

KHRD ISSUE RESPONSIVE PROGRAMMING SUMMARY 4th QUARTER 2017

During the months of July, August, and September of 2017 station KHRD broadcasted many programs that gave significant treatment to issues of interest to the community within our coverage area. Here is a summary, supported by accompanying documentation, of the issues covered:

Addiction Aging Beauty Child Abuse Climate change Consumerism Crime/Justice System Developmental Disabilities Disease Discrimination Disorders Economics Education Elderly Emergency Preparedness Environmental issues Ethics Family Issues Federal Government Gender Issues Generational Conflict Health Care Hispanic and Latino Issues Immigration Labor and Employment Medicine Mental Health Modern Culture Natural Disasters Nutrition/Malnutrition Parenting Pop Culture Poverty Psychology Public Discourse Public Health Public Policy Substance Abuse Suicide and Prevention Technology Teen Pregnancy Women's Issues Youth at Risk. American History American issues Animals Art Business Calculus Capitalism Careers Charity Childhood Development Climate change Criminal Law Culture Disease Disorders Education Elderly Environmental issues Family Family Issues Film Finance Gender Geography Health History Holidays Hollywood Humanity Law Enforcement Leisure Literature Mathematics Media Mental Health Music Mythology Nature Parenting Philosophy Policy Making Politics Psychology Public speaking Race Racism Self-help Sexual Assault Science Sleep Sociology Sports Student Issues Technology Television Terrorism Transportation Women's Issues Workplace issues

KHRD ISSUE RESPONSIVE PROGRAMMING INFORMATION

QUARTER 4, 2017 October, November, December

ISSUE CATEGORY: Weather

EVENT TITLE: Local Weather Reports

DATES OF BROADCASTS: Reports were broadcast Mon-Fri at 5:19am, 5:32am, 5:54am, 6:19am, 6:32am, 6:54am, 7:19am, 7:32am, 7:54am, 8:19am, 8:32am, 8:54am, 9:19am, 9:32am, 9:54am.

DURATION: 15 seconds

SOURCE: Internal weather department (From our Yuba City office)

TOPICS DISCUSSED AND SUMMARY DISCUSSION: Weather conditions and advisories.

OTHER COMMENTS: 75 reports per week

ISSUE CATEGORY: News

EVENT TITLE: Local News Report

DATES OF BROADCASTS: Reports were broadcast Mon-Fri at 5:15am, 6:15am, 7:15am, 8:15am, 9:15am.

DURATION: 90 seconds

SOURCE: Virtual News (company news department)

TOPICS DISCUSSED: Local, regional and national news events and stories.

OTHER COMMENTS: 25 total reports per week

Submitted by: Olivia Henderson

Date: 1/3/18

KHRD Public Events Quarter 4, 2017 October, November, December

- KHRD hosted Winner Winner Chicken Dinner Trivia night at Win River Resort and Casino on November 9th. Participants chose or were placed into teams of ten and participated in a night of trivia and game show style games. Each trivia team was competing for a chance at \$1000 for their team and \$1000 for a charity of their choice. Girls Inc of the Northern Sacramento Valley was the winning trivia team winning \$1000 for Girls Inc. The sponsors for this event included Prime Source Mortgage, Park Marina Motors, Hilltop Medical Clinic, Palm Beach Tan, Big Time Pest Control, Design Time & Tile, Nor Cal Vape, Stone Kingdom, As See on TV Store in the Shasta Center, and Affordable Spas.
- KHRD supported the local High School Football team, the Shasta Wolves, as they participated in the 2017 State Championship.
 - On Saturday, December 9th KHRD was on location, handing out “Go Wolves” signs to the first 500 spectators, at the Shasta Wolves Vs. Marin Catholic Playoff Game.
 - On Thursday December 14th, KHRD was on location at Shasta High School cheering on the football team as they left for the championship. KHRD broadcasted the sendoff.
 - On Saturday December 16th, KHRD provided a free, live screening of the Championship Game between Shasta High school and Bishop Diego in Thousand Oaks. This allowed local fans, to come to the high school and watch the game on our large blow up movie screen.

KHRD Remote Broadcasts Quarter 4, 2017 October, November, December

October

Remote	Date
REDDING HARLEY DAVIDSON	10/07/17

November

Taylor Motors Stuff the Truck	11/15/17
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December

Shasta Spas Toys for Tots	12/16/17
The Beadman Toys for Tots	12/21/17

KHRD Public Service Announcement's Quarter 4, 2017 October, November, December

<u>Title</u>	<u>Duration</u>
Halloween carnival	10/7-10/27
Wild And Scenic Film Fest	10/7-11/10
Blood Drive	10/10-10/18
Think Pink	10/11-10/19
Power To The Seniors	10/20-11/1
Casa Superhero Run	10/23-11/3
Harlan Carter Psa	11/1-12/7
Cut A Thon for Stacey	11/1-11/11
Active 20-30 Mixer	11/6-11/14
World Aids Day	11/15-12/1
East Redding Little League	12/2-12/31
Salvation Army Bell Ringers	12/5-12/23
Norcal Bears	12/8-12/15

RADIO HEALTH JOURNAL



The Latest In Health, Science & Technology

Program Log for Radio Health Journal

2017-Q4 (October-December) Viewpoints Radio Quarterly Report

Compliance Issues covered this quarter:

