WSTR-FM and HD1 SMYRNA

WQXI-AM ATLANTA & WSTR-HD2 SMYRNA (simulcast)

WSTR-HD3 SMYRNA

List of Community Issues and Needs and Responsive Programming

Quarter 2(April - June) 2017

Submitted to Public File on June 30th, 2017

WSTR-FM and HD1 SMYRNA / WQXI-AM and WSTR-HD2 SMYRNA / WSTR-HD3 SMYRNA

The following are community issues of concern to the WSTR service area. Under each heading are descriptions of programs addressing the needs of our listening audience. These issues were obtained through examination of our news reports and an informal survey of community leaders interviewed when they were guests on various programs. There are three primary ways that these issues are addressed are: InfoTrak (a half-hour syndicated program airing on Sunday mornings), Radio Health Journal (a half-hour syndicated program airing on Sunday mornings), and additional public service announcements produced and aired by the WSTR/WQXI staff that air in varying day parts.

SUBSTANCE ABUSE AND MENTAL HEALTH

SEGMENT: **AUTISM AWARENESS PSA**

Date: 4/16/17

Duration: 30 seconds

Synopsis: April is National Autism Awareness Month. The Autism Speaks Walk is the world's largest autism fundraising event dedicated to improving the lives of people with autism. Powered by the love of family and friends, funds raised help ensure people of all abilities have access to the tools needed to lead 'their best lives'. Join the Atlanta Walk on Sunday April 30th, in the Green Lot at Turner Field. To register go to autismspeaks.org and search "Atlanta walk."

SEGMENT: **11TH ANNUAL TRACY SMITH MEMORIAL FUN RUN AND WALK PSA**

Date: 5/7/17

Duration: 30 seconds

Synopsis: Georgia Autism Professionals wants you to help fill the gap at their 11th annual Tracy Smith Memorial Fun Run & Walk Saturday May 13th at Lilburn City Park. Individuals with an Autism Spectrum Disorder, and their families, benefit from specified services rarely covered by insurance or government agencies. GAP's focus is to raise money and awareness to help families provide these services to their children with autism. Race sign in is at 8AM and the 5K starts at 9. To register, donate, or find sponsorship information, visit helpfillthegap.com.

SEGMENT: **PLAGUES & DREAD DISEASES**

Date: 4/2/17 on Radio Health Journal (6:30am – 7am)

Duration: 6 minutes

Source: Nancy Benson. Guest: Jennifer Wright, author, *Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them*

Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains.

SEGMENT: **POISON CONTROL CENTER CALLS**

Date: 4/2/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: Henry A. Spiller, MS, D.ABAT., Director of the Central Ohio Poison Center at Nationwide Children's Hospital in Columbus, OH

Synopsis: Each day In the United States, Poison Control Centers receive an average of 32 calls about children exposed to prescription opioids. Dr. Spiller explained what child is most at risk, how adults can prevent children and adolescents from gaining access to these drugs, and how to properly dispose of unused prescriptions.

SEGMENT: **AMERICAN CITIZENS AND BEING FLUENT IN A SECOND LANGUAGE**

Date: 4/2/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Susanna Janssen, language expert, newspaper columnist and the author of "Wordstruck!: The Fun and Fascination of Language"

Synopsis: Roughly 20% of American citizens are fluent in a second language. Ms. Janssen talked about the less obvious benefits of learning a second language, including enhanced abilities in focus and concentration, memory, interpersonal skills and problem-solving. She also noted that several recent studies have suggested that bilingualism may be a buffer against the development of Alzheimer's disease. She said bilinguals earn on average about 20% more than those who speak a single language.

SEGMENT: **MARIJUANA USAGE IN THE STATES**

Date: 4/9/17 on InfoTrak (6am – 6:30am)

Duration: 10 minutes

Source: Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

Synopsis: 29 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

SEGMENT: **USE OF STUDY DRUGS**

Date: 4/16/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

Synopsis: The use of "study drugs"-- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

SEGMENT: **MISCONCEPTIONS ABOUT CLINICAL HYPNOTHERAPY**

Date: 4/23/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Steve G. Jones EdD, clinical hypnotherapist, President of the American Alliance of Hypnotists, author of 22 books on hypnotherapy

Synopsis: Dr. Jones discussed the most common misconceptions about clinical hypnotherapy. He outlined the problems that hypnotherapy can solve, and he explained why self-hypnosis may be useful. He said everyone can be hypnotized, although some are more suggestible than others.

