



**QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS**

**WSHE-Chicago**

**January 1, 2019 – March 31, 2019**

**Placed in the Public File-April 3, 2019**

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**Public Affairs Manager**

## Section I. Issues

WSHE has identified these significant issues facing our community in this quarter:

- A. Community**, community concerns as well as ways to make our neighborhoods stronger and safer.
- B. Education** issues related to learning, schools, and students in our community.
- C. Women's Issues** to keep women informed of health, employment, and other issues.
- D. Children's Health and Wellness** so our kids can be their best.
- E. Family and Parenting** issues and ways to help strengthen the family unit.
- F. Youth at Risk** and ways to support children and teens at-risk.
- G. Health and Health Care** issues to help keep ourselves and our families healthy.
- H. Mental Health Issues and Addictions**, and those who suffer from them need our support; so do their families.
- I. Technology, Communication, Media, and Social Media** and how it impacts our lives.

## Section II. Responsive Programs

WSHE has broadcast programming dealing with each of the above-referenced issues. Details about said programming is set out below.

### A. Community

Public Service Announcement-"First Bites Bash"-broadcast 1/1/19-1/15/19, 30-seconds in length, aired 23 times. The kickoff to Chicago Restaurant Week, First Bites Bash is a chance to taste samples from 70+ restaurants while supporting the non-profit Pilot Light, which helps kids make healthier food choices.

Public Service Announcement-"Crystal Heart Ball"-broadcast 1/16/19-1/31/19, 30-seconds in length, aired 17 times. Little Company of Mary Hospital Foundation is hosting the 29<sup>th</sup> annual Crystal Heart Ball, a black-tie gala on February 2nd to benefit the hospital's interventional radiology services.

Public Service Announcement-"Chicago Lighthouse 3<sup>rd</sup> Annual Casino Night"- broadcast 2/1/19-2/15-19, 30-seconds in length, aired 15 times. The non-profit

Chicago Lighthouse is hosting a poker and casino night fundraiser for its programs assisting those who are visually impaired.

Public Service Announcement-“Homewood Chocolate Fest”-broadcast on 2/1/19-2/15/19, 30-seconds in length, aired 16 times. The Homewood Chocolate Fest on February 16<sup>th</sup> features artisan chocolatiers, truffle baking demonstrations, and a chocolate bake-off, all to benefit the Cancer Support Center.

“Radio Health Journal”-broadcast on 2/3/19, 5:45am, eight-minutes in length. Superstitions in sports. Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life. Host: Karen Hand. Guest: Dr. Stuart Vyse, author, Believing In Magic: The Psychology of Superstition; Dr. Alex Lickerman, author, The Undefeated Mind.

Public Service Announcement-“Anti-Cruelty Society Love a Pet Adoption Event”-broadcast on 2/16/19-2/28/19, 30-seconds in length, aired 13 times. On Saturday, March 9<sup>th</sup>, all adoption fees will be waived on all cats and dogs adopted from The Anti-Cruelty Society that day.

Public Service Announcement-“Naperville St. Paddy’s Day 5K”-broadcast 2/16/19-2/28/19, 30-seconds in length, aired 13 times. Sponsored by the Naperville Sunrise Rotary, the 9<sup>th</sup> Annual St. Paddy’s Day 5K on March 16<sup>th</sup> benefits the non-profits Kids Matter and Alive Center.

Public Service Announcement-“Lemons of Love Adventure Night”-broadcast on 2/16/19-2/28/19, and 3/16/19-3/31/19, 30-seconds in length, aired 32 times. Adventure Night features tomahawk throwing, archery and more to benefit the non-profit Lemons of Love and the comforting care packages they provide to Chicagoans undergoing chemotherapy.

“Radio Health Journal”-broadcast on 2/17/19, 5:30am, 13-minutes in length. When law enforcement and trauma care collide. Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes contentious

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

Public Service Announcement-“Walk to Cure Arthritis”-broadcast on 3/16/19-3/31/19, 30-seconds in length, aired 16 times. The Lake County Walk to Cure Arthritis is Saturday, May 18<sup>th</sup>, and all money raised supports the non-profit Arthritis Foundation and its mission of a lifetime of better for the two-million people in Illinois living with arthritis, that includes 13,000 children.

## **B. Education**

Public Service Announcement-“2019 Swap Circle for Teachers”-broadcast 1/1/19-1/15/19, 30-seconds in length, aired 15 times. Creative Chicago is collecting surplus office supplies, sports equipment, musical instruments, craft supplies, tools, and anything else that teachers might need in the classroom and hosting a swap circle for teachers to come and shop for supplies for free.

“Radio Health Journal”-broadcast on 1/6/19, 5:30am, 12-minutes in length. Personality and drug abuse. Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Host: Reed Pence. Guests: Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, Unbroken Brain: A Revolutionary New Way of Understanding Addiction.

“Radio Health Journal”-broadcast on 1/13/19, 5:30am, 13-minutes in length. Autism in girls. Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls’ behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences. Host: Reed Pence. Guests: Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof.

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“Radio Health Journal”-broadcast on 2/3/19, 5:30am, 12-minutes in length. Talking to your baby. Scientists have discovered that the way parents talk to their infants has a huge effect on their intellectual development and later success. Experts discuss why and how parents should hold "conversations" with their babies. Host: Reed Pence. Guests: Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

“Radio Health Journal”-broadcast on 2/17/19, 5:46am, seven-minutes in length. When does genetic engineering go too far? Advancements in genetic science are often clouded in ethical controversy. Often, scientists are accused of “playing God.” Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated. Host: Nancy Benson. Guests: Dr. Ting Wu, Prof. of Genetics, Harvard Medical School.

“Radio Health Journal”-broadcast on 2/24/19, 5:46am, seven-minutes in length. Research ethics: How far have we come? In the mid-1960’s, many Ivy League and Seven Sister colleges as well as prestigious prep schools allowed researchers to photograph incoming students naked as part of work on a now-discredited theory linking physical characteristics to leadership potential. A former student who went through it, now a physician and writer, discusses how research ethics have changed in the last 50 years. Host: Nancy Benson. Guests: Dr. David Sklar, Prof. of Health Solutions, Arizona State Univ. and author, Atlas of Men.

“Viewpoints”-broadcast on 2/24/19, 6:12am, eleven-minutes in length. Education for students with autism. The right to an education is guaranteed to all students, regardless of disability, by federal law. But experts and parents are now wondering if we are doing enough to help autistic students maximize their abilities to live their best possible lives. We discuss the current status of public schooling for students with autism and how the systems in place can be optimized to help students grow even more. Host: Marty Peterson. Guest: Mark Claypool, CEO of ChanceLight Behavioral Health, Therapy & Education and co-author of How Autism is Reshaping Special Education.

“Radio Health Journal”-broadcast on 3/10/19, 5:30am, 13-minutes in length. Fibbing to your doctor. New surveys show that as many as 80 percent of people omit information, stretch the truth or outright lie to their doctors. Experts discuss why it happens, consequences, and methods that might reduce the amount of less-than-truthful answers to doctors’ questions. Host: Reed Pence. Guests: Dr. Andrea Gurmankin-Levy, Assoc. Prof. of Psychology, Middlesex Community College; Dr. Maricella Moffitt, Prof. of Medicine and Director, Doctoring Curriculum, Univ. of Arizona College of Medicine, Phoenix.

“Viewpoints”-broadcast on 3/10/19, 6:14am, nine-minutes in length. A fantasy series that aims at teaching children to consider some big questions. We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children. Host: Marty Peterson. Guest: Soman Chainani, author of The School for Good and Evil.

