

On an ongoing basis, we maintain contact and confer with local government, civic, and business leaders, as well as members of the general public, about what they perceive as top-of-mind issues important to the communities we serve.

Recurring priority topics:

- Education
- Health care
- Opportunities for young people
- Employment opportunities and the labor pool
- Health of the local retail economy
- Drug and alcohol abuse

We strive to provide responsive and helpful programming. Further, we also work to educate and inform the people we are privileged to serve through a variety of public service announcements, local news coverage, community calendars, and other programs.

Issues and Responsive Programming

WRFS-FM broadcast programming dealing with various issues important to the community.

1. Public Affairs: Sunday morning at 4:30 a.m., we aired InfoTrak, a half-hour program. Details are attached.
2. Public Affairs: Sunday morning at 5:00 a.m., we aired Viewpoints, a half-hour program. Details are attached.
3. Health & Wellness: Sunday morning at 5:30 a.m., we aired Radio Health Journal, a half-hour program. Details are attached.



Weekly Public Affairs Program

Call Letters: WRFS-FM

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2015

Show # 2015-27

Date aired: 07/05/15 **Time Aired:** 4:30 a.m.

Sonya Madison, Workplace Attorney and Legal Analyst, based in Atlanta

Ms. Madison said a drunk driving conviction can severely damage a person's chances of finding or even keeping a job. She noted that most large employers typically conduct background checks on potential employees today. She explained why negatives such as a DUI conviction often will remove the applicant from consideration for a job opening.

Issues covered:

**Drunk Driving
Employment**

Length: 7:47

Jeff Strohl, PhD, Director of Research at the Georgetown University Center on Education and the Workforce

Dr. Strohl co-authored a recent study that determined that although more Hispanics and African-Americans are going to college, their access to the most selective schools isn't keeping pace. He said there are major income differences between those with a top education compared to graduates of other schools. He explained the reasons behind this problem, and why it is so difficult to address.

Issues covered:

**Minority Concerns
Education**

Length: 9:21

Janet Champ, co-author of "*Ripe: The Truth About Growing Older and the Beauty of Getting on With Your Life*"

Ms. Champ talked about challenges and myths faced by women as they age. She said many women feel discarded and undervalued as they reach their forties. She believes that this phase of life is rich in often underappreciated beauty and that women who adapt to these changes can offer much to society.

Issues covered:

**Women's Issues
Aging
Senior Citizens**

Length: 4:39

Show # 2015-28
Date aired: 07/12/15 **Time Aired:** 4:30 a.m.

Nicholas Tatonetti, PhD, Assistant Professor of Biomedical Informatics, Director of Clinical Informatics at the Herbert Irving Comprehensive Cancer Center at Columbia University

Dr. Tatonetti's research uncovered a surprising correlation between the month a person is born and their risk of developing various health problems, including heart disease, viral infections and ADHD. His study found 55 diseases that correlated with the season of birth. He explained the time of year a person is born dictates many of the environmental factors they are exposed to during birth and early development.

Issues covered:
Personal Health

Length: 6:54

Michael H. Shuman, economist, attorney, author, and entrepreneur, experts on community economics, author of "*The Local Economy Solution*"

Mr. Shuman believes the entire process of local economic development has become ineffective and unaffordable. He said the traditional method of chasing large companies with huge taxpayer subsidies creates very few new jobs. He is a proponent of alternative approaches in which states and cities encourage private ventures that help local businesses launch and grow.

Issues covered:
Economic Development
Employment

Length: 10:12

Bill Bishop, author of "*The Big Sort*"

America may be more diverse than ever, but Mr. Bishop believes that the nation's neighborhoods are becoming too divided—culturally, economically and politically. He said that the places where Americans live are becoming increasingly populated with people who live, think, and vote as they do. He explained what is behind this movement and why it is not a positive development.

Issues covered:
Community
Diversity Issues

Length: 5:03

Show # 2015-29
Date aired: 07/19/15 **Time Aired:** 4:30 a.m.

John Santa, MD, Director of the Health Ratings Center for Consumer Reports

Heart health has become a highly profitable business. Dr. Santa talked about the growing wave of cardiac tests and treatments that are being marketed to aging baby boomers. He said the most dubious tests often result in costly, unnecessary and sometimes dangerous treatments. He also explained how health consumers can get accurate information on the proficiency and competence of heart doctors.

Issues covered:
Personal Health
Senior Citizens
Consumer Matters

Length: 8:32

Jonathan Levav, PhD, Associate Professor of Marketing at the Stanford University Graduate School of Business

Wise decision-making is perhaps the greatest factor that determines success or failure in life and business. Professor Levav talked about his study of “decision fatigue.” He explained the surprising influences on decisions, and how individuals can improve decision-making by recognizing and controlling those variables.

Issues covered:
Workplace Matters
Mental Health

Length: 8:40

Bernard Biermann, MD, PhD, Assistant Professor, Department of Psychiatry at the University of Michigan, Medical Director of the Child/Adolescent Inpatient Unit at Mott Children's Hospital in Ann Arbor, MI

Dr. Biermann recently completed a study that found that parents severely underestimate their teens' use of drugs and alcohol. While just ten percent of parents thought their kids drank alcohol in the past year, 52 percent of teens admitted to doing so. He talked about the possible reasons in the huge disparity, and offered advice for parents on how to recognize the signs of alcohol and drug use in their teenager.

Issues covered:
Substance Abuse
Parenting
Youth at Risk

Length: 5:07

Show # 2015-30

Date aired: 07/26/15 **Time Aired:** 4:30 a.m.

Armon B. Neel Jr., PharmD., consulting pharmacist, author of *“Are Your Prescriptions Killing You?: How to Prevent Dangerous Interactions, Avoid Deadly Side Effects, and Be Healthier with Fewer Drugs”*

Mr. Neel said that patients and doctors often don't recognize when prescription drugs may be interacting dangerously with one another. He discussed the financial costs to our nation's healthcare system, and explained how patients can reduce the number of medications they're taking.

Issues covered:
Personal Health
Senior Citizens
Consumer Matters

Length: 7:17

Catherine Steiner-Adair, EdD., clinical psychologist, school consultant, author of *“The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age”*

The digital world is here to stay, but what are families losing? Dr. Steiner-Adair believes that today's parents often pay more attention to their smartphones than their children. She discussed the emotional impact felt by kids, and outlined how parents can set boundaries on the use of hi-tech devices for both themselves and their children.

