

**2018-Q3 (July-September) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:**

Addictions and treatment
Aging
Bullying
Business and industry
Climate change
Consumerism
Crime and justice system
Dementia
Diet and exercise
Disabilities
Drug misuse
Economics
Economics of sports
Education
Environmental issues
Elderly and senior citizens
Ethics
Family and parenting issues
Federal government
First responders
Flooding
Government and regulation

Health care
Homelessness
Housing
Human development
Infant mortality
Insurance
Interpersonal relationships
Law
Mental health
Military
National security
Poverty
PTSD
Public health
Public safety
Research and development
Religion
Sports and recreation
Substance use disorder
Technology
Treatment and prevention
Youth at risk

Program Log for Radio Health Journal

Program 18-26 **Producers** Reed Pence, Hannah Swarm
Air Week 7/1 – 7/7/2018 **Production Director** Sean Waldron

Time **Segment** **Dur.**

2:03 **SEGMENT 1: THE “OTHER” SIDE OF MILITARY SCIENCE** **12:20**

Synopsis: Most people think of military science in terms of defeating the other side. But it also involves keeping our troops sheltered, clothed, fed, and protected from adversaries like exhaustion, infection, heat and noise. A noted investigative journalist explains the less well known side of military research.

Host: Reed Pence. **Guest:** Mary Roach, author: *Grunt: The Curious Science of Humans at War*

Compliance issues covered: military; federal government; national security; research and development

Links for more information: <http://maryroach.net>

15:25 **SEGMENT 2: SUMMER EYE PROTECTION** **7:09**

Synopsis: Summer is when people want to spend as much time outdoors as possible. Skin protection and sunscreen are something most of us consider, but overexposure to UV rays is extremely dangerous to the eyes as well. An expert discusses.

Host: Nancy Benson. **Guest:** Dr. Rachel Bishop, ophthalmologist, National Eye Institute

Compliance issues covered: public health; consumerism

Links for more information: <https://nei.nih.gov/pressroom/bishop>

Program 18-27 **Producers** Reed Pence, Ariana Kraft
Air Week 7/8 – 7/14/2018 **Production Director** Sean Waldron

Time **Segment** **Dur.**

1:57 **SEGMENT 1: THE SHRINKING HUMAN JAW** **12:11**

Synopsis: Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.

Host: Reed Pence. **Guests:** Dr. Paul Erlich, Prof. Emeritus of Population Studies, Stanford Univ. and co-author, *Jaws: The Story of a Hidden Epidemic*; Dr. Sandra Kahn, orthodontist and co-author, *Jaws: The Story of a Hidden Epidemic*

Compliance issues covered: youth at risk; human development; public health; diet and exercise

Links for more information: <https://www.sup.org/books/title/?id=29626>

15:10 **SEGMENT 2: MEDICAL UNCERTAINTY** **7:41**

Synopsis: Many patients want certainty in diagnoses, especially when they've had expensive diagnostic tests. However, those tests are often less certain in their results than people think, making patients sometimes doubt doctors' competence.

Program Log for Radio Health Journal

Host: Nancy Benson. **Guest:** Dr. Steven Hatch, Asst. Prof. of Medicine, Univ. of Massachusetts Medical School and author, *Snowball In A Blizzard: A Physician's Notes on Uncertainty in Medicine*

Compliance issues covered: consumerism; health care; technology

Links for more information: <https://www.bostonglobe.com/arts/books/2016/03/13/steven-hatch-investigates-spectrum-certainty-snowball-blizzard/ivoA9290cTaZGbABT3h8gP/story.html>

Program 18-28 **Producers** **Polly Hansen, Hannah Swarm, Ariana Kraft**
Air Week 7/15 – 7/21/2018 **Production Director** **Sean Waldron**

Time	Segment	Dur.
2:04	SEGMENT 1: IS SEX ADDICTION REAL?	12:48

Synopsis: The authoritative DSM-5 manual used by psychiatrists does not accept sex addiction as a real addiction, yet many doctors insist it's as real as any other compulsion. Experts and an admitted former sex addict discuss the disorder, its treatment, and the wreckage it leaves behind.

Host: Reed Pence. **Guests:** Dr. Kenneth Paul Rosenberg, addiction psychiatrist, Weill Cornell Medical College and author, *Infidelity: Why Men and Women Cheat*; Neil Strauss, author, *The Truth: An Eye-Opening Odyssey Through Love Addiction, Sex Addiction, and Extraordinary Relationships*

Compliance issues covered: addictions and treatment; youth at risk; mental illness; family issues

Links for more information: <https://drkenrosenberg.com>; <http://www.neilstrauss.com>; www.sa.org; <https://saa-recovery.org>; <https://www.sanon.org>

15:54	SEGMENT 2: VITAMIN D AND PRETERM BIRTHS	7:02
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Synopsis: Premature births are increasing in the US, but a new study shows they could be cut drastically if pregnant women increased blood levels of vitamin D. An expert discusses misconceptions about the vitamin, how it works and how it could be used to reduce infant mortality.

Host: Nancy Benson. **Guest:** Karen Howard, Executive Director, Organic and Natural Health Association

Compliance issues covered: consumerism; health care; public health; youth at risk; infant mortality

Links for more information: <http://organicandnatural.org/staff-board/karen-howard/>

Program 18-29 **Producer** **Reed Pence, Ariana Kraft**
Air Week 7/22 – 7/28/2018 **Production Director** **Sean Waldron**

Time	Segment	Dur.
2:05	SEGMENT 1: INCREASING OSTEOPOROSIS	12:41

Program Log for Radio Health Journal

Synopsis: Osteoporosis is increasing as America ages. However, fewer people are being tested for bone density and are agreeing to treatment because of side effects of osteoporosis medications. Experts discuss the devastating effects of increased broken bones and what can now be done to prevent them.

