

Issues Programs List

Quarterly Issues Programs List

Townsquare Media Albany NY

July 1, 2019 through September 30, 2019

Section I. Issues

The station has identified the following topics as significant issues facing our community in this quarter:

A. Health Care and Health Issues- healthcare is a big employer in our region and residents face a high cost of health insurance and care in the capital region. The Role of Caregivers in Cancer Care. Being a caregiver for a family member diagnosed with Cancer is challenging. However many caregivers are not trained for this job and don't know how to deal with all the challenges and pressures they will face.

B. Crime Prevention- The crime rate in the capital region has been an ongoing issue in all three cities, Troy, Albany and Schenectady, Local Police departments are working hard to fight crime.

C. Dealing with Depression....over 19 million Americans are living with major depression and many either don't know they have it or how to deal with it

D. Dangers of Prescription Drugs....28.6 Million Americans aged 12 and over have used illicit drugs in the last month including Prescription Drugs. 25% of people who misused Prescription Drugs by the age of 13 ended up with an addiction at some point in their life. In The Capital Region deaths due to the abuse of opioids has increased Significantly over the last number of years.

E. Education and School Safety- Beyond Safety, students are facing bullying and social issues in Capital Region schools.

Section II - WQBK-HD2 Responsive Programming

<u>ISSUE</u>	<u>PROGRAM</u>	<u>LENGTH</u>	<u>DESCRIPTION</u>
Youth Development	Griot Nation Radio Show	2 Hours Sunday Morning 8a-10a	WQBK HD 2 airs a nationally produced program called The Griot Nation once per week.. Talk show addressing issues such as gang prevention, intervention, and alternative solutions for empowering youth and communities
Various	Capital Region Sunday	Half Hour Sunday Morning program that airs from 7am – 730am	WQBK HD 2 airs a thirty-minute local program that documents stories in the area of various groups and events.
Health	Radio Health Journal	30 minutes per week Sunday's 730am-8am	WQBK HD2 airs a nationally produced program called Radio Health Journal once per week on Sunday mornings. See Separate entry with topics covered this quarter.

Capital Region Sunday. 30 Minute show. Airs on Sunday's at 7am on WQBK-HD2.

Sunday, July 7

Saratoga Bridges - Pamela Polacsek, Assistant Director of Communications

We talked about the developmental disabilities that they support and how people can reach out and get their services. She also talked about how important the community and community involvement in Saratoga is to Saratoga Bridges. They even have recently partnered with Skidmore and have attended local rallies together in support of employees.

Sunday, July 14

Hope 7 Community Center – Samantha Adkisson, Executive Director

We were talking about all of the amazing programs that Hope 7 Community Center offers to the Troy community. We went into detail about the afterschool programs, including the teen activities, as well as the food pantry. We talked about the area that they service as well as their summer camp program. She went into detail about what happens during the summer camp and how people can sponsor a kid as well as volunteer directly with the organization.

Sunday, July 21

Montgomery County SPCA – Paige Bertuch, Event Director for Fast and Furriest 5K

Paige discussed what the SPCA does for animals from the beginning of the adoption process until even after they have found their forever home. She went into detail about the importance of spaying and neutering and the education they offer to pet owners all over the Capital Region, but Montgomery County mostly. The Montgomery County SPCA is looking to build a new shelter and to raise the funds, they're hosting the Fast and Furriest 5K on August 3rd. We talked about what to expect, how to register, and what the money is going to, in regards to the new shelter.

Sunday, July 28

REPLAY CAPITAL ROOTS

Sunday, August 4

REPLAY CONCERNED FOR THE HUNGRY

Sunday, August 11

American Foundation for Suicide Prevention – Nicole DeCelle, Area Director

Nicole talked about the risks of suicide and how prevalent it really is right now. We talked about the upcoming walks and how important they are to not only bring awareness to suicide but for families to have the opportunity to network with other families who have experienced the same thing.

Sunday, August 18

Schenectady Police Department, Schenectady CARES – Lt. Ryan Macherone

The Schenectady Police Department just started a new program called Schenectady CARES. We went into detail about how it only started a few weeks ago and they already have had quite a success with it. Lt Macherone also talked about where the idea came from and how the program here in the Capital Region is different from others it is based on.

