

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

Aging	Housing
Bankruptcy	Hospitals
Business & industry	Immigration
Cancer	Infectious disease
Children & child safety	Inner-city issues
Consumer safety	Insurance
Consumerism	Law & crime
Developmental disorders	Legislation
Economic assistance program	Parenting issues
Economics	Personal finance
Education	Politics
Elderly & senior citizens	Pop culture
Emergency rooms	Poverty
Employment & workplace issues	Parenting issues
Ethics	Poverty
Family issues	Public health
Fine Arts	Public policy
Federal government	Societal issues
Government spending	Sports & recreation
Healthcare	Technology
Heart disease	Women's issues
	Youth at risk

Program 20-01 Writers/Producers:	Reed Pence
<b>Air Week:</b> Studio Production: 1/5/2020	<b>Jason Dicke</b>
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<b>SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING</b>	<b>Time</b>
<b>Synopsis:</b> 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.	1:50
<b>Host &amp;</b> Reed Pence	
<b>Guests:</b> Melanie Merriman, author, <i>Holding the Net: Caring For My Mother On the Tightrope of Aging</i> ; Joy Loverde, author, <i>Who Will Take Care of Me When I'm Old?</i>	
<b>Compliancy issues covered:</b> healthcare; aging & elderly; family issues; housing; economics	
<b>Links for more information:</b> <a href="http://greenwriterspress.com/book/holding-the-net">http://greenwriterspress.com/book/holding-the-net</a> <a href="http://www.elderindustry.com">http://www.elderindustry.com</a>	
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<b>SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY</b>	<b>Time</b>
<b>Synopsis:</b> 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.	15:23
<b>Host:</b> Nancy Benson	
<b>Producer:</b> Morgan Kelly	
<b>Guests:</b> Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco	
<b>Compliancy issues covered:</b> ethics; public discourse; societal issues	
<b>Links for more information:</b> <a href="https://matthewlupoli.wixsite.com/ucsd">https://matthewlupoli.wixsite.com/ucsd</a> <a href="http://www.paulekman.com/paul-ekman/">http://www.paulekman.com/paul-ekman/</a>	

<b>Program 20-02 Writers/Producers:</b>	<b>Reed Pence</b>
<b>Air Week: Studio Production:</b> 1/12/2020	<b>Jason Dicke</b>

<b>SEGMENT 1: HAND WASHING AND HANDSHAKE BANS</b>	<b>Time</b>
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**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 issues covered:** public health; healthcare; hospitals

**Links for more information:** <https://www.uclahealth.org/mark-sklansky>  
<http://donnacardillo.com>  
[https://www.cecity.com/ncpa/tampa\\_2008/mtm\\_diabetes\\_insulin/marquess.htm](https://www.cecity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm)  
<http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

<b>SEGMENT 2: "BROKEN HEART SYNDROME"</b>	<b>Time</b>
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**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.

14:26

**Host:** Nancy Benson

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

**Compliancy issues covered:** healthcare; consumerism; pop culture; heart disease

**Links for more information:** [https://www.nlm.nih.gov/locallegends/Biographies/Stevens\\_Tracy.html](https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html)

<b>Program 20-03 Writers/Producers:</b>	<b>Reed Pence</b>
<b>Air Week: Studio Production:</b> 1/19/2020	<b>Jason Dicke</b>

<b>SEGMENT 1: CRUSHING MEDICAL DEBT</b>	<b>Time</b>
<p><b>Synopsis:</b> 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 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.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> 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</p> <p><b>Compliancy issues covered:</b> insurance; healthcare; economics ; bankruptcy; personal finance; consumerism; hospitals</p> <p><b>Links for more information:</b> <a href="https://ripmedicaldebt.org/">https://ripmedicaldebt.org/</a> <a href="https://nomoremedicaldebt.com">https://nomoremedicaldebt.com</a> <a href="https://www.commonwealthfund.org/person/sara-r-collins">https://www.commonwealthfund.org/person/sara-r-collins</a></p>	1:50

<b>SEGMENT 2: SMOLDERING CONCUSSIONS</b>	<b>Time</b>
<p><b>Synopsis:</b> 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. Experts explain why, and what people should do when they receive any blow to the head.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Guests:</b> 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</p> <p><b>Compliancy issues covered:</b> healthcare; consumerism; pop culture</p> <p><b>Links for more information:</b> <a href="https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230">https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230</a>; <a href="https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team">https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team</a></p>	16:17