“Radio Health Journal”-broadcast on 3/24/19, 5:47am, six-minutes in length. Taking body basics seriously. Many people have questions about their bodies that seem so silly, they never bring them up with their doctors. While the answers are sometimes humorous, often they are more complicated and important than we imagine. An expert physician/writer discusses. Host: Nancy Benson. Guest: Dr. James Hamblin, Senior Editor, Atlantic Magazine and author, If Our Bodies Could Talk: A Guide to Operating and Maintaining A Human Body.

“Hubbard Helps”-broadcast on 3/24/19, 6:00am, 15-minutes in length. The non-profit Ravinia Music Festival. For 115 years, the outdoor summer music fest has entertained Chicago audiences, and it continues to grow and evolve with education programs for students from 3<sup>rd</sup> grade through college, community events, as well as outstanding musical entertainment. Host is Susan Wiencek. Guest is Welz Kauffman, President and CEO of Ravinia.

“Radio Health Journal”-broadcast on 3/31/19, 5:30am, eleven-minutes in length. “Difficult” patients. Patients used to accept doctors’ orders without question. Today, more are asking questions and challenging their doctors’ opinions.

However, even those who do it politely are likely to be labeled “difficult.” A doctor whose late wife nearly made a career of being a difficult patient discusses how patients can do it respectfully and fruitfully. Host: Reed Pence. Guest: Dr. William Steinbach, Prof., Chief of Pediatrics & Infectious Diseases, Duke Univ.

“Viewpoints”-broadcast on 3/31/19, 6:00am, ten minutes in length. Using YA fiction to help young people process big issues. For a few decades now, teens have flocked to YA novels like *The Hunger Games* or *The Fault in Our Stars*. Why are they so popular? We talk to two novelists who say young adult fiction can help teens consider big issues and life and ‘practice’ their responses to real-world problems like violence and drugs. Host: Gary Price. Guests: Marie Lu, author *Wildcard*; Ellen Hopkins, author, *People Kill People*.

### **C. Women’s Issues**

“Viewpoints”-broadcast on 1/6/19, 6:00am, eleven-minutes in length. Women in the U.S. Military. Women have served in the U.S. military dating all the way back to the Revolutionary War. Back then, they had to lie about their sex and their names in order to get enlist, but some did. Now, combat positions are open to women. We discuss the vital role women have played in America’s military might. Host: Gary Price. Guest: Eileen Rivers, army veteran and author of *Beyond the Call: Three women on the front lines in Afghanistan*.

“Radio Health Journal”-broadcast on 1/13/19, 5:46am, seven-minutes in length. Invisible girls: victims of incest. Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit organization that seeks to help them. Host: Nancy Benson. Guest: Dr. Patti Feuereisen, clinical psychologist and author, *Invisible Girls: Speaking the Truth About Sexual Abuse*.

“Viewpoints”-broadcast on 2/24/19, 6:00am, eight-minutes in length. Pregnant and incarcerated: Childbirth behind bars. After working for years as an OB/GYN for inmates at San Francisco Jail, author Carolyn Sufrin wanted to tell the story of the women she helped. She talks about what health care for pregnant women in jails and prisons looks like, and the changes she hopes to see in the system.

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

Public Service Announcement-Donate business clothes to Cara Program”- broadcast 3/1/19-3/31/19, 30-seconds in length, aired 39 times. Women are urged to donate gently used skirts, suits, dresses, blouses and pants to the non-profit Cara Program, which provides interview attire to women trying to turn their lives around.

“Viewpoints”-broadcast on 3/10/19, 6:12am, eleven-minutes in length. Exploring what it means for women to be “brave, not perfect.” Reshma Saujani is a lawyer, a former political candidate, an author and the founder of Girls Who Code. She says our society puts too much pressure on women to be perfect, which means girls are afraid to explore their true passions for fear of failure. She’s hoping to change that, and to teach girls that it’s okay to try something that you might not succeed at. Host: Marty Peterson. Guest: Reshma Saujani, author, Brave, Not Perfect.

#### **D. Children’s Health and Wellness**

Public Service Announcement-“First Bites Bash”-broadcast 1/1/19-1/15/19, 30-seconds in length, aired 23 times. The kickoff to Chicago Restaurant Week, First Bites Bash is a chance to taste samples from 70+ restaurants while supporting the non-profit Pilot Light, which helps kids make healthier food choices.

Public Service Announcement-“Harbour Agency-Adopt A Night”-broadcast on 1/1/19-1/15/19, 30-seconds in length, aired 14 times. The non-profit Harbour Agency is asking people to donate \$100 to give a homeless girl a safe place to stay.

“Radio Health Journal”-broadcast on 1/13/19, 5:30am, 13-minutes in length. Autism in girls. Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls’ behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences. Host: Reed Pence. Guests: Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof.

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“Valentine’s Day Cards for Kids Campaign”-broadcast 1/14/19-2/14/19, 30-seconds in length, live and recorded, aired 810 times. WSHE’s 2<sup>nd</sup> Annual Valentine’s Day Cards for Kids campaign urged listeners to create handmade Valentine’s for the young patients at LaRabida Children’s Hospital and drop them off at the nearest CD One Price Cleaners where we will collect them, then sort and deliver them to the hospital. More than 17,000 Valentines were distributed!!!

Public Service Announcement-“Valentine’s Day Cards for Kids”-broadcast 1/16/19-2/7/19, various times, 30-seconds in length, aired 26 times. Urged listeners to participate in our Valentine’s Day Cards for Kids campaign so the young patients at LaRabida Children’s Hospital know that we are thinking of them. Homemade Valentines can be dropped off at any of the 20+ CD One Price Cleaners locations in Chicagoland.

Public Service Announcement-“Cupid’s Love Dash”-broadcast on 1/16/19-1/31/19, 30-seconds in length, aired 20 times. The North Shore’s Cupid’s Love Dash is a 5K run in Highland Park to benefit the non-profit Cal’s Angels, which helps provide experiences and memories for families that have a gravely ill child.

Public Service Announcement-“Super Jake Foundation Red Cape Gala”-broadcast 2/1/19-2/15/19, 30-seconds in length, aired 16 times. A benefit gala on February 23rd for the non-profit Super Jake Foundation which raises money for pediatric cancer research.

Public Service Announcement-“Bear Tie Ball”-broadcast 2/1/19-2/15/19, 30-seconds in length, aired 16 times. The 26<sup>th</sup> Anniversary Bear Tie Ball on March 2<sup>nd</sup> is a gala for Bear Necessities Pediatric Cancer Foundation.

“Viewpoints”-broadcast on 2/3/19, 6:14am, nine-minutes in length. Parenting a transgender child. We talk to the parent and the doctor of a transgender child to discover what science says about gender transitions and how one family navigated the issues associated with having a child you suddenly don’t fully understand. Host: Marty Peterson. Guests: Dr. Michele Angello, therapist and gender specialist; Alisa Bowman, journalist, author, and mother of a transgender child.

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“Radio Health Journal”-broadcast on 3/3/19, 5:46am, eight-minutes in length. When chronically ill children grow up. Children with serious chronic diseases often have a tough time transitioning from pediatric care, which has much support built in, to adult care, which has to be managed by the patient. Experts discuss how parents can make it easier with a gradual transition. Host: Nancy Benson. Guests: Dr. Maria Ferris, pediatric nephrologist and Assoc. Prof. of Pediatrics and Medicine, Univ. of North Carolina-Chapel Hill; Dr. Miranda Van Tilburg, gastroenterologist and hematologist and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill.

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Public Service Announcement-“Walk the Walk”-broadcast on 3/16/19-3/31/19, 30-seconds in length, aired 16 times. Walk the Walk is a fundraising event for The Counseling Center at The Community House, a non-profit organization in Hinsdale that provides comprehensive and family-centered services for children and families.

