

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, JANUARY-MARCH, 2015**

Show # 2015-13

**Date aired:** 03/29/15 **Time Aired:** 4:30 a.m.

**Bill Thornton, PhD**, Professor of Psychology, University of Southern Maine

Dr. Thornton led a study that found that the mere presence of a smart phone, even if it is turned off, can make it difficult to perform complex tasks. He explained the likely reasons that a phone can be so distracting. He offered suggestions for parents who are concerned about phone usage affecting their child's schoolwork.

**Issues covered:**

**Mental Health  
Consumer Matters**

**Length: 7:27**

**Sharon Fowler, MPH**, Adjunct Assistant Professor, University of Texas Health Science Center at San Antonio

Ms. Fowler was the co-author of a study that found that diet soda consumption leads to expanding waistlines. She found that older adults who drank two or more diet sodas a day had waist size increases that were six times greater than those of people who didn't drink diet soda. She discussed the possible physiological reasons and offered suggestions for those trying to control calories.

**Issues covered:**

**Personal Health  
Senior Citizens  
Consumer Matters**

**Length: 9:43**

**Regina Leeds**, professional organizer, author of "*The 8-Minute Organizer*"

Nearly everyone can use some help in getting organized. Ms. Leeds talked about the reasons that keeping order in our lives and possessions is so difficult. She offered small, step-by-step suggestions on how to determine goals to get organized, and how to create positive routines for the long-term.

**Issues covered:**

**Consumer Matters  
Mental Health**

**Length: 5:06**



**Quarterly Issues Report – Q1 First Quarter, 2015  
Viewpoints Programs 15-01 through 15-13**

**During the first quarter of 2015 the following compliancy issues were covered**

African-American Issues	Literature & Arts
Agriculture	Marijuana Laws
Art	Marriage & Family Issues
Business	Media
Business & Labor	Medicine
Children's Issues	Mental & Physical Health
Commerce	Military
Communication	Organized Crime
Community Action	Personal Development
Community Leadership	Personal Finance
Community Standards	Pets
Corruption	Politics
Crisis Management	Popular Culture
Cultural & Economic Diversity	Poverty,
Discrimination	Presidents
Diversity	Psychology
Drug And Alcohol Addiction	Public Safety
Education	Racism
Emergency Management	Recreation
Employment	Religion
Entertainment	Science
Ethics	Self-Help
Family Issues	Seniors' Issues
Government	Slavery
Health & Exercise	Sports & Recreation
Health & Well-Being	Suicide
History	Technology
Homelessness	The Arts & Creativity
Immigration	US History
Innovation	War
Justice System	Weather
Language	Women's Issues
Leadership	

**SEGMENT #1 – Making Masterpiece: Behind the scenes at PBS Drama**

**11:28**

**SYNOPSIS:** The PBS series, "Downtown Abbey" premieres this week, and it's one in a long line of very popular programs that the network has produced. How do they find shows like "Downtown," "Sherlock," "Brideshead Revisited," and "Poldark"? What goes into choosing which programs make it on the air? And how has the format for "Masterpiece" affected commercial network programming through the years? We talk to the producer of the series and also to a TV expert about these issues.

Host: Gary Price. Guests: Rebecca Eaton, Exec. Producer, the "Masterpiece" series for PBS out of WGBH, Boston, author of the book, "Making Masterpiece,"; Robert Thompson, Prof. of Television and Popular Culture, the Newhouse School, Syracuse University ([newhouse.syr.edu](http://newhouse.syr.edu)).

**COMPLIANCY ISSUES COVERED:** the arts, media, popular culture, business

**SEGMENT #2-- Public Speaking and Stress: Strategies to take away the fear**

**10:09**

**SYNOPSIS:** Why are people so afraid to give speeches in public? It's the cause of sweaty palms, headaches, nausea and weak knees, to mention only a few of the problems that speakers experience. We talk to a psychologist and a speech educator about why anxiety builds when we have to give a public address, and how we can use this stress to our benefit.

Host: Marty Peterson. Guests: Jeremy Jamieson, Asst. Prof. of Social Psychology, University of Rochester, NY; Philip Dalton Assoc. Prof. of Rhetoric and Chair of that department, Hofstra University, NY.

**COMPLIANCY ISSUES COVERED:** mental health, communication, education

**Program #15-02**

**Air week: 1/11/15**

**SEGMENT #1 – Super Storms and America's Aging Weather Infrastructure**

**11:35**

**SYNOPSIS:** Super Storm Sandy was a devastating event that caused death, destruction and billions of dollars in property damage in its wake. One fact that was brought out during the onslaught of that huge hurricane was the need to update our nation's weather forecasting and emergency management systems. We talk to a journalist and author who conducted research on the storm, the systems that tracked it and found out how our weather forecasting, tracking and evacuation protocols and equipment need to be modernized to deal with the extreme weather that climate change will bring us in the future.

