

**2018-Q4 (October-December) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:**

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

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Program Log for *Radio Health Journal*

Program 18-40 **Producers** Reed Pence, Ariana Kraft
Air Week 10/7 – 10/13/2018 **Production Director** Jason Dickey
Air Date 10/07/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:01	SEGMENT 1: HEALTH CRISES AND FINANCIAL DISASTER	12:48

Synopsis: Medical bills have long been labeled the number one cause of bankruptcy in the US. A recent study has examined how medical crises produce personal financial disaster. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Experts discuss causes and possible solutions to the problem.

Host: Reed Pence. **Guests:** Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.

Compliance issues covered: health care; economics; employment and unemployment; insurance; consumerism

Links for more information: <https://www.commonwealthfund.org/person/david-u-himmelstein>;
<https://www.ipr.northwestern.edu/faculty-experts/fellows/notowidigdo.html>

15:51	SEGMENT 2: POLYAMINES	6:59
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Synopsis: Researchers have discovered a variety of components in foods that are essential to health but are low in quantity in most diets. One of these is a set of compounds called polyamines. Researchers explain what they are, how they work, and how people can replace those that are needed in the diet.

Host: Nancy Benson. **Guests:** Rick Bendera, Pres. And CEO, Nokomis Research; Dr. Brazos Minshew, Naturopath, Austin TX

Compliance issues covered: consumerism; nutrition

Links for more information: <https://skytreenaturals.com/press-kit-quotations-and-reviews/>; <http://soyoungamerica.com/?p=573>

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Program Log for Radio Health Journal

Program 18-41 **Producers** Ariana Kraft, Reed Pence
Air Week 10/14 – 10/202018 **Production Director** Jason Dickey
Air Date 10/14/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:02	SEGMENT 1: DEMENTIA IN WOMEN	12:26

Synopsis: About two-thirds of people with dementia in the United States are women, and researchers are discovering it's not just because they live longer. Reproductive history also plays a role. Scientists are focusing on the role of estrogen as a potential protective factor against Alzheimer's disease. Several who are involved in this research explain.

Host: Reed Pence. **Guests:** Dr. Rachel Whitmer, Prof. of Epidemiology, Univ. of California-Davis; Dr. Heather Snyder, Senior Director, Medical and Scientific Operations, Alzheimer's Assn.; Dr. Pauline Maki, Prof. of Psychiatry and Psychology, Univ. of Illinois-Chicago

Compliance issues covered: health care; women's issues; aging, elderly and senior citizens

Links for more information: <https://profiles.ucsf.edu/rachel.whitmer>; https://www.alz.org/press/spokespeople/heather_m_snyder_ph_d; <https://crwg.uic.edu/crwg-home/crwg-staff/pauline-maki-phd/>

15:30	SEGMENT 2: HOMESICKNESS	7:35
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Synopsis: What we now call "homesickness" used to be a medical diagnosis called "nostalgia," and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it's nothing to be ashamed of. We all suffer from it sometime and need to know how to cope.

Host: Nancy Benson. **Guests:** Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School

Compliance issues covered: mental health; American society and culture

Links for more information: <https://global.oup.com/academic/product/homesickness-9780195371857?cc=us&lang=en&>; <http://drchristopherwillard.com>

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Program Log for Radio Health Journal

Program 18-42 **Producers** Reed Pence, Ariana Kraft
Air Week 10/21 – 10/27/2018 **Production Director** Jason Dickey
Air Date 10/21/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:03	SEGMENT 1: DOCTORS' OBESITY BIAS	13:08

Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.

Host: Reed Pence. **Guests:** Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues

Compliance issues covered: health care; public health; discrimination; obesity; education

Links for more information: <http://www.uconnruddcenter.org/faculty-and-staff-rebecca-puhl>; <http://www.yalegriffinprc.org>; <http://bodyimagehealth.org>

16:13	SEGMENT 2: GETTING RID OF THOSE OLD STYLE HOSPITAL GOWNS	6:45
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Synopsis: Surveys show that hospital gowns are one of the things that most makes a hospital stay unpleasant. Finally hospitals may be moving to get rid of the old style gowns toward a less revealing, more dignified design that is still functional for healthcare workers. Experts discuss.

Host: Nancy Benson. **Guests:** Chat Razdan, co-founder and CEO, Care and Wear garment maker; Dr. Deborah Mullen, Assoc. Prof. of Health Care Administration, Univ. of Tennessee-Chattanooga and consultant, Health Partners-Park Nicollet Health System

Compliance issues covered: health care; consumerism

Links for more information: <https://www.careandwear.com/pages/our-team>
<https://www.utc.edu/college-business/profiles/management/rpp348.php>

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Program Log for *Radio Health Journal*

Program 18-43 **Producer** Reed Pence
Air Week 10/28 – 11/03/2018 **Production Director** Jason Dickey
Air Date 10/28/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:02	SEGMENT 1: EXPLODING MYTHS ABOUT THE FLU AND FLU VACCINES	12:40

Synopsis: About 40 percent of eligible people have been vaccinated against the flu in recent years, but many more might do so were it not for persistent myths about the disease and its vaccine. For example, a new survey shows that more than half of parents believe the flu shot can cause the flu. Experts explain why those myths aren't true and set the record straight.

