



October 2, 2017

The following is a report on Public Affairs Programming for the Third Quarter of 2017 during which time the top issues of community interest and concern in New Port Richey, Florida and the surrounding area were found to be:

Health
Public Safety
Economy
Community Relations
Education

In order to meet these issues, WDUV-FM airs a series of public affairs programs on Sunday mornings as well as weekday news updates.

“Radio Health Journal” airs Sunday mornings at 6:30 a.m. “Spectrum” airs Sunday mornings at 7:00 a.m. “Sunday Morning” airs Sunday mornings at 7:30 a.m.

WDUV-FM also helps meet community issues through daily programming. As traffic and transportation are often major issues for residents of Tampa Bay, WDUV-FM airs traffic reports four times hourly on weekdays from 6:00 to 9:00 a.m. and twice hourly from 4:00 to 6:00 p.m.

WDUV-FM also runs a heavy schedule of :60 second Public Service Announcements produced by the Florida Association of Broadcasters throughout all hours of the day.

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Respectfully submitted,

A handwritten signature in black ink, appearing to read "John Larson", written over a circular stamp or seal.

John Larson
Director of Branding and Programming

JL/mlm

Health

Sunday, July 2, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Michael Bradley, Clinical Psychologist and author of Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience; Jared Mason, Teen Programming Director, Alive Center, Naperville, Illinois, and former high school English teacher; Saumya Bharti, Senior, Naperville Central High School and Member of the Student Advisory Board, Alive Center; and Kandice Henning, Founder and Executive Director, Alive Center.

Stress is a familiar occurrence for adults in our hectic world. However, it has recently also shown up in great numbers in high schools. A combination of social media, cyberbullying, and college pressure may be to blame. Online, teenagers often act as their own public relations managers, constantly posting updates and replying to feedback – often until late at night. Sometimes, they share in order to create false personas of who they want to be, or who they think they should be. At school, the stress multiplies as students are encouraged to think about college as early as their freshman year. “The bar is being raised for the kids in almost every element of life that you can think of” shared Mr. Mason. “It’s being raised for academics, it’s being raised for athletics, and it’s being raised for extracurricular involvement – all these different areas.” Mr. Mason mentioned that teens believe that performing “under the bar” is unacceptable, and they internalize the stress they accumulate. The stress is not only brought on by social media and schools, but by parents. Some parents will request that their child be placed in accelerated, honors, or Advanced Placement courses, regardless of whether their child is capable of handling the workload. He suggested that parents might be the next step in helping their child avoid stress by teaching them to stop listening to the “noise” of fellow students and of Ivy League schools. By asking their children what they want to do or what they’re interested in doing, parents can use communication to effectively help with stress. The culture of stress is hard to break. Since colleges have begun to consider more holistic reviews of students, looking at both academics and extracurriculars, students are feeling even more stressed than ever. Ms. Henning said that teens now feel pressured to have both a stellar GPA and full schedule. While some students are able to work well under pressure, most are left wondering why it so hard to be a “well-rounded student”. A new kind of parenting may offer a solution, wherein parents teach their children to cope with their stress and understand why they’re stressed. “Stress is not bad. In the appropriate dose, stress is strengthening”, said Dr. Bradley, “you just want to find that sweet spot in the middle.”

2nd Segment

Host: Nancy Benson. Guest: Dr. Joel Salinas, Neurologist, Massachusetts General Hospital, and author of Mirror Touch: Notes from a Doctor Who Can Feel Your Pain.

Synesthesia is a condition involving cross wiring in the brain that allow senses to overlap. Dr. Salinas described his experience with his mirror touch synesthesia. His sight translates into his touch, and he is able to feel the pain from his patients. “If you are gasping for air, I feel it in my body. If you are having a panic attack, I feel it in my body,” said Dr. Salinas. “The vision part of our brain and the touch part of our brain will both

activate when we see other people either moving, or being touched, or in pain. And this happens without us knowing.” While most people may cringe or wince at the sight of a car accident or painful fall, Dr. Salinas said he feels the pain of anyone he sees, including his patients. He shared a story about a patient who was unable to be restrained by her nurses. He came to help and immediately felt a crushing pain in his chest. When Dr. Salinas realized that this patient was having trouble breathing, he ordered a specific test to be done which found that she had serious blood clots. While this gift allows him to help his patients in significant, unusual ways, it also can cause him stress, discomfort, and serious pain. The first time he saw a patient die, Dr. Salinas underwent the feeling of death, which he described as a long-running air conditioner that has gone silent. He had to will himself to breathe again and has since used small tactics to “ground” himself such as focusing on the feeling of his toes. Dr. Salinas said he has had mirror-touch synesthesia for as long as he can remember and that he experiences letter-color synesthesia as well. When he visualizes certain words, each letter will have a distinct color that contributes to its meaning. Dr. Salinas also shared that roughly 4% of all people have some form of synesthesia, and most go on to hold careers in the arts, where their thoughts and feelings are translated into their work. Many well-known musicians are synesthetes, including Billy Joel, Kanye West, and Lorde. It is even suspected that artist Vincent Van Gogh had synesthesia from how he described his artwork to others.