#### **E. Family and Parenting**

“Viewpoints-Culture Crash segment”-broadcast on 1/6/19, 6:25am, two-minutes in length. *Minding the Gap*. In a crowded field of great films from 2018, Bing Liu’s *Minding the Gap*, a documentary available on Hulu, stands above the pack. Host: Evan Rook.

“Radio Health Journal”-broadcast on 1/13/19, 5:46am, seven-minutes in length. Invisible girls: victims of incest. Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit organization that seeks to help them. Host: Nancy Benson. Guest: Dr. Patti Feuereisen, clinical psychologist and author, Invisible Girls: Speaking the Truth About Sexual Abuse.

“Viewpoints”-broadcast on 1/13/19, 6:00am, eight-minutes in length. Marriage maintenance. Maintaining a relationship or a marriage is a wonderful thing, but sometimes it can be tricky. We hear tips from an expert clinical psychologist on how couples can communicate better, understand each other more deeply, and work through some of the issues common in modern marriages. Host: Marty Peterson. Guests: Dr. Daphne de Marneffe, clinical psychologist and author, The Rough Patch: Marriage and the Art of Living Together.

Public Service Announcement-“Cupid’s Love Dash”-broadcast on 1/16/19-1/31/19, 30-seconds in length, aired 20 times. The North Shore’s Cupid’s Love

Dash is a 5K run in Highland Park to benefit the non-profit Cal's Angels, which helps provide experiences and memories for families that have a gravely ill child.

"Viewpoints"-broadcast on 1/20/19, 6:00am, nine-minutes in length. China's family policies and their impact on America. In America, we may have an idea of how China's one-child and two-child policies work, but the truth is more complicated than many of us imagine. We talk to journalist and author Vanessa Hua about how these policies have rippled all the way into America. Host: Gary Price. Guests: Vanessa Hua, journalist and author, [A River of Stars](#).

"Viewpoints"-broadcast on 1/20/19, 6:13am, ten-minutes in length. Processing unimaginable grief. Grief is an innate part of human life, but how we process that grief varies from person to person. Tom Malmquist knows too much about grief after he lost his partner shortly after the birth of their first child. Malmquist put his experiences into his novel, [In Every Moment We Are Still Alive](#), to help others in similar situations feel less alone. Host: Marty Peterson. Guests: Tom Malmquist, author, [In Every Moment We Are Still Alive](#).

"Radio Health Journal"-broadcast on 2/3/19, 5:30am, 12-minutes in length. Talking to your baby. Scientists have discovered that the way parents talk to their infants has a huge effect on their intellectual development and later success. Experts discuss why and how parents should hold "conversations" with their babies. Host: Reed Pence. Guests: Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

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"Viewpoints"-broadcast 2/17/19, 6:00am, eleven-minutes in length. Facing our own mortality: how to plan for a more peaceful death for yourself and loved ones: Facing the prospect of death isn't pleasant, but it is the reality of being human. We talk to two experts about how people can get their affairs in order both personally and medically to ensure their wishes are respected and their

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

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#### **F. Youth At Risk**

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“Radio Health Journal”-broadcast on 2/3/19, 5:30am, 12-minutes in length. Talking to your baby. Scientists have discovered that the way parents talk to their infants has a huge effect on their intellectual development and later success. Experts discuss why and how parents should hold "conversations" with their babies. Host: Reed Pence. Guests: Dr. Anne Fernald, Assoc. Prof. of Psychology, Stanford Univ.; Dr. Kimberly Noble, Assoc. Prof. of Pediatrics, Columbia Univ.

“Viewpoints”-broadcast on 2/3/19, 6:14am, nine-minutes in length. Parenting a transgender child. We talk to the parent and the doctor of a transgender child to discover what science says about gender transitions and how one family navigated the issues associated with having a child you suddenly don’t fully understand. Host: Marty Peterson. Guests: Dr. Michele Angello, therapist and gender specialist; Alisa Bowman, journalist, author, and mother of a transgender child.

Public Service Announcement-“Naperville St. Paddy’s Day 5K”-broadcast 2/16/19-2/28/19, 30-seconds in length, aired 13 times. Sponsored by the Naperville Sunrise Rotary, the 9<sup>th</sup> Annual St. Paddy’s Day 5K on March 16<sup>th</sup> benefits the non-profits Kids Matter and Alive Center.

“Viewpoints”-broadcast on 2/24/19, 6:12am, eleven-minutes in length. Education for students with autism. The right to an education is guaranteed to all students, regardless of disability, by federal law. But experts and parents are now wondering if we are doing enough to help autistic students maximize their abilities to live their best possible lives. We discuss the current status of public schooling for students with autism and how the systems in place can be optimized to help students grow even more. Host: Marty Peterson. Guest: Mark Claypool, CEO of ChanceLight Behavioral Health, Therapy & Education and co-author of How Autism is Reshaping Special Education.

“Radio Health Journal”-broadcast on 3/3/19, 5:46am, eight-minutes in length. When chronically ill children grow up. Children with serious chronic diseases often have a tough time transitioning from pediatric care, which has much support built in, to adult care, which has to be managed by the patient. Experts discuss how parents can make it easier with a gradual transition. Host: Nancy Benson. Guests: Dr. Maria Ferris, pediatric nephrologist and Assoc. Prof. of Pediatrics and Medicine, Univ. of North Carolina-Chapel Hill; Dr. Miranda Van Tilburg, gastroenterologist and hematologist and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill.

“Hubbard Helps”-broadcast on 3/24/19, 6:00am, 15-minutes in length. The non-profit Ravinia Music Festival. For 115 years, the outdoor summer music fest has entertained Chicago audiences, and it continues to grow and evolve with

education programs for students from 3<sup>rd</sup> grade through college, community events, as well as outstanding musical entertainment. Host is Susan Wiencek. Guest is Welz Kauffman, President and CEO of Ravinia.

### **G. Health and Health Care**

“Radio Health Journal”-broadcast on 1/6/19, 6:00am, 12-minutes in length. Personality and drug abuse. Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Host: Reed Pence. Guests: Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, Unbroken Brain: A Revolutionary New Way of Understanding Addiction.

“Radio Health Journal”-broadcast on 1/6/19, 5:45am, eight-minutes in length. The addiction spectrum. Does addiction affect all of us in some degree? A noted addiction specialist and author believes we are all somewhere on the addiction spectrum, from bad habits to full-blown addiction. He discusses how small triggers can push people to seek relief, producing deepening decline. Host: Nancy Benson. Guest: Dr. Paul Thomas, author, The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery.

“Radio Health Journal”-broadcast on 1/13/19, 5:30am, 13-minutes in length. Autism in girls. Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls’ behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences. Host: Reed Pence. Guests: Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof. of Psychiatry, Northwestern Univ; Dr. Kevin Pelphrey, Jefferson Scholars Foundation Prof. of Neurology, Univ. of Virginia.

“Radio Health Journal”-broadcast on 1/13/19, 5:46am, seven-minutes in length. Invisible girls: victims of incest. Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit

organization that seeks to help them. Host: Nancy Benson. Guest: Dr. Patti Feuereisen, clinical psychologist and author, Invisible Girls: Speaking the Truth About Sexual Abuse.

“Radio Health Journal”-broadcast on 1/20/19, 5:30am, 12-minutes in length. When you have no primary care doctor. Surveys show that fewer Americans have a primary care doctor, especially among younger people. Experts discuss the ramifications of this trend both medically and economically, reasons behind it, and how primary care practitioners are changing the way they work to answer objections. Host: Reed Pence. Guests: Dr. Ana Maria Lopez, President, American College of Physicians; Dr. John Cullen, President, American Academy of Family Physicians.