Host: Reed Pence. **Guests:** Dr. William Schaffner, Prof. of Preventive Medicine & Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Jean Moorjani, pediatric hospitalist, Arnold Palmer Children's Hospital, Orlando, FL; Dr. Michael Deem, Prof. of Bioengineering, Physics & Astronomy, Rice Univ.

Compliance issues covered: health care; public health; infectious disease; youth at risk; senior citizens

Links for more information: <https://www.vumc.org/health-policy/person/william-schaffner-md>;
<https://www.arnoldpalmerhospital.com/physician-finder/jean-siri-moorjani-md>; https://bioengineering.rice.edu/people/faculty/michael_deem

15:44	SEGMENT 2: NARCOLEPSY AND CATAPLEXY	8:18
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Synopsis: Sleep disorders can be difficult to diagnose and treat. A science journalist discusses his efforts to overcome narcolepsy, which produces extreme daytime sleepiness, and cataplexy, which produces instant sleep-like paralysis, as well as the science behind sleep disorders.

Host: Nancy Benson. **Guest:** Henry Nicholls, author, *Sleepyhead: The Neuroscience of a Good Night's Sleep*

Compliance issues covered: health care; consumerism

Link for more information: <http://henrynicholls.com/sleepyhead/>

Program Log for *Radio Health Journal*

Program 18-44 **Producer** **Reed Pence**
Air Week 11/4 - 11/10/18 **Production Director** **Jason Dickey**
Air Date 11/04/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:02	SEGMENT 1: THE PSYCHOLOGY OF ADOPTED PEOPLE	12:40

Synopsis: People who are adopted have more psychological problems than others, yet they also tend to have other psychological strengths. Experts, both themselves also adoptees, discuss the roots and outcomes of these issues as adopted children grow up.

Host: Reed Pence. **Guests:** Dr. Stephen Betchen, Clinical Asst. Prof. of Psychology, Thomas Jefferson Univ., Sr. Supervisor, Council for Relationships and author, *Magnetic Partners*; Dr. Joyce Maguire Pavao, adoption consultant and Lecturer in Psychiatry, Harvard Medical School

Compliance issues covered: youth at risk; parenting issues; adoption; human development

Links for more information: http://www.pavaoconsulting.com/Site/Dr._Joyce_Maguire_Pavao.html; <http://www.stephenbetchen.com>

14:21	SEGMENT 2: THE SURPRISING IMPORTANCE OF TICKLING	7:37
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Synopsis: Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling.

Host: Nancy Benson. **Guests:** Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, *Touch: The Science of Hand, Heart and Mind*; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, *Curious Behavior: Yawning, Laughing, Hiccuping, and Beyond*

Compliance issues covered: science and culture; human development

Links for more information: <http://davidlinden.org/bio/>; <http://provinc.umbc.edu>

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Program Log for *Radio Health Journal*

Program 18-45 Producer Reed Pence, Heather Muno
Air Week 11/11 – 11/17/2018 Production Director Jason Dickey
Air Date 11/11/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:01	SEGMENT 1: MDMA FOR PTSD	12:19

Synopsis: People suffering from post-traumatic stress disorder often can't face their trauma, which is necessary for psychotherapy to work. It is a big reason PTSD is so difficult to treat. Scientists are leading clinical trials into the use of the banned drug MDMA in connection with therapy to help break this hurdle, and the results so far have been outstanding in curing PTSD.

Host: Reed Pence. **Guests:** Dr. Michael Mithoefer, Clinical Asst. Pprof. Of Psychiatry, Medical Univ. of South Carolina and Medical Director, MAPS Public Benefit Corporation clinical trials; Charlotte Harrison, Senior Clinical Research Associate, MAPS Public Benefit Corporation

Compliance issues covered: veterans issues; disability; mental health; drug abuse and enforcement

Links for more information: <https://maps.org>; <https://maps.org/news/bulletin/articles/427-bulletin-winter-2017/6957-the-faces-of-phase-3-principal-investigators-in-maps-clinical-trials-of-mdma-assisted-psychotherapy-for-ptsd>

15:22	SEGMENT 2: LEPROSY IN THE MODERN ERA	7:34
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Synopsis: Thanks in part to its Biblical past, the disfiguring disease leprosy carries more stigma than most diseases. We hear little about it today, but it still exists, and because it's now treatable, often the stigma is worse than the disease. An expert discusses.

Host: Nancy Benson. **Guest:** Dr. David Scollard, Director, National Hansen's Disease Program

Compliance issues covered: health care; public health

Links for more information: <http://www.hrsa.gov/hansensdisease/>

Program Log for Radio Health Journal

Program 18-46 **Producers** Reed Pence, Polly Hansen
Air Week 11/18 – 11/24/2018 **Production Director** Jason Dickey
Air Date 11/18/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:01	SEGMENT 1: REPORTING “BAD PARENTS”	12:57

Synopsis: Just about anyone can report a parent to a child abuse hotline. It’s meant to protect children, but all too often, parents are reported when no abuse or neglect exists in order to retaliate for a divorce or some other grievance. And though the world is actually safer for children than it used to be, some parents are reported for merely letting children play outside or walk to school without an adult in attendance, what was once thought of as normal. Some activists say this robs children of independence. An expert and a woman who went through an unjustified child abuse investigation discuss.