Sunday, July 9, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Harriet Brown, Associate Professor of Magazine Journalism, Newhouse School of Public Communication, Syracuse University, and author of Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight and What We Can Do About It; Dr. Carl Lavie, Medical Director of Preventive Cardiology, John Ochsner Heart and Vascular Institute, New Orleans, and author of The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier.

The cultural bias against obesity is often justified on health grounds. However, recent studies show that people classified in the “overweight” BMI category actually have less mortality than normal weight people. Mr. Pence, Ms. Brown, and Dr. Lavie discussed how culture drives our obsession with weight and what science really has to say about it.

2nd Segment

Host: Nancy Benson. Guests: Dr. Charles Wysocki, Behavioral Neuroscientist Emeritus, Monell Chemical Senses Center; and Neil Pasricha, author of The Book of Awesome.

The sense of smell evokes powerful memories and makes food taste good, but it also has important functions in interpersonal relations and personal safety. Ms. Benson, Dr. Wysocki, and Mr. Pasricha discussed the science behind it.

Sunday, July 16, 2017 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guests: Mary Otto, author of Teeth: The Story of Beauty, Inequality and the Struggle for Oral Health in America; and Dr. Cheryl Watson-Lowry, inner city Chicago Dentist.

Many of us take our smiles for granted. Ms. Otto claimed that 1/3 of low-income Americans refuse to smile because they are embarrassed by their teeth. Our teeth, whether we realize it or not, have become symbols of status. Have you ever looked at a photo of a celebrity and admired their teeth? Beautiful, white, straight teeth definitely come with a cost, and many underprivileged people find it too expensive. Dr. Watson-Lowry said that because people do not have proper dental care, they let their dental problems escalate to the point of sending themselves to the Emergency Room. A study in 2012 found that people went to the Emergency Room for dental pain every 15 seconds costing taxpayers (at that time) \$750 per visit. Dr. Watson-Lowry stated that Emergency Rooms cannot provide the proper care for dental work. She said she hopes the Dental Health Care Act of 2017 will generate community dental health coordinators so those who need dental care can get it.

Sunday, July 23, 2017 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guest: Dr. Kurt Newman, President and Chief Executive Officer, Children's National Health System, and author of Healing Children: A Surgeon's Stories from the Frontiers of Pediatric Medicine.

Children are not small adults. Their biology differs from that of adults. Therefore, they have different medicine to treat the same illnesses that adults suffer from. Dr. Newman said that we don't invest as much as we should in our children's health. When we don't prioritize children's health, we prevent early diagnosis of diseases and conditions that can alter a child's life forever. He recommends that parents take their children to a specialized children's hospital where the treatments and equipment are specifically designed for children. He also suggested that we need to make children's health a national priority by specializing in treatments, equipment, and doctors who know how to treat children and their symptoms *as children* – not little adults. Dr. Newman also believes that the talks of cutting Medicaid costs (which may impact over 30 million children) are short sighted because it will delay treatment which could occur at an earlier time that would allow a child to live a more fulfilling life.

Sunday, July 30, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Edward Hickling, Professor of Psychology, University of Albany and co-author of After the Crash; Bill Hansen, car crash survivor; and Debbie Miller Koziarz, car crash survivor.

Car crashes are the leading cause of Post-Traumatic Stress Disorder (PTSD) in the U.S. Dr. Hickling explained that about 3 million people are involved in serious car crashes every year. For about 20% of those people, the psychological symptoms don't go away after a month. Hickling says that PTSD is a normal reaction to a traumatic incident because humans aren't supposed to be in life threatening situations. One of the causes of PTSD after a car crash is hyperarousal, where any sight or sound related to a car crash can trigger a person's memory and cause anxiety, stress, and more. Individuals suffering from PTSD may also experience flashbacks in their daily life or in nightmares. Physical changes may range from hair falling out to respiratory or cardiovascular issues. PTSD is also more likely if the person believed that they were going to die as the crash was occurring. Hickling says that following a crash, many survivors find it harder to be a passenger rather

than the driver because as a passenger they have less control and feel more vulnerable. He advised that it's important for the survivor to learn something from the incident, no matter how horrific it was. Mr. Pence talked with Mr. Hansen and Ms. Koziarz about their experiences with PTSD. Mr. Hansen, who walked away physically uninjured from his accident, described feeling unsure whether he was alive or dead for days following the accident and how these doubts persisted until he got help. Ms. Koziarz endured nine surgeries in the six years following her car crash and described feeling so anxious to be in a car again that sometimes she would even try to jump out. PTSD is a serious condition, and survivors of traumatic events should not be afraid to seek help. Crash survivors are more likely to avoid taking risks of any kind, often choosing to stay indoors rather than resuming their normal lives. However, this can prolong and worsen PTSD. Without treatment, the condition may alter their behavior and actions permanently. PTSD experts help patients work through their trauma in order to see the world as it was for them prior to the crash.

