

Program Log for Radio Health Journal

City Current

October 2018

Jeff Parsley-ED, Leukemia Lymphoma Society-Tennessee Chapter.

Tricia Ward-Campaign Specialist, Middle Tennessee Student of the Year.

Overview of Leukemia & Lymphoma. Mission, Services and research.

Overview of Student of the Year fundraising campaign.

Kristen Freeman-Education and Community Engagement Program Manager, Nashville

Kelly Bell-Education and Community Program manager, Nashville Symphony

The Symphony's 13th annual Free Day of Music

Agenia Clark-President and CEO of Girl Scouts of Middle Tennessee.

Cookie sna camping.

Michael Paul-Founder/Executive Director, On Target for Veterans

Mike Bennett-Board Member of OT4V and 20-year military serving in Army and Marines.

Discussion of services for disabled vets.

Armando Estrada-Managing Partner, Tristar Asset Management Land development in Gallatin, Civic involvement with Rotary, MTSU Land Development.

Simon Matinengo-Asst Community Engagement manager, Rise Against Hunger.

Matt McGuire-Founder and CEO, Safe Stamp
Discussion of Pharma counterfeiting.

Jennifer Hill and Pres. of the Junior League of Nashville.

The discussion of the Junior League mission. Committed to promoting volunteerism developing potential of women improving the community through effective action and leadership of trained volunteers.

Jennifer Gash executive director of the Tennessee alliance for kids. And Sandy IV one of the founding board members of the Tennessee alliance for kids. The discussion of their back story and why they exist and how they impacts the community.

Jenny Stripling the executive director of the American Cancer Society Tennessee.

What are the most common forms of cancer in Tennessee? Is at risk? Are people surviving cancer? This and other discussions.

Margie Quinn a consultant with and slavery Tennessee and program director for criminal justice for Cumberland University.

A discussion of human trafficking. What and slavery Tennessee offers survivors of human trafficking?

Ron Webb founder and CEO of just love coffee and DJ Smith marketing director of just love coffee.

Chan Shepherd Executive Director of Preston Taylor ministries. Discussing obstacles for youth being the first form their family to attend college. The importance of mentoring and sense of purpose.

Sherry Sellmeyer chairperson of the family reconciliation center and Janet do boys treasure of the family reconciliation center. Discussing what the family reconciliation center offers to the community and region. A campaign by the family recto

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reconciliation center to raise monies to fund the purchase of the guesthouse in the nation's neighborhood of Nashville. The importance of family connections to improving recidivism by enabling prisoners to keep contact with family members.

Alfonso Alexander president of the national Association of State boards of accountancy center for public trust.

Ryan Hirsch vice president of an SBA center for the public trust. Ashley met over business development specialist.

Discussing the 40 chapters on 40 campuses nationwide.

Gerald Brown CEO of dismiss Inc. discussing the introduction to transitional housing the need, what makes the program unique and successful. Volunteer opportunities.

Jeff Parsley Executive Director of the leukemia lymphoma Society Tennessee chapter. Tricia Ward campaign Specialist, middle Tennessee students of the year.

Overview of the leukemia and lymphoma Society their mission, services, research, treatments, and funding. Discussion of the student of the year fundraising campaign.

Kristen Freeman education and community engagement program manager for the Nashville Symphony. Kelly Bell education and community engagement program manager for the Nashville Symphony.

Discussion of the Nashville Symphony's 13th annual free day of music on Saturday, October 27.

Jeff Sweeney president of arrowhead Ranch. The grants were established as a 501©(3) private not-

for-profit help to risk boys ages 10 through 16. The boys can live on the ranch until they graduate or the home environment improves.

City Current November 2018

Greg Schot, assistant director of development youth villages.

Lindsay Wilkinson senior manager, development and communications youth villages.

A discussion of holiday heroes and initiative where they provide wish list gifts for all the kids they serve in middle Tennessee. Holiday heroes is a community driven program that depends on individual volunteers, religious and civic groups, corporate groups, and sponsors that shop for children in middle Tennessee. Holiday heroes needs support for last-minute kids every year.

David Maxwell, Executive Director Maxwell roofing and she.

Janie Busby, founder and president mother to mother and Janine Garner Executive Director of mother to mother. Discussion of what they do and who they serve. Discussion of their three main project initiatives. Discussion of their new bus and what the plans are for it. Ways the community can help.

Miles Adcox CEO on-site foundation. Discussion of on-site foundation in their mission. Veterans living Center program – a free program for veterans. Their

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inspired gala. Their annual fundraiser to raise money for the programs supporting the victims of the route 91 harvest Festival shooting in Las Vegas.

Doria Panvini-Board President of mid-Tennessee and Michelle McCain Executive Director of mid-Tennessee. Discussion of how they got started. Discussion of the agency's philosophy supporting people in ways important to each individual.

Major Ethan Frizzell, area commander of the Salvation Army of Nashville. Discussion of the red kettle challenge. Seeking groups, churches, companies to take the red kettle challenge take one cattle and one team to raise \$1000 will cover one month of their supportive housing program one person leading to one life changed.

Retired Col. Norm Potter co-owner of Southern polished. Discussion of their background and why they started making sandals.

Dan Jernigan, president and CEO of the Boys and Girls Club of middle Tennessee. Jennifer Berman chief development officer of the Boys and Girls Club's middle Tennessee. A discussion of their literacy efforts. The discussion of club blue, their young professionals' organization and a discussion of their year-end giving opportunities.

Becky Sharp, president and CEO of international scholarship and tuition services. A discussion of giving back to the community their starfish initiative that allows their team members the pick organizations they want to support.

Benjamin Smith, executive director of Southern word and Alexis Kershaw, poet, Hume Fogg academic magnet senior – Southern word. A discussion of their hour of work in classroom. Southern words served more than 7500 youth last year. They worked in 12 Tennessee counties and 67 schools.

City Current-December 2018

Pam Russo, executive director of Catholic charities of Tennessee. The discussion of whom they serve what programs they offer, their work place development initiatives – hospitality training, sewing training, culinary training. Counseling for individuals and families – the holidays are a time that many people social help.

Chris White, Executive Vice President and wealth advisor Southwestern investment group – runs the Chris White wealth team.

Who we are, what we do and how were different. How we serve business owners and how we serve charitable organizations.