<b>Program 20-04 Writers/Producers:</b>		<b>Reed Pence</b>
<b>Air Week: Studio Production:</b> 1/26/2020		<b>Jason Dicke</b>
<b>SEGMENT 1: ADHD AND SLEEP DISORDERS</b>		<b>Time</b>
<p><b>Synopsis:</b> 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 physical diseases that result from poor sleep.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> Dr. Sandra Kooij, 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</p> <p><b>Compliancy issues covered:</b> youth at risk; developmental disorders; education; family issues</p> <p><b>Links for more information:</b> <a href="https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com">https://www.eunetworkadultadhd.com/author/sandra-kooij/http://vatsalthakkar.com</a> <a href="http://vatsalthakkar.com">http://vatsalthakkar.com</a></p>		1:50
<b>SEGMENT 2: WORKING WHILE SICK</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA</p> <p><b>Compliancy issues covered:</b> public health; employment and workplace issues; disease &amp; sickness</p> <p><b>Links for more information:</b> <a href="https://www.uclahealth.org/joseph-ladapo">https://www.uclahealth.org/joseph-ladapo</a> <a href="https://www.linkedin.com/in/richard-deosingh-56246813/">https://www.linkedin.com/in/richard-deosingh-56246813/</a></p>		15:02

<b>Program 20-05 Writers/Producers:</b>	<b>Reed Pence</b>
<b>Air Week: Studio Production:</b>	<b>Jason Dicke</b>
2/2/2020	

<b>SEGMENT 1: MUSIC AND MEDICINE</b>	<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> 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</p> <p><b>Compliancy issues covered:</b> education; healthcare; fine arts; technology</p> <p><b>Links for more information:</b> <a href="https://danielleofri.com">https://danielleofri.com</a> <a href="https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-316694b84357/Newsletter-Volume-1;-Issue-1.aspx">https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-316694b84357/Newsletter-Volume-1;-Issue-1.aspx</a> <a href="http://www.soundsymposium.com/ssix-hannah-boone/">http://www.soundsymposium.com/ssix-hannah-boone/</a></p>	1:49

<b>SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE</b>	<b>Time</b>
<p><b>Synopsis:</b> 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 discusses the truth (or lack of truth) in two old myths.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University</p> <p><b>Compliancy issues covered:</b> food safety; consumer safety; sports and recreation</p> <p><b>Links for more Information:</b> <a href="http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html">http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html</a></p>	15:13

Program 20-06 Writers/Producers:		Reed Pence
Air Week: Studio Production: 2/9/2020		Jason Dicke
<b>SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND “CLOSE FRIENDS”</b>		<b>Time</b>
<p><b>Synopsis:</b> 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 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.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> 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</p> <p><b>Compliancy issues covered:</b> healthcare; public health; elderly and senior citizens; family issues; ethics</p> <p><b>Links for more information:</b> <a href="https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92">https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92</a> <a href="http://www.tamireeves.com/bleeding-hearts.html">http://www.tamireeves.com/bleeding-hearts.html</a></p>		1:50
<b>SEGMENT 2: NEEDLE PHOBIA</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians</p> <p><b>Compliancy issues covered:</b> healthcare; public health; children and youth at risk; consumerism</p> <p><b>Links for more information:</b> <a href="https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html">https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html</a></p>		14:02

<b>Program 20-07 Writers/Producers:</b>	<b>Reed Pence</b>
<b>Air Week: Studio Production:</b> 2/16/2020	<b>Jason Dicke</b>

<b>SEGMENT 1: MEDICAL CHILD ABUSE</b>	<b>Time</b>
<p><b>Synopsis:</b> 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. Experts and a parent who got his child out of an abusive situation discuss how the legal &amp; medical system may fail kids, danger signs and the road to recovery.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> 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 Ill: True Stories of Medical Deception; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center</p> <p><b>Compliancy issues covered:</b> healthcare; public health; elderly and senior citizens; family issues; ethics; law and crime; parenting issues</p> <p><b>Links for more information:</b> <a href="http://www.marysandersphd.com/about">http://www.marysandersphd.com/about</a> <a href="https://www.munchausen.com/index.php/biography/">https://www.munchausen.com/index.php/biography/</a> <a href="https://www.star-telegram.com/news/local/crime/article234077982.html">https://www.star-telegram.com/news/local/crime/article234077982.html</a></p>	1:50