“Radio Health Journal”-broadcast 1/20/19, 5:45am, eight-minutes in length. Dupuytren disease:crippler of hands. Dupuytren disease (pronounced DOO-pah-tren) is the most common disorder crippling hands that most people have never heard of. It is a genetic condition of the fascia beneath the skin of the palms, and it stubbornly resists treatment. An expert and a patient discuss the disorder. Host: Nancy Benson. Guests: Tom Knapp, Dupuytren patient and board member, Dupuytren Foundation; Dr. Charles Eaton, hand surgeon and Executive Director, Dupuytren Foundation.

“Radio Health Journal”-broadcast on 1/27/19, 5:30am, 12-minutes in length. Rethinking antibiotics. Since the introduction of antibiotics in World War II, doctors have prescribed courses of treatment that typically ran longer than necessary. Bacterial resistance is forcing a reevaluation, shortening courses sometimes to just a few days and even prompting doctors to advise not using all pills if patients feel better. Host: Reed Pence. Guests: Dr. Brad Spellberg, Chief Medical Officer, Los Angeles County-Univ. of Southern California Medical Center; Dr. William Schaffner, infectious disease specialist, Vanderbilt Univ. Medical Center; Dr. Louis Rice, Chairman, Dept. of Medicine, Warren Alpert Medical School, Brown Univ.

“Radio Health Journal”-broadcast on 1/27/19, 5:46am, eight-minutes in length. The early days of hormones. Hormones were unknown until a little more than 100 years ago, and experts admit we still have a lot to learn. An expert author details the discovery of hormones and how our growing knowledge has shaped

treatment of many diseases and conditions. Host: Karen Hand. Guest: Dr. Randi Hutter Epstein, Yale Univ and Columbia Univ. and author, [Aroused: The History of Hormones and How They Control Just About Everything](#).

“Radio Health Journal”-broadcast on 2/10/19, 5:30am, 13-minutes in length. Xenotransplantation-organs from other species. After attempts to use non-human primates as a source of scarce organs for transplant, doctors have turned to pigs for a variety of reasons. They’re now making great progress against the largest hurdle—rejection. One of the world’s foremost xenotransplantation experts discusses how the process might work and what the future might look like for millions of potential organ and tissue recipients. Host: Reed Pence. Guest: Dr. David Cooper, Prof. of Surgery, Univ. of Alabama at Birmingham and Co-Director, UAB Xenotransplantation Program.

“Radio Health Journal”-broadcast on 2/17/19, 5:30am, 13-minutes in length. When law enforcement and trauma care collide. Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes contentious interaction. Host: Reed Pence. Guests: Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians.

“Radio Health Journal”-broadcast on 2/17/19, 5:46am, seven-minutes in length. When does genetic engineering go too far? Advancements in genetic science are often clouded in ethical controversy. Often, scientists are accused of “playing God.” Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated. Host: Nancy Benson. Guests: Dr. Ting Wu, Prof. of Genetics, Harvard Medical School.

“Viewpoints”-broadcast 2/17/19, 6:00am, eleven-minutes in length. Facing our own mortality: how to plan for a more peaceful death for yourself and loved ones: Facing the prospect of death isn’t pleasant, but it is the reality of being human. We talk to two experts about how people can get their affairs in order

both personally and medically to ensure their wishes are respected and their loved ones can properly grieve if the unthinkable happens. Host: Gary Price. Guests: Katy Butler, journalist and author of The Art of Dying Well: A practical guide to a good end of life; Dr. Sunita Puri, Medical Director of Palliative Medicine at the University of Southern California and author of That Good Night: Life and medicine in the eleventh hour.

“Viewpoints”-broadcast on 2/24/19, 6:00am, eight-minutes in length. Pregnant and incarcerated: Childbirth behind bars. After working for years as an OB/GYN for inmates at San Francisco Jail, author Carolyn Sufrin wanted to tell the story of the women she helped. She talks about what health care for pregnant women in jails and prisons looks like, and the changes she hopes to see in the system. Host: Gary Price. Guests: Carolyn Sufrin, medical anthropologist, former OB/GYN at San Francisco Jail, and author of Jailcare: Finding the safety net for women behind bars.

“Radio Health Journal”-broadcast on 3/3/19, 5:30am, 13-minutes in length. The silent heart attack. Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss. Host: Reed Pence. Guests: Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, American College of Cardiology patient education initiative, [Cardiosmart.org](http://Cardiosmart.org); Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, The Pritikin Edge.

“Radio Health Journal”-broadcast on 3/3/19, 5:46am, eight-minutes in length. When chronically ill children grow up. Children with serious chronic diseases often have a tough time transitioning from pediatric care, which has much support built in, to adult care, which has to be managed by the patient. Experts discuss how parents can make it easier with a gradual transition. Host: Nancy Benson. Guests: Dr. Maria Ferris, pediatric nephrologist and Assoc. Prof. of Pediatrics and Medicine, Univ. of North Carolina-Chapel Hill; Dr. Miranda Van Tilburg, gastroenterologist and hematologist and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill.

“Radio Health Journal”-broadcast on 3/10/19, 5:30am, 13-minutes in length. Fibbing to your doctor. New surveys show that as many as 80 percent of people omit information, stretch the truth or outright lie to their doctors. Experts discuss why it happens, consequences, and methods that might reduce the amount of less-than-truthful answers to doctors’ questions. Host: Reed Pence. Guests: Dr. Andrea Gurmankin-Levy, Assoc. Prof. of Psychology, Middlesex Community College; Dr. Maricella Moffitt, Prof. of Medicine and Director, Doctoring Curriculum, Univ. of Arizona College of Medicine, Phoenix.

Public Service Announcement-“Walk to Cure Arthritis”-broadcast on 3/16/19-3/31/19, 30-seconds in length, aired 16 times. The Lake County Walk to Cure Arthritis is Saturday, May 18<sup>th</sup>, and all money raised supports the non-profit Arthritis Foundation and its mission of a lifetime of better for the two-million people in Illinois living with arthritis, that includes 13,000 children.

“Radio Health Journal”-broadcast on 3/17/19, 5:30am, 13-minutes in length. Recruiting patients for cancer clinical trials. Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs. Host: Reed Pence. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women’s Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer.

“Radio Health Journal”-broadcast on 3/17/19, 5:46am, seven-minutes in length. All about hangovers. On St. Patrick’s Day—one of the biggest drinking holidays of the year—an expert discusses why hangovers occur and what might work to prevent them and recover from them. Host: Nancy Benson. Guest: Dr. Laura Veach, licensed clinical addiction specialist and Assoc. Prof. of Surgery, Wake Forest Univ. School of Medicine.

“Radio Health Journal”-broadcast on 3/24/19, 5:30am, 14-minutes in length. Knee replacements. Knee replacements are successful for 80 percent of

recipients, yet many assume the success rate should be higher. Those who are not successful often are bitterly disappointed. However, patients and physicians can take steps to avoid a bad result. New techniques also offer much faster recovery. Host: Reed Pence. Guests: Dr. Dan Riddle, Prof. of Physical Therapy, Orthopedic Surgery and Rheumatology, Virginia Commonwealth Univ.; Dr. James Rickert, President, Society for Patient Centered Orthopedics; Dr. Richard Berger, Asst. Prof. of Orthopedics, Rush Univ.

“Radio Health Journal”-broadcast on 3/24/19, 5:47am, six-minutes in length. Taking body basics seriously. Many people have questions about their bodies that seem so silly, they never bring them up with their doctors. While the answers are sometimes humorous, often they are more complicated and important than we imagine. An expert physician/writer discusses. Host: Nancy Benson. Guest: Dr. James Hamblin, Senior Editor, Atlantic Magazine and author, If Our Bodies Could Talk: A Guide to Operating and Maintaining A Human Body.

