

2020-Q1 (January – March) Radio Health Journal Quarterly Report – Compliancy Issues & Programs List

Aging Bankruptcy

 $Business \,\& \, industry$

Cancer

Children & child safety

Consumer safety
Consumerism

Developmental disorders

Economic assistance program

Economics Education

Elderly & senior citizens Emergency rooms

Employment & workplace

issues Ethics Family issues Fine Arts

Federal government

Government spending

Healthcare Heart disease Housing Hospitals Immigration

Infectious disease Inner-city issues

Insurance Law & crime Legislation

Parenting issues Personal finance

Politics Pop culture Poverty

Parenting issues

Poverty
Public health
Public policy
Societal issues
Sports & recreation

Technology
Women's issues
Youth at risk



Program 20-01 Writers/Producers:

Reed Pence Jason Dicke

Air Week: Studio Production:

1/5/2020

SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING

Time

1:50

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are.

This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence

as we age.

Host & Reed Pence

Guests: Melanie Merriman, author, Holding the Net: Caring For My Mother On the Tightrope of

Aging: Joy Loverde, author, Who Will Take Care of Me When I'm Old?

Compliancy healthcare; aging & elderly; family issues; housing; economics

issues covered:

Links for more http://greenwriterspress.com/book/holding-the-net

information:

http://www.elderindustry.com

SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY

Time

Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are

most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness.

Yet few people are ever able to distinguish when they're being told lies. Experts

explain.

Host: Nancy Benson Producer: Morgan Kelly

Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul

Eckman, Associate Emeritus of Psychology, University of California, San Francisco

Compliancy ethics; public discourse; societal issues

issues covered:

Links for more https://matthewlupoli.wixsite.com/ucsd

information:

http://www.paulekman.com/paul-ekman/



Program 20-02 Writers/Producers:

Reed Pence

Air Week: Studio Production:

1/12/2020

Jason Dicke

SEGMENT 1: HAND WASHING AND HANDSHAKE BANS

Time

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be "clean."

1:50

Host & Reed Pence

Guests: Dr. Mark Sklansky, Professor and Chief, Division of Pediatric Cardiology, UCLA Mattel Children's Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, "The Inspirational Nurse;" Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

Compliancy public health; healthcare; hospitals

issues covered:

Links for more https://www.uclahealth.org/mark-sklansky

information:

http://donnacardillo.com

https://www.cecity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm

http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/

SEGMENT 2: "BROKEN HEART SYNDROME"

Time

14:26

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients

recover but the condition can be fatal, confirming that it is possible to die of a broken

heart. An expert explains.

Host: Nancy Benson

Guests: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City,

Compliancy healthcare; consumerism; pop culture; heart disease

issues covered:

Links for more https://www.nlm.nih.gov/locallegends/Biographies/Stevens Tracy.html

information:



Program 20-03 Writers/Producers: **Reed Pence** Air Week: Studio Production: Jason Dicke 1/19/2020 **SEGMENT 1: CRUSHING MEDICAL DEBT** Time Synopsis: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high 1:50 deductibles and out-of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt. Host & Reed Pence Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund Compliancy insurance; healthcare; economics; bankruptcy; personal finance; consumerism; issues covered: hospitals Links for more https://ripmedicaldebt.org/ information: https://nomoremedicaldebt.com https://www.commonwealthfund.org/person/sara-r-collins **SEGMENT 2: SMOLDERING CONCUSSIONS** Time Synopsis: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that protocols affecting the most vulnerable—young athletes—often are not followed. 16:17 Experts explain why, and what people should do when they receive any blow to the head.

Host: Nancy Benson

Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author,
Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury; Dr.
Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide
Children's Hospital and Associate Professor of Pediatrics, The Ohio State University
College of Medicine

Compliancy healthcare; consumerism; pop culture

issues covered:

Links for more https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-

information: Traumatic/dp/0806540230;

https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team



Program 20-04 Writers/Producers:

Reed Pence

Air Week: Studio Production:

1/26/2020

Jason Dicke

SEGMENT 1: ADHD AND SLEEP DISORDERS

Time

Synopsis: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and

1:50

physical diseases that result from poor sleep.

Host & Reed Pence

Guests: Dr. Sandra Koooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify

Compliancy youth at risk; developmental disorders; education; family issues

issues covered:

Links for more https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com

information:

http://vatsalthakkar.com

SEGMENT 2: WORKING WHILE SICK

Time

Synopsis: Surveys show the vast majority of employees go to work when they're sick, risking

fellow workers and slowing their own healing. Experts discuss the maladjusted

workplace culture that promotes this, how to know when you really should stay home,

and ways to protect yourself from illness at the office.

Host: Nancy Benson **Producer:** Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo,

Associate Professor of Medicine, David Geffen School of Medicine, UCLA

Compliancy public health; employment and workplace issues; disease & sickness

issues covered:

Links for more https://www.uclahealth.org/joseph-ladapo

information:

https://www.linkedin.com/in/richard-deosingh-56246813/



Program 20-05 Writers/Producers:

Reed Pence

Air Week: Studio Production:

2/2/2020

Jason Dicke

SEGMENT 1: MUSIC AND MEDICINE

Time

Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well. Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-

turned-med student, an admissions officer and a musical doctor explain.

Host & Reed Pence

Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton

Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, Bellevue Literary Review

Compliancy education; healthcare; fine arts; technology

issues covered:

Links for more https://danielleofri.com

information:

https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-

316694b84357/Newsletter-Volume-1;-Issue-1.aspx http://www.soundsymposium.com/ssxix-hannah-boone/

SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE

Time

Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination

and being dropped on the floor. A scientist who has studied both phenomena 15:13

discusses the truth (or lack of truth) in two old myths.

