

## 2016-Q4 (October – December) Viewpoints Quarterly Logs

Compliancy Issues Covered

Addiction Internet Security
African-American Issues Journalism

Agriculture Labor
Animal Health Law

Aquaculture Law Enforcement

Arts Legislation
Business Manufacturing

Campaigns Media
Children & Family Issues Medicine
Civil Rights Mental Health

Climate Change Military
Commerce Minorities

Communications

Community Action

Consumerism

Natural Disasters

Natural Resources

Natural Resources

Consumerism Non-Profits Crime Nutrition

Disability
Drugs
Personal Finance
Education
Philanthropy
Elderly
Political Activism

Emergency Response Politics
Employment Poverty
Entertainment Prisons

Environment Privacy Issues
Equality Psychology
Ethnicity & Culture Public Health

Ethnicity & Culture Public Health Family Issues Religion

Gender Issues Science & Technology
Genocide Social Issues

Government Stress
Gun Laws War

Health Water Issues Immigration Women's Issues

Infrastructure

See weekly logs below for segment dates, titles, topics, guests & duration



Program	16-40	Producer	Pat Reuter
Air Week	10/2/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
6:30	SEGMENT 1: The Gatekeeper: Missy LeHand and FDR	10:12
	Synopsis: Everyone knows about the presidency of Franklin D. Roosevelt, but not many know about the powerful and loyal confidant FDR relied on, Marguerite "Missy" LeHand. Our guest discusses the life and work of this remarkable woman and how she helped and influenced one of the greatest chief executives of our time.	
	Host: Gary Price. Guests: Kathryn Smith, author of <i>The Gatekeeper: Missy LeHand, FDR, and the untold story of the partnership that defined a presidency.</i>	
	Links for more info: www.margueritelehand.com also on Facebook.com/Missy LeHand	
	Compliancy Issues Covered: government, women's issues, the presidency	
6:45	SEGMENT 2: Urban Farming: Helping people do more than eat healthy	11:26
	Synopsis: Urban gardens are popping up all over the country, and they've provided "food desert" communities with fresh fruits and vegetables for their residents' tables as well as taught urban dwellers to put abandoned plots of land to good use. But have you ever heard of an "urban farm"? Our guests talk about both of these projects and describe why they provide hope and employment for people in need as well as educational opportunities to students and residents.	
	Host: Marty Peterson. Guests: Michael Ableman, co-founder and director of Sole Food Street Farms in Vancouver, BC, and author of the book, <i>Street Farm: Growing food, jobs and hope on the urban frontier;</i> Deirdre Bradley-Turner, director of Community Service and Service Learning at Emmanuel College, Boston, which is part of the Mission and Ministry Office at the college.	
	Links for more info: www.emmanuel.edu www.solefoodfarms.com www.chelseagreen.com	
	Compliancy Issues Covered: agriculture, controlled substances, mental health, poverty, community activism, education	

Program	16-41	Producer	Pat Reuter	l
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Air Week 10/9/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
6:30	SEGMENT 1: Citizen Scientists: What everyone can do to help create a better world	11:25
	Synopsis: When we think of scientists, most of us think of college graduates working in laboratories on very important projects for the government or large corporations. Not many of us think of the retired bricklayer next door who likes to garden, or the 10-year-old girl who is fascinated by birds. We talk to two "citizen scientist" advocates about the importance of having average citizens be the eyes and ears of large research projects, and how anyone can find a science project they can help advance in the world.  Host: Gary Price. Guests: Mary Ellen Hannibal, author of the book <i>Citizen Scientist: Searching for heroes and hope in an age of extinction;</i> Geoff LeBaron is the director of the Audubon Society's annual Christmas Bird Count.	
	Links for more info: <a href="https://www.maryellenhannibal.com">www.maryellenhannibal.com</a> <a href="https://www.maryellenhannibal.com">www.christmasbirdcount.org</a> Compliancy Issues Covered: nature, science, technology, public service, environment	
6:45	SEGMENT 2: Helping Animals Weather Natural Disasters	10:14
	Synopsis: Natural disasters such as floods, wildfires and tornados can devastate a community, cause widespread health concerns and push families out of their homes. We're all concerned that the humans caught in these circumstances are taken care of, but what about the pets that live in the area? How can we help them survive and stay with their human caretakers? We talk to a Humane Society spokesperson who has seen his share of disasters about keeping your pets safe and secure during a catastrophe.  Host: Marty Peterson. Guest: Jeff Dorson, Executive Director of the Humane Society of Louisiana	
	Links for more info: <a href="https://www.humanela.org">www.humanela.org</a> 1-888-6-HUMANE  Compliancy Issues Covered: natural disasters, animal welfare, public safety, community activism	

