "Hope Bucks", fake money they earn by attending all parenting classes, doctors appointments and mentoring sessions.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3//24/20

Air time: 9 am

Program Length: 10 minutes 07 seconds

Program Topic(s): Wrap up and thanks for the donations to the hygiene item drive plus thank you to sponsors who helped make it a big success. Also Talked about their parenting and life skill classes. These classes are designed to help parents to be get prepared for the baby that is coming .

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3//30/20

Air time: 9 am

Program Length: 8 minutes 59 seconds

Program Topic(s): This show was all about the COVID-19 crisis and how it is affecting the center. The center is asking all clients to call before coming in. Follow Social Distancing guidelines and how they will be given hand sanitizer when coming in and how the center will be sanitized after each visit. They also explained that because of the COVID-19 crisis, all classes are suspended and they are open for supplies only.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: To Your Health

Air date: 01/04/20

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about medical records and medical IT. Explained HIPPA laws and all the safeguards the hospital has to protect medical records.

Program Host: Mary Francis Friedel

Guests: Hospital IT Department members

PROGRAM: To Your Health

Air date: 01/18/20

Air time: 9a o 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about pediatrics. Went into details about the different raining and ways that pediatric doctors deal with young patients with everything form well check ands shots to serious conditions

Guests: Adam Powell

PROGRAM: To Your Health

Air date: 02/01/20

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about the HPV Vaccine. This vaccine is recommended for teenagers and is a series of shots that will protect them from HPV.

Program Host: Mary Frances Freidel

Guests: RN that oversees HPV program

PROGRAM: To Your Health

Air date: 02/15/20

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about the different programs the hospital has to help young people stop smoking. Talked about the serious issues of addiction and the impacts on health of young people.

Program Host: Mary Francis Freidel

Guests: Amanda Garza

PROGRAM: To Your Health

Air date: 02/29/20

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about children with heart conditions. How they can stay healthy, eating right and the exercise needed to keep the heart strong while being treated

Program Host : Mary Francis Freidel

Guests: Rita Nevitt

PROGRAM: To Your Health

Air date: 03/14/20

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about knee replacement. The facts you need to know before surgery and the rehab needed after surgery and the fact that people of all ages may need knee replacement due to injury or bone disease.

Program Host: Mary Francis Freidel

Guests: Joyce Geis

PROGRAM: To Your Health

Air date: 03/21/20

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Talked about the Corona Virus known as COVID-19. Talked about the symptoms to watch for, when to contact medical professionals, how to self isolate and social distancing.

Program Host: Mary Francis Freidel

Guests: Brian Connor, Tim Lower, Lonnie Isaacs, Shirley Issacs

**2020-Q1 (January – March) Radio Health Journal Quarterly Report –
Compliance Issues & Programs List. All Shows are 30 minutes in length**

Aging Bankruptcy
 Business & industry Cancer
 Children & child safety Consumer safety Consumerism Developmental disorders
 Economic assistance program Economics
 Education
 Elderly & senior citizens Emergency rooms Employment & workplace issues
 Ethics
 Family issues Fine Arts
 Federal government
 Government spending Healthcare
 Heart disease

Housing Hospitals Immigration Infectious disease Inner-city issues
 Insurance
 Law & crime Legislation Parenting issues Personal finance Politics
 Pop culture Poverty Parenting issues Poverty
 Public health Public policy Societal issues Sports & recreation
 Technology Women's issues Youth at risk

Air Week: Studio Production:
 1/5/20

Jason Dickey

SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING

Time Duration

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is

especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.

Host & Producer: Reed Pence

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

Compliance issues covered: healthcare; aging & elderly; family issues; housing; economics

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

1:50 12:31

<http://www.elderindustry.com>

SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY

Time Duration

Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are mos

likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco

Compliance issues covered: ethics; public discourse; societal issues

15:23 7:06

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

Air Week: Studio Production:
1/12/20

Jason Dickey

SEGMENT 1: HAND WASHING AND HANDSHAKE BANS

Time Duration

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say

handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be "clean."

1:50 11:34

Host & Producer: Reed Pence

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

Compliance issues covered: public health; healthcare; hospitals

Links for more information: <https://www.uclahealth.org/mark-sklansky>

<http://donnacardillo.com>

https://www.cccity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm

<http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

SEGMENT 2: "BROKEN HEART SYNDROME"

Time Duration

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover

but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.

Host: Nancy Benson

Guests: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO

Compliance issues covered: healthcare; consumerism; pop culture; heart disease

14:26 7:58

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

Air Week: Studio Production:
1/19/20

Jason Dickey

SEGMENT 1: CRUSHING MEDICAL DEBT

Synopsis: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high deductibles and out

of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt.

1:50 13:25

Host & Producer: Reed Pence

Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, *The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide*; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund

Compliance issues covered: insurance; healthcare; economics ; bankruptcy; personal finance; consumerism; hospitals

Links for more information: <https://ripmedicaldebt.org/>

<https://nomoremedicaldebt.com>

<https://www.commonwealthfund.org/person/sara-r-collins>

SEGMENT 2: SMOLDERING CONCUSSIONS

Synopsis: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that

protocols affecting the most vulnerable—young athletes—often are not followed. Experts explain why, and what people should do when they receive any blow to the head.