Host: Gary Price. Guest: Kathryn Miles, journalist and author of "Super Storm: Nine days inside Hurricane Sandy,"

**COMPLIANCY ISSUES COVERED:** weather, technology, emergency management, politics, government

**SEGMENT #2- Questions with No Answers That Make Us Think**

**10:57**

**SYNOPSIS:** We all want answers to the complicated questions in life, but sometimes just asking the questions are enough to make us think deeply about our lives and our world. We talk to a man who has made a living asking questions that sometimes have no hard and fast answers, or where the resolution changes depending upon our age or circumstances. He tells us how the process of coming to an answer is often more important than any one answer itself.

Host: Marty Peterson. Guest: Dr. Gregory Stock, bioethicist, author of "The Book of Questions".

**COMPLIANCY ISSUES COVERED:** health; ethics; suicide

**Program #15-03**

**Air week: 1/18/15**

**SEGMENT #1 – Stress & Hope: Dealing successfully with life's negatives**

**11:03**

**SYNOPSIS:** We've all heard stories about people who overcome tremendous odds and end up becoming a success. Or they're faced with a serious illness, but they manage to come through it healthier and happier.

How do they do it? We talk to two people who have experience with adversity about what it takes to make it through the dark, and seemingly hopeless times in life.

Host: Gary Price. Guests: Trent Angers, Co-editor with Coach Dale Brown, of "Getting Over the Four Hurdles of Life," ; Kim Kircher, member of ski patrol at Crystal Mountain resort, WA, author of the book, "The Next 15 Minutes: Strength from the top of the mountain,".

**COMPLIANCY ISSUES COVERED:** mental health, sports & recreation, emergency management, self-help, medicine

## **SEGMENT #2 The History of and Changes in Late Night Television**

**10:43**

**SYNOPSIS:** Late night television has changed dramatically during the past year with younger hosts such as Jimmy Fallon, Seth Meyers, Stephen Colbert and James Corden taking over the helms of popular shows. Are these new hosts going to change late night in a substantial way? Will they be changes for the better?

Host: Marty Peterson. Guests: Robert Thompson, Robert Thompson, Prof. of Television and Popular Culture, the Newhouse School, Syracuse University ([newhouse.syr.edu](http://newhouse.syr.edu)); Dick Cavett, talk show host, actor, author of the book, "Brief Encounters: Conversations, magic moments, and assorted hijinks,".

**COMPLIANCY ISSUES COVERED:** media, business, popular culture, entertainment

## **Program #15-04**

**Air week: 1/25/15**

### **SEGMENT #1 – Using Humor to Discuss Serious Subjects**

**10:41**

**SYNOPSIS:** Sometimes talking about serious subjects, even with friends and family, can cause arguments and bad feelings. But just as Mary Poppins said, "...A spoonful of sugar makes the medicine go down," humor can make the discussion of serious subjects go down easier. Our guests are two very talented and funny people who use humor, satire and irony to make their points about women in science, and the immigrants' experience.

Host: Gary Price. Guests: Aasif Mandvi, actor, award-winning playwright, cast member on Comedy Central's "The Daily Show with Jon Stewart," and author of the book, "No Land's Man,"; Megan Amram, comedian, writer on NBC's comedy "Parks and Recreation," and author of "Science...for Her!"

**COMPLIANCY ISSUES COVERED:** immigration, women's issues, discrimination, science & technology, media

## **SEGMENT #2- Face Time vs. Screen Time**

**10:42**

**SYNOPSIS:** Kids are always on their phones, tablets or computers – even when they're sitting across from one another at the lunch table! Does communicating via screens hurt kids?

Host: Marty Peterson. Guests: Patricia Greenfield, Distinguished Prof. of Psychology, UCLA, Dir. of the Children's Digital Media Center, Los Angeles, CA Susan Pinker, psychologist, journalist, author of "The Village Effect"

**COMPLIANCY ISSUES COVERED:** technology, children's issues, seniors' issues, mental & physical health, education

## **Program #15-05**

**Air week: 2/1/15**

### **SEGMENT #1 How Are Those Resolutions Going?**

**10:22**

**SYNOPSIS:** Many of us make resolutions on New Year's Day to lose weight, exercise more or maybe save more money. How are those going a month later? Most Americans don't keep resolutions after a few weeks. Why is that? We'll discuss strategies for planning and fulfilling that big change in your life.