Sunday, August 25

REPLAY CAPITAL ROOTS

Sunday, September 1

REPLAY HABITAT FOR HUMANITY

Sunday, September 8

REPLAY SCHENECTADY POLICE DEPARTMENT

Sunday, September 15

REPLAY AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Sunday, September 22

Jennifer Eckman – St Jude Children’s Research Hospital

Brian & Chrissy talked to Jennifer who lost her son Noah to cancer almost 20 years ago. Jennifer and her family utilized the St. Jude Children’s Research Hospital in Memphis as well as the research here in the Capital Region. They also mentioned the upcoming walk on September 28th and how important it is to bring awareness to such a great place that doesn’t charge families for their resources.

Sunday, September 29

Briana Serafino, Walk Chair for the Schenectady Fulton Montgomery Walk to End Alzheimer's

Briana and I talked about the upcoming Walk to End Alzheimer's on October 5th. She went into detail about the difference between Alzheimer's and if someone just happens to forget things. We also talked about the importance of the colored flowers and how moving the ceremony is at the walk when each flower means something different. It puts a face to those fighting the disease and families who have lost someone to it.

**2019-Q3 (July-September) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List**

**Radio Health Journal airs on WGNA, WPBZ, WQBK, WTMM and WQSH on Sunday mornings
from 630am-7am and on WQBK HD2 from 730am-8am .**

Alcohol use disorder	Hunger and food insecurity
Auto & pedestrian safety	Infectious disease
Cancer	International relations
Charity organizations/volunteerism	Interpersonal relationships
Child safety	Landfills
City government	Mass shooting
Consumerism	Mental health
Destructive behavior & mental illness	Neurology
Diet & nutrition	Parenting issues
DNA & genetic testing	Police & law enforcement
Drug prices	Pollution
Economics	Privacy issues
Education	Psychology
Environment	Public health
Ethics	Public policy
Family issues	Rehabilitation
Federal government and regulation	Sleep
Food waste	Technology
Gun violence	Urban affairs
Health care	Weather & climate change
Heart disease	Women's issues
HIV & AIDS	Youth at risk

Program	19-27	Writers/Producers	Reed Pence, Regan Huston, Morgan Kelly
Air Week	07/07 – 07/13/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	PANDAS—THE MYSTERIOUS CHILDHOOD DISORDER AFTER A STREP THROAT		11:15
Synopsis: Strep infection may prompt a severe reaction in some children, causing their own immune system to attack cells in the brain. What appear to be extreme psychological symptoms result from what is really a physical disorder. The disorder, known as PANDAS, is often misdiagnosed. Experts discuss.			
Host & Producer: Reed Pence. Guests: J.C. Konecny, former Executive Director, PANDAS Network and parent of PANDAS sufferer; Dr. Elizabeth Latimer, Washington DC neurologist			
Compliance issues covered: consumerism; youth at risk; health care; infectious disease			
Links for more information: http://www.pandasnetwork.org https://www.pandasppn.org			
14:20	SEGMENT 2: THE PSYCHOLOGY OF PROCRASTINATION		8:10
Synopsis: Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate.			
Host: Nancy Benson. Producer: Regan Huston. Guests: Dr. Tim Pychyl, Associate Professor of Psychology, Carleton University; Dr. Christine Li, clinical psychologist and procrastination coach			
Compliance issues covered: consumerism; psychology & pop culture; mental health			
Links for more information: https://www.procrastinationcoach.com https://carleton.ca/psychology/people/timothy-a-pychyl/			

