

1Q2019 January - March  
INDIANA ISSUES SHOWS AND CONTENT

PROGRAM: Mayor Show  
Air date: 1/7 and 1-14/19  
Air time: 6p – 6:30p  
Program Length: 30 minutes  
Program Topic(s): Durbin and Windsor, Just Rite Restuarant update, New storage business, New Wolf Theater and City Hall Move  
Program Host: Starr Miller  
Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show  
Air date: 1//21 and 1/28/19  
Air time: 6p – 6:30p  
Program Length: 30 minutes  
Program Topic(s): New City Hall location, New Housing Development  
Program Host: Starr Miller  
Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show  
Air date: 2/4 and 2/11/19  
Air time: 6p – 6:30p  
Program Length: 30 minutes  
Program Topic(s): Parks Department projects, City Facebook page, Princess Theater  
Program Host: Starr Miller  
Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show  
Air date: 2/18 and 2/25/19  
Air time: 6p – 6:30p  
Program Length: 30 minutes  
Program Topic(s): Animal Shelter Update, Pot Hole reporting, Levee summer concert series  
Program Host: Starr Miller  
Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show  
Air date: 3/4 and 3/11/19  
Air time: 6p – 6:30p  
Program Length: 30 minutes  
Program Topic(s): St. Patricks day events, Building in pakr being demolished, Animal Shelter moving,  
Program Host: Starr Miller  
Guests: Mayor Mike Pavey and Brian Sheehan

PROGRAM: Mayor Show

Air date: 3/18 and 3/25/19

Air time: 6p – 6:30p

Program Length: 30 minutes

Program Topic(s): New additions of staffers at high school, Mayor's 5K coming up, Former Park Restuarant being torn down

Program Host: Starr Miller

Guests: Mayor Mike Pavey and Mike Pavey

PROGRAM: To Your Health

Air date: 3/2/19

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Information on Cancer causes, diiagnoses and treatment

Program Host: Julie Dragoo

Guests: Erin Pike an Oncologist from Rush Memorial Hospital

PROGRAM: To Your Health

Air date: 3/9/19

Air time: 9a o 9:15a

Program Length: 15 minutes

Program Topic(s): Introduced different employees and talked about their jobs at Rush Memorial Hospital

Program Host: Julie Dragoo

Guests: Summer Lesar, Paul Nichols, Nathan Kline

PROGRAM: To Your Health

Air date: 3/16/19

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Foot health

Program Host: Julie Dragoo

Guests: Podiatrist Doctor Lesar

PROGRAM: To Your Health

Air date: 3/23/19

Air time: 9a - 9:15a

Program Length: 15 minutes

Program Topic(s): Chronic pain and depression

Program Host: Julie Dragoo

Guests: Social Worker Cheryl Turner Romans

PROGRAM: To Your Health

Air date: 3/30/19  
Air time: 9a - 9:15a  
Program Length: 15 minutes  
Program Topic(s): Pediatric Speech Therapy  
Program Host: Julie Dragoo  
Guests: Speech Therapist Megan Invoveoo

PROGRAM: Hope Center  
Air date: 1/01/19  
Air time: 9 am  
Program Length: 10 minutes 49 seconds  
Program Topic(s): Talked about January being Sanctiy of Life month and the Candle Light vigil planned to honor the event  
Program Host: Ted Cramer  
Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center  
Air date: 1/8/19  
Air time: 9 am  
Program Length: 10 minutes  
Program Topic(s): Talked about the annual Handbags For Hope Bingo Fund raiser. This event is bingo where winner receive designer handbags. All money raised form admission, bingo cards and consessions funds the center.  
Program Host: Ted Cramer  
Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center  
Air date: 1/15/19  
Air time: 9 am  
Program Length: 10 minutes 22 seconds  
Program Topic(s): Talked about the amount of winter clothing given for free to clients in the community in need. ASlso outlined was the more than 9 thounsad items for babies handed out in the preceeding year.  
Program Host: Ted Cramer  
Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center  
Air date: 1/22/19  
Air time: 9 am  
Program Length: 10 minutes 39 seconds  
Program Topic(s): Talked about I Decide For Me program. This is a program taught in schools in Fayette, Rush, Franklin, Union and Wayne counties to middle and high school students that teaches them about the choices to be made when it comes to sex and educates them on self

worth and how to make proper decisions. The program is free and is funded by donations to the center.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 1/29/19

Air time: 9 am

Program Length: 10 minutes 13 seconds

Program Topic(s): Talked about smile dot Amazon. Amazon shoppers can use smile dot Amazon, which is just a different portal to the online site and they can specify that the Hope Center is their charity of choice and Amazon donates a portion of all purchases to the center.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/05/19

Air time: 9 am

Program Length: 10 minutes 17 seconds

Program Topic(s): Talked about Parenting With Hope. This program is an educational based program that helps moms and dads to be get prepared for the changes that come with a new baby. They learn budgets, work skills, how to dress for job interviews and how to find proper childcare

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/12/19

Air time: 9 am

Program Length: 11 minutes 28 seconds

Program Topic(s): Focus was on volunteer jobs at the center and the different ways opne can volunteer their time. With only 3 part time paid employees the center relie son volunteers to keep the doors open.

Program Host: Ted Cramer

Guests:

Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/18/19

Air time: 9 am

Program Length: 9 minutes 58 seconds

Program Topic(s): Focus was on another successful Handbags For hope. Also on Legecy giving to the center where a person can direct donations to the center in their will

Guests:



Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 2/25/19

Air time: 9 am

Program Length: 11 minutes 9 seconds

Program Topic(s): Talked about Earn While You Learn. When clients go through Parenting With Hope for all classes and homework done and all doctor and WIC appointments kept they earn "Hope Dollars" that can be used to "buy" personal, baby and household items in the center's store.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/5/19

Air time: 9 am

Program Length: 10 minutes 28 seconds

Program Topic(s): Big kick off for drive to collect hygienic items for clients as the drive runs through the end of the month of March. Bag Of Hope is yearly event to raise items for the center store for clients to buy using earned Hope Dollars.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/12/19

Air time: 9 am

Program Length: 11 minutes 34 seconds

Program Topic(s): talked about the pre-natal side of the Healthy With Hope Program where clients are given free pre-natal vitamins and are encouraged to make and keep all doctors appointments.