<b>SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEAN TO US?</b>	<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> 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.</p> <p><b>Compliancy issues covered:</b> healthcare; public health; consumerism; infectious disease</p> <p><b>Links for more information:</b> <a href="https://www.vumc.org/health-policy/person/william-schaffner-md">https://www.vumc.org/health-policy/person/william-schaffner-md</a> <a href="https://www.acep.org/people-pages/board/jon-mark-hirshon/">https://www.acep.org/people-pages/board/jon-mark-hirshon/</a></p>	15:22



Program 20-08 Writers/Producers:		Reed Pence
Air Week: Studio Production: 2/23/2020		Jason Dicke
<b>SEGMENT 1: GENES AND HIGH CHOLESTEROL</b>		<b>Time</b>
<p><b>Synopsis:</b> 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 role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, <i>The Crispr Generation: The Story of the World's First Gene-Edited Babies</i></p> <p><b>Compliancy issues covered:</b> healthcare; public health; consumerism; heart disease</p> <p><b>Links for more information:</b> <a href="https://www.med.upenn.edu/cvi/musunuru-laboratory.html">https://www.med.upenn.edu/cvi/musunuru-laboratory.html</a></p>		1:50
<b>SEGMENT 2: BIG DATA IN MEDICINE</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Paddy Padmanabhan, CEO, Damo Consulting and author, <i>The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era</i></p> <p><b>Compliancy issues covered:</b> healthcare; technology</p> <p><b>Links for more information:</b> <a href="https://www.cio.com/author/Paddy-Padmanabhan/">https://www.cio.com/author/Paddy-Padmanabhan/</a></p>		15:02

Program 20-09 Writers/Producers:		Reed Pence
Air Week: Studio Production: 3/1/2020		Jason Dicke
<b>SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. &amp; Senior Principal Researcher, Microsoft Research</p> <p><b>Compliancy issues covered:</b> public health; consumerism; economic development; poverty; inner city issues; economic assistance program</p> <p><b>Links for more information:</b> <a href="https://sites.google.com/site/allcott/home">https://sites.google.com/site/allcott/home</a> <a href="https://www.rand.org/about/people/r/richardson_andrea.html">https://www.rand.org/about/people/r/richardson_andrea.html</a></p>		1:50
<b>SEGMENT 2: BIG DATA IN MEDICINE</b>		<b>Time</b>
<p><b>Synopsis:</b> Some experts believe the healthy lifespan eventually may be extended to hundreds of years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Polly Hansen</p> <p><b>Guests:</b> Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever</p> <p><b>Compliancy issues covered:</b> healthcare; technology; ethics; senior citizens; aging</p> <p><b>Links for more Information:</b> <a href="https://chipwalter.com/about-chip-walter/">https://chipwalter.com/about-chip-walter/</a></p>		15:49

Program 20-10 Writers/Producers:		Reed Pence
Air Week: Studio Production: 3/8/2020		Jason Dicke
<b>SEGMENT 1: POLYCYSTIC OVARY SYNDROME</b>		<b>Time</b>
<b>Synopsis:</b> 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.		1:46
<b>Host &amp;</b> Reed Pence		
<b>Guests:</b> 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		
<b>Compliancy issues covered:</b> healthcare; women's issues; consumerism		
<b>Links for more information:</b> <a href="http://integrativemgi.com/doctors/dr-felice-gersh/">http://integrativemgi.com/doctors/dr-felice-gersh/</a> <a href="https://intmed.vcu.edu/about/leadership/nestler.html">https://intmed.vcu.edu/about/leadership/nestler.html</a> <a href="https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez">https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez</a> <a href="https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php">https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php</a>		
<b>SEGMENT 2: HEALTHCARE FOR CHILDREN IN POVERTY</b>		<b>Time</b>
<b>Synopsis:</b> 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
<b>Host:</b> Nancy Benson		
<b>Producer:</b> Polly Hansen		
<b>Guests:</b> Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund		
<b>Compliancy issues covered:</b> healthcaer; public health; youth at risk; poverty		
<b>Links for more Information:</b> <a href="https://www.mailman.columbia.edu/people/our-faculty/ir2110">https://www.mailman.columbia.edu/people/our-faculty/ir2110</a> <a href="https://www.childrenshealthfund.org">https://www.childrenshealthfund.org</a>		