Host: Gary Price. Guests: Tom Somodi, CEO & President of the Change Science Institute; Chris Carosa, Pres. of Carosa, Stanton Asset Management, author of *Hey, What's My Number?*

**COMPLIANCY ISSUES COVERED:** personal finance, health & exercise, personal development

**SEGMENT #2- The Future of the Mind**

**11:18**

**SYNOPSIS:** It's amazing that in the 21st century, science knows so much about all of the organs of the body save one: the brain. We talk to a scientist and author about the unbelievable abilities of the brain, how memories help us predict the future, where dreams are located, how brain injury can sometimes make someone a genius, and how research into brain function is opening up new areas of understanding the mind and its possibilities.

Host: Marty Peterson. Guest: Dr. Michio Kaku, physicist, professor of theoretical physics City College and City University of New York, co-founder of string theory, and author of *The Future of the Mind: The scientific quest to understand, enhance, and empower the mind.*

**COMPLIANCY ISSUES COVERED:** medicine, science and technology, education

**Program #15-06**

**Air week: 2-8-15**

**SEGMENT #1 – Teaching Political Debate in Schools**

**11:26**

**SYNOPSIS:** Civics classes in many grade schools and high schools aren't the same as they were back 20 years ago, when teachers lectured on "how a bill becomes a law" to a roomful of bored students. These days, kids are more likely to discuss and debate some of the most pressing issues of the day. We talk to two researchers about how some schools are teaching students how to debate correctly, how discussion of hot topics can foster understanding of diverse points of view, and the long-term benefits for students who engage in thoughtful, civil, debate.

Host: Gary Price. Guests: Diana E. Hess, Senior VP of the Spencer Foundation, Prof. of Social Studies Education, University of Wisconsin-Madison; Paula McAvoy, Assoc. Program Officer of the Spencer Foundation and philosopher of education. Both guests are co-authors of the book, *The Political Classroom: Evidence and ethics in democratic education.*

**COMPLIANCY ISSUES COVERED:** education, politics, cultural & economic diversity, religion, community standards, community action

**SEGMENT #2- Brown Girl Dreaming: The importance of diverse voices in literature**

**10:15**

**SYNOPSIS:** So much literature is written by white authors – of the past and present – that it's not always relevant to young people of color, immigrants or those from non-western backgrounds. Our guest, an award-winning author, says it's time to hear from different voices in literature – beginning when children just start to open books.

Host: Marty Peterson. Guests: Jacqueline Woodson, award-winning author of "Brown Girl Dreaming," a memoir written entirely in verse.

**COMPLIANCY ISSUES COVERED:** African-American issues, education, literature, diversity

**Program #15-07**

**Air week: 2/15/15**

**SEGMENT #1 – Tomlinson Hill**

**10:27**

**SYNOPSIS:** Researching your ancestors is popular these days. It can be exciting if your ancestors were famous or if they had some connection to a historical event. However, it can be painful if your family played a part in one of the darker periods in our history, such as slavery. We talk to a man whose family held slaves and hear how he went back in history and to his family's home town to confront his past, to meet the relatives of those slaves, and to find out what life was like then and now for the two Tomlinson families.

Host: Gary Price. Guests: Chris Tomlinson, journalist, author of "Tomlinson Hill: The remarkable story of two families who share the Tomlinson name – one white, one black,"

**COMPLIANCY ISSUES COVERED:** slavery, poverty, justice system, racism, family issues

**SEGMENT #2- Presidential Sidekicks**

**11:46**

**SYNOPSIS:** The next presidential campaigns are gearing up and GOP and Democratic hopefuls are already testing the waters more than 18 months before the elections. The people you see in front of the cameras and in the headlines are only part of the story, though. Behind the scenes are men and women who support the candidates in very important ways. We'll hear about a few of these hardworking "sidekicks" who served some of our modern presidents, and even about one who made George Washington smile!

Host: Marty Peterson. Guests: Jerald Podair, prof. of history and American studies at Lawrence University, Appleton, WI; Julia Rothman, co-author of "The Who, the What and the Where: 65 artists illustrate the secret sidekicks of history,"

**COMPLIANCY ISSUES COVERED:** presidents, politics, corruption, health, US history

**Program #15-08**

**Air week: 2/22/15**

**SEGMENT #1 – Changing the Conversation: Resolving Conflicts at home and at work**

**11:13**

**SYNOPSIS:** Conflict is part of life, but it doesn't have to be a negative experience. We talk to two experts on conflict about how to make disagreements with a spouse or other family member, or with colleagues at work a positive and productive learning experience.

Host: Gary Price. Guests: Dana Caspersen, mediator, teacher and author of, "Changing the Conversation: The 17 principles of conflict resolution." Dr. Judith Wright, author, coach, corporate consultant and founder of the Wright Graduate University for the Realization of Human Potential, where she also teaches.