Host: Reed Pence. **Guests:** Dr. Sundeep Khosla, Prof. of Medicine, Mayo Clinic College of Medicine; Dr. Ether Siris, Director, Toni Stabile Osteoporosis Center, New York Presbyterian Hospital and Columbia Univ. Medical Center

Compliance issues covered: health care; public health; aging; elderly and senior citizens; consumerism

Links for more information: <https://www.mayo.edu/research/faculty/khosla-sundeep-m-d/bio-00078126>;
<https://www.nyp.org/physician/essiris/>

15:48 SEGMENT 2: PTSD IN KIDS

7:08

Synopsis: Mental health experts once believed that children were too young to remember traumas well enough to suffer much from post-traumatic stress disorder. Now they know that children as young as 2 or 3 can be affected, often for the rest of their lives. An expert discusses PTSD in children and its treatment.

Host: Nancy Benson. **Guest:** Dr. Michael Scheeringa, Prof. of Child Psychiatry and Assoc. Prof. of Clinical Pediatrics, Tulane Univ. School of Medicine

Compliance issues covered: youth at risk; mental health; family and parenting issues

Link for more information: <http://www.infantoinstitute.org/faculty-member/michael-s-scheeringa/>

Program 18-30 Producer Reed Pence, Ariana Kraft, Hannah Swarm
Air Week 7/29 – 8/4/2018 Production Director Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: AN UNUSUAL COURT CHALLENGE TO OBAMACARE	11:55

Synopsis: A number of court cases have challenged the Constitutionality of the Affordable Care Act, and the federal government has always defended the law—until now, and a Federal Court case brought by the State of Texas. With the stakes increased, experts discuss what the government’s reversal means to consumers.

Host: Reed Pence. **Guests:** Dr. Paul Ginsburg, Director, Schaeffer Initiative for Health Policy, Univ. of Southern California and the Brookings Institution; Timothy Jost, Emeritus Prof. of Law, Washington and Lee Univ.

Compliance issues covered: health care; public health; federal government; courts and justice system; health insurance; politics

Links for more information: <https://priceschool.usc.edu/paul-b-ginsburg/>; <https://law.wlu.edu/faculty/emeritus-faculty/tim-jost>

14:59 SEGMENT 2: TICK PARALYSIS

7:06

Synopsis: Summer is tick season, and tick bites are common. However, bites from a couple of types of ticks can produce paralysis and even death if the tick is not removed quickly. An expert discusses.

Host: Nancy Benson. **Guest:** Dr. Mark Dworkin, Infectious disease specialist, Univ. of Illinois at Chicago School of Public Health

Compliance issues covered: health care; public health; youth at risk; outdoors and environment

Program Log for Radio Health Journal

Links for more information: <http://publichealth.uic.edu/global-health-program/mark-s-dworkin>

Program 18-31 **Producer** **Reed Pence, Hannah Swarm**
Air Week 8/5 – 8/11/2018 **Production Director** **Sean Waldron**

Time	Segment	Dur.
2:03	SEGMENT 1: LONELY COLLEGE STUDENTS	12:04

Synopsis: Studies show that college students are America’s loneliest people—even more so than the elderly—even though they’re surrounded by people and activities. The role of technology is discussed in isolating students, and the role of changing culture toward children and adolescents having a constantly structured schedule with few breaks for downtime or spontaneity. Experts also discuss how parents, schools and students themselves can overcome social isolation.

Host: Reed Pence. **Guests:** Rachel Simmons, Leadership Development Specialist, Smith College; Dr. Victor Schwartz, Chief Medical Officer, JED Foundation; Dr. Julianne Holt-Lunstad, Prof. of Psychology and Neuroscience, Brigham Young Univ.

Compliance issues covered: youth at risk; education; technology and society; parenting issues

Links for more information: <https://www.rachelsimmons.com/about/bio-and-press-kit/>; <https://www.jedfoundation.org/people/dr-victor-schwartz/>; <https://fhssfaculty.byu.edu/FacultyPage?id=jh67>

15:09	SEGMENT 2: TRIGEMINAL NEURALGIA—SEARING PAIN IN THE FACE	7:50
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Synopsis: A searing, stabbing pain on one side of the face can be so severe it’s sometimes called “the suicide disease,” and may evade diagnosis for some time. The cause of trigeminal neuralgia is often a throbbing artery in contact with nerves at the base of the brain, and while treatment can be difficult it is often ultimately successful. Two experts discuss diagnosis and treatment.

Host: Nancy Benson. **Guests:** Dr. Mark McLaughlin, Princeton Brain and Spine, Princeton, NJ; Dr. Jeffrey Brown, neurosurgeon, NYU Winthrop Hospital and Director of Medical Board, TNA Facial Pain Organization

Compliance issues covered: health care; senior citizens; disability

Links for more information: <https://www.princetonbrainandspine.com/dr/mark-mclaughlin-md/>; <https://www.nspc.com/physician/jeffrey-brown/>

Program 18-32 **Producers** **Reed Pence, Trevor Zavagno, Ariana Kraft**
Air Week 8/12 – 8/18/2018 **Production Director** **Sean Waldron**

Time	Segment	Dur.
2:02	SEGMENT 1: ADDICTION, RELAPSE AND CRIMINALIZATION	13:05

Synopsis: After criminal convictions, many people with substance use disorder are placed on probation with the condition they remain completely drug free. They are often jailed when they relapse, setting back recovery and removing them from treatment that helps keep them clean. Is that fair, when relapse is a common symptom of their disease (and many others)? Addiction and legal experts discuss.

Host: Reed Pence. **Guests:** Lisa Newman-Polk, attorney and social worker, Ayer, MA; Michael Botticelli, Exec. Director, Grayken Center for Addiction, Boston Medical Center and former Director, National Drug Control Policy; Dr. Barbara Herbert, Immediate Past President, Massachusetts Society of Addiction Medicine; Dr. Sally Satel, addiction psychiatrist and Lecturer, Yale Univ. School of Medicine & Resident Scholar, American Enterprise Institute

Program Log for Radio Health Journal

Compliance issues covered: drug misuse, addiction and treatment; criminal justice system; public health; substance use disorder

Links for more information: <https://www.lisanewmanpolk.com>; <https://www.bmc.org/addiction/experts>; <https://www.masam.org>; <https://sallysatelmd.com/about/>

16:09 SEGMENT 2: MISCOMMUNICATION AND PERSONALITY TYPE

6:41

Synopsis: People have different ways to interpret the world around them, and miscommunication is often a result when we assume we see the world similarly. A noted author discusses an innovative way to classify communication styles to avoid clashes.