Program	19-28	Executive Producer	Reed Pence
Air Week	07/14 – 07/20/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: FATTY LIVER DISEASE: SILENTLY GROWING		12:17
Synopsis: Most people associate cirrhosis of the liver with heavy alcohol use. But <u>nonalcoholic</u> fatty liver disease, which also leads to cirrhosis, is growing rapidly, and may affect a quarter of the population. Experts discuss this silent disease and what people can do to prevent and treat it.			
Host & Producer: Reed Pence. Guests: Dr. Michael Porayko, Professor of Medicine, Vanderbilt University Medical Center; Donna Cryer, founder and CEO, Global Liver Institute and liver transplant recipient; Wayne Eskridge, founder and CEO, Fatty Liver Foundation			
Compliance issues covered: health care; public health; alcohol use disorder; consumerism			
Links for more information: https://search.vanderbilthealth.com/doctors/Porayko-Michael http://www.globalliver.org https://www.fattyliverfoundation.org			
15:21	SEGMENT 2: CANCER TREATMENT AND SEX		7:43
Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses.			
Host: Nancy Benson, Producer: Reed Pence. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com			
Compliance issues covered: health care; interpersonal relationships; cancer; mental health			
Links for more information: https://www.will2love.com/about-us/			

Program	19-29	Executive Producer	Reed Pence
Air Week	07/21 – 07/27/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: THE PRO'S and CON'S OF MOBILE HEALTH APPS		12:28
<p>Synopsis: Mobile health apps are becoming very popular, though some are being shown to have little benefit. Few barriers exist to almost anyone entering the field whether they have health expertise or not. Privacy is also a concern. Experts discuss how people can protect themselves and find apps that do what they want.</p>			
<p>Host: Reed Pence. Producer: Regan Huston. Guests: Dr. Anne Berman, Associate Professor of Clinical Psychology, Karolinska Institute; Marc Fischer, co-founder and CEO, Dogtown Media; Dr. Shon Lewis, Professor of Adult Psychiatry, University of Manchester; Dr. Michael Kleinrock, Research Director, IQVIA Institute for Human Data Science; Dr. John Torous, Director, Digital Psychiatry, Beth Israel Deaconess Medical Center</p>			
<p>Compliance issues covered: health care; public health; technology; consumerism; privacy issues; psychology</p>			
<p>Links for more information: https://staff.ki.se/people/anberm https://www.dogtownmedia.com/team/marc-fischer/ https://www.research.manchester.ac.uk/portal/shon.lewis.html https://www.iqvia.com/institute/michael-kleinrock http://www.johntorousmd.com</p>			
15:32	SEGMENT 2: OBESITY AND CANCER RISK		7:25
<p>Synopsis: Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why.</p>			
<p>Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America</p>			
<p>Compliance issues covered: health care; public health; consumerism; cancer</p>			
<p>Links for more information: https://www.cancercenter.com/physician-directory/anthony-perre</p>			

Program Log for *Radio Health Journal*

Program	19-30	Executive Producer	Reed Pence
Air Week	07/28 – 08/03/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: NOT ENOUGH SLEEP: EVEN WORSE FOR YOU THAN WE THOUGHT	11:20	
Synopsis: Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechanisms behind those hazards is leading scientists to strengthen their warnings. Too little sleep or poor sleep carries heart and brain risks that are powerful, as experts explain.			
Host & Producer: Reed Pence. Guests: Dr. Chris DeSouza, Professor of Integrative Physiology, University of Colorado; Dr. Ehsan Shokri-Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging			
Compliance issues covered: health care; public health; consumerism; sleep; neurology			
Links for more information: https://www.colorado.edu/iphy/people/professors/chris-desouza https://www.niaaa.nih.gov/research/niaaa-intramural-program/niaaa-laboratories/laboratory-neuroimaging			
14:24	SEGMENT 2: A RADICAL DIET TO PREVENT HEART DISEASE	8:39	
Synopsis: Heart disease is the number one killer in the US, but a well-known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's a prescription for defeat. Experts discuss.			
Host: Nancy Benson. Producer: Reed Pence. Guests: Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascular Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute			
Compliance issues covered: health care; public health; consumerism; diet & nutrition; heart disease			
Link for more information: http://www.dresselstyn.com/site/about/about-dr-esselstyn/			