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/19/19

Air time: 9 am

Program Length: 10 minutes 12 seconds

Program Topic(s): Update on hygienic item drive, Bag of Hope, and Talked about I Decide For Me program. This is a program taught in schools in Fayette, Rush, Franklin, Union and Wayne counties to middle and high school students that teaches them about the choices to be made when it comes to sex and educates them on self worth and how to make proper decisions. The program is free and is funded by donations to the center

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

PROGRAM: Hope Center

Air date: 3/26/19

Air time: 9 am

Program Length: 10 minutes 42 seconds

Program Topic(s): Gave history of the Hope Center, how it came to be and it's continuing mission to help new moms and dads be prepared for baby arrival

Program Host: Ted Cramer

Guests: Jen Young, Tracy Wells

**2019-Q1 (January-March) Radio Health Journal  
Quarterly Report – Compliancy Issues & Programs List:**

Addiction treatment	Medical ethics
Autism	Mental health
Business and industry	Mental illness
Cancer treatment	Organ shortages
Chronic disease/illness	Pets and people
Clinical trials	Police and law enforcement
Consumerism	Psychology
Criminal justice	Public health and safety
Disabilities	Religion
Discrimination	Research ethics
Drug/alcohol addiction	Sexual abuse
Economics	Societal issues
Education	Sports and society
Euthanasia	Stereotypes
Family and parenting issues	Stigma
Federal government	Substance use disorder
Food and nutrition	Suicide
Gender issues	Surgery
Genetics/genetic engineering	Technology
Health care	Trauma
Heart disease/cardiovascular health	Youth at risk
History of science/medicine	Women's issues
Hormones	Workplace safety/injury
Infectious disease	
Informed consent	
Internet harassment	
Manufacturing	

*Radio Health Journal* is a registered trademark of MediaTracks, Inc.

Contents copyright 2016 by MediaTracks, Inc. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018847-299-9500

Affiliate downloads are available at <http://mediatracksdownloads.com> and [www.mediatracks.com](http://www.mediatracks.com)

Guest information, segment podcasts and the latest health news are available at [www.radiohealthjournal.net](http://www.radiohealthjournal.net)

**Program** 19-01                      **Producer** Reed Pence  
**Air Week** 01/06 – 01/12/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: PERSONALITY AND DRUG ABUSE	12:17

**Synopsis:** Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Experts discuss.

**Host:** Reed Pence. **Guest:** Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*

**Compliance issues covered:** public health; drug and alcohol addiction; youth at risk; education; police and law enforcement; mental illness; mental health

**Links for more information:** <https://www.chusj.org/en/Bio?id=c6f888f1-7ef7-47e6-b349-cc74ec1cfa3a>;  
<https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8>

15:21	SEGMENT 2: THE ADDICTION SPECTRUM	7:34
-------	-----------------------------------	------

**Synopsis:** Does addiction affect all of us in some degree? A noted addiction specialist and author believes we are all somewhere on the addiction spectrum, from bad habits to full-blown addiction. He discusses how small triggers can push people to seek relief, producing deepening decline.

**Host:** Nancy Benson. **Guest:** Dr. Paul Thomas, author, *The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery*

**Compliance issues covered:** health care; addiction; substance use disorder; addiction treatment; societal issues

**Links for more information:** <https://www.drpaulapproved.com/the-addiction-spectrum.html>



**Program Log for *Radio Health Journal***

**Program** 19-02                      **Producers** Reed Pence, Polly Hansen  
**Air Week** 01/13 – 01/19/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: AUTISM IN GIRLS	12:48

**Synopsis:** Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls' behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences.

**Host:** Reed Pence. **Guests:** Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof. of Psychiatry, Northwestern Univ.; Dr. Kevin Pelphrey, Jefferson Scholars Foundation Prof. of Neurology, Univ. of Virginia

**Compliance issues covered:** youth at risk; health care; developmental disorders; education; suicide; autism; gender issues; stereotypes

**Links for more information:** <https://www.autismspeaks.org/leadership>;  
<https://www.rachelloftin.com>;  
<https://www.jeffersonscholars.org/chaired-professorships>

15:52	SEGMENT 2: INVISIBLE GIRLS: VICTIMS OF INCEST	7:06
-------	---	------

**Synopsis:** Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit organization that seeks to help them.

**Host:** Nancy Benson. **Guest:** Dr. Patti Feuereisen, clinical psychologist and author, *Invisible Girls: Speaking the Truth About Sexual Abuse*

**Compliance issues covered:** health care; sexual abuse; youth at risk; women's issues; trauma; stigma; gender issues; psychology; public health; societal issues

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

**Program Log for *Radio Health Journal***

**Program** 19-03                      **Producer** Reed Pence  
**Air Week** 01/20 – 01/26/2019      **Production Director** Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:02	SEGMENT 1: WHEN YOU HAVE NO PRIMARY CARE DOCTOR	11:43

**Synopsis:** Surveys show that fewer Americans have a primary care doctor, especially among younger people. Experts discuss the ramifications of this trend both medically and economically, reasons behind it, and how primary care practitioners are changing the way they work to answer objections.

**Host:** Reed Pence. **Guests:** Dr. Ana Maria Lopez, President, American College of Physicians; Dr. John Cullen, President, American Academy of Family Physicians

**Compliance issues covered:** health care; public health; economics; consumerism; societal issues

**Links for more information:** <https://www.acponline.org/membership/medical-students/acp-impact/archive/may-2018/officer-profiles-ana-maria-lopez-md-facp-and-andrew-dunn-md-facp>;  
<https://www.aafp.org/about/governance/board-directors/cullen.html>

14:47	SEGMENT 2: DUPUYTREN DISEASE: CRIPPLER OF HANDS	7:55
-------	---	------

**Synopsis:** Dupuytren disease (pronounced DOO-pah-tren) is the most common disorder crippling hands that most people have never heard of. It is a genetic condition of the fascia beneath the skin of the palms, and it stubbornly resists treatment. An expert and a patient discuss the disorder.

**Host:** Nancy Benson. **Guests:** Tom Knapp, Dupuytren patient and board member, Dupuytren Foundation; Dr. Charles Eaton, hand surgeon and Executive Director, Dupuytren Foundation

**Compliance issues covered:** health care; disabilities; chronic disease; genetics

**Links for more information:** [www.4dup.com](http://www.4dup.com)

**Program Log for *Radio Health Journal***

**Program** 19-04      **Producers** Reed Pence, Polly Hansen  
**Air Week** 01/27 – 02/02/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: RETHINKING ANTIBIOTICS	12:19

**Synopsis:** Since the introduction of antibiotics in World War II, doctors have prescribed courses of treatment that typically ran longer than necessary. Bacterial resistance is forcing a reevaluation, shortening courses sometimes to just a few days and even prompting doctors to advise not using all pills if patients feel better.

**Host:** Reed Pence. **Guests:** Dr. Brad Spellberg, Chief Medical Officer, Los Angeles County-Univ. of Southern California Medical Center; Dr. William Schaffner, infectious disease specialist, Vanderbilt Univ. Medical Center; Dr. Louis Rice, Chairman, Dept. of Medicine, Warren Alpert Medical School, Brown Univ.