Addiction	Health Care
Aging	Hispanic and Latino Issues
Beauty	Immigration Labor and Employment
Child Abuse	Medicine Mental Health
Climate change	Modern Culture
Consumerism	Natural Disasters
Crime/Justice System	Nutrition/Malnutrition
Developmental Disabilities	Parenting
Disease	Pop Culture
Discrimination	Poverty
Disorders	Psychology
Economics	Public Discourse
Education	Public Health
Elderly	Public Policy
Emergency Preparedness	Substance Abuse
Environmental issues	Suicide and Prevention
Ethics	Technology
Family Issues	Teen Pregnancy
Federal Government	Women's Issues
Gender Issues	Youth at Risk
Generational Conflict	

Program Log for Radio Health Journal

Program 17-40 Producers

Reed Pence & Libby Foster

Air Week 10/01/17-10/07/17 Production Director

Sean Waldron

Time Segment

Dur.

2:03 SEGMENT 1: A POSSIBLE TREATMENT FOR FETAL ALCOHOL SYNDROME? 12:39

Synopsis: Fetal alcohol spectrum disorder affects around five percent of the US population with mental disabilities and behavioral problems. Researchers explain experiments on animals with a new treatment that could eliminate the disorder, perhaps even after birth.

Host: Reed Pence.

Guests: Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.

Compliance issues covered: youth at risk; parenting issues; alcohol abuse; technology; developmental disabilities

Links for more information: <http://www.nuin.northwestern.edu/members-2/e-redei/>;
<http://www.sickkids.ca/AboutSickKids/Directory/People/R/Joanne-Rovet.html>

15:44 SEGMENT 2: FERTILITY RATE DECLINES 7:18

Synopsis: Birth rates in the US are at an all-time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility.

Host: Nancy Benson.

Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH

Compliance issues covered: health care; teen pregnancy; labor and employment; economics; generational conflict
Links for more information: <http://www.globalaginginstitute.org/about-gai/team.html>; <http://www.nationwidechildrens.org/elise-dberlan>

Program 17-41 Producers

Reed Pence & Libby Foster

Air Week 10/08/17-10/14/17 Production Director Sean Waldron

Time Segment

Dur.

1:57 SEGMENT 1: UNDOCUMENTED IMMIGRANTS SKIPPING HEALTHCARE 12:48

Synopsis: With the federal government's crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA
Compliance issues covered: immigration; health care; public health; federal government; Hispanic and Latino issues; discrimination.

Links for more information: <http://www.med.unc.edu/fammed/news/unique-partnership-brings-doctors-to-states-underserved-areas>; <https://www.facebook.com/elisabethpoorman/>

15:47 SEGMENT 2: PICA: A STRANGE "EAT ANYTHING" DISORDER 7:05

Synopsis: Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history. **Host:** Nancy Benson.

Guests: Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester

Compliance issues covered: health care; youth at risk

Links for more information: <https://www.nationaleatingdisorders.org>;
<http://www.anthropology.northwestern.edu/people/faculty/sera-young.html>;
<https://www.urmc.rochester.edu/people/20022129-richard-e-kreipe/patients>

Program 17-42 Producers Reed Pence & Polly Hansen

Air Week 10/15/17-10/21/17 Production Director Sean Waldron

Time Segment

Dur.

2:05 SEGMENT 1: WHY THE OPPOSITION TO LATER SCHOOL START TIMES? 12:02

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.

Host: Reed Pence.

Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

Compliance issues covered: Youth at risk; education; public policy; parenting issues; economics **Links for more information:**

https://www.rand.org/about/people/t/troxel_wendy_m.html; <http://www.startschoollater.net>

15:09 SEGMENT 2: CANCER & BEAUTY 7:39

Synopsis: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.

Host: Nancy Benson.

Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, *Pretty Sick: A Beauty Guide for Women With Cancer* **Compliance issues covered:** women's issues; health care

Links for more information:

<https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271>

Program 17-43 Producer Reed Pence

Air Week 10/22/17-10/28/17 Director Sean Waldron

Time Segment

Dur.

2:05 SEGMENT 1: THE BIOLOGY OF ADDICTION 12:40

Synopsis: Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day

developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field.

Host: Reed Pence.

Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine

Compliance issues covered: drug addiction and treatment; alcohol addiction; public health

Links for more information: <http://www.nationalgeographic.com/magazine/2017/09/the-addicted-brain/>; <http://www.mountsinai.org/profiles/rita-goldstein>;

http://www.med.upenn.edu/csa/bios_faculty.html

15:47 SEGMENT 2: PREPARING FOR DISASTER

Synopsis: Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes.

Host: Nancy Benson.

Guests: Jonathan Jones and Kylene Jones, co-authors, *The Provident Prepper: A Common Sense Guide to Preparing for Emergencies*

Compliance issues covered: natural disasters; emergency preparedness; public safety and public health

Link for more information: <http://theprovidentprepper.org>

Program 17-44 Producer Reed Pence

Air Week 10/29/17-11/04/17 Production Director Sean Waldron

Time Segment Dur.

2:05 SEGMENT 1: INCLUDING FEMALES IN BASIC RESEARCH 12:00

Synopsis: Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.

