

## Pre-Record Date: January 10, 2019 – Nashville Radio Show Talking Points

**1:30pm – 2:30pm | Air Date February 3**

### ➤ **Tony Vo, External Affairs Specialist - Comcast**

- Comcast Cares Day- 5/2
- Internet Essentials- Low cost internet adoption program
- Leaders and Achievers Scholarship- Scholarships for high school seniors in Comcast serviceable area
- Community Computer Labs- Next one opens on 1/31 with Legacy Mission Village

#### Media/ Web

Website: <https://south.comcast.com/>

Facebook: <https://www.facebook.com/comcast>

Twitter: <https://twitter.com/comcastsouth>

### ➤ **Pete Griffin, President - Musicians On Call**

- **20th anniversary** – In 2019 Musicians On Call is celebrating 20 years of delivering the healing power of music. In that time the organization has reached more than 700,000 people in 20 major markets. Musicians On Call will celebrate with many different initiatives throughout the year, sharing the stories of the volunteers and patients who have experienced the organization's programs, and special events honoring the people who have made the programs possible.
- **Technology** – In 2018 Musicians On Call advanced its Virtual Bedside Performance Program, which broadcasts performances by Volunteer Musicians to patients at various healthcare facilities through Google Hangouts. The organization is in the process of developing a groundbreaking new program delivery model that uses technology to facilitate the relationship between healthcare facilities and trained volunteer musicians. Once completed, this project will transform how music is used to help patients heal not just in the US, but around the world.
- **Impact in Nashville** – Musicians On Call brought its Bedside Performance Program to Middle Tennessee in 2007. Since then, more than 143,000 people have experienced the joy of a visit from a Musicians On Call Volunteer Musician and Volunteer Guide. Every week, volunteers visit facilities including Vanderbilt University Medical Center, Monroe Carell Jr. Children's Hospital at Vanderbilt, Centennial Women's and Children's Hospital, Alive Hospice and the Nashville VA. Musicians On Call has also enlisted the talents of many well-known artists on Music Row to perform for local patients. Artists like Lady Antebellum, Darius Rucker, Keith Urban, Kelly Clarkson, Reba McEntire, Martina McBride, Kelsea Ballerini, Luke Bryan and more have all experienced the impact of playing for patients at their bedsides.

#### Social Media/ Web

Facebook: <https://www.facebook.com/musiciansoncall/>

Twitter: <https://twitter.com/musiciansoncall>

Website: <https://www.musiciansoncall.org/>

Other: <https://www.instagram.com/musiciansoncall/>, <https://www.youtube.com/user/MOCMusiciansOnCall>

## Pre-Record Date: January 10, 2019 – Nashville Radio Show Talking Points

(cont.) 1:30pm – 2:30pm | Air Date February 3

### ➤ Dr. Echell Eady, Sr. Director of Adult Education & Career Services for YWCA Nashville & Middle Tennessee – Dress for Success

- For 120 years, the YWCA has helped women, girls and families in Nashville build safer, more self-sufficient lives. We are constantly monitoring the challenges of social change, developing programs and services to meet the evolving needs of women and their families. We have met the challenges faced by women during each era in our history, and we will continue to adapt as new challenges arise.
- YWCA is the largest provider of domestic violence services in Nashville & Middle Tennessee and runs the largest emergency DV shelter in Tennessee. Our crisis and support helpline can be called 24/7 1-800-334-4628
- While well known for its domestic violence services programs, the YWCA also offers the region's only Family Literacy Center and is the affiliate for the well-known Dress for Success program. (This is what Echell will be discussing).
- **The Family Literacy Center** provides adult education, early childhood education, parenting education, and interactive parent-child learning time. CALL 615-269-9922 to learn more or register.
- The Adult Education component of the FLC offers FREE HiSET\* classes to help both women and men earn their High School Equivalency (HSE) diploma. Classes are offered six days a week in FOUR convenient Nashville locations.
- YWCA Main Office on Woodmont Boulevard
- Hispanic Family Foundation – Nolensville Road
- Southeast Branch Library on Hickory Hollow Parkway
- *\*Tennessee is one of several states that adopted the HiSET due to changes in the GED Exam. The HiSET allows for either computer or paper-based testing, as opposed to the GED, which can only be taken via computer. Passing either test will lead to a high school equivalency diploma issued by the State of Tennessee and accepted nationally.*

#### **Dress for Success**

- Dress for Success Nashville is a program of YWCA Nashville & Middle Tennessee. Dress for Success exists to empower women to achieve economic independence by providing a network of support, professional attire, and development tools to help women thrive in work and in life. We strive to offer long-lasting solutions that enable women to break the cycle of poverty. In addition to equipping women with apparel and accessories, our program provides clients with confidence.
- Our suiting program provides clients with one professional suit and accessories to prepare her for a job interview. After she secures employment, the client is invited back for an employment suiting which will provide her with additional professional clothing to mix-and-match for a week's worth of outfits. Potential Dress for Success Nashville clients MUST be working with an approved referral partner. There are more than 30 referral partners, including Goodwill, Operation Stand Down, Nashville Rescue Mission, and Martha O'Bryan Center.
- If you or your organization is interested in donating, sponsoring a suiting, or volunteering, please call 615-269-9922 or email [nashville@dressforsuccess.org](mailto:nashville@dressforsuccess.org) for more information.
- We are currently collecting high-end, designer items for our DFS Pop Up Boutique at the upcoming Wine Women & Shoes event. This fundraiser is taking place on Saturday, Feb. 23 at the Music City Center. Visit [ywcannashville.com/wws](http://ywcannashville.com/wws) to learn more about the event. Visit [ywcannashville.com/dfs](http://ywcannashville.com/dfs) to learn more about donating to the Pop up boutique.

Social Media/ Web

Website: <https://www.ywcannashville.com/what-we-do/dfs/> [www.ywcannashville.com](http://www.ywcannashville.com)

Facebook: <https://www.facebook.com/YWCANashville/>

Twitter: <https://twitter.com/ywcanashville>

## Pre-Record Date: January 10, 2019 – Nashville Radio Show Talking Points

**2:30pm – 3:30pm | Air Date February 10**

➤ **Michael Valletta (Vuh-let-uh) - Owner/President – Quickcuts Media**

➤ **Eric Moore (More) - Co-founder/Director of Operations – Quickcuts Media**

- Power of media for your business: marketing, employee and/or client education and storytelling.
- Branding - so the public knows who you are
- multi-use of media you produce - maximize the uses of the media you produce - it can be expensive if looked at for a singular use, but the returns can be much better if using media in multiple videos, and multiple outlets - social media inclusive.

### Social Media/ Web

Facebook: [www.facebook.com/Quickcuts-Media-978183762235380](http://www.facebook.com/Quickcuts-Media-978183762235380)

Twitter: @quickcutsmedia

Website: [www.quickcutsmedia.com](http://www.quickcutsmedia.com)

Instagram: <https://www.instagram.com/quickcutsmedia/>

LinkedIn: [www.linkedin.com/company/quickcutsmedia/](http://www.linkedin.com/company/quickcutsmedia/)

➤ **Carolyn Sorenson, Executive Director - Nashville Tree Foundation**

- Why are trees important to everyone in Nashville?
- What is Nashville Tree Foundation doing to help protect and plant trees?
- How can the listener engage and make a difference?

### Social Media/ Web

Facebook: <https://www.facebook.com/Nashville-Tree-Foundation-199675483905/>

Twitter: Trees4Nshville

Website: <https://www.nashvilletreefoundation.org/>

Instagram: nashvilletree

➤ **Jenni Hargrove, Founder - Nonprofit Jenni**

- Nonprofit Jenni Show -- I host a free podcast for nonprofit professionals and board members who want to hear from other organizations facing the same challenges they are. Recent topics have included Healthy Growth, Teamwork in Grant Writing, and Fundraising on Social Media.
- Nonprofit Roundtable -- I host an event series called the Nonprofit Roundtable, which brings nonprofit professionals together to learn from one another, share resources, and find opportunities to collaborate with one another. The next event is coming up February 26, and our topic for the evening is Data Collection -- What type of data should nonprofits collect, which tools/systems most effectively collect this data, and how can we share our data in a way which will increase donor engagement and program effectiveness?