Program	16-42	Producer	Pat Reuter
Air Week	10/16/16	Production Directors	Sean Waldron, Reed Pence

Time   Segment	Dur.
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	Program Log for <i>Viewpoints</i>	
6:30	SEGMENT 1: Dealing With Fear in Life	11:02
	Synopsis: Halloween is coming up, and just about everyone likes to be scared on that day. It's fun and it can	
	help heighten the excitement of the holiday. However, there are some people who have fear in their lives that	
	isn't much fun – those who are facing big changes, uncertainties and loss. Our guests talk about how fear affects our lives and how it can be decreased or eliminated by perseverance, positive thinking and compassion.	
	Host: Gary Price. Guests: Brad and Kasey Wallis, co-founders of "Expand With Julius," a private coaching and workshop firm.	
	Links for more info: expandwithjulius.com	
	Compliancy Issues Covered: mental health, occupational training, internet & social media	
6:45	SEGMENT 2: Teaching Kids to Read by Expanding Their World	10:32
	Synopsis: We hear it all the time – why can't our kids read better? Our guest has some thoughts on the issue	
	and offers some suggestions to parents, educators and policymakers about how expanding our children's	
	knowledge base in school will help make them better readers overall.	
	Host: Marty Peterson. Guest: Robert Pondiscio is the Executive Director of the Knowledge Matters	
	Campaign, a senior fellow at the Thomas B. Fordham Institute in Washington, DC, and a former inner-city elementary school teacher.	
	Links for more info: www.knowledgematterscampaign.org	
	Compliancy Issues Covered: education, government, community activism	

Program	16-43	Producer	Pat Reuter
Air Week	10/23/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
6:30	SEGMENT 1: Atlas Obscura: Celebrating Unique Destinations	
	Synopsis: When Americans take vacations, it's often to places like theme parks, resorts, or national parks.	
	Our guest says that there's a treasure trove of unique destinations around the world if you veer off the beaten	



V 2	Program Log for <i>viewpoints</i>	
	vacation path. He talks about a few of the places you probably never heard about but which offer unique	
	experiences, educational opportunities and a lot of fun.	
	Host: Gary Price. Guests: Dylan Thuras, co-author of Atlas Obscura: An explorer's guide to the world's	
	hidden wonders.	
	Links for more info: www.atlasobscura.com	
	Compliancy Issues Covered: recreation, art, architecture, travel, history, war, science & technology	
6:45	SEGMENT 2: Raising Human Beings: Dealing with kids, expectations and behavior	11:36
	Synopsis: Raising kids these days isn't easy. Parents have expectations for their children that often don't	
	jibe with who the child is and his or her temperament and that can lead to problems with behavior that	
	disrupt family life, and end up being counterproductive for the child. We talk to a psychologist about why kids	
	behave the way they do in certain situations, and offer strategies for dealing with a child that can help them	
	grow more responsible and independent.	
	Host: Marty Peterson. Guests: Dr. Ross Greene, a psychologist at Virginia Tech University and founding	
	director of the non-profit organization "Lives in the Balance." He's also the author of the book, Raising	
	Human Beings: Creating a collaborative partnership with your child.	
	Links for more info: www.drrossgreene.com www.livesinthebalance.org	
	Compliancy Issues Covered: children and family issues, education, psychology and mental health	
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Program	16-44	Producer	Pat Reuter
Air Week	10/30/16	<b>Production Directors</b>	Sean Waldron, Reed Pence

	Time	Segment	Dur.
ĺ	6:30	SEGMENT 1: Liar, Temptress, Soldier, Spy: Women in the Civil War	11:04
		SYNOPSIS: We've heard a lot about the famous generals and other heroes of the Civil War, but very little has been written about the women who fought as hard as the men for their beliefs. We talk to an author who researched these women, about the jobs they did, how they risked their lives to find and carry intelligence	