Host: Nancy Benson Producer: Reed Pence

Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson

Compliancy food safety; consumer safety; sports and recreation

issues covered:

Links for more http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-

Information: myth.html



Program 20-06 Writers/Producers: **Reed Pence** Air Week: Studio Production: Jason Dicke 2/9/2020 SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND "CLOSE FRIENDS" Time Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such 1:50 infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable. Host & Reed Pence Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Assistant Professor of Psychiatry, Drexel University; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman Compliancy healthcare; public health; elderly and senior citizens; family issues; ethics issues covered: Links for more https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92 information: http://www.tamireeves.com/bleeding-hearts.html **SEGMENT 2: NEEDLE PHOBIA** Time Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with 14:02 diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss. Host: Nancy Benson Producer: Reed Pence Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians Compliancy healthcare; public health; children and youth at risk; consumerism issues covered:

Links for more https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html

Information:



Program 20-07 Writers/Producers: **Reed Pence** Air Week: Studio Production: Jason Dicke 2/16/2020 **SEGMENT 1: MEDICAL CHILD ABUSE** Time Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries. 1:50 Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery. Host & Reed Pence Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, Dying to be III: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center Compliancy healthcare; public health; elderly and senior citizens; family issues; ethics; law and issues covered: crime; parenting issues Links for more http://www.marysandersphd.com/about information: https://www.munchausen.com/index.php/biography/ https://www.star-telegram.com/news/local/crime/article234077982.html **SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEAN TO US?** Time Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with 15:22 diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss. Host: Nancy Benson Producer: Reed Pence Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency

Medicine, Epidemiology and Public Health, University of Maryland, and Chairman,

American College of Emergency Physicians.

Compliancy healthcare; public health; consumerism; infectious disease

issues covered:

Links for more https://www.vumc.org/health-policy/person/william-schaffner-md

Information:

https://www.acep.org/people-pages/board/jon-mark-hirshon/



Program 20-08 Writers/Producers: **Reed Pence** Air Week: Studio Production: Jason Dicke 2/23/2020 **SEGMENT 1: GENES AND HIGH CHOLESTEROL** Time Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a 1:50 role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks. Host & Reed Pence Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, The Crispr Generation: The Story of the World's First Gene-Edited Babies Compliancy healthcare; public health; consumerism; heart disease issues covered: Links for more https://www.med.upenn.edu/cvi/musunuru-laboratory.html information:

SEGMENT 2: BIG DATA IN MEDICINE

Time

Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.

Host: Nancy Benson Producer: Reed Pence

Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, The Big Unlock:

Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare

Era

Compliancy healthcare; technology

issues covered:

Links for more https://www.cio.com/author/Paddy-Padmanabhan/

Information:



Program 20-09 Writers/Producers:

Reed Pence
Jason Dicke

Air Week: Studio Production:

3/1/2020

SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH

Time

1:50

Synopsis: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that theory, but finding values of grocery stores in other, unexpected places. Experts

discuss how nearby supermarkets change people and the neighborhoods where they

live.

Host & Reed Pence

Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc.

Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft

Research

Compliancy public health; consumerism; economic development; poverty; inner city issues;

issues covered: economic assistance program

Links for more https://sites.google.com/site/allcott/home

information:

https://www.rand.org/about/people/r/richardson andrea.html

SEGMENT 2: BIG DATA IN MEDICINE

Time

Synopsis: Some experts believe the healthy lifespan eventually may be extended to hundreds of

years through genetic manipulation. This brings many philosophical and ethical 15:49

questions, which a noted science author discusses.

Host: Nancy Benson **Producer:** Polly Hansen

Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and

the Quest to Live Forever

Compliancy healthcare; technology; ethics; senior citizens; aging

issues covered:

Links for more https://chipwalter.com/about-chip-walter/

Information:



Program 20-10 Writers/Producers:

Reed Pence
Jason Dicke

Air Week: Studio Production:

3/8/2020

SEGMENT 1: POLYCYSTIC OVARY SYNDROME

Time

1:46

Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a

wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the

disorder and what women should know.

Host & Reed Pence

Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr.

John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of

Obstetrics and Gynecology, Univ. of Illinois-Chicago

Compliancy healthcare; women's issues; consumerism

issues covered:

Links for more http://integrativemgi.com/doctors/dr-felice-gersh/

information:

https://intmed.vcu.edu/about/leadership/nestler.html

https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez

https://www.sc.edu/study/colleges schools/public health/faculty-staff/turner-

mcgrievy brie.php

SEGMENT 2: HEALTHCARE FOR CHILDREN IN POVERTY

Time

Synopsis: Poor children often can't access healthcare or other needs in spite of decades of

efforts. A pediatrician who has established clinics for the poor discusses the problem. 15:52

Host: Nancy Benson **Producer:** Polly Hansen

Guests: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and

Mailman School of Public Health and co-founder, Children's Health Fund

Compliancy healthcaer; public health; youth at risk; poverty

issues covered:

Links for more https://www.mailman.columbia.edu/people/our-faculty/ir2110

Information:

https://www.childrenshealthfund.org



Program 20-11 Writers/Producers:

Reed Pence
Jason Dicke

Air Week: Studio Production: 3/15/2020

SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER "TO ERR IS HUMAN"

Time

Synopsis: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we've come since then and the difficult

1:51

cooperation it will take to make patient safety more certain.