Host: Reed Pence. **Guests:** Corey Widen, mother reported to child abuse hotline, Wilmette, IL; Rachel Ruttenberg, Exec. Dir., Family Defense Center, Chicago

Compliance issues covered: youth at risk; child abuse and neglect; child welfare system; police and justice system; child safety and public safety; family issues

Links for more information: <https://www.familydefensecenter.net/about-us/staff>

16:00	SEGMENT 2: EMOTIONAL SUPPORT ANIMALS	6:55
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Synopsis: A woman who suffered abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals.

Host: Nancy Benson. **Guests:** Julie Barton, author, *Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life*; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.

Compliance issues covered: disabilities; mental health issues; pets and people; housing issues

Links for more information: <https://byjuliebarton.com>
<http://tirr.memorialhermann.org/research/independent-living-and-community-integration/>

Program 18-47 Producer Reed Pence, Ariana Kraft
Air Week 11/25 – 12/1/2018 Production Director Jason Dickey
Air Date 11/25/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
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2:01	SEGMENT 1: SCHOOL BASED MENTAL HEALTH	12:02
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Synopsis: Schools would be a good place for programs to screen for mental health issues in students, and to educate about mental health to lessen the pervasive stigma. Some states are making programs mandatory, but elsewhere schools and personnel may resist, seeing mental health as outside the normal role of teachers. Experts discuss how inventive programs are overcoming obstacles.

Host: Reed Pence. **Guests:** Dr. Kimberly Kendziora, Managing Researcher, American Institutes for Research; Dr. Michael Murphy, psychologist, Massachusetts General Hospital and Assoc. Prof. of Psychology, Harvard Medical School

Compliance issues covered: youth at risk; education; mental health

Links for more information: <https://www.air.org/person/kimberly-t-kendziora>;
<http://www.michaelmurphypsychologies.com/aboutme.html>

14:05	SEGMENT 2: OPEN OFFICES	7:42
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Synopsis: Companies instituting open offices without walls often claim they improve collaboration and interaction. Studies now show that the opposite is true—that workers put on headphones and interact via email rather than in person in order to shut out distractions and stress. Experts discuss.

Host: Nancy Benson. **Guests:** Dr. Ethan Bernstein, Assoc. Prof. of Leadership and Organizational Behavior, Harvard Business School; Ashley Dunn, Director of Workplace, Dyer Brown Architects, Boston

Compliance issues covered: employment and workplace issues

Links for more information: <https://www.hbs.edu/faculty/Pages/profile.aspx?facId=17441>;
<http://dyerbrown.com/team/ashley-dunn>

Program Log for *Radio Health Journal*

Program 18-48 **Producer** Reed Pence, Polly Hansen
Air Week 12/2 – 12/8/2018 **Production Director** Jason Dickey
Air Date 12/02/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:02	SEGMENT 1: FUNGAL SINUSITIS	11:59

Synopsis: Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Two experts and a patient explain.

Host: Reed Pence. **Guests:** Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon, Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School

Compliance issues covered: consumerism; health care; air pollution and environment

Links for more information: <https://eatpraygetwell.com>; <http://www.sinusitiswellness.com/donald-p-dennis-m-d-f-a-c-s-bio/>;
<http://www.evms.edu>

15:03	SEGMENT 2: DROWNING: IMPLICIT BIASES IN SCIENCE	7:35
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Synopsis: Most people think of science as fact-based and not as subject to bias as the rest of the world. However, studies show that gender bias is rampant in science, and that women are not taken as seriously as men, even with identical qualifications. Experts discuss the problem and possible solutions.

Host: Nancy Benson. **Guests:** Dr. Hannah Valentine, Chief Officer for Scientific Workforce Diversity, National Institutes of Health, and Senior Investigator, National Heart, Blood and Lung Institute; Dr. Nancy Hopkins, Prof. of Biology Emeritus, Massachusetts Institute of Technology

Compliance issues covered: employment discrimination; employment and workplace issues

Links for more information: <https://www.nhlbi.nih.gov/node/84069>; <https://biology.mit.edu/profile/nancy-hopkins/>;
<https://implicit.harvard.edu/implicit/>

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Program Log for Radio Health Journal

Program 18-49 **Producer** Reed Pence
Air Week 12/9 – 12/15/2018 **Production Director** Jason Dickey
Air Date 12/09/18
Air Time 6:00 am – 6:30 am

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:04	SEGMENT 1: ICU INEFFICIENCY	12:26

Synopsis: With monitors surveying every part of patients’ bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU’s are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU’s could be improved to save lives.

Host: Reed Pence. **Guests:** Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN

Compliance issues covered: health care; technology; science and engineering; economics; business and industry

Links for more information: http://www.hopkinsmedicine.org/armstrong_institute/about/peter_pronovost.html;
<http://www.mayo.edu/research/faculty/pickering-brian-w-m-b-b-ch/bio-00096469>

15:32	SEGMENT 2: PARTY FOOD SAFETY	7:21
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Synopsis: During the holidays, party foods are a prime source of food-borne illness. Two food scientists discuss common ways foods become contaminated, some of the myths of food contamination, and ways to keep foods safe when you have guests to protect.