Host: Nancy Benson. **Guest:** Scott Schwefel, author, *Discover Yourself*

Compliance issues covered: interpersonal communication; consumerism

Links for more information: <http://discoveryyourself.com/keynote>

Program 18-33 Producer Reed Pence, Polly Hansen, Hannah Swarm
Air Week 8/19 – 8/25/2018 Production Director Sean Waldron, Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: PREVENTING BULLYING OF KIDS WITH DISABILITIES	11:58

Synopsis: Many children are bullied, especially in the middle school years, and many parents worry about their kids, especially if the parents have experienced this themselves growing up. But kids with disabilities are about twice as likely to be victims as those without disabilities. Experts discuss the problem and provide specific how-to's to educate parents and schools to work together to prevent bullying of these children.

Host: Reed Pence. **Guests:** Barb Ziemke, Senior Advocate and Parent Trainer, Pacer Center and National No Bullying Prevention Center, Minneapolis; Jan Urbanski, Director, Safe and Humane Schools, Clemson Univ. Institute on Family and Neighborhood Life and Olweus Bullying Prevention Program

Compliance issues covered: disabilities; youth at risk; education; bullying; parenting issues; law

Links for more information: <http://www.pacer.org/bullying/>; <http://www.pacer.org/bullying/>

15:02 SEGMENT 2: BASEBALL PITCHERS AND ARM INJURIES

7:36

Synopsis: Major League Baseball teams spend \$1.7 billion annually on pitchers, yet it is an extremely risky investment. Teams haven't figured out how to prevent all-too-frequent arm injuries, which are now filtering down to children as well. A journalist who investigated the science of pitching injuries explains.

Host: Nancy Benson. **Guest:** Jeff Passan, baseball columnist, Yahoo Sports and author, *The Arm: Inside the Billion Dollar Mystery of the Most Valuable Commodity in Sports*

Compliance issues covered: sports and recreation; youth at risk; economics of sports

Links for more information: <http://thebiglead.com/2016/04/04/baseballs-billion-dollar-injury-crisis-a-review-of-jeff-passans-the-arm/>

Program 18-34 Producer Reed Pence, Ariana Kraft
Air Week 8/26 – 9/1/2018 Production Director Sean Waldron, Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: ELECTROSHOCK THERAPY TODAY	12:11

Synopsis: Electroconvulsive therapy still has a stigma, with the reputation of being a painful, disturbing procedure that wipes out memories and, if movies are to be believed, even creates zombies. Experts explain the reality—that ECT is a quiet procedure that provokes a short brain seizure, releasing huge amounts of neurotransmitters to reset the brain in what is the quickest and most dependable treatment for severe and often suicidal depression.

Host: Reed Pence. **Guests:** Dr. Sarah Lisanby, Director, Translation Research, National Institute of Mental Health and Director, NIMH Non-Invasive Neuro-Modulation Unit; Dr. Dan Maixner, Assoc. Prof. of Psychiatry, Univ. of Michigan

Compliance issues covered: mental illness; health care; public health; technology

Links for more information: <https://www.nimh.nih.gov/news/science-news/2015/lisanby-chosen-to-lead-nimh-division-of-translational-research.shtml>; https://www.mlive.com/news/ann-arbor/index.ssf/2016/07/u-m_hospital_finds_new_home_fo.html

15:15	SEGMENT 2: DROWNING: LISFRANC INJURIES	7:36
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Synopsis: People who injure their foot often think they have a mere sprained foot or ankle when they actually have an injury that is potentially much more severe and disabling if not treated. Experts explain the Lisfranc joint and injuries that can hurt it.

Host: Nancy Benson. **Guests:** Dr. Mark Hardy, Balance Foot and Ankle Wellness Center, Lakewood, OH; Dr. Bryan Waxman, orthopedic surgeon, Illinois Bone and Joint Institute

Compliance issues covered: health care; sports and recreation; disabilities

Links for more information: <http://www.balancecle.com/balance-foot-and-ankle/staff/dr-mark-hardy-dpm-facfas/>; <https://www.ibji.com/doctors/waxman-bryan-md/>

Program 18-35 **Producer** Reed Pence, Hannah Swarm, Ariana Kraft
Air Week 9/2 – 9/8/2018 **Production Director** Sean Waldron, Jason Dickey

Time	Segment	Dur.
2:03	SEGMENT 1: HEALTHCARE AND THE HOMELESS	12:12

Synopsis: Homeless Americans have a life expectancy of only around 50, and often use the ER for primary care at a huge cost. The lack of followup care for their illnesses and the mental health or substance abuse disorders common in this population add up to an enormous health burden. Experts discuss how doctors on the street can improve health for the homeless and lower cost for society.

Host: Reed Pence. **Guests:** Dr. Jim Withers, Medical Director and Founder, Pittsburgh Mercy Health System Operation Safety Net and the Street Medicine Institute; Dr. Jim O'Connell, President, Boston Healthcare for the Homeless Program and author, *Stories from the Shadows: Reflections of a Street Doctor*

Compliance issues covered: homelessness; poverty; health care; public health; housing; substance use disorder; economics

Links for more information: <http://streetmedicine.org>; <https://www.pmhs.org/operation-safety-net/>; <https://www.bhchp.org>

14:17 SEGMENT 2: AN ONLINE TEST FOR DEMENTIA

7:39

Synopsis: If dementia is recognized early, medication and coping strategies are very beneficial. However, dementia is often undiagnosed and untreated until it is far along. A newly developed online test can help assess if someone has mild cognitive impairment, a precursor to dementia.