Program 20-11 Writers/Producers:		Reed Pence
Air Week: Studio Production: 3/15/2020		Jason Dicke
<b>SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER “TO ERR IS HUMAN”</b>		<b>Time</b>
<p><b>Synopsis:</b> 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 cooperation it will take to make patient safety more certain.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> 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</p> <p><b>Compliancy issues covered:</b> healthcare; public safety; consumerism</p> <p><b>Links for more information:</b> <a href="https://global.oup.com/academic/product/still-not-safe-9780190271268?cc=us&amp;lang=en&amp;#">https://global.oup.com/academic/product/still-not-safe-9780190271268?cc=us&amp;lang=en&amp;#</a></p>		1:51
<b>SEGMENT 2: INTERMITTENT FASTING</b>		<b>Time</b>
<p><b>Synopsis:</b> 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 and a more reasonable way to try to lose weight than most people follow.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Dr. Michael Mosely, author, The Fast 800</p> <p><b>Compliancy issues covered:</b> healthcare; consumerism</p> <p><b>Links for more information:</b> <a href="https://thefast800.com">https://thefast800.com</a></p>		14:52

Program 20-12	Writers/Producers:	Reed Pence
<b>Air Week:</b> 3/22/2020	<b>Studio Production:</b>	<b>Jason Dicke</b>
<b>SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center</p> <p><b>Compliancy issues covered:</b> healthcare; public health; public safety; employment; education</p> <p><b>Links for more information:</b> <a href="https://www.vumc.org/health-policy/person/william-schaffner-md">https://www.vumc.org/health-policy/person/william-schaffner-md</a></p>		1:51
<b>SEGMENT 2: THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy</p> <p><b>Compliancy issues covered:</b> healthcare; public health; federal government; politics; immigration; consumerism; legislation; government spending; employment</p> <p><b>Links for more information:</b> <a href="https://www.brookings.edu/experts/paul-ginsburg/">https://www.brookings.edu/experts/paul-ginsburg/</a></p>		16:01

Program 20-13	Writers/Producers:	Reed Pence
<b>Air Week:</b> 3/29/2020	<b>Studio Production:</b>	Jason Dicke
<b>SEGMENT 1: EASING THE STRESS OF WORKING AT HOME</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host &amp;</b> Reed Pence</p> <p><b>Guests:</b> Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams</p> <p><b>Compliancy issues covered:</b> employment &amp; workplace issues; family issues; economics; public health</p> <p><b>Links for more information:</b> <a href="https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333">https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333</a></p>		1:51
<b>SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE</b>		<b>Time</b>
<p><b>Synopsis:</b> 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.</p> <p><b>Host:</b> Nancy Benson</p> <p><b>Producer:</b> Reed Pence</p> <p><b>Guests:</b> Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases</p> <p><b>Compliancy issues covered:</b> healthcare; public health; consumerism</p> <p><b>Links for more information:</b> <a href="https://www.niddk.nih.gov/about-niddk/meet-director">https://www.niddk.nih.gov/about-niddk/meet-director</a></p>		15:34



  
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13:08

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

Acting	Exploration
Activism	Extinction
Addiction	Failure
Adventure	Family
Aging	Film & film history
Alzheimer's & dementia	Finance
Animal species	Gender
Army	Global Issues
Art	Goals
Artificial Intelligence	Government
Awards	Health & healthcare
Baking	Higher Education
Basketball	History
Biodiversity	Hobbies
Black History	Home Organization
Budget	Homelessness
Business & industry	Horror
Career	Human Development
Cinema	Immigration
Coloring	Inequality
Comedy	Insurance
Communication	Intelligence
Community relations	Internet
Computer science	Journaling
Consumerism	Law & legal problems
Cooking	Literature
Corporations	Math Media
Creativity	Medicine
Culture	Motherhood
Death	Music
Design	Navy
Disease	Personal Growth
Diversity	Pharmacology
Drug Use	Police
Economy	Race
Education	Relationships
Endangered Species	Social Media
Engineering	Sports
Entrepreneurship	Startups
Environment	Women's Rights
Espionage	
Exercise	

**Program 20-01 Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook**

**Air Week:** 1/5/2020  
**Studio Production:** Jason Dickey

**SEGMENT 1: A BRIEF HISTORY OF SKIN MARKING**

**Time**

**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 tattoo designs and how they were achieved as well as other skin alteration methods including scarification and branding. 1:47