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Angie Steph, Executive Director hospitality House of Nashville. Their mission and how they serve families and patients coming to Nashville in medical crisis. Their building a project named at the Pinson Hospital hospitality house. A discussion of their rock the house event in April at the city winery.

Nancy Cal chief development and marketing officer of the second harvest Food Bank of middle Tennessee. A discussion of second harvest. There needs and how the community can help.

Devicka Kumar, owner of cycle bar in Hendersonville. The discussion of cycle bar giving back to the community. How they partner with charities and nonprofits support local needs.

Kenny Purvis – president of Nashville inner-city ministry. A discussion of what the ministry does.

James Suh- a Marine Corps veteran and city leader for bunker labs Nashville. Discussion of the mission and history of bunker labs. Why bunker labs is different from other community organizations. What the national and regional impact of bunker labs is on veterans. Why is Nashville analytics participating and contributing to bunker labs.

Shane Tinnan-CEO and founder of skill way. A discussion of why skill way is a premium sales training company. A discussion of skill way's story and how they can help the economy

Karen Hunter Lowery, Senior Dir. of development – Munro Carol Junior's Children's Hospital at Vanderbilt. A discussion of their community events and partnerships. The 200 events they do each year through middle Tennessee and southern Kentucky.

2018-Q4 (October-December) Radio Health Journal Quarterly Report

Compliance Issues covered this quarter:

Adoption

Aging

Air pollution

American society and culture

Business and industry

Child abuse and neglect

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Child welfare system	Medical ethics
Climate change	Mental health
Consumerism	Nutrition
Dementia	Obesity
Disabilities	Online fraud
Discrimination	Pets and people
Drug abuse and enforcement	Police and justice system
Economics	Pop culture
Education	PTSD
Elderly and senior citizens	Public health
Employment and unemployment	Public safety
Environmental issues	Research and development
Family and parenting issues	Science and engineering
Food Safety	Technology
Government and regulation	Traffic safety
Health care	Treatment and prevention
Housing	Veteran's issues
Human development	Youth at risk
Infectious disease	Women's issues
Insurance	Workplace issues

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Program	18-40	Producers	Reed Pence, Ariana Kraft
Air Week	10/7 – 10/13/2018	Production Director	Jason Dickey
Time	Segment Dur.		
2:01	SEGMENT 1: HEALTH CRISES AND FINANCIAL DISASTER 12:48		
<p>Synopsis: Medical bills have long been labeled the number one cause of bankruptcy in the US. A recent study has examined how medical crises produce personal financial disaster. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Experts discuss causes and possible solutions to the problem.</p>			
<p>Host: Reed Pence. Guests: Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.</p>			
<p>Compliancy issues covered: health care; economics; employment and unemployment; insurance; consumerism</p>			
<p>Links for more information: https://www.commonwealthfund.org/person/david-u-himmelstein; https://www.ipr.northwestern.edu/faculty-experts/fellows/notowidigdo.html</p>			
15:51	SEGMENT 2: POLYAMINES		6:59
<p>Synopsis: Researchers have discovered a variety of components in foods that are essential to health but are low in quantity in most diets. One of these is a set of compounds called polyamines. Researchers explain what they are, how they work, and how people can replace those that are needed in the diet.</p>			
<p>Host: Nancy Benson. Guests: Rick Bendera, Pres. And CEO, Nokomis Research; Dr. Brazos Minshew, Naturopath, Austin TX</p>			

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Compliance issues covered: consumerism; nutrition
Links for more information: https://skytreenaturals.com/press-kit-quotations-and-reviews/ ; http://soyoungamerica.com/?p=573

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Program Log for Radio Health Journal

Program	18-41	Producers	Ariana Kraft, Reed Pence
Air Week	10/14 – 10/202018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: DEMENTIA IN WOMEN		
	12:26		
Synopsis: About two-thirds of people with dementia in the United States are women, and researchers are discovering it's not just because they live longer. Reproductive history also plays a role. Scientists are focusing on the role of estrogen as a potential protective factor against Alzheimer's disease. Several who are involved in this research explain.			
Host: Reed Pence. Guests: Dr. Rachel Whitmer, Prof. of Epidemiology, Univ. of California-Davis; Dr. Heather Snyder, Senior Director, Medical and Scientific Operations, Alzheimer's Assn.; Dr. Pauline Maki, Prof. of Psychiatry and Psychology, Univ. of Illinois-Chicago			
Compliance issues covered: health care; women's issues; aging, elderly and senior citizens			
Links for more information: https://profiles.ucsf.edu/rachel.whitmer ; https://www.alz.org/press/spokespeople/heather_m_snyder_ph_d ; https://crwg.uic.edu/crwg-home/crwg-staff/pauline-maki-phd/			
15:30	SEGMENT 2: HOMESICKNESS		
	7:35		
Synopsis: What we now call "homesickness" used to be a medical diagnosis called "nostalgia," and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it's nothing to be ashamed of. We all suffer from it sometime and need to know how to cope.			
Host: Nancy Benson. Guests: Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School			
Compliance issues covered: mental health; American society and culture			
Links for more information: https://global.oup.com/academic/product/homesickness-9780195371857?cc=us&lang=en& ; http://drchristopherwillard.com			

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Program Log for Radio Health Journal

Program	18-42	Producers	Reed Pence, Ariana Kraft
Air Week	10/14 – 10/20/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:03	SEGMENT 1: DOCTORS' OBESITY BIAS		
	13:08		
Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.			
Host: Reed Pence. Guests: Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues			
Compliance issues covered: health care; public health; discrimination; obesity; education			
Links for more information: http://www.uconnruddcenter.org/faulty-and-staff-rebecca-puhl ; http://www.yalegriffinprc.org ; http://bodyimagehealth.org			
16:13	SEGMENT 2: GETTING RID OF THOSE OLD STYLE HOSPITAL GOWNS		
	6:45		
Synopsis: Surveys show that hospital gowns are one of the things that most makes a hospital stay unpleasant. Finally hospitals may be moving to get rid of the old style gowns toward a less revealing, more dignified design that is still functional for healthcare workers. Experts discuss.			
Host: Nancy Benson. Guests: Chat Razdan, co-founder and CEO, Care and Wear garment maker; Dr. Deborah Mullen, Assoc. Prof. of Health Care Administration, Univ. of Tennessee-Chattanooga and consultant, Health Partners-Park Nicollet Health System			
Compliance issues covered: health care; consumerism			
Links for more information: https://www.careandwear.com/pages/our-team https://www.utc.edu/college-business/profiles/management/rpp348.php			