Host & Reed Pence

Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle

Managing of American Medicine

Compliancy healthcare; public safety; consumerism

issues covered:

Links for more https://global.oup.com/academic/product/still-not-safe-

information: 9780190271268?cc=us&lang=en&#

SEGMENT 2: INTERMITTENT FASTING

Time

Synopsis: Studies show that by this time of year, most of us have failed new year's resolutions

to lose weight. A noted expert discusses how most people get in trouble with obesity 14:52

and a more reasonable way to try to lose weight than most people follow.

Host: Nancy Benson **Producer:** Reed Pence

Guests: Dr. Michael Mosely, author, The Fast 800

Compliancy healthcare; consumerism

issues covered:

Links for more https://thefast800.com

Information:



Program 20-12	Writers/Producers:	Reed Pence
Air Week:	Studio Production:	Jason Dicke
3/22/2020		
	THE U.S. TAKES ON CORONAVIRUS	Time
Synopsis:	In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses.	1:51
Host &	Reed Pence	
Guests:	Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center	
Compliancy	healthcare; public health; public safety; employment; education	
issues covered:		
	https://www.vumc.org/health-policy/person/william-schaffner-md	
information:		
	THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT	Time
Synopsis:	The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment.	16:01
Host:	Nancy Benson	
	Reed Pence	
Guests:	Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy	
	healthcare; public health; federal government; politics; immigration; consumerism;	
	legislation; government spending; employment	
	https://www.brookings.edu/experts/paul-ginsburg/	
Information:		



Program 20-13 Writers/Producers: Reed Pence
Air Week: Studio Production: Jason Dicker
3/29/2020

SEGMENT 1: EASING THE STRESS OF WORKING AT HOME

Time

Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.

Host & Reed Pence

Guests: Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on

Distributed Teams

Compliancy employment & workplace issues; family issues; economics; public health

issues covered:

Links for more https://www.simonandschuster.com/books/Working-Remotely/Teresa-

information: Douglas/9781506254333

SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE

Time

Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.

Host: Nancy Benson Producer: Reed Pence

Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney

Diseases

Compliancy healthcare; public health; consumerism

issues covered:

Links for more https://www.niddk.nih.gov/about-niddk/meet-director

Information:





12:31

Duration



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Duration

11:34

Duration



13:25

Duration



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Duration

12:10

Duration



12:22

Duration



11:10

Duration



12:30

Duration



12:10

Duration



12:57

Duration



13:04

Duration



11:59

Duration



13:08

Duration



12:41

Duration



2020-Q1 (January – March) Viewpoints Radio Quarterly Report – Compliancy Issues & Programs List

Acting Exploration
Activism Extinction
Addiction Failure
Adventure Family

Agingi Fiilm & film history
Alzheimer's & dementia

Animal species
Army
Art

Finance
Gender
Global Issues

Artificial Intelligence Goals

Awards Government
Baking Health & healthcare
Basketball Higher Education

Biodiversity History
Black History Hobbies

Budget Home Organization
Business & industry Homelessness

Clnema Horror

Coloring Human Development

Comedy Immigration
Communication Inequality
Community relations Insurance
Computer science Intelligence
Consumerism Internet
Cooking Journaling

Corporations Law & legal problems

Creativity

Culture

Math Media

Death

Design

Disease

Music

Diverity Navy
Drug Use Personal Growth
Economy Pharmacology

Education Police Endangered Species Race

Engineering Relationships
Entrepreneurship Social Media
Environment Sports
Espionage Startups

Exercise Women's Rights



Air Week: 1/5/2020 SEGMENT 1: A BRIEF HISTORY OF SKIN MARKING Synopsis: Humans have always practiced various forms of self-expression, whether that's through written word, music, art or some other outlet. The art of tattooing is one such form that dates back to thousands of years ago. We speak with a history expert, Craig Koslofsky about some of the earliest tatloo designs and how they were achieved as well as other skin alteration methods including scarification and branding. Host: Gary Price Guests: Craig Koslofsky, history professor, University of Illinois at Urbana-Champaign, author, Evening's Empire: A History of the Night in Early Modern Europe. Compliancy issues History, Culture, Art, Design, Literature, Religion, Disease, Health covered: Links for more https://www.amazon.com/Evenings-Empire-History-Studies-European/dp/0521721067 information: https://earlymoderndailylife.wordpress.com/ https://history.illinois.edu/directory/profile/koslof SEGMENT 2: THE PITALLS OF SOCIAL MEDIA AS AN ATHLETE Synopsis: Being a college or professional athlete is hard enough. Throw on top of that the constant commentary online and it can sometimes be hard to look away from what people are saying. Two football players offer up their thoughts on the pros and cons of social media and how to stay focused and positive. Host: Marty Peterson Guests: Joshua Perry, former linebacker, Indianapolis Colts, San Diego Chargers, The Ohio State University. Johnny Davidson, senior quarterback, Washington University at St. Louis Compliancy issues Sports, Social Media, Mental Health, Technology, Education, Career covered: Links for more https://www.washubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4 information: http://www.nfl.com/player/joshuaperry/2555326/profile https://www.mshubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4 information: https://www.mshubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4 information: https://www.mshubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4 information:	Program 20-01	Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook	
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Compliancy issues Film, Cinema, Culture,	11	·	
covered:	covered:		



Program 20-02 Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook

Air Week: Studio Production: Jason Dickey

1/12/2020

SEGMENT 1: SPREADING WORD OF THE 2020 U.S. CENSUS

Time

Synopsis: The 2020 census is just around the corner. We speak with an employee from the U.S.

Census Bureau about the importance of taking part in the nationwide survey and how the government is reaching students and their families through new in-school programs.