**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.

**Compliance issues covered:** History, Culture, Art, Design, Literature, Religion, Disease, Health

**Links for more information:** <https://www.amazon.com/Evenings-Empire-History-Studies-European/dp/0521721067>  
<https://earlymoderndailylife.wordpress.com/>  
<https://history.illinois.edu/directory/profile/koslof>

**SEGMENT 2: THE PITALLS OF SOCIAL MEDIA AS AN ATHLETE**

**Time**

**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. 14:10

**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

**Compliance issues covered:** Sports, Social Media, Mental Health, Technology, Education, Career

**Links for more information:** [https://www.washubears.com/sports/fball/2018-19/bios/davidson\\_johnny\\_10a4](https://www.washubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4)  
<http://www.nfl.com/player/joshuaperry/2555326/profile>  
[https://twitter.com/RIP\\_JEP?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/RIP_JEP?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)  
[https://en.wikipedia.org/wiki/Joshua\\_Perry](https://en.wikipedia.org/wiki/Joshua_Perry)

**CULTURE CRASH THE 2020 BLOCKBUSTER LINEUP**

**Time**

**Synopsis:** A new year means a new lineup of highly anticipated movie releases. We cover some of the biggest films for 2020 from the new Top Gun sequel featuring Tom Cruise to Christopher Nolan's new action movie, Tenet. 23:27

**Host & Producer:** Evan Rook

**Compliance issues covered:** Film, Cinema, Culture,

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

**Air Week:** 1/12/2020  
**Studio Production:** Jason Dickey

**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. 1:48

**Host:** Gary Price

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

**Compliance issues covered:** History, Culture, Government, Finance, Economy, Diversity, Education, Budget

**Links for more information:** <https://2020census.gov/en/jobs.html>

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

**SEGMENT 2: ADDICTION. WHAT IT HAPPENS AND HOW TO HELP ADDICTS BACK FROM THE EDGE**

**Time**

**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. 10:35

**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.

**Compliance issues covered:** Addiction, Health, Relationships, Education, Government, Homelessness

**Links for more information:** <https://psychology.uiowa.edu/> <https://www.samhsa.gov/>

[https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr\\_1\\_1?ie=UTF8&qid=undefined&sr=8-1&keywords=Saved+by+the+prince+of+peace](https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr_1_1?ie=UTF8&qid=undefined&sr=8-1&keywords=Saved+by+the+prince+of+peace)

**CULTURE CRASH THE WWI EPIC, "1917"**

**Time**

**Synopsis:** We explore the new release, 1917 now playing in theaters. The new film, which is filmed by acclaimed cinematographer, Roger Deakins, has an action-packed storyline that does not disappoint. 23:07

**Host & Producer:** Evan Rook

**Compliance issues covered:** Film, War, Culture, History

**Program 20-03 Writers/Producers: Amirah Zaveri & Evan Rook**

**Air Week:** 1/19/2020  
**Studio Production:** Jason Dickey

**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. 1:47

**Host:** Gary Price

**Guests:** Buddy Levy, author, Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition

**Compliance issues covered:** History, Exploration, Adventure, Army, Navy, Health, Science, Polar Arctic

**Links for more information:** <https://www.pbs.org/wgbh/americanexperience/films/greely/>

[https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr\\_1\\_1?crid=16RL48KEMVNWQ&keywords=labyrinth+of+ice&qid=1578677548&srefix=laby%2Caps%2C152&sr=8-1](https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr_1_1?crid=16RL48KEMVNWQ&keywords=labyrinth+of+ice&qid=1578677548&srefix=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 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. 15:50

**Host:** Marty Peterson

**Guests:** Doctor Mark McConville, author, Failure to Launch: Why Your Twentysomething Hasn’t Grown Up...and What to Do About It

**Compliance issues covered:** Parenting, Higher Education, Personal Growth, Career, Mental Health, Psychology, Relationships, Stress, Finance, Social Media

**Links for more information:** <https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-mark-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-than-ever-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 decades later, he’s still producing novels that push the boundaries of dialogue and prose. 24:15

**Host & Producer:** Evan Rook

**Compliance issues covered:** Literature, Writing, Culture



**Program 20-04 Writers/Producers: Amirah Zaveri & Evan Rook**
**Air Week:** 1/26/2020  
**Studio Production:** Jason Dickey

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**SEGMENT 1: 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 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

**Guests:** Sarah Ban Breathnach, author, *Simple Abundance: 365 Days to a Balanced and Joyful Life*. Rachel Bertsche, journalist, author, *The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting*.