Program	19-31	Executive Producer	Reed Pence
Air Week	08/04 – 08/10/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:01	SEGMENT 1: TBI'S, PERSONALITY CHANGE, AND MARRIAGE		12:57
<p>Synopsis: Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and cognitively. Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of a TBI victim discuss the many ways life changes after an injury and what can help to get them through the ordeal.</p>			
<p>Host: Reed Pence. Writer/Producer: Morgan Kelly. Guests: Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotherapist, educator specializing in TBI; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University</p>			
<p>Compliance issues covered: health care; public health and safety; family issues; rehabilitation; head injury; neurology</p>			
<p>Links for more information: https://www.nytimes.com/2019/01/25/style/modern-love-are-you-my-husband.html https://www.loriweisman.com https://medschool.vcu.edu/expertise/detail.html?ID=400</p>			
16:00	SEGMENT 2: SCHOOL CROSSING SAFETY		7:01
<p>Synopsis: With the school year approaching, drivers need to be aware of children in crosswalks—and away from them. However, increasing distractions for both pedestrians and drivers sometimes make that difficult. A safety expert and a veteran school crossing guard—the nation's "favorite crossing guard"—discuss.</p>			
<p>Host: Nancy Benson. Writer/Producer: Regan Huston. Guests: Chief Lyn Woolford, Ashland, MO, crossing guard voted "nation's favorite;" Kristin Rosenthal, Senior Program Manager, Safe Kids Worldwide</p>			
<p>Compliance issues covered: youth at risk; education; auto and pedestrian safety; public safety</p>			
<p>Links for more information: https://www.prnewswire.com/news-releases/missouris-lyn-woolford-named-americas-favorite-crossing-guard-300800046.html https://www.safekids.org/author/kristin-rosenthal</p>			

Program	19-32	Executive Producer	Reed Pence
Air Week	08/11 – 08/17/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:02	SEGMENT 1: THE ECONOMICS OF LATER SCHOOL START TIMES	12:12	
<p>Synopsis: Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change.</p>			
<p>Host & Writer/Producer: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Assistant Professor of Psychiatry and Psychology, University of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization</p>			
<p>Compliance issues covered: youth at risk; education; public policy; parenting issues; economics; sleep</p>			
<p>Links for more information: https://www.rand.org/about/people/t/troxel_wendy_m.html http://www.startschoollater.net</p>			
15:16	SEGMENT 2: DOG BREEDS AND DOG BITES	7:29	
<p>Synopsis: Nearly 40 percent of American homes have a dog, and while dogs may be "man's best friend," sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.</p>			
<p>Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Charles Elmaraghy, Chief, Pediatric Otolaryngology, Nationwide Children's Hospital and Association Professor of Otolaryngology, The Ohio State University College of Medicine</p>			
<p>Compliance issues covered: youth at risk; pets and people; child safety; education; family issues</p>			
<p>Links for more information: https://www.nationwidechildrens.org/find-a-doctor/profiles/charles-a-elmaraghy</p>			

Program	19-33	Executive Producer	Reed Pence
Air Week	08/18 – 08/24/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
2:03	SEGMENT 1: COPPER TOXICITY	13:15	
Synopsis: High levels of copper in the body can produce mental health symptoms such as depression, anxiety, and aggression. However, most doctors don't test for copper levels and may prescribe medications like antidepressants instead. An author who suffered years with undiagnosed copper toxicity and two expert psychiatrists discuss diagnosis and treatment.			
Host & Writer/Producer: Reed Pence. Guests: Deb Tokarz, author, <i>I Cu Copper</i> ; Dr. Judy Tsafir, holistic psychiatrist in Boston and Teaching Associate, Harvard Medical School; Dr. Courtney Snyder, holistic psychiatrist, Louisville, KY			
Compliance issues covered: health care; public health; women's issues; environment; mental health			
Links for more information: https://www.debtokarz.com https://www.judytsafirmd.com http://www.courtneysnydermd.com			
16:20	SEGMENT 2: HISTORY'S WORST PLAGUES	6:40	
Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains.			
Host: Nancy Benson. Guest: Jennifer Wright, author, <i>Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them</i>			
Compliance issues covered: public health; ethics; HIV and AIDS; medical history			
Links for more information: http://us.macmillan.com/getwellsoon/jenniferwright/9781627797467/			