**Compliance issues covered:** health care; public health; technology; infectious disease; societal issues

**Links for more information:** <http://keck.usc.edu/faculty/brad-spellberg/>;  
<https://news.brown.edu/articles/2010/06/rice>;  
<https://medschool.vanderbilt.edu/health-policy/person/william-schaffner-md>

15:23	SEGMENT 2: THE EARLY DAYS OF HORMONES	7:39
-------	---------------------------------------	------

**Synopsis:** Hormones were unknown until a little more than 100 years ago, and experts admit we still have a lot to learn. An expert author details the discovery of hormones and how our growing knowledge has shaped treatment of many diseases and conditions.

**Host:** Karen Hand. **Guest:** Dr. Randi Hutter Epstein, Yale Univ., Columbia Univ., and author, *Aroused: The History of Hormones and How They Control Just About Everything*

**Compliance issues covered:** health care; public health; technology; hormones

**Link for more information:** <http://randihutterepstein.com>

**Program Log for Radio Health Journal**

**Program** 19-05                      **Producer** Reed Pence  
**Air Week** 02/03 – 02/09/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: TALKING TO YOUR BABY	11:25

**Synopsis:** Scientists have discovered that the way parents talk to their infants has a huge effect on their intellectual development and later success. Experts discuss why and how parents should hold "conversations" with their babies.

**Host:** Reed Pence. **Guests:** Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

**Compliance issues covered:** youth at risk; education; family and parenting issues; economics

**Links for more information:** <https://web.stanford.edu/group/langlearninglab/cgi-bin/>;  
<http://www.columbia.edu/cu/needlab/>

14:29	SEGMENT 2: SUPERSTITIONS IN SPORTS	7:39
-------	------------------------------------	------

**Synopsis:** Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life.

**Host:** Karen Hand. **Guests:** Dr. Stuart Vyse, author, *Believing In Magic: The Psychology of Superstition*; Dr. Alex Lickerman, author, *The Undefeated Mind*

**Compliance issues covered:** sports and society; psychology

**Links for more information:** <https://stuartvyse.com/>;  
<http://alexlickerman.com/bio/>



**Program Log for *Radio Health Journal***

**Program** 19-06      **Producers** Reed Pence, Polly Hansen  
**Air Week** 02/10 – 02/16/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: XENOTRANSPLANTATION—ORGANS FROM OTHER SPECIES	13:07

**Synopsis:** After attempts to use non-human primates as a source of scarce organs for transplant, doctors have turned to pigs for a variety of reasons. They're now making great progress against the largest hurdle—rejection. One of the world's foremost xenotransplantation experts discusses how the process might work and what the future might look like for millions of potential organ and tissue recipients.

**Host:** Reed Pence. **Guest:** Dr. David Cooper, Prof. of Surgery, Univ. of Alabama at Birmingham and Co-Director, UAB Xenotransplantation Program

**Compliance issues covered:** technology; organ shortages; health care; medical ethics; youth at risk; surgery

**Links for more information:** <https://www.uab.edu/medicine/surgery/transplantation/faculty/cooper>

16:11	SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?	6:53
-------	--	------

**Synopsis:** Scientists are discovering that our food preferences are much more than a matter of taste, and that taste itself is more complicated than we thought. Psychology also plays a role. An expert discusses what determines preferences, such as why some people like jalapeno peppers & black coffee, and some don't.

**Host:** Karen Hand. **Guest:** Dr. Rachel Herz, Adjunct Asst. Prof. of Psychiatry and Human Behavior, Brown Univ., and author, *Why You Eat What You Eat: The Science Behind Our Relationship With Food*

**Compliance issues covered:** food and nutrition; technology

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



**Program Log for *Radio Health Journal***

**Program** 19-07      **Producers** Reed Pence, Polly Hansen  
**Air Week** 02/17 – 02/23/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	SEGMENT 1: WHEN LAW ENFORCEMENT AND TRAUMA CARE COLLIDE	12:44

**Synopsis:** Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes contentious interaction.

**Host:** Reed Pence. **Guests:** Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians.

**Compliance issues covered:** police, law enforcement, criminal justice; medical ethics; public health and safety; trauma; stigma

**Links for more information:** <https://www.nursing.upenn.edu/live/profiles/15175-sara-f-jacoby>;  
<http://www.ema.net/michael-gerardi.html>

15:49	SEGMENT 2: WHEN DOES GENETIC ENGINEERING GO TOO FAR?	7:10
-------	--	------

**Synopsis:** Advancements in genetic science are often clouded in ethical controversy. Often, scientists are accused of “playing God.” Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated.

**Host:** Nancy Benson. **Guest:** Dr. Ting Wu, Prof. of Genetics, Harvard Medical School

**Compliance issues covered:** health care; technology; medical/research ethics; education; religion; genetics; genetic engineering; history of science/medicine; societal issues

**Links for more information:** <http://pged.org>

**Program Log for *Radio Health Journal***

**Program** 19-08                      **Producer** Reed Pence  
**Air Week** 02/24 – 03/02/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: VETERINARIAN SUICIDE	12:34

**Synopsis:** A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide.

**Host:** Reed Pence. **Guests:** Dr. Jason Sweitzer, veterinarian, Thousand Oaks, CA, and board member, Not One More Vet; Dr. Debbie Stowen, Director of Veterinary Affairs, Lifelearn Animal Health

**Compliance issues covered:** pets and people; mental health; mental illness; suicide; internet harassment; economics; euthanasia; gender issues; societal issues

**Links for more information:** <https://www.nomv.org/admins.html>;  
<https://www.lifelearn.com/about-lifelearn/>

15:38	SEGMENT 2: HOW FAR HAVE WE COME?	7:09
-------	----------------------------------	------

**Synopsis:** In the mid-1960's, many Ivy League and Seven Sister colleges as well as prestigious prep schools allowed researchers to photograph incoming students naked as part of work on a now-discredited theory linking physical characteristics to leadership potential. A former student who went through it, now a physician and writer, discusses how research ethics have changed in the last 50 years.

**Host:** Nancy Benson. **Guest:** Dr. David Sklar, Prof. of Health Solutions, Arizona State Univ. and author, *Atlas of Men*

**Compliance issues covered:** education; research ethics; sexual abuse; informed consent; trauma; history of science/medicine; stigma; stereotypes; societal issues

**Links for more information:** <https://davidpsklar.com/author-bio/>

**Program Log for *Radio Health Journal***

**Program** 19-09                      **Producer** Reed Pence  
**Air Week** 03/03 – 03/09/2019      **Production Director** Reed Pence

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	SEGMENT 1: SILENT HEART ATTACK	12:37

**Synopsis:** Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss.

**Host:** Reed Pence. **Guests:** Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, American College of Cardiology patient education initiative, [Cardiosmart.org](http://Cardiosmart.org); Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, *The Pritikin Edge*

**Compliance issues covered:** consumerism; health care; public health; heart disease/cardiovascular health; stereotypes

**Links for more information:** <https://www.cardiosmart.org>;  
<http://books.simonandschuster.com/The-Pritikin-Edge/Robert-A-Vogel/9781416580911>

15:42	SEGMENT 2: WHEN CHRONICALLY ILL KIDS GROW UP	7:20
-------	--	------

**Synopsis:** Children with serious chronic diseases often have a tough time transitioning from pediatric care, which has much support built in, to adult care, which has to be managed by the patient. Experts discuss how parents can make it easier with a gradual transition.