2nd Segment

Host: Nancy Benson. Guest: Suzanne Gordon, author of The Battle for Veterans' Healthcare: Dispatches from the Frontlines of Policy Making and Patient Care.

There are about 22 million veterans in the United States, and odds are that you know at least one. More than 40% of veterans are enrolled in the Veteran Affairs Health Care System – making it the largest healthcare system in the country. The VA provides life-saving treatments for our country's former servicemen and servicewomen. However, it has long been criticized for its inefficiency and ineffectiveness. Is the negative perception warranted? Ms. Benson and Ms. Gordon discussed the supposition that the VA system offers more positives than negatives. Ms. Gordon pointed out that salaried VA doctors are incentivized to provide comprehensive care to their patients. Compared to private providers, VA doctors rarely refer a patient to outside specialists. Ms. Gordon argued against the push to privatize healthcare and believes that the shortcomings of the VA come from it being severely underfunded. Although many Americans are willing to fund the military, she believes that few consider the importance of providing veterans with healthcare and other aid after they have served their country.

Sunday, August 6, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Linda Kahn, Post-Doctoral Fellow in Pediatrics, New York University School of Medicine; Dr. Richard Paulson, Professor of Reproductive Medicine, University of Southern California, and President, American Society of Reproductive Medicine; and Dr. Wendy Chavkin, Professor of Public Health, Obstetrics, and Gynecology, Columbia University.

Since 1978, approximately five million babies have been born from in vitro fertilization, and most of those children are biologically related to their parents. However, about 50,000 babies conceived via in vitro come from donor eggs. Mr. Reed, Dr. Kahn, Dr. Paulson, and Dr. Chavkin discussed the arguments in favor of more regulation of the egg donation industry, what we don't know yet about the long-term effects of the process, the

health and economic concerns for donors who donate multiple times, and the importance of educating the public about the complexity and risks involved.

2nd Segment

Host: Nancy Benson. Guest: Sierra Forbush, Clinical Research Coordinator for the Sleep and Health Research Program, University of Arizona College of Medicine.

New research indicates that shifting your sleep schedule by as little as one hour can lead to fatigue, increased grumpiness, and sleepiness which is referred to by scientists as “social jetlag”. Ms. Forbush explained that social jetlag is comparable to jet lag, but instead of feeling tired because of the change in time zones, people feel tired because of the change in their social responsibilities. In addition, it turns out that everyone experiences the same amount of social jetlag, regardless of age or gender. 86% of people say that they shift their sleeping schedule on the weekend. Little is known about why it affects our health in the way that it does. What we do know is that when we wake up earlier or later than what we’re accustomed to, we can trigger a hormonal change that leads to fatigue and irritation. So, even if you sleep longer on the weekends, what affects your health and mood is not the amount of sleep you get but the disruption in the natural cycle of sleep that your body is used to getting.

Sunday, August 13, 2017 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guests: Melanie Cullen, author of Get It Together; and Karen Lee Cline, co-author of If I Croak: The Things You Should Know.

Many Americans view death as taboo or an uncomfortable topic to discuss. So, when someone passes away, their loved ones find themselves in a difficult situation, unprepared or unable to find the necessary documents and papers. A recent study has found that only 50% of adults have written and certified their wills. Ms. Cullen emphasized that it is essential to organize everything in your life, as well as what will be needed after your death, to ensure that your family knows how to handle the situation. Ms. Cline commented that the process surrounding death fifty years ago was much easier than it is today because so much of our lives is online and navigating through all that information often becomes overwhelming. To make the process easier, Ms. Cullen and Ms. Cline outlined how to deal with a death in the family. Ms. Cullen said that she wishes she had had a book like hers to help guide her when she lost her mother. Even though many family members intended to help her, she was ultimately confused about how she should proceed. How can we encourage our loved ones to consider preparing for death? Ms. Cline talked about using humor to help you address the issue and also advised that you can lead by example. Prepare your Last Will and Testament and offer to help others do theirs as well. Ms. Cullen added that even though talking about death may be tough, getting organized and knowing that you’ve prepared your family will liberate you.

Sunday, August 20, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Carrie Henning-Smith, Research Associate, University of Minnesota Rural Health Research Center; Michael Topchik, Director, Chartis Center for

Rural Health; and Dr. Daniel Derksen, Director, University of Arizona Center for Rural Health.

