

2017-Q3 (July-September) Radio Health Journal Quarterly Report Compliancy Issues covered this quarter:

Addiction Affordable Housing American Culture Auto & Highway Safety Child Abuse Child Protection Child Safety **College and Universities** Consumerism Crime **Diet & Nutrition** Discrimination Drug and Tobacco Abuse Economics Education **Emergency Response**/911 Employment Ethics Family Issues **Family Relations** Federal Government And Regulation Fire and EMS Gender Issues Health Care Homelessness

Interpersonal Relationships Laws & Legal System Local Government Medicare & Medicaid Men's Issues Mental Health Military National Security **Parenting Issues** Pets & People Police Pop Culture Povertv Psychology Public Health Public Safety **Rural/Small Town Issues** Sexual Assault Suicide **Technology & Science Tobacco And Substance Abuse** Women's Issues Workplace Issues Youth At Risk

Program	17-27	Producers	Reed Pence & Libby Foster
Air Week	07/02/17-07/08/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: OVERWHELMED TEENS	12:46
	Synopsis: High schoolers in high achieving suburbs & private academies are often pushed to do more and more,	
	and do it well. It creates a culture of pressure that may have severe mental health consequences. Experts discuss	
where the pressure comes from and what parents can do about it.		
	Host: Reed Pence. Guests: Dr. Michael Bradley, clinical psychologist and author, Crazy-Stressed: Saving Today's	
	Overwhelmed Teens With Love, Laughter, and the Science of Resilience; Jared Mason, Teen Programming Director,	
	Alive Center, Naperville, IL and former high school English teacher; Saumya Bharti, senior, Naperville Central	
	High school and member, Student Advisory Board, Alive Center; Kandice Henning, Founder and Executive Director, Alive Center.	
	Compliancy issues covered: education; youth at risk; suicide; parenting issues; mental health issues	
	Links for more information:	
	http://www.doctormikebradley.com	
	http://alivenaperville.com	
15:53	SEGMENT 2: A DOCTOR WHO REALLY CAN FEEL YOUR PAIN	6:45
	Synopsis: Dr. Joel Salinas has mirror touch synesthesia, a condition involving cross-wiring in the brain. The result	
	is that visual stimuli prompt a response in his touch system. He literally feels it when people experience pain.	
	Salinas discusses how this strange condition works and how he is able to use it in diagnosis.	
	Host: Karen Hand. Guest: Dr. Joel Salinas, neurologist, Massachusetts General Hospital and author, <i>Mirror Touch:</i>	
	Notes From a Doctor Who Can Feel Your Pain	
	Compliancy issues covered: health care; consumerism	
	Link for more information:	
	https://joelsalinasmd.com/book/	

Prog	ram 17-28	Producers	Reed Pence, Polly Hansen & Libby Foster		
Air W	eek 07/09/17-07/15/17	Production Director	Sean Waldron		
Time	Segment			Dur.	
1:55	SEGMENT 1: OUR OBESITY OBSESSION: DOES SCIENCE SUPPORT IT?			12:46	
	people classified in the "overw Experts discuss how culture du Host: Reed Pence. Guests: Harn Communication, Syracuse Univ <i>With Weight and What We Can</i> Ochsner Heart & Vascular Inst <i>and Heavier Means Healthier</i> Compliancy issues covered: he Links for more information:	eight" BMI category actually l rives our obsession with weig riet Brown, Assoc. Prof. of Mag v. and author, <i>Body of Truth: H Do About It;</i> Dr. Carl Lavie, M tute, New Orleans and author	on health grounds. But, recent studies show that have less mortality than normal weight people. ht and what science really has to say about it. gazine Journalism, Newhouse School of Public <i>low Science, History, and Culture Drive Our Obsession</i> edical Director of Preventive Cardiology, John <i>r, The Obesity Paradox: When Thinner Means Sicker</i> imination; science and technology; economics		
	http://harrietbrown.com				
1 = 40	https://www.ochsner.org/doctors/carl-chip-lavie-jr - schedule				
15:43	functions in interpersonal rela	vokes powerful memories and tions and personal safety. Exp r. Charles Wysocki, Behaviora	d makes food taste good, but it also has important perts discuss the science behind it. Al Neuroscientist Emeritus, Monell Chemical Senses	7:12	
	Compliancy issues covered: consumerism; interpersonal relations; gender issues;		ations; gender issues;		
	Link for more information: http://www.monell.org/facult				