### Social Media/ Web

Facebook: <https://www.facebook.com/nonprofitjenni>

Website: <https://www.nonprofitjenni.com/>  
LinkedIn: <https://www.linkedin.com/in/jennighargrove>

## Pre-Record Date: January 10, 2019 – Nashville Radio Show Talking Points

**3:30pm – 4:30pm | Air Date February 17**

- **Kyle Allen, Managing Partner - Vaco**
- **Jeff Haithcoat, Director, Acquisitions and Expansion – Vaco**

- About Vaco; service offerings etc.
- State of the Nashville market
- Corporate relocations and disruptors
- Company culture

### Social Media/ Web

Twitter: @vaconashville  
Instagram: @vaconashville  
LinkedIn: [www.linkedin.com/company/vaco/](http://www.linkedin.com/company/vaco/)  
Website: [www.vaconashville.com](http://www.vaconashville.com)

- **Waverly Ann Harris, Executive Director – Friends Life Community**
- **Lauren Zook, Director of Philathropy – Friends Life Community**

- Friends Life Community – mission, to provide opportunities to adults and teenagers with intellectual and developmental disabilities to grow personally, develop socially, and be active members in the community. The Friends (participants) have many strengths and deserve the opportunities to develop their potential. After high school, many individuals with IDD are limited in their options, they lose peers, and lose the added support needed to overcome obstacles. Friends Life was created to open doors and expand their support system so that everyone has a place to belong in community.  
<https://www.youtube.com/watch?v=hiZbMaTbuzs&t=5s>
- Service Learning and Employment – The Friends provide over 2,000 hours of volunteer work to nonprofits in Nashville as they gain skills and teach community members the benefits of inclusion. We also have Employment Impact Partners, such as Edley's BBQ – Edley's has hired three Friends from Friends Life and partners with us on trainings to help additional Friends learn employment skills and for Friends Life staff to educate Edley's staff on inclusion. <https://www.youtube.com/watch?v=dplqiSuCd-I>
- Visual and Performing Arts – Confidence and self-advocacy are fundamental to any individual meeting personal and professional goals. Friends have the opportunities to create their own art and better express themselves when typical communication can be difficult through vision and performing arts. Last year the Friends had over 200 original pieces of art on display in two galleries, performed an original play, wrote a script for a film that will be produced this year, and has written and are currently rehearsing their play for 2019. They perform these plays throughout Nashville on various stages and improv settings at corporations. It is a great way for our corporate sponsors to include their whole team in seeing how they are giving the Friends opportunities and how the Friends are taking those opportunities and excelling.  
<https://www.youtube.com/watch?v=igCdQ-6gajk>

### Social Media/ Web

Facebook: <https://www.facebook.com/FriendsLifeCommunity>

Website: [www.friendslife.org](http://www.friendslife.org)  
Twitter: <https://twitter.com/FriendsLifeNash>  
Instagram: <https://www.instagram.com/friendslife/>

**Pre-Record Date: January 10, 2019 – Nashville Radio Show Talking Points**

**(cont. ) 3:30pm – 4:30pm | Air Date February 17**

**➤ Pat Sheehy, President - Tennessee Business Roundtable**

- TBR's unique approach to business policy leadership in TN
- Our Mission, Vision for Tennessee, organizational vision, and Values/Guiding Principles
- Our major thrusts: Education/Workforce; Health; Business Climate/Competitiveness
- Our 35th anniversary was recently celebrated on Dec. 19
- Annual and Winter Board Meeting—Jan. 17  
(including reception with Gov.-Elect Lee and member dinner on Jan. 16)
- Outline of our major workforce-development initiatives, including
- Talent Pipeline Management
- TN Business Fund for Public Education (in partnership with the TN School Boards Association)

Social Media/ Web

Facebook: <https://www.facebook.com/tbroundtable/>  
Twitter: <https://twitter.com/TBRoundtable>  
Website: <http://www.tbroundtable.org/>  
LinkedIn: <https://www.linkedin.com/company/tennessee-business-roundtable/>

## Pre-Record Date: February 13, 2019 – Nashville Radio Show Talking Points

**1:00pm – 2:00pm | Air Date March 17**

### ➤ **Mekayle Houghton, Executive Director - Cumberland River Compact**

The Cumberland River Compact focuses on root causes of water pollution in both urban and rural areas of the Cumberland River Basin. In Nashville, the Compact works to advance ambitious goals with the city that address issues such as stormwater runoff, air and water quality, and water education.

- **Root Nashville** -- the City of Nashville's ambitious tree planting campaign, led by the Cumberland River Compact in partnership with the Mayor's office, to plant 500,000 trees in Davidson County by 2050.
- **Earth Month Cleanups in April** -- We partner with cities and groups in the Month of April to organize large, public spring waterway cleanups to get people involved in water stewardship and to beautify areas in need. Funded by Tennessee Valley Authority, and the Tennessee Department of Transportation special litter prevention program
- **"Green" Innovations** -- Some of the areas the Compact has demonstrated green solutions to urban water pollution:
  - Green Alleys in East Nashville
  - Residential Rain Gardens
  - Depave -- turning parking lots into green space
  - Stormwater retrofits in Nolensville -- Implementation of parking lot retrofits at Nolensville High School

Media/ Web

Website: [www.CumberlandRiverCompact.org](http://www.CumberlandRiverCompact.org)

Facebook: <https://www.facebook.com/CumberlandRiverCompact/>

Twitter: [https://twitter.com/The\\_Compact](https://twitter.com/The_Compact)

### ➤ **Jason Duncan, President & CEO – Energy Lighting Services**

- One of our initiatives for 2019 is to host quarterly roundtables at our office in Hendersonville. We have a training center that seats about 45 people that we opened last year. We already host three different outside groups on a monthly basis, and we hope to expand that with outside groups. That being said, we are working on throwing our own roundtable events that bring in experts on various topics of interest to our customers and prospective customers.
- In 2018, we launched our Electrical Services Division in the Nashville market. We want to grow the department 300% in 2019.
- We are currently interviewing potential candidates for a sales and consulting role in the Memphis market.

Social Media/ Web

Facebook: <https://www.facebook.com/EnergyLightingServices>  
Website: <https://www.energylightingservices.com/>  
LinkedIn: <https://www.linkedin.com/company/energylightingservices/>  
Twitter: <https://twitter.com/SaveGreenELS>

**Pre-Record Date: February 13, 2019 – Nashville Radio Show Talking Points**

**(cont. ) 1:00pm – 2:00pm | Air Date March 17**

➤ **Jeff Lucas, Director of Outreach & Marketing of 501(c)3 organization - Holy Cow Ranches**

- Self-sustainability because of the reproducing cattle
- Growth of gifts through foundation herd
- Cow-Tracks program allowing a group of people to collectively gift a cow to the herd and follow it as it helps increase our herd and impact

Social Media/ Web

Website: [www.holycowranches.org](http://www.holycowranches.org)  
Facebook: <https://www.facebook.com/HolyCowRanches/>  
Twitter: <https://twitter.com/HolyCowRanches>