Host: Nancy Benson. **Guests:** Dr. Brian Sheldon, Prof. Emeritus of Food Microbiology, North Carolina State Univ. and co-author, *Did You Just Eat That?* Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Sciences, Clemson Univ. and co-author, *Did You Just Eat That?*

Compliance issues covered: public health; food safety

Links for more information: <http://books.wwnorton.com/books/Did-You-Just-Eat-That/>

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Program Log for *Radio Health Journal*

Program 18-50 Producer Reed Pence
Air Week 12/16 – 12/22/2018 Production Director Jason Dickey
Air Date 12/16/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:02	SEGMENT 1: THE GOOD AND BAD OF MEDICAL CROWDFUNDING	12:15

Synopsis: Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who've fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation.

Host: Reed Pence. **Guests:** Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell

Compliance issues covered: health care; consumerism; consumer protection; online fraud; federal government and regulation; medical ethics

Links for more information: <https://www.sfu.ca/fhs/people/profiles/jeremy-snyder.html>;
<https://med.nyu.edu/faculty/arthur-l-caplan>; <https://www.uwb.edu/nhs/facultyandstaff/faculty/nkenworthy>

15:19	SEGMENT 2: AVOIDING FOOD WASTE	7:35
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Synopsis: During the holidays, leftovers from gatherings and parties may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste.

Host: Nancy Benson. **Guest:** Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast

Compliance issues covered: public health; food safety; environment; consumerism

Links for more information: <https://www.nationaldairyCouncil.org/our-story/local-dairy-council/ohio>

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Program Log for *Radio Health Journal*

Program 18-51 **Producer** Reed Pence
Air Week 12/23 – 12/29/2018 **Production Director** Jason Dickey
Air Date 12/23/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:02	SEGMENT 1: AMNESIA	12:22

Synopsis: It's a rare thing for people to lose their memory of past events. An expert discusses why doctors believe it may occur, and a woman to whom it happened recounts her experience.

Host: Reed Pence. **Guests:** Naomi Jacobs, amnesia victim and author, *Forgotten Girl*; Dr. Jason Brandt, Prof. of Psychiatry and Neurology, Johns Hopkins Univ. School of Medicine

Compliance issues covered: health care; family issues; pop culture

Links for more information: <http://www.iwokeupinthefuture.com>;
<http://www.hopkinsmedicine.org/profiles/results/directory/profile/0009953/jason-brandt>

15:26	SEGMENT 2: LITTLE PEOPLE, DISABILITY AND THE PROSPECT OF “CURE”	7:41
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Synopsis: Many people with dwarfism also face skeletal abnormalities which can lead to disability. Experts, and little people themselves, discuss major causes of dwarfism, the hurdles they create, the struggle for respect, and the prospect of treatments that could one day make little people much more rare.

Host: Nancy Benson. **Guests:** Dr. Jennifer Arnold, co-star, TLC's *The Little Couple* and co-author, *Think Big*; Ericka Okenfuss, licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago

Compliance issues covered: health care; disabilities; youth at risk; parenting issues; discrimination

Links for more information: <https://www.lpaonline.org/>; <http://jenniferarnoldmd.com>

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Program Log for Radio Health Journal

Program 18-52 Producer Reed Pence
Air Week 12/30 – 1/5/2019 Production Director Jason Dickey
Air Date 12/30/18
Air Time 6:00 am – 6:30 am

Time	Segment	Dur.
2:03	SEGMENT 1: SMART ROADS	12:55

Synopsis: In the near future, cars will be able to provide data as well as receive it, and a variety of methods are being researched to tap into this. Experts explain how cars can communicate with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer.

Host: Reed Pence. **Guests:** Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.

Compliance issues covered: technology; traffic safety; public safety and police; economics

Links for more information: https://smartregionsconference2018.sched.com/speaker/andrew_bremer.1yltrq28;
<http://integratedroadways.com/#Team>

16:00	SEGMENT 2: EPILEPSY MYTHS	6:53
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Synopsis: Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them.

Host: Nancy Benson. **Guest:** Kurt Eichenwald, author, *A Mind Unraveled*

Compliance issues covered: health care; disabilities; discrimination

Links for more information: <https://www.nytimes.com/2018/10/15/books/review/kurt-eichenwald-mind-unraveled.html>

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Compliance Issues covered this quarter:

Aging	Media
America and American issues	Mental health
Animals	Music
Art	Nature
Body images	Obesity
Bullying	Parenting
Business	Personal issues
Calculus	Podcasts
Communications	Poetry
Cooking	Policy-making
Creativity	Politics
Crime	Poverty
Criminal justice	Prisons
Criticism	Public safety
Culture	Psychology
Democracy	Retirement
Domestic issues	Science
Economics	Self-help
Education	Social media
Elder issues	Social issues
Ethics	Sociology
Family issues	Speech
Film	Sports
Food	Technology
Health	Television
History	Terrorism
Holidays	Traditions
Individual issues	Travel
Literature	War
Mathematics	



Program Log for Viewpoints

Program 18-40 Producers Reed Pence, Evan Rook
Air Week 10/7 -10/13/2018 Production Director Jason Dickey
Air Date 10/07/18
Air Time 6:30 am – 6:59 am

Time Segment Dur.

1:47 SEGMENT 1: The Joy of Retirement: How people can look forward to retiring and make it the best time of their lives 8:52

Synopsis: Retirement can be bittersweet. On one hand, it's something you build toward your whole life, but it can also be intimidating to lose your purpose in the workplace. We talk to Helen Wilkes about how she found a new passion in her retirement, and how she's helping others make their retirements more fulfilling.