http://1000awesomethings.com

Program	17-29	Producers	Reed Pence, Polly Hansen & Libby Foster
Air Week	07/16/17-07/22/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: SIBLING ABUSE	12:23
	Synopsis: Psychological or physical abuse by siblings is much more common than most people realize. It can	
	leave severe psychological scars. However, parents often downplay it, calling it "normal sibling rivalry." Experts discuss the extent of the problem, warning signs of abuse, and how parents can act without involving family services officials and endangering the family.	
	Host: Reed Pence. Guests: Dr. John Caffaro, Distinguished Prof., Alliant Intl. Univ.; Nancy Kilgore, PTSD trainer, abuse survivor and author, <i>Girl in the Water</i> ; Dr. Mandy Morrill-Richards, Asst. Prof. of Psychology, Valparaiso Univ.	
	Compliancy issues covered: public health; youth at risk; child abuse, child safety and child protection; parenting issues	
	Links for more information:	
	http://member.agpa.org/imis/agpa/cgpdirectory/MemberDetail.aspx?id=23388	
	http://psychcentral.com/lib/girl-in-the-water-a-true-story-of-sibling-abuse/	
	http://www.valpo.edu/psychology/about/faculty-and-staff-2/mandy-morrill-richards-ed-d/	
15:29	SEGMENT 2: TEETH AND THE STRUGGLE FOR ORAL EQUALITY	7:25
	Synopsis: We often judge people by their smiles. However, dental care and medical care have always been separate in the US, creating a large population that doesn't receive dental care. These people often end up with extremely poor oral health and make up a surprisingly large proportion of ER visits. Experts discuss.	
	Host: Nancy Benson. Guests: Mary Otto, author, <i>Teeth: The Story of Beauty, Inequality and the Struggle for Oral Health in America</i> ; Dr. Cheryl Watson-Lowry, inner-city Chicago dentist	
	Compliancy issues covered: consumerism; health care; federal government and laws	
	Link for more information:	
	http://thenewpress.com/books/teeth	
	http://www.chicagotribune.com/business/promotions/chi-ugc-article-dr-cheryl-watson-lowry-becomes- secretary-of-2016-12-05-story.html	

Γ	Program	17-30	Producers	Reed Pence, Polly Hansen & Libby Foster
	Air Week	07/23/17-07/29/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:01	SEGMENT 1: CONSOLIDATING 911: WHERE DO WE DRAW THE LINE?	12:14
	Synopsis: 911 is literally a lifeline for millions of Americans, but it's mostly based on old technology depending	
	on landline phones to know where callers are. Expensive next generation technology built for the 75 percent of	
	911 calls from cell phones has helped push call centers to consolidate. But will it cost lives when a far away call	
	center worker, with no local geographic knowledge, takes your call? Experts discuss.	
	Host: Reed Pence. Guests: Budge Currier, 911 Administrator, State of California; Elizabeth Adams, former 911 call	
	center administrator, Vermont State Police; Lawrence Consalvos, President and Chief Operating Officer, IXP	
	Corp., public safety firm.	
	Compliancy issues covered: public safety; police, fire and EMS; emergency preparedness and 911; employment;	
	local government	
	Links for more information:	
	http://www.caloes.ca.gov	
	http://www.news7newslinc.net/index.php/vermont/1240-911-dispatch-centers-calling-for-help	
	http://www.ixpcorp.com/About/Executive-Leadership.aspx	
15:17	SEGMENT 2: HEALING CHILDREN: NOT JUST LITTLE ADULTS	7:41
	Synopsis: Children's medicine is more specialized than many people think. Pediatric practitioners and hospitals	
	are set up to deal with the different biology of children. An expert explains.	
	Host: Nancy Benson. Guest: Dr. Kurt Newman, President and CEO, Children's National Health System and author,	
	Healing Children: A Surgeon's Stories from the Frontiers of Pediatric Medicine	
	Compliancy issues covered: youth at risk; health care; consumerism; parenting issues	
	Link for more information:	
	http://www.penguinrandomhouse.com/books/317981/healing-children-by-kurt-newman- md/9780525428831/	

