

Program Log for *Radio Health Journal*

List of significant programming

WPYA, Gardendale AL

For the quarter beginning April 1, 2019- June 30, 2019

All programming discussed in this report aired on the “Radio Health Journal” and “Viewpoints” series, at 6am and 6:30am on Sundays. Each program is a single 30 minute episode.

Through its regular ascertainment process, WPYA-FM /Summit Media Group has determined that the following issues are important to the Gardendale, AL community:

Education
Health
Economics
Family Issues
Culture
Business

This report contains WPYA /Summit Media Group’s most significant treatment of these community issues during the 1st quarter of 2019.

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Guest information, segment podcasts and the latest health news are available at www.radiohealthjournal.net

04/07	
Time	Segment Dur.
06:02	SEGMENT 1: EXAMINING “MEDICARE FOR ALL” 12:47
<p>Synopsis: Two Congressional plans, one from each side of the political spectrum, are competing to blow up the current healthcare system. Here experts examine one of them—the left’s bid to replace private insurers with a government-run single-payer plan labeled “Medicare for All.” Alternatives may include bolstering the Affordable Care Act, or getting rid of it completely.</p> <p>Compliance issues covered: health care; public health; federal government, legislation, and politics; consumerism; economics; taxes; Medicare and Medicaid; insurance</p>	
06:15	SEGMENT 2: SYMPTOM SEARCHING ON THE INTERNET 7:01
<p>Synopsis: One of the most popular searches on Google is for symptoms and what they mean. It’s created a much more well informed patient population, but one that may panic at the least pain or discomfort. Two experts discuss how to think of symptoms and how to search for them.</p> <p>Compliance issues covered: health care; technology and health</p>	

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04/14	
Time	Segment Dur.
06:02	SEGMENT 1: THE MIRACLE OF TRANSPLANTS 11:50
<p>Synopsis: Organ transplantation has dramatically changed lives and is raising hopes it could do even more for millions of people. But getting where we are has not been easy. A transplant surgeon traces the history of transplant research and notes the courage to fail among pioneering researchers and patients.</p>	
<p>Compliance issues covered: health care; public health; technology</p>	
06:14 SEGMENT 2: FRIENDS—THE MOST POWERFUL INFLUENCE OF OUR LIVES 7:41	
<p>Synopsis: Research shows that friends are the most powerful people in our lives, influencing our behavior, attitudes and health even more than our parents or spouses. An expert discusses the many ways friends determine our destinies.</p>	
<p>Compliance issues covered: interpersonal relationships; family issues; technology</p>	

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04/21	
Time	Segment Dur.
06:02	SEGMENT 1: MENTAL HEALTH IN THE ER 21:45
<p>Synopsis: Many people having a mental health crisis go to the emergency room. However, ER's are not well equipped to handle them, and many patients are boarded there for hours or even days without treatment. Experts discuss the reasons for the failure, the outcomes it produces, and solutions that have been successful in limited trials.</p> <p>Compliance issues covered: health care; public health; mental health; emergency response</p>	
06:15 SEGMENT 2: HEART DISEASE MISINFORMATION 6:45	
<p>Synopsis: Heart disease is often preventable, but how people look at it often keeps them from doing as much about it as they could. Often this is a result of myth and misinformation. An expert physician discusses some of the most harmful of these myths.</p> <p>Compliance issues covered: health care; public health; food and nutrition</p>	

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04/28	
Time	Segment Dur.
06:02	SEGMENT 1: PENICILLIN ALLERGY: NOT REALLY, MOST OF THE TIME 11:25
<p>Synopsis: Millions of Americans believe they are allergic to penicillin. However, most of them are wrong. Experts discuss how these misdiagnoses happen and what results when so many of us avoid the most effective, yet cheapest antibiotic.</p>	
<p>Compliance issues covered: health care; economics; youth at risk</p>	
06:14	SEGMENT 2: UNRAVELING THE MYSTERY OF THE FLU 7:24
<p>Synopsis: The flu's unique ability to mutate makes it one of the toughest diseases to solve, as it evades vaccines and treatment. It also has a deadly history, which prompts fears each flu season. A noted expert discusses all about the flu and its myths.</p>	
<p>Compliance issues covered: health care; public health; vaccination</p>	