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Program Log for Radio Health Journal

Program	18-43	Producer	Reed Pence
Air Week	10/21 – 10/27/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: EXPLODING MYTHS ABOUT THE FLU AND FLU VACCINES		
	12:40		
Synopsis: About 40 percent of eligible people have been vaccinated against the flu in recent years, but many more might do so were it not for persistent myths about the disease and its vaccine. For example, a new survey shows that more than half of parents believe the flu shot can cause the flu. Experts explain why those myths aren't true and set the record straight.			
Host: Reed Pence. Guests: Dr. William Schaffner, Prof. of Preventive Medicine & Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Jean Moorjani, pediatric hospitalist, Arnold Palmer Children's Hospital, Orlando, FL; Dr. Michael Deem, Prof. of Bioengineering, Physics & Astronomy, Rice Univ.			
Compliance issues covered: health care; public health; infectious disease; youth at risk; senior citizens			
Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md ; https://www.arnoldpalmerhospital.com/physician-finder/jean-siri-moorjani-md ; https://bioengineering.rice.edu/people/faculty/michael_deem			
15:44	SEGMENT 2: NARCOLEPSY AND CATAPLEXY		8:18
Synopsis: Sleep disorders can be difficult to diagnose and treat. A science journalist discusses his efforts to overcome narcolepsy, which produces extreme daytime sleepiness, and cataplexy, which produces instant sleep-like paralysis, as well as the science behind sleep disorders.			
Host: Nancy Benson. Guest: Henry Nicholls, author, <i>Sleepyhead: The Neuroscience of a Good Night's Sleep</i>			
Compliance issues covered: health care; consumerism			
Link for more information: http://henrynicholls.com/sleepyhead/			

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Program Log for Radio Health Journal

Program	18-44	Producer	Reed Pence
Air Week	11/4 - 11/10/18	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: THE PSYCHOLOGY OF ADOPTED PEOPLE		
	12:40		
Synopsis: People who are adopted have more psychological problems than others, yet they also tend to have other psychological strengths. Experts, both themselves also adoptees, discuss the roots and outcomes of these issues as adopted children grow up.			
Host: Reed Pence. Guests: Dr. Stephen Betchen, Clinical Asst. Prof. of Psychology, Thomas Jefferson Univ., Sr. Supervisor, Council for Relationships and author, <i>Magnetic Partners</i> ; Dr. Joyce Maguire Pavao, adoption consultant and Lecturer in Psychiatry, Harvard Medical School			
Compliance issues covered: youth at risk; parenting issues; adoption; human development			
Links for more information: http://www.pavaoconsulting.com/Site/Dr. Joyce Maguire Pavao.html ; http://www.stephenbetchen.com			
14:21	SEGMENT 2: THE SURPRISING IMPORTANCE OF TICKLING		
	7:37		
Synopsis: Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling.			
Host: Nancy Benson. Guests: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, <i>Touch: The Science of Hand, Heart and Mind</i> ; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, <i>Curious Behavior: Yawning, Laughing, Hiccuping, and Beyond</i>			
Compliance issues covered: science and culture; human development			
Links for more information: http://davidlinden.org/bio/ ; http://provine.umbc.edu			

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Program	18-45	Producer	Reed Pence, Heather Muno
Air Week	11/11 – 11/17/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: MDMA FOR PTSD		
	12:19		
Synopsis: People suffering from post-traumatic stress disorder often can't face their trauma, which is necessary for psychotherapy to work. It is a big reason PTSD is so difficult to treat. Scientists are leading clinical trials into the use of the banned drug MDMA in connection with therapy to help break this hurdle, and the results so far have been outstanding in curing PTSD.			
Host: Reed Pence. Guests: Dr. Michael Mithoefer, Clinical Asst. Pprof. Of Psychiatry, Medical Univ. of South Carolina and Medical Director, MAPS Public Benefit Corporation clinical trials; Charlotte Harrison, Senior Clinical Research Associate, MAPS Public Benefit Corporation			
Compliance issues covered: veterans issues; disability; mental health; drug abuse and enforcement			
Links for more information: https://maps.org ; https://maps.org/news/bulletin/articles/427-bulletin-winter-2017/6957-the-faces-of-phase-3-principal-investigators-in-maps'-clinical-trials-of-mdma-assisted-psychotherapy-for-ptsd			
15:22	SEGMENT 2: LEPROSY IN THE MODERN ERA		
	7:34		
Synopsis: Thanks in part to its Biblical past, the disfiguring disease leprosy carries more stigma than most diseases. We hear little about it today, but it still exists, and because it's now treatable, often the stigma is worse than the disease. An expert discusses.			
Host: Nancy Benson. Guest: Dr. David Scollard, Director, National Hansen's Disease Program			
Compliance issues covered: health care; public health			
Links for more information: http://www.hrsa.gov/hansensdisease/			

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Program Log for Radio Health Journal

Program	18-46	Producers	Reed Pence, Polly Hansen
Air Week	11/18 – 11/24/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: REPORTING “BAD PARENTS”		
	12:57		
Synopsis: Just about anyone can report a parent to a child abuse hotline. It’s meant to protect children, but all too often, parents are reported when no abuse or neglect exists in order to retaliate for a divorce or some other grievance. And though the world is actually safer for children than it used to be, some parents are reported for merely letting children play outside or walk to school without an adult in attendance, what was once thought of as normal. Some activists say this robs children of independence. An expert and a woman who went through an unjustified child abuse investigation discuss.			
Host: Reed Pence. Guests: Corey Widen, mother reported to child abuse hotline, Wilmette, IL; Rachel Ruttenberg, Exec. Dir., Family Defense Center, Chicago			
Compliance issues covered: youth at risk; child abuse and neglect; child welfare system; police and justice system; child safety and public safety; family issues			
Links for more information: https://www.familydefensecenter.net/about-us/staff			
16:00	SEGMENT 2: EMOTIONAL SUPPORT ANIMALS		
	6:55		
Synopsis: A woman who suffered abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals.			
Host: Nancy Benson. Guests: Julie Barton, author, <i>Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life</i> ; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.			
Compliance issues covered: disabilities; mental health issues; pets and people; housing issues			
Links for more information: https://byjuliebarton.com http://tirr.memorialhermann.org/research/independent-living-and-community-integration/			