Issues covered:
Parenting
Youth at Risk

Length: 10:00

Jack Canfield, co-creator of the Chicken Soup for the Soul book series, author of “*The Success Principles*” series

Mr. Canfield talked about the keys to success and how to overcome self-defeating beliefs, fears and habits. He also offered principles on building good teams and better relationships at the office, and how to set goals to improve your life and finances.

Issues covered:
Workplace Issues
Education
Personal Finance

Length: 4:51

Show # 2015-31

Date aired: 08/02/15

Time Aired: 4:30 a.m.

Sheila Markin Nielsen, career counselor with more than 25 years of experience, author of “*Job Quest: How to Become the Insider Who Gets Hired*”

The search for a job can seem intimidating and frustrating for most people. Ms. Markin Nielsen said the most critical component in any successful job search is to establish personal relationships. She outlined strategies to create personal connections and trust with key people. She discussed the usefulness of online tools such as LinkedIn, along with the value of resumes in today's employment environment.

Issues covered:
Employment
Career

Length: 10:25

Jennifer Suor, researcher, PhD candidate in clinical psychology at the University of Rochester

Ms. Suor's research found that children from low-income families are at risk of stunted cognitive functioning before they even start kindergarten. Her team found that young children with emotionally distant caregivers and who lived in an unstable home also had high levels of the stress hormone cortisol, which appears to significantly affect their cognitive abilities.

Issues covered:
Education
Parenting

Length: 6:44

Andy Cohen, CEO, Caring.com

In the past year, approximately 14 million drivers have been in a road incident caused by an elderly driver, according to a survey by Mr. Cohen's organization. He discussed how other motorists view the safety and competence of senior drivers. He also explained how to determine whether an older loved one is no longer fit to drive, and how to approach the topic with them.

Issues covered:
Senior Citizens
Traffic Safety

Length: 5:10

Show # 2015-32
Date aired: 08/09/15 **Time Aired:** 4:30 a.m.

Deirdre Maloney, author of *"Bogus Balance: Your Journey to Real Work/Life Bliss"*

These days, nearly everyone struggles to balance their work and home lives. Ms. Maloney said that no one can achieve a perfect balance. She said it is possible to find real balance and satisfaction by setting priorities and accepting that you can't have it all. She explained why it is important to analyze your own values and priorities on a regular basis.

Issues covered:

Length: 9:28

Career
Parenting
Mental Health

Doug Whiteman, Insurance Analyst at Bankrate.com

37% of Americans with children under age 18 do not have any life insurance, according to a new Bankrate.com study. And about one-third of the parents who do have life insurance have no more than \$100,000 of protection. Mr. Whiteman explained why this is such a great concern. He also offered suggestions on how to shop for life insurance and how to determine how much coverage is necessary.

Issues covered:

Length: 7:46

Personal Finance
Parenting

Richard Johnson, PhD, Senior Fellow at the Urban Institute, an independent non-partisan organization that evaluates social and economic issues

Dr. Johnson studied Americans who change careers after age 50. He found that most take pay cuts and accept lesser health benefits, but are still happier in their new jobs. He explained why these workers decide to switch careers, and offered advice for older job hunters.

Issues covered:

Length: 4:50

Senior Citizens
Workplace Matters
Unemployment

Show # 2015-33
Date aired: 08/16/15 **Time Aired:** 4:30 a.m.

Nick Corcodilos, employment expert, headhunter, founder of AskTheHeadhunter.com, author of *"Fearless Job Hunting"*

Mr. Corcodilos said that the way companies recruit, evaluate and hire employees is a disaster. He said employers misuse computer screening software and sites like LinkedIn, in the hope of finding a mythical perfect candidate, then complain that the American workforce is undertrained and unqualified for today's high tech jobs. He offered advice for people who are seeking a new job.

Issues covered:

Length: 8:57

Employment
Job Training

Scott Barry Kauffman, PhD, cognitive psychologist, Adjunct Assistant Professor of Psychology at New York University, author of *"Ungifted: Intelligence Redefined"*

Dr. Kauffman said that the traditional methods of measuring the intellectual potential of children, such as IQ and standardized tests, don't work. He shared his own story of being labeled as "learning disabled" as a child, yet eventually completing his PhD in cognitive psychology at Yale University. He noted that there are many paths to greatness, and argued for a more customized approach to achievement that takes into account each individual's goals, psychology, and developmental trajectory.

Issues covered:
Education
Children's Issues

Length: 7:56

Gary Brienzo, Communications Manager, National Arbor Day Foundation

Mr. Brienzo talked about the growing disconnect between children and nature, as youngsters spend more time indoors with smartphones, video games and the Internet. He talked about the benefits of encouraging children and families to spend time outdoors, including better awareness of the environment.

Issues covered:
Environment
Community Health
Parenting
Volunteerism

Length: 4:42

Show # 2015-34
Date aired: 08/23/15 **Time Aired:** 4:30 a.m.

David Gumpert, food rights advocate, author of *"Life, Liberty and the Pursuit of Food Rights"*

Mr. Gumpert believes that Americans should have the right to privately obtain foods directly from farmers, neighbors, and local producers, in the same way that previous generations did. He said government regulations are making it increasingly difficult for consumers who wish to get raw milk, custom-slaughtered beef and pastured eggs outside the government regulatory system. He outlined the potential health concerns about mass-produced, processed food sold at supermarkets.

Issues covered:
Food Safety
Government Regulation

Length: 8:29

Noël Janis-Norton, learning and behavior specialist, founder and director of The New Learning Centre in London, author of *"Calmer, Easier, Happier Parenting: Five Strategies That End the Daily Battles and Get Kids to Listen the First Time"*

Ms. Norton offered advice to parents who are tired of nagging, pleading or yelling just to get their kids to do simple tasks. She offered examples of how parents should use positive reinforcement to encourage children to cooperate. She also offered tips on how to make homework a more positive and pleasant task each day.

Issues covered:
Parenting
Children's Issues

Length: 8:40

Virginia Reichert, former director of the Center for Tobacco Control at North Shore-Long Island Jewish Health System

Ms. Reichert talked about a study she conducted that discovered many smokers incorrectly believe that nicotine causes cancer. This misperception makes them less like to use nicotine patches or gum to help them stop smoking. She explained how comprehensive programs can greatly increase the success rate of smokers who want to quit.

Issues covered:

**Addiction
Community Health**

Length: 4:58

Show # 2015-35

Date aired: 08/30/15 **Time Aired:** 4:30 a.m.

Emily Rogalski, PhD, Neuroscientist, Research Associate Professor in Cognitive Neurology and Alzheimer's Disease Center at the Northwestern University Feinberg School of Medicine

Dr. Rogalski is in the early stages of a study of "SuperAgers" — men and women who are in their 80s and 90s, but with brains and memories that seem far younger. She explained what has been learned so far from these exceptional seniors, and what she hopes to discover as the study progresses. She said the research may eventually find ways to help protect others from memory loss.