Time Duration
16:17 6:36

Host: Nancy Benson

Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, *Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury*; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children's

Hospital and Associate Professor of Pediatrics, The Ohio State University College of Medicine

Compliance healthcare; consumerism; pop culture
issues covered:

Links for more information: <https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230>;
<https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team>

Air Week: Studio Production:
1/26/20

Jason Dickey

SEGMENT 1: ADHD AND SLEEP DISORDERS

Time Duration

Synopsis: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms.

Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.

Host & Producer: Reed Pence

Guests: Dr. Sandra Kooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify

Compliance youth at risk; developmental disorders; education; family issues
issues covered:

Links for more information: <https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com>

1:50 12:10

<http://vatsalthakkar.com>

SEGMENT 2: WORKING WHILE SICK

Time Duration

Synopsis: Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted

workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office.

Host: Nancy Benson

Producer: Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA

Compliance public health; employment and workplace issues; disease & sickness
issues covered:

Links for more information: <https://www.uclahealth.org/joseph-ladapo>

15:02 7:30

Air Week: Studio Production:

Jason Dickey

2/2/20

SEGMENT 1: MUSIC AND MEDICINE

Time Duration

Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well.

Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned- med student, an admissions officer and a musical doctor explain.

Host & Producer: Reed Pence

Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, Bellevue Literary Review

Compliancy education; healthcare; fine arts; technology

issues covered:

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

1:49 12:22

<https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-316694b84357/Newsletter-Volume-1:-Issue-1.aspx>
<http://www.soundsymposium.com/ssxix-hannah-boone/>

SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE

Time Duration

Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination

and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University

Compliancy food safety; consumer safety; sports and recreation

issues covered:

Links for more Information: <http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html>

15:13 7:51

Air Week: Studio Production:

Jason Dickey

2/9/20

SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND "CLOSE FRIENDS"

Time Duration

Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly

individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.

1:50

11:10

Host & Producer: Reed Pence

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

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

Links for more information: <https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92>

<http://www.tamireeves.com/bleeding-hearts.html>

SEGMENT 2: NEEDLE PHOBIA

Time Duration

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear.

The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson

Producer: Reed Pence

Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians

Compliance issues covered: healthcare; public health; children and youth at risk; consumerism

Links for more information: <https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html>

Information:

14:02

8:27

Air Week: Studio Production:
2/16/20

Jason Dickey

SEGMENT 1: MEDICAL CHILD ABUSE

Time Duration

Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical

visits and deceiving doctors into performing numerous procedures and surgeries. Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery.

Host & Producer: Reed Pence

Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, Dying to be Ill: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center

Compliance issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics; law and crime; parenting issues

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

1:50 12:30

<https://www.munchausen.com/index.php/biography/>
<https://www.star-telegram.com/news/local/crime/article234077982.html>

SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEANTO US?

Time Duration

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear.

The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.

Compliance issues covered: healthcare; public health; consumerism; infectious disease

Links for more Information: <https://www.vumc.org/health-policy/person/william-schaffner-md>

15:22 7:11

<https://www.acep.org/people-pages/board/jon-mark-hirshon/>

Air Week: Studio Production:
2/23/20

Jason Dickey

SEGMENT 1: GENES AND HIGH CHOLESTEROL

Time Duration

Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a role in

both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks.

Host & Producer: Reed Pence

Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, The Crispr Generation: The Story of the World's First Gene-Edited Babies

Compliance issues covered: healthcare; public health; consumerism; heart disease

Links for more information: <https://www.med.upenn.edu/cvi/musunuru-laboratory.html>

1:50 12:10

SEGMENT 2: BIG DATA IN MEDICINE

Time Duration

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear.

The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson

Producer: Reed Pence

Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, *The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era*

Compliance issues covered: healthcare; technology

issues covered:

Links for more information: <https://www.cio.com/author/Paddy-Padmanabhan/>

Information:

15:02 7:59

Air Week: Studio Production:
3/1/20

Jason Dickey

SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH

Time Duration

Synopsis: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that

theory, but finding values of grocery stores in other, unexpected places. Experts discuss how nearby supermarkets change people and the neighborhoods where they live.

1:50 12:57

Host & Producer: Reed Pence

Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research

Compliance issues covered: public health; consumerism; economic development; poverty; inner city issues; economic assistance program

Links for more information: <https://sites.google.com/site/allcott/home>

information:

https://www.rand.org/about/people/r/richardson_andrea.html

SEGMENT 2: BIG DATA IN MEDICINE

Time Duration

Synopsis: Some experts believe the healthy lifespan eventually may be extended to hundreds of

years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Chip Walter, author, *Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever*

Compliance issues covered: healthcare; technology; ethics; senior citizens; aging

Links for more information: <https://chipwalter.com/about-chip-walter/>

Information:

15:49 7:06

Air Week: Studio Production:
3/8/20

Jason Dickey

SEGMENT 1: POLYCYSTIC OVARY SYNDROME

Time Duration

Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide

variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.

Host & Producer: Reed Pence

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

Compliance issues covered: healthcare; women's issues; consumerism

Links for more information: <http://integrativemgi.com/doctors/dr-felice-gersh/>

1:46 13:04

<https://intmed.vcu.edu/about/leadership/nestler.html>
<https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez>
https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgriev_brie.php

SEGMENT 2: HEALTHCARE FOR CHILDREN IN POVERTY

Time Duration

Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.