Approximately 14% of Americans live in a rural area and require access to local hospitals. However, many rural hospitals struggle to keep their doors open, citing such financial pressures as the upkeep of equipment and technology. Dr. Henning-Smith explained that rural hospitals rely on government funding from programs like Medicare and Medicaid. However, neither program can fully support the upkeep of buildings and the care of the patients. Although Medicare and Medicaid provide funding, 40% of rural hospitals still operate at a significant loss. Mr. Topchik projected that if the current Administration cuts Medicaid funding, 15 million recipients will lose health benefits. In addition, Medicaid cuts will drastically affect rural hospitals. Eighty rural hospitals have closed since 2010, and many more could be at risk in the years to come. Mr. Pence, Dr. Henning-Smith, Mr. Topchik, and Dr. Derksen discussed how closing these rural hospitals would lead to the loss of 35,000 jobs and put a \$4 billion drag on domestic product. In addition, the residents of rural areas would have to travel long distances to get access to basic health care when they might need it most.

2nd Segment

Host: Nancy Benson. Guests: Dr. David Strayer, Professor of Cognition Neurosciences, University of Utah; and Dr. Jason Watson, Associate Professor of Psychology, University of Utah.

Do you consider yourself a multitasker? Are you reading this while you watch the news? Although you might think you are good at multitasking, research shows approximately 97.5% of the population is bad at doing two things at once. Drs. Strayer and Watson explained that it's unfortunate that everyone seems to think that they're good at multitasking because it blinds them to what they're actually doing. For example, if you drive while talking on the phone, you might not remember the full conversation because you needed to focus on the road. Multitasking places demands on certain areas of the brain, and most of the time the brain cannot accept two demands at once. Researchers have also found that those who frequently multitask tend to be more impulsive and sensation-seeking. Researchers call people who can multitask "supertaskers". Supertaskers' brains allow them to efficiently carry out two activities at once, and they develop this talent at birth.

Sunday, August 27, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Phyllis McCray, a liver transplant survivor.

Mr. Greene and Ms. McCray discussed her health challenges and the process of becoming a liver transplant recipient. Ms. McCray also elaborated on the support system she developed to sustain her through the ordeal.

Sunday, September 3, 2017 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guests: R. Ron Yeo, Regents Professor, University of New Mexico; Dr. Clare Porac, Professor of Psychology, Penn State University, and author of [Laterality: Exploring the Enigma of Left-Handedness](#); and Kimberly Sawyer, left-hander.

Handedness is a central part of a person's identity. Left-handers are often seen as somehow different from the rest of us, and throughout history they've been stereotyped as more quirky, intelligent, and sinister than righties. Science shows that some labels are likely to be true. Ms. Benson, Mr. Yeo, Dr. Porac, and Ms. Sawyer discussed where handedness comes from and what differences truly result.

Sunday, September 10, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Carly Ornstein, National Director of Lung Cancer Education, American Lung Association; and Donna Fernandez, lung cancer patient.

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. Mr. Reed, Ms. Ornstein, and Ms. Fernandez discussed the fact that patients are often isolated and that research dollars lag behind other, less common cancer killers.

2nd Segment

Host: Nancy Benson. Guests: Dr. Ernie Ward, Veterinarian and Founder, Association for Pet Obesity Prevention; and Dr. Deborah Linder, Research Assistant Professor, Cummings School of Veterinary Medicine, Tufts University.

Just as people face an obesity crisis in the United States, so do our pets. Pets have many of the same health consequences as overweight humans. Ms. Benson, Dr. Ward, and Dr. Linder discussed why pet obesity is a problem and ways pet owners can keep their furry friends healthy.

Sunday, September 17, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Eric Donny, Director, Center for Evaluation of Nicotine and Cigarettes, University of Pittsburgh; Dr. Neal Benowitz, Professor of Medicine and Bioengineering and Therapeutic Sciences, and Chief, Division of Pharmacology, University of California, San Francisco; Dr. Joshua Sharfstein, Professor of the Practice, Johns Hopkins University Bloomberg School of Public Health, and former FDA Deputy Commissioner; and Dr. Stanton Glantz, Professor of Medicine, University of California, San Francisco, and Director of the Center for Tobacco Control Research and Education.

In the last fifty years, the number of people who smoke has gone down tremendously, but smoking accounts for one in every five deaths in America. The FDA wants to lower this by mandating a cut in the amount of nicotine in cigarettes. But will this merely encourage smokers to find alternative sources of nicotine? Dr. Donny questioned if an 85% reduction of nicotine happens in cigarettes, will we actually see fewer smokers smoking and fewer kids getting addicted? Dr. Benowitz said that the plan to lower nicotine in cigarettes might lead some to find a "healthier" alternative like e-cigarettes. Dr. Sharfstein said that e-cigarettes have been in the middle of a great debate, with some

asking whether they are a great tool to quit smoking or a gateway substance for kids to try real cigarettes. The reduction might push people to cleaner forms of nicotine consumption, perhaps to even quit smoking. Dr. Glantz said that this reduction is not good for the future because it pushes back regulation of e-cigarettes. He believes the FDA is overselling the reduction in cigarettes and giving e-cigarettes a pass on nicotine regulation. He also said that some think this would create a black market of full-strength cigarettes.

2nd Segment

Host: Nancy Benson. Guests: Dr. Charles Katzenberg, University of Arizona Sarver Heart Center; and Dr. Stephen Devries, Executive Director, Gaples Institute for Integrative Cardiology.