**Compliance issues covered:** Literature, Mental Health, Journaling, Parenting, Social Media, Failure

**Links for more information:** <https://twitter.com/simpleabundance?lang=en>

<https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022>

<https://twitter.com/rberch?lang=en>

[https://www.amazon.com/gp/product/1524744018/ref=dbs\\_a\\_def\\_rwt\\_bibl\\_vppi\\_i0](https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0)

<http://www.sarahbanbreathnach.com/>

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**SEGMENT 2: A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG**
**Time**

**Synopsis:** Hate the stairmaster? Dread the treadmill? Exercise doesn't have to be an anxiety-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. 14:51

**Host:** Marty Peterson

**Guests:** 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.

**Compliance issues covered:** Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care

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

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

<http://kellymcgonigal.com/>

<https://www.facebook.com/SouthportFitness/>

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**CULTURE CRASH: OSCAR SEASON**
**Time**

**Synopsis:** This year's Oscar nominations are out and there are some good contenders in the mix, but a few movies that were looked over. We delve into some of our favorite films from 2019 that didn't make the nomination cut, but are still worth the watch. 23:46

**Host & Producer:** Evan Rook

**Compliance issues covered:** Films, Awards, Acting

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

**Air Week:** 2/2/2020  
**Studio Production:** Jason Dickey

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

**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 refocus on what's important 1:47

**Host:** Gary Price

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

**Compliance issues covered:** World War II, Women, Intelligence, Government, Travel, History, Espionage

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

<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? Could you do something better with your time? We delve into these questions and more this week on Viewpoints. 12:50

**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

**Compliance issues covered:** Politics, Community, Media, Television, Activism, Education, Government

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

<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 Time**

**Synopsis:** We explore Ian 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 the way through 23:46

**Host & Producer:** Evan Rook

**Compliance issues covered:** Literature, Horror, Film

**Program 20-06 Writers/Producers: Amirah Zaveri & Evan Rook**

**Air Week:** 2/9/2020  
**Studio Production:** Jason Dickey

**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 program is now trapping hundreds of immigrants into federal charges and possible deportation for an act they didn't fully comprehend to begin with. 1:48

**Host:** Gary Price

**Guests:** Richard Hanus, immigration lawyer; Elizabeth Keathley, immigration client

**Compliance issues covered:** Immigration, Voting, Law, Legal Problems, Culture, Government, Politics

**Links for more information:** <https://www.usavisacounsel.com/about-us>

<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 math through real-life examples that have failed because someone's calculations were just slightly off. 15:12

**Host:** Marty Peterson

**Guests:** Matt Parker, mathematician, YouTuber, author Humble Pi: When Math Goes Wrong in the Real World

**Compliance issues covered:** Math, Education, Industry, Career, Science, Engineering, Computer Science

**Links for more information:** <https://www.penguinrandomhouse.com/books/610964/humble-pi-by-matt-parker/>

<https://www.youtube.com/channel/UCoxcjg-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 millions of people across the world. We discuss his legacy and the fragility of life. 23:44

**Host & Producer:** Evan Rook

**Compliance issues covered:** Sports, Basketball, Death, Mentor, Culture, History, Career

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

**Air Week:** 2/16/2020  
**Studio Production:** Jason Dickey

**SEGMENT 1: COLORING OUTSIDE THE LINES**

**Time**

**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. 1:47

**Host:** Gary Price

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

**Compliance issues covered:** Covered: Art, Coloring, Mental Health, Culture, Creativity, Stress, Literature, Seniors

**Links for more information:** [https://www.amazon.com/Johanna-Basford/e/B00J1YSPE4%3Fref=dbs\\_a\\_mng\\_rwt\\_scns\\_share](https://www.amazon.com/Johanna-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.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 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. 14:11

**Host:** Marty Peterson

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

**Compliance issues covered:** Medicine, Healthcare, Career, Health, Insurance, Literature, Government

**Links for more information:** <https://www.theatlantic.com/health/archive/2012/11/samuel-shem-34-years-after-the-house-of-god/265675/>  
[https://www.amazon.com/gp/product/1984805363/ref=dbs\\_a\\_def\\_rwt\\_bibl\\_vppi\\_i1](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](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](https://en.wikipedia.org/wiki/Samuel_Shem)