**COMPLIANCY ISSUES COVERED:** employment & labor; marriage & family issues; mental health

**SEGMENT #2- Art and Enrichment**

**11:48**

**SYNOPSIS:** All of us drew pictures as children, but as we grew older, we saw that we either did or did not have real talent. Those of us who were *not* skilled gave it up and went on to do other things. Our guest says that we shouldn't have dropped the pencil or paintbrush, and He'll tell us how we can all benefit from drawing on a daily basis – both in developing skill in art, and creativity and confidence in other parts of our lives.

Host: Marty Peterson. Guests: Danny Gregory, artist, teacher, founder of the Sketchbook Skool, and author of "Art Before Breakfast: A zillion ways to be more creative no matter how busy you are."

**COMPLIANCY ISSUES COVERED:** the arts & creativity, personal development, education

**Program #15-09**

**Air week: 3/1/15**

**SEGMENT #1 – The History of Physics: Why we need to know what came before**

**8:43**

**SYNOPSIS:** The history of physics is a long and extremely interesting one, littered with the names of some of the most famous scientists in the world, like Galileo, Newton, Copernicus, Einstein, Curie, and others. It is also the story of great discoveries that changed cultures, religious beliefs and politics over the centuries. We talk to a science historian about a few of the highlights throughout the long history of physics and astronomy.

Host: Gary Price. Guest: Tom Jackson, author of "Physics: An illustrated history of the foundations of science" – a Ponderables book.

**COMPLIANCY ISSUES COVERED:** history, science and technology, religion, education

**SEGMENT #2- Addiction: Why it happens and how to prevent it**

**12:52**

**SYNOPSIS:** Millions of Americans are addicted to alcohol and drugs, and many of them end up unemployed, broken away from their families and homeless. We talk to a psychologist about the causes of addiction, and why some people are more likely to fall to it than others, and find out how an author who is battling alcohol and drug addiction made his journey to sobriety, and the lessons he learned on the way.

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

**COMPLIANCY ISSUES COVERED:** drug and alcohol addiction, science, health, homelessness, marijuana laws

**Program #15-10**

**Air week: 3/8/15**

**SEGMENT #1 – What makes a great CEO?**

**9:59**

**SYNOPSIS:** A number of high-profile companies have appointed new CEOs lately. What is it that makes one candidate better than another to lead a corporation and make it innovative and profitable? We talk to two management specialists about the characteristics of a good leader, what the CEO is responsible for, and what sets great CEOs apart from other business leaders.

**Host:** Gary Price. **Guests:** Bill Pasmore, Organizational Practice Leader at the Center for Creative Leadership, and Professor of Social Organizational Psychology at Columbia University, NYC; Adam Bryant, "The Corner Office" columnist for the New York Times, and author of the book, "Quick and Nimble: Lessons from leading CEOs on how to create a culture of innovation."

**COMPLIANCY ISSUES COVERED** business & labor, leadership, crisis management, innovation

**SEGMENT #2- The Most Human Human: Man vs. Computer**

**11:36**

**SYNOPSIS:** The Academy Award-nominated film, "The Imitation Game" brought to light the contributions of Alan Turing in breaking the Enigma code during WWII. Throughout his career, he thought that maybe we could build a computer that could think like a human. But could even the best tech whizzes of today build a machine that could not only *think* but also *converse* like a human? We talk to a man who researched that issue and even competed in a contest to prove *he* was human, and find out what it takes for chatbots to beat humans at *their* own games.

**Host:** Marty Peterson. **Guests:** Brian Christian, author of "The Most Human Human: What talking with computers teaches us about what it means to be alive."

**COMPLIANCY ISSUES COVERED:** technology, communication & language, recreation, education

**Program #15-11**

**Air week: 3/15/15**

**SEGMENT #1 – Don't Slam the Door! The "art" of quitting**

**10:58**

**SYNOPSIS:** Many people remain in bad situations because they are afraid to quit, but they shouldn't. Our guest says that if you take the time to carefully plan just how and when you'll walk out the door, it's easier to deal with the anxiety, fear and depression that can follow such a big decision. We'll hear about steps anyone can take – and those they shouldn't – when it's time to quit and move on.

**Host:** Gary Price. **Guests:** Peg Streep writes non-fiction, is a blogger at Psychology Today.com and the author of the book, "Quitting: Why we fear it, and why we shouldn't, in life, love and work," now out in paperback.

**COMPLIANCY ISSUES COVERED:** military, employment, mental health, agriculture

**SEGMENT #2- Embellishment or Memory Lapse? Lying on the news**

**10:41**



Synopsis: A few weeks ago, veteran news anchor, Brian Williams, was suspended from his job on the Nightly News because he had embellished a story about his involvement in an event in the Iraq War. Did he purposely lie? Or could it have been a matter of “misremembering”? We talk to a psychologist and a news veteran about the issue, how it can happen and what the future may hold for Williams.