Host: Reed Pence.

Guests: Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging & Disease, Georgetown Univ.

Compliance issues covered: health and medicine; women's issues; gender issues; federal govt.; economics

Links for more information: <https://www.womenshealth.northwestern.edu> ; <http://kibbelab.northwestern.edu> ; <http://csd.georgetown.edu>

15:07 SEGMENT 2: "EXPLODING HEAD SYNDROME" 6:51

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson.

Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, Sleep Paralysis

Compliance issues covered: health care; lifestyle issues

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

Program 17-45 Producer Reed Pence

Air Week 11/05/17-11/11/17 Production Director Sean Waldron

Time Segment

Dur.

2:05 SEGMENT 1: MORE CARBON DIOXIDE, LESS NUTRITIOUS FOOD CROPS 12:11

Synopsis: Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem.

Host: Reed Pence.

Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington

Compliance issues covered: environment; climate change; agriculture; malnutrition; poverty; public health

Links for more information: <https://planetaryhealthalliance.org/people/sam-s-myers-md-mph>; <https://globalhealth.washington.edu/faculty/kristie-ebi>

15:18 SEGMENT 2: BODY DYSMORPHIC DISORDER 7:28

Synopsis: Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment.

Host: Nancy Benson.

Guests: Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital

Compliance issues covered: health and beauty; health care; mental illness; suicide and prevention

Links for more information: <http://www.hirschplasticsurgery.com>; <https://mghocd.org/staff/angela-fang-ph-d/> Program Log for Radio Health Journal

Program 17-46 Producers Polly Hansen & Reed Pence

Air Week 11/12/17-11/18/17 Production Director Sean Waldron

Time Segment

Dur.

2:01 SEGMENT 1: HANDSHAKE BANS & HAND WASHING 11:37

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say

handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.”

Host: Reed Pence.

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

Compliance issues covered: public health; health care

Links for more information: <https://www.uclahealth.org/mark-sklansky>;

<http://donnacardillo.com>;

https://www.cecily.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm;

<http://first5sandiego.org/wilma-jwooten-m-d-m-p-h/>

14:40 SEGMENT 2: “BIG CHICKEN” 7:49

Synopsis: Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes.

Host: Nancy Benson.

Guest: Maryn McKenna, author, *Big Chicken: The Incredible Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats*

Compliance issues covered: public health; environment; economics; agriculture

Links for more information: <http://marynmckenna.com/big-chicken/>

Program 17-47 Producer Reed Pence

Air Week 11/19/17-11/25/17 Production

Director Sean Waldron

Time Segment

Dur.

SEGMENT 1: NAVIGATING THE AGING PROCESS 12:31

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.

Host: Reed Pence.

Guests: Melanie Merriman, author, *Holding the Net: Caring For My Mother On the Tightrope of Aging*; Joy Loverde, author, *Who Will Take Care of Me When I'm Old?*

Compliance issues covered: health care; aging and elderly; family issues; housing; economics

Links for more information: <http://greenwriterspress.com/book/holding-the-net/>;

<http://www.elderindustry.com>

15:35 SEGMENT 2: “HELPFUL LIES” 6:54

Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.

Host: Nancy Benson.

Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Eckman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.

Compliance issues covered: ethics; public discourse

Links for more information: <https://matthewlupoli.wixsite.com/ucsd>;
<http://www.paulekman.com/paul-ekman/>

Program 17-48 Producer Reed Pence

Air Week 11/26/17-12/02/17 Production Director Sean Waldron

Time Segment

Dur.

2:05 SEGMENT 1: ALZHEIMER'S, SPOUSES, AND "CLOSE FRIENDS" 11:08

Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.

Host: Reed Pence.

Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, *Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman*

Compliance issues covered: health care; public health; elderly and senior citizens; family issues; ethics; mental health

Links for more information: <https://www.doximity.com/pub/william-uffner-md>;
<https://www.linkedin.com/in/sharon-bshaw-lcsw-cgp-01b1a92/>;
<http://www.tamireeves.com/bleeding-hearts.html>

14:15 SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE 8:05

Synopsis: Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.

Host: Nancy Benson.

Guest: Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

Compliance issues covered: child abuse; mental health; public health

Links for more information: <https://donnajacksonnakazawa.com>

Program 17-49 Producer Reed Pence

Air Week 12/03/17-12/09/17 Production

Director Sean Waldron

Time Segment

Dur.

2:05 SEGMENT 1: HUMAN TRAFFICKING: SLAVERY BY ANOTHER NAME 12:16

Synopsis: Millions of vulnerable low-wage workers are exploited and trapped, both in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued.

Host: Reed Pence.

Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago

Compliance issues covered: youth at risk; labor and employment issues; police, crime and justice system; immigration; economics

Links for more information: <https://humantraffickinghotline.org>;

<https://endslaveryandtrafficking.org>; <https://www.metrofamily.org/legal-aid/>

15:23 SEGMENT 2: PANCREATIC CANCER 7:41

Synopsis: Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available.

Host: Nancy Benson.

Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine

Compliance issues covered: health care; public health

Links for more information: <http://www.rolfefoundation.org>;

<https://cancergenetics.uchicago.edu/directory/jessicastoll-ms-cgc>

Program 17-50 Producer Reed Pence

Air Week 12/10/17-12/16/17 Production

Director Sean Waldron

Time Segment

Dur.