Issues covered:

**Personal Health
Senior Citizens**

Length: 8:01

Amanda Ripley, investigative journalist, author of *"The Smartest Kids in the World--and How They Got That Way"*

Over the past fifty years, math and science skills have remained largely flat in the US, while soaring in Canada, Finland and many other developed countries. Ms. Ripley explained why some new "education superpower" countries have rapidly improved test scores, and how their policies differ from the US. She said teachers' college programs in the US should become much more selective, only accepting top students.

Issues covered:

**Education
Government**

Length: 9:10

Dana Gunders, Project Scientist, Natural Resources Defense Council's Food and Agriculture program in San Francisco

Ms. Gunders recently co-led a study with Harvard researchers that concluded that dates printed on packaged foods often confuse consumers, leading many to throw out food before it actually goes bad. She said the dates are intended to indicate freshness rather than whether a product is unsafe to eat. She would like to see new government regulations that would standardize food labeling and make it less confusing for consumers.

Issues covered:

**Food Safety
Consumer Matters
Government Regulations**

Length: 4:55

Show # 2015-36

Date aired: 09/06/15 **Time Aired:** 4:30 a.m.

Ann Dowsett Johnston, award-winning journalist, author of *"Drink: The Intimate Relationship Between Women And Alcohol"*

Ms. Johnston said women have closed the gender gap in the past decade, not only in their professional and educational lives, but also in terms of alcohol abuse. She noted that corporations have developed marketing strategies and products targeted exclusively to women. She expressed particular concern that alcohol manufacturers are now using social media to target teenage girls for marketing messages.

Issues covered:
Substance Abuse
Women's Issues

Length: 9:27

Kathryn Edin, PhD, Professor of Public Policy and Management at the John F. Kennedy School of Government at Harvard University, co-author of *"Doing the Best I Can: Fatherhood in the Inner City"*

Dr. Edin studied fatherhood among inner city men who are sometimes called "deadbeat dads." She said the term does not accurately describe today's urban fathers, many of whom take pride in being involved in the lives of some of their children. She explained how economic and cultural changes have transformed the meaning of fatherhood among the urban poor.

Issues covered:
Inner City Issues
Parenting
Poverty

Length: 7:36

David L. Roth, Ph.D., Director of the Johns Hopkins University Center on Aging and Health

Dr. Roth's research found that caregivers assisting chronically ill or disabled family members had an 18 percent lower death rate than similar people who were non-caregivers. He talked about the possible reasons behind this surprising finding.

Issues covered:
Senior Citizens
Personal Health
Family

Length: 4:49

Show # 2015-37

Date aired: 09/13/15 **Time Aired:** 4:30 a.m.

Mark Rank, PhD, Professor of Social Welfare at Washington University in St. Louis

Dr. Rank led a study that found that, between the ages of 25 and 60, almost two-thirds of Americans will live in poverty for a year or more. He shared other statistics from his study that illustrate how common poverty is. He discussed the reasons behind the problem and why a surprising number of Americans move from poverty to the middle class or higher, then back to poverty again.

Issues covered:
Poverty
Education

Length: 8:31

Sandeep S. Grewal, MD, MS, nutrition and weight loss expert, co-author of *"Fat-Me-Not: Weight Loss Diet of The Future"*

Most parents believe preparing and packing a healthy lunchbox is a difficult task. Dr. Grewal explained why lunches parents send to school are so critical to their kids' development and learning. He talked about the worst things parents can include in a lunch, and why hot lunches at school are not always a better option. He also discussed the most effective ways to lose weight.

Issues covered:
Parenting
Nutrition

Length: 8:33

Jim Quiggle, Director of Communications at Coalition Against Insurance Fraud

Mr. Quiggle discussed Medicare fraud, which has become a multi-billion dollar industry. He explained how fraudsters rapidly evolve their techniques as investigators close in on a specific scam. He outlined common warning signs of a scam that senior citizens should recognize, such as cold-call solicitations and requesting Medicare numbers over the phone.

Issues covered:
Medicare Fraud
Senior Citizens

Length: 5:00

Show # 2015-38

Date aired: 09/20/15 **Time Aired:** 4:30 a.m.

Meredith Jones, author of *"Women of The Street: Why Female Money Managers Generate Higher Returns (and How You Can Too)"*

Ms. Jones said her research found that women typically make better investment decisions than men. She explained how women's and men's investment behaviors differ. She also offered advice to young women who may be considering a career as an investment professional.

Issues covered:
Personal Finance
Women's Issues

Length: 10:32

Todd Herrenkohl, PhD, Professor of Sociology, Interim Associate Dean for Research for the Office of Research, University of Washington

Dr. Herrenkohl led a study that found that troubling behaviors exhibited by abused children can predict criminal activity when they grow up. He explained what the most common indicators are and how they differ between boys and girls. He discussed the importance of recognizing kids at risk and getting treatment for them as quickly as possible.

Issues covered:
Child Abuse
Crime
Youth at Risk

Length: 6:38

Bruce Schneier, internationally recognized security technologist, Chief Technology Officer of Resilient Systems, a fellow at Harvard's Berkman Center, and a board member of Electronic Frontier Foundation, author of "*Schneier on Security*"

Mr. Schneier discussed a recent study that examined the most commonly hacked computer passwords. Many people choose passwords that are far too easy to guess. He outlined ways to choose and remember a very secure password.

Issues covered:

**Crime
Consumer Matters**

Length: 5:14

Show # 2015-39

Date aired: 09/27/15 **Time Aired:** 4:30 a.m.

Brad J. Bushman, PhD, Professor of Communication and Psychology, Margaret Hall and Robert Randal Rinehart Chair of Mass Communication at Ohio State University

Dr. Bushman's research found that gun violence in movies rated PG-13 has more than tripled since PG-13 was introduced in 1985. In fact, he found that today's PG-13 films depict more violence than R-rated movies. Dr. Bushman explained why parents should be concerned. He said the patchwork of different rating systems for TV, movies and video games is confusing for parents and should be standardized.

Issues covered:

**Parenting
Media**

Length: 9:01

Stewart D. Friedman, PhD, Professor at the Wharton School of Business at the University of Pennsylvania, Founding Director of the Wharton Leadership Program and Wharton's Work/Life Integration Project, author of "*Baby Bust: New Choices for Men and Women in Work and Family*"

Dr. Friedman studied two classes of Wharton School of Business students, and found stunning results: the rate of graduates who plan to have children has dropped by nearly half over the past 20 years. He outlined the reasons for this disturbing trend and explained why this could be a huge problem for our society. He also offered some potential solutions.