Host: Marty Peterson. Guests: Dr. Frank Farley, psychologist, professor at Temple University in Philadelphia and a former president of the American Psychological Association; Al Primo, creator of the “Eyewitness News” format for television; producer of *Teen Kids News* and a the recipient of an Emmy, a Peabody Award and an Edward R. Murrow Lifetime Achievement Award, among many others

**COMPLIANCY ISSUES COVERED:** media & news, business, psychology, war

**Program #15-12** **Air week: 3/22/15**

**SEGMENT #1 – Stolen Art and Art Fraud: Who does it and where does the art go? 13:54**

SYNOPSIS: This year marks the 25<sup>th</sup> anniversary of the Gardner Museum heist of millions of dollars in paintings by Rembrandt, Vermeer and others. Nobody knows who took the paintings, but our guest has a theory. We also talk to an art expert and an art show coordinator about what happens to stolen art, how art is determined to be genuine, and how to avoid scams if you’re buying or selling art and antiques.

Host: Gary Price. Guests: Stephen Kurkjian, journalist and author of the book, “Master Thieves: The Boston gangsters who pulled off the world’s greatest art heist”; Jane C.H. Jacob, art consultant, president of Jacob Fine Art, Oak Park, IL; Scott Diamant, president & CEO of the Palm Beach Show Group.

**COMPLIANCY ISSUES COVERED:** art, organized crime, commerce, science & technology, community leadership

**SEGMENT #2- What the Dog Knows: How and why search dogs work 7:42**

SYNOPSIS: Search dogs will follow a scent for miles and even put their lives in danger looking for survivors of mudslides and building collapses. How do they do it, and why? We talk to a search dog owner and trainer about these amazing animals, the physiology that helps them hone in on a single scent, and why they will work for hours in horrid conditions for their handlers.

Host: Marty Peterson. Guest: Cat Warren, cadaver dog owner and trainer, author of the book, “What the Dog Knows: Scent, science and the amazing ways dogs perceive the world.

**COMPLIANCY ISSUES COVERED:** pets, science, public safety

**Program #15-13** **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 – Q1 2015  
Radio Health Journal Programs 15-01 through 15-13

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

Aging	Youth At Risk
Arts And Entertainment	
Consumerism	
Death And Dying	
Disabilities	
Discrimination	
Discrimination	
Economics	
Education	
Employment	
Environment	
Ethics	
Evolution	
Family Issues	
Federal Government	
Gender Issues	
Health Care	
Legal Issues	
Leisure	
Mental Health Workplace	
Mental Illness	
Military And National Defense	
Parenting Issues	
Pop Culture	
Population Growth	
Prevention	
Psychology	
Public Health	
Recreation And Entertainment	
Relationship Issues	
Sexually Transmitted Diseases	
Technology	
Unemployment	
Vaccination	
Women's Issues	
Workplace Health And Safety	
Workplace Issues	

**Program # 15-01****Air week: 1-4-15**

SEGMENT 1: Sharks in suits: workplace "almost psychopaths"

12:13

Synopsis: Almost everyone is victimized at some point by a cutthroat co-worker who lies with ease and feels no remorse. These people may be "almost psychopaths," people with psychopathic characteristics too subtle to be diagnosed. Two experts explain how these people operate and how the rest of us can avoid being played.

Host: Reed Pence. Guests: Jim Silver, former federal prosecutor, and Dr. Ronald Schouten, Assoc. Prof. of Psychiatry, Harvard Medical School and Director, Law and Psychiatry Service, Massachusetts General Hospital. They are co-authors, *Almost a Psychopath: Do I (Or Someone I Know) Have a Problem with Manipulation and Lack of Empathy*

**COMPLIANCY ISSUES COVERED:** employment and workplace issues; ethics; youth at risk; relationship issues

SEGMENT 2: Heart failure

7:51

Synopsis: Heart failure is a major source of death and disability. Experts discuss causes, consequences and new treatments that may greatly lessen its toll.

Host: Nancy Benson. Guests: Dr. Deborah Weinstein, Chief Medical Officer, Atlantic Clinical Research Collaborative; Dr. William Abraham, Prof. of Internal Medicine and Director, Division of Cardiovascular Medicine, Ohio State Univ.

**COMPLIANCY ISSUES COVERED:** health care; economics; aging; disabilities

**Program #15-02****Air week: 1-11-15**

SEGMENT 1: Performer's injuries

12:35

Synopsis: Professional musicians often suffer from repetitive motion injuries, while dancers suffer athletic injuries. Both often "play hurt," in part due to fear of losing position or income, or because they are more likely than most professions to have no health insurance.

Host: Reed Pence. Guests: Amy Roisum Foley, Prof. of Music and Director of Bands, Minnesota State Univ.; Lynne Krayner-Luke, professional flutist and licensed Andover Educator; Dr. George Shybut, Wellington Orthopedics and Sports Medicine; Julie Daugherty, physical therapist, American Ballet Theater.