	Program Log for <i>viewpoints</i>	
	from the enemy to their generals, and even how they used their "feminine wiles" to get the information they needed to gain advantage in the war.	
	Host: Gary Price. Guest: Karen Abbott, author of <i>Liar, Temptress, Soldier, Spy: Four women undercover in the Civil War.</i>	
	Links for more info: www.karenabbott.net	
	Compliancy Issues Covered: history, military & veterans, women's issues	
6:45	SEGMENT 2: The Value of Face-to-Face Communication for Kids	10:36
	SYNOPSIS: Kids are always on their phones, tablets or computers – even when they're sitting across from one another at the lunch table! Does communicating via screens hurt kids? We talk to two researchers who found that too much screen time at the cost of face-to-face communication could decrease our ability to recognize emotions, and possibly even shorten our lives.	
	Host: Marty Peterson. Guests: Patricia Greenfield, Distinguished Prof. of Psychology, UCLA, Dir. of the Children's Digital Media Center, Los Angeles, CA; Susan Pinker, psychologist, journalist, author of <i>The Village Effect: How face-to-face contact can make us healthier, happier and smarter.</i>	
	Links for more info: www.cdmc.ucla.edu www.susanpinker.com	
	Compliancy Issues Covered: technology, children's issues, seniors' issues, mental & physical health, education	

Program	16-45	Producer	Pat Reuter
Air Week	11/6/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
6:30	SEGMENT 1: Supporting Libraries: Why they're important, how we can help	11:24
	Synopsis: The public library system in the U.S. is one of our most cherished community services, yet in these days of government budget cuts, libraries around the country are feeling the pinch of shorter hours, fewer staff and old technology. Our guests discuss why funding and supporting our libraries is a way to raise smarter kids, help residents with social service navigation, boost the economy, and help immigrants become full American citizens.	



	Host: Gary Price. Guests: Dr. Timothy Crist is the president of the Board of Trustees for The Newark Public Library, Newark NJ; Karin Slaughter, internationally bestselling author whose latest novel is titled <i>The Kept Woman</i> , founder of Save the Libraries.  Links for more info: <a href="https://www.npl.org">www.npl.org</a> <a href="https://www.npl.org">www.karinslaughter.com</a> <a href="https://www.savethelibraries.com">www.savethelibraries.com</a>	
	Compliancy Issues Covered: education, philanthropy, community services, employment, community activism, African American issues, Latino issues	
6:45	SEGMENT 2: Dealing with Shame and Bullying	10:13
	Synopsis: Bullying and shaming are two of the most damaging activities kids – and many adults – face today. One of our guests discusses the psychological ramifications of bullying and the other relates her own experience as an unwed teen in the 1970s, and how the shame of that incident and the support she received from other young women in the same situation made her stronger and more compassionate to others.	
	Host: Marty Peterson. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University in Philadelphia, PA; Liz Pryor, author of <i>Look At You Now: My journey from shame to strength.</i>	
	Links for more info: www.temple.edu www.lizpryor.com	
	Compliancy Issues Covered: bullying, teen pregnancy, technology/internet, mental health, juvenile justice, family issues, poverty	

Program	16-46	Producer	Pat Reuter
Air Week	11/13/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
6:30	SEGMENT 1: Remembering the Activism of Tom Hayden	13:03
	Synopsis: In 2004, we spoke with activist and former California legislator Tom Hayden who passed away last	
	month. The topics were gangs and violence, how and why young men and women join gangs and how we	
	can stem the violence of these groups and help the young people who belong to them to live better, safer	
	and more productive lives. In these days of continued strife on urban streets, we can still benefit from his	
	hopeful – yet controversial – ideas on the topic.	
	Host: Gary Price. Guests: The late Tom Hayden, former member of The Chicago Seven and California	
	State Senator of 18 years, is author of the book, Street Wars: Gangs and the future of violence.	



<u> </u>	Program Log for Viewpoints	
	Links for more info: <a href="https://www.tomhayden.com">www.tomhayden.com</a> Compliancy Issues Covered: African American issues, minorities, violence, law enforcement, poverty, labor	
6:45	SEGMENT 2: Brain Briefs: How our minds perceive the world	8:30
	Synopsis: Does working crossword puzzles, Sudoku, and playing other games help prevent Alzheimer's and dementia? Why does time seem to crawl when we're young and speed up as we age? Does multitasking really help us get more done? We talk to a psychologist and author about these popular ideas and get the real story about how our minds can sometimes trick us into thinking things that really aren't true.  Host: Marty Peterson. Guests: Bob Duke, professor at the University of Texas-Austin, and an expert on music and human learning. He and his co-author, Art Markman, are also the co-hosts of the popular podcast "Two Guys on Your Head." Their book is titled <i>Brain Briefs: Answers to the most (and least) pressing questions about your mind.</i> Links for more info: twoguysonyourhead.org www.kut.org	
	Compliancy Issues Covered: popular culture, mental health, aging, work	