“Radio Health Journal”-broadcast on 3/31/19, 5:30am, eleven-minutes in length. “Difficult” patients. Patients used to accept doctors’ orders without question. Today, more are asking questions and challenging their doctors’ opinions. However, even those who do it politely are likely to be labeled “difficult.” A doctor whose late wife nearly made a career of being a difficult patient discusses how patients can do it respectfully and fruitfully. Host: Reed Pence. Guest: Dr. William Steinbach, Prof., Chief of Pediatrics & Infectious Diseases, Duke Univ.

#### **H. Mental Health, Addiction, and Substance Abuse Issues**

“Radio Health Journal”-broadcast on 1/6/19, 5:30am, 12-minutes in length. Personality and drug abuse. Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Host: Reed Pence. Guests: Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, Unbroken Brain: A Revolutionary New Way of Understanding Addiction.

“Radio Health Journal”-broadcast on 1/6/19, 5:45am, eight-minutes in length. The addiction spectrum. Does addiction affect all of us in some degree? A noted addiction specialist and author believes we are all somewhere on the addiction spectrum, from bad habits to full-blown addiction. He discusses how small triggers can push people to seek relief, producing deepening decline. Host: Nancy Benson. Guest: Dr. Paul Thomas, author, The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery.

“Viewpoints”-broadcast on 1/6/19, 6:15am, nine-minutes in length. Overcoming anxiety and feeling joy. Early January has long been a time for people to hit the re-set button and try to refocus their energy and attention for the year ahead. We talk to two experts about how to overcome anxiety to feel happier and more at ease, despite the chaos of our everyday life. Host: Marty Peterson. Guests: Neil Pasricha, author, Two Minute Mornings: A journey to win your day every day; Sharon Weil, author, ChangeAbility: How artists, activists and awakeners navigate change.

“Radio Health Journal”-broadcast on 1/13/19, 5:30am, 13-minutes in length. Autism in girls. Experts have believed that autism affects four times as many boys as girls, but the ratio may not actually be quite that high. Doctors are learning that autism shows up differently in girls’ behavior as a result of brain differences. This leaves many girls with autism undiagnosed. Experts discuss how it appears in girls and the consequences of those differences. Host: Reed Pence. Guests: Dr. Thomas Frazier, Chief Science Officer, Autism Speaks; Dr. Rachel Loftin, Adjunct Asst. Prof. of Psychiatry, Northwestern Univ; Dr. Kevin Pelphrey, Jefferson Scholars Foundation Prof. of Neurology, Univ. of Virginia.

“Radio Health Journal”-broadcast on 1/13/19, 5:46am, seven-minutes in length. Invisible girls: victims of incest. Experts say incest is the most common of all sexual abuse, but the least discussed openly. This can leave victims isolated and less able to reveal abuse, which can have further psychological ramifications later on. A noted expert on sexual abuse discusses how incest makes girls feel particularly responsible and unable to come forward, and a non-profit organization that seeks to help them. Host: Nancy Benson. Guest: Dr. Patti Feuereisen, clinical psychologist and author, Invisible Girls: Speaking the Truth About Sexual Abuse.

“Viewpoints”-broadcast on 1/20/19, 6:13am, ten-minutes in length. Processing unimaginable grief. Grief is an innate part of human life, but how we process that grief varies from person to person. Tom Malmquist knows too much about grief after he lost his partner shortly after the birth of their first child. Malmquist put his experiences into his novel, [In Every Moment We Are Still Alive](#), to help others in similar situations feel less alone. Host: Marty Peterson. Guests: Tom Malmquist, author, [In Every Moment We Are Still Alive](#).

“Radio Health Journal”-broadcast on 2/3/19, 5:45am, eight-minutes in length. Superstitions in sports. Professional athletes are among the most superstitious of all people. While we may be tempted to think these rituals have no effect on performance, psychologists say that if an athlete believes it helps, then it actually does. Experts explain how superstitions work in sports and in life. Host: Karen Hand. Guest: Dr. Stuart Vyse, author, [Believing In Magic: The Psychology of Superstition](#); Dr. Alex Lickerman, author, [The Undefeated Mind](#).

“Viewpoints”-broadcast on 2/3/19, 6:00am, ten-minutes in length. The unexpected utility of a well-held grudge. Grudges are something most of us think of as a negative feeling. They’re petty or vindictive or unforgiving. But we talk to author Sophie Hannah, who says grudges can be a really positive thing in our lives if we just know how to hold them properly. She can explain. Host: Gary Price. Guests: Sophie Hannah, author, [How to Hold a Grudge: From resentment to contentment- the power of grudges to transform your life](#).

“Radio Health Journal”-broadcast on 2/10/19, 5:47am, seven-minutes in length. What determines our food preferences? Scientists are discovering that our food preferences are much more than a matter of taste, and that taste itself is more complicated than we thought. Psychology also plays a role. An expert discusses what determines preferences, such as why some people like jalapeno peppers & black coffee, and some don’t. Host: Karen Hand. Guest: Dr. Rachel Herz, Adjunct Asst. Prof. of Psychiatry and Human Behavior, Brown Univ., and author, [Why You Eat What You Eat: The Science Behind Our Relationship With Food](#).

“Viewpoints”-broadcast 2/17/19, 6:00am, eleven-minutes in length. Facing our own mortality: how to plan for a more peaceful death for yourself and loved ones: Facing the prospect of death isn’t pleasant, but it is the reality of being human. We talk to two experts about how people can get their affairs in order

both personally and medically to ensure their wishes are respected and their loved ones can properly grieve if the unthinkable happens. Host: Gary Price. Guests: Katy Butler, journalist and author of The Art of Dying Well: A practical guide to a good end of life; Dr. Sunita Puri, Medical Director of Palliative Medicine at the University of Southern California and author of That Good Night: Life and medicine in the eleventh hour.

“Radio Health Journal”-broadcast on 2/24/19, 5:30am, 13-minutes in length.

Veterinarian suicide. A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide. Host: Reed Pence. Guests: Dr. Jason Sweitzer, veterinarian, Thousand Oaks, CA and board member, Not One More Vet; Dr. Debbie Stoewen, Director of Veterinary Affairs, Lifelearn Animal Health.

Public Service Announcement-“Call 3-1-1 for the NAMI Chicago Helpline”- broadcast on 3/16/19-3/31/19, 30-seconds in length, aired 16 times. The Chicago Department of Public Health has established the NAMI Chicago Helpline for those who need help for a mental health condition.

“Viewpoints”-broadcast on 3/10/19, 6:12am, eleven-minutes in length. Exploring what it means for women to be “brave, not perfect.” Reshma Saujani is a lawyer, a former political candidate, an author and the founder of Girls Who Code. She says our society puts too much pressure on women to be perfect, which means girls are afraid to explore their true passions for fear of failure. She’s hoping to change that, and to teach girls that it’s okay to try something that you might not succeed at. Host: Marty Peterson. Guest: Reshma Saujani, author, Brave, Not Perfect.

Public Service Announcement-“Call 3-1-1 for the NAMI Chicago Helpline”- broadcast on 3/16/19-3/31/19, 30-seconds in length, aired 16 times. The Chicago Department of Public Health has established the NAMI Chicago Helpline for those who need help for a mental health condition.

Public Service Announcement-“Walk the Walk”-broadcast on 3/16/19-3/31/19, 30-seconds in length, aired 16 times. Walk the Walk is a fundraising event for The Counseling Center at The Community House, a non-profit organization in Hinsdale

that provides comprehensive and family-centered services for children and families.