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Program	18-47	Producer	Reed Pence, Ariana Kraft
Air Week	11/25 – 12/1/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: SCHOOL BASED MENTAL HEALTH		
	12:02		
Synopsis: Schools would be a good place for programs to screen for mental health issues in students, and to educate about mental health to lessen the pervasive stigma. Some states are making programs mandatory, but elsewhere schools and personnel may resist, seeing mental health as outside the normal role of teachers. Experts discuss how inventive programs are overcoming obstacles.			
Host: Reed Pence. Guests: Dr. Kimberly Kendziora, Managing Researcher, American Institutes for Research; Dr. Michael Murphy, psychologist, Massachusetts General Hospital and Assoc. Prof. of Psychology, Harvard Medical School			
Compliance issues covered: youth at risk; education; mental health			
Links for more information: https://www.air.org/person/kimberly-t-kendziora ; http://www.michaelmurphypsychologies.com/aboutme.html			
14:05	SEGMENT 2: OPEN OFFICES		
	7:42		
Synopsis: Companies instituting open offices without walls often claim they improve collaboration and interaction. Studies now show that the opposite is true—that workers put on headphones and interact via email rather than in person in order to shut out distractions and stress. Experts discuss.			
Host: Nancy Benson. Guests: Dr. Ethan Bernstein, Assoc. Prof. of Leadership and Organizational Behavior, Harvard Business School; Ashley Dunn, Director of Workplace, Dyer Brown Architects, Boston			
Compliance issues covered: employment and workplace issues			
Links for more information: https://www.hbs.edu/faculty/Pages/profile.aspx?facId=17441 ;			

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<http://dyerbrown.com/team/ashley-dunn>

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Program Log for Radio Health Journal

Program	18-48	Producer	Reed Pence, Polly Hansen
Air Week	12/2 – 12/8/2018	Production Director	Jason Dickey
Time	Segment Dur.		
2:02	SEGMENT 1: FUNGAL SINUSITIS 11:59		
Synopsis: Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Two experts and a patient explain.			
Host: Reed Pence. Guests: Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon, Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School			
Compliance issues covered: consumerism; health care; air pollution and environment			
Links for more information: https://eatpraygetwell.com ; http://www.sinusitiswellness.com/donald-p-dennis-m-d-f-a-c-s-bio/ ; http://www.evms.edu			
15:03	SEGMENT 2: DROWNING: IMPLICIT BIASES IN SCIENCE 7:35		
Synopsis: Most people think of science as fact-based and not as subject to bias as the rest of the world. However, studies show that gender bias is rampant in science, and that women are not taken as seriously as men, even with identical qualifications. Experts discuss the problem and possible solutions.			
Host: Nancy Benson. Guests: Dr. Hannah Valentine, Chief Officer for Scientific Workforce Diversity, National Institutes of Health, and Senior Investigator, National Heart, Blood and Lung Institute; Dr. Nancy Hopkins, Prof. of Biology Emeritus, Massachusetts Institute of Technology			
Compliance issues covered: employment discrimination; employment and workplace issues			
Links for more information: https://www.nhlbi.nih.gov/node/84069 ; https://biology.mit.edu/profile/nancy-hopkins/ ; https://implicit.harvard.edu/implicit/			

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Program Log for Radio Health Journal

Program	18-49	Producer	Reed Pence
Air Week	12/9 – 12/15/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:04	SEGMENT 1: ICU INEFFICIENCY		
	12:26		
Synopsis: With monitors surveying every part of patients' bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU's are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU's could be improved to save lives.			
Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN			
Compliance issues covered: health care; technology; science and engineering; economics; business and industry			
Links for more information: http://www.hopkinsmedicine.org/armstrong_institute/about/peter_pronovost.html ; http://www.mayo.edu/research/faculty/pickering-brian-w-m-b-b-ch/bio-00096469			
15:32	SEGMENT 2: PARTY FOOD SAFETY		
	7:21		
Synopsis: During the holidays, party foods are a prime source of food-borne illness. Two food scientists discuss common ways foods become contaminated, some of the myths of food contamination, and ways to keep foods safe when you have guests to protect.			
Host: Nancy Benson. Guests: Dr. Brian Sheldon, Prof. Emeritus of Food Microbiology, North Carolina State Univ. and co-author, <i>Did You Just Eat That?</i> Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Sciences, Clemson Univ. and co-author, <i>Did You Just Eat That?</i>			
Compliance issues covered: public health; food safety			
Links for more information: http://books.wwnorton.com/books/Did-You-Just-Eat-That/			

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Program Log for Radio Health Journal

Program	18-50	Producer	Reed Pence
Air Week	12/16 – 12/22/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: THE GOOD AND BAD OF MEDICAL CROWDFUNDING		
	12:15		
Synopsis: Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who've fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation.			
Host: Reed Pence. Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell			
Compliance issues covered: health care; consumerism; consumer protection; online fraud; federal government and regulation; medical ethics			
Links for more information: https://www.sfu.ca/fhs/people/profiles/jeremy-snyder.html ; https://med.nyu.edu/faculty/arthur-l-caplan ; https://www.uwb.edu/nhs/facultyandstaff/faculty/nkenworthy			
15:19	SEGMENT 2: AVOIDING FOOD WASTE		
	7:35		
Synopsis: During the holidays, leftovers from gatherings and parties may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste.			
Host: Nancy Benson. Guest: Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Midwest			
Compliance issues covered: public health; food safety; environment; consumerism			
Links for more information: https://www.nationaldairycouncil.org/our-story/local-dairy-council/ohio			

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Program Log for Radio Health Journal