Γ	Program	17-31	Producers	Reed Pence & Libby Foster
Ī	Air Week	07/30/17-08/05//17	Production Director	Sean Waldron

Time	Segment	Dur.
2:01	SEGMENT 1: CAR CRASH VICTIMS & PTSD	13:20
	Synopsis: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people	
	injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss	
	variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry	
	out to recover.	
	Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at	
	Albany and co-author, After the Crash; Debbie Miller Koziarz, car accident survivor	
	Compliancy issues covered: public safety; auto & highway safety; mental health	
	Links for more information:	
	http://www.apa.org/pubs/books/4317028.aspx	
16:23	SEGMENT 2: EVALUATING VETERANS' HEALTHCARE	6:24
	Synopsis: Around nine million military veterans receive healthcare services from the Department of Veterans	
	Affairs. An expert discusses her contention that the care the VA provides is much better than its perception.	
	Host: Nancy Benson. Guest: Suzanne Gordon, author, The Battle for Veterans' Healthcare: Dispatches From the	
	Frontlines of Policy Making and Patient Care.	
	Compliancy issues covered: health care; federal government; military	
	Link for more information:	
	http://suzannecgordon.com	

Program	17-32	Producers	Reed Pence & Libby Foster
Air Week	08/06/17-08/12/17	Production Director	Sean Waldron

Time	Segment	Dur.
3:00	SEGMENT 1: THE RISKS OF EGG DONATION	11:31
	Synopsis: Some agencies estimate that 50,000 children have been born in the US using donor eggs. But egg	
	donation (or sale, as some insist) is not regulated, and while short-term risks are known, few donors have been	
	followed for years. Long-term risks are not well understood. Experts discuss what we know and what we don't.	
	Host: Reed Pence. Guests: Dr. Linda Kahn, postdoctoral fellow in pediatrics, New York Univ. School of Medicine;	
	Dr. Richard Paulson, Prof. of Reproductive Medicine, Univ. of Southern California and President, American Society	
	of Reproductive Medicine; Dr. Wendy Chavkin, Prof. of Public Health and Obstetrics and Gynecology, Columbia Univ.	
	Compliancy issues covered: health care; economics; ethics; technology; women's issues; federal government and regulation	
	Links for more information:	
	http://uscfertility.org/about-usc-fertility/richard-j-paulson-md/	
	https://www.mailman.columbia.edu/people/our-faculty/wc9	
15:33	SEGMENT 2: "SOCIAL JETLAG"	6:48
	Synopsis: New studies show that changing your weekday sleep schedule by sleeping in as little as an hour every	
	weekend can have severe health impact. Experts discuss this "social jetlag," why it occurs, and how people can	
	avoid health concerns without avoiding staying out late.	
	Host: Nancy Benson. Guests: Sierra Forbush, researcher, University of Arizona College of Medicine; Dr. Alon	
	Avidan, Director, UCLA Sleep Disorder Center.	
	Compliancy issues covered: health; pop culture	
	Links for more information:	
	http://www.sleephealthresearch.com/shrp/team.html	
	https://www.realsimple.com/health/preventative-health/sleep/sleeping-in-social-jet-lag-health-effects	

Program	17-33	Producer	Libby Foster
Air Week	08/13/17-08/19/17	Production Director	Sean Waldron