Host: Nancy Benson

Producer: Polly Hansen

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

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

Links for more Information: <https://www.mailman.columbia.edu/people/our-faculty/ir2110>

15:52 6:37

<https://www.childrenshealthfund.org>

Air Week: Studio Production:
3/15/20

Jason Dickey

SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER "TO ERR IS HUMAN"

Time Duration

Synopsis: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A

noted researcher re-examines how far we've come since then and the difficult cooperation it will take to make patient safety more certain.

Host & Producer: Reed Pence

Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle Managing of American Medicine

Compliance issues covered: healthcare; public safety; consumerism

Links for more <https://global.oup.com/academic/product/still-not-safe->

information: [#9780190271268?cc=us&lang=en#](https://www.cbs2.com/9780190271268?cc=us&lang=en)

1:51 11:59

SEGMENT 2: INTERMITTENT FASTING

Time Duration

Synopsis: Studies show that by this time of year, most of us have failed new year's resolutions to

lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Michael Mosely, author, The Fast 800

Compliancy healthcare; consumerism

issues covered:

Links for more <https://thefast800.com>

Information:

14:52 7:34

Air Week:

3/22/20

Studio Production:

Jason Dickey

SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS

Time Duration

Synopsis: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain

confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses.

Host & Producer: Reed Pence

Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center

Compliancy healthcare; public health; public safety; employment; education

issues covered:

Links for more <https://www.vumc.org/health-policy/person/william-schaffner-md>

information:

1:51 13:08

SEGMENT 2: THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT

Time Duration

Synopsis: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with

public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment. 16:01 6:54

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy

Compliancy healthcare; public health; federal government; politics; immigration; consumerism;

issues covered: legislation; government spending; employment

Links for more <https://www.brookings.edu/experts/paul-ginsburg/>

Information:

Air Week:
3/29/20

Studio Production:

Jason Dickey

SEGMENT 1: EASING THE STRESS OF WORKING AT HOME

Time

Duration

Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family

makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.

Host & Producer: Reed Pence

Guests: Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams

Compliance issues covered: employment & workplace issues; family issues; economics; public health

Links for more information: <https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333>

1:51 12:41

SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE

Time

Duration

Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its

main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases

Compliance issues covered: healthcare; public health; consumerism

Links for more information: <https://www.niddk.nih.gov/about-niddk/meet-director>

15:34 7:27

**2020-Q1 (January – March) Viewpoints
Radio Quarterly Report – Compliancy Issues
& Programs List. All shows are 30 minutes in
length**

Air Week: **Studio Production: Jason Dickey**
1/5/20

SEGMENT 1: A BRIEF HISTORY OF SKIN MARKING

**Time
Duration**

Synopsis: Humans have always practiced various forms of self-expression, whether that's through written word, music, art or some other outlet. The art of tattooing is one such form that

dates back to thousands of years ago. We speak with a history expert, Craig Koslofsky about some of the earliest tattoo designs and how they were achieved as well as other skin alteration methods including scarification and branding.

Host: Gary Price

Guests: Craig Koslofsky, history professor, University of Illinois at Urbana-Champaign, author, *Evening's Empire: A History of the Night in Early Modern Europe*.

Compliancy issues covered: History, Culture, Art, Design, Literature, Religion, Disease, Health

Links for more information: <https://www.amazon.com/Evenings-Empire-History-Studies-European/dp/0521721067>

1:47 10:20

<https://earlymoderndailylife.wordpress.com/>
<https://history.illinois.edu/directory/profile/koslof>

SEGMENT 2: THE PITALLS OF SOCIAL MEDIA AS AN ATHLETE

**Time
Duration**

Synopsis: Being a college or professional athlete is hard enough. Throw on top of that the constant commentary online and it can sometimes be hard to look away from what people are saying.

Two football players offer up their thoughts on the pros and cons of social media and how to stay focused and positive.

Host: Marty Peterson

Guests: Joshua Perry, former linebacker, Indianapolis Colts, San Diego Chargers, The Ohio State University. Johnny Davidson, senior quarterback, Washington University at St. Louis

Compliancy issues covered: Sports, Social Media, Mental Health, Technology, Education, Career

Links for more information: https://www.washubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4

14:10 8:17

<http://www.nfl.com/player/joshuaperry/2555326/profile>
https://twitter.com/RIP_JEP?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
https://en.wikipedia.org/wiki/Joshua_Perry

CULTURE CRASH THE 2020 BLOCKBUSTER LINEUP

**Time
Duration**

Synopsis: A new year means a new lineup of highly anticipated movie releases. We cover some of the

biggest films for 2020 from the new Top Gun sequel featuring Tom Cruise to Christopher Nolan's new action movie, Tenet.

Host & Producer: Evan Rook

Compliance issues covered: Film, Cinema, Culture,

23:27 3:00

Air Week: Studio Production: Jason Dickey
1/12/20

SEGMENT 1: SPREADING WORD OF THE 2020 U.S. CENSUS

**Time
Duration**

Synopsis: The 2020 census is just around the corner. We speak with an employee from the U.S. Census

Bureau about the importance of taking part in the nationwide survey and how the government is reaching students and their families through new in-school programs.

Host: Gary Price

Guests: Victoria Glasier, Chief of the Statistics in Schools Program, U.S. 2020 Census Bureau.