Program	18-51	Producer	Reed Pence
Air Week	12/23 – 12/29/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: AMNESIA		
	12:22		
Synopsis: It's a rare thing for people to lose their memory of past events. An expert discusses why doctors believe it may occur, and a woman to whom it happened recounts her experience.			
Host: Reed Pence. Guests: Naomi Jacobs, amnesia victim and author, <i>Forgotten Girl</i> ; Dr. Jason Brandt, Prof. of Psychiatry and Neurology, Johns Hopkins Univ. School of Medicine			
Compliance issues covered: health care; family issues; pop culture			
Links for more information: http://www.iwokeupinthefuture.com ; http://www.hopkinsmedicine.org/profiles/results/directory/profile/0009953/jason-brandt			
15:26	SEGMENT 2: LITTLE PEOPLE, DISABILITY AND THE PROSPECT OF “CURE”		
	7:41		
Synopsis: Many people with dwarfism also face skeletal abnormalities which can lead to disability. Experts, and little people themselves, discuss major causes of dwarfism, the hurdles they create, the struggle for respect, and the prospect of treatments that could one day make little people much more rare.			
Host: Nancy Benson. Guests: Dr. Jennifer Arnold, co-star, TLC's <i>The Little Couple</i> and co-author, <i>Think Big</i> ; Ericka Okenfuss, licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago			
Compliance issues covered: health care; disabilities; youth at risk; parenting issues; discrimination			
Links for more information: https://www.lpaonline.org/ ; http://jenniferarnoldmd.com			

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Program Log for Radio Health Journal

Program	18-52	Producer	Reed Pence
Air Week	12/30 – 1/5/2019	Production Director	Jason Dickey
Time	Segment Dur.		
2:03	SEGMENT 1: SMART ROADS 12:55		
Synopsis: In the near future, cars will be able to provide data as well as receive it, and a variety of methods are being researched to tap into this. Experts explain how cars can communicate with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer.			
Host: Reed Pence. Guests: Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.			
Compliance issues covered: technology; traffic safety; public safety and police; economics			
Links for more information: https://smartregionsconference2018.sched.com/speaker/andrew_bremer.1yltrq28; http://integratedroadways.com/#Team			
16:00	SEGMENT 2: EPILEPSY MYTHS 6:53		
Synopsis: Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them.			
Host: Nancy Benson. Guest: Kurt Eichenwald, author, <i>A Mind Unraveled</i>			
Compliance issues covered: health care; disabilities; discrimination			
Links for more information: https://www.nytimes.com/2018/10/15/books/review/kurt-eichenwald-mind-unraveled.html			

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2018-Q4 (October-December) Viewpoints Quarterly Report

Compliance Issues covered this quarter:

Aging	Education
America and American issues	Elder issues
Animals	Ethics
Art	Family issues
Body images	Film
Bullying	Food
Business	Health
Calculus	History
Communications	Holidays
Cooking	Individual issues
Creativity	Literature
Crime	Mathematics
Criminal justice	Media
Criticism	Mental health
Culture	Music
Democracy	Nature
Domestic issues	Obesity
Economics	Parenting

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Personal issues	Social media
Podcasts	Social issues
Poetry	Sociology
Policy-making	Speech
Politics	Sports
Poverty	Technology
Prisons	Television
Public safety	Terrorism
Psychology	Traditions
Retirement	Travel
Science	War
Self-help	

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Program Log for Radio Health Journal

Program	18-40	Producers	Reed Pence, Evan Rook
Air Week	10/7 -10/13/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: The Joy of Retirement: How people can look forward to retiring and make it the best time of their lives		
	8:52		
Synopsis: Retirement can be bittersweet. On one hand, it's something you build toward your whole life, but it can also be intimidating to lose your purpose in the workplace. We talk to Helen Wilkes about how she found a new passion in her retirement, and how she's helping others make their retirements more fulfilling.			
Host: Gary Price. Guests: Helen Wilkes, author, <i>The Aging of Aquarius: Igniting passion and purpose as an elder</i>			
Links for more info: https://www.newsociety.com/Books/A/The-Aging-of-Aquarius			
Compliance Issues Covered: elder issues; retirement; aging; self-help			
12:42	SEGMENT 2: When a Young Person Gets Sent to Adult Prison		
	10:18		
Synopsis: There are millions incarcerated in American prisons, even many juveniles who were sentenced to long terms alongside adults. We talk to guests about how and why this happens, whether it should continue, and what life is like for young people behind bars.			
Host: Marty Peterson. Guests: Peter K. Enns, Associate Professor, Dept. of Government at Cornell University and author, <i>Incarceration Nation: How the United State became the most punitive democracy in the world</i> ; Jean Trounstone, Professor at Middlesex Community College and author, <i>Boy With a Knife: A story of murder, remorse, and a prisoner's fight for justice</i>			
Links for more info: http://www.jeantrounstone.com/ http://www.peterenns.org/			
Compliance Issues Covered: ethics; prisons; criminal justice; American issues; crime			
24:00	Culture Crash: An Absolutely Remarkable Thing and the difficulty of classifying art		
	2:27		
Synopsis: Sometimes, art doesn't fit neatly in one box. Such is the case with Hank Green's novel, <i>An Absolutely Remarkable Thing</i> . We explore its story and categorization.			
Host: Evan Rook			
Compliance Issues Covered: art; culture; literature; criticism			

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Program Log for Radio Health Journal

Program	18-41	Producers	Reed Pence, Evan Rook
Air Week	10/14 -10/20/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:57	SEGMENT 1: Stutters, Stammers, and Vocal		
Fillers	9:16		
Synopsis: If you've had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean.			
Host: Gary Price. Guests: Michael Erard, author of <i>Um: Slips, Stumbles and Verbal Blunders and What They Mean</i>			
Links for more information: https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1			
Compliance Issues Covered: education; history; science; public issues; speech			
13:15	SEGMENT 2: Growing Up Poor in Rural		
America	10:00		
Synopsis: Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America's wage gap.			
Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, <i>Heartland: A memoir of working hard and being broke in the richest country on earth</i>			
Links for more info: https://www.sarahsmarsh.com/ http://www.simonandschuster.com/books/Heartland/Sarah-Smarsh/9781501133091			
Compliance Issues Covered: poverty; America; domestic issues; family; history; policy-making			
24:15	Culture Crash: Better Call Saul's unique pacing and why it works so		
well	2:09		
Synopsis: Television shows often rely on a fast pace to keep audiences engaged. AMC's <i>Better Call Saul</i> takes the opposite approach to rousing success.			
Host: Evan Rook		Compliance Issues Covered: media; culture; television; criticism	

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Program Log for Radio Health Journal