## Pre-Record Date: February 13, 2019 – Nashville Radio Show Talking Points

2:00pm – 3:00pm | Air Date March 24

### ➤ Rhonda Shaw, CEO – The Moving Canvas

- I'm a local artist, born and raised in Tennessee. I started The Moving Canvas Mobile Paint party after a friend of mine requested that I host one for a lady's night at her house. I created a picture and instructed them on how to paint it, and everyone enjoyed themselves and their pictures were all awesome! I posted it on my Facebook page, just being social, and people started requested me to host theirs, and it took off from there.
- I taught myself how to paint in 2013, and since then, I have been doing commissioned pieces for my clients. Recently, I started painting on different products like water bottles, journals, planners, coffee mugs, back packs, and wine glasses, just because I had paint left over from a painting i was initially working on. I don't like to waste paint because it's expensive. I did one for my son's teacher for Christmas, and she loved it. Posted it online, and people started requesting them. So now, that's another side hustle, and my products are going to be in a few stores (for instance) The Walking closet in Murfreesboro.
- I am working on doing a few afterschool paint classes for kids at a few schools for 5th grade and up. Ive done a few afterschool painting classes for John Early and Jere Baxter, as well as a lot of paint parties for kid's birthday parties, and they are so much fun! I love kids.
- My mission is to bring the artist out of any and everyone I meet. People have no idea the creativity within them. Everyone is an artist in their own way, and It's my duty to show them and bring that artist out! My goal is to have the city, then state ...everyone doing some form of art because it is very necessary for peace of mind and relaxation. Especially kids who may not ever get to know art unless someone actually introduces it to them, and actually cares that they understand that they are artist.

#### Social Media/ Web

Facebook: <https://www.facebook.com/rhonda.shaw.564813>

Website: <https://www.themovingcanvas.co/>

YouTube: <https://www.youtube.com/watch?v=feWUgluHhT8>

### ➤ Natalie Corwin, President and CEO - Pet Community Center

- Why Pet Community Center was created (pet overpopulation, high shelter euthanasia). We offer services that help prevent pet homelessness and keep pets happy and healthy in their home.
- PCC's programs and services: (low cost spay/neuter and preventive veterinary care, grassroots outreach, mobile clinic, community cat program, rural transport program)



- Impact - 50% fewer animals entering the shelter now compared to 2010 (the year before we formed the organization), and the shelter save rate has increased from 15% in 2010 to 90% in 2018. Nashville is now considered a life-saving city among the most humane cities in the country!

Social Media/ Web

Facebook: <http://facebook.com/petcommunitycenter/>

Website: <https://www.petcommunitycenter.org/>

Instagram: <https://www.instagram.com/petcommunitycenter/>

**Pre-Record Date: February 13, 2019 – Nashville Radio Show Talking Points**

**(cont.) 2:00pm – 3:00pm | Air Date March 24**

➤ **Sarah Hays Coomer, Diet Abolitionist, Certified Personal Trainer and Wellness Coach, and author of two books: *Physical Disobedience: An Unruly Guide to Health and Stamina for the Modern Feminist* (2018) and *Lightness of Body and Mind: A Radical Approach to Weight and Wellness* (2016).**

- What does Physical Disobedience mean and how does it fit into the lives of both women and men?
- What is your approach to personal training and fitness? How did you get started?
- Why did you write this book, and what are some of the tools you offer readers?
- Where have you traveled on book tour so far, and where are you going next? Do you find people in different areas of the country reacting to your message differently?
- You write that "taking care of ourselves is a form of political action" and refer to volunteering in the community as therapeutic, what are some of the causes you support and what do you suggest for people experiencing burnout?

Social Media/ Web

Facebook: <https://www.facebook.com/sarahhayscoomer>

Twitter: <https://twitter.com/SarahHaysCoomer>

Website: <https://www.sarahhayscoomer.com/>

## **Pre-Record Date: February 13, 2019 – Nashville Radio Show Talking Points**

**3:00pm – 4:00pm | Air Date March 31**

### **➤ Rebekah Vance, Executive Director - Homework Hotline**

- Hotline opened in Nashville in 1990 with the mission of helping Tennessee students in grades K-12 learn, understand and complete challenging assignments, and master new concepts through free one-on-one tutoring by phone and online chat. The founders wanted to ensure that students who needed help would be able to access our services at no cost and with no need for transportation.
- Homework Hotline just opened (February 18, 2019) a new Shelby County location for Homework Hotline with certified, current Shelby County teachers working it adding to our 24 other teachers who are from MNPS teachers or are retired. Nashville students and those in any Middle TN county can reach Homework Hotline by calling 615-298-6636. Shelby County also has its own local number 901-416-1234.
- Hotline is incredibly thankful for the financial support MNPS schools provide so that we can hire 7 MNPS teachers a night and the support Shelby County is providing for four certified Shelby County teachers per night to serve Shelby County Schools students and their families well. These partnerships allow students to receive promotional items and ensures that teachers in these counties can help supplement their income.
- Hotline is always seeking to add other counties to its partnering counties. Any interested county can contact us at 615-298-6636 or 901-416-1234 for details.
- Each year, Hotline completes approximately 10,000 sessions with over 5,000 students and their families, and this year, we should exceed our goal of 10,200.
- Homework Hotline with support of generous school systems, corporations, foundations, and individual donors provides FREE one-on-one tutoring to all TN students and parents.
- Hotline hires certified and retired teachers in Nashville and in Memphis to help students Monday-Thursday from 4pm-8pm throughout the school year. Teachers are available for all core subjects and can help even in upper level classes like AP History, AP English, AP Biology, etc. We also offer multilingual services in Spanish, Arabic, Farsi, Hindi, and Swahili.
- Hotline has added several other features to further help students and families including online chat, image share, online whiteboards, and essay sharing. Student callers can also receive prizes donated from local businesses and individuals.

- Upcoming events include last day of Hotline: May 8, our end of year trivia fundraiser: "Are You Smarter Than a 6th Grader," on May 9, Big Payback on May 2, and the first day of Hotline 2019-20 school year in early August.

Social Media/ Web

Facebook: <https://www.facebook.com/homeworkhotlinetn>

Website: <https://www.homeworkhotline.info/>

Instagram: <http://instagram.com/homeworkhotlinetn>

Twitter: <https://twitter.com/HomeworkHelp4TN>

## Pre-Record Date: February 13, 2019 – Nashville Radio Show Talking Points

**(cont.) 3:00pm – 4:00pm | Air Date March 31**

### ➤ **Barrett Ward, CEO & Founder - ABLE**

- **ABLE'S ORIGIN:** The inspiration behind [ABLE's founding](#) and how Barrett and his wife Rachel came to the conclusion that creating jobs for vulnerable women is a solution to end generational poverty.
- **NASHVILLE:** How ABLE came to work with women locally in Nashville after getting its start in Ethiopia, the jobs we've created here, and some stories of ABLE women overcoming extraordinary circumstances
- **ACCOUNTABLE:** As ABLE has grown into a full fashion lifestyle brand, measuring the businesses' social impact has been critical. So much so that we created the [ACCOUNTABLE](#) auditing platform. Talk a little about what ACCOUNTABLE is and why it matters to evaluate the wages, safety, and equality in the workplace in fashion.
- **Fashion's dirty secret and publishing wages as the solution.**
  - Less than 2% of the people who make fashion actually earn a living wage, meaning nearly all struggle to meet their basic needs. To ABLE, that is unacceptable.
  - ABLE is the first brand to [publish its lowest wages](#) because we believe arming consumers with complete transparency is the only way to protect and empower the women who make fashion.
  - We want other brands to join us in publishing wages, too! We're working on recruiting other brands in Nashville.

Social Media/ Web

Facebook: <https://www.facebook.com/livefashionABLE>

Twitter: <https://twitter.com/livefashionable>

Website: [www.livefashionable.com](http://www.livefashionable.com) (you can pronounce it as the word fashionable - not fashion-ABLE)

### ➤ **Dr. Chase Spurlock, Founder & CEO - IQuity**

### ➤ **Julia Polk, Chief Strategy Officer & CFO- IQuity**

- IQuity is a data company working in healthcare to create technologies that benefit patients and the entire healthcare ecosystem.