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05/05	
Time	Segment Dur.
06:01	SEGMENT 1: HIGH DRUG PRICES LEAD TO DRUG MISUSE 12:48
<p>Synopsis: Millions of Americans cannot afford the medications they've been prescribed. Many skip doses, split pills or don't fill prescriptions at all as a result, with sometimes even fatal consequences. But doctors are often unable to consider cost very well in prescribing, as the same drug often costs patients vastly different amounts due to insurance differences. Experts discuss the problem and what patients can do to save.</p> <p>Compliance issues covered: health care; economics; insurance; federal government and regulation</p>	
06:15	SEGMENT 2: BRAIN ANEURYSM THROUGH THE EYES OF A SURVIVOR 7:08
<p>Synopsis: Brain aneurysms—bulging in a brain blood vessel, like an inflated balloon—affect 1 in 50 people and are generally without symptoms until they burst. This occurs in about 30,000 people per year in the US, accounting for 3-5 percent of all new strokes. Here is the story of one survivor in her own words.</p> <p>Compliance issues covered: health care; public health; EMS and emergency response; rehabilitation</p>	

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05/12	
Time	Segment Dur.
06:02	SEGMENT 1: CANCER SUPPRESSION: LESSONS FROM PACHYDERMS 11:55
<p>Synopsis: DNA mutations happen all the time in the body, but the immune system usually detects and deals with them. When the system fails, cancer results. Yet some animals, such as elephants, almost never get cancer, and scientists have learned that the elephant DNA repair system is 20 times more powerful than the human system. Experts explain how they hope to tap this knowledge.</p> <p>Compliance issues covered: health care; public health; animals</p>	
06:15	SEGMENT 2: RETHINKING DEMENTIA 8:01
<p>Synopsis: Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word “dementia.”</p> <p>Compliance issues covered: health care; public health; aging and senior citizens</p>	

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05/19	
Time	Segment Dur.
06:01	SEGMENT 1: CAN IUD'S AND OTHER CONTRACEPTIVES TRIGGER AUTOIMMUNE DISEASE 13:46
<p>Synopsis: Autoimmune diseases such as rheumatoid arthritis and lupus carry a genetic predisposition, but need an environmental trigger to take hold. Triggers are poorly understood, but some women claim their disease is a result of contraceptives, including birth control pills and IUD's. Experts and one women suffering from autoimmune disease discuss the issue.</p> <p>Compliance issues covered: health care; public health; women's issues; contraception and family planning</p>	
06:16	SEGMENT 2: PREECLAMPSIA AND A NEW TEST FOR IT 6:12
<p>Synopsis: Preeclampsia, an irregularity in the placenta during pregnancy, is the leading cause of premature delivery worldwide, and causes nearly 20 percent of maternal deaths in the US. Little is known about its cause and how it can be treated, but an inexpensive new test could help flag those suffering from it and lessen complications. The test's inventor discusses it and the disorder.</p> <p>Compliance issues covered: health care; public health; women's issues; infant and maternal mortality</p>	

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05/26	
Time	Segment Dur.
06:01	SEGMENT 1: WEIGHT LOSS SURGERY FOR TEENAGERS 11:35
<p>Synopsis: The proportion of severely obese teenagers continues to rise. Doctors increasingly understand that only weight loss surgery is likely to help them lose weight and avoid health consequences of obesity. But teens are often held back until they're so heavy that even bariatric surgery isn't enough to return them to normal weight. Experts discuss.</p> <p>Compliance issues covered: health care; public health; youth at risk; parenting issues; bullying</p>	
06:14	SEGMENT 2: THE WORKINGS OF THE IMMUNE SYSTEM 8:38
<p>Synopsis: Many people may picture the immune system as the ruthless blaster of all foreign invaders, but a Pulitzer Prize-winning science writer says his research shows it prefers to get along with friendly invaders, saving its power for the truly dangerous ones. How does it know the difference? The writer discusses.</p> <p>Compliance issues covered: health care; science and technology; public health</p>	

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06/02	
Time	Segment Dur.
06:02	SEGMENT 1: WHY PARENTS DON'T VACCINATE 13:06
<p>Synopsis: Measles had been declared eliminated in 2000, but has come roaring back because of the increasing number of people who have not been vaccinated. Parents may have legitimate fears of side effects, but claims vaccines are unsafe are not true. Experts discuss the complicated psychological reasons vaccine refusal exists despite this, and what may help change minds to promote public health.</p>	
<p>Compliance issues covered: health and medicine; public health; youth at risk; parenting issues; moral values</p>	
06:16	SEGMENT 2: EXCEPTIONAL BREASTFEEDING 6:59
<p>Synopsis: Most infants are breastfed in the US today, but breastfeeding often doesn't look the way most of us think of it, as a result of adoption, same sex marriage, and other changes in parenting. An expert discusses some of the hurdles and challenges to getting infants the best nutrition possible.</p>	
<p>Compliance issues covered: health care; public health; youth at risk; parenting issues; gender roles</p>	