**Host:** Nancy Benson. **Guests:** Dr. Maria Ferris, pediatric nephrologist and Assoc. Prof. of Pediatrics and Medicine, Univ. of North Carolina-Chapel Hill; Dr. Miranda Van Tilburg, gastroenterologist, hematologist, and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill

**Compliance issues covered:** health care; youth at risk; parenting issues; chronic disease/illness; mental health

**Links for more information:**<http://unckidneycenter.org/about/directory/maria-ferris>;  
<https://www.med.unc.edu/ibs/about-us/faculty-biographies/miranda-van-tilburg-phd>

*Radio Health Journal* is a registered trademark of MediaTracks, Inc.

Contents copyright 2016 by MediaTracks, Inc. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018847-299-9500

Affiliate downloads are available at <ftp://mediatracksdownloads.com> and [www.mediatracks.com](http://www.mediatracks.com)

Guest information, segment podcasts and the latest health news are available at [www.radiohealthjournal.net](http://www.radiohealthjournal.net)

**Program Log for *Radio Health Journal***

**Program** 19-10                      **Producer** Reed Pence  
**Air Week** 03/10 – 03/16/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	SEGMENT 1: FIBBING TO YOUR DOCTOR	12:36

**Synopsis:** New surveys show that as many as 80 percent of people omit information, stretch the truth or outright lie to their doctors. Experts discuss why it happens, consequences, and methods that might reduce the amount of less-than-truthful answers to doctors' questions.

**Host:** Reed Pence. **Guests:** Dr. Andrea Gurmankin Levy, Assoc. Prof. of Psychology, Middlesex Community College; Dr. Maricela Moffitt, Prof. of Medicine and Director, Doctoring Curriculum, Univ. of Arizona College of Medicine–Phoenix

**Compliance issues covered:** health care; consumerism; public health; education; stigma; societal issues

**Links for more information:** <https://mxcc.edu/bios/andrea-levy/>;  
<http://phoenixmed.arizona.edu/directory/bios/moffitt>

15:41	SEGMENT 2: THE EFFECTS OF WORKPLACE FATIGUE	7:15
-------	---	------

**Synopsis:** Fatigue in the workplace carries enormous costs in loss of productivity and injury. Experts are beginning to measure its precise effects in real time using wearable motion sensors, with some surprising results that will shape solutions. An expert who has studied this shares insights.

**Host:** Nancy Benson. **Guest:** Dr. Lora Cavuoto, Assoc. Prof. of Industrial and Systems Engineering, Univ. at Buffalo

**Compliance issues covered:** manufacturing; workplace safety; workplace injuries; economics; societal issues

**Links for more information:** <http://engineering.buffalo.edu/industrial-systems/people/faculty-directory/cavuoto-lora.html>



**Program Log for Radio Health Journal**

**Program** 19-11                      **Producer** Reed Pence  
**Air Week** 03/17 – 03/23/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: RECRUITING PATIENTS FOR CANCER CLINICAL TRIALS	12:45

**Synopsis:** Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

**Host:** Reed Pence. **Guests:** Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women’s Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Julie Brahmer, Co-Director, Upper Aerodigestive Department, Bloomberg-Kimmel Institute for Cancer Immunotherapy, and Professor of Oncology, Johns Hopkins School of Medicine

**Compliance issues covered:** health care; public health; federal government; minority affairs and discrimination; cancer treatment; clinical trials; societal issues

**Links for more information:** <https://www.elsevier.com/books/oncology-informatics/hesse/978-0-12-802115-6>

15:49	SEGMENT 2: ALL ABOUT HANGOVERS	7:04
-------	--------------------------------	------

**Synopsis:** On St. Patrick’s Day—one of the biggest drinking holidays of the year—an expert discusses why hangovers occur and what might work to prevent them and recover from them.

**Host:** Nancy Benson. **Guest:** Dr. Laura Veach, licensed clinical addiction specialist and Assoc. Prof. of Surgery, Wake Forest Univ. School of Medicine

**Compliance issues covered:** consumerism; substance and alcohol use disorder

**Links for more information:** <http://www.wakehealth.edu/Faculty/Veach-Laura-J.htm>



**Program Log for *Radio Health Journal***

**Program** 19-12                      **Producer** Reed Pence  
**Air Week** 03/24 – 03/30/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:04	SEGMENT 1: KNEE REPLACEMENTS	13:45

**Synopsis:** Knee replacements are successful for 80 percent of recipients, yet many assume the success rate should be higher. Those who are not successful often are bitterly disappointed. However, patients and physicians can take steps to avoid a bad result. New techniques also offer much faster recovery. Experts discuss.

**Host:** Reed Pence. **Guests:** Dr. Dan Riddle, Prof. of Physical Therapy, Orthopedic Surgery and Rheumatology, Virginia Commonwealth Univ.; Dr. James Rickert, President, Society for Patient Centered Orthopedics; Dr. Richard Berger, Asst. Prof. of Orthopedics, Rush Univ.

**Compliance issues covered:** health care; public health; economics; technology; surgery

**Links for more information:** <https://pt.chp.vcu.edu/facultystaff/daniel-riddle-pt-phd-fapta.html>;  
<https://www.thepatientfirst.org/who-we-are.html>;  
<https://outpatienthipandknee.com>

16:51	SEGMENT 2: TAKING BODY BASICS SERIOUSLY	6:05
-------	---	------

**Synopsis:** Many people have questions about their bodies that seem so silly, they never bring them up with their doctors. While the answers are sometimes humorous, often they are more complicated and important than we imagine. An expert physician/writer discusses.

**Host:** Nancy Benson. **Guest:** Dr. James Hamblin, Senior Editor, Atlantic Magazine and author, *If Our Bodies Could Talk: A Guide to Operating and Maintaining A Human Body*

**Compliance issues covered:** consumerism; education; health care; stigma; stereotypes; societal issues

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

**Program Log for Radio Health Journal**

**Program** 19-13      **Producers** Reed Pence, Polly Hansen  
**Air Week** 03/31 – 04/06/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:04	SEGMENT 1: "DIFFICULT" PATIENTS: QUESTIONING AUTHORITY	10:53

**Synopsis:** Patients used to accept doctors' orders without question. Today, more are asking questions and challenging their doctors' opinions. However, even those who do it politely are likely to be labeled "difficult." A doctor whose late wife nearly made a career of being a difficult patient discusses how patients can do it respectfully and fruitfully.