- Autoimmune disease affects 23.5M Americans – it’s right up there with heart disease, diabetes, and cancer – but it may be something the listeners aren’t familiar with
  - These diseases are difficult to detect because they can mimic many others diseases
  - It affects you or someone you know – these are disease like multiple sclerosis, rheumatoid arthritis, Crohn’s – and more.
  - Autoimmune diseases are incurable, but can be treated. With early detection and monitoring, patients have the best opportunity to minimize disability and live happier, healthier lives
- New technologies to help doctors diagnose and treat chronic illness
  - Artificial intelligence and machine learning
  - Use of these techniques can help doctors find and treat chronic illnesses, like autoimmune disease, more effectively
- Lowering the cost of healthcare through the use of cutting edge technologies
  - Autoimmune disease is a guaranteed financial risk for those who shoulder the cost of healthcare
    - Self-insured employers
    - Payers – insurance companies
- IQiuty recently launched its platform to help these payers find and fix their addressable, autoimmune disease risk
  - Currently piloting with customers
  - Can identify people who have an undetected, misdiagnosed, or uncontrolled autoimmune disease
  - This is just the beginning – this platform can be trained to go after virtually any disease.
  - The future is very bright!

Social Media/ Web

Facebook: <https://www.facebook.com/iqutyinc/>

Website: <https://iquty.com/>

Twitter: <https://twitter.com/iqutyinc>

LinkedIn: <https://www.linkedin.com/company/iqutyinc/>

## Pre-Record Date: March 6, 2019 – Nashville Radio Show Talking Points

1:00pm – 2:00pm | Air Date April 7

### ➤ **Rebekah Vance, Executive Director - Homework Hotline**

- Hotline opened in Nashville in 1990 with the mission of helping Tennessee students in grades K-12 learn, understand and complete challenging assignments, and master new concepts through free one-on-one tutoring by phone and online chat. The founders wanted to ensure that students who needed help would be able to access our services at no cost and with no need for transportation.
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subjects and can help even in upper level classes like AP History, AP English, AP Biology, etc. We also offer multilingual services in Spanish, Arabic, Farsi, Hindi, and Swahili.

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Social Media/ Web

Facebook: <https://www.facebook.com/homeworkhotlinetn>

Website: <https://www.homeworkhotline.info/>

Instagram: <http://instagram.com/homeworkhotlinetn>

Twitter: <https://twitter.com/HomeworkHelp4TN>

**Pre-Record Date: March 6, 2019 – Nashville Radio Show Talking Points**

**(cont. ) 1:00pm – 2:00pm | Air Date April 7**

➤ **Kelle Boyd, Designer/Owner - Ann Kelle**

*(FYI: Kelle is pronounced like Kelly)*

- how I got started in designing
- what I currently do and inspirations
- tips to for those looking to get into design / art field

Media/ Web

Website: [www.annkelle.com](http://www.annkelle.com)

Facebook: <https://www.facebook.com/Ann-Kelle-278285282961/>

Twitter: <https://twitter.com/annkelledesigns>

Instagram: <https://www.instagram.com/annkelle/>

➤ **Charlie Clarkson, Tournament Director - Nashville Golf Open Benefitting the Snedeker Foundation**

- 2019 Web.com Nashville Golf Open May 2-5
- Located at Nashville Golf and Athletic Club in Brentwood TN
- What is the web.com tour
- How can I attend the event?
- How can I Volunteer at the event?
- How can I be a sponsor at the event?
- Special Elements for 2019 Local Player Exemptions/ New Proud Partners

Social Media/ Web

Website: <http://www.ngogolf.com/>  
Facebook: <https://www.facebook.com/nashgolfopen/>  
Instagram: <https://www.instagram.com/nashgolfopen/>  
Twitter: <https://twitter.com/NashGolfOpen>

**Pre-Record Date: March 6, 2019 – Nashville Radio Show Talking Points**

**2:00pm – 3:00pm | Air Date April 14**

➤ **John J. Donahue, CEO and Chairman - axialHealthcare**

- The opioid crisis: John to highlight how we got here & the current landscape of the crisis
- John's story: Why he got into healthcare & what fuels his passion of helping patients in pain
- axial's solution to combatting the opioid crisis: big data, tech-enabled solution that's supplemented with human engagement via a clinical care team. Proven results.

Social Media/ Web

Facebook: <https://www.facebook.com/axialhealthcare/>  
Website: [www.axialhealthcare.com](http://www.axialhealthcare.com)  
Twitter: <https://twitter.com/AxialHealthcare>

➤ **David Haddock President - National MS Society Mid-South Chapter**

➤ **Kelley Cash Manager - National MS Society Bike MS**

➤ **Craig Gardella Board Chair - National MS Society Mid-South Chapter**

- MS Prevalence Study released.
- Upcoming events: Bob Mueller Celebrity Golf Scramble, Jack & Back Bike MS 25<sup>th</sup> anniversary.

Social Media/ Web

Facebook: <https://www.facebook.com/nationalmssociety>  
Twitter: <https://twitter.com/mssociety>  
Website: <https://www.nationalmssociety.org/Chapters/TNS>  
Bike MS: [https://secure.nationalmssociety.org/site/TR/Bike/TNSBikeEvents?pg=entry&fr\\_id=30236](https://secure.nationalmssociety.org/site/TR/Bike/TNSBikeEvents?pg=entry&fr_id=30236)

➤ **Taneisha Gordon - Designer and Owner - Sukhino Designs**

Business background and start - Sukhino Designs originated from successfully conquering and growing from a toxic situation riddled with depression, anxiety, stress, and mediocrity. Sukhino is defined as free from suffering and centered in happiness and joy, which translates to a lifestyle and business that wants to spread a positive light of freedom and happiness. It all started as a way to slow down and create meaningful products with time and care - it is now the goal of Sukhino Designs to help people take a breath and take time to use and create things that reflect their souls.

- Working on an application for a community public art project - working with community partners to get people together for a day of art to be displayed
- Live Free Live Happy movement - What makes you happy? What makes you feel free? The big message of the Sukhino Designs brand

Social Media/ Web

Facebook: <https://www.facebook.com/sukhinodesigns>

Twitter: <https://twitter.com/sukhinodesigns>

Website: <https://sukhinodesigns.com/>

## Pre-Record Date: March 6, 2019 – Nashville Radio Show Talking Points

**3:00pm – 4:00pm | Air Date April 21**

### ➤ **Jeff Watts, General Manager - ARS/Rescue Rooter Nashville**

- Tim Tebow
- ARS Cares
- National Can Castle Competition
- St. Jude Partnership
- Habitat for Humanity

Social Media/ Web

Facebook: <https://www.facebook.com/ARSRescueRooter>

Twitter: <https://twitter.com/ARSRescueRooter>

Website: <https://www.ars.com/>

### ➤ **Samantha DeGrasse (*the "e" is silent*) with her daughter Sophia DeGrasse – Build Her A Bridge**

*the creative brains behind their organization, a 501(c)3 build her a bridge.*

- The importance of getting girls together where they can inspire and empower one another rather than tear each other down, the importance of girls working together, girls who come from different backgrounds and socio-economic status and education background still have so much in common. Erasing the stigma of girls who are powerless and helpless. And what are our goals moving forward, where we see build her a bridge in the upcoming year or two. (conferences mostly).
- The upcoming events we're doing at build her a bridge with Sophia's gymnastics book coming out in the spring, working on an online broadcasting channel where it's facilitated by myself and other adults (such as youth leaders or parents) but youth girls will lead and lastly Continuing our partnerships with other nonprofit agencies who have similar values and beliefs and where our girls can be the hands and feet in their community,