“Radio Health Journal”-broadcast on 3/17/19, 5:46am, seven-minutes in length. All about hangovers. On St. Patrick’s Day—one of the biggest drinking holidays of the year—an expert discusses why hangovers occur and what might work to prevent them and recover from them. Host: Nancy Benson. Guest: Dr. Laura Veach, licensed clinical addiction specialist and Assoc. Prof. of Surgery, Wake Forest Univ. School of Medicine.

“Viewpoints”-broadcast on 3/17/19, 6:00am, ten-minutes in length. Mindfulness in life, leadership and collaboration. The hustle and bustle of the world can overwhelm us all from time to time. Expert Marc Lesser talks about how we can embrace mindfulness to relieve anxiety, enhance our empathy and become better collaborators and leaders in our lives. Host: Gary Price. Guests: Marc Lesser, author, Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery Kitchen.

“Viewpoints”-broadcast on 3/17/19, 6:14am, nine-minutes in length. Harry Potter Therapy. The Harry Potter series is full of creatures and storylines that parallel real-life adversities like depression, PTSD and grief in a heightened reality. Dr. Janina Scarlet says these stories are so powerful that she uses them to help people cope in real-life therapy sessions. Host: Marty Peterson. Guest: Dr. Janina Scarlet, a clinical therapist and author of Superhero Therapy: A hero’s journey through acceptance and commitment therapy.

“Radio Health Journal”-broadcast on 3/31/19, 5:44am, nine-minutes in length. The rising tide of rudeness. Studies show a rudeness epidemic in the US, and that people are profoundly affected when they experience or even witness it occurring to someone else. Two experts discuss. Host: Nancy Benson. Guests: Dr. Amir Erez, Prof. of Management, Warrington College of Business, Univ. of Florida; Dr. Christine Porath, Assoc. Prof. of Management, McDonald School of Business, Georgetown Univ. and author, Mastering Civility: A Manifesto for the Workplace.

“Viewpoints”-broadcast on 3/31/19, 5:44am, nine-minutes in length. Using the “voices in your head.” Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill. However, experts tell us the “voices in your head” can be used to talk to, and about, yourself in a healthy, productive

way. In fact, most people hear voices in their head and already use inner speech on a daily basis. We discuss tips and techniques to use “self-talk” as a way to get yourself through tough decisions and lower stress. Host: Marty Peterson. Guest: Dr. Charles Fernyhough, author, The Voices Within: The history and science of how we talk to ourselves; Dr. Ethan Kross, Professor of Psychology at the University of Michigan.

### **I. Technology, Communication, Media, and Social Media**

“Viewpoints”-broadcast on 1/13/19, 6:00am, 11-minutes in length. Cybercrime in real life. We’ve all seen how our fiction portrays cybercrime, but what does it really look like? Jonathan Lusthaus, the director of the Human Cybercriminal Project at the University of Oxford, joins the show to talk about the real crimes committed online and what, if anything, we can do to protect ourselves. Host: Gary Price. Guests: Jonathan Lusthaus, Director of the Human Cybercriminal Project and author, Industry of Anonymity- Insider the Business of Cybercrime.

“Viewpoints-Culture Crash segment”-broadcast on 1/13/19, 6:24am, three-minutes in length. True Detective. In 2014, True Detective was a cultural juggernaut. In 2015, it was a laughing stock. Can the new season recapture the magic for HBO? Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 1/20/19, 6:24am, four-minutes in length. Movies to look forward to in 2019. With a new year comes new things to look forward to, and this year will offer an enormous slate of hotly anticipated new films, like Toy Story 4, It: Chapter 2, and a plethora of superhero offerings. Host: Evan Rook.

“Radio Health Journal”-broadcast on 1/27/19, 5:30am, 12-minutes in length. Rethinking antibiotics. Since the introduction of antibiotics in World War II, doctors have prescribed courses of treatment that typically ran longer than necessary. Bacterial resistance is forcing a reevaluation, shortening courses sometimes to just a few days and even prompting doctors to advise not using all pills if patients feel better. Host: Reed Pence. Guests: Dr. Brad Spellberg, Chief Medical Officer, Los Angeles County-Univ. of Southern California Medical Center; Dr. William Schaffner, infectious disease specialist, Vanderbilt Univ. Medical Center; Dr. Louis Rice, Chairman, Dept. of Medicine, Warren Alpert Medical School, Brown Univ.

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“Viewpoints”-broadcast on 2/10/19, 6:15am, eight-minutes in length. The written word: a history of storytelling. Throughout history, stories have been told but sometimes preserving them for future generations has proven difficult. We examine the ways stories have been passed down, and the role the written word has played in shaping our civilizations. Host: Marty Peterson. Guests: Martin Puchner, Professor of English and Comparative Literature at Harvard University and author, The Written Word: The power of stories to shape people, history, civilization.

“Viewpoints-Culture Crash segment”-broadcast on 2/10/19, 6:24am, three-minutes in length. Missing gems in the deluge of “Peak TV.” There is so much new TV content being made that it can be easy to fall behind or forget to check out a show you meant to watch. We look at a few of these overlooked gems, like Showtime’s “Escape at Dannemora.” Host: Evan Rook.

“Radio Health Journal”-broadcast on 2/17/19, 5:46am, seven-minutes in length. When does genetic engineering go too far? Advancements in genetic science are often clouded in ethical controversy. Often, scientists are accused of “playing God.” Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated. Host: Nancy Benson. Guests: Dr. Ting Wu, Prof. of Genetics, Harvard Medical School.

“Viewpoints”-broadcast on 2/17/19, 6:15am, eight-minutes in length. Considering the precarious future of AI. Between Alexa, Google and Siri, artificial intelligence is here. But looking forward, AI will only get more and more intelligent. Author and researcher James Rollins discusses why AI has long scared scientists and storytellers, and what the future of our technology could look like if we aren’t careful. Host: Marty Peterson. Guests: James Rollins, researcher and author, Crucible.

“Viewpoints-Culture Crash segment”-broadcast on 2/24/19, 6:24am, three-minutes in length. Television shows creating “expanded universes” of their own. Superhero franchises have spent a decade carefully laying plans for big, expanded universes. But we look at “Veronica Mars” and “Breaking Bad,” two TV shows that have broadened their universes in their own ways. Host: Evan Rook.

“Viewpoints”-broadcast on 3/3/19, 6:00am, eight-minutes in length. What big data can teach us about ourselves. These days, there is data on just about everything. Our social media presence, our careers, our web search history- it’s all crunched into data points. And author Seth Stephens-Davidowitz says all that data can shed plenty of light on the truth about who we really are underneath all of our social formalities. Host: Gary Price. Guests: Seth Stephens-Davidowitz, author of Everybody Lies: Big data, new data, and what the internet can tell us about who we really are.

“Radio Health Journal”-broadcast on 3/24/19, 5:30am, 14-minutes in length. Knee replacements. Knee replacements are successful for 80 percent of recipients, yet many assume the success rate should be higher. Those who are not successful often are bitterly disappointed. However, patients and physicians can take steps to avoid a bad result. New techniques also offer much faster recovery. Host: Reed Pence. Guests: Dr. Dan Riddle, Prof. of Physical Therapy, Orthopedic Surgery and Rheumatology, Virginia Commonwealth Univ.; Dr. James Rickert, President, Society for Patient Centered Orthopedics; Dr. Richard Berger, Asst. Prof. of Orthopedics, Rush Univ.

### **Veterans, Military, and First Responder Issues**

“Radio Health Journal”-broadcast on 1/6/19, 5:30am, 12-minutes in length. Personality and drug abuse. Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Host: Reed Pence. Guests: Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, Unbroken Brain: A Revolutionary New Way of Understanding Addiction.