Host: Gary Price. Guests: Helen Wilkes, author, The Aging of Aquarius: Igniting passion and purpose as an elder

Links for more info: https://www.newsociety.com/Books/A/The-Aging-of-Aquarius

Compliance Issues Covered: elder issues; retirement; aging; self-help

12:42 SEGMENT 2: When a Young Person Gets Sent to Adult Prison 10:18

Synopsis: There are millions incarcerated in American prisons, even many juveniles who were sentenced to long terms alongside adults. We talk to guests about how and why this happens, whether it should continue, and what life is like for young people behind bars.

Host: Marty Peterson. Guests: Peter K. Enns, Associate Professor, Dept. of Government at Cornell University and author, Incarceration Nation: How the United State became the most punitive democracy in the world; Jean Trounstein, Professor at Middlesex Community College and author, Boy With a Knife: A story of murder, remorse, and a prisoner's fight for justice

Links for more info: http://www.jeantrounstine.com/
http://www.peterenns.org/

Compliance Issues Covered: ethics; prisons; criminal justice; American issues; crime

24:00 Culture Crash: An Absolutely Remarkable Thing and the difficulty of classifying art 2:27

Synopsis: Sometimes, art doesn't fit neatly in one box. Such is the case with Hank Green's novel, An Absolutely Remarkable Thing. We explore its story and categorization.

Host: Evan Rook Compliance Issues Covered: art; culture; literature; criticism

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Program Log for Viewpoints

Program 18-41 Producers Reed Pence, Evan Rook
 Air Week 10/14 -10/20/2018 Production Director Jason Dickey
Air Date 10/14/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:57	SEGMENT 1: Stutters, Stammers, and Vocal Fillers	9:16

Synopsis: If you've had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean.

Host: Gary Price. Guests: Michael Erard, author of *Um: Slips, Stumbles and Verbal Blunders and What They Mean*

Links for more information: https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: education; history; science; public issues; speech

13:15	SEGMENT 2: Growing Up Poor in Rural America	10:00
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Synopsis: Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America's wage gap.

Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, *Heartland: A memoir of working hard and being broke in the richest country on earth*

Links for more info: <https://www.sarahsmarsh.com/>
<http://www.simonandschuster.com/books/Heartland/Sarah-Smarsh/9781501133091>

Compliance Issues Covered: poverty; America; domestic issues; family; history; policy-making

24:15	Culture Crash: <i>Better Call Saul's</i> unique pacing and why it works so well	2:09
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Synopsis: Television shows often rely on a fast pace to keep audiences engaged. AMC's *Better Call Saul* takes the opposite approach to rousing success.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism

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Program Log for Viewpoints

Program 18-42 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 10/21 -10/27/2018 Production Director Jason Dickey
Air Date 10/21/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: The Art of Video Games	8:44

Synopsis: Video games are often considered child's play, or at least something below "real" art. Author Andrew Ervin argues that's not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness.

Host: Gary Price. Guests: Andrew Ervin, author, *Bit by Bit: How video games transformed our world*

Links for more information: <http://andrewervin.com/>
<http://hcsoftware.sourceforge.net/passage/>

Compliance Issues Covered: business; culture; technology; media; art

12:33	SEGMENT 2: What We Can Learn from Lists	10:03
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Synopsis: Lists are a part of our everyday. Often, they are a forgotten part of our everyday. But Shaun Usher read through countless lists to compile a stunning collection of lists throughout time that shed light on the times, our collective history, and the list makers themselves.

Host: Marty Peterson. Guests: Shaun Usher, author of *Lists of Note: An eclectic collection deserving of a wider audience*

Links for more info: <http://www.shaunusher.com/>
<http://www.listsofnote.com/>

Compliance Issues Covered: sociology; history; communications

23:36	Culture Crash: <i>The Old Man & The Gun</i> Allows Robert Redford to Age Gracefully	2:50
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Synopsis: *The Old Man & The Gun* is a movie about bank robberies, so it may come as a surprise that it's a touching drama and may be the perfect way for Robert Redford to bid farewell to film fans.

Host: Evan Rook
Compliance Issues Covered: media; culture; film; criticism

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Program Log for Viewpoints

Program 18-43 Producers Reed Pence, Evan Rook
Air Week 10/28 -11/3/2018 Production Director Jason Dickey
Air Date 10/28/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: Spiders & Bats: The truth behind the Halloween icons of fear	10:05

Synopsis: Spiders and bats are two of the most indelible symbols of Halloween fear across the country. We talk to experts to get the truth behind these traditionally scary creatures, and hear why neither of them are nearly as scary as we've been made to believe.

Host: Gary Price. Guests: Nancy Troyano, entomologist and director of technical education and training for Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist and author of the book, *The Secret Lives of Bats: My adventures with the world's most misunderstood mammals*

Links for more information: <http://www.rentokil.com/>
<http://www.merlintuttle.com/>

Compliance Issues Covered: history; science; holiday; animals; nature

13:54	SEGMENT 2: Halloween Frights & Traditions	9:49
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Synopsis: It's the time of year when we dress up in costumes, head to haunted houses, and shell out candy to trick-or-treaters. But why do we do those things? We take a look at the traditions of Halloween and what makes being scared so fun.