Program	18-42	Producers	Reed Pence, Evan Rook, Pat Reuter
Air Week	10/21 -10/27/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: The Art of Video		
Games	8:44		
Synopsis: Video games are often considered child’s play, or at least something below “real” art. Author Andrew Ervin argues that’s not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness.			
Host: Gary Price. Guests: Andrew Ervin, author, <i>Bit by Bit: How video games transformed our world</i>			
Links for more information: http://andrewervin.com/ http://hcssoftware.sourceforge.net/passage/			
Compliance Issues Covered: business; culture; technology; media; art			
12:33	SEGMENT 2: What We Can Learn from		
Lists	10:03		
Synopsis: Lists are a part of our everyday. Often, they are a forgotten part of our everyday. But Shaun Usher read through countless lists to compile a stunning collection of lists throughout time that shed light on the times, our collective history, and the list makers themselves.			
Host: Marty Peterson. Guests: Shaun Usher, author of <i>Lists of Note: An eclectic collection deserving of a wider audience</i>			
Links for more info: http://www.shaunusher.com/ http://www.listsofnote.com/			
Compliance Issues Covered: sociology; history; communications			
23:36	Culture Crash: The Old Man & The Gun Allows Robert Redford to Age Gracefully		
	2:50		
Synopsis: <i>The Old Man & The Gun</i> is a movie about bank robberies, so it may come as a surprise that it’s a touching drama and may be the perfect way for Robert Redford to bid farewell to film fans.			
Host: Evan Rook		Compliance Issues Covered: media; culture; film; criticism	

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Program Log for Radio Health Journal

Program	18-43	Producers	Reed Pence, Evan Rook
Air Week	10/28 -11/3/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: Spiders & Bats: The truth behind the Halloween icons of		
feared	10:05		
Synopsis: Spiders and bats are two of the most indelible symbols of Halloween fear across the country. We talk to experts to get the truth behind these traditionally scary creatures, and hear why neither of them are nearly as scary as we've been made to believe.			
Host: Gary Price. Guests: Nancy Troyano, entomologist and director of technical education and training for Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist and author of the book, <i>The Secret Lives of Bats: My adventures with the world's most misunderstood mammals</i>			
Links for more information: http://www.rentokil.com/ http://www.merlintuttle.com/			
Compliance Issues Covered: history; science; holiday; animals; nature			
13:54	SEGMENT 2: Halloween Frights &		
	Traditions		
	9:49		
Synopsis: It's the time of year when we dress up in costumes, head to haunted houses, and shell out candy to trick-or-treaters. But why do we do those things? We take a look at the traditions of Halloween and what makes being scared so fun.			
Host: Marty Peterson. Guests: Ben Armstrong, co-owner of Netherworld Haunted House and president of America Haunts; Dr. Janina Scarlet, clinical psychologist and author			
Links for more info: http://www.superhero-therapy.com/ http://www.americahaunts.com/ah/ http://www.hauntworld.com/			
Compliance Issues Covered: psychology; traditions; holidays; history			
24:43	Culture Crash: Netflix's Bing-worthy Horror Drama, <i>The Haunting of Hill</i>		
House	1:42		
Synopsis: With Halloween this week, many of us are looking for something spooky to watch. Well look no further than Netflix's <i>The Haunting of Hill House</i> , a show that's like <i>This Is Us</i> meets <i>The Shining</i> .			

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Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism

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Program Log for Radio Health Journal

Program	18-44	Producers	Reed Pence, Evan Rook
Air Week	11/4 – 11/10/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: Looking Into Our Minds: How our brains perceive the world		
8:44			
Synopsis: There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online.			
Host: Gary Price. Guests: Bob Duke, professor oat the University of Texas-Austin, expert on music and human learning, co-host, "Two Guys on Your Head," co-author, <i>Brain Briefs: Answers to the most (and least) pressing questions about your mind</i>			
Links for more information: http://twoguysonyourhead.org/ http://www.kut.org/			
Compliance Issues Covered: science; psychology, health			
12:40	SEGMENT 2: Body Image and Weight Problem		
10:03			
Synopsis: Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel <i>Good Luck With That</i> . She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult, issues.			
Host: Marty Peterson. Guests: Kristan Higgins, author, <i>Good Luck With That</i>			
Links for more info: http://www.kristanhiggins.com/good-luck-with-that			
Compliance Issues Covered: body image; obesity; health; social issues			
23:59	Culture Crash: <i>Serial</i>, the podcast that captivated America, returns for its most important season yet		
1:41			
Synopsis: The podcast that captured the minds of countless Americans back in 2014 is back with an in-depth look at the criminal justice system in Cleveland, offering a detailed look at such a vital American system.			

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Program Log for *Radio Health Journal*

Host: Evan Rook
criminal justice

Compliance Issues Covered: media; culture; podcasts; crime;

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Program Log for Radio Health Journal

Program	18-45	Producers	Reed Pence, Evan Rook
Air Week	11/11 – 11/17/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: Terrorism in America,		
1920	9:25		
Synopsis: Over 95 years ago, New York City was the target of a terrorist attack that has yet to be solved. No suspects have ever been named in the attack that killed or injured over 400 Wall Street bystanders. In contrast to the attacks of September 11th, which occurred just around the corner from the 1920 bombing, this deadly event has been all but erased from the collective American consciousness.			
Host: Gary Price. Guests: Jed Rubenfeld, author, <i>The Death Instinct</i>			
Links for more information: https://www.amazon.com/dp/B003YL4AOO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1 http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago			
Compliance Issues Covered: terrorism; history; public safety			
13:14	SEGMENT 2: One Woman’s Life in Beatlemania, From Youthful Innocence to Personal Tragedy and Beyond		
	9:59		
Synopsis: Ann Hood was a Beatles fan all her life. Then, tragedy struck and she found herself unable to listen to the band at all. She tells the true story of how she re-gained her love for the iconic group, and how she channeled her story into a work of fiction pleasing multiple generations of readers.			
Host: Marty Peterson. Guests: Ann Hood, author, <i>She Loves You (Yeah, Yeah, Yeah)</i>			
Links for more info: https://www.annhood.us/home https://www.annhood.us/copy-of-morningstar			
Compliance Issues Covered: culture; history; music; family issues; parenting			
24:13	Culture Crash: Dave Eggers and his boundary-pushing writing		
	2:13		
Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir took readers on a wild ride. Now, almost two decades later, he’s still finding new ways to tell his stories.			