“Viewpoints”-broadcast on 1/6/19, 6:00am, eleven-minutes in length. Women in the U.S. Military. Women have served in the U.S. military dating all the way back to the Revolutionary War. Back then, they had to lie about their sex and their names in order to get enlist, but some did. Now, combat positions are open to women. We discuss the vital role women have played in America’s military might. Host: Gary Price. Guest: Eileen Rivers, army veteran and author of Beyond the Call: Three women on the front lines in Afghanistan.

“Viewpoints”-broadcast on 1/13/19, 6:00am, 11-minutes in length. Cybercrime in real life. We’ve all seen how our fiction portrays cybercrime, but what does it really look like? Jonathan Lusthaus, the director of the Human Cybercriminal Project at the University of Oxford, joins the show to talk about the real crimes committed online and what, if anything, we can do to protect ourselves. Host: Gary Price. Guests: Jonathan Lusthaus, Director of the Human Cybercriminal Project and author, Industry of Anonymity- Insider the Business of Cybercrime.

“Radio Health Journal”-broadcast on 2/17/19, 5:30am, 13-minutes in length. When law enforcement and trauma care collide. Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes contentious interaction. Host: Reed Pence. Guests: Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians.

### **Business, Employment/Jobs issues**

“Viewpoints-Culture Crash segment”-broadcast on 1/13/19, 6:24am, three-minutes in length. True Detective. In 2014, True Detective was a cultural juggernaut. In 2015, it was a laughing stock. Can the new season recapture the magic for HBO? Host: Evan Rook.

“Radio Health Journal”-broadcast on 1/20/19, 5:30am, 12-minutes in length. When you have no primary care doctor. Surveys show that fewer Americans have a primary care doctor, especially among younger people. Experts discuss the ramifications of this trend both medically and economically, reasons behind it, and how primary care practitioners are changing the way they work to answer objections. Host: Reed Pence. Guests: Dr. Ana Maria Lopez, President, American College of Physicians; Dr. John Cullen, President, American Academy of Family Physicians.

“Viewpoints”-broadcast on 1/27/19, 6:13am, ten-minutes in length. Tips on entrepreneurship. Brian Scudamore founded 1-800-GOT JUNK when he was just 18. Now, it’s one of the biggest companies in the world. He talks about the lessons he learned and what advice he has for young entrepreneurs dreaming of creating the next big startup. Host: Marty Peterson. Guests: Brian Scudamore, CEO of 1-800-GOT JUNK and author, WTF: Willing to Fail: How failure can be your key to success.

“Viewpoints”-broadcast on 3/3/19, 6:12am, eleven-minutes in length. Exploring what it means for women to be “brave, not perfect.” Reshma Saujani is a lawyer,

a former political candidate, an author and the founder of Girls Who Code. She says our society puts too much pressure on women to be perfect, which means girls are afraid to explore their true passions for fear of failure. She's hoping to change that, and to teach girls that it's okay to try something that you might not succeed at. Host: Marty Peterson. Guest: Reshma Saujani, author, [Brave, Not Perfect](#).

"Radio Health Journal"-broadcast on 3/10/19, 5:46am, seven-minutes in length. The effects of workplace fatigue. Fatigue in the workplace carries enormous costs in loss of productivity and injury. Experts are beginning to measure its precise effects in real time using wearable motion sensors, with some surprising results that will shape solutions. An expert who has studied this shares insights. Host: Nancy Benson. Guest: Dr. Lora Cavuoto, Assoc. Prof. of Industrial and Systems Engineering, Univ. at Buffalo.

"Viewpoints"-broadcast on 3/17/19, 6:00am, ten-minutes in length. Mindfulness in life, leadership and collaboration. The hustle and bustle of the world can overwhelm us all from time to time. Expert Marc Lesser talks about how we can embrace mindfulness to relieve anxiety, enhance our empathy and become better collaborators and leaders in our lives. Host: Gary Price. Guests: Marc Lesser, author, [Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery Kitchen](#).

"Radio Health Journal"-broadcast on 3/31/19, 5:44am, nine-minutes in length. The rising tide of rudeness. Studies show a rudeness epidemic in the US, and that people are profoundly affected when they experience or even witness it occurring to someone else. Two experts discuss. Host: Nancy Benson. Guests: Dr. Amir Erez, Prof. of Management, Warrington College of Business, Univ. of Florida; Dr. Christine Porath, Assoc. Prof. of Management, McDonald School of Business, Georgetown Univ. and author, [Mastering Civility: A Manifesto for the Workplace](#).

### **Animals, Nature, Environmental Issues, Science**

"Radio Health Journal"-broadcast on 2/10/19, 5:30am, 13-minutes in length. Xenotransplantation-organs from other species. After attempts to use non-human primates as a source of scarce organs for transplant, doctors have turned to pigs for a variety of reasons. They're now making great progress against the largest hurdle—rejection. One of the world's foremost xenotransplantation experts

discusses how the process might work and what the future might look like for millions of potential organ and tissue recipients. Host: Reed Pence. Guest: Dr. David Cooper, Prof. of Surgery, Univ. of Alabama at Birmingham and Co-Director, UAB Xenotransplantation Program.

Public Service Announcement-“Anti-Cruelty Society Love a Pet Adoption Event”- broadcast on 2/16/19-2/28/19 and 3/1/19-3/15/19, 30-seconds in length, aired 34 times. On Saturday, March 9<sup>th</sup>, all adoption fees will be waived on all cats and dogs adopted from The Anti-Cruelty Society that day.

“Viewpoints”-broadcast on 2/17/19, 6:15am, eight-minutes in length. Considering the precarious future of AI. Between Alexa, Google and Siri, artificial intelligence is here. But looking forward, AI will only get more and more intelligent. Author and researcher James Rollins discusses why AI has long scared scientists and storytellers, and what the future of our technology could look like if we aren’t careful. Host: Marty Peterson. Guests: James Rollins, researcher and author, Crucible.

“Radio Health Journal”-broadcast on 2/24/19, 5:30am, 13-minutes in length. Veterinarian suicide. A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide. Host: Reed Pence. Guests: Dr. Jason Sweitzer, veterinarian, Thousand Oaks, CA and board member, Not One More Vet; Dr. Debbie Stoewen, Director of Veterinary Affairs, Lifelearn Animal Health.

“Viewpoints”-broadcast on 3/3/19, 6:00am, eight-minutes in length. What big data can teach us about ourselves. These days, there is data on just about everything. Our social media presence, our careers, our web search history- it’s all crunched into data points. And author Seth Stephens-Davidowitz says all that data can shed plenty of light on the truth about who we really are underneath all of our social formalities. Host: Gary Price. Guests: Seth Stephens-Davidowitz, author of Everybody Lies: Big data, new data, and what the internet can tell us about who we really are.

“Viewpoints”-broadcast on 3/10/19, 6:00am, ten-minutes in length. A more ethical garden. Spring is almost here! That means it’s time to start thinking about gardens and landscaping. Expert Benjamin Vogt has a new way to garden, so that your property can be a place that looks nice, and also contributes to a healthy ecosystem that helps animal species and our planet thrive. Host: Gary Price. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, [A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future](#).

“Viewpoints”-broadcast on 3/31/19, 5:44am, nine-minutes in length. Using the “voices in your head.” Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill. However, experts tell us the “voices in your head” can be used to talk to, and about, yourself in a healthy, productive way. In fact, most people hear voices in their head and already use inner speech on a daily basis. We discuss tips and techniques to use “self-talk” as a way to get yourself through tough decisions and lower stress. Host: Marty Peterson. Guest: Dr. Charles Fernyhough, author, [The Voices Within: The history and science of how we talk to ourselves](#); Dr. Ethan Kross, Professor of Psychology at the University of Michigan.