Compliance issues covered: History, Culture, Government, Finance, Economy, Diversity, Education, Budget

Links for more information: <https://2020census.gov/en/jobs.html>

1:48 6:44

<https://www.census.gov/schools/>
<https://www.census.gov/>

SEGMENT 2: ADDICTION: WHY IT HAPPENS AND HOW TO HELP ADDICTS BACK FROM THE EDGE

**Time
Duration**

Synopsis: Millions of Americans are addicted to alcohol and drugs, and many of them eventually end up unemployed, broken, separated from their families and homeless. We talk to an author who's

battled alcohol and drug addiction for many years and finally found help through treatment. We also speak with a psychologist about the causes of addiction and why some people are more likely to become addicts than others.

Host: Marty Peterson

Guests: Ryan LaLumiere, psychologist, professor in the Psychology Dept., University of Iowa, and a specialist on addiction; Bob Allison, recovering addict, author of Saved by the Prince of Peace: Dungeon to Sky.

Compliance issues covered: Addiction, Health, Relationships, Education, Government, Homelessness

Links for more information: <https://psychology.uiowa.edu/> <https://www.samhsa.gov/>

10:35 11:32

https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr_1_1?ie=UTF8&qid=undefined&sr=8-1&keywords=Saved+by+the+prince+of+peace

CULTURE CRASH THE WWI EPIC, "1917"

**Time
Duration**

Synopsis: We explore the new release, 1917 now playing in theaters. The new film, which is filmed

acclaimed cinematographer, Roger Deakins, has an action-packed storyline that does not disappoint.

Host & Producer: Evan Rook

Compliance issues covered: Film, War, Culture, History

23:07 3:20

Air Week: 1/19/20
Studio Production: Jason Dickey

SEGMENT 1: ARTIC EXPLORATION: THE DEMISE OF THE 1881 GREELY EXPEDITION

**Time
Duration**

Synopsis: In 1881, Lt. Adolphus Greely and 24 men set out on a voyage to explore the northernmost Polar Arctic where few had ventured before. The goal was to collect vast amounts of scientific data of the unknown region and hopefully reach the North Pole. But the expedition

soon went awry when no resupply made it to the camp for two years and the men were left to fend for themselves. Starvation, frostbite and even tales of cannibalism soon followed in this historic tale of exploration and survival.

Host: Gary Price

Guests: Buddy Levy, author, Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition

Compliance issues covered: History, Exploration, Adventure, Army, Navy, Health, Science, Polar Arctic

Links for more information: <https://www.pbs.org/wgbh/americanexperience/films/greely/>

1:47 12:01

https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr_1_1?crid=16RL48KEMVNWQ&keywords=labyrinth+of+ice&qid=1578677548&prefix=laby%2Caps%2C152&sr=8-1
<http://buddylevy.com/index.html>

SEGMENT 2: WHY ARE YOUNG PEOPLE STRUGGLING MORE THAN PREVIOUS GENERATIONS?

**Time
Duration**

Synopsis: Roughly 15 percent of 25 to 35-year-olds are back living with their parents, according to a 2016 study by Pew Research Center – and this number is only on the rise. Higher rent, cost

of living and student debt are all contributing factors, however, there are some young adults stuck in an unmotivated, directionless state labeled as “failure to launch” We break down the term and what parents can do to nudge their young adults along.

Host: Marty Peterson

Guests: Doctor Mark McConville, author, Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It

Compliance issues Parenting, Higher Education, Personal Growth, Career, Mental Health, Psychology,

15:50

7:31

covered: Relationships, Stress, Finance, Social Media

Links for more information: <https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-mark-mcconville-phd/>

<https://www.amazon.com/Failure-Launch-Twenty-something-Hasnt-Grown/dp/0525542183>

<https://www.nytimes.com/2019/09/03/opinion/college-graduates.html>

<https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>

CULTURE CRASH: DAVE EGGERS: A LEADER IN LITERARY WRITING

**Time
Duration**

Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir *A Heartbreaking Work of Staggering Genius* took readers on a wild and enthralling ride. Now, almost two decades later he's still producing novels that push the boundaries of dialogue and prose. 24:15 2:12

Host & Producer: Evan Rook

Compliance issues covered: Literature, Writing, Culture

Air Week: 1/26/20
Studio Production: Jason Dickey

SEGMENT 1: FINDING JOY AGAIN THROUGH SMALL CHANGES

**Time
Duration**

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important

Host: Gary Price

Guests: Sarah Ban Breathnach, author, *Simple Abundance: 365 Days to a Balanced and Joyful Life*. Rachel Bertsche, journalist, author, *The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting*.

Compliance issues covered: Literature, Mental Health, Journaling, Parenting, Social Media, Failure

Links for more information: <https://twitter.com/simpleabundance?lang=en>

1:48

11:01

<https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022>

<https://twitter.com/rberch?lang=en>

https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0

<http://www.sarahbanbreathnach.com/>

SEGMENT 2: A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG DIFFERENCE

**Time
Duration**

Synopsis: Hate the stairmaster? Dread the treadmill? Exercise doesn't have to be an anxiety-inducing, hour-long activity. It can be getting a group of friends together for an axe-throwing session

or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to better habits and a happier life.

Host: Marty Peterson

Guests: Kelly McGonigal, research psychologist, author, Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago.

Compliance issues covered: Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care

Links for more information: <https://www.southportfitness.com/>

14:51 8:01

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend <http://kellymcgonigal.com/>
<https://www.facebook.com/SouthportFitness/>

CULTURE CRASH: OSCAR SEASON

**Time
Duration**

Synopsis: This year's Oscar nominations are out and there are some good contenders in the mix, but a few movies that were looked over. We delve into some of our favorite films from 2019 that didn't make the nomination cut, but are still worth the watch.