**COMPLIANCY ISSUES COVERED:** workplace health and safety; consumerism; employment; arts and entertainment

SEGMENT 2: Failure to launch

8:20

Synopsis: It's much more common today for 20-somethings to delay moving out of Mom and Dad's house to start an independent life.

Host: Nancy Benson. Guest: Dr. Jeffrey Jensen Arnett, Prof. of Research Psychology, Clark Univ. and author, *When Will My Grown Up Child Grow Up? Loving and Understanding Your Emerging Adult*

**COPLIANCY ISSUES COVERED:** youth at risk; employment; economics

**Program #15-03****Air week: 1-18-15**

SEGMENT 1: Moral injury

12:25

The military is beginning to recognize a new category of emotional and spiritual injury in war--moral injury, a result of committing or witnessing an event such as an atrocity that violate deeply held ethical beliefs.

Host: Reed Pence. Guests: Dr. Brett Litz, clinical psychologist, VA Boston Healthcare System and Director, Mental Health Core, Massachusetts Veterans Epidemiological Research & Information Center; Dr. William Nash, co-editor, *Combat Stress Injury: Theory, Research & Management* and independent consultant, Boston VA Research institute

**COMPLIANCY ISSUES COVERED:** military and national defense; federal government; disabilities; public health; health care; mental illness

SEGMENT 2: Making and breaking habits

7:26

Synopsis: The New Year is a time for people to stop bad habits and start new, good routines. An expert discusses the psychology of habits and how people can be more successful in changing their lives for the better.

Host: Nancy Benson. Guest: Jeremy Dean, psychologist and author, *Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick*

**COMPLIANCY ISSUES COVERED:** consumerism; education

**Program #15-04**

**Air week: 1-25-15**

SEGMENT 1: HPV, cancer, and the HPV vaccine

13:33

Synopsis: Human papilloma viruses are responsible for many cancers, especially cervical cancer and throat cancer. Vaccines exist for the major HPV's that cause these cancers, yet relatively few eligible youths have gotten them.

Host: Reed Pence. Guests: Dr. Rodney Willoughby, Prof. of Pediatrics, Medical College of Wisconsin and member, American Academy of Pediatrics Committee on Infectious Diseases; Dr. Susan Vadaparampil, Senior Member, Division of Population Sciences, Moffitt Cancer Center, Tampa, FL; Dr. Leah Smith, postdoctoral fellow, Queen's Univ.; Dr. Linda Levesque, Asst. Prof. of Health Sciences, Queen's Univ.

**COMPLIANCY ISSUES COVERED:** public health; sexually transmitted diseases; health care; vaccination; youth at risk

SEGMENT 2: Music Thanatology

7:25

Synopsis: Music Thanatology is a specialized practice of playing harp music for the dying. A practitioner of the art explains how there is also science to it as well.

Host: Nancy Benson. Guests: Betsy Haraf, family member who witnessed Thanatology vigil; Tony Pederson, certified music Thanatologist, Midwest Palliative and Hospice Care Center, Northbrook, IL and President,

**COMPLIANCY ISSUES COVERED:** health care; psychology; death and dying

**Program #15-05**

**Air week: 2-1-15**

SEGMENT 1: **THE PITFALLS OF ONLINE DATING**

11:34

Synopsis: For the first time in history, today more than half of American adults are single. Many are still looking for love--more than 40 million are members of online dating sites, which have their busiest time of the year between now and Valentine's Day

Host: Reed Pence. Guest: Ken Page, psychotherapist in private practice, blogger on *Psychology Today* and author, *Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy*

**COMPLIANCY ISSUES COVERED:** technology; pop culture; relationship issues; consumerism

**SEGMENT 2: THE FLU: IT'S BAD THIS YEAR**

8:11

Synopsis: The 2014-2015 flu season started much earlier than normal and so far has been much more severe than usual. Experts explain how this year's mismatch occurred between the flu vaccine and the predominant strain of flu, and how people can protect them in spite of the ineffective vaccine.

Host: Nancy Benson. Guests: Dr. Helmut Albrecht, Chief, Division of Infectious Diseases & Haywood Gibbes Prof. of Internal Medicine, Univ. of South Carolina; Dr. William Schaffner, Prof. of Infectious Diseases, Vanderbilt Univ. School of Medicine

**COMPLIANCY ISSUES COVERED:** health care; public health; vaccination; youth at risk; consumerism

**Program #15-06**

**Air week: 2-8-15**

**SEGMENT 1: GENDER BIAS IN SCIENCE**

12:51

Synopsis: Few female role models exist at major research universities in scientific fields, subverting efforts to get more women into math and science. Many scientists have dismissed gender bias as a factor. However, new research shows that unintentional bias results in women being subconsciously considered less competent than their male scientific counterparts. Experts explain how unconscious bias exists and its pervasive effect in academia and society at large.