Host: Nancy Benson. **Guest:** Dr. Douglas Scharre, Director, Division of Cognitive Neurology, Ohio State Univ. and developer of BrainTest.com

Compliance issues covered: health care; public health; senior citizens and elderly; education; dementia

Links for more information: <https://braintest.com>; <https://wexnermedical.osu.edu/neurological-institute/researchers/douglas-scharre-md>

Program 18-36 **Producer** **Reed Pence, Polly Hansen, Hannah Swarm**
Air Week 9/9 – 9/15/2018 **Production Director** **Sean Waldron, Jason Dickey**

Time	Segment	Dur.
2:01	SEGMENT 1: USING NALOXONE FOR DRUG OVERDOSES	12:22

Synopsis: The drug Naloxone has been hailed as a lifesaver, as it can reverse the effects of what would otherwise be fatal opioid overdoses. Expert panels recommend that more average citizens carry it, especially those likely to be in contact with drug users. However, obstacles including cost prevent even some first responders from having access. A new study also shows Naloxone may have unintended consequences, such as more drug use. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Patrice Harris, Chair, Opioid Task Force and President-Elect, American Medical Assn.; Dr. Carl Latkin, Prof. of Health, Behavior and Society, Johns Hopkins Univ. Bloomberg School of Public Health; Dr. Jennifer Doleac, Assoc. Prof. of Economics, Texas A&M Univ.

Compliance issues covered: substance use disorder; addiction; treatment and prevention; first responders; public health; economics; ethics

Links for more information: <https://www.ama-assn.org/patrice-harris-md-ma>; <https://www.jhsph.edu/faculty/directory/profile/402/carl-latkin>; <http://jenniferdoleac.com>

15:25 SEGMENT 2: SAVING TALK THERAPY FOR MENTAL ILLNESS

7:41

Synopsis: Decades ago, psychiatric treatment meant talk therapy. Now it usually means drugs or cognitive behavioral therapy for an extremely short time. A noted clinical psychologist and author explains why patients are better served when talk therapy is an option for recovery.

Host: Nancy Benson. **Guest:** Dr. Enrico Gnaulati, clinical psychologist and author, *saving Talk Therapy: How Health Insurer, Big Pharma, and Slanted Science are Ruining Good Mental Health Care*

Compliance issues covered: health care; mental health; military and PTSD; insurance; economics

Links for more information: <http://www.gnaulati.net>

Program Log for Radio Health Journal

Program 18-37 **Producer** Reed Pence, Ariana Kraft
Air Week 9/16 – 9/22/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
2:03	SEGMENT 1: THE COMING "HOTHOUSE EARTH"	12:49

Synopsis: Rising global temperatures have produced effects such as extreme weather and a rising sea level. Climate scientists fear that if temperatures continue to rise, we may soon reach the point of no return. If the earth's natural cooling systems start to fail, each could feed failure of the next, resulting in a hothouse with large portions of the planet uninhabitable. Authors of a major report on this phenomenon explain.

Host: Reed Pence. **Guests:** Dr. Diana Liverman, Prof. of Geography and Development, Univ. of Arizona; Dr. Katherine Richardson, Prof. of Biological Oceanography and leader, Sustainability Science Center, Univ. of Copenhagen; Dr. Kristina Dahl, Senior Climate Scientists, Union of Concerned Scientists

Compliance issues covered: environment; climate change; flooding; national government; politics; economics

Links for more information: <https://www.environment.arizona.edu/diana-liverman>; <https://www.ecsj2017.com/profile/katherine-richardson>; <https://www.ucsus.org/bio/kristina-dahl#.W5Khv1KZPOY>

15:54	SEGMENT 2: IMPOSTER SYNDROME	7:05
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Synopsis: Many people who are smart, talented and successful still believe they are incompetent on the inside and that others will eventually find out. This "imposter syndrome" can undermine careers and lead to psychological distress. Two noted experts in the field discuss origins and how to deal with the phenomenon.

Host: Nancy Benson. **Guests:** Dr. Valerie Young, founder, impostersyndrome.com and author, *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Imposter Syndrome and How to Thrive In Spite of It*; Dr. Pauline Rose Clance, Prof. Emeritus, Georgia State Univ.

Compliance issues covered: mental illness; business and industry; education; parenting issues

Links for more information: <https://impostorsyndrome.com/valerie-young/>; http://paulineroseclance.com/prc_biography.html

Program 18-38 **Producer** Reed Pence
Air Week 9/23 – 9/29/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
2:02	SEGMENT 1: LEWY BODY DEMENTIA	11:20

Synopsis: The second most common form of dementia is virtually unknown to most people. However, Lewy body dementia affects 1.4 million Americans, with symptoms commonly misdiagnosed as Alzheimer's disease. Additional symptoms such as hallucinations and uncontrollable shaking make diagnosis and caregiving more difficult, and treatments for Alzheimer's or psychosis can often be harmful. Experts discuss.

Host: Reed Pence. **Guests:** Candy Schulman, daughter of woman who died with Lewy body dementia; Dr. James Leverenz, Director, Cleveland Clinic Lou Ruvo Center for Brain Health and Chair, Scientific Advisory Council, Lewy Body Dementia Association

Compliance issues covered: aging; disabilities; mental illness; health care; consumerism

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

14:24 SEGMENT 2: GENE RESEARCH AND OUR MEDICAL FUTURE

8:32

Synopsis: Gene research has made incredible leaps in the last decade. A physician/Pulitzer-prize winning author explains what our new knowledge means for our immediate medical future, given our struggles with genetic knowledge in the past.

Host: Nancy Benson. **Guest:** Dr. Siddhartha Mukherjee, Asst. Prof. of Medicine, Columbia Univ. and author, *The Gene: An Intimate History*.

Compliance issues covered: consumerism; health care; ethics

Links for more information: <http://authors.simonandschuster.com/Siddhartha-Mukherjee/49784674>

Program 18-39 **Producer** Reed Pence, Hannah
Air Week 9/30 – 10/6/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
2:03	SEGMENT 1: SOLVING THE RECYCLING CRISIS	12:07

Synopsis: For decades, the US has exported much of its recycled waste to China, an option no longer available to us by Chinese government policy. Now much of this waste may go to other Asian third world countries that are poorly equipped to take it. Experts say US consumers need to improve their recycling habits, but some advocates say we should aim for more—a “zero waste” lifestyle where a family of four can literally fit its annual trash in a pint jar. Experts discuss recycling options and how to reduce waste.