**Host:** Reed Pence. **Guest:** Dr. William Steinbach, Prof., Chief of Pediatrics & Infectious Diseases, Duke Univ.

**Compliance issues covered:** health care; public health; consumerism; education; stereotypes; stigma

**Links for more information:**

<http://content.healthaffairs.org/content/27/5/1416.full>;  
<https://pediatrics.duke.edu/faculty/william-j-steinbach-md>

13:59	SEGMENT 2: THE RISING TIDE OF RUDENESS	8:53
-------	--	------

**Synopsis:** Studies show a rudeness epidemic in the US, and that people are profoundly affected when they experience or even witness it occurring to someone else. Two experts discuss.

**Host:** Nancy Benson. **Guests:** Dr. Amir Erez, Prof. of Management, Warrington College of Business, Univ. of Florida; Dr. Christine Porath, Assoc. Prof. of Management, McDonald School of Business, Georgetown Univ., and author, *Mastering Civility: A Manifesto for the Workplace*

**Compliance issues covered:** business and industry; psychology; consumerism; mental health; societal issues

**Links for more information:** <http://warrington.ufl.edu/contact/profile.asp?WEBID=2057>;  
<http://www.christineporath.com>

**2019-Q1 (January-March) Viewpoints  
Quarterly Report – Compliancy Issues & Program List:**

Alternative medicine	Interpersonal relationships
American issues	Language
Ancient civilizations	Law enforcement
Anxiety and depression	LGBTQ issues
Audiobooks	Literature
Awards	Marriage
Business	Media
Child development	Mental health
Cinema/film	Mental illness
Crime	Mindfulness
Criminal justice	Morality and ethics
Criticism	Music
Culture	Mythology
Cybercrime	Narrative/storytelling
Data/data analysis	Politics
Death	Pregnancy
Disabilities	Psychology
Domestic issues	PTSD
Documentary film	Public health/safety
Economics	Religion
Education	Science
Emotional wellness	Self-help
Entertainment	Sociology/societal issues
Entrepreneurship	Statistics
Family and parenting issues	Stigma/stereotypes
Federal law	Technology
Gender issues/gender equality	Television
Grief	Trauma
Gun violence	Travel
Health and wellness	US history
Health care	
History	
Immigration	
Incarceration	
Internet	

**Program Log for Viewpoints**

Program 19-01 Producers Reed Pence, Evan Rook, Polly Hansen  
 Air Week 01/06 – 01/12/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Women in the United States Military	10:32

Synopsis: Women have served in the US military dating all the way back to the Revolutionary War. Back then, they had to lie about their sex and their names in order to get enlist, but some did. Now, combat positions are open to women. We discuss the vital role women have played in America's military might.

Host: Gary Price. Guests: Eileen Rivers, army veteran and author of *Beyond the Call: Three women on the front lines in Afghanistan*

Links for more info: <https://www.dacapopress.com/titles/eileen-rivers/beyond-the-call/9781549168710/>;  
<https://www.hachettebookgroup.com/articles/a-talk-with-eileen-rivers-author-of-beyond-the-call/>

Compliance Issues Covered: military; US history; women in history; feminism; gender equality; American issues; war

14:21	SEGMENT 2: Overcoming Anxiety and Feeling Joy	8:52
-------	---	------

Synopsis: Early January has long been a time for people to hit the re-set button and try to refocus their energy and attention for the year ahead. We talk to two experts about how to overcome anxiety to feel happier and more at ease, despite the chaos of our everyday life.

Host: Marty Peterson. Guests: Neil Pasricha, author, *Two Minute Mornings: A journey to win your day every day*; Sharon Weil, author, *ChangeAbility: How artists, activists and awakens navigate change*

Links for more info: <https://globalhappiness.org/neil-pasricha/>;  
<http://www.sharonweilauthor.com/>

Compliance Issues Covered: mental health; mental illness; emotional wellness; self-help; alternative medicine; anxiety and depression

24:13	Culture Crash: <i>Minding the Gap</i>	2:12
-------	---------------------------------------	------

Synopsis: In a crowded field of great films from 2018, Bing Liu's *Minding the Gap*, a documentary available on Hulu, stands above the pack.

Host: Evan Rook

Compliance Issues Covered: media; cinema/film; family issues; documentary film; entertainment; criticism



**Program Log for Viewpoints**

Program 19-02 Producers Reed Pence, Evan Rook, Polly Hansen  
 Air Week 01/13 – 01/19/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Cybercrime in Real Life	10:42

Synopsis: We've all seen how our fiction portrays cybercrime, but what does it really look like? Jonathan Lusthaus, the director of the Human Cybercriminal Project at the University of Oxford, joins the show to talk about the real crimes committed online and what, if anything, we can do to protect ourselves.

Host: Gary Price. Guests: Jonathan Lusthaus, Director of the Human Cybercriminal Project and author, *Industry of Anonymity: Inside the Business of Cybercrime*

Links for more information: <https://industryofanonymity.com/>;  
<https://www.nuffield.ox.ac.uk/people/profiles/jonathan-lusthaus/>

Compliance Issues Covered: crime; law enforcement; internet; cybercrime; technology

14:31	SEGMENT 2: Marriage Maintenance	8:10
-------	---------------------------------	------

Synopsis: Maintaining a relationship or a marriage is a wonderful thing, but sometimes it can be tricky. We hear tips from an expert clinical psychologist on how couples can communicate better, understand each other more deeply, and work through some of the issues common in modern marriages.

Host: Marty Peterson. Guests: Dr. Daphne de Marneffe, clinical psychologist and author, *The Rough Patch: Marriage and the Art of Living Together*

Links for more info: <http://www.daphnedemarneffe.com/>;  
<https://www.amazon.com/dp/B01N637OIO/>

Compliance Issues Covered: marriage; family issues; self-help; psychology

23:41	Culture Crash: <i>True Detective</i>	2:43
-------	--------------------------------------	------

Synopsis: In 2014, *True Detective* was a cultural juggernaut. In 2015, it was a laughing stock. Can the new season recapture the magic for HBO?

Host: Evan Rook

Compliance Issues Covered: media; culture; television; business; entertainment; criticism



**Program Log for Viewpoints**

Program 19-03 Producers Reed Pence, Evan Rook  
 Air Week 01/20 – 01/26/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: China's Family Policies & Their Impact on America	8:50

Synopsis: In America, we may have an idea of how China's one-child and two-child policies work, but the truth is more complicated than many of us imagine. We talk to journalist and author Vanessa Hua about how these policies have rippled all the way into America.

Host: Gary Price. Guests: Vanessa Hua, journalist and author, *A River of Stars*

Links for more information: <http://www.randomhousebooks.com/books/550208/>;  
<https://www.nbcnews.com/news/us-news/feds-raid-l-maternity-hotel-birth-tourists-n315996>

Compliance Issues Covered: immigration; American issues; international issues; family issues; parenting; societal issues

12:39	SEGMENT 2: Processing Unimaginable Grief	9:25
-------	--	------

Synopsis: Grief is an innate part of human life, but how we process that grief varies from person to person. Tom Malmquist knows too much about grief after he lost his partner shortly after the birth of their first child. Malmquist put his experiences into his novel, *In Every Moment We Are Still Alive*, to help others in similar situations feel less alone.