Issues covered:

**Parenting
Career
Education**

Length: 8:04

Chris & Toren Volkmann, co- authors of "*Our Drink: Detoxing the Perfect Family*"

Chris and Toren offered their perspective on college drinking, as a mother and son who personally suffered the effects. They discussed warning signs of excessive drinking that both parents and college students should be aware of, and talked about the changing attitudes on college campuses.

Issues covered:

**Substance Abuse
Youth at Risk
Parenting Matters**

Length: 4:36

Affiliate Relations: 847-583-9000, ext. 203 email: info@syndication.net



**Quarterly Issues Report – Q3 Third Quarter, 2015 through
Viewpoints Programs 15-27 through 15-39**

During the third quarter of 2015 the following compliancy issues were covered

Aging	Literature
Alcoholism	Marketing
Alzheimer's disease	Marriage
Auto & highway safety	Media
Banking	Mental health
Business	Military
Commerce	Non-profits
Communications	Parenting issues
Conservation and the	Personal finance
Correctional facilities	Philanthropy
Crime	Politics
Criminal justice system	Popular culture
Culture	Poverty
Disabilities	Presidency
Domestic abuse	Presidential election
Drug addiction	Prisons
Education	Public health
Employment	Public safety
Environment	Racism
Entrepreneurship	Recreation
Ethics	Science
Families	Science & technology
Family issues	Slavery
Forensics	Social activism
Gay issues	Social media
Government	U.S. military
Health care	War
History	Wildlife
Immigration	Women's issues
Inventions	Aging
Labor	Alcoholism
Law	Alzheimer's disease
Lifestyle issues	

Program #15-27**Air week: 7/5/15****SEGMENT #1 – Comedy and comedians: how do they get so funny?****10:40**

SYNOPSIS: Everyone likes a good comedy show, and these days there seems to be a comedian around every corner. Comedy club comics, television shows, movies and plays that try to make us laugh at the absurdities of life are very popular, but did you ever wonder just how they come up with their material? We talk to a veteran comedy writer about the process of writing funny stuff and the successes and failures that make a comedian a star.

Host: Gary Price. Guests: Joe Randazzo, head writer for *@Midnight* on Comedy Central, former editor of *The Onion*, former creative editor of Adultswim.com, author of the book *Funny on Purpose: The definitive guide to an unpredictable career in comedy*.

COMPLIANCY ISSUES COVERED: popular culture, media, the arts

SEGMENT #2— Over-involved parents**11:00**

SYNOPSIS: Kids are little bundles of imagination and they can amuse themselves with the simplest of household goods: a pot and a spoon, becomes a drum; a cardboard box turns into a fort, and a towel can transform them into a caped crusader! However, some parents tend to micromanage their kids' time with structured activities and there's little left for the child to explore the world.

Host: Marty Peterson. Guests: William Joyce, Oscar-winning filmmaker, author of the children's book, *Billy's Booger: A memoir, sort of*. Mary Jo Rapini, psychotherapist who deals with issues of family, relationships and intimacy.

COMPLIANCY ISSUES COVERED: parenting issues, youth at risk, education

Program #15-28**Air week: 7/12/15****SEGMENT #1 – Human trafficking****11:13**

SYNOPSIS: Slavery is alive in the United States and around the world in the 21st century. That's hard to believe, but all over the world people are being forced to work long hours as laborers or in the sex trades, in horrible conditions for little or no money – and there's no way for them to get out.

Host: Gary Price. Guests: Melysa Sperber, Dir. of the Alliance to End Slavery and Trafficking, a project of Humanity United; Kay Buck, CEO of Coalition to Abolish Slavery and Trafficking, CAST, Los Angeles, CA

COMPLIANCY ISSUES COVERED: slavery, labor, crime & law enforcement, immigration, criminal justice system, business

SEGMENT #2- Philanthropy**10:25**

SYNOPSIS: The huge donations by billionaires such as Bill and Melissa Gates, Oprah, and Warren Buffett get a lot of press – and they help a lot of charities and people around the world. You might be surprised to know, though, that most of the money that non-profits receive is from small donors giving much less to deserving causes

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

COMPLIANCY ISSUES COVERED: philanthropy, business, personal finance, non-profits, government

Program #15-29**Air week: 7/19/15****SEGMENT #1 – The life and music of jazz legend Sheila Jordan****11:59**

Synopsis: Jazz is the quintessential American music genre, and nobody sings it better than Sheila Jordan. We talk to Jordan and her biographer about Jordan's rise from poverty to her career singing with some of the most famous jazz musicians of the 20th century, the racism that jazz musicians – both black and white – experienced, and the need to preserve this music for future generations.

Host: Gary Price. Guests: Sheila Jordan, jazz singer, teacher and composer); Ellen Johnson, singer, musician, author of "Jazz Child: A portrait of Sheila Jordan."

COMPLIANCY ISSUES COVERED: music & the arts, racism, poverty, alcoholism & drug addiction

SEGMENT #2 THE ANATOMY OF A CRIME NOVEL**9:36**

Synopsis: Crime novels are among the most popular reading in the U.S., and nobody writes a more engaging, suspenseful and factually accurate story than award-winning and best-selling novelist Patricia Cornwell. Her Kay Scarpetta series is full of detailed forensic information, and we talked to her about how she gathers her facts and actually experiences some of the dangerous situations that she puts her heroine through in her books.

Host: Marty Peterson. Guests: Patricia Cornwell, crime novelist, author of "Flesh and Blood"

COMPLIANCY ISSUES COVERED: forensics, technology, prisons, media, law enforcement

Program #15-30**Air week: 7/26/15****SEGMENT #1 – Happiness: What is it? How do we find it?****10:41**

Synopsis: We hear that we should be happy, and that happiness helps you live longer, brings more tranquility to your life, and to the lives of your family and friends. But do you know what happiness truly is? We talk to a psychologist and a philosopher about the essence of happiness, how to find it and how it's different from person to person and across the globe.

Host: Gary Price. Guests: Tim Bono, assistant dean in the college of arts and sciences, and a lecturer in psychology at Washington University, St. Louis; Frederic Lenoir, philosopher, sociologist and religious historian. Author of the book, *Happiness: A philosopher's guide*.