Host: Reed Pence. Guests: Dr. Joan Herbers, Prof. of Evolution, Ecology and Organismal Biology, Ohio State Univ. and Past President, Assn. for Women in Science; Dr. Jo Handelsman, Associate Director for Science, US Office of Science and Technology Policy

**COMPLIANCY ISSUES COVERED:** gender issues; women's issues; discrimination; education

**SEGMENT 2: YOUR EYE EXAM: MORE THAN MEETS THE EYE**

7:04

Synopsis: Eye exams are looking for a lot more than just eye diseases or how well you see. The eye is the window to the rest of our body's health, and many diseases can be spotted there first. An ophthalmologist explains.

Host: Nancy Benson. Guest: Dr. Christopher Starr, Asst. Prof. of Ophthalmology, Weill-Cornell Medical Center, New York.

**COMPLIANCY ISSUES COVERED:** public health; health care; prevention; consumerism

**Program #15-07**

**Air week: 2-15-15**

**SEGMENT 1: THE GUT MICROBIOME**

13:29

Synopsis: Scientists are learning that the bacteria living inside us, most notably in the intestines, influence our bodies far more than previously suspected. Our microbiome influences many other organs, particularly

the liver, brain, and immune system. Different mixes of these bacteria may account for a great deal of the variability among people, particularly in our weight. Two researchers explain.

Host: Reed Pence. Guests: Dr. Jack Gilbert, Group Leader, Microbial Ecology, Argonne National Laboratory; Dr. Rob Knight, Prof. of Pediatrics and Computer Science & Engineering, Univ. of California, San Diego

**COMPLIANCY ISSUES COVERED:** public health; technology; consumerism; environment; prevention

**SEGMENT 2: MINDLESS EATING**

6:29

Synopsis: People eat for reasons other than satisfying hunger, and those reasons play a great role in whether we eat too much or not. Experts discuss the role of the environment in our appetites and how we may use it to stay slim.

Host: Nancy Benson. Guests: Dr. Brian Wansink, Director, Cornell Univ. Food and Brand Lab and author, *Slim By Design: Mindless Eating Solutions for Everyday Life*; Dr. Barbara Rolls, Prof. of Nutritional Sciences, Penn State Univ. and author, *The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off*

**COMPLIANCY ISSUES COVERED:** public health; prevention; consumerism

**Program #15-08**

**Air week: 2-22-15**

**SEGMENT 1: ONLY CHILDREN...AND THEIR PARENTS**

12:05

Synopsis: Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing.

Host: Reed Pence. Guests: Beth Apone Salamon, Director of Communications, School of Social Work, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, *One and Only: The Freedom of Having an Only Child and the Joy of Being One*; Dr. Susan Newman, psychologist.

**COMPLIANCY ISSUES COVERED:** family issues; youth at risk; parenting issues

**SEGMENT 2: THE SENSE OF TOUCH**

8:54

Synopsis: The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working, as it should.

Host: Nancy Benson. Guest: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, *Touch: The Science of Hand, Heart, and Mind*

**COMPLIANCY ISSUES COVERED:** consumerism; youth at risk; aging

**Program #15-09**

**Air week: 3-1-15**

**SEGMENT 1: LATE EFFECTS OF CHILDHOOD CANCER**

11:28

Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get

screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later.

Host: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director.

**COMPLIANCY ISSUES COVERED:** youth at risk; health care; technology; consumerism

**SEGMENT 2: INFANT SLEEP AND SHAKEN BABIES**

8:25

Synopsis: New parents are often at wits' end when their baby won't sleep. Infants who won't sleep and cry inconsolably are also at major risk of being victims of shaken baby syndrome. Experts discuss the connection and ways babies can be more reliable sleepers.

Host: Nancy Benson. Guests: Dr. Ronald Barr, Prof. of Pediatrics, Univ. of British Columbia and Fellow, Canadian Institute for Advanced Research; Dr. Janet Krone Kennedy, clinical psychologist, founder, NYC Sleep Doctor and author, *The Good Sleeper: The Essential Guide to Sleep For Your Baby and You*

**COMPLIANCY ISSUES COVERED:** consumerism; youth at risk; family violence

**Program #15-10**

**Air week: 3-8-15**

**SEGMENT 1: MEASLES & VACCINATION--EXPLORING THE "SOCIAL CONTRACT"**

12:32

Synopsis: Measles is more widespread than it has been in years. The current measles outbreak in several states has prompted questions about the responsibility of parents to have their children immunized against vaccine-preventable diseases.