Program	19-34	Executive Producer	Reed Pence
Air Week	08/25 – 08/31/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	SEGMENT 1: A CLOSER LOOK AT FOOD WASTE		12:45
<p>Synopsis: Experts believe about 40 percent of the food available in America is thrown away. Solving this problem also creates an opportunity to help with food insecurity. It starts with consumers. Experts explain where waste comes from and how people can cut down on its production.</p>			
<p>Host & Writer/Producer: Reed Pence. Guests: JoAnne Berkenkamp, Senior Advocate, Natural Resources Defense Council; Michele Chase, Agency Relations Field Coordinator, Food Forward, Los Angeles</p>			
<p>Compliance issues covered: hunger and food insecurity; environment; pollution; landfills; economics; food pantries; charity organizations and volunteerism; consumerism; city government; food waste</p>			
<p>Links for more information: https://www.nrdc.org/experts/joanne-berkenkamp https://foodforward.org/about/our-team/</p>			
15:50	SEGMENT 2: "GIGGLING EPILEPSY"		7:02
<p>Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a then-nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.</p>			
<p>Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Aria Fallah, Assistant Professor of Neurosurgery, UCLA Geffen School of Medicine and Mattel Children's Hospital</p>			
<p>Compliance issues covered: health care; youth at risk</p>			
<p>Links for more information: https://www.uclahealth.org/aria-fallah http://www.epilepsy.com/learn/types-seizures/gelastictic-and-dacrystic-seizures</p>			

Program	19-35	Executive Producer	Reed Pence
Air Week	09/01 – 09/07/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:01	SEGMENT 1: SUDDEN UNEXPLAINED DEATH OF A CHILD		12:32
<p>Synopsis: Each year, some 400 US children over age 1, most of them toddlers, die overnight for no known reason. Families, longing for answers, often find that their families, friends, and even pediatricians are unfamiliar with this classification of death, or that they even occur. Family members who have lost a child, a medical examiner, and a research expert who has lost a child discuss SUDC.</p>			
<p>Host: Reed Pence. Writer/Producer: Regan Huston. Guests: Estuardo Torres, father of SUDC victim; Dr. Eric Eason, Assistant Medical Examiner, Cook County, IL; Laura Gould Crandall, research scientist, Department of Neurology, NYU Langone Comprehensive Epilepsy Center and mother of SUDC victim; Ron and Jordana Zachara, parents of SUDC victim</p>			
<p>Compliance issues covered: youth at risk; public health; parenting issues; health care; child safety</p>			
<p>Links for more information: https://sudc.org https://www.cookcountyil.gov/agency/medical-examiner https://sudc.org/about-us/board-of-directors/laura-gould-crandall</p>			
15:35	SEGMENT 2: TONSIL STONES		6:25
<p>Synopsis: Some people find that small “stones” are growing on their tonsils. They’re an accumulation of skin cells, food, and other debris. While they are not medically dangerous or painful, they often produce bad breath or sometimes pain. Two expert physicians discuss tonsil stones’ formation and treatment.</p>			
<p>Host: Nancy Benson. Writer/Producer: Morgan Kelly. Guests: Dr. Alter Peerless, otolaryngologist, Mercy Health, Cincinnati; Dr. Lauren Bohm, Assistant Professor of Otolaryngology, University of Michigan</p>			
<p>Compliance issues covered: health care</p>			
<p>Links for more information: https://www.mercy.com/find-a-doctor/physicians/alter-g-peerless/230042 https://www.uofmhealth.org/profile/4468/lauren-andrea-bohm-md</p>			