COMPLIANCY ISSUES COVERED: mental health, poverty, family, Alzheimer's disease

SEGMENT #2- George Washington**10:54**

Synopsis: The President of the United States has a lot of powers that we think are given to him by the U.S. Constitution. You might be surprised to find out, however, that very little in that document actually outlines the job or the authority the Commander-in-Chief possesses. We talk to a historian about how executive powers and privilege for the President were created not by Congress but by the first man to hold the nation's highest office.

Host: Marty Peterson. Guests: Harlow Giles Unger, historian and author of the book, *Mr. President: George Washington and the making of the nation's highest office*.

COMPLIANCY ISSUES COVERED: government, history, the Presidency, laws & the Constitution

Program #15-31**Air week: 8/2/15****SEGMENT #1 The Psychopath Inside****11:59**

Synopsis: When we hear the term “psychopath,” we usually think of serial killers or other nasty villains. Rarely does anyone think of the mild-mannered neuroscientist next door. We talk to a psychologist and to a neuroscientist who happens to be psychopathic, about what the term actually means in the medical world.

Host: Gary Price. Guests: Scott Lilienfeld, professor of psychology, Emory Univ., Atlanta, GA; James Fallon, neuroscientist at Univ. of California-Irvine, author of “The Psychopath Inside: A neuroscientist's personal journey into the dark side of the brain.”

COMPLIANCY ISSUES COVERED: mental health, disabilities, family issues, science & technology

SEGMENT #2- Talking About Abortion and Other Touchy Topics in a New Way**9:37**

Synopsis: It seems that when the topic of abortion comes up in the media, there are two distinct sides voicing their opinions with no middle ground or real conversation on the topic. The debate over this issue and other touchy topics these days usually disintegrates into an “Us vs. Them” shouting match, leaving many on both sides and in the middle angry and dissatisfied.

Host: Marty Peterson. Guests: Aspen Baker, co-founder and executive director of Exhale, author of the book, “Pro-Voice: How to keep listening when the world wants a fight.”

COMPLIANCY ISSUES COVERED: abortion, social activism, politics, media, family issues

Program #15-32**Air week: 8/9/15****SEGMENT #1 – Women in Prison Part I: A look inside the bars****9:21**

SYNOPSIS: The Netflix television show, *Orange is the New Black*, depicts life in a women's prison – but is it real? Are the inmates whose lives they portray realistic? We toured a real women's medium-security prison, talked to the administration and some inmates there to find out. We also talk to the real-life Alex Vause from OITNB, Cleary Wolters – a former inmate and friend of Piper Kerman, author of the book *Orange is the New Black: My year in a women's prison*.

Host: Gary Price. Guests: Lt. Brad Gray, Correctional Officer, Rockville Correctional Facility, Rockville, IN; Stacie Brown, Inmate; Cleary Wolters, former inmate, author of “Out of Orange: A memoir.”

COMPLIANCY ISSUES COVERED: women's issues, correctional facilities, commerce, mental health, crime

SEGMENT #2- Women in Prison Part II: Changed lives – for the better**10:15**

SYNOPSIS: What's a women's prison really like? Motherhood, drama and romantic relationships are all quite common. We visited Rockville Correctional Facility and sat down with two inmates to discuss their prison experience, past regrets and what they've learned while serving their sentences.

Host: Marty Peterson. Guests: Kelly Patterson, Inmate; Toni Golightly, Inmate.

COMPLIANCY ISSUES COVERED: family issues, correctional facilities, domestic abuse, crime, mental health, education

Program #15-33**Air week: 8/16/15****SEGMENT #1 – Lists of Note****10:52**

SYNOPSIS: Everyone makes lists: shopping lists, to-do lists, Christmas lists, and many more. But what do your lists say about you? We talk to an author who looked at hundreds of lists compiled by the famous, the infamous and the unknown, and found out that they say a great deal about the times, our history and the list makers themselves.

Host: Gary Price. **Guests:** Shaun Usher, author of *Lists of Note: An eclectic collections deserving of a wider audience*.

COMPLIANCY ISSUES COVERED: literature, popular culture, war, media, crime

SEGMENT #2- Kids and Financial Intelligence**10:45**

SYNOPSIS: Millions of young people will soon head out on their own for the first time to attend college or start their first job. It will also be the first time that many of them are in charge of their own finances. How literate are they about banking, spending, saving, and credit?

Host: Marty Peterson. **Guests:** Dean Obenauer, Asst. Dir. of Financial Aid for Financial Literacy, Creighton University, Omaha, Nebraska; Jeff Reeves, Exec. Editor at Investorplace.com

COMPLIANCY ISSUES COVERED: personal finance, banking, education, family issues

Program #15-34**Air week: 8/23/15****SEGMENT #1 – The Genius of Instant Photography****10:13**

Synopsis: These days, “instant photography” means digital pictures that can be cropped, enhanced and captioned and uploaded to the internet in a matter of minutes. It’s nothing very novel today, what with all of the cell phones and tablets that can produce stunning photos. It wasn’t that long ago, however, that “instant” pictures were as talked about as the latest iPhones are today.

Host: Gary Price. **Guests:** Ronald K. Fierstein, author of “A Triumph of Genius: Edwin Land, Polaroid, and the Kodak Patent War.”

COMPLIANCY ISSUES COVERED: inventions, U.S. military & intelligence, entrepreneurship, law, science

SEGMENT #2- Social Media and the Presidential Election**11:23**

Synopsis: Snapchat is quickly rising to the top of the social media hierarchy, and presidential candidates want to tap into its growing audience. But how exactly do you reach young voters on social media without sounding “too political” and boring? We speak with Matthew McGregor, Obama’s former digital strategist, and Aria Juliet Castillo, a young voter who loves social media and politics about the issue.

Host: Marty Peterson. **Guests:** Matthew McGregor, Aria Juliet Castillo

COMPLIANCY ISSUES COVERED: social media, presidential election, politics & young voters, marketing, technology

Program #15-35**Air week: 8/30/15****SEGMENT #1 – Cohabitation and the Law****11:06**

SYNOPSIS: There are millions of Americans who live together as husband and wife, but they never became formally “married.” What are their rights? Who gets the house, the car the bank accounts if they break up or one of them dies? We talk to a noted contract and family law attorney who has written extensively on the subject to find out how society and the courts view cohabitation relationships. We also discuss what cohabiting couples should do to prevent problems with the law.

Host: Gary Price. **Guests:** Martha Ertman, professor of law specializing in contract and family at the Carey School of Law, University of Maryland, author of the book, *Love’s Promises: How formal and informal contracts shape all kinds of families*.