Host: Reed Pence. **Guests:** Amy Brooks, Univ. of Georgia New Materials Institute; Bea Johnson, author, *Zero Waste Home* and founder, zero waste lifestyle movement

Compliance issues covered: environment; pollution and recycling; federal government; economics

Links for more information: <https://news.uga.edu/scientists-calculate-impact-of-chinas-ban-on-plastic-waste-imports/>
<https://zerowastehome.com>

15:12 SEGMENT 2: “FLAT HEAD SYNDROME”

7:14

Synopsis: Since the beginning of the “baby on back” movement to reduce sudden infant death syndrome, many more infants are developing misshapen heads with a flat spot in one place. An expert discusses whether this is serious, how it can be treated with a helmet-like device, and how it might be prevented.

Host: Nancy Benson. **Guest:** Dr. Peter Taub, Prof. of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York

Compliance issues covered: consumerism; health care; youth at risk; parenting issues

Links for more information: <https://www.mountsinai.org/profiles/peter-taub>

**2018-Q3 (July-September) Viewpoints Quarterly Report
Compliance Issues covered this quarter:**

American government	Medicine
American issues	Mental health
Art	Money management
Awards	Music
Books	News
Business	Parenting
Catholicism	Personality
Charity	Personal issues
Community issues	Poetry
Consumerism	Policy
Creativity	Political activism
Crime	Politics
Criminal justice	Privacy
Criticism	Race
Culture	Racism
Data	Reading
Diversity	Relationships
Economics	Religion
Education	Science
Family issues	Self-help
Film	Social media
Financial issues	Sociology
Health	Speech
History	Spelling
Immigration	Sports and recreation
International issues	Statistics
Internet security	Teaching
Interpersonal skills	Technology
Language	Television
Law	Travel
Law enforcement	Veteran's issues
LGBT issues	Violence
Literacy	War
Media	

Links for more information: <https://seidenbergreading.net/> <http://sbneuman.com/> <http://education.depaul.edu/faculty-and-staff/faculty/Pages/marie-donovan.aspx>

Compliance Issues Covered: literacy; reading; teaching

14:01 SEGMENT 2: Catholicism and the LGBT Community: One priest's mission to 'build a bridge' **9:10**

Synopsis: For centuries, the Catholic Church and the LGBT community have been at odds. Now, the Rev. James Martin, a Jesuit priest, is trying to usher in a new era and welcome LGBT individuals to the church.

Host: Marty Peterson. **Guests:** James Martin, SJ, a Jesuit priest and author, *Building a Bridge: How the Catholic Church and the LGBT community can enter into a relationship of respect, compassion and sensitivity*

Links for more info: <https://twitter.com/JamesMartinSJ> <https://www.harpercollins.com/9780062694317/building-a-bridge/>

Compliance Issues Covered: religion; LGBT issues; Catholicism; history

24:11 Culture Crash: What to do when you don't really like the book you're reading **2:17**

Synopsis: It's a dilemma many of us face from time to time: Should you keep reading a book even if you don't like it very much, or should you set it down?

Host: Evan Rook

Compliance Issues Covered: media; culture; books; reading

Program	18-28	Producers	Reed Pence, Evan Rook
Air Week	7/15 -7/21/2018	Production Director	Sean Waldron

Time	Segment	Dur.
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1:47	SEGMENT 1: Appreciating the Introvert	8:29
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Synopsis: When you're at a party, you may notice how people are always drawn to the extroverts. But what about the introverts? We talk to experts about the qualities that make more introverted people great, too.

Host: Gary Price. **Guests:** Todd Kashdan, Professor of Psychology, George Mason University and author, *Mindfulness, Acceptance and Positive Psychology*; Sophia Dembling, introvert, author of the book, *The Introvert's Way: Living a quiet life in a noisy way*

Links for more information: <http://www.toddkashdan.com/>
https://www.amazon.com/Introverts-Way-Living-Quiet-Perigee/dp/0399537694/ref=sr_1_1?s=books&ie=UTF8&qid=1496419939&sr=1-1&keywords=the+introvert%27s+way

Compliance Issues Covered: interpersonal skills; personality; social issues

12:18	SEGMENT 2: Breaking Down the Pesky English Language	8:58
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Synopsis: The English language can be hard to spell since it often follows conflicting rules. We trace the origins of this tricky language, and explain how these difficulties came to be.

Program Log for Viewpoints

Host: Marty Peterson. **Guests:** Vivian Cook, Professor Emeritus of Applied Linguistics at Newcastle University and author, *Accommodating Broccoli in the Cemetery or Why Can't Anybody Spell?*; Niall McLeod Walman, author, *Spelling Dearest: The down and dirty, nitty-gritty history of English Spelling*

Links for more info: <https://www.amazon.com/Accommodating-Broccoli-Cemetery-Anybody-Spell/dp/0743297113>
https://www.amazon.com/Spelling-Dearest-Nitty-Gritty-History-English/dp/1418453307/ref=asap_bc?ie=UTF8

Compliance Issues Covered: education; spelling; language; culture

22:16 Culture Crash: *The Dark Knight 10 Years Later*
4:11

Synopsis: Christopher Nolan's landmark superhero epic, *The Dark Knight* was released a decade ago this week, but its effects on our culture are still being felt.

Host: Evan Rook

Compliance Issues Covered: media; culture; film

Program	18-29	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	7/22 -7/28/2018	Production Director	Sean Waldron

Time	Segment	Dur.
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1:47 SEGMENT 1: The Italian Mothers Who Stood Up to the Mafia
8:29

Synopsis: Most of us have heard of the Cosa Nostra, but there's another powerful mafia in Italy: the 'Ndrangheta. We talk to an expert about this lesser-known mafia and the brave mothers who stood up to the crime organization.

Host: Gary Price. **Guests:** Alex Perry, author *The Good Mothers: The true story of the women who took on the world's most powerful mafia*

Links for more information: <https://www.harpercollins.com/9780062655608/the-good-mothers/>
<http://www.alex-perry.com/>

Compliance Issues Covered: violence; crime; family issues

13:16 SEGMENT 2: Learning How to Identify and De-bunk Actual Fake News
8:58

Synopsis: 'Fake news' has remained a headline mainstay for years now... but politicians seem to be skewing its meaning. We talk to two teachers about what is and isn't fake news, and how they're teaching students (and their parents!) how to see through the fiction.