Host: Marty Peterson. Guests: Ben Armstrong, co-owner of Netherworld Haunted House and president of America Haunts; Dr. Janina Scarlet, clinical psychologist and author

Links for more info: <http://www.superhero-therapy.com/>
<http://www.americahaunts.com/ah/>
<http://www.hauntworld.com/>

Compliance Issues Covered: psychology; traditions; holidays; history

24:43	Culture Crash: Netflix's Bing-worthy Horror Drama, <i>The Haunting of Hill House</i>	1:42
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Synopsis: With Halloween this week, many of us are looking for something spooky to watch. Well look no further than Netflix's *The Haunting of Hill House*, a show that's like *This Is Us* meets *The Shining*.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism

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Program Log for Viewpoints

Program 18-44 Producers Reed Pence, Evan Rook
Air Week 11/4 - 11/10/2018 Production Director Jason Dickey
Air Date 11/04/18
Air Time 6:30 am - 6:59 am

Time Segment Dur.
1:47 SEGMENT 1: Looking Into Our Minds: How our brains perceive the world 8:44

Synopsis: There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online.

Host: Gary Price. Guests: Bob Duke, professor at the University of Texas-Austin, expert on music and human learning, co-host, "Two Guys on Your Head," co-author, Brain Briefs: Answers to the most (and least) pressing questions about your mind

Links for more information: http://twoguysonyourhead.org/
http://www.kut.org/

Compliance Issues Covered: science; psychology, health

12:40 SEGMENT 2: Body Image and Weight Problem 10:03

Synopsis: Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel Good Luck With That. She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult, issues.

Host: Marty Peterson. Guests: Kristan Higgins, author, Good Luck With That

Links for more info: http://www.kristanhiggins.com/good-luck-with-that

Compliance Issues Covered: body image; obesity; health; social issues

23:59 Culture Crash: Serial, the podcast that captivated America, returns for its most important season yet 1:41

Synopsis: The podcast that captured the minds of countless Americans back in 2014 is back with an in-depth look at the criminal justice system in Cleveland, offering a detailed look at such a vital American system.

Host: Evan Rook Compliance Issues Covered: media; culture; podcasts; crime; criminal justice

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Program Log for Viewpoints

Program 18-45 Producers Reed Pence, Evan Rook
Air Week 11/11 – 11/17/2018 Production Director Jason Dickey
Air Date 11/11/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: Terrorism in America, 1920	9:25

Synopsis: Over 95 years ago, New York City was the target of a terrorist attack that has yet to be solved. No suspects have ever been named in the attack that killed or injured over 400 Wall Street bystanders. In contrast to the attacks of September 11th, which occurred just around the corner from the 1920 bombing, this deadly event has been all but erased from the collective American consciousness.

Host: Gary Price. Guests: Jed Rubenfeld, author, *The Death Instinct*

Links for more information: https://www.amazon.com/dp/B003YL4A00/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1
<http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago>

Compliance Issues Covered: terrorism; history; public safety

13:14	SEGMENT 2: One Woman's Life in Beatlemania, From Youthful Innocence to Personal Tragedy and Beyond	9:59
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Synopsis: Ann Hood was a Beatles fan all her life. Then, tragedy struck and she found herself unable to listen to the band at all. She tells the true story of how she re-gained her love for the iconic group, and how she channeled her story into a work of fiction pleasing multiple generations of readers.

Host: Marty Peterson. Guests: Ann Hood, author, *She Loves You (Yeah, Yeah, Yeah)*

Links for more info: <https://www.annhood.us/home>
<https://www.annhood.us/copy-of-morningstar>

Compliance Issues Covered: culture; history; music; family issues; parenting

24:13	Culture Crash: Dave Eggers and his boundary-pushing writing	2:13
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Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir took readers on a wild ride. Now, almost two decades later, he's still finding new ways to tell his stories.

Host: Evan Rook

Compliance Issues Covered: media; culture; literature

Program Log for Viewpoints

Program 18-46 Producers Reed Pence, Evan
 Air Week 11/18 – 11/24/2018 Production Director Jason Dickey
 Air Date 11/18/18
 Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: How Craft Beer Became King	10:40

Synopsis: For decades, choosing what beer to drink was really just a decision between a few big players. Now, there are thousands of breweries across the country. We talk to two experts about how and why craft beer came to the forefront and how they recommend novices jump into the world of beer.

Host: Gary Price. Guests: Josh Noel, beer writer for the Chicago Tribune and author, *Barrel-Aged Stout and Selling Out: Goose Island, Anheuser-Busch, and How Craft Beer Became Big Business*; Fal Allen, brewmaster for Anderson Valley Brewing Company and author, *Gose: Brewing a classic German beer for the modern era*

Links for more information: <https://www.chicagotribune.com/lifestyles/chinews-josh-noel-20130507-staff.html> <https://twitter.com/hopnotes>
<https://www.joshnoel.net/barrel-aged-stout-and-selling-out/> <https://avbc.com/about-us/our-brewing-team/fal-allen/>
<https://www.brewerspublications.com/products/gose-brewing-a-classic-german-beer-for-the-modern-era>

Compliance Issues Covered: history; culture; business

14:29	SEGMENT 2: How Pre-Kindergarten Can Prepare Our Children	8:45
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Synopsis: From the moment a child is born, parents are working to get them off on the best possible foot in everything from sports to academics. We look into how families can best evaluate good pre-kindergarten programs for children, and how those programs can set kids up for success.