COMPLIANCY ISSUES COVERED: law, families, marriage, gay issues, culture

SEGMENT #2-: Intelligent Disobedience: Knowing when and how to say “no”**10:33**

Synopsis: We’re taught from a young age that we should obey authority and do what adults tell us to do. Those lessons usually work in our favor, however there are times when a child – and an adult – should say no to the ones in charge. Our guest has studied this issue and has come up with situations where refusing to do something is the right thing, and he discusses when and how to say “no” effectively and for the benefit of the individual and others.

Host: Marty Peterson. **Guests:** Ira Chaleff, founder and president of Executive Coaching & Consulting Associates, Washington, D.C., author of the book *Intelligent Disobedience: Doing right when what you’re told to do is wrong*.

COMPLIANCY ISSUES COVERED: ethics, business, disabilities, military,

Program #15-36**Air week: 9/6/15****SEGMENT #1 – Hunting and Poaching Wild Animals****9:52**

Synopsis: When an American trophy hunter killed Cecil the Lion, a protected animal in an African game preserve, the internet was packed with Tweets and Facebook diatribes condemning the man who did it and big game hunting in general. Why are we so concerned about *one* animal when there are millions of them killed around the world every year? Is there a good reason to shoot large game for sport, or is it always wrong?

Host: Gary Price. **Guests:** Dr. Samuel Richards, a senior lecturer in sociology at Penn State University; Keith Norris, director of government affairs & partnerships at the Wildlife Society; Mike Hoffmann, senior scientist for the International Union for Conservation of Nature, Species Survival Commission.

COMPLIANCY ISSUES COVERED wildlife, recreation, poverty, crime, social media, conservation and the environment

SEGMENT #2- Digital Job Search**11:40**

SYNOPSIS: These days, a phone or digital interview often precedes the face-to-face meeting for job hunters. If you think that all you have to do is sit in front of your computer or cell phone camera and talk, think again. Resumes are also changing, with online services such as LinkedIn and CareerBuilder the first places an employer looks to find an applicant. We talk to two employment specialists about how the interview and resume processes have changed, and how applicants can get the edge in the digital job search market.

Host: Gary Price. **Guests:** Amy Kristof-Brown, Prof. in the Henry Tippie College of Business at the University of Iowa; Paul J. Bailo, CEO of Phone Interview Pro, author of *The Essential Digital Interview Handbook*,

COMPLIANCY ISSUES COVERED: employment; technology; communications; social media

Program #15-37 Air week: 9/13/15

SEGMENT #1 – Car crashes & PTSD

13:59

Synopsis: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover.

Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, *After the Crash*; Debbie Miller Koziarz, car accident survivor

Compliance issues covered: public safety; auto & highway safety; mental health

SEGMENT #2- Palcohol--powdered alcohol

6:03

Synopsis: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss.

Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee

Compliance issues covered: alcohol; youth at risk; laws and legislation; public health

Program #15-38 Air week: 9/20/15

SEGMENT #1 – Stem cell regeneration

11:46

Synopsis: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain.

Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences

Compliance issues covered: aging; technology; public health

SEGMENT #2- Exploding head syndrome

7:07

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

Compliance issues covered: health care; lifestyle issues

Program #15-39**Air week: 3/29/15****SEGMENT #1 – It Was a Dark and Stormy Night: The Bulwer-Lytton Fiction Contest****10:17**

SYNOPSIS: Everyone knows the line “It was a dark and stormy night” from Snoopy’s exploits as a budding novelist. But do you know the real author of that famous line, and why he has a literary competition named after him? We’ll talk to the retired professor of English and contest creator about the famous aristocrat and author who lent his name to a quirky contest, and why he was a better writer than he’s been given credit for. We’ll also hear some of the winning entries from past Bulwer-Lytton Contests.

Host: Gary Price. **Guest:** Scott Rice, retired English professor from San Jose State University and founder of the annual Bulwer-Lytton Fiction Contest.

COMPLIANCY ISSUES COVERED: literature & arts, history, education, media

SEGMENT #2- Mindful Work: Meditation in the workplace**11:20**

SYNOPSIS: We’re always hearing about how everyone is stressed these days, that we have too much to do and too many people asking for a moment – or more! – Of our time. What can we do to keep our bosses happy, our clients needs fulfilled and ourselves from pulling out our hair? We talk to two men who have found that meditating can help workers become more productive, less stressed and happier overall.

Host: Marty Peterson. **Guests:** David Gelles, business reporter, NY Times, author of “Mindful Work: How meditation is changing business from the inside out.” Allan Lokos, founding and guiding teacher of the Community Meditation Center in NYC, author of “Through the Flames: Overcoming disaster through compassion, patience and determination.”

COMPLIANCY ISSUES COVERED: business, health & well being, religion

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Radio Health Journal®

Quarterly Issues Report – Q3 2015 through Radio Health Journal Programs 15-27 through 15-39

During the third quarter of 2015 the following compliancy issues were covered:

Adult education	Men's issues
Aging	Mental health
Alcohol	Mental illness
Auto & highway Safety	Parenting issues
College	Pets and people
Consumerism	Pollution
Crime	Pop culture
Disabilities	Psychology
Education	Public health
Elderly	Public safety
Environment	Safety
Ethics	Senior citizens
Family issues	Sexual assault
Gender Issues	Traffic Safety
Health care	Technology
Infants at risk	Vehicle Safety
Local government	Women's issues
Laws and legislation	Worker safety
Lifestyle issues	Workplace issues
Mass media	Youth at risk

Program # 15-27

Air week: 7-5-15

SEGMENT 1: REFUSE WORKERS: THE DANGERS OF TRASH

12:12

Synopsis: Most people don't think much about what happens to their trash after they set it at the curb. But day in and day out, refuse workers have the most dangerous municipal job, with more injuries than police or firefighters. Two experts discuss the massive job of hauling our garbage away.

Host: Reed Pence. Guests: Robin Nagle, Clinical prof. of Anthropology and Urban Studies, New York Univ., anthropologist in residence, New York Sanitation Dept., and author, Picking Up: On the Streets and Behind the Trucks with the Sanitation Workers of New York City; Sam Shick, franchise operator.

Compliance issues covered: local and municipal government; worker safety; environment

SEGMENT 2: TV DOCTORS: TRUTH OR FICTION?

7:17

Synopsis: TV doctors wield tremendous influence with patients, sometimes even more than a person's own doctor. Yet studies show that the advice you hear on TV is often unsupported by medical research. Experts discuss how celebrity doctors miss the mark and why they're so popular.

Host: Nancy Benson. Guests: Dr. Christina Korownyk, Assoc. Prof. of Family Medicine, Univ. of Alberta; Dr. Georgianna Donadio, Program Director, National Institute of Whole Health; Dr. Lindsey Meredith, Prof. of Marketing, Beedie School of Business, Simon Fraser Univ.