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Host: Evan Rook	Compliance Issues Covered: media; culture; literature
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Program Log for Radio Health Journal

Program	18-46	Producers	Reed Pence, Evan Rook
Air Week	11/18 – 11/24/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: How Craft Beer Became		
King	10:40		
Synopsis: For decades, choosing what beer to drink was really just a decision between a few big players. Now, there are thousands of breweries across the country. We talk to two experts about how and why craft beer came to the forefront and how they recommend novices jump into the world of beer.			
Host: Gary Price. Guests: Josh Noel, beer writer for the Chicago Tribune and author, <i>Barrel-Aged Stout and Selling Out: Goose Island, Anheuser-Busch, and How Craft Beer Became Big Business</i> ; Fal Allen, brewmaster for Anderson Valley Brewing Company and author, <i>Gose: Brewing a classic German beer for the modern era</i>			
Links for more information: https://www.chicagotribune.com/lifestyles/chinews-josh-noel-20130507-staff.html https://twitter.com/hopnotes https://www.joshnoel.net/barrel-aged-stout-and-selling-out/ https://avbc.com/about-us/our-brewing-team/fal-allen/ https://www.brewerspublications.com/products/gose-brewing-a-classic-german-beer-for-the-modern-era			
Compliance Issues Covered: history; culture; business			
14:29	SEGMENT 2: How Pre-Kindergarten Can Prepare Our Children		
	8:45		
Synopsis: From the moment a child is born, parents are working to get them off on the best possible foot in everything from sports to academics. We look into how families can best evaluate good pre-kindergarten programs for children, and how those programs can set kids up for success.			
Host: Marty Peterson. Guests: Dr. Suzanne Bouffard, author of <i>The Most Important Year: Pre-Kindergarten and the Future of Our Children</i>			
Links for more info: https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1			
Compliance Issues Covered: education; parenting; family issues			

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24:14 Culture Crash: Filling the Thanksgiving movie void with <i>Stuck in Love</i> 2:13	
Synopsis: Halloween and Christmas both have a plethora of holiday classics to create a mood, but Thanksgiving doesn't have those. We offer a modest proposal to give <i>Stuck In Love</i> a try.	
Host: Evan Rook	Compliance Issues Covered: media; culture; film; holiday

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Program Log for Radio Health Journal

Program	18-47	Producers	Reed Pence, Evan Rook
Air Week	11/25 – 12/1/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: Shame and Bullying	9:53	
Synopsis: Bullying is nothing new, but that doesn't make it any easier to deal with. Plus, in the social media era, the techniques are getting more public and crueler. We look at bullying, the shame it can cause, and how it can stick with us for life.			
Host: Gary Price. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University; Liz Pryor, author, <i>Look at You Now: My journey from shame to strength</i>			
Links for more information: https://education.temple.edu/about/faculty-staff/frank-h-farley-ffarley https://www.penguinrandomhouse.com/books/248842/look-at-you-now-by-liz-pryor/9780812987546/			
Compliance Issues Covered: family issues; school issues; bullying; individual issues; social media			
13:41	SEGMENT 2: Intrinsic Hope	9:09	
Synopsis: It can easy to get the blues, especially with all of the division and turmoil in the world. But author Kate Davies has a different way of look at the world: one that can make us more hopeful, positive, and willing to pitch in and help. She calls it intrinsic hope, and it may be just what we all need this holiday season.			
Host: Marty Peterson. Guests: Kate Davies, author, <i>Intrinsic Hope: Living courageously in troubled times</i>			
Links for more info: http://www.katedavies.org/ https://www.newsociety.com/Books/I/Intrinsic-Hope			
Compliance Issues Covered: world issues; self-help; philosophy			
23:58	Culture Crash: Amazon Prime's Homecoming	3:01	
Synopsis: Director Sam Esmail has taken Gimlet's hit podcast <i>Homecoming</i> and infused it with a whole lot of cinematic flair in his new Amazon Prime series that serves as a throwback to classic thrillers and a trailblazer for the brave new world of 30 minute dramas.			

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Host: Evan Rook

Compliance Issues Covered: media; culture; television; podcasts

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Program Log for Radio Health Journal

Program	18-48	Producers	Reed Pence, Evan Rook
Air Week	12/2 – 12/8/2018	Production Director	Sean Waldron, Jason Dickey
Time	Segment		
	Dur.		
1:48	SEGMENT 1: Learning Math		
Simpler 9:34			
Synopsis: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics.			
Host: Gary Price. Guests: Bob Sun, inventor of <i>The 24 Game</i> and <i>First in Math</i> ; Jason Wilkes, author, <i>Burn Math Class: and reinvent mathematics for yourself</i>			
Links for more information: http://www.24game.com/ http://www.firstinmath.com/ http://www.basicbooks.com/			
Compliance Issues Covered: education; mathematics; calculus			
13:17	SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance your health		
9:08			
Synopsis: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term.			
Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, <i>Why We Sleep: Unlocking the power of sleep and dreams</i>			
Links for more info: https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap_bc?ie=UTF8			
Compliance Issues Covered: sleep; mental health; health; science			
23:25	Culture Crash: Watching Sports with a Second Screen		
3:01			

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Synopsis: It used to be that you'd watch sports with whoever was in the room. Now, our phones and tablets allow us to watch sports with the entire internet, and look up statistics and names in an instant.

Host: Evan Rook

Compliance Issues Covered: culture; sports; technology

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Program Log for Radio Health Journal

Program	18-49	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	12/9 – 12/15/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: The Need for Investigative Journalism		
Journalism	8:44		
Synopsis: Investigative journalism is a necessity in a democracy. Independent journalists putting in long hours to serve as watch-dogs for our government can have long-lasting ramifications, just look at the impact Woodward and Bernstein made with their Watergate investigations. We talk to one expert about the current state of investigative journalism in America and what can be done to ensure the watchdogs stay in business.			
Host: Gary Price. Guests: James Hamilton, Hearst professor of communications at Stanford University and author, <i>Democracy's Detectives: The economics of investigative journalism</i>			
Links for more information: https://profiles.stanford.edu/james-hamilton http://www.hup.harvard.edu/catalog.php?isbn=9780674545502			
Compliance Issues Covered: history; journalism; democracy; government; business; economics			
12:33	SEGMENT 2: Winter Reads for		
2018	9:54		
Synopsis: It's getting cold outside, which means it's time to cuddle up with some good books to pass the time. Or maybe you're just on the prowl for some holiday gifts for the reader in your life. Either way, we have some options for what to read this winter.			
Host: Marty Peterson. Guests: Ellen Keith, author, <i>The Dutch Wife</i> ; Andrew Shaffer, author, <i>Hope Never Dies: An Obama/Biden Mystery</i>			
Links for more info: https://www.ellenkeith.ca/about-3/ http://www.andrewshaffer.com/hope-never-dies-a-mystery			
Compliance Issues Covered: literature; history; gift ideas			
23:20	Culture Crash: The disappointing <i>Fantastic Beasts: The Crimes of Grindelwald</i>		
	3:03		