1:59 SEGMENT 1: MENTAL HEALTH TREATMENT FOR CHILDREN 12:38

Synopsis: Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they're prepared.

Host: Reed Pence.

Guests: Dr. Jeanne Van Cleve, Asst Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL

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

consumerism **Links for more information:** <https://www.sharecare.com/doctor/dr-jeanne-m-vancleave>; <http://www.apa.org>; <https://www.aap.org>

15:39 SEGMENT 2: SEASONAL AFFECTIVE DISORDER & THE HOLIDAYS 7:19

Synopsis: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies. **Host:** Nancy Benson.

Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, *Your Blood Never Lies* and *Cracking the Metabolic Code*

Compliance issues covered: consumerism; health care; mental illness

Links for more information: <https://wexnermedical.osu.edu/neurological-institute/researchers/nicholas-forand-phd>; <http://www.jimlavallo.com/bio.html>

Program 17-51 Producer Polly Hansen and Reed Pence

Air Week 12/17/17-12/23/17 Production

Director Sean Waldron

Time Segment

Dur.

2:03 SEGMENT 1: STAYING CALM IN STRESSFUL TIMES 12:03

Synopsis: Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works.

Host: Shel Lustig.

Guest: Dr. Richard Davidson, Prof. of Psychology and Psychiatry and founder and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, *Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body*

Compliance issues covered: health care; modern culture; pop psychology

Links for more information: <https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/>

15:08 SEGMENT 2: HICCUPS 7:23

Synopsis: Hiccups are annoying and uncomfortable, and doctors don't know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work.

Host: Nancy Benson.

Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine

Compliance issues covered: consumerism; health care; pop culture

Links for more information: <http://www.aacom.org>; https://en.wikipedia.org/wiki/Tyler_Cymet

Program 17-52 Producer Reed Pence

Air Week 12/17/17-12/23/17 Production

Director Sean Waldron

Time Segment

Dur.

2:03 SEGMENT 1: LONG TERM PSYCHOLOGICAL DAMAGE OF NATURAL DISASTERS

12:09 **Synopsis:** Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season.

Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives.

Host: Shel Lustig.

Guests: Dr. Howard Osofsky, Chrmn., Dept of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority **Compliance issues covered:** mental health; environment and natural disasters; emergency preparedness; alcohol and drug abuse

Links for more information:

https://www.medschool.lsuhsu.edu/neuroscience/faculty_detail.aspx?name=osofsky_howard;
<https://www.healthcare6.com/physician/marrero-la/thomas-a-hauth-169256.html>

15:14 SEGMENT 2: 'BROKEN HEART SYNDROME' 7:37

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.

Host: Nancy Benson.

Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO. **Compliance issues covered:** health care; consumerism; pop culture **Links for more information:** https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html

Program 17-53 Producers Reed Pence and Polly Hansen

Air Week 12/31/17-01/06/18 Production Director Sean Waldron

Time Segment

Dur.

2:05 SEGMENT 1: POLYCYSTIC OVARY SYNDROME 13:11

Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.

Host: Reed Pence.

Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

Compliance issues covered: health care; women's issues;

Links for more information: <http://integrativemgi.com/doctors/dr-felice-gersh/>;
<https://intmed.vcu.edu/about/leadership/nestler.html>; <https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez>; https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php;

16:18 SEGMENT 2: DREAMS VS. REALITY FOR CHILDREN IN POVERTY 6:34

Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.

Host: Nancy Benson.

Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund

Compliance issues covered: health care; public health; youth at risk; poverty

Links for more information: <https://www.mailman.columbia.edu/people/our-faculty/ir2110>;
<https://www.childrenshealthfund.org>



2017-Q4 (October-December) Viewpoints Radio Quarterly Report

Compliance Issues covered this quarter:

American History	Leisure
American issues	Literature
Animals	Mathematics
Art	Media
Business	Mental Health
Calculus	Music
Capitalism	Mythology
Careers	Nature
Charity	Parenting
Childhood Development	Philosophy
Climate change	Policy Making
Criminal Law	Politics
Culture	Psychology
Disease	Public speaking
Disorders	Race
Education	Racism
Elderly	Self-help
Environmental issues	Sexual Assault
Family	Science
Family Issues	Sleep
Film	Sociology
Finance	Sports
Gender	Student Issues
Geography	Technology
Health	Television
History	Terrorism
Holidays	Transportation
Hollywood	Women's Issues
Humanity	Workplace issues
Law Enforcement	

Program 17-40 **Producers** **Reed Pence, Evan Rook, Pat Reuter**
Air Week 10/1/2017 **Production Director** **Sean Waldron**
Time Segment

1:51 *SEGMENT 1: Unconventional Vacation Destinations*

Dur.
10:13

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

Compliance Issues Covered: Family Issues, Geography, Culture

13:41 *SEGMENT 2: Non-Traditional Students*

8:31

Synopsis: College is thought of as a ticket to a better life. Non-traditional students- those who go to college later in life- can face an uphill battle in their fight to obtain that ticket. We talk to Mike Rose from UCLA about accommodating these students.

Host: Marty Peterson. Guests: Mike Rose, faculty member at the UCLA Graduate School of Education and Information Studies, and author of the book *Back to School: Why everyone deserves a second chance at education*.