**CULTURE CRASH: THE BROADWAY HIT “HAMILTON” COMES ALIVE AGAIN**

**Time**

**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? 24:01

**Host & Producer:** Evan Rook

**Compliance issues covered:** Broadway, Musical, Film, Culture, History

Program 20-08		Writers/Producers: Amirah Zaveri & Evan Rook	
<b>Air Week:</b> 2/23/2020	<b>Studio Production:</b> Jason Dickey		
<b>SEGMENT 1: REDEFINING SUGAR: ENJOYING SWEET TREATS WITHOUT THE GUILT</b>			<b>Time</b>
<b>Synopsis:</b> 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 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.			1:48
<b>Host:</b> Gary Price			
<b>Guests:</b> Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author, Half the Sugar, All the Love			
<b>Compliancy issues covered:</b> Baking, Cooking, Health, Sugar Intake, Disease, Education, Motherhood			
<b>Links for more information:</b> <a href="http://www.plentysweet.net/">http://www.plentysweet.net/</a> <a href="https://www.instagram.com/plentysweet200/">https://www.instagram.com/plentysweet200/</a> <a href="https://www.52newfoods.com/">https://www.52newfoods.com/</a> <a href="https://www.amazon.com/gp/product/1523504234/ref=db_s_a_def_rwt_bibl_vppi_i0">https://www.amazon.com/gp/product/1523504234/ref=db_s_a_def_rwt_bibl_vppi_i0</a> <a href="https://www.wellplated.com/">https://www.wellplated.com/</a>			
<b>SEGMENT 2: BORN INTO SLAVERY: FIRSTHAND PERSPECTIVES OF FORMING ENSLAVED MEN AND WOMEN</b>			<b>Time</b>
<b>Synopsis:</b> 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 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 of Blood: American Slavery From the People Who Lived It.			15:59
<b>Host:</b> Marty Peterson			
<b>Guests:</b> Richard Cahan, co-author, River of Blood: American Slavery From the People Who Lived It			
<b>Compliancy issues covered:</b> Black History Month, Education, History, Literature, Inequality, Race, Poverty			
<b>Links for more information:</b> <a href="https://www.cityfilespress.com/books/river-of-blood/">https://www.cityfilespress.com/books/river-of-blood/</a> <a href="https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855">https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855</a> <a href="https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-coll">https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-coll</a> <a href="https://twitter.com/picturetweeter?lang=en">https://twitter.com/picturetweeter?lang=en</a>			
<b>CULTURE CRASH: THE JOY OF TV COMEDY SPECIALS</b>			<b>Time</b>
<b>Synopsis:</b> 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 Burnham comedy specials that are now streaming on Netflix			23:56
<b>Host &amp; Producer:</b> Evan Rook			
<b>Compliancy issues covered:</b> Television, Culture, Comedy, Streaming			

**Program 20-09 Writers/Producers: Amirah Zaveri & Evan Rook**

**Air Week:** 3/1/2020  
**Studio Production:** Jason Dickey

**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 relationships between the public and police? How are innovations in the field - including the incorporation of artificial intelligence - changing officers' day-to-day duties? 1:48

**Host:** Gary Price

**Guests:** Daniel Lawrence, Senior Research Associate, Urban Institute; Rick Smith, Founder, CEO, Axon Enterprise Inc.

**Compliance issues covered:** Police, Community Relations, Minorities, Technology, Artificial Intelligence

**Links for more information:** <https://www.axon.com/products/axon-body-3>

<https://www.urban.org/author/daniel-lawrence>

<https://www.cam.ac.uk/research/news/use-of-body-worn-cameras-sees-complaints-against-police-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 Margaret O' Gorman, president of the Wildlife Habitat Council, about the creative and adaptive policies companies can take to make a difference. 14:38

**Host:** Marty Peterson

**Guests:** Margaret O'Gorman, President, Wildlife Habitat Council

**Compliance issues covered:** Biodiversity, Animal Species, Human Development, Business, Economy, Environment, Extinction, Endangered Species, Corporations, Global Issues

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

<https://www.wildlifehc.org/bio/margaret-ogorman/>

[https://twitter.com/OGormanWHC?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](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