Program	19-36	Executive Producer	Reed Pence
Air Week	09/08 – 09/14/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	SEGMENT 1: SURVIVING AN ACTIVE SHOOTER		12:45
<p>Synopsis: With the recent active shooter incidents in El Paso and Dayton, these incidents no longer seem rare, and experts say there’s been a shift in public perception. Now they seemingly could happen anywhere, and it’s become a public health issue. Two experts discuss the changing theory of how to survive an active shooter incident through what’s called “run, hide, and fight.”</p>			
<p>Host & Writer/Producer: Reed Pence. Guests: Dr. Cheryl Lero Jonson, Associate Professor of Criminal Justice, Xavier University; Dr. Park Dietz, founder and President, Threat Assessment Group</p>			
<p>Compliance issues covered: mass shootings; public safety; gun violence; police & law enforcement; youth at risk; education</p>			
<p>Links for more information: https://scholar.google.com/citations?user=RgaXKNYAAAAJ&hl=en https://www.taginc.com/parkdietz</p>			
15:50	SEGMENT 2: FIGHTING OFF STRESS AT COLLEGE		7:16
<p>Synopsis: Many Americans believe if they have good health care, they’ll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern.</p>			
<p>Host: Nancy Benson. Writer/Producer: Reed Pence. Guests: Dr. Bernadette Melnyk, Vice President for Health Promotion, Dean, College of Nursing and Chief Wellness Officer, The Ohio State University; Julie Potiker, author, <i>Life Falls Apart But You Don’t Have To: Mindful Methods for Staying Calm in the Midst of Chaos</i></p>			
<p>Compliance issues covered: youth at risk; education; mental health</p>			
<p>Links for more information: https://nursing.osu.edu/faculty-and-staff/bernadette-melnyk https://mindfulmethodsforlife.com/author/julie/</p>			

Program	19-37	Executive Producer	Reed Pence
Air Week	09/15 – 09/21/2019	Studio Production	Jason Dickey
Time	Segment	Dur.	
1:57	SEGMENT 1: IMPORTING CANADIAN DRUGS	11:50	
<p>Synopsis: The Trump Administration has proposed wholesale import of drugs from Canada to ease high US prescription drug prices. But since Canada is 1/10th the size of the US, could it supply enough drugs to make a difference? What's more, it appears Canadians are opposed to the plan and are devising rules to stop it. Experts discuss pro's and con's.</p>			
<p>Host & Producer: Reed Pence. Guests: John Adams, Board Chairman, Best Medicines Coalition (Canada); Justin Mendoza, State Partnerships Manager, Families USA</p>			
<p>Compliance issues covered: health care; public health; international relations; economics; federal government and regulation; consumerism; drug prices</p>			
<p>Links for more information: https://bestmedicinescoalition.org/about/board-of-directors/ https://familiesusa.org/author/justin-mendoza</p>			
14:49	SEGMENT 2: PRIMARY CARE AND MEDICAL COST	8:11	
<p>Synopsis: The US spends more on medical care than other nations while quality still lags behind. A health industry expert explains how increased use of primary care and increased engagement with providers could reverse both trends.</p>			
<p>Host: Nancy Benson. Producer: Morgan Kelly. Guest: Bret Jorgensen, Chairman and CEO, MDVIP</p>			
<p>Compliance issues covered: health care; public health; economics</p>			
<p>Links for more information: https://www.mdvip.com/about-mdvip/leadership/bret-jorgensen-ceo</p>			

Program	19-38	Executive Producer	Reed Pence
Air Week	09/22 – 09/28/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:02	SEGMENT 1: HEAT AND VIOLENCE		12:27
<p>Synopsis: Violence increases as temperatures rise in the summer, but are higher temperatures a cause of aggression? New research shows that the answer is yes, especially in family conflict, and that poor neighborhoods bear the brunt of the relationship. Researchers discuss the synergy between poverty, heat, and aggression, and speculate that a warmer world in the future could be a more violent one.</p>			
<p>Host & Producer: Reed Pence. Guests: Dr. Matthew Kahn, Bloomberg Distinguished Professor of Economics and Director, 21st Century Cities Initiative, Johns Hopkins University; Dr. Frank McAndrew, Professor of Psychology, Knox College; Dr. Kilian Heilmann, Institute for New Economic Thinking, University of Southern California</p>			
<p>Compliance issues covered: public health; weather; climate change; violence; police & law enforcement; public safety; urban affairs</p>			
<p>Links for more information: https://www.katherineeban.com/about</p>			
15:31	SEGMENT 2: NAIL BITING		7:38
<p>Synopsis: Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop.</p>			
<p>Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Executive Director, Western Suffolk Psychological Services, Huntington, NY</p>			
<p>Compliance issues covered: health care; destructive behavior; mental illness</p>			
<p>Links for more information: http://www.drdanastern.com http://www.wsps.info/index.php?option=com_contact&view=contact&id=7&Itemid=75</p>			