SEGMENT: **E-CIGARETTES AND ORAL HEALTH**

Date: 5/21/17 on Radio Health Journal (6:30am – 7am)

Duration: 8 minutes

Source: Dr. Larry Williams, Asst. Prof. of Dental Medicine, Midwestern Univ. and West Side Branch President, Chicago Dental Society

Synopsis: Experts have a lot of questions still unanswered about electronic cigarettes, but evidence is starting to accumulate that the effect on the oral cavity can be as significant as tobacco cigarettes. An expert discusses

SEGMENT: **ALTERNATIVES TO OPIOIDS FOR PAIN**

Date: 5/28/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Dr. Josie Briggs, Director, National Center for Complementary and Integrative Health< National Institutes of Health; Dr. Roger Chou, Prof. of Medicine, Oregon Health and Science Univ. and Director, Pacific Northwest Evidence Based Practice Center; Dr. David Miller, acupuncturist and medical doctor,

East West Integrated Medicine, Chicago, and spokesperson, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Synopsis: Americans consume 80 percent of the opioid painkillers prescribed worldwide, ultimately resulting in the deaths of more than 20,000 Americans each year of overdoses of these drugs. The crisis is making doctors look at alternative medicine therapies for a substitute for these drugs. Experts discuss modalities that have shown success.

SEGMENT: **THE HEALTH EFFECTS OF LONELINESS**

Date: 6/4/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Reed Pence. Guests: Dr. Richard Schwartz, Associate Professor of Psychiatry, Harvard Medical School and co-author, The Lonely American: Drifting Apart In The 21st Century; Dr. Tim Smith, Professor of Psychiatry, Brigham Young University

Synopsis: Loneliness affects far more than our mental health. Studies are now showing that loneliness and social isolation also have profound effects on our physical health, and increase the risk of death substantially. Experts discuss.

SEGMENT: **HOW THE DESIGN OF A NEIGHBORHOOD CAN AFFECT HEALTH AND WELLNESS**

Date: 6/11/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Adriana Zuniga-Teran, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Synopsis: Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

SEGMENT: **GIVING TO OTHERS**

Date: 6/25/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Cami Walker, author of "29 Gifts: How a Month of Giving Can Change Your Life"

Synopsis: At age thirty-five, Ms. Walker was diagnosed with multiple sclerosis. As she battled depression about her illness, she received an uncommon prescription from an African medicine woman: Give to others for 29 days. She shared her story of finding small ways to help others, and how it made a dramatic difference in her own health and happiness.

SEGMENT: **CHILDREN AND SOCIAL ANXIETY**

Date: 6/25/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Karen Hand. Guest: Jennifer Shannon, co-founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens

Synopsis: Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated.

HEALTHCARE AND MEDICAL ISSUES

SEGMENT: **STAND UP 2 CANCER PSA – ALFM**

Date: Ran 11 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Get screened for cancer. Stand Up Cancer

SEGMENT: **STAND UP TO CANCER PSA – ANTHONY & LEANN**

Date: Ran 11 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Get screened for cancer. Stand Up Cancer

SEGMENT: **STAND UP TO CANCER PSA – FELICITY & MARTIN**

Date: Ran 11 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Get screened for cancer. Stand Up Cancer

SEGMENT: **SUSAN G KOMEN OF ATLANTA PSA – JUNE 24TH RACE**

Date: Ran 11 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Register for Susan G Komen race for the cure on June 24

SEGMENT: **SUSAN G KOMEN OF ATLANTA PSA – JUNE 24TH RACE**

Date: Ran 11 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Register for Susan G Komen race for the cure on June 24

SEGMENT: **LOVING ARMS PSA – DRAGONBOAT**

Date: Ran 28 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: COME RACE A DRAGON AND SUPPORT LOCAL CANCER OUTREACH PROGRAMS. DRAGON BOAT ATLANTA AND LOVING ARMS CANCER OUTREACH ANNOUNCE THE FIRST DALLAS LANDING DRAGON BOAT FESTIVAL, SATURDAY MAY 6TH IN ACWORTH!