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Program Log for *Radio Health Journal*

Synopsis: *Fantastic Beasts: The Crimes of Grindelwald* has been mystifying and disappointing fans around the globe. We take a look at why the movie simply does not work.

Host: Evan Rook

Compliance Issues Covered: media; culture; literature; criticism

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Program Log for Radio Health Journal

Program	18-50	Producers	Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week	12/16 – 12/22/2018	Production Director	Jason Dickey
Time	Segment		
Dur.			
1:47	SEGMENT 1: The Many Planets Outside Our Galaxy and the Search for Extraterrestrial Life		
8:44			
Synopsis: We know about the planets within the Milky way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about “exoplanets” and where science stands on the issue of life thriving somewhere else in the universe.			
Host: Gary Price. Guests: Dr. Donald Goldsmith, author of <i>Exoplanets: Hidden worlds and the quest for extraterrestrial life</i>			
Links for more information: http://www.hup.harvard.edu/catalog.php?isbn=9780674976900			
Compliance Issues Covered: science; technology; space exploration; education			
14:29	SEGMENT 2: Tips and Tricks for Holiday Cooking		
Success	9:54		
Synopsis: Cooking for holiday parties can be a major source of stress. We have big groups at our house for hours at a time, and you want to impress them with your culinary skills. But some of us don’t really have many culinary skills. We talk to Julia Turshen for some insight into how to impress with our holiday cooking this season.			
Host: Marty Peterson. Guests: Julia Turshen, author of <i>Small Victories: Recipes, advice + hundreds of ideas for home cooking triumphs</i>			
Links for more info: http://www.juliaturshen.com/ http://www.juliaturshen.com/smallvictories			
Compliance Issues Covered: holidays; cooking; food			
23:31	Culture Crash: A look ahead at the movies set to dominate awards season		
2:55			
Synopsis: The Golden Globe nominations are already out, and the next few months will be chalk full of top 10 lists and award nominees. We look at what movies you should keep an eye out for.			
Host: Evan Rook		Compliance Issues Covered: media; culture; film	

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Program Log for Radio Health Journal

Program	18-51	Producers	Reed Pence, Evan Rook
Air Week	12/23 – 12/29/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: Letters to Max: Two friends confront their mortality through letters		
11:51			
Synopsis: Sarah Ruhl is a MacArthur Fellowship recipient and a famed playwright. As a professor, she met Max Ritvo, who went on to become a published poet. She recounts the story of their friendship and how they used letters to make a connection and comfort one another while Ritvo faced the end of his life.			
Host: Gary Price. Guests: Sarah Ruhl, co-author, <i>Letters to Max: A book of friendship</i>			
Links for more information: http://www.sarahruhlplaywright.com/ http://maxritvo.com/ https://milkweed.org/book/letters-from-max			
Compliance Issues Covered: friendship; mortality; illness; literature; academics			
15:40	SEGMENT 2: The Pearl Harbor Christmas		
7:21			
Synopsis: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season.			
Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of <i>Pearl Harbor Christmas: A World at War, December 1941</i>			
Links for more info: https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1			
Compliance Issues Covered: war; history; America; holiday			
24:01	Culture Crash:		
Roma	2:24		
Synopsis: You may have noticed a new movie on your Netflix homepage called <i>Roma</i> . It's Oscar-winning director Alfonso Cuarón's most personal film yet and an absolute masterpiece.			

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Host: Evan Rook

Compliance Issues Covered: media; culture; film

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Program Log for Radio Health Journal

Program	18-52	Producers	Reed Pence, Evan Rook, Pat Reuter
Air Week	12/30 – 1/5/2019	Production Director	Jason Dickey
Time	Segment		
	Dur.		
1:47	SEGMENT 1: Unlocking Creativity: Tips for sticking to your artistic New Year’s resolutions in 2019		
11:32			
Synopsis: We’re about to enter the season of New Year’s resolutions. Maybe you want to write a book, make a short film, or paint your masterpiece. We talk to two published authors about silencing your inner critic, breaking through any artistic funks, and finally putting pen to paper in 2019.			
Host: Gary Price. Guests: Krysa, author, <i>Your Inner Critic is a Big Jerk: and other truths about being creative</i> ; David W. Berner, professor and author			
Links for more information: https://www.chroniclebooks.com/titles/your-inner-critic-is-a-big-jerk.html http://www.krysa.com/danielle/ https://www.davidwberner.com/			
Compliance Issues Covered: resolutions; self-help; creativity; art; literature			
15:21	SEGMENT 2: Celebrating New Year’s as a Night		
In	6:30		
Synopsis: New Year’s Eve is a huge night for bars, but what if you’d rather not brave the elements and pay big cover charges? We discuss ways to ring in the new year on your couch with festive drinks, snacks, and maybe a movie.			
Host: Marty Peterson. Guests: Tim Federle, author, <i>Gone with the Gin: Cocktails with a Hollywood Twist</i> ; Christian DeBenedetti, co-author, <i>Beer Bites: Tasty recipes and perfect pairings for brew lovers</i>			
Links for more info: https://www.runningpress.com/titles/tim-federle/gone-with-the-gin/9780762458646/ https://www.chroniclebooks.com/titles/beer-bites.html			
Compliance Issues Covered: holiday; cooking; drinks			
22:51	Culture Crash: Anthony Bourdain		
3:33			

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Synopsis: This year saw the passing of Anthony Bourdain, a chef, writer, and travel documentarian. We take a look at the impact and legacy of this cultural giant.

Host: Evan Rook

Compliance Issues Covered: media; culture; travel; food

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