Time	Segment	Dur.
3:00	SEGMENT 1: HOMELESSNESS CRIMINALIZED	12:41
	Synopsis: Many local jurisdictions have criminalized activities of the homeless, such as sleeping on public streets	
	or panhandling. While these laws make cities feel like they're doing something to ease public discomfort over the	
	presence of the homeless, jail does nothing to address root causes of homelessness and may even make the	
	situation worse. Experts discuss.	
	Host: Reed Pence. Guests: Eric Tars, Senior Attorney, National Law Center on Homelessness and Poverty; Scout	
	Katovich, Lowenstein Human Rights Clinic, Yale Univ.; Peggy Choudry, Commissioner, Osceola County, FL	
	Compliancy issues covered: homelessness and poverty; laws and legal system; affordable housing; employment	
	Links for more information:	
	http://www.ushrnetwork.org/about-us/who-we-are/board/eric-tars	
	https://law.yale.edu/yls-today/news/gruber-program-names-2017-18-fellows	
	http://www.osceola.org/people/302213-peggy-choudhry.stml	
15:43	SEGMENT 2: DEATH PREP	7:15
	Synopsis: Even though death is part of life, few people prepare for it by collecting important documents and	
	contact points that survivors will need to know. Two experts discuss organizing for the inevitable.	
	Host: Nancy Benson. Guests: Melanie Cullen, author, <i>Get It Together</i> ; Karen Lee Cline, co-author, If I Croak: The	
	Things You Should Know	
	Compliancy issues covered: family relations	
	Links for more information:	
	http://getittogetherbook.com/about.htm	
	https://if-i-croak.com	

Γ	Program	17-34	Producers	Reed Pence & Libby Foster
Ī	Air Week	08/20/17-08/26/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:58	SEGMENT 1: RURAL HOSPITALS IN TROUBLE	10:45
	Synopsis: Many of the nation's hospitals serving small towns and rural areas are in deep financial trouble	
	because of a heavy reliance on underpaying Medicare and Medicaid programs. The situation could be made much	
	worse if Congress cuts Medicaid funding, a centerpiece of "repeal and replace" of Obamacare. Experts discuss the need for rural healthcare and the close link between hospitals and community economics.	
	Host: Reed Pence. Guests: Dr. Carrie Henning-Smith, Research Associate, Univ. of Minnesota Rural Health Research Center; Michael Topchik, Director, Chartis Center for Rural Health; Dr. Daniel Derksen, Director, Univ. of Arizona Center for Rural Health	
	Compliancy issues covered: health care; public health; rural and small town issues; economics; Federal government, Medicare and Medicaid	
	Links for more information:	
	<u>http://rhrc.umn.edu/about/staff/#staff-4</u>	
	https://publichealth.arizona.edu/directory/daniel-derksen	
14:45	SEGMENT 2: MULTITASKING: PRACTICALLY IMPOSSIBLE	8:00
	Synopsis: Multitasking seems like a necessity for most people, and most of us think it improves our efficiency. However, studies show that only a tiny proportion of people can juggle tasks well. Researchers discuss why our brains can't do two things at once, and why "supertaskers" may be different.	
	Host: Nancy Benson. Guests: Dr. David Strayer, Prof. of Cognition Neurosciences, Univ. of Utah; Dr. Jayson Watson, Assoc. Prof. of Psychology, Univ. of Utah	
	Compliancy issues covered: workplace issues; consumerism	
	Links for more information:	
	http://www.psych.utah.edu/people/person.php?id=79	

Program	17-35	Producers	Reed Pence & Libby Foster
Air Week	08/27/17-09/02/17	Production Director	Sean Waldron