SEGMENT: **LOVING ARMS PSA – DRAGONBOAT**

Date: Ran 21 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: DRAGON BOAT ATLANTA AND LOVING ARMS CANCER OUTREACH ANNOUNCE THE FIRST DALLAS LANDING DRAGON BOAT FESTIVAL, SATURDAY MAY 6TH IN ACWORTH!

SEGMENT: **LOVING ARMS PSA – DRAGONBOAT**

Date: Ran 32 times between 4/1/17 – 6/30/17

Duration: 10 seconds

Synopsis: DRAGON BOAT ATLANTA AND LOVING ARMS CANCER OUTREACH ANNOUNCE THE FIRST DALLAS LANDING DRAGON BOAT FESTIVAL, SATURDAY MAY 6TH IN ACWORTH!

SEGMENT: **PSA – RACE FOR THE CURE**

Date: Ran 14 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Register for Susan G Komen race for the cure on May 13

SEGMENT: **PSA – AUTISM FUNDRAISER**

Date: Ran 63 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Fund raising. Show love and support, donate at AutismSpeaks.org.

SEGMENT: **PSA – RMHC YEAR ROUND**

Date: Ran 52 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Parents of sick kids shouldn't have to worry about where their next meal is coming from. Donate to healkids.atl.org to help provide for families of sick children.

SEGMENT: **MITOCHONDRIA PSA**

Date: 4/2/17

Duration: 30 seconds

Synopsis: Mitochondria are what energize our bodies. People suffering from mitochondrial disease can't produce enough energy to walk, talk, see or even breathe, but you can help by walking for those who can't at the Energy for Life Walk-a-thon Sunday, April 30th at Piedmont Park. Help raise awareness and provide funding for research projects and patient and family support for those with mitochondrial disease. Go to energyForLife.com and click on Atlanta.

SEGMENT: **TROT TO CLOT PSA**

Date: 4/23/17

Duration: 30 seconds

Synopsis: Registration is now open for the 2017 Trot to Clot Walk Saturday, May 6. This fun, family-friendly event raises money for Camp Wannaklot, Georgia's only camp dedicated to children who have hemophilia or other inherited bleeding disorders. Volunteers are also needed to help with event set-up, registration, and other duties. This year's walk will be held at SunTrust Park, the new home of the Atlanta Braves. Find sign up, volunteer and sponsorship info at hog.org/trot.

SEGMENT: **NEIGHBOR LOVE PSA**

Date: 4/30/17

Duration: 30 seconds

Synopsis: Make this Mother's Day brighter for Senior Citizens at Roswell Nursing and Rehab Center. Join "Neighbor Love" for their Adopt-a-Senior For Mother's Day party where they will be serving lunch and delivering gift bags to residents. Volunteers who would like to attend must register for the event. Children under 16 must be accompanied by a parent or chaperone, and volunteers under 18 must have registration paperwork completed by their parents in advance. Those wanting to help, but that cannot attend can make a donation to be used for gift bag purchases. Go to adoptasenior.net to donate and volunteer.

SEGMENT: **RACE FOR THE CURE PSA**

Date: 5/21/17

Duration: 30 seconds

Synopsis: Due to the 85 bridge collapse, the Susan G Komen Atlanta chapter has moved their Race for the Cure date, and there's still time for you to participate. The new race will be 8AM, Saturday June 24th at Lenox Square. 75% of the races' net proceeds stay in the Atlanta community to help fund treatment services, and other important programs, with the remaining proceeds going towards Komen's national priorities. Get signed up at www.komenatlanta.org/race

SEGMENT: **KENNESAW PARKS AND RECREATION FITNESS CLASSES PSA**

Date: 6/4/17

Duration: 30 seconds

Synopsis: Kennesaw Parks and Recreation is helping you get fit in the great outdoors, with their free instructor lead, outdoor work out series. Throughout June come to Swift-Cantrell Park, for various cardio and strength training workouts designed for all fitness levels. Workouts take place near the main plaza and last about an hour. All ages are welcome, but children must be accompanied by an adult. No registration is required. Get workout schedules and details on the Kennesaw Parks & Recreation Facebook page.