If medical experts aren't sure which foods are healthy, how do we decide what to eat? Dr. Katzenberg said he has discussions about heart healthy food every day with his patients. There is not a national consensus on heart healthy food. Most cardiologists agree that a good diet will help a person. While the same cardiologists admit to having minimal or no training at all on nutrition in medical school or at their residencies. Dr. Devries said that while some nutritional knowledge is common sense, other information needs to be taught. If medical professionals aren't properly trained, they won't be able to suggest effective interventions. Why is nutrition not taught to a cardiologist? Both doctors agreed that the issue starts with the system not putting enough emphasis on preventative measures. The key to solving this problem is for medical professionals to work together with other specialists, like nutritionists, who might have relevant training that would benefit the patient.

Sunday, September 24, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. John Foubert, Professor of Higher Education and Student Affairs, Oklahoma State University, National President, One in Four, and author of seven books on preventing sexual assault; Ashley Warner, Psychoanalyst and author of The Year After: A Memoir; and Dorothy Edwards, Executive Director of Green Dot.

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 assault. Experts discuss how it can be done by making men allies, rather than regarding them as potential perpetrators, and through bystander training.

2nd Segment

Host: Nancy Benson. Guest: Dr. Adam Price, author of He's Not Lazy: Empowering Your Son to Believe in Himself.

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 explained the inner workings of teen boys and how parents can bring out the best in them.

Sunday, September 24, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Rebecca Rabbitt, Pharmacist. Ms. Rabbitt holds a Doctorate in Pharmacy from the St. Louis College of Pharmacy and completed a clinical residency at The Jewish Hospital of St. Louis. She has played an integral role in the development of Express Scripts' Medicare Part D prescription drug plan and suite of Medicare services. As Vice President, Medicare Solutions, she leads the team responsible for helping health plans implement effective pharmacy management solutions for their Medicare and Medicaid populations.

Open enrollment for Medicare is coming up, and an important part of Medicare is Part D, the part of Medicare that covers prescription drugs. Mr. Slater and Ms. Rabbitt discussed the changes to Part D that will go into effect this coming year. Ms. Rabbitt explained why Part D is so important since prescription drug prices continue to soar. She also elaborated on which medicines are covered, how to find the plan that will cover a person's specific drugs, what questions people should ask their doctor before signing up for Medicare, what the penalties are for not signing up, and how original Medicare works with the supplemental insurance plans you can purchase on your own.

Public Safety

Sunday, July 16, 2017 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Dr. John Caffaro, Distinguished Professor, Alliant International University; Nancy Kilgore, PTSD trainer, abuse survivor, and author of Girl in the Water; and Dr. Mandy Morrill-Richards, Assistant Professor of Psychology, Valparaiso University.

Have you ever fought with a sibling? Most of us have at some point, especially as kids. While some experts say sibling rivalry strengthens sibling relationships, others claim this can be harmful for a child's well-being. In extreme cases, siblings torment their brothers or sisters to the point of psychological or physical abuse. This abuse can lead to psychological disorders throughout a child's life. Thirty to fifty percent of siblings face abuse in their lifetime. How do parents distinguish between just plain sibling rivalry and actual abuse? Mr. Pence and Ms. Kilgore discussed how parents must not dismiss that it is normal for siblings to torment each other and suggested parents step in should they see an issue arise. Dr. Morrill-Richards claimed that parental attention is a key factor in sibling abuse. Typically, sibling abuse occurs out of the watch of parents, usually when they leave the children home alone. Often times, the oldest child takes care of their siblings and begins to abuse their younger siblings due to the lack of supervision. While parents cannot keep watch over their children 24/7, these experts suggest tackling the problem before it becomes even larger or more harmful for the children. This involves weekly open communication like meetings and paying attention to any warning signs. In order to prevent self-doubt, guilt, shame, and possibly even PTSD, parents need to supervise their children, especially if they begin to harm one another.

Sunday, July 16, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Mimi Lawson. Guest: Larnelle Scott, Community Outreach Coordinator for Guardian Ad Litem programs in Pinellas, Hillsborough, and Pasco Counties.

Ms. Lawson and Ms. Scott discussed the serious need for GAL volunteers in our area. Ms. Scott explained how a GAL helps kids navigate the legal system when they are faced with separation from their families. She explained to our listeners what they can expect when they become a volunteer and what that help can mean to the future of a child in the foster care system.

Sunday, July 23, 2017 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Budge Currier, 911 Administrator, State of California; Elizabeth Adams, former 911 Call Center Administrator, Vermont State Police; and Lawrence Consalvos, President and Chief Operating Officer, IXP Corporation, a public safety firm.