Ī	Program	16-47	Producer	Pat Reuter
ſ	Air Week	11/20/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment		
6:30	SEGMENT 1: Fighter Pilot: The Jimmy Stewart You <i>Didn't</i> Know		
	Synopsis: The late actor, Jimmy Stewart, gave us some very memorable characters during his time in		
	Hollywood – many very funny; others endearing; and still others dark and villainous. Perhaps Stewart's most		
	dramatic role was the one that not many people know about, but that molded his life and his psyche – not to		
	mention his acting – for most of his career: fighter pilot in World War II. We talk to an author who delved into		
	Stewart's war service about how flying missions over Europe and seeing his comrades die affected the actor		
	and his choice of roles and acting style for the rest of his life.		
	Host: Gary Price. Guest: Robert Matzen, author of Mission: Jimmy Stewart and the fight for Europe.		
	Links for more info: robertmatzen.com		

Viewp	Program Log for Viewpoints				
	Compliancy Issues Covered: military veterans, war, PTSD, movies & the arts, history, technology				
6:45	SEGMENT 2: Habit Changers: Advice for success in making resolutions	9:51			
	Synopsis: In about six weeks, people will be celebrating the New Year and many of them will be resolving to change something in their lives – the ubiquitous "New Year's Resolution." We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.				
	Host: Marty Peterson. Guest: M.J. Ryan is a resolution maker and an internationally-recognized expert on change and human fulfillment, author of the book, <i>Habit Changers; 81 game-changing mantras to mindfully realize your goals.</i>				
	Links for more info: www.MJ-Ryan.com www.Habit-Changers.com				
	Compliancy Issues Covered: psychology & human behavior, business & entrepreneurs				

Program	16-48	Producer	Pat Reuter
Air Week	11/27/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
6:30	SEGMENT 1: THE ICK FACTOR: TEACHING KIDS SCIENCE	11:15
	Synopsis: Schools are emphasizing science, technology, engineering and math—the STEM subjects. Many people believe science is too technical for kids to understand. We talk to two experts who say children take to science readily if it's presented in the right way by tapping into the "ick factor" that seems to fascinate them.	
	Host: Gary Price. Guests: Chris Martine, David Burpee Prof. of Plant Genetics and Research, Bucknell Univ.; Jessica Garrett, science teacher and co-author, <i>Oh, Ick! 114 Science Experiments Guaranteed to Gross You Out</i>	
	Links for more info: <a href="http://www.bucknell.edu/ChrisMartine">https://www.workman.com/products/oh-ick</a> ;	
	Compliancy Issues Covered: education, science and technology; women's issues	



SEGMENT 2: TEACHING KIDS TO GIVE BACK	10:15
Synopsis: During the holidays, many parents fret over the materialistic messages their children are exposed	
to. We talk to a mom and an author who together have created a children's book and game designed to	
make giving back to others a fun pursuit.	
Host: Marty Peterson. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, <i>North Pole Ninjas: Mission: Christmas</i>	
Links for more info: NorthPoleNinjas.com	
Compliancy Issues Covered: youth at risk; education; children's psychology; consumerism	
	Synopsis: During the holidays, many parents fret over the materialistic messages their children are exposed to. We talk to a mom and an author who together have created a children's book and game designed to make giving back to others a fun pursuit.  Host: Marty Peterson. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, <i>North Pole Ninjas: Mission: Christmas</i> Links for more info: NorthPoleNinjas.com

Program	16-49	Producers	Pat Reuter, Reed Pence
Air Week	12/4/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
1:50	SEGMENT 1: Does Where You Go To College Matter?	11:57
	Synopsis: High school graduates who plan to go on with their education are making plans to head off to college this fall. Not all of them were accepted to the college that was their first choice, and many are disappointed about it. Some young people didn't get into college at all because they weren't offered the help they needed to find a college that suited them financially and culturally. We talk to an author and to a high school counselor about the myths surrounding acceptance to an "elite" college, why a small or state school can be a better fit, and how high school counselors can better serve diverse and often financially strapped students.	
	Host: Gary Price. Guests: Frank Bruni, columnist for The New York Times, author of the book, <i>Where You Go Is Not Who'll You'll Be: An antidote to the college admissions mania</i> ; Joshua Steckel, counselor at a high school in Brooklyn, NY, co-author of the book, <i>Hold Fast to Dreams</i> .  Links for more info: <a href="https://www.frankbrunibooks.com">www.frankbrunibooks.com</a> <a href="https://www.frankbrunibooks.com">www.thenewpress.com</a>	