Host & Producer: Evan Rook

Compliance issues covered: Films, Awards, Acting

23:46 2:41

Air Week: 2/2/20
Studio Production: Jason Dickey

SEGMENT 1: WORLD WAR II: THE WOMEN OF THE OSS

**Time
Duration**

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important

Host: Gary Price

Guests: Katie S. Sanders, freelance journalist & World War II expert

Compliance issues covered: World War II, Women, Intelligence, Government, Travel, History, Espionage

Links for more information: <https://www.nytimes.com/2019/03/06/magazine/intelligence-world-war-ii-oss-women.html>
<https://www.katiessanders.com/> <https://www.cia.gov/library/publications/intelligence-history/oss/art03.htm>

1:47 9:07

SEGMENT 2: FRUSTRATED BY THE 24/7 POLITICAL NEWS MACHINE? GET INVOLVED INSTEAD

**Time
Duration**

Synopsis: It seems like lately political breaking news has hit an all-time high with all of the continuous impeachment coverage and campaign trail updates. While it's important to be an informed

citizen, what do you do with all of this knowledge? Is it leading to change? Could you do something better with your time? We delve into these questions and more this week on Viewpoints.

Host: Marty Peterson

Guests: Eitan Hersh, associate professor, political science, Tufts University, author Politics is for Power: How to Move Beyond Political Hobbyism, Take Action, and Make Real Change; Naava Ellenberg, senior, Barnard University

Compliance issues covered: Politics, Community, Media, Television, Activism, Education, Government

Links for more information: <https://www.amazon.com/Politics-Power-Beyond-Political-Hobbyism/dp/1982116781>

12:50 10:00

<https://www.theatlantic.com/ideas/archive/2020/01/political-hobbyists-are-ruining-politics/605212/> <https://www.bustle.com/profile/naava-ellenberg-18208189>

CULTURE CRASH: SCARY WINTER READS

**Time
Duration**

Synopsis: We explore Ian Reid's horror novel, "I'm Thinking of Ending Things" that tops our list of

scariest books of all time. It's a quick read with a twisting plot that keeps you hooked all the way through

Host & Producer: Evan Rook

Compliance issues covered: Literature, Horror, Film

23:46 2:41

Air Week: 2/9/20
Studio Production: Jason Dickey

SEGMENT 1: VOTER ERROR: HOW A TRIP TO THE DMV TURNED INTO YEARS OF LEGAL WOES

**Time
Duration**

Synopsis: Can it ever be too easy to cast a ballot in an American election? The answer is yes. Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at a DMV in Illinois

through a law best known as the Motor Voter Law. This originally well-intentioned program is now trapping hundreds of immigrants into federal charges and possible deportation for an act they didn't fully comprehend to begin with.

Host: Gary Price

Guests: Richard Hanus, immigration lawyer; Elizabeth Keathley, immigration client

Compliance issues covered: Immigration, Voting, Law, Legal Problems, Culture, Government, Politics

Links for more information: <https://www.usavisacounsel.com/about-us>

1:48 11:28

<http://waterwell.org/production/courtroom/>
<https://caselaw.findlaw.com/us-7th-circuit/1609918.html>

SEGMENT 2: WHAT HAPPENS WHEN MATHEMATICAL CALCULATIONS GO WRONG?

**Time
Duration**

Synopsis: The field of mathematics is still seen as a boring and overly complex field by many. But Matt Parker, a former math teacher turned popular YouTuber, is working to fix that stubborn

mindset. In his new book, he illustrates the powerful and interesting side of math through real-life examples that have failed because someone's calculations were just slightly off.

15:12

7:32

Host: Marty Peterson

Guests: Matt Parker, mathematician, YouTuber, author Humble Pi: When Math Goes Wrong in the Real World

Compliance issues covered: Math, Education, Industry, Career, Science, Engineering, Computer Science

Links for more information: <https://www.penguinrandomhouse.com/books/610964/humble-pi-by-matt-parker/>

<https://www.youtube.com/channel/UCoxcjq-8xIDTYp3uz647V5A>

<http://standupmaths.com/>

<https://www.youtube.com/channel/UCSju5G2aFaWMqn-0YBtq5A>

CULTURE CRASH: REMEMBERING THE LEGEND: KOBE BRYANT

**Time
Duration**

Synopsis: It can sometimes still feel unreal that NBA superstar Kobe Bryant is gone. The retired Los

Angeles Lakers player was more than just an athlete, but a tremendous idol to millions of people across the world. We discuss his legacy and the fragility of life.

Host & Producer: Evan Rook

Compliance issues covered: Sports, Basketball, Death, Mentor, Culture, History, Career

23:44

2:43

Air Week: Studio Production: Jason Dickey

2/16/20

SEGMENT 1: COLORING OUTSIDE THE LINES

**Time
Duration**

Synopsis: Coloring books aimed at children, adults and even seniors have been all the rage in recent years and are still trending in 2020. But what's so special about these patterns and designs that draw people in? We delve into the process of putting together these collections and why the creative outlet has become a mainstay for so many looking to switch off and de-stress. 1:47 10:22

Host: Gary Price

Guests: Johanna Basford, artist, author; Jenean Morrison, artist, designer, author

Compliance issues covered: Art, Coloring, Mental Health, Culture, Creativity, Stress, Literature, Seniors

covered:

Links for more

information: https://www.amazon.com/Johanna-Basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share

https://www.amazon.com/Jenean-Morrison/e/B00AI2Q5DG%3Fref=dbs_a_mng_rwt_scns_share

<https://www.instagram.com/jeneanmorrison/?hl=en>

<https://www.johannabasford.com/>

SEGMENT 2: RETHINKING HEALTHCARE: HOW DO YOU FIX A FLAWED SYSTEM?