SEGMENT: **NATIONAL CANCER SURVIVOR MONTH PSA**

Date: 6/18/17

Duration: 30 seconds

Synopsis: June is National Cancer Survivor month. To honor it, the Georgia Center for Oncology Research and Education is featuring different cancer survivors daily, on their website. Men and women of all ages, across the state, tell their stories to offer hope and inspiration to others. Read these stories, share your own story of survivorship and help raise awareness by visiting georgiacancerinfo.org

SEGMENT: **PUTTING THE BRAKES ON ENVIRONMENTAL REGULATION**

Date: 4/2/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation

Synopsis: The President's proposed 31 percent budget cut for the Environmental Protection Agency and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. EPA critics say the agency needs cutting, as it's been activist in pursuing "worthless" strategies to reduce unproven global warming. Experts on each side discus pro's and con's of EPA cuts.

SEGMENT: **CANCER RESEARCH RECRUITMENT**

Date: 4/9/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*

Synopsis: Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

SEGMENT: **WHY TAMING SLEEP LEAVES US RESTLESS**

Date: 4/9/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Benjamin Reiss, Prof. of English, Emory Univ. and author, *Wild Nights: How Taming Sleep Created Our Restless World*

Synopsis: Sleep used to be natural, governed by darkness, light, and fatigue. Now it's highly processed and scheduled. An author discusses his research on the ways this has led to a poorer night's sleep.

SEGMENT: **FEMALE ATHLETES AND CONCUSSIONS**

Date: 4/9/17 on InfoTrak (6am – 6:30am)

Duration: 7 minutes

Source: James Noble, MD, MS, Assistant Professor of Neurology at Columbia University Medical Center in New York City

Synopsis: Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

SEGMENT: **WORKPLACE GENETIC TESTING**

Date: 4/16/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Derek Scholes, Director of Science Policy, American Society of Human Genetics; Dr. Arthur Caplan, Director, Division of Medical Ethics, New York Univ.; Dr. Jon Robison, co-founder, Salveo Partners employee wellbeing consulting firm

Synopsis: Workers are currently protected from having to take genetic tests for employers. However, a bill under consideration in the US House—HR1313—would allow corporate wellness plans to ask workers for a test, and penalize them through markedly higher health insurance premiums if they refuse. The bill also provides no protections against how or to whom the information is distributed. Experts discuss.

SEGMENT: **MODERATE EXERCISE—IT'S BETTER FOR YOU**

Date: 4/16/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guests: Dr. Carol Ewing Garber, Prof. of Movement Sciences, Teachers College, Columbia Univ.; Dr. Vijay Vad, sports medicine specialist, Hospital for Special Surgery, New York, Asst. Prof. of Rehabilitation Medicine, Weill Cornell Medical College and author, The New Rules of Running

Synopsis: Studies are showing that people who train hard and long at running have death rates similar to couch potatoes, while those who exercise moderately or even lightly are likely to live much longer. Experts discuss how much exercise is enough and how to make the most of light exercise.

SEGMENT: **PENICILLIN ALLERGY? PROBABLY NOT**

Date: 4/23/17 on Radio Health Journal (6:30am – 7am)

Duration: 11 minutes

Source: Reed Pence. Guests: Dr. David Khan, Prof. of Medicine, Univ. of Texas Southwestern Medical Center; Dr. Alan Frient and Dr. Jodi Zuckerman, otolaryngologists, North Shore Ear, Nose and Throat Associates, Highland Park IL

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.