The 911 system started in 1968. While it may have efficiently done its job in its early years, today is a different story. Many argue that the problem lies in cell phones. Prior to cell phones being invented, 911 call centers could be sure that the landline call was where the emergency was located. Today, more than 75% of 911 calls originate from cell phones. The challenge begins when 911 call centers receive wireless calls. They generally only know the sector of where the call originates from, but they don't have the technology to pinpoint the caller's location. Many 911 call centers haven't upgraded their system's technology yet. Because of this, many experts say it may be a while before all call centers are able to figure out the exact location of a wireless caller. Even when a caller gives an address, it's not always easy to locate the address right away. So, call centers have to use their dated technology to find the location of the caller. Administrators need to carefully assess whether 911 centers should be consolidated. This means that each state will have a very limited number of call centers but will be equipped with advanced technology and resources that are able to spread further. For example, in Vermont there are two centers that handle calls from the entire state. Ms. Adams said that she understands that it's a more efficient way, but she struggles to find the point at which it's too much to limit the number of call centers in one state. As 911 centers struggle with the costs of advanced technology, a number of states have passed legislation forcing consolidation in the name of lower costs. In certain states, maintaining a sustainable call center is not feasible when taking into account employee costs, fiscal challenges, and healthcare costs. It becomes even more difficult when communities are not able to raise enough money through taxes and other means. Mr. Currier said he believes that while consolidation obtains next generation technology, the cost and services of these call centers show no significant change in efficiency. So, is consolidation the logical next step for 911 call centers or is there another solution? The debate continues.

Sunday, July 23, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Shawn Windless, Medicare Fraud Patrol, Tampa.

Ms. Windless provided details about the Medicare Fraud Patrol and how the government is working to protect seniors from becoming victims of identity theft.

Sunday, August 27, 2017 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guest: Dr. David Newman-Toker, Professor of Neurology, Ophthalmology and Otolaryngology, Johns Hopkins University School of Medicine, and Director, Center for Diagnostic Excellence.

Medical errors are the third largest cause of death in the U.S., and mistakes in making diagnoses are the most frequent form of error. Mr. Pence and Dr. Newman-Toker discussed why mistakes happen, and what doctors and patients can do to make them less frequent.

2nd Segment

Host: Nancy Benson. Guest: Dr. John Pfeifer, Professor and Vice Chair for Clinical Affairs, Department of Pathology and Immunology, Washington University School of Medicine, St. Louis.

Errors in medical labs can have life-threatening consequences. Ms. Benson and Dr. Pfeifer discussed how human error is impossible to completely eliminate. Consequently, labs are increasingly turning to DNA tracking to catch mistakes when they occur.

Sunday, September 3, 2017 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: George Gerliczy, Senior Analyst, Central Intelligence Agency; and Dr. David Broniatowski, Assistant Professor of Engineering Management Systems, George Washington University.

Analysts at the Central Intelligence Agency often rely on psychological techniques to predict the behavior and decisions of world leaders and of populations around the world. Mr. Pence, Mr. Gerliczy, and Dr. Broniatowski discussed how they do it and how other nations use these techniques as well.

Sunday, September 3, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Dr. Wendy Rice, Licensed Psychologist and Founder of the Rice Psychology Group, Tampa.

During the next month, the award-winning documentary "Screenagers: Growing Up in the Digital Age" will be shown at schools and churches in the Tampa Bay area. The film was viewed by Sarasota students and parents last week. Mr. Slater and Dr. Rice discussed the dangers of growing up in a digital age. Dr. Rice explained why social media triggers the pleasure sensors in the brain. However, it can also be the cause of depression and even bullying. The film goes into detail on how parents can spot "digital depression" in their children and how they should address the issue. Also covered were the dangers of "challenges" kids are doing to get more views on YouTube and the blue whale suicide challenge that is also going around on social media. While on the topic of teen suicide, Mr. Slater and Dr. Rice also discussed the controversial movie "13 Reasons Why" and why

some schools are asking kids not to view it without their parents being present. They also touched on the different social apps kids are using where they end up becoming victims of sexual predators. Dr. Rice emphasized that most parents aren't even aware these apps are on their children's phones and that parents need to be extremely vigilant.

Saturday, September 9, 2017 – Monday, September 11, 2017

Hurricane Irma Coverage

Hosts: Ann Kelly and Jeff Slater.

Live Hurricane Irma coverage was broadcast from Saturday, September 9, at 7:00 PM until Monday, September 11, at 12:00 Noon to keep our listeners informed on the current path of the storm, current weather conditions, emergency evacuation zones, emergency shelter locations, available gasoline locations, road and bridge closures, flood warnings, and pertinent, up-to-the minute information on school and business closures as well as helpful safety tips. Following the hurricane, in addition to broadcasting the latest storm-related information, Cox Media Group provided free mobile phone charging stations and distributed over 4,000 bags of ice to residents who no longer had electrical power in their homes.

Economy

Sunday, July 2, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: The Reverend Watson L. Haynes II, President and Chief Executive Officer of the Pinellas County Urban League.