**Time
Duration**

Synopsis: The topic of healthcare is one of the most debated issues so far in the 2020 election – but what’s the fix for the expensive, inefficient system that’s currently in place? So far it’s a

murky answer. Millions are struggling with the high cost of care, doctors are burning out and patient-doctor interaction is at an all-time low. We speak with an industry expert about the current woes of American healthcare and what can be done.

Host: Marty Peterson

Guests: Samuel Shem, author, House of God, Man’s 4th Best Hospital

Compliance issues covered: Medicine, Healthcare, Career, Health, Insurance, Literature, Government

14:11 8:50

Links for more information: <https://www.theatlantic.com/health/archive/2012/11/samuel-shem-34-years-after-the-house-of-god/265675/>

https://www.amazon.com/gp/product/1984805363/ref=db_a_def_rwt_bibl_vppi_i1

https://www.amazon.com/gp/product/0425238091/ref=db_a_def_rwt_bibl_vppi_i0

<http://www.samuelshem.com/v2/>

https://en.wikipedia.org/wiki/Samuel_Shem

CULTURE CRASH: THE BROADWAY HIT “HAMILTON” COMES ALIVE AGAIN

**Time
Duration**

Synopsis: The writer of “Hamilton” Lin-Manuel Miranda is back at it again. Come October 2021, the Broadway play is set to hit theaters across the country. But will it be worth the watch?

Host & Producer: Evan Rook

Compliance issues covered: Broadway, Musical, Film, Culture, History

24:01 2:27

Air Week: 2/23/20 **Studio Production:** Jason Dickey

SEGMENT 1: REDEFINING SUGAR: ENJOYING SWEET TREATS WITHOUT THE GUILT

**Time
Duration**

Synopsis: From sugary lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. Even with greater awareness, it can still be hard to avoid the cookies and cake if you’re craving something sweet. Viewpoints speaks with baking blogger, Elif Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so while still indulging in some healthier sweets. 1:48 12:09

Host: Gary Price

Guests: Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author Half the Sugar, All the Love

Compliance issues covered: Baking, Cooking, Health, Sugar Intake, Disease, Education, Motherhood

Links for more information: <http://www.plentysweet.net/> <https://www.instagram.com/plentysweet200/>

<https://www.52newfoods.com/>

https://www.amazon.com/gp/product/1523504234/ref=db_s_a_def_rwt_bibl_vppi_i0

<https://www.wellplated.com/>

SEGMENT 2: BORN INTO SLAVERY: FIRSTHAND PERSPECTIVES OF FORMING ENSLAVED MEN AND WOMEN

Synopsis: Imagine being born into slavery in the South. You have not a dime to your name, received no education and all you know are the surrounding fields of a plantation. What would you do after slavery is abolished? How would you start over? February is Black History Month. As we remember the past and the history of slavery in America, it's important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from the people who lived through this experience. Viewpoints' speaks with historian and photographer, Richard Cahan, co-author of the new book *River of Blood: American Slavery From the People Who Lived It*.

Host: Marty Peterson

Guests: Richard Cahan, co-author, *River of Blood: American Slavery From the People Who Lived It*

Compliance issues covered: Black History Month, Education, History, Literature, Inequality, Race, Poverty

Links for more information: <https://www.cityfilespress.com/books/river-of-blood/>

Time Duration

15:59 6:57

<https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855>

<https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-collection/> <https://twitter.com/picturetweeter?lang=en>

CULTURE CRASH: THE JOY OF TV COMEDY SPECIALS

Time Duration

Synopsis: Sometimes you don't want a critically acclaimed show or Oscar-worthy movie, but rather

something funny like a cheesy rom-com or a bit of classic stand-up. We discuss two Bo Burnham comedy specials that are now streaming on Netflix

Host & Producer: Evan Rook

Compliance issues covered: Television, Culture, Comedy, Streaming

23:56 2:30

Air Week: 3/1/20
Studio Production: Jason Dickey

SEGMENT 1: BODY-WORN CAMERAS: IS FAST-CHANGING TECH LEADING TO BETTER POLICING?

Time Duration

Synopsis: Today, body-worn cameras are a mainstay in many police departments across the country. While the new technology increases transparency, is it leading to better relationships

between the public and police? How are innovations in the field - including the incorporation of artificial intelligence - changing officers' day-to-day duties?

Host: Gary Price

Guests: Daniel Lawrence, Senior Research Associate, Urban Institute; Rick Smith, Founder, CEO, Axon Enterprise Inc.

Compliance issues covered: Police, Community Relations, Minorities, Technology, Artificial Intelligence

Links for more information: <https://www.axon.com/products/axon-body-3>

1:48 10:48

<https://www.urban.org/author/daniel-lawrence>

<https://www.cam.ac.uk/research/news/use-of-body-worn-cameras-sees-complaints-against-police-virtually-vanish-study-finds>

SEGMENT 2: THE ROLE OF COMPANIES IN PROTECTING THE PLANET'S BIODIVERSITY

**Time
Duration**

Synopsis: 1,000,000 animal and plant species now face the threat of extinction. As more than 80 percent of all global biodiversity lives on private land, what is the role of corporations when

it comes to protecting these endangered species? Viewpoints speaks with Margaret O' Gorman, president of the Wildlife Habitat Council, about the creative and adaptive policies companies can take to make a difference.