Host: Gary Price

Guests: Victoria Glasier, Chief of the Statistics in Schools Program, U.S. 2020 Census Bureau.

Compliancy issues History, Culture, Government, Finance, Economy, Diversity, Education, Budget

covered:

Links for more https://2020census.gov/en/jobs.html

information:

https://www.census.gov/schools/

https://www.census.gov/

SEGMENT 2: __ a_

Time

10:35

Synopsis: Millions of Americans are addicted to alcohol and drugs, and many of them eventually

end up unemployed, broken, separated from their families and homeless. We talk to an author who's battled alcohol and drug addiction for many years and finally found help through treatment. We also speak with a psychologist about the causes of addiction and

why some people are more likely to become addicts than others.

Host: Marty Peterson

Guests: Ryan LaLumiere, psychologist, professor in the Psychology Dept., University of Iowa,

and a specialist on addiction; Bob Allison, recovering addict, author of Saved by the

Prince of Peace: Dungeon to Sky.

Compliancy issues Addiction, Health, Relationships, Education, Government, Homelessness

covered:

Links for more https://psychology.uiowa.edu/ https://www.samhsa.gov/

information:

https://www.amazon.com/Saved-The-Prince-Peace-

Dungeon/dp/0615950175/ref=sr 1 1?ie=UTF8&gid=undefined&sr=8-

1&keywords=Saved+by+the+prince+of+peace

CULTURE CRASH THE WWI EPIC, "1917"

Time

23:07

Synopsis: We explore the new release, 1917 now playing in theaters. The new film, which is filmed

acclaimed cinematographer, Roger Deakins, has an action-packed storyline that does

not disappoint.

Host & Producer: Evan Rook

Compliancy issues Film, War, Culture, History



Host & Producer: Evan Rook

covered:

Compliancy issues Literature, Writing, Culture

Program 20-03 Writers/Producers: Amirah Zaveri & Evan Rook Air Week: Studio Production: Jason Dickey 1/19/2020 SEGMENT 1: ARTIC EXPLORATION: THE DEMISE OF THE 1881 GREELY EXPEDITION Time Synopsis: In 1881, Lt. Adolphus Greely and 24 men set out on a voyage to explore the northernmost Polar Arctic where few had ventured before. The goal was to collect vast amounts of scientific data of the unknown region and hopefully reach the North Pole. But the expedition soon went awry when no resupply made it to the camp for two years and the men were left to fend for themselves. Starvation, frostbite and even tales of cannibalism soon followed in this historic tale of exploration and survival. Host: Gary Price Guests: Buddy Levy, author, Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition Compliancy issues History, Exploration, Adventure, Army, Navy, Health, Science, Polar Arctic covered: Links for more https://www.pbs.org/wgbh/americanexperience/films/greely/ information: https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr 1 1?crid=16RL48KEMVNWQ&keywords=labyrinth+of +ice&qid=1578677548&sprefix=laby%2Caps%2C152&sr=8-1 http://buddylevy.com/index.html **SEGMENT 2: WHY ARE YOUNG PEOPLE STRUGGLING MORE THAN PREVIOUS** Time Synopsis: Roughly 15 percent of 25 to 35-year-old's are back living with their parents, according to a 2016 study by Pew Research Center – and this number is only on the rise. Higher rent, cost of living and student debt are all contributing factors, however, there are some 15:50 young adults stuck in an unmotivated, directionless state labeled as "failure to launch" We break down the term and what parents can do to nudge their young adults along. Host: Marty Peterson Guests: Doctor Mark McConville, author, Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It Compliancy issues Parenting, Higher Education, Personal Growth, Career, Mental Health, Psychology, covered: Relationships, Stress, Finance, Social Media Links for more https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-markinformation: mcconville-phd/ https://www.amazon.com/Failure-Launch-Twentysomething-Hasnt-Grown/dp/0525542183 https://www.nytimes.com/2019/09/03/opinion/college-graduates.html https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-thanever-suffering-from-severe-anxiety.html **CULTURE CRASH: DAVE EGGERS: A LEADER IN LITERARY WRITING** Time Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir A Heartbreaking Work of Staggering Genius took readers on a wild and enthralling ride. Now, almost two 24:15 decades later, he's still producing novels that push the boundaries of dialogue and prose.



Program 20-04	Writers/Producers: Amirah Zaveri & Evan Rook	
Air Week:		
1/26/2020		
	FINDING JOY AGAIN THROUGH SMALL CHANES	Time
Synopsis:	When life gets tough it can be hard to find gratitude and joy in the little things. We speak	4.40
	with two authors about how to take small steps each day in order to think positive and refocus on what's important	1:48
Host	Gary Price	
	Sarah Ban Breathnach, author, Simple Abundance: 365 Days to a Balanced and Joyful	
- Cucoto.	Life. Rachel Bertsche, journalist, author, The Kids Are in Bed: Finding Time for Yourself	
	in the Chaos of Parenting.	
Compliancy issues	Literature, Mental Health, Journaling, Parenting, Social Media, Failure	
covered:		
	https://twitter.com/simpleabundance?lang=en	
information:		
	https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-	
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	http://www.sarahbanbreathnach.com/	
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SEGMENT 2:	A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG	Time
Synoneis:	Hate the stairmaster? Dread the treadmill? Exercise doesn't have to be an anxiety-	
Oyiiopaia.	Trace the stairmaster: Dread the treadmin: Exercise doesn't have to be an anxiety-	
Оупорыз.	inducing, hour-long activity. It can be getting a group of friends together for an axe-	
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Зупорзіз.	inducing, hour-long activity. It can be getting a group of friends together for an axe- throwing session or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to	14:51
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Host: Guests: Compliancy issues covered:	inducing, hour-long activity. It can be getting a group of friends together for an axe- throwing session or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to better habits and a happier life. Marty Peterson Kelly McGonigal, research psychologist, author, Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago. Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care	14:51
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Time