Compliance issues covered: health care; public health; consumerism; mass media; pop culture

Program #15-28

Air week: 7-12-15

SEGMENT 1: PERFECT PITCH

12:54

Synopsis: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.

Host: Reed Pence. Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago

Compliance issues covered: education and learning; adult education

SEGMENT 2: AIR POLLUTION AND LUNG HEALTH

7:01

Synopsis: Air pollution is blamed for one of every eight deaths worldwide, including 200,000 in the US each year. A noted lung physician discusses some of the diseases smog can cause and ways to keep your lungs safe.

Host: Nancy Benson. Guest: Dr. Steven Nathan, Director, Advanced Lung Disease and Lung Transplant Program, Inova Fairfax Hospital, Falls Church, VA

Compliance issues covered: health care; public health; pollution and environment

Program #15-29

Air week: 7-19-15

SEGMENT 1: MATERNAL MORTALITY

10:55

Synopsis: The death rate surrounding pregnancy in the US has been climbing to the point it compares with some third world countries rather than the western European nations we once compared to. Experts discuss possible reasons for the increase and one possible way to reverse it--more reliance on midwives.

Host: Reed Pence. Guests: Dr. Kate Menard, Prof. and Chief, Obstetrics & Gynecology, Univ. of North Carolina School of Medicine; Patricia Harman, certified nurse-midwife and author, The Midwife of Hope River novel series.

Compliance issues covered: health care; public health; infants at risk; women's issues

SEGMENT 2: THE JOY OF SINGING

8:24

Synopsis: Research shows that singing in a group has health benefits, as well as simply making people feel good. Experts and participants discuss this increasing singing trend in society, and how singing is being used to treat one serious disease.

Host: Nancy Benson. Guests: Stacy Horn, author, Imperfect Harmony: Finding Happiness Singing With Others; Dr. Barbara Reuer, CEO and Founder, Musicworx, Inc. music therapy practice, San Diego; Karen Hesley, speech pathologist and director, Tremble Clefs singing group

Compliance issues covered: health care; psychology; pop culture; elderly, senior citizens, and aging

Program #15-30

Air week: 7-26-15

SEGMENT 1: YOUR BRAIN WITH TINNITUS

9:19

Synopsis: Scientists have discovered that tinnitus, or "ringing in the ears," involves many more areas of the brain than just those involved with hearing. Experts explain why the findings mean it will be difficult to develop treatments for tinnitus, and what sufferers can do now.

Host: Reed Pence. Guests: Dr. Richard Salvi, Distinguished Prof. of Communicative Disorders and Sciences, Univ. at Buffalo; Dr. Phillip Gander, Univ. of Iowa

Compliance issues covered: health care; public health; consumerism; disabilities

SEGMENT 2: CHILD SUICIDE SURVIVORS

10:05

Synopsis: Children whose parents die by suicide face a difficult emotional recovery. Well-meaning adults often make it worse with their mistakes in how they talk about the death. Experts discuss the right and wrong ways to help children cope with parental suicide.

Host: Nancy Benson. Guests: Wendy Parmley, psychotherapist and author, Hope After Suicide: One Woman's Journey From Darkness to Light; Donna Schuurman, CEO, Doug Center for Grieving Children and Families, Portland, OR

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

Program #15-31

Air week: 8-2-15

SEGMENT 1: THE RISK OF THE FRONT PASSENGER SEAT

11:20

Synopsis: Few people are aware that the vehicle occupant most likely to be hurt in a crash is the one in the front passenger seat. Experts discuss why this occurs, the different injuries that can occur there, and many ways car occupants can protect themselves from injury.

Host: Reed Pence. Guests: Meghan Smeenge, injured in auto accident; Dr. David Pedley, consultant, accident and emergency medicine, Dumfries & Galloway Royal Infirmary, Scotland; Dr. Peter Cummings, Emeritus Prof. of Epidemiology, Univ. of Washington; Dr. Elisa Braver, Adjunct Assoc. Prof. of Epidemiology, Univ. of Maryland School of Medicine

Compliance issues covered: public health; traffic & vehicle safety; public safety; consumerism

SEGMENT 2: TOWARD A MORE PEACEFUL DEATH

10:05

Synopsis: It's a fine line between preserving life and prolonging death. An award winning science writer discusses her experience observing how medical professionals and patients differ in their acceptance of impending death, and what families need to know to navigate the end of life toward a "good death."

Host: Nancy Benson. Guest: Katy Butler, author, Knocking on Heaven's Door: The Path to a Better Way of Death.

Compliance issues covered: ethics; health care; consumerism; family issues; technology and society

Program #15-32

Air week: 8-9-15

SEGMENT 1: ONLINE PHARMACIES, FAKE DRUGS

11:57

Synopsis: Consumers who purchase medicines online for convenience and price are taking a big risk--experts say 97% of online "pharmacies" are rogue sites operating illegally. Often the medications they sell are counterfeit or substandard. Experts discuss the risks and how consumers can buy safely.

Host: Reed Pence. Guests: Carmen Catizone, Exec. Dir., National Assoc. of Boards of Pharmacy; Libby Baney, Exec. Dir., Alliance for Safe Online Pharmacies; Dr. Roger Bate, scholar, American Enterprise Institute & author, *Phake: The Deadly World of Falsified and Substandard Medicines*

Compliance issues covered: public health; public safety; consumerism; crime

SEGMENT 2: MULTITASKING

8:06

Synopsis: Multitasking seems like a necessity for most people, and most of us think it improves our efficiency. However, studies show that only a tiny proportion of people can juggle tasks well. Researchers discuss why our brains can't do two things at once, and why "supertaskers" may be different.

Host: Nancy Benson. Guests: Dr. David Strayer, Prof. of Cognition Neurosciences, Univ. of Utah; Dr. Jayson Watson, Assoc. Prof. of Psychology, Univ. of Utah

Compliance issues covered: workplace issues; consumerism

Program #15-33

Air week: 8-16-15

SEGMENT 1: ENLISTING MEN AGAINST SEXUAL ASSAULT

13:19

Synopsis: Colleges are now required by Federal law to present anti-sexual assault training to new students, but rather than instilling "no means no," some experts think we need to do much more to enlist men to help prevent sexual assault. Experts discuss how it can be done by making men allies, rather than regarding them as potential perpetrators, and through bystander training.