Host: Marty Peterson. Guests: Tom Malmquist, author, *In Every Moment We Are Still Alive*

Links for more info: <http://static.mhpbooks.com/In-Every-Moment/>

Compliance Issues Covered: grief; death; parenting; family issues; trauma

23:04	Culture Crash: Movies to Look Forward to in 2019	3:21
-------	--	------

Synopsis: With a new year comes new things to look forward to, and this year will offer an enormous slate of hotly anticipated new films, like *Toy Story 4*, *It: Chapter 2*, and a plethora of superhero offerings.

Host: Evan Rook Compliance Issues Covered: media; culture; cinema/film; entertainment

**Program Log for Viewpoints**

Program 19-04 Producers Reed Pence, Evan Rook  
 Air Week 01/27 – 02/02/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Truth Behind Faith-Based Prison Ministry	9:02

Synopsis: Since the beginning of the US prison system, religion has been suggested as a way to help rehabilitate criminals. We talk to Tanya Erzen, a professor of religion, about why that is and what role prison ministries play in the lives on inmates.

Host: Gary Price. Guests: Tanya Erzen, author *God in Captivity: The Rise of Faith-Based Prison Ministries in the Age of Mass Incarceration*

Links for more information: <https://tanyaerzen.com/>;  
<http://www.beacon.org/God-in-Captivity-P1256.aspx>

Compliance Issues Covered: US history; criminal justice; religion; American issues; incarceration

12:51	SEGMENT 2: Tips on Entrepreneurship	9:56
-------	-------------------------------------	------

Synopsis: Brian Scudamore founded 1-800-GOT JUNK when he was just 18. Now, it's one of the biggest companies in the world. He talks about the lessons he learned and what advice he has for young entrepreneurs dreaming of creating the next big startup.

Host: Marty Peterson. Guests: Brian Scudamore, CEO of 1-800-GOT JUNK and author, *WTF: Willing to Fail: How failure can be your key to success*

Links for more info: [https://www.1800gotjunk.com/us\\_en/about/our\\_company](https://www.1800gotjunk.com/us_en/about/our_company);  
<https://www.amazon.com/WTF-Willing-Fail-Failure-Success-ebook/dp/B07JXY3823>

Compliance Issues Covered: business; entrepreneurship; economics; marketing

23:47	Culture Crash: A New Future for Comic Book Movies	2:41
-------	---	------

Synopsis: For a decade now, it seemed like comic book movies had settled in to an existence based on these larger cinematic universes. Now, Spider-Man and The Joker are proving comic stories can have their cake and eat it, too.

Host: Evan Rook

Compliance Issues Covered: media; culture; cinema/film; comic books; entertainment; criticism

**Program Log for Viewpoints**

Program 19-05 Producers Reed Pence, Evan Rook  
Air Week 02/03 – 02/09/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Unexpected Utility of a Well-Held Grudge	9:56

Synopsis: Grudges are something most of us think of as a negative feeling. They're petty or vindictive or unforgiving. But we talk to author Sophie Hannah, who says grudges can be a really positive thing in our lives if we just know how to hold them properly. She can explain.

Host: Gary Price. Guests: Sophie Hannah, author, *How to Hold a Grudge: From resentment to contentment- the power of grudges to transform your life*

Links for more information: <https://sophiehannah.com/>;  
<https://www.simonandschuster.com/books/How-to-Hold-a-Grudge/Sophie-Hannah/9781982111427>;  
<https://twitter.com/sophiehannahcb1>

Compliance Issues Covered: interpersonal relationships; self-help; psychology

13:45	SEGMENT 2: Parenting a Transgender Child	8:31
-------	--	------

Synopsis: We talk to the parent and the doctor of a transgender child to discover what science says about gender transitions and how one family navigated the issues associated with having a child you suddenly don't fully understand.

Host: Marty Peterson. Guests: Dr. Michele Angello, therapist and gender specialist; Alisa Bowman, journalist, author, and mother of a transgender child

Links for more info: <https://www.micheleangelo.com/>;  
<https://www.barnesandnoble.com/w/raising-the-transgender-child-michele-angelo/1123537769>

Compliance Issues Covered: parenting; family issues; LGBTQ issues; sociology/societal issues; gender issues; gender equality; science

23:16	Culture Crash: On Ethan Hawke and Oscar Snubs	3:10
-------	---	------

Synopsis: Every year, there is some outrage over Oscar snubs. This year, many of us wish Ethan Hawke had been nominated for *First Reformed*. We look at why.

Host: Evan Rook

Compliance Issues Covered: media; culture; cinema/film; awards; entertainment; criticism

**Program Log for Viewpoints**

Program 19-06 Producers Reed Pence, Evan Rook  
 Air Week 02/10 – 02/16/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The History of Pirates	10:40

Synopsis: From Pirates of the Caribbean and Captain Hook to the Pittsburgh Pirates and Tampa Bay Buccaneers, pirates have a real foothold in our culture. But their history is anything but a fairy tale. Historian Eric Jay Dolin joins the show to discuss some of the most notorious real-life pirates to ever live.

Host: Gary Price. Guests: Eric Jay Dolin, historian and author, *Black Flags, Blue Waters: The epic history of America's most notorious pirates*

Links for more information: <https://www.amazon.com/Black-Flags-Blue-Waters-Notorious/dp/1631492101>;  
<https://www.ericjaydolin.com/>

Compliance Issues Covered: American issues; culture; crime; US history; history; mythology

14:29	SEGMENT 2: The Written Word: A history of storytelling	8:08
-------	--	------

Synopsis: Throughout history, stories have been told but sometimes preserving them for future generations has proven difficult. We examine the ways stories have been passed down, and the role the written word has played in shaping our civilizations.

Host: Marty Peterson. Guests: Martin Puchner, Professor of English and Comparative Literature, Harvard University and author, *The Written Word: The power of stories to shape people, history, civilization*

Links for more info: <https://english.fas.harvard.edu/people/martin-puchner>;  
<https://www.penguinrandomhouse.com/books/253470/the-written-world-by-martin-puchner/>

Compliance Issues Covered: literature; language; history; ancient civilizations; technology; narrative/storytelling

23:37	Culture Crash: Missing Gems in the Deluge of 'Peak TV'	2:45
-------	--	------

Synopsis: There is so much new TV content being made that it can be easy to fall behind or forget to check out a show you meant to watch. We look at a few of these overlooked gems, like Showtime's "Escape at Dannemora."

Host: Evan Rook

Compliance Issues Covered: television; media; awards; culture; entertainment; criticism



**Program Log for Viewpoints**

Program 19-07 Producers Reed Pence, Evan Rook  
Air Week 02/17 – 02/23/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Facing Our Own Mortality: How to plan for a more peaceful death for yourself and loves ones	10:40

Synopsis: Facing the prospect of death isn't pleasant, but it is the reality of being human. We talk to two experts about how people can get their affairs in order both personally and medically to ensure their wishes are respected and their loved ones can properly grieve if the unthinkable happens.