Host: Reed Pence. Guests: Dr. John Swartzberg, Clinical Prof. Emeritus, Univ. of California Berkeley School of Public Health; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Disease, Vanderbilt Univ.; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Univ. of Wisconsin.

**COMPLIANCY ISSUES COVERED:** youth at risk; health care; public health; parenting issues; legal issues; consumerism criminal justice system

**SEGMENT 2: BOTOX AND DEPRESSION**

7:13

Synopsis: Many people are familiar with the use of Botox to reduce wrinkles and frown lines. But Botox can also be used to reduce the effects of depression.

Host: Nancy Benson. Guest: Dr. Eric Finzi, dermatologic surgeon, Washington, DC and author, *The Face of Emotion: How Botox Affects Mood and Relationships*

**COMPLIANCY ISSUES COVERED:** consumerism; mental health

**Program #15-11**

**Air week: 3-15-15**

**SEGMENT 1: WORKPLACE BULLIES**

12:09

Synopsis: Studies estimate that at some point in their careers, 35 percent of workers will be bullied badly enough to affect their health. Experts discuss the reasons for workplace bullying, the outcomes, and some of the few ways to prevent it.



Host: Reed Pence. Guests: Dr. Gary Namie, Director, Workplace Bullying Institute; Meredith Fuller, psychologist and author, *Working With Bitches: Identifying Eight Types of Office Mean Girls and How to Deal With Them*

**COMPLIANCY ISSUES COVERED:** workplace, employment and unemployment; economics; public health; legal issues; discrimination

**SEGMENT 2: SMART BANDAGES**

7:46

Synopsis: Hospitals and clinics often have to stock a huge variety of bandages and dressings to address the moisture needs of different kinds of wounds. Now a high-tech "smart dressing" can replace them. It absorbs moisture when necessary but can also supply the right amount of moisture in places where it's needed.

Host: Nancy Benson. Guests: Dr. Alexander Reyzelman, Assoc. Prof. of Medicine, California School of Podiatric Medicine and Co-Director, Limb Preservation Center, Univ. of California San Francisco; Vicki Fischenich, geriatric nurse-practitioner and Director, Clinical Affairs, Osnovative Systems.

**COMPLIANCY ISSUES COVERED:** health care; consumerism; technology; economics

**Program #15-12**

**Air week: 3-22-15**

**SEGMENT 1: WOMEN AND WORK**

12:17

Synopsis: The US once led the world in proportion of women in the workplace, but that number has declined the last 15 years. Experts explain the social, economic, and governmental factors that are leading women to quit their jobs--often unwillingly--and stay home.

Host: Reed Pence. Guests: Dr. Pamela Stone, Visiting Scholar, Stanford Univ. Clayman Institute for Gender Research, Prof. of Sociology, Hunter College and the Graduate Center, City Univ. of New York, and author, *Opting Out: Why Women Really Quit Careers and Head Home*; Dr. Claudia Goldin, Prof. of Economics, Harvard Univ.

**COMPLIANCY ISSUES COVERED:** workplace, employment and unemployment; economics; women's issues; gender issues; federal government; youth at risk

**SEGMENT 2: LEARNING FROM TRADITIONAL SOCIETIES**

8:21

Synopsis: An expert discusses his study of traditional native societies, which shows how human genetics have not adapted to change

Host: Nancy Benson. Guest: Jared Diamond, author, *The World Until Yesterday: What Can We Learn from Traditional Societies?*

**COMPLIANCY ISSUES COVERED:** evolution; population growth; youth at risk; public health

**Program #15-13**

**Air week: 3-29-15**

**SEGMENT 1: TONE DEAFNESS**

11:49

Synopsis: Millions of people can't carry a tune when they sing and believe they're tone deaf. However, most simply have trouble matching tones when they sing and would benefit from more practice. To the truly tone-

deaf person, all pitches sound alike. No amount of practice would help. Experts discuss the concept and offer hope to the karaoke-challenged.

Host: Reed Pence. Guests: Dr. Psyche Loui, Asst. Prof. of Psychology and Neuroscience, Wesleyan Univ.; Dr. Dominique Vuvan, post-doctoral fellow, International Laboratory for Brain, Music and Sound Research; Dr. Steven Demorest, Prof. of Music Education, Northwestern Univ.

**COMPLIANCY ISSUES COVERED:** leisure, recreation and entertainment; disabilities; education

SEGMENT 2: **ANXIETY**

8:00

Synopsis: Anxiety is normal, but too much can be crippling; an author and anxiety sufferer discusses the nature of crippling anxiety and what people can do about it.

Host: Nancy Benson. Guest: Scott Stossel, editor, *Atlantic* magazine and author, *My Age of Anxiety: Fear, Hope, Dread and the Search for Peace of Mind*

**COMPLIANCY ISSUES COVERED:** public health; health care; mental health

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