Time



Program 20-05 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey

2/2/2020

SEGMENT 1: WORLD WAR II: THE WOMEN OF THE OSS

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak

with two authors about how to take small steps each day in order to think positive and 1:47

refocus on what's important

Host: Gary Price

Guests: Katie S. Sanders, freelance journalist & World War II expert

Compliancy issues World War II, Women, Intelligence, Government, Travel, History, Espionage

covered:

Links for more https://www.nytimes.com/2019/03/06/magazine/intelligence-world-war-ii-oss-women.html

information:

https://www.katiessanders.com/

https://www.cia.gov/library/publications/intelligence-history/oss/art03.htm

SEGMENT 2: FRUSTRATED BY THE 24/7 POLITICAL NEWS MACHINE? GET INVOLVED INSTEAD Time

Synopsis: It seems like lately political breaking news has hit an all-time high with all of the

continuous impeachment coverage and campaign trail updates. While it's important to be an informed citizen, what do you do with all of this knowledge? Is it leading to change? 12:50

Could you do something better with your time? We delve into these questions and more this week on Viewpoints.

Host: Marty Peterson

Guests: Eitan Hersh, associate professor, political science, Tufts University, author Politics is for

Power: How to Move Beyond Political Hobbyism, Take Action, and Make Real Change;

Naava Ellenberg, senior, Barnard University

Compliancy issues Politics, Community, Media, Television, Activism, Education, Government

covered:

Links for more https://www.amazon.com/Politics-Power-Beyond-Political-Hobbyism/dp/1982116781

information:

https://www.theatlantic.com/ideas/archive/2020/01/political-hobbyists-are-ruining-politics/605212/

https://www.bustle.com/profile/naava-ellenberg-18208189

CULTURE CRASH: SCARY WINTER READS

Synopsis: We explore lan Reid's horror novel, "I'm Thinking of Ending Things" that tops our list of

scariest books of all time. It's a quick read with a twisting plot that keeps you hooked all 23:46

the way through

Host & Producer: Evan Rook

Compliancy issues Literature, Horror, Film



Program 20-06 Writers/Producers: Amirah Zaveri & Evan Rook Air Week: Studio Production: Jason Dickey 2/9/2020 SEGMENT 1: VOTER ERROR: HOW A TRIP TO THE DMV TURNED INTO YEARS OF LEGAL Time Synopsis: Can it ever be too easy to cast a ballot in an American election? The answer is yes. Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at a DMV in Illinois through a law best known as the Motor Voter Law. This originally well-intentioned 1:48 program is now trapping hundreds of immigrants into federal charges and possible deportation for an act they didn't fully comprehend to begin with. Host: Garv Price Guests: Richard Hanus, immigration lawyer; Elizabeth Keathley, immigration client Compliancy issues Immigration, Voting, Law, Legal Problems, Culture, Government, Politics covered: Links for more https://www.usavisacounsel.com/about-us information: http://waterwell.org/production/courtroom/ https://caselaw.findlaw.com/us-7th-circuit/1609918.html SEGMENT 2: WHAT HAPPENS WHEN MATHETMATICAL CALCULATIONS GO WRONG? Time Synopsis: The field of mathematics is still seen as a boring and overly complex field by many. But Matt Parker, a former math teacher turned popular YouTuber, is working to fix that stubborn mindset. In his new book, he illustrates the powerful and interesting side of 15:12 math through real-life examples that have failed because someone's calculations were just slightly off. Host: Marty Peterson Guests: Matt Parker, mathematician, YouTuber, author Humble Pi: When Math Goes Wrong in the Real World Compliancy issues Math, Education, Industry, Career, Science, Engineering, Computer Science covered: Links for more https://www.penguinrandomhouse.com/books/610964/humble-pi-by-matt-parker/ information: https://www.youtube.com/channel/UCoxcjq-8xIDTYp3uz647V5A http://standupmaths.com/ https://www.youtube.com/channel/UCSju5G2aFaWMqn- 0YBtq5A **CULTURE CRASH: REMEMBERING THE LEGEND: KOBE BRYANT** Time Synopsis: It can sometimes still feel unreal that NBA superstar Kobe Bryant is gone. The retired Los Angeles Lakers player was more than just an athlete, but a tremendous idol to 23:44 millions of people across the world. We discuss his legacy and the fragility of life. Host & Producer: Evan Rook

Compliancy issues Sports, Basketball, Death, Mentor, Culture, History, Career



Program 20-07 Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook

Air Week: Studio Production: Jason Dickey

2/16/2020

SEGMENT 1: COLORING OUTSIDE THE LINES

Time

1:47

Synopsis: Coloring books aimed at children, adults and even seniors have been all the rage in recent years and are still trending in 2020. But what's so special about these patterns and designs that draw people in? We delve into the process of putting together these

collections and why the creative outlet has become a mainstay for so many looking to

switch off and de-stress. **Host:** Garv Price

Guests: Johanna Basford, artist, author; Jenean Morrison, artist, designer, author

Compliancy issues Covered: Art, Coloring, Mental Health, Culture, Creativity, Stress, Literature, Seniors

covered:

Links for more https://www.amazon.com/Johanna-

information: Basford/e/B00J1YSPE4%3Fref=dbs a mng rwt scns share

https://www.amazon.com/Jenean-Morrison/e/B00AI2Q5DG%3Fref=dbs a mng rwt scns share

https://www.instagram.com/jeneanmorrison/?hl=en

https://www.johannabasford.com/

SEGMENT 2: RETHINKING HEALTHCARE: HOW DO YOU FIX A FLAWED SYSTEM?