Host: Marty Peterson. **Guests:** Dr. Robert Probst, educator and author of the book, *Disrupting Thinking: Why How We Read Matters*; Dr. Kyleen Beers, educator and author of the book, *Disrupting Thinking: Why How We Read Matters*

Links for more info: <https://shop.scholastic.com/teachers-ecommerce/books/disrupting-thinking-9781338132908.html>
<http://www.heinemann.com/authors/56.aspx> <http://www.heinemann.com/authors/1804.aspx>

Compliance Issues Covered: education; media; news; politics

24:03 Culture Crash: Bo Burnham's Brilliant New Film, *Eight Grade*
4:11

Synopsis: Bo Burnham has followed in the footsteps of Jordan Peele and Greta Gerwig, transforming from a performer to the director of a terrific debut film. His movie, *Eighth Grade* is out now.

Program Log for Viewpoints
Host: Evan Rook

Compliance Issues Covered: media; culture; film

Program	18-30	Producers	Reed Pence, Evan Rook, Jane Shulgan
Air Week	7/29 – 8/4/2018	Production Director	Sean Waldron

Time	Segment	Dur.
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1:49	SEGMENT 1: Serious Play: Using Tactical Performance as Protest	8:15
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Synopsis: We all love a good theater performance. But are theater and performance good strategies to affect social change? Our guest thinks so. He's a performer, writer and educator who uses serious play and theater to help change people's minds and change society for the better.

Host: Gary Price. **Guests:** Larry Bogad, professor at the University of California-Davis, and author of the books, *Electoral Guerilla Theatre: Radical Ridicule & Social Movements*, and *Tactical Performance: The Theory and Practice of Serious Play*.

Links for more information: www.lmbogad.com

Compliance Issues Covered: politics; political activism; art; education; law enforcement

12:07	SEGMENT 2: The Power of Picture Books	11:18
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Synopsis: Picture books can teach children valuable lessons that will stick with them for life. Our guests discuss the importance of producing books about social issues like race, gender, and disability. And how as a combination of text and images picture books have an advantage when it comes to depicting diversity.

Host: Marty Peterson. **Guests:** Dr. Susan Corapi, Assistant Professor of Education at Trinity International University; Kathleen Merz, Acquisitions and Managing Editor at Eerdman's Books for Young Readers

Links for more info: www.diversebooks.org
www.eerdmansbooks.com

Compliance Issues Covered: education; media; news; politics

24:27	Culture Crash: The Life of Funnyman Robin Williams	2:03
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Synopsis: A new documentary from HBO, *Come Inside My Mind*, explores the life of actor Robin Williams as told by his friends and family. The documentary is cleverly narrated by the actor himself using audio from earlier interviews.

Host: Evan Rook

Compliance Issues Covered: media; culture; film

Program	18-31	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	8/5 – 8/11/2018	Production Director	Sean Waldron

Time	Segment	Dur.
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1:49	SEGMENT 1: The Shocking Truth of Who We Really Are	8:15
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Program Log for Viewpoints

Synopsis: Have you ever lied on a survey or a social media post? Stephens-Davidowitz says that almost all of us do. He researched the data of big websites like Google and Facebook to discover that what people say or post about themselves often seems contradictory to what their internet searches reveal about their interests or beliefs.

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; statistics; sociology; science

11:30 SEGMENT 2: Racial Diversity in Opera **11:18**

Synopsis: Opera is a beloved art form, but its racial history is as flawed as the rest of our culture. We talk to Naomi Andre, a professor at the University of Michigan, about the history of race in opera and how this traditional art form is hopefully getting with the times.

Host: Marty Peterson. **Guests:** Naomi Andre, Associate Professor of Afro-American and African Studies at the University of Michigan and author, *Black Opera: History, Power, Engagement*

Links for more info: <https://lsa.umich.edu/rc/people/faculty/nandre.html>
<https://www.press.uillinois.edu/books/catalog/47wcf3tf9780252041921.html>

Compliance Issues Covered: art; culture; race; history; diversity; community issues

22:53 Culture Crash: TV Episode Bloat: Too Much of a Good Thing **2:03**

Synopsis: Streaming networks have opened up the length an episode of television can run. Gone are the days when writers needed to accommodate advertisements. But episodes that run long often present a new slate of problems – namely, staying interesting.

Host: Evan Rook

Compliance Issues Covered: media; culture; television

Program	18-32	Producers	Reed Pence, Evan Rook, Evan Rook
Air Week	8/12 – 8/18/2018	Production Director	Sean Waldron, Jason Dickey

Time	Segment	Dur.
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1:48	SEGMENT 1: Maximizing Your Charity Donation's Impact	8:15
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Synopsis: Everyone has different causes that are close to their hearts. We talk to a philanthropy specialist about how we can donate to those causes and ensure that our contribution makes the biggest impact possible.

Host: Gary Price. **Guests:** Carrie Morgridge, Vice President of The Morgridge Family Foundation, author of *Every Gift Matters: How your passion can change the world*

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

Compliance Issues Covered: charity; interpersonal skills, financial issues; community issues

13:30 SEGMENT 2: Overcoming The Fear of Speaking in Public **11:18**

Program Log for Viewpoints

Synopsis: We've all been in the position at some time in another where we have to give a presentation at school or at work, and often times, it can make us incredibly nervous. We discuss this fear and tips for overcoming it and delivering the best speech possible.

Host: Marty Peterson. **Guests:** Larry Ventis, professor of psychology at the College of William & Mary; Michael Port, speaking coach, author, *Steal the Show*

Links for more info: <https://www.amazon.com/Steal-Show-Interviews-Deal-Closing-Performances/dp/054455518X>

Compliance Issues Covered: personal issues; self-help; speech; business

23:55 Culture Crash: *Blindspotting*

2:03

Synopsis: One of this year's gems at the cinema is in theaters now. It's called *Blindspotting*, and it explores racial dynamics and gentrification in American cities.

Host: Evan Rook

Compliance Issues Covered: media; culture; race relations

Program	18-33	Producers	Reed Pence, Evan Rook
Air Week	8/19 – 8/25/2018	Production Director	Sean Waldron, Jason Dickey

Time	Segment	Dur.
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1:48 SEGMENT 1: Modern American Immigration

8:15

Synopsis: When people discuss "the immigrant narrative," you may picture Ellis Island. But what is that process like today? We talk to two writers about the more modern immigrant journey.