Host: Marty Peterson

Guests: Margaret O'Gorman, President, Wildlife Habitat Council

Compliance issues: Biodiversity, Animal Species, Human Development, Business, Economy, Environment,

14:38 8:04

covered: Extinction, Endangered Species, Corporations, Global Issues

Links for more information: <https://www.wildlifehc.org/>

<https://www.wildlifehc.org/bio/margaret-ogorman/>

https://twitter.com/OGormanWHC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor <https://www.gmsustainability.com/manage/operations.html>

CULTURE CRASH: THE ENDLESS TWISTS IN NBC'S THIS IS US

**Time
Duration**

Synopsis: The hit drama, This is Us has led its viewers down a puzzling, sometimes draining series of twists and turns throughout the last four seasons – but is the show finally fizzling out?

Host & Producer: Evan Rook

Compliance issues covered: Television, Culture

23:42 2:46

Air Week: Studio Production: Jason Dickey
3/8/20

SEGMENT 1: GLOSSIER TO WARBY PARKER: STARTUPS THAT ARE REDEFINING THE RETAIL GAME

Synopsis: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades?

Host: Gary Price

Guests: Lawrence Ingrassia, former business editor, deputy managing editor, The New York Times, author, The Billion Dollar Brand Club

Compliance issues covered: Business, Startups, Entrepreneurship, Internet, Social Media, Revenue

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

Time Duration

1:48 9:24

<https://www.wsj.com/articles/billion-dollar-brand-club-review-clicking-the-disrupt-button-11580773644>

<https://www.amazon.com/Billion-Dollar-Brand-Club-Disruptors/dp/1250313066>

<https://www.mckinsey.com/industries/technology-media-and-telecommunications/our-insights/thinking-inside-the-subscription-box-new-research-on-ecommerce-consumers>

SEGMENT 2: MOVE OVER ALBERT: UNCOVERING FEMALE SCIENCE GENIUSES OF THE PAST

Time Duration

Synopsis: What exactly classifies a person as a genius? Are there biological differences between male

and female geniuses? Viewpoints' explores these questions and highlights a few overlooked female scientists throughout history.

Host: Marty Peterson

Guests: Janice Kaplan, author, The Genius of Women, From Overlooked to Changing the World; Catherine Whitlock, author, Ten Women Who Changed Science and the World

Compliance issues covered: Science, Gender, Research, History, Health, Literature, War, Women's Rights

Links for more information: <https://www.catherinewhitlock.co.uk/>

13:16 9:24

<https://www.amazon.com/Women-Changed-Science-World-Levi-Montalicini/dp/1635766109>

https://twitter.com/JaniceKaplan?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor <https://www.amazon.com/Genius-Women-Overlooked-Changing-World/dp/1524744212>

<https://www.janicekaplan.com/>

CULTURE CRASH: THE BEAUTY OF "BETTERCALL SAUL"

Time Duration

2:46

Synopsis: Better Call Saul is the show we never knew we needed after the hit show Breaking Bad came to a close. Season 5 of the show is now airing on AMC.

Host & Producer: Evan Rook

Compliance issues covered: Television, Culture

Air Week: Studio Production: Jason Dickey
3/15/20

SEGMENT 1: GETTING THINGS DONE: HINTS ON HOW TO DO IT BETTER

**Time
Duration**

Synopsis: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than

new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades?

Host: Gary Price

Guests: David Allen, productivity consultant and author of Getting Things Done: The Art of Stress-Free Productivity; Steve McClatchy, founder of Alleer Training and Consulting, author of Decide: Work Smarter, Reduce Your Stress and Lead by Example

Compliance issues covered: Productivity, Career, Goals, Writing, Communication, Literature, Parenting

Links for more information: <https://www.cnbc.com/2020/02/14/stanford-scientist-on-proven-habits-that-will-make-you-more-productive.html>

<https://www.cnbc.com/2019/09/05/a-simple-guide-to-becoming-more-productivity-that-millions-swear-by.html>

<https://gettingthingsdone.com/> <https://alleer.com/>

1:47 13:00

SEGMENT 2: WHAT YOU DIDN'T KNOW ABOUT AMERICA'S FOUNDING FATHER

**Time
Duration**

Synopsis: The white hair, rosy cheeks and stark complexion are what we often picture when we think of our first president. But behind his looks and historic accomplishments, what are some

facts that are not as well publicized? Viewpoints' speaks with history buff and author, Alexis Coe to learn more about the man, the myth: George Washington.

Host: Marty Peterson

Guests: Alexis Coe, author, You Never Forget Your First: A Biography of George Washington.