Time

Synopsis: The topic of healthcare is one of the most debated issues so far in the 2020 election – but what's the fix for the expensive, inefficient system that's currently in place? So far it's a murky answer. Millions are struggling with the high cost of care, doctors are burning out 14:11 and patient-doctor interaction is at an all-time low. We speak with an industry expert

about the current woes of American healthcare and what can be done.

Host: Marty Peterson

Guests: Samuel Shem, author, House of God, Man's 4th Best Hospital

Compliancy issues Medicine, Healthcare, Career, Health, Insurance, Literature, Government

covered:

Links for more https://www.theatlantic.com/health/archive/2012/11/samuel-shem-34-years-after-the-house-of-god/265675/

information:

https://www.amazon.com/gp/product/1984805363/ref=dbs_a_def_rwt_bibl_vppi_i1 https://www.amazon.com/gp/product/0425238091/ref=dbs_a_def_rwt_bibl_vppi_i0 http://www.samuelshem.com/v2/ https://en.wikipedia.org/wiki/Samuel_Shem

CULTURE CRASH: THE BROADWAY HIT "HAMILTON" COMES ALIVE AGAIN

Time 24:01

Synopsis: The writer of "Hamilton" Lin-Manuel Miranda is back at it again. Come October 2021, the

Broadway play is set to hit theaters across the country. But will it be worth the watch?

Host & Producer: Evan Rook

Compliancy issues Broadway, Musical, Film, Culture, History



Program 20-08 Writers/Producers: Amirah Zaveri & Evan Rook Air Week: Studio Production: Jason Dickey 2/23/2020 SEGMENT 1: REDEFINING SUGAR: ENJOYING SWEET TREATS WITHOUT THE GUILT Time Synopsis: From sugary lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. Even with greater awareness, it can still be hard to avoid the cookies and cake if you're craving something sweet. Viewpoints speaks with baking blogger, Elif 1:48 Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so while still indulging in some healthier sweets. Host: Garv Price Guests: Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author, Half the Sugar, All the Love Compliancy issues Baking, Cooking, Health, Sugar Intake, Disease, Education, Motherhood covered: Links for more http://www.plentysweet.net/ https://www.instagram.com/plentysweet200/ information: https://www.52newfoods.com/ https://www.amazon.com/gp/product/1523504234/ref=dbs a def rwt bibl vppi i0 https://www.wellplated.com/ SEGMENT 2: BORN INTO SLAVERY: FIRSTHAND PERSPECTIVES OF FORMING ENSLAVED Time **MEN AND WOMEN** Synopsis: Imagine being born into slavery in the South. You have not a dime to your name, received no education and all you know are the surrounding fields of a plantation. What would you do after slavery is abolished? How would you start over? February is Black History Month. As we remember the past and the history of slavery in America, it's 15:59 important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from the people who lived through this experience. Viewpoints' speaks with historian and photographer, Richard Cahan, co-author of the new book River

Host: Marty Peterson

Guests: Richard Cahan, co-author, River of Blood: American Slavery From the People Who Lived

lt

Compliancy issues Black History Month, Education, History, Literature, Inequality, Race, Poverty

of Blood: American Slavery From the People Who Lived It.

covered:

Links for more https://www.cityfilespress.com/books/river-of-blood/

information:

https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855

 $\underline{\text{https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-colle}\\$

https://twitter.com/picturetweeter?lang=en

CULTURE CRASH: THE JOY OF TV COMEDY SPECIALS

Time

Synopsis: Sometimes you don't want a critically acclaimed show or Oscar-worthy movie, but rather

something funny like a cheesy rom-com or a bit of classic stand-up. We discuss two Bo 23:56

Burnham comedy specials that are now streaming on Netflix

Host & Producer: Evan Rook

Compliancy issues Television, Culture, Comedy, Streaming



Program 20-09 Writers/Producers: Amirah Zaveri & Evan Rook Air Week: Studio Production: Jason Dickey 3/1/2020 SEGMENT 1: BODY-WORN CAMERAS: IS FAST-CHANGIN TECH LEADING TO BETTER Time Synopsis: Today, body-worn cameras are a mainstay in many police departments across the country. While the new technology increases transparency, is it leading to better 1:48 relationships between the public and police? How are innovations in the field - including the incorporation of artificial intelligence - changing officers' day-to-day duties? **Host:** Gary Price Guests: Daniel Lawrence, Senior Research Associate, Urban Institute; Rick Smith, Founder, CEO, Axon Enterprise Inc. Compliancy issues Police, Community Relations, Minorities, Technology, Artificial Intelligence covered: Links for more https://www.axon.com/products/axon-body-3 information: https://www.urban.org/author/daniel-lawrence https://www.cam.ac.uk/research/news/use-of-body-worn-cameras-sees-complaints-againstpolice-virtually-vanish-study-finds SEGMENT 2: THE ROLE OF COMPANIES IN PROTECTING THE PLANET'S BIODIVERSITY Time Synopsis: 1,000,000 animal and plant species now face the threat of extinction. As more than 80 percent of all global biodiversity lives on private land, what is the role of corporations when it comes to protecting these endangered species? Viewpoints speaks with 14:38 Margaret O' Gorman, president of the Wildlife Habitat Council, about the creative and adaptive policies companies can take to make a difference. Host: Marty Peterson Guests: Margaret O'Gorman, President, Wildlife Habitat Council Compliancy issues Biodiversity, Animal Species, Human Development, Business, Economy, Environment, covered: Extinction, Endangered Species, Corporations, Global Issues Links for more https://www.wildlifehc.org/ information: https://www.wildlifehc.org/bio/margaret-ogorman/ https://twitter.com/OGormanWHC?ref src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.gmsustainability.com/manage/operations.html