Links for more info: www.mikeroosebooks.com

Compliance Issues Covered: Education, Policy Making, Student Issues

23:48 *Culture Crash: Peak TV and the Battle for Streaming Supremacy*

2:55

Synopsis: "Peak TV" is the choice term used to describe the current flood of options when it comes to what to watch. One thing this year's Emmys ceremony made very clear: Peak TV isn't going anywhere anytime soon.

Host: Evan Rook

Compliance Issues Covered: Television, Culture, Art

Program 17-41 **Producers** **Reed Pence, Evan Rook, Polly Hansen, Pat Reuter**

Air Week 10/8/2017 **Production Director** **Sean Waldron**

Time Segment

1:51 *SEGMENT 1: Mythology and Fairy Tales, Good and Evil*

Dur.
8:44

Synopsis: We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children.

Host: Gary Price. Guests: Soman Chainani, author of *The School for Good and Evil*

Links for more info: <https://schoolforgoodandevil.com/>, <http://somanchainani.net/>

Compliance Issues Covered: Family Issues, Childhood Development, Culture, Mythology

13:40 SEGMENT 2: Bats: Their value and their endangerment

9:56

Synopsis: Bats are often thought of as scary or dangerous. But two experts tell us... they're actually very helpful! They eat the insects we so desperately try to rid our yards and neighborhoods of. We explore the benefits of bats, and why their numbers are decreasing in alarming numbers.

Host: Marty Peterson. Guests: Jodi Sedlock, Associate professor of biology, Lawrence University; Don Mitchell, author of *Flying Blind: One man's adventures battling buckthorn, making peace with authority, and creating a home for endangered bats*

Links for more info: <http://www.lawrence.edu/academics/study/biology/faculty>,
<http://www.chelseagreen.com/flying-blind>

Compliance Issues Covered: Nature, Education, Animals

24:36 Culture Crash: Netflix's Mindhunter

1:49

Synopsis: This Friday the 13th comes in October. We discuss what to watch on the spookiest day of the year and explore Netflix's upcoming psychological thriller series "Mindhunter."

Host: Evan Rook

Compliance Issues Covered: Television, Culture, Art

Program 17-42 **Producers** Reed Pence, Evan Rook
Air Week 10/15/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:50 SEGMENT 1: The Vital Role of Pre-Kindergarten

9:29

Synopsis: Sending your child off to school can be tricky, especially in the years before kindergarten. But Dr. Sharon Bouffard, a developmental psychologist, says doing so can make a big difference in your child's education. We explore the importance of high-quality pre-k schooling, and tips for parents on how to spot a good program from a bad one.

Host: Gary Price.

Guests: Dr. Sharon 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: Family Issues, Childhood Development, Parenting, Education

13:21 SEGMENT 2: The Appeal of Time Travel Stories

9:20

Synopsis: For decades, we've loved stories where characters can travel through time. What is it about this seemingly straight-forward concept that draws us in and keeps us compelled all these years later? We talk to pop culture psychologist Dr. Travis Langley.

Host: Marty Peterson. Guests: Dr. Travis Langley, author of *Doctor Who Psychology: A Madman with a Box*

Links for more info: <http://www.travislangley.info/>, <https://www.amazon.com/Travis-Langley/e/B006UXQOTC>

Compliance Issues Covered: Pop Culture, Television, Literature, Movies, Ethics, Psychology

23:41 Culture Crash: James Cameron's Avatar Franchise and the Billion-Dollar Question

2:42

Synopsis: In 2009, *Avatar* was released and smashed box office records worldwide. Eight years later, 20th Century Fox is producing four sequels simultaneously... but does that past success mean audiences really crave more from the land of Pandora?

Host: Evan Rook

Compliance Issues Covered: Film, Culture, Art, Finance

Program 17-43 **Producers** Reed Pence, Evan Rook

Air Week 10/22/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:50 SEGMENT 1: Memory Loss and Alzheimer's Disease

9:29

Synopsis: As we get older, we all will suffer from some memory loss. The question becomes what memory loss is a normal byproduct of getting older and when is it a sign of a larger problem, like Alzheimer's Disease. We talk to experts about this question, and what, if anything, we can do to avoid losing their memories.

Host: Gary Price.

Guests: Martha Weinman Lear, author of *Where Did I Leave My Glasses?: The what, when, and why of normal memory loss*; Dr. Marwan Sabbagh, author of *The Alzheimer's Answer: Reduce your risk and keep your brain healthy*

Links for more info: <https://www.amazon.com/Where-Did-Leave-My-Glasses/dp/B003P2VDYM>, <http://www.marwansabbaghmd.com/the-alzheimers-answer/>

Compliance Issues Covered: Disease, Elderly, Family Issues

13:21 SEGMENT 2: Narcissism: The manipulative, selfish disorder

9:20

Synopsis: Narcissists are always thinking about themselves. While this takes a toll on their wellbeing, it also takes a big toll on the people around them. We talk about the disorder and tips for people who feel they're drowning in the orbit of a true narcissist.

Host: Marty Peterson.