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06/09	
Time	Segment Dur.
06:02	SEGMENT 1: LONELINESS IN THE ELDERLY 12:57
<p>Synopsis: Loneliness is increasing across all ages, but it's especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its impact, and the effectiveness of visitor programs.</p> <p>Compliance issues covered: health care; elderly and senior citizens; social isolation, volunteer organizations</p>	
06:16	SEGMENT 2: WHY GOOD HEALTH CARE DOESN'T EQUAL GOOD HEALTH 6:51
<p>Synopsis: Many Americans believe if they have good health care, they'll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern.</p> <p>Compliance issues covered: health care; public health; economics; individual rights</p>	

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06/16	
Time	Segment Dur.
06:02	SEGMENT 1: LUNG CANCER AND ITS STIGMA 12:57
<p>Synopsis: Most forms of cancer have a built-in constituency of patients, loved ones, and concerned others. Lung cancer patients, instead, are often blamed for their own disease because of its frequent connection with smoking. Patients are often isolated, and research dollars lag behind other, less common cancer killers.</p> <p>Compliance issues covered: health care; public health; discrimination</p>	
06:15	SEGMENT 2: TASTY FOOD VS. HEALTHY FOOD: FINDING A BALANCE 6:59
<p>Synopsis: Many Americans believe that healthy food doesn't taste good, and tasty food isn't healthy. A chef who is also a cardiologist discusses how to find a balance by seeking out healthy ingredients rather than whole categories of foods.</p> <p>Compliance issues covered: health care; public health; consumerism</p>	

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06/23	
Time	Segment Dur.
06:02	SEGMENT 1: GENERIC DRUG SAFETY 12:57
<p>Synopsis: Since the 1980's, almost all production of generic drugs has moved overseas, where FDA inspectors have a much tougher time making sure they're following rules for safety. An investigative journalist describes the ways she's found that many drug makers cut corners, putting safety at risk, and details what consumers can do to protect themselves.</p> <p>Compliance issues covered: health care; public health; fraud; government and federal regulation; patient safety; consumer safety</p>	
06:16	SEGMENT 2: THE STATE OF THE WORLD'S CHILDREN 6:59
<p>Synopsis: Each year, the humanitarian organization Save the Children develops a nation-by-nation scorecard on how likely children are to grow up healthy, educated, and safe. The organization's CEO discusses how most nations have improved the ways children are treated over the past generation, and why the US ranks 36th.</p> <p>Compliance issues covered: health care; public health; youth at risk; education; teen pregnancy; malnutrition; war; workforce; child labor</p>	

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06/30	
Time	Segment Dur.
06:02	SEGMENT 1: CBD—THE TRUTH ABOUT THE LATEST HEALTH CRAZE 12:51
<p>Synopsis: Suddenly, cannabis-related, hemp-derived CBD is almost everywhere. CBD’s FDA status is murky, and we know very little about its benefits, thanks in part to its former place on DEA Schedule 1. How much has been proven about its supposed health qualities? What are the risks? Experts discuss in depth.</p> <p>Compliance issues covered: health care; public health; government and regulation; patient safety; consumerism; consumer safety; drug enforcement</p>	
06:15	SEGMENT 2: GENETIC AND GENOMIC TESTING 7:03
<p>Synopsis: When most of us think of genetic testing for health, we imagine tests to detect whether we’ve inherited genes that predispose us for cancer or other serious disease. But another kind of gene testing—genomic testing of tumor cells for their susceptibility to targeted treatments—is giving thousands of people hope of survival they’ve never had before. Experts discuss both genetic and genomic testing.</p> <p>Compliance issues covered: health care; public health; technology; consumerism</p>	