Program	19-39	Executive Producer	Reed Pence
Air Week	09/29 – 10/05/2019	Studio Production	Jason Dickey
Time	Segment		Dur.
2:03	SEGMENT 1: GENETIC TESTING AND FAMILY SECRETS		12:38
<p>Synopsis: The availability of consumer DNA tests and databases has allowed long-hidden family secrets to be revealed, including mistaken paternity and unknown siblings. It has also taken the anonymity away from some cases of sperm donation. Two experts discuss the ethics of overturning this promised secrecy and the impact that the revelation of secrets can have on entire families.</p>			
<p>Host: Reed Pence. Producer: Polly Hansen. Guests: Dani Shapiro, author, <i>Inheritance: A Memoir of Genealogy, Paternity, and Love</i>; Dr. Bill Sullivan, Professor of Pharmacology and Toxicology, Indiana University School of Medicine and author, <i>Pleased to Meet Me: Genes, Germs, and the Curious Forces That Make Us Who We Are</i></p>			
<p>Compliance issues covered: ethics; DNA and genetic testing; parenting issues; family issues; interpersonal relationships</p>			
<p>Links for more information: https://danishapiro.com https://authorbillsullivan.com</p>			
15:43	SEGMENT 2: MIRROR TOUCH SYNESTHESIA		7:08
<p>Synopsis: Dr. Joel Salinas has mirror touch synesthesia, a condition involving cross-wiring in the brain. The result is that visual stimuli prompt a response in his touch system. He literally feels it when people experience pain. Salinas discusses how this strange condition works and how he is able to use it in diagnosis.</p>			
<p>Host: Karen Hand. Guests: Dr. Joel Salinas, neurologist, Massachusetts General Hospital and author, <i>Mirror Touch: Notes From a Doctor Who Can Feel Your Pain</i></p>			
<p>Compliance issues covered: health care; consumerism; neurology</p>			
<p>Links for more information: https://joelsalinasmd.com/book/</p>			

The Griot Nation Radio Show

Feat. Amon Rashidi and UNCN

Show Topics – 3rd Quarter 2019

TGN-355: Hood Mentality, Part 2 – July 07, 2019

- The Conscious Corner: Nipsey On Ebro Wake Up
Brain Stimulation – What does change look like?
- Healthy Relationships: Seeing things from a different perspective
- Griot Nation News: US Imperialist across the world
- Cora Dixon Healing Experience: Healing on a budget
- Helpful Hints for Parents – The process of birth and development
- Rapademics: Rap-A-Phonics – Superverbs; Short Vowel Sounds
- Griot 411: The Last OG

TGN-356: Police State – July 14, 2019

- The Conscious Corner: Gov't Control Boundaries For Us?
What are we fighting for?
Homeschooling: A new trend?
- Healthy Relationships: Being The Example
Compatibility vs Attraction
- Griot Nation News: Reparations and the Democratic Candidates views
- Cora Dixon Healing Experience: Thai Yoga Massage
- Helpful Hints for Parents – Stages of Development: Internalization
- Rapademics: RapiPLY – Multiply By 1; Multiples of 2
- Griot 411: The Story of Nipsey Hussle

TGN-357: Uncaged Media – July 21, 2019

- The Conscious Corner: Black Agenda Report - a tribute to conscious media
Finding the truth in media
- Healthy Relationships: Appreciation of Mutual Experiences
- Griot Nation News: Louisiana protest of states law to convict with 10 to 2 jury
- Griot 411: Portrayal of the black experience in the media
- Cora Dixon Healing Experience: Benefits of walking meditation
- Helpful Hints for Parents – Celebrate life and talk to your children about death
- Rapademics: Rap-A-Phonics – Short A's; Long Vowel Sounds
- Griot 411: Tribute to Bernie Mack