	Frogram Log for viewpoints	
	Compliancy Issues Covered: Education, Family, Employment, Social Issues	
6:45	SEGMENT 2: Holiday Cooking Without Fear	9:34
	Synopsis: With Thanksgiving over, it's time to start looking toward our December holiday parties and the	
	meals that come with them. Author Julia Turshen joins the show to talk about her tips and tricks to make	
	those Christmas and Hanukah dinner a little less daunting. With advice on dressings, sides, desserts and	
	more, Turshen breaks down some basic techniques to make great food with little experience.	
	Host: Marty Peterson. Guests: Julia Turshen, author of <i>Small Victories: Recipes, Advice + Hundreds of Ideas for Home Cooking Triumphs</i>	
	Links for more info: : <a href="https://www.amazon.com/Small-Victories-Recipes-Hundreds-Triumphs/dp/1452143099">www.juliaturshen.com</a> <a href="https://www.amazon.com/Small-Victories-Recipes-Hundreds-Triumphs/dp/1452143099">https://www.amazon.com/Small-Victories-Recipes-Hundreds-Triumphs/dp/1452143099</a>	
	Compliancy Issues Covered: Family, Food & Nutrition	

	Program	16-50	Producers	Pat Reuter, Evan Rook
Ī	Air Week	12/11/16	Production Directors	Sean Waldron, Reed Pence, Nick Hofstra

Time	Segment	Dur.
6:30	SEGMENT 1: Closing the Wage Gap: Two diverse opinions	11:31
	Synopsis: The "Wage Gap" has been a persistent topic in America for years and it played a big role in	
	determining the outcome of the recent election. We're joined by two experts who both agree that closing the	
	wage gap should be a top priority in this country, but who have very different takes on how that can be achieved. We talk governmental regulations, tax codes, charity, and much more in regards to bringing the haves and the have-nots together. Our experts say doing so may just bring a very divided country together before the wedge between the two groups changes America into a very different, and likely very worse-off, place for our children to inherit.	
	Host: Gary Price. Guests: Chuck Collins, website editor for The Institute for Policy Studies and author of the book, <i>Born on Third Base</i> . Kyle Hauptman, executive director of the Main Street Growth Project	
	Links for more info: <a href="http://www.ips-dc.org">http://www.ips-dc.org</a> <a href="http://www.mainstgrowth.com/">http://www.ips-dc.org</a> <a href="http://www.mainstgrowth.com/">http://www.mainstgrowth.com/</a>	
	Compliancy Issues Covered: US Government, Economics, Politics, Business and Industry	
6:45	SEGMENT 2: Henry Clay: The great American statesman you should know more about	9:59



Synopsis: Most of us have heard the name of Henry Clay, but he's not one of the people we usually remember the way we do George Washington or Thomas Jefferson. Our guest says that Clay was just as important to our nation as the founding fathers, and he discusses the great contributions this Speaker of the House made to keep our country together, fight for justice, and create the foundations of our extensive modern U.S. transportation system.

Host: Marty Peterson. Guests: Harlow Giles Unger, author of *Henry Clay: America's Greatest Statesman* and contributor to The Huffington Post

Links for more info:: http://www.huffingtonpost.com/author/harlow-giles-unger www.dacapo.com

Compliancy Issues Covered: Government, Transportation, War, Law, Slavery, History

Program	16-51	Producers	Reed Pence, Pat Reuter, Evan Rook
Air Week	12/18/16	Production Director	Sean Waldron