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04/7	
Time	Segment
	Dur.
06:31	SEGMENT 1: THE ROLE OF A LITERARY EDITOR 10:06
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.	
Compliance Issues Covered: literature, careers, culture	
06:43	SEGMENT 2: GREENER GARDENING DURING CLIMATE CHANGE 9:10
Synopsis: Gardeners always seek to get the most out of their plants, but some are finding that their plot of land doesn't produce the way it used to because of wildly changing, extreme conditions—torrential rain, then drought, heat then cold. We talk to two experts who explain ways to increase your garden's productivity, and how it can help combat climate change.	
Compliance Issues Covered: environment; climate change; home improvement; gardening	
06:54	Culture Crash: Sketch Comic Becomes movies' hottest horror director 2:19
Synopsis: Jordan Peele used to be best known as a sketch comic, but his second film as a director, "Us," is showing that the success of his first, "Get Out," was no fluke.	
Compliance Issues Covered: media; culture; movies	

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04/14	
Time	Segment Dur.
06:31	SEGMENT 1: REMOVAL OF CONFEDERATE STATUES 9:53
Synopsis: Statues commemorating the Confederacy remain in some towns in the US South, though its principles promoting slavery and oppression of blacks are in disrepute. Some towns have removed these statues in the face of heavy opposition. A former Mayor of New Orleans describes how his thinking evolved toward a decision to remove the statues in his city, and the issues it brought forth.	
Compliance Issues Covered: discrimination and racism; nationalism; history; societal issues	
06:43	SEGMENT 2: THE IMPORTANCE OF RECESS 9:11
Synopsis: Recess helps kids unwind during the school day, but it's much more than just a time to exercise. We talk to two recess "specialists" about the mental as well as the physical benefits of recess, and learn about some recess activities that help a child be more creative, more social as well as more physically active.	
Compliance Issues Covered: education; child health/development; recreation; mental health	
06:54	Culture Crash: THE INCREASING COST OF CUTTING THE CORD 2:32
Synopsis: Streaming services are multiplying, and none of them carry everything. Many people are finding that satisfying their TV viewing desires through streaming services is getting as expensive as cable.	
Compliance Issues Covered: media; culture; economics; entertainment	

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04/21		
Time	Segment	Dur.
06:31	SEGMENT 1: THE GATEKEEPER: MISSY LeHAND AND FDR	10:14
Synopsis: Everyone knows about the presidency of Franklin D. Roosevelt, but not many know about the powerful and loyal confidant FDR relied on, Marguerite “Missy” LeHand. Our guest discusses the life and work of this remarkable woman and how she helped and influenced one of the greatest chief executives of our time.		
Compliance Issues Covered: government; women’s issues; the Presidency; American history		
06:44	SEGMENT 2: THE LADY FROM THE BLACK LAGOON	8:38
Synopsis: Horror movies are major box office. Some experts see the film “The Creature from the Black Lagoon” as a turning point. One reason is the Gill Man character, created by an often-overlooked female trailblazer in monster design, Milicent Patrick. An author who has researched Patrick discusses her significance in American culture and the horror film genre.		
Compliance Issues Covered: movies; women’s issues; feminism; American culture		
06:53	Culture Crash: The End of Game of Thrones	2:47
Synopsis: The wildly popular TV show Game of Thrones is set to wrap up its story with six episodes this season, yet its fans may be unsatisfied. The TV show has departed the path of the books.		
Compliance Issues Covered: media; pop culture; television; entertainment		

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04/28	
Time	Segment
	Dur.
06:31	SEGMENT 1: TEACHING YOUTH ABOUT CONSENT AND ABUSE
	9:40
Synopsis: In the 20 years since writing the young adult novel <i>Speak</i>, based on her own rape, author Laurie Halse Anderson has met with numerous audiences of adolescents. She has found a huge gap in the ways girls and boys perceive what constitutes sexual consent, abuse, and the consequences of assault, and attributes this to a parental inability to discuss the topic with children. She discusses the issue.	
Compliance Issues Covered: youth at risk; sexual assault and abuse; gender issues; education; parenting	
06:41	SEGMENT 2: THE PSYCHOLOGY OF FASHION
	9:34
Synopsis: Fashion advertising raises issues about confidence, self-esteem and body image. Our guest discusses why it's important to look beyond the advertisements and find the fashions that are right for you, how cheap clothing is hurting developing countries and the environment, and why designers and manufacturers need to change how they create clothing for and market to older men and women.	
Compliance Issues Covered: consumerism; women's issues; health and wellness; manufacturing	
06:44	Culture Crash: ADAPTING A BOOK INTO A MOVIE
	2:19
Synopsis: For a decade now, it seemed like comic book movies had settled in to an existence based on these larger cinematic universes. Now, Spider-Man and The Joker are proving comic stories can have their cake and eat it, too.	
Compliance Issues Covered: media; culture; movies; books	