TGN-358: Testing Our Children – July 28, 2019

- The Conscious Corner: Standardized testing and how it is biased against our children
Testing is a manufactured measure of intelligence - it does not determine or predict our greatness
- Healthy Relationships: The power of touch

- Griot Nation News: Reparations for the African descendants of slavery and the position of democratic presidential candidates
- Cora Dixon Healing Experience: Tai Yoga Massage
- Helpful Hints for Parents – Stages of development: Internalization from 0 to 8 years old
Completing our family
- Rapademics: RapiPLY – Multiply By One; Multiply By Two
- Griot 411: The story of Nipsey Hustle

TGN-359: Domestic Terrorism – August 11, 2019

- The Conscious Corner: Terror Conditioning – Who are the real terrorist?
Military exploitation and its effect on domestic terrorism
Gentrification as a measure of terrorism
- Healthy Relationships: Introduce Queen Supreme and the importance of security in relationships
- Griot Nation News: Fragility of two party corporate system
- Cora Dixon Healing Experience: Tips to boost your immune system
5 ways to get back on our wellness wagon
- Helpful Hints for Parents – Stepfathers are real fathers too
Family relationships and setting the right example
- Griot 411: Tribute to Eddie Murphy
- Rapademics: Rap-A-Phonic – Long Vowel Blends; Short Vowel Sounds

TGN-360: Domestic Terrorism Part 2 – August 25, 2019

- The Conscious Corner: Welcome to the criminal justice system – where is the justice
The new Boogie Man – Blacks depicted as terrorists
- Healthy Relationships: Vulnerability - a strength or weakness
- Griot Nation News: Using patriotism to deflect racism is a terrible mistake
- Cora Dixon Healing Experience: How to rejuvenate the immune system
Using herbs to heal
- Helpful Hints for Parents – Mentoring and becoming a father to other children
Protecting your sons from Bullying
- Rapademics: Parts of Speech – We Use Nouns; Rap-A-Phonics - Long Vowel Sounds
- Healthy Relationships: Freakiness in Relationships
- Griot 411: Interview with Bill Bellamy

TGN-361: Environmental Terrorism – September 1, 2019

- The Conscious Corner: Environmental Terrorism
Burning of the Amazon
- Healthy Relationships: Public displays of affection
Griot Nation News: Years after Eric Garner's murder, killer cop fired with no charges ever
- Cora Dixon Healing Experience: Medical massage therapy
Massage for injuries, prenatal, stress and auto-immune
- Helpful Hints for Parents – Surrogate families, raising the community

- Teaching children how to eat right
- Griot 411: Bill Mauher – The ‘N’ word
- Rapademics: RapiPLY – Multiply By Five; Rap-A-Phonics - Silent E

TGN-362: A Future Missing – September 15, 2019

- The Conscious Corner: Missing young Black girls
Socialization and propaganda fed to our young girls
- Healthy Relationships: Relationships and protecting our women
- Griot Nation News: Years after Eric Garner’s murder, killer cop fired with no charges ever
- Cora Dixon Healing Experience: How to protect our young girls
42 Negative Confessions of Ma’at
- Helpful Hints for Parents – Find and identify manhood examples for our young boys
The role of a Grandfather
- Griot 411: August Wilson and the state of Black Theatre – Part 2
- Rapademics: Rap-A-Speech - Conjunctions; RapiPLY – Multiply By Five

TGN-363: The New Divide – September 29, 2019

- The Conscious Corner: Who’s Directing The Narrative?
Not letting difference mean division
Reclamation of Information about us! Spiritual Warfare
Cultivating accountability with support
- Healthy Relationships: Appreciation vs. Expectation
- Griot Nation News: Part 2 - US Imperialist across the world
- Cora Dixon Healing Experience: Staying consistent with health and wellness
42 Principles and Negative Confessions of Ma’at
- Helpful Hints for Parents – Self Identity, Self Mastery and Self Control
- Griot 411: Interview with Shag Man
- Rapademics: RapiPLY – Multiply By 1; Multiples of 2