CULTURE CRASH: THE ENDLESS TWISTS IN NBC'S THIS IS US

Time

Synopsis: The hit drama, This is Us has led its viewers down a puzzling, sometimes draining series of twists and turns throughout the last four seasons – but is the show finally fizzling out? 23:42

Host & Producer: Evan Rook
Compliancy issues Television, Culture



Program 20-10 Writers/Producers: Amirah Zaveri, Polly Hansen & Evan Rook

Air Week: Studio Production: Jason Dickey

3/8/2020

SEGMENT 1: GLOSSIER TO WARBY PARKER: STARTUPS THAT ARE REDEFINING THE RETAIL Time

Synopsis: If you take a look at some of the newer brands that are shaking up retail - from Dollar

Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, 1:48

traditional brands that have ruled the consumer market for decades?

Host: Gary Price

Guests: Lawrence Ingrassia, former business editor, deputy managing editor, The New York

Times, author, The Billion Dollar Brand Club

Compliancy issues Business, Startups, Entrepreneurship, Internet, Social Media, Revenue

covered:

Links for more http://www.larryingrassia.com/

information:

https://www.wsj.com/articles/billion-dollar-brand-club-review-clicking-the-disrupt-button-

11580773644

https://www.amazon.com/Billion-Dollar-Brand-Club-Disruptors/dp/1250313066 https://www.mckinsey.com/industries/technology-media-and-telecommunications/our-

insights/thinking-inside-the-subscription-box-new-research-on-ecommerce-consumers

SEGMENT 2: MOVE OVER ALBERT: UNCOVERING FEMALE SCIENCE GENIUSES OF THE PAST Time

Synopsis: What exactly classifies a person as a genius? Are there biological differences between

male and female geniuses? Viewpoints' explores these questions and highlights a few 13:16

overlooked female scientists throughout history.

Host: Marty Peterson

Guests: Janice Kaplan, author, The Genius of Women, From Overlooked to Changing the World;

Catherine Whitlock, author, Ten Women Who Changed Science and the World

Compliancy issues Science, Gender, Research, History, Health, Literature, War, Women's Rights

covered:

Links for more https://www.catherinewhitlock.co.uk/

information:

https://www.amazon.com/Women-Changed-Science-World-Levi-Montalicini/dp/1635766109

 $\underline{https://twitter.com/JaniceKaplan2?ref_src=twsrc\%5Egoogle\%7Ctwcamp\%5Eserp\%7Ctwgr\%5Eauthor}$

https://www.amazon.com/Genius-Women-Overlooked-Changing-World/dp/1524744212

https://www.janicekaplan.com/

CULTURE CRASH: THE BEAUTY OF "BETTER CALL SAUL"

Time

Synopsis: Better Call Saul is the show we never knew we needed after the hit show Breaking Bad

came to a close. Season 5 of the show is now airing on AMC.

23:41

Host & Producer: Evan Rook

Compliancy issues Television, Culture



Compliancy issues Film, Culture, Film History

covered:

Program 20-11 Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook Air Week: Studio Production: Jason Dickey 3/15/2020 SEGMENT 1: GETTING THINGS DONE: HINTS ON HOW TO DO IT BETTER Time Synopsis: If you take a look at some of the newer brands that are shaking up retail - from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products 1:47 rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades? Host: Gary Price Guests: David Allen, productivity consultant and author of Getting Things Done: The Art of Stress-Free Productivity; Steve McClatchy, founder of Alleer Training and Consulting, author of Decide: Work Smarter, Reduce Your Stress and Lead by Example Compliancy issues Productivity, Career, Goals, Writing, Communication, Literature, Parenting covered: Links for more https://www.cnbc.com/2020/02/14/stanford-scientist-on-proven-habits-that-will-make-youinformation: more-productive.html https://www.cnbc.com/2019/09/05/a-simple-guide-to-becoming-more-productivity-that-millionsswear-by.html https://gettingthingsdone.com/ https://alleer.com/ SEGMENT 2: WHAT YOU DIDN'T KNOW ABOUT AMERICA'S FOUNDING FATHER Time Synopsis: The white hair, rosy cheeks and stark complexion are what we often picture when we think of our first president. But behind his looks and historic accomplishments, what are 16:50 some facts that are not as well publicized? Viewpoints' speaks with history buff and author, Alexis Coe to learn more about the man, the myth: George Washington. Host: Marty Peterson Guests: Alexis Coe, author, You Never Forget Your First: A Biography of George Washington. Compliancy issues History, Presidency, Politics, Government, War, Culture, Literature covered: Links for more https://www.whitehouse.gov/about-the-white-house/presidents/george-washington/ information: https://twitter.com/alexiscoe?lang=en https://www.alexiscoe.com/ https://www.amazon.com/gp/product/0735224102/ref=dbs a def rwt hsch vapi taft p1 i0 **CULTURE CRASH: THE APPEAL OF MYSTERY MOVIES** Time Synopsis: From the classic 1985 film, Clue to the more recent release, Knives Out, the mystery genre can be just the right pick-me-up when you fall into a post-Oscar season movie 24:06 slump. Viewpoints' discusses some of our favorites from this genre. Host & Producer: Evan Rook