Mr. Greene and Reverend Haynes discussed the many programs offered by the agency designed to help residents become self-sufficient. As one of the National Urban League's "Financial Empowerment Centers", their "Financial Empowerment Program" addresses income and earning power as well as new skills and capacity to manage finances. Their initiative benefits the Tampa Bay area by providing residents with job placement and workforce development, skill and vocational training, financial education classes, credit repair service, tax preparation services, mortgage modification referrals, and legal services related to foreclosure.

Sunday, July 2, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Mimi Lawson. Guest: Rick Kriseman, Mayor, City of St. Petersburg, Florida.

Ms. Lawson and Mayor Kriseman discussed the resurgence of the City of St. Petersburg. They elaborated on specific neighborhoods and the growth and re-growth trend in these neighborhoods. Jobs are being created in the city, as well as throughout Pinellas County, that support the recent building boom. Many national and international companies are investing in new hotels, restaurants, and businesses here which effects the prominence of the city in general.

Sunday, July 9, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Jenny George, Disability Program Navigator, Career Source Tampa Bay.

Ms. George gave an overview of the "Ticket to Work Program". It is a free, supportive, active, and resource-rich avenue to employment. The program is specifically for people who are on SSI or SSDI. Its services include work readiness determination, individual goal setting and work planning, job search and professional placement assistance, resume and interviewing workshops, skill development activities and career counseling, and special support for disabled veterans.

Sunday, August 6, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Mack Brown, Career Development Instructor with Abe Brown Ministries, Tampa.

Mr. Greene and Mr. Brown discussed the various ways this agency helps clients transition from prison life back into society. The primary goal is to help them become self-sufficient by assisting in finding them jobs where they can become productive citizens rather than repeat offenders.

Sunday, August 13, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Morris Windless, Medicare Insurance Broker, MPW Unlimited Solutions, Tampa.

Mr. Greene and Mr. Windless discussed the upcoming Medicare enrollment period. Mr. Windless elaborated on the various coverage plans available, the out-of-pocket costs for the plans, and the benefits of each choice.

Sunday, August 20, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Gilene Janvier, Career and Success Strategist with Life's Spring Services, LLC, and Youth Outreach Manager at Suncoast Credit Union, Tampa.

Ms. Janvier shared tips with the listeners for helping people find their true purpose in life and equipping them with the necessary job skills to help them achieve long-term success.

Community Relations

Sunday, July 9, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Mimi Lawson. Guests: Bonnie Stofer, Current President, and Jeff Albritton, new Member, of the "Rough Riders" club in Tampa.

Ms. Lawson, Ms. Stofer, and Mr. Albritton discussed the wide variety of charitable and civic events in which the club participates. Rough Riders is a 501.c.3 tax exempt organization. They specifically concentrated on their upcoming fundraiser called "The Beast Feast". The event is one of the organization's major fundraisers this year to fund

their many charitable activities. Ms. Stofer gave an overview of the Rough Riders' history and her 23 year involvement with the organization. She elaborated on the club's "Teddy Bear Runs". 15,000 bears are collected and distributed annually to hospitals as well as children's and senior's programs. Details on how our listeners can donate bears was covered. In addition to all their community service activities, the club participates in eleven parades annually and hosts Tampa's annual St. Patrick's Day Parade. Mr. Albritton explained that his class of new Rough Riders inductees wanted to do something extraordinary to commemorate their entrance into the organization. So, they got together and created the mammoth "Beast Feast" event.

Sunday, August 6, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Mimi Lawson. Guest: Ronnie Oliver, Health and Wellness Coordinator for the University Area Community Development Corporation (UACDC).

Ronnie Oliver and the University Area Community Development Corporation have been awarded the "Pedestrian Advocate of the Year" award by Bike/Walk Tampa Bay. The award was given in recognition of Mr. Oliver's dedication to making the University of South Florida area a safer place to walk and bike. They established and support the Walking School Bus at Mort Elementary School. The Walking School Bus consists of UACDC staff and parents helping children walk home from school each day, resulting in safer transportation, better school attendance, and a healthier community. Ms. Lawson and Mr. Oliver also discussed the "Get Moving" program and the benefits that have resulted for the community around the University.

Sunday, August 13, 2017 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Eric Tars, Senior Attorney, National Law Center on Homelessness and Poverty; Scout Katovich, Lowenstein Human Rights Clinic, Yale University; and Peggy Choudry, Commissioner, Osceola County, Florida.

In 2016, the U.S. Department of Housing and Urban Development estimated that there were more than 500,000 homeless Americans on a given single night in January. The U.S. Government currently claims that, while there are high rates of homeless Americans, the number is decreasing. Many experts challenge that claim saying that homelessness is on the rise. Mr. Pence, Mr. Tars, Mr. Katovich and Ms. Choudry discussed why they think the number of homeless individuals is increasing and why the published statistics don't accurately represent the entire situation. They also discussed the criminalization of homelessness by passing local ordinances and the negative impact that these ordinances have on communities. They elaborated on the Constitutional right violations of homeless individuals when bans and local ordinances are implemented. They also touched on the reasons that many homeless people are vulnerable to arrest and how this may impede rather than help them escape poverty.