Host: Gary Price. Guests: Katy Butler, journalist and author, *The Art of Dying Well: A practical guide to a good end of life*; Dr. Sunita Puri, Medical Director of Palliative Medicine at the University of Southern California and author, *That Good Night: Life and medicine in the eleventh hour*

## Links for more information:

<http://www.katybutler.com/author/> <https://www.simonandschuster.com/books/The-Art-of-Dying-Well/Katy-Butler/9781501135316>;  
<https://www.penguinrandomhouse.com/books/551602/that-good-night-by-sunita-puri/9780735223318/>;  
<https://keck.usc.edu/faculty-search/sunita-puri/>

Compliance Issues Covered: health care; family issues; personal issues; death; grief; health & wellness

14:52	SEGMENT 2: Considering the Precarious Future of AI	8:08
-------	--	------

Synopsis: Between Alexa, Google and Siri, artificial intelligence is here. But looking forward, AI will only get more and more intelligent. Author and researcher James Rollins discusses why AI has long scared scientists and storytellers, and what the future of our technology could look like if we aren't careful.

Host: Marty Peterson. Guests: James Rollins, researcher and author, *Crucible*

Links for more info: <https://jamesrollins.com/>;  
<https://www.amazon.com/Crucible-Thriller-Sigma-Force-Novels/dp/0062381784>

Compliance Issues Covered: technology; science; narrative/storytelling; morality and ethics; societal issues

23:37	Culture Crash: The Academy's Unforced Errors	2:45
-------	--	------

Synopsis: This year's Academy Awards have been a series of mistakes, from suggesting a Best Popular Film award to the plan to award from of the evening's awards during commercial breaks.

Host: Evan Rook

Compliance Issues Covered: cinema/film; awards; media; culture; entertainment; criticism



**Program Log for Viewpoints**

Program 19-08 Producers Reed Pence, Evan Rook  
 Air Week 02/24 – 03/02/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Pregnant and Incarcerated: Childbirth behind bars	7:18

Synopsis: After working for years as an OB/GYN for inmates at San Francisco Jail, author Carolyn Sufrin wanted to tell the story of the women she helped. She talks about what health care for pregnant women in jails and prisons looks like, and the changes she hopes to see in the system.

Host: Gary Price. Guests: Carolyn Sufrin, medical anthropologist, former OB/GYN at San Francisco Jail, and author of *Jailcare: Finding the safety net for women behind bars*

Links for more information: <http://www.ucpress.edu/book.php?isbn=9780520288683>

Compliance Issues Covered: health care; pregnancy; family issues; incarceration; health & wellness; societal issues; morality and ethics; stigma/stereotypes

11:07	SEGMENT 2: Education for Students with Autism	11:18
-------	---	-------

Synopsis: The right to an education is guaranteed to all students, regardless of disability, by federal law. But experts and parents are now wondering if we are doing enough to help autistic students maximize their abilities to live their best possible lives. We discuss the current status of public schooling for students with autism and how the systems in place can be optimized to help students grow even more.

Host: Marty Peterson. Guests: Mark Claypool, CEO of ChanceLight Behavioral Health, Therapy & Education and co-author of *How Autism is Reshaping Special Education*

Links for more info: <http://chancelight.com> [https://www.amazon.com/How-Autism-Reshaping-Special-Education/dp/1475834977/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/How-Autism-Reshaping-Special-Education/dp/1475834977/ref=asap_bc?ie=UTF8)

Compliance Issues Covered: family issues; education; federal law; special needs; parenting; societal issues; stigma/stereotypes; disabilities; morality and ethics

23:25	Culture Crash: Television Shows Creating ‘Expanded Universes’ of Their Own	3:00
-------	--	------

Synopsis: Superhero franchises have spent a decade carefully laying plans for big, expanded universes. But we look at “Veronica Mars” and “Breaking Bad,” two TV shows that have broadened their universes in their own ways.

Host: Evan Rook Compliance Issues Covered: media; culture; television; entertainment; criticism

**Program Log for Viewpoints**

Program 19-09 Producers Evan Rook  
 Air Week 03/03 – 03/09/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: What Big Data Can Teach Us About Ourselves	7:37

Synopsis: These days, there is data on just about everything. Our social media presence, our careers, our web search history- it's all crunched into data points. And author Seth Stephens-Davidowitz says all that data can shed plenty of light on the truth about who we really are underneath all of our social formalities.

Host: Gary Price. Guests: Seth Stephens-Davidowitz, author of *Everybody Lies: Big data, new data, and what the internet can tell us about who we really are*

Links for more information: <https://www.amazon.com/Everybody-Lies-Internet-About-Really/dp/0062390856>;  
<http://sethsd.com/>

Compliance Issues Covered: data/data analysis; science; sociology; statistics; technology; internet

11:26	SEGMENT 2: Exploring What It Means for Women to be 'Brave, Not Perfect'	10:57
-------	---	-------

Synopsis: Reshma Saujani is a lawyer, a former political candidate, an author and the founder of Girls Who Code. She says our society puts too much pressure on women to be perfect, which means girls are afraid to explore their true passions for fear of failure. She's hoping to change that, and to teach girls that it's okay to try something that you might not succeed at.

Host: Marty Peterson. Guests: Reshma Saujani, author, *Brave, Not Perfect*

Links for more info: <https://reshmasaujani.com/>;  
<https://www.penguinrandomhouse.com/books/561367/brave-not-perfect-by-reshma-saujani/9781524762339/>

Compliance Issues Covered: feminism; business; sociology and societal issues; gender equality; gender issues; stereotypes

23:23	Culture Crash: Audiobooks	3:03
-------	---------------------------	------

Synopsis: Audiobooks used to be big, cumbersome collections of tapes. Now, they're simply files on our phones, and their portability and convenience make them a great option for commute-time listening.

Host: Evan Rook Compliance Issues Covered: literature; culture; audiobooks; entertainment

**Program Log for Viewpoints**

Program 19-10 Producers Reed Pence, Evan Rook, Polly Hansen  
Air Week 03/10 – 03/16/2019 Production Director Jason Dickey

Time Segment Dur.  
1:47 SEGMENT 1: A More Ethical Garden 9:59

Synopsis: Spring is almost here! That means it's time to start thinking about gardens and landscaping. Expert Benjamin Vogt has a new way to garden, so that your property can be a place that looks nice, and also contributes to a healthy ecosystem that helps animal species and our planet thrive.

Host: Gary Price. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*

Links for more information: <https://www.newsociety.com/Books/N/A-New-Garden-Ethic>

Compliance Issues Covered: science; gardening; environment; morality and ethics; climate change; public health

13:48 SEGMENT 2: A Fantasy Series that Aims at Teaching Children to Consider Some Big Questions 8:40

Synopsis: 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 more modern stories have been teaching our children.