Social Media/ Web

Website: <https://buildherabridge.wordpress.com/>

➤ **Tiffany Patton, Executive Director – Girls On The Run**

- Girls on the Run purpose and programs;
- What it takes to start a site;
- Volunteer opportunities;
- Scholarship Drive;
- Girls on the Run 5k on May 4

Social Media/ Web

Facebook: <https://www.facebook.com/gotrmidtn/>

Website: <https://www.gotrmiddletn.org/>

Twitter: <https://twitter.com/gotrmidtn/>

**Pre-Record Date: March 6, 2019 – Nashville Radio Show Talking Points**

**4:00pm – 4:15pm | Air Date March 31**

*(this is the one that was not able to record on Feb. 13)*

➤ **Marcia Masulla, Co-founder | Managing Partner - Nashville Fashion Week**

- Mission of Nashville Fashion Week and how it supports the Nashville Fashion Forward Fund
- The Nashville Fashion Week schedule
- Sustainable Summit

Social Media/ Web

Facebook: <https://www.facebook.com/NashvilleFashionWeek/>

Instagram: <https://www.instagram.com/nashfashweek/>

Website: <http://www.nashvillefashionweek.com/>

Twitter: <https://twitter.com/NashFashWeek>

**2019-Q1 (January-March) Viewpoints**  
**Quarterly Report – Compliancy Issues & Program List:**

Alternative medicine	Domestic issues
American issues	Documentary film
Ancient civilizations	Economics
Anxiety and depression	Education
Audiobooks	Emotional wellness
Awards	Entertainment
Business	Entrepreneurship
Child development	Family and parenting issues
Cinema/film	Federal law
Crime	Gender issues/gender equality
Criminal justice	Grief
Criticism	Gun violence
Culture	Health and wellness
Cybercrime	Health care
Data/data analysis	History
Death	Immigration
Disabilities	Incarceration

Internet	Pregnancy
Interpersonal relationships	Psychology
Language	PTSD
Law enforcement	Public health/safety
LGBTQ issues	Religion
Literature	Science
Marriage	Self-help
Media	Sociology/societal issues
Mental health	Statistics
Mental illness	Stigma/stereotypes
Mindfulness	Technology
Morality and ethics	Television
Music	Trauma
Mythology	Travel
Narrative/storytelling	US history
Politics	

Program 19-01 Producers Reed Pence, Evan Rook, Polly Hansen  
Air Week 01/06 – 01/12/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Women in the United States Military	10:32
Synopsis: Women have served in the US 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. Guests: Eileen Rivers, army veteran and author of *Beyond the Call: Three women on the front lines in Afghanistan*

Links for more info: <https://www.dacapopress.com/titles/eileen-rivers/beyond-the-call/9781549168710/>;  
<https://www.hachettebookgroup.com/articles/a-talk-with-eileen-rivers-author-of-beyond-the-call/>

Compliance Issues Covered: military; US history; women in history; feminism; gender equality; American issues; war

14:21	SEGMENT 2: Overcoming Anxiety and Feeling Joy	8:52
Synopsis: 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 awakens navigate change*

Links for more info: <https://globalhappiness.org/neil-pasricha/>;  
<http://www.sharonweilauthor.com/>

Compliance Issues Covered: mental health; mental illness; emotional wellness; self-help; alternative medicine; anxiety and depression

24:13	Culture Crash: <i>Minding the Gap</i>	2:12
Synopsis: In a crowded field of great films from 2018, Bing Liu's <i>Minding the Gap</i> , a documentary available on Hulu, stands above the pack.		

Host: Evan Rook

Compliance Issues Covered: media; cinema/film; family issues; documentary film; entertainment; criticism

Program 19-02 Producers Reed Pence, Evan Rook, Polly Hansen  
Air Week 01/13 – 01/19/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Cybercrime in Real Life	10:42

Synopsis: 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: Inside the Business of Cybercrime*

Links for more information: <https://industryofanonymity.com/>;  
<https://www.nuffield.ox.ac.uk/people/profiles/jonathan-lusthaus/>

Compliance Issues Covered: crime; law enforcement; internet; cybercrime; technology

14:31	SEGMENT 2: Marriage Maintenance	8:10
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Synopsis: 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*

Links for more info: <http://www.daphnedemarneffe.com/>;  
<https://www.amazon.com/dp/B01N637OIO/>

Compliance Issues Covered: marriage; family issues; self-help; psychology

23:41	Culture Crash: <i>True Detective</i>	2:43
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Synopsis: 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

Compliance Issues Covered: media; culture; television; business; entertainment; criticism

Program 19-03 Producers Reed Pence, Evan Rook  
Air Week 01/20 – 01/26/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: China's Family Policies & Their Impact on America	8:50
Synopsis: 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*

Links for more information: <http://www.randomhousebooks.com/books/550208/>;  
<https://www.nbcnews.com/news/us-news/feds-raid-l-maternity-hotel-birth-tourists-n315996>

Compliance Issues Covered: immigration; American issues; international issues; family issues; parenting; societal issues

12:39	SEGMENT 2: Processing Unimaginable Grief	9:25
Synopsis: 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, <i>In Every Moment We Are Still Alive</i> , to help others in similar situations feel less alone.		

Host: Marty Peterson. Guests: Tom Malmquist, author, *In Every Moment We Are Still Alive*

Links for more info: <http://static.mhpbooks.com/In-Every-Moment/>

Compliance Issues Covered: grief; death; parenting; family issues; trauma

23:04	Culture Crash: Movies to Look Forward to in 2019	3:21
Synopsis: 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 <i>Toy Story 4</i> , <i>It: Chapter 2</i> , and a plethora of superhero offerings.		

Host: Evan Rook

Compliance Issues Covered: media; culture; cinema/film; entertainment

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: The Truth Behind Faith-Based Prison Ministry	9:02

Synopsis: 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*

Links for more information: <https://tanyaerzen.com/>;  
<http://www.beacon.org/God-in-Captivity-P1256.aspx>

Compliance Issues Covered: US history; criminal justice; religion; American issues; incarceration

12:51	SEGMENT 2: Tips on Entrepreneurship	9:56
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Synopsis: 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*

Links for more info: [https://www.1800gotjunk.com/us\\_en/about/our\\_company](https://www.1800gotjunk.com/us_en/about/our_company);  
<https://www.amazon.com/WTF-Willing-Fail-Failure-Success-ebook/dp/B07JXY3823>

Compliance Issues Covered: business; entrepreneurship; economics; marketing

23:47	Culture Crash: A New Future for Comic Book Movies	2:41
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Synopsis: 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

Compliance Issues Covered: media; culture; cinema/film; comic books; entertainment; criticism

Program 19-05 Producers Reed Pence, Evan Rook  
Air Week 02/03 – 02/09/2019 Production Director Jason Dickey

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Time Segment Dur.  
1:47 SEGMENT 1: The Unexpected Utility of a Well-Held Grudge 9:56  
Synopsis: 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*

Links for more information: <https://sophiehannah.com/>;  
<https://www.simonandschuster.com/books/How-to-Hold-a-Grudge/Sophie-Hannah/9781982111427>;  
<https://twitter.com/sophiehannahcbl>

Compliance Issues Covered: interpersonal relationships; self-help; psychology

13:45 SEGMENT 2: Parenting a Transgender Child 8:31  
Synopsis: 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

Links for more info: <https://www.micheleangelo.com/>;  
<https://www.barnesandnoble.com/w/raising-the-transgender-child-michele-angelo/1123537769>

Compliance Issues Covered: parenting; family issues; LGBTQ issues; sociology/societal issues; gender issues; gender equality; science

23:16 Culture Crash: On Ethan Hawke and Oscar Snubs 3:10  
Synopsis: 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

Compliance Issues Covered: media; culture; cinema/film; awards; entertainment; criticism