**Compliance issues covered:** Television, Culture

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

**Air Week:** 3/8/2020  
**Studio Production:** Jason Dickey

**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, traditional brands that have ruled the consumer market for decades? 1:48

**Host:** Gary Price

**Guests:** Lawrence Ingrassia, former business editor, deputy managing editor, The New York Times, author, The Billion Dollar Brand Club

**Compliance issues covered:** Business, Startups, Entrepreneurship, Internet, Social Media, Revenue

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

<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 overlooked female scientists throughout history. 13:16

**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

**Compliance issues covered:** Science, Gender, Research, History, Health, Literature, War, Women's Rights

**Links for more information:** <https://www.catherinewhitlock.co.uk/>

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

[https://twitter.com/JaniceKaplan2?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](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

**Compliance issues covered:** Television, Culture

**Program 20-11 Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook**

**Air Week:** 3/15/2020  
**Studio Production:** Jason Dickey

**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 rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades? 1:47

**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

**Compliance issues covered:** Productivity, Career, Goals, Writing, Communication, Literature, Parenting

**Links for more information:** <https://www.cnbc.com/2020/02/14/stanford-scientist-on-proven-habits-that-will-make-you-more-productive.html>  
<https://www.cnbc.com/2019/09/05/a-simple-guide-to-becoming-more-productivity-that-millions-swear-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 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. 16:50

**Host:** Marty Peterson

**Guests:** Alexis Coe, author, You Never Forget Your First: A Biography of George Washington.

**Compliance issues covered:** History, Presidency, Politics, Government, War, Culture, Literature

**Links for more information:** <https://www.whitehouse.gov/about-the-white-house/presidents/george-washington/>  
<https://twitter.com/alexisco?lang=en>  
<https://www.alexisco.com/>  
[https://www.amazon.com/gp/product/0735224102/ref=dbs\\_a\\_def\\_rwt\\_hsch\\_vapi\\_taft\\_p1\\_i0](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 slump. Viewpoints' discusses some of our favorites from this genre. 24:06

**Host & Producer:** Evan Rook

**Compliance issues covered:** Film, Culture, Film History



**Program 20-12 Writers/Producers: Amirah Zaveri & Evan Rook**

**Air Week:** 3/22/2020  
**Studio Production:** Jason Dickey

**SEGMENT 1: 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 about how to shop and consume less as well as best organize the items you already 1:47

**Host:** Gary Price

**Guests:** Courtney Carver, author, Project 333: The Minimalist Fashion Challenge That Proves Less Really is So Much More; Rachel Rosenthal, founder & CEO, Rachel & Company

**Compliance issues covered:** Consumerism, Waste, Shopping, Mental Health, Finance, Home Organization

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

- [https://twitter.com/bemorewithless?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/bemorewithless?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)
- <https://www.rachelrosenthal.co/>
- <https://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 Shannon Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-stitching as well as how she's used it to channel social issues 12:39

**Host:** Marty Peterson

**Guests:** Shannon Downey, creator of Badass Cross Stitch.

**Compliance issues covered:** Art, Craft, History, Activism, Hobby, Education, Community, Mental Health

**Links for more information:** <https://www.instagram.com/badasscrossstitch/?hl=en>

- <http://www.badasscrossstitch.com/>
- <https://www.projectfirechicago.org/>

**CULTURE CRASH: THE NEW SCI-FI MYSTERY SERIES "DEVS" Time**

**Synopsis:** Devs has only released a handful of episodes on Hulu so far, but the sci-fi thriller has already generated a lot of buzz for its gripping plot and eerie feels. We dive into the limited series featuring leads Nick Offerman and newcomer, Sonoya Mizuno. 24:10

**Host & Producer:** Evan Rook

**Compliance issues covered:** Television, Science Fiction, Streaming

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

**Air Week:** 3/29/2020  
**Studio Production:** Jason Dickey

**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 expert Dr. Richard Miller about the drugs global history and its prohibition in the U.S. over the last 70 years. 1:47

**Host:** Gary Price

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

**Compliance issues covered:** History, Medicine, Health, Pharmacology, Drug Use, Politics, Propaganda

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

<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**

**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. 14:01

**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

**Compliance issues covered:** Alzheimer's, Dementia, Aging, Senior Citizen, Health, Family, Music

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

<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

**Compliance issues covered:** Fiilm, Culture, Streaming



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