Time	Segment	Dur.
3:03	SEGMENT 1: DIAGNOSTIC MISTAKES	9:15
	Synopsis: Medical errors are the third largest cause of death in the US, and mistakes in making diagnoses are the	
	most frequent form of error. A noted expert discusses why mistakes happen, and what doctors and patients can do to make them less frequent.	
	Host: Reed Pence. Guest: Dr. David Newman-Toker, Prof. of Neurology, Ophthalmology and Otolaryngology, Johns Hopkins Univ. School of Medicine and Director, Center for Diagnostic Excellence	
	Compliancy issues covered: health care; public health; technology; education	
	Links for more information:	
	http://www.hopkinsmedicine.org/profiles/results/directory/profile/0015937/david-newman-toker	
13:20	SEGMENT 2: MEDICAL LAB MISTAKES	9:47
	Synopsis: Errors in medical labs can have life-threatening consequences. An expert explains that human error is	
	impossible to completely eliminate, so labs are increasingly turning to DNA tracking to catch mistakes when they	
	occur.	
	Host: Nancy Benson. Guest: Dr. John Pfeifer, Prof. and Vice Chair for Clinical Affairs, Dept. of Pathology and	
	Immunology, Washington Univ. School of Medicine, St. Louis.	
	Compliancy issues covered: health care; public health; technology; education	
	Links for more information:	
	https://pathology.wustl.edu/directory/john-pfeifer-md-phd/	

Γ	Program	17-36	Producers	Polly Hansen, Libby Foster & Reed Pence
ſ	Air Week	09/03/17-09/09/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: BEHAVIORAL SCIENCES AT THE CIA	11:48
	Synopsis: Analysts at the Central Intelligence Agency often rely on psychological techniques to predict the	
	behavior and decisions of world leaders, and also of populations around the world. Experts, including an active	
	CIA analyst, describe how they do it, and how other nations use these techniques as well.	
	Host: Reed Pence. Guests: George Gerliczy, Senior Analyst, Central Intelligence Agency; Dr. David Broniatowski,	
	Asst. Prof. of Engineering Management Systems, George Washington Univ.	
	Compliancy issues covered: psychology and technology; national security; federal government	
	Links for more information:	
	https://www.seas.gwu.edu/david-broniatowski	
14:55	SEGMENT 2: ARE LEFTIES REALLY DIFFERENT?	7:48
	Synopsis: Handedness is a central part of a person's identity. Left-handers are often seen as somehow different	
	than the rest of us, and over history they've been stereotyped as more quirky, intelligent, and sinister than	
	righties. Science shows that some labels are likely to be true. Experts discuss where handedness comes from, and what differences truly result.	
	Host: Nancy Benson. Guests: R. Ron Yeo, Regents Prof., Univ. of New Mexico; Kim Sawyer, left-hander;	
	Dr. Clare Porac, Prof. of Psychology, Penn State Univ. and author, <i>Laterality: Exploring the Enigma of Left-Handedness</i>	
	Compliancy issues covered: American culture; consumerism	
	Links for more information:	
	https://psych.unm.edu/people/faculty/profile/ronald-yeo.html	
	https://sites.psu.edu/clarep/	

Program	17-37	Producers	Reed Pence, Evan Rook & Libby Foster
Air Week	09/10/17-09/16/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:01	SEGMENT 1: LUNG CANCER STIGMA	11:44
	Synopsis: Most forms of cancer have a built-in constituency of patients, loved ones, and concerned others. Lung	
	cancer patients, instead, are often blamed for their own disease because of its frequent connection with smoking.	
	Patients are often isolated, and research dollars lag behind other, less common cancer killers.	
	Host: Reed Pence. Guests: Donna Fernandez, lung cancer patient; Carly Ornstein, National Director of Lung	
	Cancer Education, American Lung Assn.	
	Compliancy issues covered: health care; public health; discrimination	
	Links for more information:	
	http://www.curetoday.com/articles/the-american-lung-association-seeks-to-end-stigma	
	http://www.lung.org	
14:47	SEGMENT 2: PET OBESITY	8:00
	Synopsis: Just as people face an obesity crisis in the US, so do our pets, who have many of the same health	
	consequences as overweight humans. Experts discuss why pet obesity is a problem and ways pet owners can keep their furry friends healthy.	
	Host: Nancy Benson. Guests: Dr. Ernie Ward, Veterinarian and founder, Association for Pet Obesity Prevention;	
	Dr. Deborah Linder, Research Asst. Prof., Cummings School of Veterinary Medicine, Tufts Univ.	
	Compliancy issues covered: family issues; pets and people	
	Links for more information:	
	https://petobesityprevention.org	
	http://vetprofiles.tufts.edu/faculty/deborah-e-linder	