Program 19-06 Producers Reed Pence, Evan Rook  
Air Week 02/10 – 02/16/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: The History of Pirates	10:40
Synopsis: 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 Waters: The epic history of America's most notorious pirates*

Links for more information: <https://www.amazon.com/Black-Flags-Blue-Waters-Notorious/dp/1631492101>;  
<https://www.ericjaydolin.com/>

Compliance Issues Covered: American issues; culture; crime; US history; history; mythology

14:29	SEGMENT 2: The Written Word: A history of storytelling	8:08
Synopsis: 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, Harvard University and author, *The Written Word: The power of stories to shape people, history, civilization*

Links for more info: <https://english.fas.harvard.edu/people/martin-puchner>;  
<https://www.penguinrandomhouse.com/books/253470/the-written-world-by-martin-puchner/>

Compliance Issues Covered: literature; language; history; ancient civilizations; technology; narrative/storytelling

23:37	Culture Crash: Missing Gems in the Deluge of 'Peak TV'	2:45
Synopsis: 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

Compliance Issues Covered: television; media; awards; culture; entertainment; criticism

Program 19-07 Producers Reed Pence, Evan Rook  
Air Week 02/17 – 02/23/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Facing Our Own Mortality: How to plan for a more peaceful death for yourself and loves ones	10:40

Synopsis: 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, *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, *That Good Night: Life and medicine in the eleventh hour*

Links for more information:

<http://www.katybutler.com/author/> <https://www.simonandschuster.com/books/The-Art-of-Dying-Well/Katy-Butler/9781501135316>;  
<https://www.penguinrandomhouse.com/books/551602/that-good-night-by-sunita-puri/9780735223318/>;  
<https://keck.usc.edu/faculty-search/sunita-puri/>

Compliance Issues Covered: health care; family issues; personal issues; death; grief; health & wellness

14:52	SEGMENT 2: Considering the Precarious Future of AI	8:08
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Synopsis: 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*

Links for more info: <https://jamesrollins.com/>;  
<https://www.amazon.com/Crucible-Thriller-Sigma-Force-Novels/dp/0062381784>

Compliance Issues Covered: technology; science; narrative/storytelling; morality and ethics; societal issues

23:37	Culture Crash: The Academy's Unforced Errors	2:45
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Synopsis: 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

Compliance Issues Covered: cinema/film; awards; media; culture; entertainment; criticism

Program 19-08 Producers Reed Pence, Evan Rook  
Air Week 02/24 – 03/02/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Pregnant and Incarcerated: Childbirth behind bars	7:18
Synopsis: 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*

Links for more information: <http://www.ucpress.edu/book.php?isbn=9780520288683>

Compliance Issues Covered: health care; pregnancy; family issues; incarceration; health & wellness; societal issues; morality and ethics; stigma/stereotypes

11:07	SEGMENT 2: Education for Students with Autism	11:18
Synopsis: 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. Guests: Mark Claypool, CEO of ChanceLight Behavioral Health, Therapy & Education and co-author of *How Autism is Reshaping Special Education*

Links for more info: <http://chancelight.com> [https://www.amazon.com/How-Autism-Reshaping-Special-Education/dp/1475834977/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/How-Autism-Reshaping-Special-Education/dp/1475834977/ref=asap_bc?ie=UTF8)

Compliance Issues Covered: family issues; education; federal law; special needs; parenting; societal issues; stigma/stereotypes; disabilities; morality and ethics

23:25	Culture Crash: Television Shows Creating ‘Expanded Universes’ of Their Own	3:00
Synopsis: 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

Compliance Issues Covered: media; culture; television; entertainment; criticism

Program 19-09 Producers Evan Rook  
Air Week 03/03 – 03/09/2019 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: What Big Data Can Teach Us About Ourselves	7:37

Synopsis: 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*

Links for more information: <https://www.amazon.com/Everybody-Lies-Internet-About-Really/dp/0062390856>;  
<http://sethsd.com/>

Compliance Issues Covered: data/data analysis; science; sociology; statistics; technology; internet

11:26	SEGMENT 2: Exploring What It Means for Women to be 'Brave, Not Perfect'	10:57
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Synopsis: 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. Guests: Reshma Saujani, author, *Brave, Not Perfect*

Links for more info: <https://reshmasaujani.com/>;  
<https://www.penguinrandomhouse.com/books/561367/brave-not-perfect-by-reshma-saujani/9781524762339/>

Compliance Issues Covered: feminism; business; sociology and societal issues; gender equality; gender issues; stereotypes

23:23	Culture Crash: Audiobooks	3:03
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Synopsis: 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.

Host: Evan Rook

Compliance Issues Covered: literature; culture; audiobooks; entertainment

Program 19-10 Producers Reed Pence, Evan Rook, Polly Hansen  
Air Week 03/10 – 03/16/2019 Production Director Jason Dickey

Time Segment Dur.  
1:47 SEGMENT 1: A More Ethical Garden 9:59

Synopsis: 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*

Links for more information: <https://www.newsociety.com/Books/N/A-New-Garden-Ethic>

Compliance Issues Covered: science; gardening; environment; morality and ethics; climate change; public health

13:48 SEGMENT 2: A Fantasy Series that Aims at Teaching Children to Consider Some Big Questions 8:40

Synopsis: 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. Guests: Soman Chainani, author of *The School for Good and Evil*

Links for more info: <https://schoolforgoodandevil.com/>;  
<http://somanchainani.net/>

Compliance Issues Covered: literature; culture; family issues; child development; education; morality and ethics; mythology; societal issues

23:28 Culture Crash: Netflix's "Russian Doll" 2:54

Synopsis: 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

Compliance Issues Covered: television; culture; media; entertainment; criticism

Program 19-11 Producers Reed Pence. Evan Rook  
Air Week 03/17 – 03/23/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Mindfulness in Life, Leadership and Collaboration	9:44

Synopsis: 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*

Links for more information: <https://www.marclesser.net/>

Compliance Issues Covered: self-help; personal issues; business; interpersonal relationships; mindfulness; health & wellness; alternative medicine; anxiety and depression; mental health; emotional wellness

13:33	SEGMENT 2: Harry Potter Therapy	8:33
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Synopsis: 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. Guests: Dr. Janina Scarlet, clinical therapist and author of *Superhero Therapy: A hero's journey through acceptance and commitment therapy*

Links for more info: <https://www.amazon.com/Superhero-Therapy-Journey-Acceptance-Commitment/dp/1472136411>;  
<http://www.superhero-therapy.com/>

Compliance Issues Covered: literature; fantasy; mental health; PTSD; anxiety and depression; grief; health & wellness; alternative medicine; mental illness; emotional wellness

23:06	Culture Crash: Do We All Have the Cultural Taste of Our 15 Year-old Selves?	3:20
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Synopsis: Anecdotal evidence and some real data science both suggest that we never grow out of the things we loved at 15.

Links for more info: <https://www.hollywoodreporter.com/news/bill-carter-covering-snl-lorne-769095>; <https://www.amazon.com/Everybody-Lies-Internet-About-Really/dp/0062390856>

Host: Evan Rook

Compliance Issues Covered: television; culture; media; statistics; data/data analysis; entertainment; science

Program 19-12 Producers Reed Pence. Evan Rook  
Air Week 03/24 – 03/30/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Life in the Shadow of the Columbine High School Shooting	9:44

Synopsis: On April 20, 1999, Sue Klebold's son and his friend went into Columbine High School and committed one of the largest mass shootings in US history. Over the last 18 years, Klebold has been forced to cope with this horrible tragedy while managing anxiety attacks and being blamed by so many. Klebold talks about her story and the mental health messages she wants every American to know.