Host: Gary Price. **Guests:** Daniel Connolly, journalist and author, *The Book of Isaias: A Child of Immigrants Seeks His Own America*; Shipli Somaya Gowda, author of *The Golden Son*

Links for more information: <http://www.danielconnolly.net/>
<http://www.shilpigowda.com/>

Compliance Issues Covered: law; immigration; American issues; policy; international issues

13:43 SEGMENT 2: Seeking the Origins of Creativity

11:18

Synopsis: We grow up with visions of creative genius: the divine power to create stories from whole cloth and write symphonic masterpieces. But is that how it really works? We look at the creative process, and why it may not be as romantic as some of us imagine.

Host: Marty Peterson. **Guests:** Allen Gannett, CEO of TrackMaven and author, *The Creative Curve: How to realistically cultivate creativity*

Links for more info: <https://www.penguinrandomhouse.com/books/558024/the-creative-curve-by-allen-gannett/9781524761714/>

Compliance Issues Covered: art; creativity; business

23:59 Culture Crash: The Academy's 'Best Popular Film' Snafu

2:03

Program Log for Viewpoints

Synopsis: In a wild moment, the Academy of Motion Picture Arts & Sciences announced its intention to honor popular films at the Oscars. We explore why that's a really bad idea.

Host: Evan Rook

Compliance Issues Covered: media; culture; film; awards

Program 18-34 **Producers** Reed Pence, Evan Rook
Air Week 8/26 – 9/1/2018 **Production Director** Sean Waldron, Jason Dickey

Time	Segment	Dur.
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1:47	SEGMENT 1: Orbiting the Moon: The Mission of Apollo 8	8:15
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Synopsis: Though Apollo 11 gets all the fame and Apollo 13 was made into a thrilling Ron Howard movie, author and historian Jeffrey Kluger says the Apollo 8 mission was a foundational trip for American space exploration. He takes us through the mission and examines what it meant for NASA moving forward.

Host: Gary Price. **Guests:** Jeffrey Kluger, author, *Apollo 8: The thrilling story of the first mission to the moon*

Links for more information: <https://www.amazon.com/Apollo-Thrilling-Story-First-Mission/dp/1627798323>

Compliance Issues Covered: science; history; American government

15:08	SEGMENT 2: Racial Segregation in 'Sundown Towns'	11:18
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Synopsis: We've all heard stories of segregated America circa the 1950's, but historian and author James W. Loewen says not all of those racist institutions have been completely eliminated, even now. Loewen explains 'sundown towns,' towns where minorities were not welcomed after sun down, and he says some of them are still unofficially 'sundown' due to their lasting reputations.

Host: Marty Peterson. **Guests:** James W. Loewen, author, *Sundown Towns: A hidden dimension of American racism*

Links for more info: <https://sundown.tougaloo.edu/sundowntowns.php>

Compliance Issues Covered: history; American issues; racism

26:24	Culture Crash: The joys of 'junk food TV'	2:03
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Synopsis: While we often celebrate the prestigious TV shows that win awards, we rarely reflect on our appreciation for 'junk food TV,' the purely entertaining shows that can help get us through our weeks.

Host: Evan Rook

Compliance Issues Covered: media; culture; television

Program 18-35 **Producers** Reed Pence, Evan Rook
Air Week 9/2 – 9/8/2018 **Production Director** Jason Dickey

Time	Segment	Dur.
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1:47	SEGMENT 1: The Use of Polygraph Machines	9:01
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Synopsis: We have all heard of polygraph machines or 'lie detectors.' But are they truly reliable? Their results are inadmissible in court and yet some investigation agencies still use them. We talk to historian and author John Philipp Baesler about the polygraph's history and its questionable use in our modern world.

Host: Gary Price. **Guests:** John Philipp Baesler, professor of history at Saginaw Valley State University and author, *Clearer Than Truth: The polygraph and the American Cold War*

Links for more information: <http://www.umass.edu/umpress/title/clearer-truth>

Compliance Issues Covered: history; American government; law enforcement; science; technology

12:50 SEGMENT 2: How One Couple Confronted a Mental Health Crisis **10:36**

Synopsis: One morning without warning, Giulia Lukach experienced a psychotic break. We talk to her husband Mark about Gulia's journey, his own experience as a caregiver, and how they overcame three stints in a psych ward.

Host: Marty Peterson. **Guests:** Mark Lukach, author of *My Lovely Wife in the Psych Ward*

Links for more info: <https://www.harpercollins.com/9780062422910/my-lovely-wife-in-the-psych-ward/>

Compliance Issues Covered: mental health; health; medicine; relationships

24:26 Culture Crash: TV Revivals **2:01**

Synopsis: Reviving old TV shows has been all the rage lately, and more are on the way with *Murphy Brown* and *Veronica Mars* in the works. We look at how writers can make their revivals stand out.

Host: Evan Rook

Compliance Issues Covered: media; culture; television

Program	18-36	Producers	Reed Pence, Evan Rook
Air Week	9/9 – 9/15/2018	Production Director	Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
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1:47	SEGMENT 1: Soldier Poetry	8:42
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Synopsis: There's a long history of soldiers processing their experiences through poetry. We talk to Adam Gilbert, a war historian and author of *A Shadow on Our Hearts: Soldier-poetry, morality, and the American war in Vietnam* about the history and future of these soldier poets.

Host: Gary Price. **Guests:** Adam Gilbert, war historian and author, *A Shadow on Our Hearts: Soldier-poetry, morality, and the American war in Vietnam*

Links for more information: <https://adamgilbert.net/>
<http://www.umass.edu/umpress/title/shadow-our-hearts>

Compliance Issues Covered: history; war; culture; poetry; American issues; veteran's issues

12:31 SEGMENT 2: Privacy Online **11:07**

Synopsis: Thanks to online shopping, internet banks and social media, our information has never been more vulnerable to theft. We explore what exactly is in all of those privacy agreements we often agree to without reading, and how we can try to reclaim our privacy in a digital world.