Host: Marty Peterson. Guests: Dr. Suzanne Bouffard, author of *The Most Important Year: Pre-Kindergarten and the Future of Our Children*

Links for more info: https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: education; parenting; family issues

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

Host: Evan Rook

Compliance Issues Covered: media; culture; film; holiday



Program Log for Viewpoints

Program 18-47 Producers Reed Pence, Evan Rook
Air Week 11/25 - 12/1/2018 Production Director Jason Dickey
Air Date 11/25/18
Air Time 6:30 am - 6:59 am

Time Segment Dur.
1:47 SEGMENT 1: Shame and Bullying 9:53

Synopsis: Bullying is nothing new, but that doesn't make it any easier to deal with. Plus, in the social media era, the techniques are getting more public and crueler. We look at bullying, the shame it can cause, and how it can stick with us for life.

Host: Gary Price. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University; Liz Pryor, author, Look at You Now: My journey from shame to strength

Links for more information: https://education.temple.edu/about/faculty-staff/frank-h-farley-ffarley
https://www.penguinrandomhouse.com/books/248842/look-at-you-now-by-liz-pryor/9780812987546/

Compliance Issues Covered: family issues; school issues; bullying; individual issues; social media

13:41 SEGMENT 2: Intrinsic Hope 9:09

Synopsis: It can easy to get the blues, especially with all of the division and turmoil in the world. But author Kate Davies has a different way of look at the world: one that can make us more hopeful, positive, and willing to pitch in and help. She calls it intrinsic hope, and it may be just what we all need this holiday season.

Host: Marty Peterson. Guests: Kate Davies, author, Intrinsic Hope: Living courageously in troubled times

Links for more info: http://www.katedavies.org/
https://www.newsociety.com/Books/1/Intrinsic-Hope

Compliance Issues Covered: world issues; self-help; philosophy

23:58 Culture Crash: Amazon Prime's Homecoming 3:01

Synopsis: Director Sam Esmail has taken Gimlet's hit podcast Homecoming and infused it with a whole lot of cinematic flair in his new Amazon Prime series that serves as a throwback to classic thrillers and a trailblazer for the brave new world of 30 minute dramas.

Host: Evan Rook Compliance Issues Covered: media; culture; television; podcasts

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Program Log for Viewpoints

Program 18-48 Producers Reed Pence, Evan Rook
Air Week 12/2 – 12/8/2018 Production Director Sean Waldron, Jason Dickey
Air Date 12/02/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:48	SEGMENT 1: Learning Math Simpler	9:34

Synopsis: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics.

Host: Gary Price. Guests: Bob Sun, inventor of *The 24 Game* and *First in Math*; Jason Wilkes, author, *Burn Math Class: and reinvent mathematics for yourself*

Links for more information: <http://www.24game.com/>
<http://www.firstinmath.com/>
<http://www.basicbooks.com/>

Compliance Issues Covered: education; mathematics; calculus

13:17	SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance your health	9:08
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Synopsis: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term.

Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, *Why We Sleep: Unlocking the power of sleep and dreams*

Links for more info: https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap_bc?ie=UTF8

Compliance Issues Covered: sleep; mental health; health; science

23:25	Culture Crash: Watching Sports with a Second Screen	3:01
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Synopsis: It used to be that you'd watch sports with whoever was in the room. Now, our phones and tablets allow us to watch sports with the entire internet, and look up statistics and names in an instant.

Host: Evan Rook Compliance Issues Covered: culture; sports; technology

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Program Log for Viewpoints

Program 18-49 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 12/9 – 12/15/2018 Production Director Jason Dickey
Air Date 12/09/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: The Need for Investigative Journalism	8:44

Synopsis: Investigative journalism is a necessity in a democracy. Independent journalists putting in long hours to serve as watch-dogs for our government can have long-lasting ramifications, just look at the impact Woodward and Bernstein made with their Watergate investigations. We talk to one expert about the current state of investigative journalism in America and what can be done to ensure the watchdogs stay in business.

Host: Gary Price. Guests: James Hamilton, Hearst professor of communications at Stanford University and author, *Democracy's Detectives: The economics of investigative journalism*

Links for more information: <https://profiles.stanford.edu/james-hamilton>
<http://www.hup.harvard.edu/catalog.php?isbn=9780674545502>

Compliance Issues Covered: history; journalism; democracy; government; business; economics

12:33	SEGMENT 2: Winter Reads for 2018	9:54
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Synopsis: It's getting cold outside, which means it's time to cuddle up with some good books to pass the time. Or maybe you're just on the prowl for some holiday gifts for the reader in your life. Either way, we have some options for what to read this winter.

Host: Marty Peterson. Guests: Ellen Keith, author, *The Dutch Wife*; Andrew Shaffer, author, *Hope Never Dies: An Obama/Biden Mystery*

Links for more info: <https://www.ellenkeith.ca/about-3/>
<http://www.andrewshaffer.com/hope-never-dies-a-mystery>

Compliance Issues Covered: literature; history; gift ideas

23:20	Culture Crash: The disappointing <i>Fantastic Beasts: The Crimes of Grindelwald</i>	3:03
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Synopsis: *Fantastic Beasts: The Crimes of Grindelwald* has been mystifying and disappointing fans around the globe. We take a look at why the movie simply does not work.