Host: Gary Price. Guests: Sue Klebold, author of the book *A Mother's Reckoning*

Links for more information: <http://amothersreckoning.com/>;  
<https://suicidepreventionlifeline.org/>;  
[https://bbrfoundation.org/mental-illness-1?gclid=CL6I\\_4iZqdICFQ2UaQodYjUFqw](https://bbrfoundation.org/mental-illness-1?gclid=CL6I_4iZqdICFQ2UaQodYjUFqw)

Compliance Issues Covered: mental health; mental illness; domestic issues; US history; gun violence; trauma; public safety; anxiety and depression

13:33	SEGMENT 2: Raising Financially-minded Children	8:33
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Synopsis: All parents want their kids to succeed and live good lives, and part of accomplishing that is raising them to understand the value of a dollar. We talk to Beth Kobliner, a financial expert and author of the book *Make Your Kid A Money Genius (Even if you're not)* about tips and tricks to help our kids, from toddlers to post-grads, handle money responsibly.

Host: Marty Peterson. Guests: Beth Kobliner, financial expert and author of *Make Your Kid A Money Genius (Even if you're not)*

Links for more info: <http://www.bethkobliner.com/>

Compliance Issues Covered: finance; family issues; parenting; economics

24:06	Culture Crash: Junk Food TV	3:20
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Synopsis: Sometimes you want to watch an expertly written and produced hour of television with central themes and a commentary on modern life... and sometimes, you just want to shut your brain off and watch something easy. This is about those latter experiences.

Host: Evan Rook

Compliance Issues Covered: television; culture; media; entertainment; criticism

Program 19-13 Producers Reed Pence, Evan Rook, Pat Reuter  
Air Week 03/31 – 04/06/2019 Production Director Jason Dickey

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Time	Segment	Dur.
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1:47	SEGMENT 1: Using YA Fiction to Help Young People Process the Big Issues	9:59
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Synopsis: 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*

Links for more information: <http://www.onetrueportal.com/marielu/>;  
<http://www.ellenhopkins.com/>

Compliance Issues Covered: literature; culture; young adults; family issues; education; morality and ethics

14:00	SEGMENT 2: Using the ‘Voices in Your Head’	8:40
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Synopsis: 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. Guests: 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

Links for more info: <http://www.charlesfernyhough.com/>;  
<https://lsa.umich.edu/psych/people/faculty/ekross.html>

Compliance Issues Covered: psychology; science; self-help; mental illness; mental health; stigma/stereotypes; alternative medicine; emotional wellness

23:57	Culture Crash: Summer Concerts	2:54
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Synopsis: 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

Compliance Issues Covered: music; culture; entertainment



**2019-Q1 (January-March) Radio Health Journal**  
**Quarterly Report – Compliancy Issues & Programs List:**

Addiction treatment	Internet harassment
Autism	Manufacturing
Business and industry	Medical ethics
Cancer treatment	Mental health
Chronic disease/illness	Mental illness
Clinical trials	Organ shortages
Consumerism	Pets and people
Criminal justice	Police and law enforcement
Disabilities	Psychology
Discrimination	Public health and safety
Drug/alcohol addiction	Religion
Economics	Research ethics
Education	Sexual abuse
Euthanasia	Societal issues
Family and parenting issues	Sports and society
Federal government	Stereotypes
Food and nutrition	Stigma
Gender issues	Substance use disorder
Genetics/genetic engineering	Suicide
Health care	Surgery
Heart disease/cardiovascular health	Technology
History of science/medicine	Trauma
Hormones	Youth at risk
Infectious disease	Women's issues
Informed consent	Workplace safety/injury

**Program** 19-01                      **Producer**                      **Reed Pence**  
**Air Week** 01/06 – 01/12/2019    **Production Director**        **Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: PERSONALITY AND DRUG ABUSE	12:17

**Synopsis:** 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. Experts discuss.

**Host:** Reed Pence. **Guest:** Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*

**Compliance issues covered:** public health; drug and alcohol addiction; youth at risk; education; police and law enforcement; mental illness; mental health

**Links for more information:** <https://www.chusj.org/en/Bio?id=c6f888f1-7ef7-47e6-b349-cc74ec1cfa3a>;  
<https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8>

15:21	SEGMENT 2: THE ADDICTION SPECTRUM	7:34
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**Synopsis:** 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*

**Compliance issues covered:** health care; addiction; substance use disorder; addiction treatment; societal issues

**Links for more information:** <https://www.drpaualapproved.com/the-addiction-spectrum.html>

**Program** 19-02                      **Producers** Reed Pence, Polly Hansen  
**Air Week** 01/13 – 01/19/2019    **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: AUTISM IN GIRLS	12:48

**Synopsis:** 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

**Compliance issues covered:** youth at risk; health care; developmental disorders; education; suicide; autism; gender issues; stereotypes

**Links for more information:** <https://www.autismspeaks.org/leadership>;

<https://www.rachelloftin.com>;

<https://www.jeffersonscholars.org/chaired-professorships>

15:52	SEGMENT 2: INVISIBLE GIRLS: VICTIMS OF INCEST	7:06
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**Synopsis:** 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*

**Compliance issues covered:** health care; sexual abuse; youth at risk; women's issues; trauma; stigma; gender issues; psychology; public health; societal issues

**Links for more information:** <https://www.invisiblegirlsthive.com>

**Program** 19-03                      **Producer** Reed Pence  
**Air Week** 01/20 – 01/26/2019      **Production Director** Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	SEGMENT 1: WHEN YOU HAVE NO PRIMARY CARE DOCTOR	11:43

**Synopsis:** 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

**Compliance issues covered:** health care; public health; economics; consumerism; societal issues

**Links for more information:** <https://www.acponline.org/membership/medical-students/acp-impact/archive/may-2018/officer-profiles-ana-maria-lopez-md-facp-and-andrew-dunn-md-facp>;

<https://www.aafp.org/about/governance/board-directors/cullen.html>

14:47	SEGMENT 2: DUPUYTREN DISEASE: CRIPPLER OF HANDS	7:55
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**Synopsis:** 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

**Compliance issues covered:** health care; disabilities; chronic disease; genetics

**Links for more information:** [www.4dup.com](http://www.4dup.com)

**Program** 19-04                      **Producers**                      **Reed Pence, Polly Hansen**  
**Air Week** 01/27 – 02/02/2019    **Production Director**       **Jason Dickey**

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<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
<b>2:02</b>	<b>SEGMENT 1: RETHINKING ANTIBIOTICS</b>	<b>12:19</b>

**Synopsis:** 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.

**Compliance issues covered:** health care; public health; technology; infectious disease; societal issues

**Links for more information:** <http://keck.usc.edu/faculty/brad-spellberg/>;

<https://news.brown.edu/articles/2010/06/rice>;

<https://medschool.vanderbilt.edu/health-policy/person/william-schaffner-md>

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<b>15:23</b>	<b>SEGMENT 2: THE EARLY DAYS OF HORMONES</b>	<b>7:39</b>
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**Synopsis:** 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., Columbia Univ., and author, *Aroused: The History of Hormones and How They Control Just About Everything*

**Compliance issues covered:** health care; public health; technology; hormones

**Link for more information:** <http://randihutterepstein.com>



**Program** 19-05                      **Producer**                      **Reed Pence**  
**Air Week** 02/03 – 02/09/2019    **Production Director**       **Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
<b>2:02</b>	<b>SEGMENT 1: TALKING TO YOUR BABY</b>	<b>11:25</b>

**Synopsis:** 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.

**Compliance issues covered:** youth at risk; education; family and parenting issues; economics

**Links for more information:** <https://web.stanford.edu/group/langlearninglab/cgi-bin/>;

<http://www.columbia.edu/cu/needlab/>

<b>14:29</b>	<b>SEGMENT 2: SUPERSTITIONS IN SPORTS</b>	<b>7:39</b>
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**Synopsis:** 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. **Guests:** Dr. Stuart Vyse, author, *Believing In Magic: The Psychology of Superstition*; Dr. Alex Lickerman, author, *The Undefeated Mind*