### **Government, History, Political Issues**

“Viewpoints”-broadcast on 1/6/19, 6:00am, eleven-minutes in length. Women in the U.S. Military. Women have served in the U.S. military dating all the way back to the Revolutionary War. Back then, they had to lie about their sex and their names in order to get enlist, but some did. Now, combat positions are open to women. We discuss the vital role women have played in America’s military might. Host: Gary Price. Guest: Eileen Rivers, army veteran and author of [Beyond the Call: Three women on the front lines in Afghanistan](#).

“Viewpoints”-broadcast on 1/27/19, 6:00am, nine-minutes in length. The truth behind faith-based prison ministry. Since the beginning of the US prison system, religion has been suggested as a way to help rehabilitate criminals. We talk to Tanya Erzen, a professor of religion, about why that is and what role prison ministries play in the lives on inmates. Host: Gary Price. Guests: Tanya Erzen, author [God in Captivity: The Rise of Faith-Based Prison Ministries in the Age of Mass Incarceration](#).

“Viewpoints”-broadcast on 2/10/19, 6:00am, eleven-minutes in length. The history of pirates. From *Pirates of the Caribbean* and *Captain Hook* to the Pittsburgh Pirates and Tampa Bay Buccaneers, pirates have a real foothold in our culture. But their history is anything but a fairy tale. Historian Eric Jay Dolin joins the show to discuss some of the most notorious real-life pirates to ever live. Host: Gary Price. Guests: Eric Jay Dolin, historian and author, [Black Flags, Blue Water: The epic history of America’s most notorious pirates.](#)

“Viewpoints”-broadcast on 2/10/19, 6:15am, eight-minutes in length. The written word: a history of storytelling. Throughout history, stories have been told but sometimes preserving them for future generations has proven difficult. We examine the ways stories have been passed down, and the role the written word has played in shaping our civilizations. Host: Marty Peterson. Guests: Martin Puchner, Professor of English and Comparative Literature at Harvard University and author, [The Written Word: The power of stories to shape people, history, civilization.](#)

“Radio Health Journal”-broadcast on 3/17/19, 5:30am, 13-minutes in length. Recruiting patients for cancer clinical trials. Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs. Host: Reed Pence. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women’s Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, [Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer;](#) Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, [Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer.](#)

### **The Arts, Film, Literature, Culture**

“Viewpoints-Culture Crash segment”-broadcast on 1/6/19, 6:25am, two-minutes in length. *Minding the Gap*. In a crowded field of great films from 2018, Bing Liu’s *Minding the Gap*, a documentary available on Hulu, stands above the pack. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 1/20/19, 6:24am, four-minutes in length. Movies to look forward to in 2019. With a new year comes new things to look forward to, and this year will offer an enormous slate of hotly anticipated new films, like *Toy Story 4*, *It: Chapter 2*, and a plethora of superhero offerings. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 1/27/19, 6:23am, three-minutes in length. A new future for comic book movies. For a decade now, it seemed like comic book movies had settled in to an existence based on these larger cinematic universes. Now, Spider-Man and The Joker are proving comic stories can have their cake and eat it, too. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 2/3/19, 6:23am, three-minutes in length. On Ethan Hawk and Oscar snubs. Every year, there is some outrage over Oscar snubs. This year, many of us wish Ethan Hawke had been nominated for *First Reformed*. We look at why. Host: Evan Rook.

“Viewpoints”-broadcast on 2/10/19, 6:00am, eleven-minutes in length. The history of pirates. From *Pirates of the Caribbean* and *Captain Hook* to the Pittsburgh Pirates and Tampa Bay Buccaneers, pirates have a real foothold in our culture. But their history is anything but a fairy tale. Historian Eric Jay Dolin joins the show to discuss some of the most notorious real-life pirates to ever live. Host: Gary Price. Guests: Eric Jay Dolin, historian and author, [Black Flags, Blue Water: The epic history of America’s most notorious pirates.](#)

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Public Service Announcement-“JCC Film Festival”-broadcast on 2/16/19-2/28/19, 30-seconds in length, aired 24 times. The 6<sup>th</sup> Annual JCC Chicago Jewish Film Festival runs March 1-17<sup>th</sup> with 43 films at seven venues throughout the Chicago area.

“Viewpoints-Culture Crash segment”-broadcast on 2/17/19, 6:23am, three-minutes in length. The Academy’s unforced errors. This year’s Academy Awards have been a series of mistakes, from suggesting a Best Popular Film award to the plan to award from of the evening’s awards during commercial breaks. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 2/24/19, 6:24am, three-minutes in length. Television shows creating “expanded universes” of their own. Superhero franchises have spent a decade carefully laying plans for big, expanded universes. But we look at “Veronica Mars” and “Breaking Bad,” two TV shows that have broadened their universes in their own ways. Host: Evan Rook.

“Viewpoints-Culture Crash segment”-broadcast on 3/3/19, 6:24am, three-minutes in length. Audiobooks. Audiobooks used to be big, cumbersome collections of tapes. Now, they’re simply files on our phones, and their portability and convenience make them a great option for commute-time listening.

“Viewpoints”-broadcast on 3/10/19, 6:14am, nine-minutes in length. A fantasy series that aims at teaching children to consider some big questions. We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children. Host: Marty Peterson. Guest: Soman Chainani, author of [The School for Good and Evil](#).

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“Viewpoints-Culture Crash segment”-broadcast on 3/10/19, 5:54am, three-minutes in length. Netflix’s “Russian Doll.” Netflix’s new show, “Russian Doll,” is an ethical, mysterious, funny drama modeled after the Groundhog Day “waking up in the same moment” plot. It’s an especially great binge-watch. Host: Evan Rook.

“Viewpoints”-broadcast on 3/17/19, 6:14am, nine-minutes in length. Harry Potter Therapy. The Harry Potter series is full of creatures and storylines that parallel real-life adversities like depression, PTSD and grief in a heightened reality. Dr. Janina Scarlet says these stories are so powerful that she uses them to help people cope in real-life therapy sessions. Host: Marty Peterson. Guest: Dr. Janina Scarlet, a clinical therapist and author of Superhero Therapy: A hero’s journey through acceptance and commitment therapy.

“Viewpoints”-broadcast on 3/17/19, 6:23am, three-minutes in length. Do we all have the cultural taste of our 15 year-old selves? Anecdotal evidence and some real data science both suggest that we never grow out of the things we loved at 15. Host: Evan Rook.

“Hubbard Helps”-broadcast on 3/24/19, 6:00am, 15-minutes in length. The non-profit Ravinia Music Festival. For 115 years, the outdoor summer music fest has entertained Chicago audiences, and it continues to grow and evolve with education programs for students from 3<sup>rd</sup> grade through college, community events, as well as outstanding musical entertainment. Host is Susan Wiencek. Guest is Welz Kauffman, President and CEO of Ravinia.

“Viewpoints”-broadcast on 3/31/19, 6:00am, ten minutes in length. Using YA fiction to help young people process big issues. For a few decades now, teens have flocked to YA novels like The Hunger Games or The Fault in Our Stars. Why are they so popular? We talk to two novelists who say young adult fiction can help teens consider big issues and life and ‘practice’ their responses to real-world

problems like violence and drugs. Host: Gary Price. Guests: Marie Lu, author Wildcard; Ellen Hopkins, author, People Kill People.

“Viewpoints-Culture Crash segment”-broadcast on 3/31/19, 6:24am, three-minutes in length. Summer concerts. Summer is almost here, which means the concert and music festival season is almost in full swing. We talk a look at why a day at an amphitheater can stick with you for life. Host: Evan Rook.