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05/05	
Time	Segment
	Dur.
06:31	SEGMENT 1: DIVERSITY IN SCI-FI 7:32
Synopsis: For decades, science fiction was a genre written almost exclusively by white males. Now, the genre is flourishing with diverse voices, thanks in part to the trailblazing writer Octavia E. Butler. Historian Gerry Canavan discusses the obstacles Butler faced and her legacy on one of the most popular genres in American literature.	
Compliance Issues Covered: culture; race; diversity; gender issues; literature	
06:41	SEGMENT 2: THE HONEY BUS 10:35
Synopsis: In Meredith May's new book, she examines the parallels between the inner workings of beehives and our society, and how beekeeping taught her numerous life lessons as a child. She also discusses the threat to bees with commercialized beekeeping and what we can do to protect these insects vital to our ecosystem.	
Compliance Issues Covered: literature; environment; beekeeping; mental health; family relationships	
06:56	Culture Crash: BEYONCE'S DOMINANCE IN POP CULTURE 3:34
Synopsis: We examine Beyonce's consistent influence throughout all sectors of media. The visionary artist is known for her fierce demeanor and powerhouse concert performances, rewriting traditional female and black stereotypes in media.	
Compliance Issues Covered: music; media; pop culture; feminism; African American Issues	

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05/12	
Time	Segment Dur.
06:31	SEGMENT 1: THE BOYS IN THE BUNKHOUSE: INTELLECTUALLY CHALLENGED MEN IN SERVITUDE 12:13
Synopsis: If you came upon a rundown, roach-infested bunkhouse in the heartland of America, full of middle-aged and elderly men in poor health who worked all day at a job for little pay and had been for decades, you might think you had time traveled back to the 19th century. We talk to an author who writes about this very situation where mentally challenged men were pressed into servitude in 1974 and remained there until 2009 when some determined social workers stepped up to their aid.	
Compliance Issues Covered: intellectual disabilities; commerce; poverty; agriculture; Civil Rights; law	
06:46	SEGMENT 2: FIRST IMPRESSIONS & THEIR PITFALLS 7:16
Synopsis: We all get gut instincts when we walk into a room of strangers. Do we fit in here? Do these people seem friendly? Snap judgments are simply a part of how we function. But Princeton University psychology professor Alexander Todorov says that while these first impressions are natural, we should try to resist them.	
Compliance Issues Covered: human psychology; business; perception; interpersonal relationships; workplace	
06:54	Culture Crash: A REVIEW OF ELISABETH MOSS IN “HER SMELL” 2:08
Synopsis: Elisabeth Moss stars in the new indie movie, “Her Smell” directed by Alex Ross Perry. The film follows Moss as she plays the chaotic role of fictional punk rocker, Becky Something, who is mentally unstable, addicted to drugs and clawing to get her life together.	
Compliance Issues Covered: film; media; music; rock; culture; pop culture; drug addiction; mental health; mental illness; movies	

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05/19	
Time	Segment Dur.
06:31	SEGMENT 1: THE END OF ICE 9:02
Synopsis: Journalist and author Dahr Jamail exposes how climate change is affecting our ecosystems and natural landscape, including the melting and disappearance of massive ice glaciers. We discuss the long-term consequences of global warming and what we can do as a society to reverse the damage.	
Compliance Issues Covered: climate change; environment; composting; nonprofits	
06:42	SEGMENT 2: LOUISA ADAMS - THE EXTRAORDINARY FIRST LADY YOU'VE NEVER HEARD OF 9:57
Synopsis: We all know the names of famous First Ladies – Martha Washington, Mary Todd Lincoln, Eleanor Roosevelt, Nancy Reagan – and they all left their marks on our country in one way or another. One of these ladies that you probably <i>don't</i> know much about is Louisa Adams, wife of President John Quincy Adams. Our guest has researched this extraordinary woman and discusses her strength, political wit and resilience.	
Compliance Issues Covered: politics; war; the presidency; First Lady; foreign affairs; culture; feminism	
06:53	Culture Crash: A GREATER DIVERSITY WITHIN TELEVISION 2:41
Synopsis: We examine how television series have grown to be more diverse and inclusive in the Peak TV era. One such show is "Ramy", a new Hulu original, which candidly follows the life of a young, first-generation Muslim man and the challenges that arise with the melting pot of cultures.	
Compliance Issues Covered: television; media; inclusivity; cultural perspectives; religion; Islam	