Guests: Dr. Linda Martinez-Lewi, author of *Freeing Yourself from the Narcissist in Your Life*

Links for more info: <http://thenarcissistinyourlife.com/>

Compliance Issues Covered: Mental Health, Family Issues, Disorders

23:03 Culture Crash: Blade Runner 2049

2:42

Synopsis: *Blade Runner 2049* is a sequel worth watching at the theater, but there is some confusion about how best to see its predecessor, *Blade Runner*. We discuss the merits of each and where to best watch the films.

Host: Evan Rook

Compliance Issues Covered: Film, Culture, Art, Finance

Program 17-44 **Producers** Reed Pence, Evan Rook

Air Week 10/29/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:50 SEGMENT 1: Stutters, Stammers, and Vocal Blunders

9:47

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 info: https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1,

Compliance Issues Covered: Science, Psychology, Public speaking

13:42 **SEGMENT 2: American Borders: How our states got their shapes**

9:09

Synopsis: There are 48 states in the continental United States. Some of them have borders that make a lot of sense, like Illinois which is flanked by rivers. But what about Michigan, Rhode Island, and so many others? We talk to writer Mark Stein about the borders that we've come to take for granted.

Host: Marty Peterson. **Guests:** Mark Stein, author of *How the States Got Their Shapes*

Links for more info: https://www.amazon.com/dp/B001NLL1I0/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: History, Geography, American issues

23:51 *Culture Crash: Obsessive Compulsive Disorder and John Green's "Turtles All The Way Down"* 2:36

Synopsis: John Green is best-known for his 2012 hit novel *The Fault in Our Stars*. His latest book, *Turtles All The Way Down* chronicles the life of a teen with OCD. Drawing on Green's experiences with the disorder, the book offers a great story and pulls back the curtain on a misunderstood mental disorder.

Host: Evan Rook

Compliance Issues Covered: Literature, Culture, Art, Mental Health

Program 17-45

Producers

Reed Pence, Evan Rook

Air Week 11/5/2017

Production Director

Sean Waldron

Time Segment

Dur.

1:50 **SEGMENT 1: Bumper Sticker Philosophy**

9:04

Synopsis: We've all been amused or annoyed by someone's bumper sticker, but have you ever stopped to think that these strips of adhesive paper with the pithy statements on them could actually mean something? We talk to a teacher and philosopher about the deeper meanings of popular bumper stickers.

Host: Gary Price. **Guests:** Jack Bowen, philosopher and teacher at Menlo School in Atherton, CA and author, *If You Can Read This: The philosophy of bumper stickers*

Links for more info: <https://www.penguinrandomhouse.com/books/196584/if-you-can-read-this-by-jack-bowen/9780812981056/>

Compliance Issues Covered: Transportation, Culture, Politics, Media, Philosophy

12:54 **SEGMENT 2: Gardening Differently**

11:00

Synopsis: Typically, we think of gardens as a place meant to look nice or grow some vegetables. But gardener and author Benjamin Vogt says he believes gardens can be about cultivating a better environment and reconnecting humans with the nature around us.

Host: Marty Peterson.

Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*

Links for more info: <https://www.newsociety.com/Books/N/A-New-Garden-Ethic>

Compliance Issues Covered: Environmental issues, Leisure, Nature

23:51 *Culture Crash: The Stretch Run of 2017 in Film*

2:37

Synopsis: With just two months left in the year, there remain so many must-see movies set to be released before the new year. We look into a few of the titles that seem especially worth seeing.

Host: Evan Rook

Compliance Issues Covered: Film, Culture

Program 17-46

Producers Reed Pence, Evan Rook

Air Week 11/12/2017

Production Director Sean Waldron

Time Segment

Dur.

1:50 **SEGMENT 1: Learning Math Simpler**

9:23

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 info: <http://www.24game.com/>, <http://www.firstinmath.com/>, <http://www.basicbooks.com/>

Compliance Issues Covered: Education, Mathematics, Calculus

13:15 **SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance our health**

9:09

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

23:24 *Culture Crash: Chicago's Own Chance the Rapper*

3:01

Synopsis: Chance the Rapper has won three Grammys, headlined Lollapalooza, and given millions in charity to Chicago Public Schools. We talk about the impact he's made on his city.

Host: Evan Rook

Compliance Issues Covered: Culture, Music, Philanthropy

Program 17-47 **Producers** Reed Pence, Evan Rook

Air Week 11/19/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:50 *SEGMENT 1: Terrorism in America, 1920*

9:14

Synopsis: Americans pride themselves on never forgetting the attacks and terrorism of our history, but somehow a 1920 attack on New York City has slipped through the cracks. Author Jed Rubenfeld talks about the first car bomb attack on Wall Street, the backdrop for one of his historical fiction novels.

Host: Gary Price.

Guests: Jed Rubenfeld, author of *The Death Instinct*

Links for more info: https://www.amazon.com/dp/B003YL4AOO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1, <http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago>

Compliance Issues Covered: History, US Issues, Terrorism

13:06 *SEGMENT 2: Developing Forensic Technology: New solutions for tracking and convicting criminals*

9:30

Synopsis: New gadgets and programs are constantly being invented. We talk to two leading experts on the subjects to highlight some of the software and hardware helping police and lawyers find the right criminals and get them convicted.

Host: Marty Peterson.