Compliance issues covered: History, Presidency, Politics, Government, War, Culture, Literature

Links for more information: <https://www.whitehouse.gov/about-the-white-house/presidents/george-washington/>

16:50 6:13

[https://twitter.com/alexis](https://twitter.com/alexiscoe?lang=en)

[coe?lang=en](https://www.alexiscoe.com/)

[https://www.alexiscoe.co](https://www.alexiscoe.com/)

[m/](https://www.amazon.com/gp/product/0735224102/ref=dbs_a_def_rwt_hsch_v_api_taft_p1_i_0)

[https://www.amazon.com/gp/product/0735224102/ref=dbs_a_def_rwt_hsch_v](https://www.amazon.com/gp/product/0735224102/ref=dbs_a_def_rwt_hsch_v_api_taft_p1_i_0)

[api_taft_p1_i_0](https://www.amazon.com/gp/product/0735224102/ref=dbs_a_def_rwt_hsch_v_api_taft_p1_i_0)

CULTURE CRASH: THE APPEAL OF MYSTERY MOVIES

**Time
Duration**

Synopsis: From the classic 1985 film, Clue to the more recent release, Knives Out, the mystery genre

can be just the right pick-me-up when you fall into a post-Oscar season movie slump. Viewpoints' discusses some of our favorites from this genre.

Host & Producer: Evan Rook
Compliance issues covered: Film, Culture, Film History

24:06 2:21

Air Week: 3/22/20
Studio Production: Jason Dickey

SEGMENT 1: THE WONDERS OF REMOVING CLOTHING CLUTTER

**Time
Duration**

Synopsis: Ever feel like each morning you look at your closet, and despite the large number of clothes, never really have anything to wear? This abundance of extra fabric not only takes up space

but also can be a burden to your headspace. We speak with two experts about how to shop and consume less as well as best organize the items you already have.

Host: Gary Price

Guests: Courtney Carver, author, Project 333: The Minimalist Fashion Challenge That Proves Less Really is So Much More; Rachel Rosenthal, founder & CEO, Rachel & Company

Compliance issues covered: Consumerism, Waste, Shopping, Mental Health, Finance, Home Organization

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

1:47 8:48

https://twitter.com/bemorewithless?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
<https://www.rachelrosenthal.co/>
<https://twitter.com/rachelorganizes>

SEGMENT 2: THE RESURGENCE OF HAND EMBROIDERY: CRAFTIVISM THROUGH CROSS-STITCHING

**Time
Duration**

tion

Synopsis: In a moment where many are practicing 'social distancing', it can be a good opportunity to put down your phones and pick up a stress-relieving solo hobby. We speak with Shannon

Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-stitching as well as how she's used it to channel social issues

Host: Marty Peterson

Guests: Shannon Downey, creator of Badass Cross Stitch.

Compliance issues covered: Art, Craft, History, Activism, Hobby, Education, Community, Mental Health

Links for more information: <https://www.instagram.com/badasscrossstitch/?hl=en>

12:39 10:29

<http://www.badasscrossstitch.com/>
<https://www.projectfirchicago.org/>

CULTURE CRASH: THE NEW SCI-FI MYSTERY SERIES "DEVS"

**Time
Duration**

Synopsis: Devs has only released a handful of episodes on Hulu so far, but the sci-fi thriller has already generated a lot of buzz for its gripping plot and eerie feels. We dive into the limited series featuring leads Nick Offerman and newcomer, Sonoya Mizuno.

Host & Producer: Evan Rook

Compliance issues covered: Television, Science Fiction, Streaming

24:10 2:17

Air Week: 3/29/20 **Studio Production:** Jason Dickey

SEGMENT 1: CANNIBIS: A COMPLICATED HISTORY

**Time
Duration**

Synopsis: Human use of cannabis dates back to tens of thousands of years ago. And the drug wasn't just used in medicinal or recreational settings, but also part of religious ceremonies or used

by warriors before wartime battle. We speak with pharmacology expert Dr. Richard Miller about the drugs global history and its prohibition in the U.S. over the last 70 years.

Host: Gary Price

Guests: Dr. Richard Miller, professor of pharmacology, Northwestern University Feinberg School of Medicine.

Compliance issues covered: History, Medicine, Health, Pharmacology, Drug Use, Politics, Propaganda

Links for more information: <https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=12007>

1:47 10:10

<https://news.northwestern.edu/for-journalists/faculty-experts/expert/richard-miller-phd>
<https://www.history.com/topics/crime/history-of-marijuana>

SEGMENT 2: FALLING THROUGH A CLOUD: LIVING WITH COGNITIVE DECLINE

**Time
Duration**

Synopsis: World-renowned flutist and CBS correspondent Eugenia Zukerman was diagnosed with dementia and Alzheimer's three years ago. She details her experience living with the progressive disease and how she keeps a positive mindset despite the losses.

Host: Marty Peterson

Guests: Eugenia Zukerman, flutist, writer and journalist, author, Like Falling Through a Cloud: A Lyrical Memoir of Coping with Forgetfulness, Confusion and a Dreaded Diagnosis

Compliance issues covered: Alzheimer's, Dementia, Aging, Senior Citizen, Health, Family, Music

Links for more information: <https://www.eugeniazukerman.com/>

14:01 8:53

<https://www.npr.org/2019/11/09/777569730/in-like-falling-through-a-cloud-eugenia-zukerman-explores-her-changing-mind> <https://www.amazon.com/Like-Falling-Through-Cloud-Lyrical/dp/1732491224>

CULTURE CRASH: PASSING THE TIME DURING THIS PERIOD OF "SOCIAL DISTANCING"

**Time
Duration**

Synopsis: We discuss some of the best selections now streaming on Netflix as millions turn to movies right now for evening entertainment.

Host & Producer: Evan Rook

Compliance issues covered: Film, Culture, Streaming

23:54

2:39