Host: Marty Peterson. Guests: Soman Chainani, author of *The School for Good and Evil*

Links for more info: <https://schoolforgoodandevil.com/>;  
<http://somanchainani.net/>

Compliance Issues Covered: literature; culture; family issues; child development; education; morality and ethics; mythology; societal issues

23:28 Culture Crash: Netflix's "Russian Doll" 2:54

Synopsis: Netflix's new show, "Russian Doll" is an ethical, mysterious, funny drama modeled after the *Groundhog Day* "waking up in the same moment" plot. It's an especially great binge-watch.

Host: Evan Rook Compliance Issues Covered: television; culture; media; entertainment; criticism



**Program Log for Viewpoints**

Program 19-11 Producers Reed Pence. Evan Rook  
 Air Week 03/17 – 03/23/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Mindfulness in Life, Leadership and Collaboration	9:44

Synopsis: The hustle and bustle of the world can overwhelm us all from time to time. Expert Marc Lesser talks about how we can embrace mindfulness to relieve anxiety, enhance our empathy, and become better collaborators and leaders in our lives.

Host: Gary Price. Guests: Marc Lesser, author, *Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery Kitchen*

Links for more information: <https://www.marclesser.net/>

Compliance Issues Covered: self-help; personal issues; business; interpersonal relationships; mindfulness; health & wellness; alternative medicine; anxiety and depression; mental health; emotional wellness

13:33	SEGMENT 2: Harry Potter Therapy	8:33
-------	---------------------------------	------

Synopsis: The Harry Potter series is full of creatures and storylines that parallel real-life adversities like depression, PTSD and grief in a heightened reality. Dr. Janina Scarlet says these stories are so powerful that she uses them to help people cope in real-life therapy sessions.

Host: Marty Peterson. Guests: Dr. Janina Scarlet, clinical therapist and author of *Superhero Therapy: A hero's journey through acceptance and commitment therapy*

Links for more info: <https://www.amazon.com/Superhero-Therapy-Journey-Acceptance-Commitment/dp/1472136411>;  
<http://www.superhero-therapy.com/>

Compliance Issues Covered: literature; fantasy; mental health; PTSD; anxiety and depression; grief; health & wellness; alternative medicine; mental illness; emotional wellness

23:06	Culture Crash: Do We All Have the Cultural Taste of Our 15 Year-old Selves?	3:20
-------	---	------

Synopsis: Anecdotal evidence and some real data science both suggest that we never grow out of the things we loved at 15.

Links for more info: <https://www.hollywoodreporter.com/news/bill-carter-covering-snl-lorne-769095>; <https://www.amazon.com/Everybody-Lies-Internet-About-Really/dp/0062390856>

Host: Evan Rook

Compliance Issues Covered: television; culture; media; statistics; data/data analysis; entertainment; science





## Program Log for Viewpoints

Program 19-12 Producers Reed Pence, Evan Rook  
Air Week 03/24 – 03/30/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Life in the Shadow of the Columbine High School Shooting	9:44
Synopsis: On April 20, 1999, Sue Klebold's son and his friend went into Columbine High School and committed one of the largest mass shootings in US history. Over the last 18 years, Klebold has been forced to cope with this horrible tragedy while managing anxiety attacks and being blamed by so many. Klebold talks about her story and the mental health messages she wants every American to know.		

Host: Gary Price. Guests: Sue Klebold, author of the book *A Mother's Reckoning*

Links for more information: <http://amothersreckoning.com/>;  
<https://suicidepreventionlifeline.org/>;  
<https://bbrfoundation.org/mental-illness-1?gclid=CL6I4iZqdICFQ2UaQodYjUFqW>

Compliance Issues Covered: mental health; mental illness; domestic issues; US history; gun violence; trauma; public safety; anxiety and depression

13:33	SEGMENT 2: Raising Financially-minded Children	8:33
Synopsis: All parents want their kids to succeed and live good lives, and part of accomplishing that is raising them to understand the value of a dollar. We talk to Beth Kobliner, a financial expert and author of the book <i>Make Your Kid A Money Genius (Even if you're not)</i> about tips and tricks to help our kids, from toddlers to post-grads, handle money responsibly.		

Host: Marty Peterson. Guests: Beth Kobliner, financial expert and author of *Make Your Kid A Money Genius (Even if you're not)*

Links for more info: <http://www.bethkobliner.com/>

Compliance Issues Covered: finance; family issues; parenting; economics

24:06	Culture Crash: Junk Food TV	3:20
Synopsis: Sometimes you want to watch an expertly written and produced hour of television with central themes and a commentary on modern life... and sometimes, you just want to shut your brain off and watch something easy. This is about those latter experiences.		

Host: Evan Rook Compliance Issues Covered: television; culture; media; entertainment; criticism

**Program Log for Viewpoints**

Program 19-13 Producers Reed Pence, Evan Rook, Pat Reuter  
 Air Week 03/31 – 04/06/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Using YA Fiction to Help Young People Process the Big Issues	9:59

Synopsis: For a few decades now, teens have flocked to YA novels like *The Hunger Games* or *The Fault in Our Stars*. Why are they so popular? We talk to two novelists who say young adult fiction can help teens consider big issues and life and ‘practice’ their responses to real-world problems like violence and drugs.

Host: Gary Price. Guests: Marie Lu, author, *Wildcard*; Ellen Hopkins, author, *People Kill People*

Links for more information: <http://www.onetrueportal.com/marielu/>;  
<http://www.ellenhopkins.com/>

Compliance Issues Covered: literature; culture; young adults; family issues; education; morality and ethics

14:00	SEGMENT 2: Using the ‘Voices in Your Head’	8:40
-------	--	------

Synopsis: Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill. However, experts tell us the “voices in your head” can be used to talk to, and about, yourself in a healthy, productive way. In fact, most people hear voices in their head and already use inner speech on a daily basis. We discuss tips and techniques to use “self-talk” as a way to get yourself through tough decisions and lower stress.

Host: Marty Peterson. Guests: Dr. Charles Fernyhough, author, *The Voices Within: The history and science of how we talk to ourselves*; Dr. Ethan Kross, Professor of Psychology at the University of Michigan

Links for more info: <http://www.charlesfernyhough.com/>;  
<https://lsa.umich.edu/psych/people/faculty/ekross.html>

Compliance Issues Covered: psychology; science; self-help; mental illness; mental health; stigma/stereotypes; alternative medicine; emotional wellness

23:57	Culture Crash: Summer Concerts	2:54
-------	--------------------------------	------

Synopsis: Summer is almost here, which means the concert and music festival season in almost in full swing. We talk a look at why a day at an amphitheater can stick with you for life.

Host: Evan Rook Compliance Issues Covered: music; culture; entertainment