Program Log for Viewpoints

Host: Marty Peterson. **Guests:** Julia Angwin, journalist and author, *Dragnet Nation: A quest for privacy, security and freedom in a world of relentless surveillance*; William King, adjunct professor of law at IIT Chicago-Kent College of Law and clinical assistant professor at the University of Illinois at Chicago

Links for more info: <http://juliaangwin.com/>
<http://www.kentlaw.iit.edu/>

Compliance Issues Covered: privacy; internet security; law; technology

24:38 Culture Crash: *American Animals*

1:49

Synopsis: We have found a perfectly 2018 movie: *American Animals*. It's a stylish heist film with a stellar young cast and a catchy soundtrack that is interspersed with a true-crime documentary.

Host: Evan Rook

Compliance Issues Covered: media; culture; film

Program	18-37	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	9/16 – 9/22/2018	Production Director	Jason Dickey

Time	Segment	Dur.
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1:47 SEGMENT 1: Learning Happiness

9:48

Synopsis: With social media streams dominating our time, sometimes our self-esteem can plummet. We talk to two experts on what we can do to get in touch with ourselves and learn to have a happier, more positive disposition throughout our lives.

Host: Gary Price. **Guests:** Neil Pasricha, author of *Two Minute Mornings: A journal to win your day every day*; Sharon Weil, author of *ChangeAbility: How artists, activists, and awakeners navigate change*

Links for more information: <https://globalhappiness.org/neil-pasricha/>
<http://www.chroniclebooks.com/titles/two-minute-mornings.html>
<http://www.sharonweilauthor.com/>

Compliance Issues Covered: self-help; interpersonal skills; mental health; technology; social media issues

13:37 SEGMENT 2: The Sex Offender Reintegration Crisis

9:05

Synopsis: Sexual offenders have to live by a very particular set of rules. They can't live near playgrounds, they're on a registry for life. These rules exist to make everyone safer. But they also can limit a reformed criminal's ability to reintegrate into everyday life and be productive members of society.

Host: Marty Peterson. **Guests:** Monica Williams, Assistant Professor of Criminal Justice at Weber State University and author, *The Sex Offender Housing Dilemma: Community activism, safety, and social justice*

Links for more info: <https://nyupress.org/books/9781479836499/> <https://www.weber.edu/mwilliams/home.html>

Compliance Issues Covered: crime; law; criminal justice; community issues; social issues

Program Log for Viewpoints
23:42 Culture Crash: Fall Sports
2:45

Synopsis: With summer behind us, for many Americans, it's the time to really focus on sports. The NFL season is underway, the MLB Playoffs are about to begin, and the drama is intensifying.

Host: Evan Rook

Compliance Issues Covered: media; culture; sports and recreation

Program 18-38
Air Week 9/23 – 9/29/2018

Producers
Production Director
Reed Pence, Evan Rook, Polly Hansen
Jason Dickey, Sean Waldron

Time	Segment	Dur.
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1:47	SEGMENT 1: The Uncertain Future of Cash	9:06
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Synopsis: As technology evolves, more and more of us are relying on credit cards, debit cards and even apps like Venmo or Zelle to make payments. Gone are the days of physically cashing your check, now almost all of us use all direct-deposit. So what is the future of cash? We talk to one expert who lays out some of the nefarious uses of bills and coins.

Host: Gary Price. **Guests:** Kenneth Rogoff, professor of economics at Harvard University and author, *The Curse of Cash*
Links for more information: <https://www.amazon.com/Curse-Cash-Kenneth-S-Rogoff/dp/0691172137>
Compliance Issues Covered: US government; community issues; crime; history

12:55	SEGMENT 2: Losing It All: The Collapse of Stroh Brewing Company	10:02
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Synopsis: Frances Stroh grew up in the family that owned America's third biggest brewer, Stroh Brewing Company. As she aged into adulthood, she watched as both the brewery and her family life fell apart. She talks about the struggles the company faced, how her family dealt with it, and when a legacy can become a burden.

Host: Marty Peterson. **Guests:** Frances Stroh, author, *Beer Money: A memoir of privilege and loss*
Links for more info: <https://www.harpercollins.com/9780062393159/beer-money>
Compliance Issues Covered: history; family issues; economics; business; money management

23:57 Culture Crash: The Funny and Philosophical TV Comedy, *The Good Place*
2:28

Synopsis: This week marks the return of one of the best shows on TV. With a high-concept and a stellar cast, *The Good Place* has become a critical darling and a bold step forward for the genre as a whole.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism

Program 18-39
Air Week 9/30 – 10/6/2018

Producers
Production Director
Reed Pence, Evan Rook
Jason Dickey

Time	Segment	Dur.
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1:47	SEGMENT 1: Hank Green on The Internet, Fame, and Our Reaction Culture	9:06
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Program Log for Viewpoints

Synopsis: Hank Green has a massive internet presence as a podcaster, vlogger, tweeter, and more. Now, he's become an author. His new book, *An Absolutely Remarkable Thing*, deals with internet fame and our reactionary culture head-on. He joins the show to discuss these issues, and whether the internet is good.

Host: Gary Price. **Guests:** Hank Green, author, *An Absolutely Remarkable Thing*

Links for more information: <https://www.hankgreen.com/>
<https://www.amazon.com/Absolutely-Remarkable-Thing-Novel/dp/1524743445>
<https://www.youtube.com/vlogbrothers>

Compliance Issues Covered: literature; art; ethics; internet; fame

12:41 SEGMENT 2: Spies and Soldiers: The roles women held during the Civil War**10:02**

Synopsis: We know so much about the men of the Civil War, but the women from the war are all but forgotten in our history. Historian Karen Abbott decided to change that. She tells the story of several women who helped their sides during the Civil War.

Host: Marty Peterson. **Guests:** Karen Abbott, historian and author, *Liar, Temptress, Soldier, Spy*

Links for more info: <http://karenabbott.net/>

Compliance Issues Covered: history; war; women's history; diversity

24:10 Culture Crash: 2018 Fall Films**2:28**

Synopsis: This is the time of year film buffs look forward to: the fall season is when the movies hoping to vie for accolades are released. We look at a few of the titles garnering early awards buzz.

Host: Evan Rook

Compliance Issues Covered: media; culture; film