Host: Reed Pence. Guests: Dr. John Foubert, Prof. of Higher Education and Student Affairs, Oklahoma State Univ., National President, One in Four, and author of 7 books on preventing sexual assault; Ashley Warner, psychoanalyst and author, *The Year After: A Memoir*; Dorothy Edwards, Exec. Director, Green Dot, Etc.

Compliance issues covered: women's issues; sexual assault; crime; education; colleges and universities; gender issues; public safety; men's issues

SEGMENT 2: THE POWER OF TEARS

6:32

Synopsis: Researchers are learning that tears shed for different reasons are chemically different. Emotional tears, for example, contain high levels of stress hormones, indicating they may be a way for the body to reduce stress. Experts discuss why it's good for people to cry.

Host: Nancy Benson. Guests: Dr. William Frey, Univ. of Minnesota and Research Director, Health Partners Neuroscience; Dr. Judith Orloff, psychiatrist and author, *Emotional Freedom*

Compliance issues covered: health; mental health; gender issues

Program #15-34

Air week: 8-23-15

SEGMENT 1: HEART ATTACKS IN YOUNG WOMEN

11:15

Synopsis: Young women are at relatively low risk of heart attacks, but when they have one, a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss reasons and possible remedies.

Host: Reed Pence. Guests: Dr. Judith Lichtman, Assoc. Prof. and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Andersen, attending cardiologist and Director of Education and Outreach, Perelman Heart Institute, New York Presbyterian Hospital.

Compliance issues covered: public health; health care; women's issues; education;

SEGMENT 2: ODD MEDICAL TREATMENTS OF THE PAST

7:38

Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude doctors in ancient Greece provided better care than those in the US 150 years ago.

Host: Nancy Benson. Guest: Nathan Belofsky, author, [Strange Medicine: A Shocking History of Real Medical Practices Through the Ages](#).

Compliance issues covered: education; consumerism

Program #15-35

Air week: 8-30-15

SEGMENT 1: MISOPHONIA: RAGE AT THE SMALLEST SOUND

12:01

Synopsis: A surprisingly large number of people may become agitated or even enraged when they hear "mouth sounds" such as chewing or slurping, sniffing, or crunching of paper. This disorder, misophonia, is largely unknown, but researchers believe audio processing of these sounds is mis-routed to rage centers in the brain. Experts and a sufferer discuss the syndrome.

Host: Reed Pence. Guests: Paul Tabachneck, IT professional, musician, and misophonia sufferer; Judy Krauthamer, author, Sound Rage: A Primer of the Neurobiology and Psychology of a Little Known Anger Disorder; Dr. Aage Moller, Prof. of Behavioral and Brain Sciences, Univ. of Texas at Dallas.

Compliance issues covered: youth at risk; education; interpersonal relations; health care

SEGMENT 2: GRIEF

7:50

Synopsis: Everyone deals with grief at one time or another. An expert discusses how it's experienced by most people, and what separates normal grief from more problematic depression. A writer/illustrator discusses his experience dealing with his spouse's sudden death.

Host: Nancy Benson. Guests: Dr. Ronald Pies, Prof. of Psychiatry, State Univ. of New York Upstate Medical Univ. and Clinical Prof. of Psychiatry, Tufts Univ.; Danny Gregory, author and illustrator, A Kiss Before You Go

Compliance issues covered: mental illness; family issues

Program #15-36

Air week: 9-6-15

SEGMENT 1: LIQUID BIOPSIES

11:12

Synopsis: Cancer biopsies traditionally require surgery to remove a piece of tumor. But doctors are increasingly able to find evidence of cancer in the blood, eliminating the need for surgery. Researchers hope to eventually be able to use these liquid biopsies for cancer screening and early diagnosis. Experts discuss.

Host: Reed Pence. Guests: Dr. Nicholas Papadopoulos, Prof. of Oncology, Johns Hopkins Univ; Dr. Scott Kopetz, Assoc. Prof. of Medical Oncology, Univ. of Texas MD Anderson Cancer Center; Dr. Terry Friedlander, Asst. Clinical Prof. of Medicine, Univ. of California at San Francisco

Compliance issues covered: health care; public health; technology

SEGMENT 2: PET OBESITY

8:44

Synopsis: Just as people face an obesity crisis in the US, so do our pets, who have many of the same health consequences as overweight humans. Experts discuss why pet obesity is a problem and ways pet owners can keep their furry friends healthy.

Host: Nancy Benson. Guests: Dr. Ernie Ward, Veterinarian and founder, Association for Pet Obesity Prevention; Dr. Deborah Linder, Research Asst. Prof., Cummings School of Veterinary Medicine, Tufts Univ.

Compliance issues covered: family issues; pets and people

Program #15-37

Air week: 9-13-15

SEGMENT 1: CAR CRASHES & PTSD

13:59

Synopsis: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover.

Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, *After the Crash*; Debbie Miller Koziarz, car accident survivor

Compliance issues covered: public safety; auto & highway safety; mental health

SEGMENT 2: PALCOHOL--POWDERED ALCOHOL

6:03

Synopsis: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss.

Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee

Compliance issues covered: alcohol; youth at risk; laws and legislation; public health

Program #15-38

Air week: 9-20-15

SEGMENT 1: STEM CELL REGENERATION

11:46

Synopsis: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain.

Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences

Compliance issues covered: aging; technology; public health

SEGMENT 2: EXPLODING HEAD SYNDROME

7:07

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

Compliance issues covered: health care; lifestyle issues

Program #15-39

Air week: 9-27-15

SEGMENT 1: THE RETURN ON WORKPLACE WELLNESS

13:08

Synopsis: Most medium and large businesses now have corporate wellness programs for employees in an effort to keep health insurance costs down. Many have incentives for reaching health goals. Experts discuss how these plans work and whether the effort shows up favorably on the bottom line.

Host: Reed Pence. Guests: Dr. Katherine Baicker, Prof. of Health Economics, Harvard School of Public Health; Larry Chapman, President and CEO, Chapman Institute; Al Lewis, co-author, *Cracking Health Costs: How to Cut Your Company's Health Costs and Provide Employees Better Care*

Compliance issues covered: health care; consumerism; economics; education; business and industry; employment

SEGMENT 2: THE IMPORTANCE OF PLAY

7:01

Synopsis: Many schools are cutting down on recess to focus on the 3R's, but child development experts say play is part of children's "work" and an important part of how they learn. One expert discusses.

Host: Nancy Benson. Guest: Ann Gadzikowski, Early Childhood Coordinator, Center for Talent Development, Northwestern Univ. and author, *Creating a Beautiful Mess: The Essential Experiences for a Joyful Childhood*

Compliance issues covered: youth at risk; education; parenting

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