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05/26	
Time	Segment Dur.
06:31	SEGMENT 1: THE COLOR OF LAW 10:21
Synopsis: Racial segregation still persists throughout the U.S. One factor contributing to this inequality is the structure of our town and cities. Richard Rothstein and Tonika Johnson talk about how past laws and our government created a divided demographic and the impact this has on certain populations.	
Compliance Issues Covered: segregation; discrimination; inequality; Civil Rights; housing; government; art; law	
06:44	SEGMENT 2: APPRECIATING THE BEAUTY OF CALCULUS 8:54
Synopsis: For many, learning about mathematics can be a terrifying and daunting task. Steven Strogatz discusses the importance of learning the basics of calculus and not only the math itself, but also understanding its historical prevalence and everyday use in our world.	
Compliance Issues Covered: mathematics; education; civilization; history; technology; space exploration	
06:54	Culture Crash: THE NEW ALBUM BY JUDAH & THE LION 2:26
Synopsis: We discuss the new album <i>Pep Talks</i> from the band Judah & The Lion, most known for their 2016 single "Take It All Back". The album features a funky, electronic vibe coupled with old-time folk and bluegrass instruments, offering a refreshing perspective in the alternative rock genre.	
Compliance Issues Covered: music; media; pop culture; diversity	

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06/02	
Time	Segment Dur.
06:31	SEGMENT 1: THE STORM ON OUR SHORES: A STORY OF WAR, LOSS & FORGIVENESS 8:32
Synopsis: Mark Obmascik shares the incredible story of two men fighting for opposing sides and tangled in the complexities of World War II. He exposes how our enemy isn't as different as we think, the lasting effects of war and the process of finding forgiveness and peace.	
Compliance Issues Covered: war; government; military; politics; history; literature; interpersonal relationships; preserving history; veterans	
06:42	SEGMENT 2: ONE MEAL AT A TIME: REVIVING THE AMERICAN SCHOOL LUNCH SYSTEM 10:54
Synopsis: School lunches in the U.S. have long been overlooked. Dan Giusti, the former head chef of Noma and founder of Brigaid, is gaining ground in his efforts to overhaul the school lunch system and bring scratch cooking back into cafeterias. We speak with Giusti about his journey from fine dining to lunch reform and some of the barriers facing Brigaid.	
Compliance Issues Covered: food; education; nutrition; health & wellness; cooking; politics; diversity; parenting; American culture	
06:54	Culture Crash: TO BINGE OR NOT TO BINGE 2:12
Synopsis: Binge-watching several seasons of a TV show all at once might not be the best idea after all. For some lighter shows like "Stranger Things" it may make sense, but it can be cumbersome and brain draining to get through all eight seasons of "Game of Thrones" in a matter of weeks. We discuss an alternate route that avoids the fatigue.	
Compliance Issues Covered: television; media; psychology; health & wellness; mental health; addiction; self-discipline	

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06/09	
Time	Segment
	Dur.
06:31	SEGMENT 1: NOT YOUR GRANDMA'S CO-OP 10:22
Synopsis: How we buy our food has drastically changed throughout the decades. We discuss the evolution of the grocery marketplace from local grocers to big-box retailers and how this has affected the production chain. More so, how food co-ops operate and aim to help support local farmers and communities.	
Compliance Issues Covered: food; nutrition; agriculture; farming; business; economics; history; literature, poverty, community	
06:44	SEGMENT 2: THE ART OF ILLUSTRATION 8:52
Synopsis: We speak with Tim O'Brien who has illustrated numerous magazine covers throughout the years. O'Brien discusses his career, the history of illustration and how the art form is used to convey a specific, singular moment or feeling that other mediums may not be able to capture.	
Compliance Issues Covered: art, literature, media, news, politics, history, fashion, culture, illustration	
06:54	Culture Crash: CHRONICLING THE NUCLEAR DISASTER AT CHERNOBYL 2:21
Synopsis: We discuss the new HBO miniseries, co-produced with Sky UK, titled "Chernobyl". The show follows the chronological events of the 1986 nuclear disaster in the Soviet Union and captures the confusion and terror in the days, months and years following the accident.	
Compliance Issues Covered: television; media; history; science; government; disaster; environment	