Program 20-12	Writers/Producers: Amirah Zaveri & Evan Rook	
Air Week:		
3/22/2020		
	THE WONDERS OF REMOVING CLOTHING CLUTTER	Time
Synopsis:	Ever feel like each morning you look at your closet, and despite the large number of	
	clothes, never really have anything to wear? This abundance of extra fabric not only takes up space but also can be a burden to your headspace. We speak with two experts	1:47
	about how to shop and consume less as well as best organize the items you already	
Host.	Gary Price	
	Courtney Carver, author, Project 333: The Minimalist Fashion Challenge That Proves	
	Less Really is So Much More; Rachel Rosenthal, founder & CEO, Rachel & Company	
Compliancy issues	Consumerism, Waste, Shopping, Mental Health, Finance, Home Organization	
covered:		
Links for more	https://bemorewithless.com/	
information:		
	https://twitter.com/bemorewithless?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Ea	
	uthor	
	https://www.rachelrosenthal.co/ https://twitter.com/rachelorganizes	
	intps://twitter.com/rachelorganizes	
SEGMENT 2:	THE RESURGENCE OF HAND EMBROIDERY: CRAFTIVISM THROUGH CROSS-	Time
Synopsis:	In a moment where many are practicing 'social distancing', it can be a good opportunity	
	to put down your phones and pick up a stress-relieving solo hobby. We speak with	12:39
	Shannon Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-	
114	stitching as well as how she's used it to channel social issues	
	Marty Peterson Shappen Dayrest erector of Radica Cross Stitch	
	Shannon Downey, creator of Badass Cross Stitch. Art, Craft, History, Activism, Hobby, Education, Community, Mental Health	
covered:	Ait, Orait, Flistory, Activism, Flosby, Education, Community, Mchiai Floatin	
	https://www.instagram.com/badasscrossstitch/?hl=en	
information:		
	http://www.badasscrossstitch.com/	
	https://www.projectfirechicago.org/	
CHI TUDE CDACH.	THE NEW COLEL MYSTERY SERVES "DEVS"	Time
	THE NEW SCI-FI MYSTERY SERIES "DEVS" Devs has only released a handful of episodes on Hulu so far, but the sci-fi thriller has	Time
Synopsis:	already generated a lot of buzz for its gripping plot and eerie feels. We dive into the	24:10
	limited series featuring leads Nick Offerman and newcomer, Sonoya Mizuno.	∠ 7 . 1∪
Host & Producer:		
	Television, Science Fiction, Streaming	



Program 20-13 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey

3/29/2020

SEGMENT 1: CANNIBIS: A COMPLICATED HISTORY

Time

Synopsis: Human use of cannabis dates back to tens of thousands of years ago. And the drug wasn't just used in medicinal or recreational settings, but also part of religious

ceremonies or used by warriors before wartime battle. We speak with pharmacology 1:47 expert Dr. Richard Miller about the drugs global history and its prohibition in the U.S. over

the last 70 years.

Host: Gary Price

Guests: Dr. Richard Miller, professor of pharmacology, Northwestern University Feinberg School

of Medicine.

Compliancy issues History, Medicine, Health, Pharmacology, Drug Use, Politics, Propaganda

covered:

Links for more https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=12007

information:

https://news.northwestern.edu/for-journalists/faculty-experts/expert/richard-miller-phd

https://www.history.com/topics/crime/history-of-marijuana

SEGMENT 2: FALLING THROUGH A CLOUD: LIVING WITH COGNITIVE DECLINE

Time

14:01

Synopsis: World-renowned flutist and CBS correspondent Eugenia Zukerman was diagnosed with

dementia and Alzheimer's three years ago. She details her experience living with the

progressive disease and how she keeps a positive mindset despite the losses.

Host: Marty Peterson

Guests: Eugenia Zukerman, flutist, writer and journalist, author, Like Falling Through a Cloud: A

Lyrical Memoir of Coping with Forgetfulness, Confusion and a Dreaded Diagnosis

Compliancy issues Alzheimer's, Dementia, Aging, Senior Citizen, Health, Family, Music

covered:

Links for more https://www.eugeniazukerman.com/

information:

https://www.npr.org/2019/11/09/777569730/in-like-falling-through-a-cloud-eugenia-zukerman-explores-her-cha

https://www.amazon.com/Like-Falling-Through-Cloud-Lyrical/dp/1732491224

CULTURE CRASH: PASSING THE TIME DURING THIS PERIOD OF "SOCIAL DISTANCING"

Time

Synopsis: We discuss some of the best selections now streaming on Netflix as millions turn to

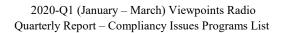
movies right now for evening entertainment.

23:54

Host & Producer: Evan Rook

Compliancy issues Fiilm, Culture, Streaming





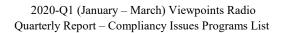


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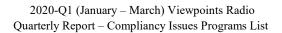


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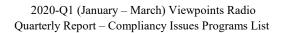


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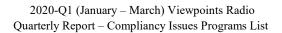


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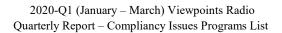


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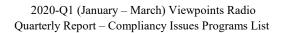


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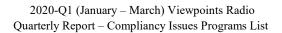


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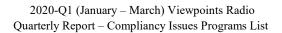
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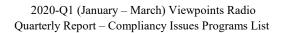


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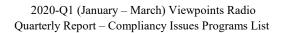


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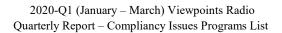


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6:13

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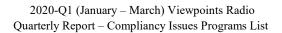


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