Guests: Lee Reiber, COO for Oxygen Forensics Inc.; Jerry Ropelato, CEO of White Clouds

Links for more info: <http://www.oxygen-forensic.com/>, <https://www.whiteclouds.com/#home2>

Compliance Issues Covered: Law Enforcement, Technology, Science, Criminal Law

23:36 *Culture Crash: Hollywood's Sexual Assault Scandals*

2:50

Synopsis: With sexual assault allegations coming against some of Hollywood's top producers, directors and stars, director Ridley Scott is taking a big step to distance his movie from Kevin Spacey's soiled reputation.

Host: Evan Rook

Compliance Issues Covered: Sexual Assault, Hollywood, Culture

Program 17-48 **Producers** Reed Pence, Evan Rook
Air Week 11/26/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:45 **SEGMENT 1: Giving Back This Holiday Season**

9:23

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: Gary Price.

Guests: Sarah Linden and Tyler Knott Gregson, co-authors, *North Pole Ninjas: Mission: Christmas*

Links for more info: <http://northpoleninjas.com/>

Compliance Issues Covered: Charity, Holidays, Parenting, Family Issues

13:18 **SEGMENT 2: W.E.B. Du Bois's Lasting Impact in Sociology**

10:08

Synopsis: At the beginning of the 20th century, W.E.B. Du Bois revolutionized scientific sociology, but was denied accolades because of his race. Now, we talk to scholars about what exactly Du Bois did to improve the study of sociology and what his impact truly was.

Host: Marty Peterson. **Guests:** Aldon D. Morris, professor of sociology and African-American studies at Northwestern University, author of the book, *The Scholar Denied: W.E.B. Du Bois and the birth of modern sociology*.

Links for more info: <http://www.ucpress.edu/>, <http://www.sociology.northwestern.edu/>

Compliance Issues Covered: Sociology, History, Race

24:32 **Culture Crash: Greta Gerwig's Fantastic Film Lady Bird**

1:54

Synopsis: Greta Gerwig's new film *Lady Bird* offers a fresh perspective on the coming-of-age story and seems bound to play a major role in this year's awards season.

Host: Evan Rook

Compliance Issues Covered: Media, Literature, Film, Culture

Program 17-49 **Producers** Reed Pence, Evan Rook, Pat Reuter
Air Week 12/3/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:50 **SEGMENT 1: Making an Impact as a Citizen Scientist**

9:51

Synopsis: We think of scientists as needing a lot of training before we can trust their findings. But for centuries, citizen scientists, not scientists by trade, have made some of the biggest discoveries. We talk to two experts about the need for average citizens to be the eyes and ears of big data collecting projects.

Host: Gary Price.

Guests: Mary Ellen Hannibal, author, *Citizen Scientist: Searching for heroes and hope in an age of extinction*; Geoff LeBaron, director of Audubon Society's annual Christmas Bird Count

Links for more info: <http://www.maryellenhannibal.com/>, <http://www.christmasbirdcount.org/>

Compliance Issues Covered: Science, Humanity, Education, Climate change

13:43 **SEGMENT 2: Author Jack London's Writings and Social Activism**

10:30

Synopsis: Jack London is known for his rip-roaring adventure books, but he was also a social activist. We discover how London's own journey informed his writing, and how his books and stories reflect the plight of exploited workers and impoverished women and children.

Host: Marty Peterson.

Guests: Cecelia Tichi, William R. Kenan Jr. Professor of English and professor of American Studies at Vanderbilt University, author, *Jack London: A writer's fight for a better America*.

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

Compliance Issues Covered: Literature, American History, Capitalism

24:13 *Culture Crash: The Simpsons's Apu Problem*

2:15

Synopsis: *The Simpsons* is a cultural institution. But one character, Apu, is a racist stereotype, and some Indian-American actors and comedians think it's past time for a re-evaluation.

Host: Evan Rook

Compliance Issues Covered: Hollywood, Culture, Racism

Program 17-50

Producers

Reed Pence, Evan Rook, Polly Hansen,

Pat Reuter

Air Week 12/10/2017

Production Director Sean Waldron

Time Segment

Dur.

1:47 *SEGMENT 1: The Role of a Literary Editor*

10:07

Synopsis: You see authors thank their editors all the time in the acknowledgements section of a book. But exactly what does an editor do? We talk to an editor himself who explains to us what an editor does to get the book from a manuscript to the finished copy on store shelves.

Host: Gary Price.

Guests: Peter Ginna, literary editor and author, *What Editors Do*

Links for more info:

<http://www.press.uchicago.edu/ucp/books/book/chicago/W/bo21439635.html>

Compliance Issues Covered: Literature, Careers, Culture

13:56 *SEGMENT 2: Being the Newcomer: How to navigate new situations*

9:00

Synopsis: When you're the new person at the office, in the neighborhood or at a party it can be an awkward situation, especially if you're not the most gregarious person. Our guest discusses the issue and offers advice on how to navigate various situations when you're the newbie in the room.

Host: Marty Peterson.

Guests: Keith Rollag, Associate Professor of Management, and Chairman of the Management Division at Babson College, Wellesley, MA, and of author of *What to Do When You're New: How to be comfortable, confident and successful in new situations*.