Host: Evan Rook Compliance Issues Covered: media; culture; literature; criticism

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Program Log for Viewpoints

Program 18-50 Producers Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week 12/16 – 12/22/2018 Production Director Jason Dickey
Air Date 12/16/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: The Many Planets Outside Our Galaxy and the Search for Extraterrestrial Life	8:44

Synopsis: We know about the planets within the Milky way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about “exoplanets” and where science stands on the issue of life thriving somewhere else in the universe.

Host: Gary Price. Guests: Dr. Donald Goldsmith, author of *Exoplanets: Hidden worlds and the quest for extraterrestrial life*

Links for more information: <http://www.hup.harvard.edu/catalog.php?isbn=9780674976900>

Compliance Issues Covered: science; technology; space exploration; education

14:29	SEGMENT 2: Tips and Tricks for Holiday Cooking Success	9:54
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Synopsis: Cooking for holiday parties can be a major source of stress. We have big groups at our house for hours at a time, and you want to impress them with your culinary skills. But some of us don't really have many culinary skills. We talk to Julia Turshen for some insight into how to impress with our holiday cooking this season.

Host: Marty Peterson. Guests: Julia Turshen, author of *Small Victories: Recipes, advice + hundreds of ideas for home cooking triumphs*

Links for more info: <http://www.juliaturshen.com/>
<http://www.juliaturshen.com/smallvictories>

Compliance Issues Covered: holidays; cooking; food

23:31	Culture Crash: A look ahead at the movies set to dominate awards season	2:55
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Synopsis: The Golden Globe nominations are already out, and the next few months will be chalk full of top 10 lists and award nominees. We look at what movies you should keep an eye out for.

Host: Evan Rook

Compliance Issues Covered: media; culture; film

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Program Log for Viewpoints

Program 18-51 Producers Reed Pence, Evan Rook
Air Week 12/23 – 12/29/2018 Production Director Jason Dickey
Air Date 12/23/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: Letters to Max: Two friends confront their mortality through letters Synopsis: Sarah Ruhl is a MacArthur Fellowship recipient and a famed playwright. As a professor, she met Max Ritvo, who went on to become a published poet. She recounts the story of their friendship and how they used letters to make a connection and comfort one another while Ritvo faced the end of his life.	11:51

Host: Gary Price. Guests: Sarah Ruhl, co-author, *Letters to Max: A book of friendship*

Links for more information: <http://www.sarahruhplaywright.com/>
<http://maxritvo.com/>
<https://milkweed.org/book/letters-from-max>

Compliance Issues Covered: friendship; mortality; illness; literature; academics

15:40	SEGMENT 2: The Pearl Harbor Christmas Synopsis: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season.	7:21
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Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of *Pearl Harbor Christmas: A World at War, December 1941*

Links for more info: https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: war; history; America; holiday

24:01	Culture Crash: <i>Roma</i> Synopsis: You may have noticed a new movie on your Netflix homepage called <i>Roma</i> . It's Oscar-winning director Alfonso Cuarón's most personal film yet and an absolute masterpiece.	2:24
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Host: Evan Rook

Compliance Issues Covered: media; culture; film

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Program Log for Viewpoints

Program 18-52 Producers Reed Pence, Evan Rook, Pat Reuter
 Air Week 12/30 – 1/5/2019 Production Director Jason Dickey
Air Date 12/30/18
Air Time 6:30 am – 6:59 am

Time	Segment	Dur.
1:47	SEGMENT 1: Unlocking Creativity: Tips for sticking to your artistic New Year's resolutions in 2019 Synopsis: We're about to enter the season of New Year's resolutions. Maybe you want to write a book, make a short film, or paint your masterpiece. We talk to two published authors about silencing your inner critic, breaking through any artistic funks, and finally putting pen to paper in 2019.	11:32

Host: Gary Price. Guests: Krysa, author, *Your Inner Critic is a Big Jerk: and other truths about being creative*; David W. Berner, professor and author

Links for more information: <https://www.chroniclebooks.com/titles/your-inner-critic-is-a-big-jerk.html> <http://www.krysa.com/danielle/>
<https://www.davidwberner.com/>

Compliance Issues Covered: resolutions; self-help; creativity; art; literature

15:21	SEGMENT 2: Celebrating New Year's as a Night In Synopsis: New Year's Eve is a huge night for bars, but what if you'd rather not brave the elements and pay big cover charges? We discuss ways to ring in the new year on your couch with festive drinks, snacks, and maybe a movie.	6:30
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Host: Marty Peterson. Guests: Tim Federle, author, *Gone with the Gin: Cocktails with a Hollywood Twist*; Christian DeBenedetti, co-author, *Beer Bites: Tasty recipes and perfect pairings for brew lovers*

Links for more info: <https://www.runningpress.com/titles/tim-federle/gone-with-the-gin/9780762458646/>
<https://www.chroniclebooks.com/titles/beer-bites.html>

Compliance Issues Covered: holiday; cooking; drinks

22:51	Culture Crash: Anthony Bourdain Synopsis: This year saw the passing of Anthony Bourdain, a chef, writer, and travel documentarian. We take a look at the impact and legacy of this cultural giant.	3:33
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Host: Evan Rook

Compliance Issues Covered: media; culture; travel; food

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