Sunday, August 20, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Mimi Lawson. Guest: Lela Bloodsworth, LMHC, Certified Family Mediator, and Attorney Matt Kowtko.

Ms. Lawson, Ms. Bloodworth, and Mr. Kowtko discussed the traditional divorce process and collaborative divorce. Ms. Bloodworth helps families navigate through the difficulties of divorce. Mediation can be an extremely useful process to help everyone move forward with less stress and can help facilitate an agreement that will require less time, money, and effort being spent on a divorce. It is extremely important that both sides feel they have been treated fairly when dealing with assets. It is essential that children's rights be protected as well. Special investigations are sometimes required if abuse has been claimed. Investigators are assigned to work with the family as well as a guardian ad litem if one has been assigned to the case.

Sunday, September 10, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: The Reverend Gregory V. Gay, Sr., Pastor of Mount Olive African Methodist Episcopal Church, Tampa.

Mr. Greene and Reverend Gay discussed some of the community outreach ministries Mount Olive provides for the Tampa Bay area. They elaborated on the success of the after school tutoring program for underprivileged children. Also discussed was the Sarah Helen Thomas Food Bank which provides meals for seniors and the homeless, their Health and Wellness Ministry, and their Allen-Smith-Lang-Crawford Scholarship Ministry. Reverend Gay said the church strongly encourages all its members to register to vote, to participate in all elections, and to hold elected officials accountable.

Sunday, September 17, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Jennifer Yeagley, Executive Director, Community Tampa Bay.

Community Tampa Bay's vision is a community free from all forms of discrimination. They work towards cultivating inclusive leaders to change communities through dialogue and cross-cultural interactions. They give people the tools to have hard conversations with other people who don't look like them and empower them to build relationships based on understanding and mutual respect regardless of race, ethnicity, nationality, gender, sex, sexual orientation, faith, age, ability, and class. Their programs are high engagement: they don't just talk to people; they involve them in the process of learning and change. Mr. Greene and Ms. Yeagley discussed the turmoil that is going on in many parts of the United States regarding race and the things that Community Tampa Bay is doing to improve race relations in the Tampa Bay area.

Sunday, September 24, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Yvonne Ulmer, President and Chief Executive Officer, YWCA Tampa Bay.

From their early-education World of Difference curriculum to their participation in Stand Against Racism and Week Without Violence, YWCA Tampa Bay is devoted to eliminating racism and embracing diversity in the Tampa Bay area.

Mr. Greene and Ms. Ulmer discussed YWCA's goals in general and elaborated on the group's upcoming "Pearls of Wisdom" luncheon which is designed to empower women with frank discussions about eliminating racism in our society.

Education

Sunday, July 16, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Ross Anderson, Co-Founder of Men of Vision, Tampa.

Mr. Anderson shared information about the Men of Vision program which assists young, minority men seeking to enhance their lives and the community through academic achievement. The program strives to teach students to show the utmost respect to women, teachers, staff, parents, law enforcement, and peers. All Men of Vision members must perform some type of community service to benefit their school or community. They must also maintain at least a 2.0 grade point average, along with aiming to achieve a 3.5 or higher. All conduct grades should be A's or B's. The program promotes and teaches positive characteristics in and out of the classroom.

Sunday, July 30, 2017 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Celeste Roberts, Founder and Executive Director of The Skills Center of Temple Terrace.

Mr. Greene and Ms. Roberts discussed the goals, core values, and the philosophy of The Skills Center. They create a culture of achievement that introduces and enhances training and skills development services that meet each student's individual abilities. They believe in building self-esteem in a fun, learning environment and fostering positive relationships between students and caring adults. There is a very strong emphasis on building an effective "Team" environment because youth sports present a unique opportunity for introducing and reinforcing positive life lessons that prepare children for the future. They intentionally utilize athletics as the mechanism to accelerate academic achievement, build character, and promote health and fitness for young people ages 3-18 in the Tampa Bay area. They have been successful in developing very valuable partnerships with the Tampa Bay Buccaneers, the Orlando Magic, US Lacrosse, HCTA, and others to develop high quality services.

Sunday, August 27, 2017 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: David Allen, School Advisor, Scholastic Inc.

School officially started in all of the Tampa Bay area counties last week. Mr. Slater and Mr. Allen discussed a recent study on children's reading habits. According to the study, Hispanic families in the Tampa Bay area rate the highest when it comes to kids' reading at home and families reading and studying together. The African American community got low scores when it comes to kids being encouraged to read more outside of school and are less likely to bring home books or homework from school. The main reason given for the low scores in the African American community is economics. Most parents say they

can't afford outside reading material for their kids. Mr. Slater and Mr. Allen discussed the various ways kids have access to reading materials at little or no cost to parents. How parents can encourage their kids to read, why reading out loud to younger children has proven beneficial in the learning process, what questions a parent should be asking the teachers, and why it's important for kids just to read for fun were all covered during the discussion.