Links for more info: <http://www.keithrollag.com/>, <http://www.whenyounerenew.com/>

Compliance Issues Covered: Sociology, History, Workplace issues, Psychology

22:56 *SPOTBREAK 3: Donate Cars/Going to Do PSA*

OUTCUE: seven-eight.

:60

23:56 *Culture Crash: Christmas Music*

2:31

Synopsis: It's all around us: the sounds of the holiday season. We explore some of the classics and modern hits that make December truly the most wonderful time of the year.

Host: Evan Rook

Compliance Issues Covered: Media, Music, Culture, Holidays

Program 17-51 **Producers** Reed Pence, Evan Rook, Polly Hansen

Air Week 12/17/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:47 *SEGMENT 1: America's Diner Waitresses*

10:11

Synopsis: Diners are an American staple. It's where you stop for a piece of pie and a cup of coffee from coast to coast. But diners are slowly disappearing to larger chains. We talk about the waitresses who make the diners function and the culture behind the career.

Host: Gary Price.

Guests: Candacy Taylor, author, *Counter Culture: The American Coffee Shop Waitress*

Links for more info: https://www.amazon.com/dp/B00O08LDW2/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1, <http://taylormadeculture.com/>

Compliance Issues Covered: American Issues, Careers, Culture, Business

14:00 *SEGMENT 2: Creating Great Teams with Diverse Thought*

8:38

Synopsis: It may seem like the best way to create a business is to only include the best and the brightest. But limiting your group to any standard, even Ivy League-education, can lead to groupthink. We talk to one expert about how cognitive diversity can improve the results for a school, business, or even an entire society.

Host: Marty Peterson.

Guests: Scott E. Page, Leonid Hurwicz Collegiate Professor at the University of Michigan and author, *The Difference: How the power of diversity creates better groups, firms, schools and societies*.

Links for more info: <https://sites.lsa.umich.edu/scottepage/research-2/diversity-research/>, <https://www.amazon.com/The-Difference-Diversity-Creates-Societies/dp/0691138540>

Compliance Issues Covered: Sociology, Workplace issues, Psychology, Diversity

23:38 **Culture Crash: 2017's "Little" Horror Movies**

2:42

Synopsis: This year, low-cost horror movies like "Get Out" made big noise at the box office and now, the awards conversation. We discuss one man responsible for the trend: producer Jason Blum.

Host: Evan Rook

Compliance Issues Covered: Media, Movies, Culture, Economics

Program 17-52 **Producers** Reed Pence, Evan Rook, Pat Reuter
Air Week 12/24/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:47 *SEGMENT 1: Hitting the Off Switch: Going offline in a digital age*

10:11

Synopsis: Smart phones and social media apps take up a lot of time for many Americans. We can't watch TV or sit at the dinner table without checking for notifications or scrolling Twitter simultaneously. That's what worried Christina Crook, who took a 31-day vacation from the internet to reconnect with her physical life. Host: Gary Price. Guests: Christina Crook, communications professional and author, *The Joy of Missing Out: Finding balance in a wired world*

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

Compliance Issues Covered: American Issues, Internet, Technology, Social Issues

13:05 *SEGMENT 2: America's Pearl Harbor Christmas*

8:38

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.

Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of *Pearl Harbor Christmas: A world at war 1941*.

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

Compliance Issues Covered: History, War, America, Politics, Holidays

24:08 *Culture Crash: Black Mirror*

2:42

Synopsis: Netflix's *Black Mirror* is like *The Twilight Zone* for the digital age. We discuss the show, its technologies, and how the unsettling drama has found a foothold exploring the future of our world.

Host: Evan Rook

Compliance Issues Covered: Media, Television, Technology, Culture

Program 17-53 **Producers** Reed Pence, Evan Rook, Pat Reuter
Air Week 12/31/2017 **Production Director** Sean Waldron

Time Segment

Dur.

1:47 *SEGMENT 1: Lessons on Joy*

11:07

Synopsis: In a country that seems to be pulling away more and more every day, it can seem nearly impossible to find time for yourself to clear your mind and feel joy. We talk to Douglas Abrams about the week he spent learning from two of the world's spiritual leaders, His Holiness the 14th Dalai Lama and Archbishop Desmond Tutu. Abrams shares the joy practices and little things that the Dalai Lama and Archbishop Tutu do daily to experience joy regularly.

Host: Gary Price. Guests: Douglas Abrams, author of *The Book of Joy: Happiness in a Changing World*

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

Compliance Issues Covered: Religion, History, Mental Health

13:05 SEGMENT 2: *The State of Television*

10:08

Synopsis: The world of television has never been busier. With more than 500 scripted shows airing in 2017, it's never been harder to keep up with the medium. We talk to TV critic Alan Sepinwall about staying on top of things, the trends of TV, and one of the great shows of the century so far, *Breaking Bad*.

Host: Marty Peterson. Guests: Alan Sepinwall, TV critic for UPROXX.com and author of *Breaking Bad 101*

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

Compliance Issues Covered: Television, Art, Criticism

24:08 *Culture Crash: Netflix's Dark*

1:59

Synopsis: Netflix has a new binge-worthy show called *Dark*. The German-language show involves time travel, family drama, a small town, and a lot of mind-bending sci-fi.

Host: Evan Rook

Compliance Issues Covered: Culture, Television, Media