**Compliance issues covered:** sports and society; psychology

**Links for more information:** <https://stuartvyse.com/>;

<http://alexlickerman.com/bio/>

Program 19-06 Producers Reed Pence, Polly Hansen  
Air Week 02/10 – 02/16/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:02	SEGMENT 1: XENOTRANSPLANTATION—ORGANS FROM OTHER SPECIES	13:07

**Synopsis:** 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

**Compliance issues covered:** technology; organ shortages; health care; medical ethics; youth at risk; surgery

**Links for more information:** <https://www.uab.edu/medicine/surgery/transplantation/faculty/cooper>

16:11	SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?	6:53
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**Synopsis:** 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*

**Compliance issues covered:** food and nutrition; technology

**Links for more information:** <https://www.rachelherz.com>



**Program** 19-07                      **Producers**                      **Reed Pence, Polly Hansen**  
**Air Week** 02/17 – 02/23/2019    **Production Director**       **Jason Dickey**

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:03	<b>SEGMENT 1: WHEN LAW ENFORCEMENT AND TRAUMA CARE COLLIDE</b>	<b>12:44</b>

**Synopsis:** 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.

**Compliance issues covered:** police, law enforcement, criminal justice; medical ethics; public health and safety; trauma; stigma

**Links for more information:** <https://www.nursing.upenn.edu/live/profiles/15175-sara-f-jacoby>;

<http://www.ema.net/michael-gerardi.html>

15:49	<b>SEGMENT 2: WHEN DOES GENETIC ENGINEERING GO TOO FAR?</b>	<b>7:10</b>
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**Synopsis:** 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. **Guest:** Dr. Ting Wu, Prof. of Genetics, Harvard Medical School

**Compliance issues covered:** health care; technology; medical/research ethics; education; religion; genetics; genetic engineering; history of science/medicine; societal issues

**Links for more information:** <http://pged.org>

Program 19-08                      Producer                      Reed Pence  
Air Week 02/24 – 03/02/2019      Production Director              Jason Dickey

**Time**    **Segment** \_\_\_\_\_ **Dur.**

**2:02**    **SEGMENT 1: VETERINARIAN SUICIDE** **12:34**

**Synopsis:** 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

**Compliance issues covered:** pets and people; mental health; mental illness; suicide; internet harassment; economics; euthanasia; gender issues; societal issues

**Links for more information:** <https://www.nomv.org/admins.html>;

<https://www.lifelearn.com/about-lifelearn/>

**15:38**    **SEGMENT 2: HOW FAR HAVE WE COME?** **7:09**

**Synopsis:** 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. **Guest:** Dr. David Sklar, Prof. of Health Solutions, Arizona State Univ. and author, *Atlas of Men*

**Compliance issues covered:** education; research ethics; sexual abuse; informed consent; trauma; history of science/medicine; stigma; stereotypes; societal issues

**Links for more information:** <https://davidpsklar.com/author-bio/>

**Program** 19-09                      **Producer**                      **Reed Pence**  
**Air Week** 03/03 – 03/09/2019    **Production Director**       **Reed Pence**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: SILENT HEART ATTACK</b>	<b>12:37</b>

**Synopsis:** 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*

**Compliance issues covered:** consumerism; health care; public health; heart disease/cardiovascular health; stereotypes

**Links for more information:** <https://www.cardiosmart.org>;

<http://books.simonandschuster.com/The-Pritikin-Edge/Robert-A-Vogel/9781416580911>

15:42	<b>SEGMENT 2: WHEN CHRONICALLY ILL KIDS GROW UP</b>	<b>7:20</b>
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**Synopsis:** 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, hematologist, and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill

**Compliance issues covered:** health care; youth at risk; parenting issues; chronic disease/illness; mental health

**Links for more information:**<http://unckidneycenter.org/about/directory/maria-ferris>;

<https://www.med.unc.edu/ibs/about-us/faculty-biographies/miranda-van-tilburg-phd>

**Program** 19-10                      **Producer**                      **Reed Pence**  
**Air Week** 03/10 – 03/16/2019    **Production Director**       **Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: FIBBING TO YOUR DOCTOR</b>	<b>12:36</b>

**Synopsis:** 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. Maricela Moffitt, Prof. of Medicine and Director, Doctoring Curriculum, Univ. of Arizona College of Medicine–Phoenix

**Compliance issues covered:** health care; consumerism; public health; education; stigma; societal issues

**Links for more information:** <https://mxcc.edu/bios/andrea-levy/>;

<http://phoenixmed.arizona.edu/directory/bios/moffitt>

15:41	<b>SEGMENT 2: THE EFFECTS OF WORKPLACE FATIGUE</b>	<b>7:15</b>
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**Synopsis:** 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

**Compliance issues covered:** manufacturing; workplace safety; workplace injuries; economics; societal issues

**Links for more information:** <http://engineering.buffalo.edu/industrial-systems/people/faculty-directory/cavuoto-lora.html>

**Program** 19-11                      **Producer**                      **Reed Pence**  
**Air Week** 03/17 – 03/23/2019    **Production Director**       **Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:02	<b>SEGMENT 1: RECRUITING PATIENTS FOR CANCER CLINICAL TRIALS</b>	<b>12:45</b>

**Synopsis:** 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*; Dr. Julie Brahmer, Co-Director, Upper Aerodigestive Department, Bloomberg-Kimmel Institute for Cancer Immunotherapy, and Professor of Oncology, Johns Hopkins School of Medicine

**Compliance issues covered:** health care; public health; federal government; minority affairs and discrimination; cancer treatment; clinical trials; societal issues

**Links for more information:** <https://www.elsevier.com/books/oncology-informatics/hesse/978-0-12-802115-6>

15:49	<b>SEGMENT 2: ALL ABOUT HANGOVERS</b>	<b>7:04</b>
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**Synopsis:** 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

**Compliance issues covered:** consumerism; substance and alcohol use disorder

**Links for more information:** <http://www.wakehealth.edu/Faculty/Veach-Laura-J.htm>

**Program** 19-12                      **Producer**                      **Reed Pence**  
**Air Week** 03/24 – 03/30/2019    **Production Director**       **Jason Dickey**

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
<b>2:04</b>	<b>SEGMENT 1: KNEE REPLACEMENTS</b>	<b>13:45</b>

**Synopsis:** 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. Experts discuss.

**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.

**Compliance issues covered:** health care; public health; economics; technology; surgery

**Links for more information:** <https://pt.chp.vcu.edu/facultystaff/daniel-riddle-pt-phd-fapta.html>;

<https://www.thepatientfirst.org/who-we-are.html>;

<https://outpatienthipandknee.com>

<b>16:51</b>	<b>SEGMENT 2: TAKING BODY BASICS SERIOUSLY</b>	<b>6:05</b>
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**Synopsis:** 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*

**Compliance issues covered:** consumerism; education; health care; stigma; stereotypes; societal issues

**Links for more information:** <http://www.jameshamblin.com>

Program 19-13 Producers Reed Pence, Polly Hansen  
Air Week 03/31 – 04/06/2019 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:04	SEGMENT 1: “DIFFICULT” PATIENTS: QUESTIONING AUTHORITY	10:53

**Synopsis:** 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.

**Compliance issues covered:** health care; public health; consumerism; education; stereotypes; stigma

**Links for more information:**

<http://content.healthaffairs.org/content/27/5/1416.full>;

<https://pediatrics.duke.edu/faculty/william-j-steinbach-md>

13:59	SEGMENT 2: THE RISING TIDE OF RUDENESS	8:53
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**Synopsis:** 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*

**Compliance issues covered:** business and industry; psychology; consumerism; mental health; societal issues

**Links for more information:** <http://warrington.ufl.edu/contact/profile.asp?WEBID=2057>;

<http://www.christineporath.com>