Time	Segment	Dur.		
6:30	SEGMENT 1: Christmas at the Battle of the Bulge	11:00		
	Synopsis: This year, many families will spend the holidays with family members away, in combat in Iraq and			
	Afghanistan. It's tough being on the battlefield at any time of year, but during Christmas it's especially hard.			
	We talk to a historian and author about one Christmas, in 1944, when American soldiers spent a freezing			
	holiday in the Ardennes forest, fighting for their lives against Hitler's army during the Battle of the Bulge; and			
	how a general's prayers could have been the key to turning the tide in the Allies' favor.			
	Host: Gary Price. Guests: Stanley Weintraub, Evan Pugh Professor Emeritus of Arts & Humanities, Penn			
	State University, and author of "11 Days in December: Christmas at the Bulge, 1944."			
	Links for more info: <a href="http://www.simonandschuster.com/authors/Stanley-Weintraub/1064729">http://www.simonandschuster.com/authors/Stanley-Weintraub/1064729</a>			
	https://www.amazon.com/11-Days-December-Christmas-			
	Bulge/dp/0451223179/ref=sr 1 1?s=books&ie=UTF8&qid=1481303541&sr=1-			
	1&keywords=11+days+in+december			
	Compliancy Issues Covered: Military, War, Religion, History			
6:45	SEGMENT 2: Using The Voices in Your Head	10:39		
	Synopsis: Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill.			
	However, experts tell us the "voices in your head" can be used to talk to, and about, yourself in a healthy,			



productive way. In fact, most people hear voices in their head and already use inner speech on a daily basis. We discuss tips and techniques to use "self-talk" as a way to get yourself through tough decisions and lower stress.

Host: Marty Peterson. Guests: Dr. Charles Fernyhough, author of "The Voices Within: The History and Science of How We Talk to Ourselves." Dr. Ethan Kross, Professor of Psychology at the University of Michigan.

Links for more info: : <a href="http://www.charlesfernyhough.com/">https://www.amazon.com/Voices-Within-History-Science-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/Voices-Within-History-Science-Ourselves/dp/0465096808">https://www.charlesfernyhough.com/</a> <a href="https://www.amazon.com/Voices-Within-History-Science-Ourselves/dp/0465096808">https://www.amazon.com/Voices-Within-History-Science-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/voices-Within-History-Science-Ourselves/dp/0465096808">https://www.amazon.com/voices-Within-History-Science-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/voices-Within-History-Science-Ourselves/dp/0465096808">https://www.amazon.com/voices-Within-History-Science-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808">https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808">https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808">https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/0465096808">https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988">https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988">https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988">https://www.amazon.com/voices-Bracket-Ourselves/dp/04650988</a> <a href="https://www.amazon.com/voices-Within-History-Bracket-Ourselves/dp/04650988">https://www.amazon.com/voices-Bracke

Compliancy Issues Covered: Psychology, Mental health, Self-help, Science



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Program	16-52		Producers	Reed Pence, Pat Reuter, Evan Rook
Air Week	12/25/16		Production Director	Sean Waldron

Time			
6:30	SEGMENT 1: Dealing With Holiday Stress	10:09	
	Synopsis: The holidays, with their family gatherings, crowded shopping malls and unpredictable weather, are a time of stress for many people. We talk to two stress specialists about tips and tricks to help you calm down a bit during this hectic time of year and also prevent undue stress at other times.		
	Host: Gary Price. Guests: Dr. Mary Lamia, clinical psychology and psychoanalyst in private practice in Marin County, CA; Paul Huljich, author of "Stress Pandemic: 9 natural steps to survive, master stress and live well"		
	Links for more info: www.marylamia.com, www.stresspandemic.com		
	Compliancy Issues Covered: Addiction, Mental Health, Family Issues, Diet & Nutrition		
6:45	SEGMENT 2: Internet Privacy: How You Can Fight Snooping Online	11:33	
	Synopsis: It seems you can't get away from email spam, Internet scams and companies using your online purchases and web browsing to badger you with shopping opportunities. Every time you sign up for a blog or make a purchase, you are inundated with unwanted – and sometimes dangerous – intrusions into your personal and private information. We talk to a journalist who has tried to erase her digital footprint, and an attorney who deals with online privacy about the issue. We discuss ways you can get rid of some third parties who spy on your online activities, learn about better password protection, and find out why we are probably never going to be able to rid ourselves of all snooping in the future.  Host: Marty Peterson. Guests: Julia Angwin, award-winning journalist, author of "Dragnet Nation: A quest"		
	for privacy, security and freedom in a world of relentless surveillance" William Kling, adjunct professor of law, IIT Chicago-Kent College of Law, clinical assistant professor at the University of Illinois at Chicago School of Public Health		
	Links for more info: www.juliaangwin.com, www.kentlaw.edu		
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