ſ	Program	17-38	Producers	Reed Pence & Libby Foster
	Air Week	09/17/17-09/23/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: CUTTING NICOTINE IN CIGARETTES	12:41
	Synopsis: The FDA has proposed mandating a significant cut in the nicotine content of cigarettes to encourage	
	them to move to healthier forms of nicotine distribution, such as e-cigarettes. Experts explain how the plan might	
	work and the science behind it.	
	Host: Reed Pence. Guests: Dr. Eric Donny, Director, Center for Evaluation of Nicotine and Cigarettes, Univ. of	
	Pittsburgh; Dr. Neal Benowitz, Prof. of Medicine and Bioengineering and Therapeutic Sciences and Chief, Division	
	of Pharmacology, Univ. of California, San Francisco; Dr. Joshua Sharfstein, Prof. of the Practice, Johns Hopkins	
	Univ. Bloomberg School of Public Health and former FDA Deputy Commissioner; Dr. Stanton Glantz, Prof. of	
	Medicine, Univ. of California, San Francisco and Director, Center for Tobacco Control Research and Education.	
	Compliancy issues covered: health care; public health; federal government and regulation; drug and tobacco abuse; addiction; youth at risk	
	Links for more information:	
	http://www.psychiatry.pitt.edu/node/8379	
	http://profiles.ucsf.edu/neal.benowitz	
	https://www.jhsph.edu/faculty/directory/profile/1781/joshua-m-sharfstein	
	https://tobacco.ucsf.edu/users/sglantz	
15:47	SEGMENT 2: DO CARDIOLOGISTS KNOW NUTRITION?	7:11
	Synopsis: A healthy diet is one of the best weapons against heart disease and its recurrence, yet new studies	
	show cardiologists (as well as other physicians) are woefully deficient in nutritional knowledge. Experts discuss	
	causes and outcomes of this lack of knowledge.	
	Host: Nancy Benson. Guests: Dr. Charles Katzenberg, Univ. of Arizona Sarver Heart Center; Dr. Stephen Devries,	
	Exec. Director, Gaples Institute for Integrative Cardiology	
	Compliancy issues covered: health care; public health; education; diet and nutrition	
	Links for more information:	
	http://heart.arizona.edu/faculty/faculty_2861	
	https://www.gaplesinstitute.org/about-us/board-and-officers/	

Program	17-39	Producers	Reed Pence & Polly Hansen
Air Week	09/24/17-09/30/17	Production Director	Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: ENLISTING MEN AGAINST SEXUAL ASSAULT	11:41
	Synopsis: Colleges are required by Federal law to present anti-sexual assault training to new students, but rather	
	than instilling "no means no," some experts think we need to do much more to enlist men to help prevent sexual	
1	assault. Experts discuss how this can be done by making men allies, rather than regarding them as potential perpetrators, and also through bystander training.	
	Host: Reed Pence. Guests: Dr. John Foubert, Prof. of Higher Education and Student Affairs, Oklahoma State Univ.,	
	National President, One in Four, and author of 7 books on preventing sexual assault; Ashley Warner,	
	psychoanalyst and author, The Year After: A Memoir; Dorothy Edwards, Exec. Director, Green Dot, Etc.	
	Compliancy issues covered: women's issues; sexual assault; crime; education; colleges and universities; gender	
	issues; public safety; men's issues	
	Links for more information:	
	http://www.ashleywarner.com/	
	http://www.oneinfourusa.org	
	https://alteristic.org/	
14:45	SEGMENT 2: TEENAGE BOYS: THEY'RE NOT LAZY	8:05
	Synopsis: Teenage boys are often labeled as lazy by parents who see that their homework isn't done and their	
	attitude is one of disinterest. An expert psychologist explains the inner workings of teen boys and how parents	
	can bring out the best in them.	
	Host: Nancy Benson. Guest: Dr. Adam Price, author, He's Not Lazy: Empowering Your Son to Believe in Himself	
	Compliancy issues covered: youth at risk; parenting issues; education	
	Links for more information:	
	https://www.hesnotlazy.com	