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06/16	
Time	Segment
	Dur.
06:31	SEGMENT 1: UNCOVERING THE UNDERBELLY OF DOMESTIC VIOLENCE 10:28
Synopsis: In the U.S., one in four women are victims of domestic violence. Between 2014 and 2017, the number of victims killed by their partners rose by 20 percent. Two survivors share their firsthand stories and struggles. We also speak with author, Rachel Louise Snyder, about why domestic violence persists and what can be done.	
Compliance Issues Covered: violence; domestic violence; relationships; parenting; politics; psychology; government; nonprofit	
06:44	SEGMENT 2: NO HAPPY ENDINGS: MOVING FORWARD AFTER A MONUMENTAL LOSS 8:56
Synopsis: We speak with Nora McNerny, the author of <i>No Happy Endings: A Memoir</i> about enduring the loss of her husband and accidentally finding love again. McNerny discusses the grief and despair she felt and how she learned to embrace those feelings rather than tuck them away.	
Compliance Issues Covered: emotional grief; death; loss; psychology; relationships; parenting; literature	
06:54	Culture Crash: THE RISE OF THE SUPERVILLAIN IN "BRIGHTBURN" 2:23
Synopsis: We discuss the new movie produced by Sony Pictures titled "Brightburn". The film is different than the typical storyline in that it chronicles the rise of a superhero that uses his power for evil rather than good.	
Compliance Issues Covered: film; media; comics; storytelling; space	

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06/23	
Time	Segment Dur.
06:31	SEGMENT 1: MIND & MATTER: ONE MAN, TWO PATHS 8:31
Synopsis: John Urschel is not your typical doctoral candidate. Before studying mathematics at MIT, Urschel played college football for Penn State and then in the NFL for three seasons with the Baltimore Ravens. Mathematics and football have always been central focuses in his life. He discusses the challenges of juggling both and why he ultimately left football to pursue his PhD.	
Compliance Issues Covered: sports; mathematics; education; diversity; health; parenting; literature	
06:42	SEGMENT 2: THE FIRST U.S. CASE OF THE PLAGUE & ITS MODERN IMPLICATIONS 10:26
Synopsis: The first U.S. case of the plague presented in the early 1900's in San Francisco. We speak with author, David Randall about the outbreak and how it changed sanitation practices and government response. Fast forward to today where the plague is still present in certain parts of the U.S. We speak with professor, Michael Antolin who studies modern day cases of the disease and its context within climate change.	
Compliance Issues Covered: health; disease; history; immigration; science; climate change; government	
06:53	Culture Crash: OUR CONNECTION TO TV THEME SONGS 2:50
Synopsis: The opening credits of a beloved television show evoke a certain sense of nostalgia for many. We hear the tune and we instantly connect it to a certain series. How have theme songs changed throughout the years and why do they mean so much to us?	
Compliance Issues Covered: television; music; media; history; culture; art	

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06/30	
Time	Segment
	Dur.
06:31	SEGMENT 1: THE COST OF BEAUTY: HOW SOCIAL MEDIA IS CHANGING OUR PERCEPTION 11:34
Synopsis: Social media has become an all-consuming way of life for many. It's hard to get away from unconsciously opening Facebook or Instagram throughout the day and scrolling through your feed. While social media can be positive, the unrealistic posts can also lead to damaging outcomes. We discuss its negative effects and the rise in the number of plastic surgery procedures among younger generations.	
Compliance Issues Covered: media; psychology; health & wellness; beauty; literature; diversity; relationships; social media; community	
06:45	SEGMENT 2: STORIES FROM 9/11 AND ITS EFFECTS TODAY 7:17
Synopsis: <i>Fall and Rise: The Story of 9/11</i> written by Mitchell Zuckoff shares numerous accounts from September 11, 2001. We highlight a few of the stories from the book and talk about modern implications today, including the political upheaval over medical and victim compensation funding for those affected.	
Compliance Issues Covered: history; politics; terrorism; government; healthcare; education; literature; trauma	
06:53	Culture Crash: THE RISE OF WRITER AND ACTRESS PHOEBE WALLER BRIDGE 2:43
Synopsis: Phoebe Waller Bridge has produced and starred in several hits ranging from "Killing Eve" to "Solo: A Star Wars Story". Now, she's working on the script for the fourth James Bond movie and has created a new season of the show "Fleabag". We discuss her success in Hollywood and the allure of shorter TV shows.	

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