SEGMENT: **FOOD ADDICTION AND THE ROLE IT PLAYS**

Date: 4/23/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Susan Peirce Thompson, PhD, food addiction and weight loss expert, author of "Bright Line Eating: The Science of Living Happy, Thin & Free"

Synopsis: Dr. Thompson discussed food addiction and the role it often plays in weight loss efforts. She explained why fewer than .01% of dieters are able to reach their goal weight and maintain it long term. She offered several suggestions for those trying to lose weight. She also recommended that those who are losing weight should take a break from working out.

SEGMENT: **MULTIPLE MYELOMA—WHY IS ICELAND IMPORTANT?**

Date: 4/23/17 on Radio Health Journal (6:30am – 7am)

Duration: 8 minutes

Source: Nancy Benson. Guest: Dr. Brian Durie, Chairman, International Myeloma Foundation

Synopsis: Scientists are tapping the entire adult population of Iceland for a clinical test for treatments for multiple myeloma, a blood cancer. An expert explains the disease and how a whole country is pitching in to fight it.

SEGMENT: **STUDY BETWEEN RETIRED AND WORKING OLDER ADULTS**

Date: 4/30/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Dana King, MD, MS, Professor and Chair of the Department of Family Medicine at the West Virginia University School of Medicine

Synopsis: Dr. King led a study that examined whether retired, late middle-aged adults led a healthier lifestyle than those who were still in the workforce. He found that the spare time found in retirement did not translate to healthier lifestyle choices. He said that 90% of Americans of any age are not making healthy choices. He explained discussed the possible reasons why.

SEGMENT: **LATE EFFECTS OF CHILDHOOD CANCER TREATMENT**

Date: 4/30/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor

Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.

SEGMENT: **DOING TOO MUCH FOR TERMINAL PATIENTS**

Date: 4/30/17 on Radio Health Journal (6:30am – 7am)

Duration: 9 minutes

Source: Nancy Benson. Guest: Dr. Jessica Zitter, author, Extreme Measures: Finding a Better Path to the End of Life

Synopsis: Doctors often take extreme measures to save patients who are dying, and who might wish to die in peace. A critical care physician discusses how doctors are learning to resist their impulses to over-treat.

SEGMENT: **BARIATRIC SURGERY IN TEENAGERS**

Date: 5/7/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Thomas Inge, Chief of Pediatric Surgery, Children’s Hospital Colorado and Prof. of Surgery, Univ. of Colorado Denver; Dr. Fatima Cody Stanford, obesity medicine physician, Massachusetts General Hospital and Harvard Medical School; Dr. Meg Zeller, Prof. of Pediatrics, Cincinnati Children’s Hospital Medical Center

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.

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SEGMENT: **CANCER TREATMENT AND SEX**

Date: 5/7/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com.

Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses.

SEGMENT: **PATIENTS SEEK SECOND OPINIONS**

Date: 5/7/17 on InfoTrak (6am – 6:30am)

Duration: 7 minutes

Source: Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Synopsis: Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

SEGMENT: **ELEPHANT DNA: THE SECRET TO CANCER SUPPRESSION?**

Date: 5/14/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Joshua Schiffman, Prof. of Pediatrics, Univ. of Utah and investigator, Huntsman Cancer Institute; Dr. Vincent Lynch, Asst. Prof. of Human Genetics and Organismal Biology, Univ. of Chicago

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.

SEGMENT: **BLOOD SUBSTITUTES**

Date: 5/21/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Dr. Allan Doctor, Prof. of Pediatrics and Biochemistry, Washington Univ. in St. Louis. School of Medicine; Dr. Jan Frayne, researcher, Univ. of Bristol (UK)

Synopsis: Donated blood saves 4.5 million American lives each year, but has a short shelf life, low portability and must be available for all blood types. Researchers have sought safe and effective blood substitutes for 60 years, and a few viable alternatives are in animal testing. Experts involved in research discuss.

SEGMENT: **START OF MEMORY LOSS**

Date: 5/28/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: Mark Underwood, PhD, neuroscience researcher, expert on brain aging and cognitive function, President and co-founder of Wisconsin-based biotech company Quincy Bioscience

Synopsis: Dr. Underwood said most people start to experience mild memory loss by age 40. He explained the relationship of early memory problems to advanced forms of dementia as people enter their 70s and 80s. He outlined basic steps to take to keep the brain active, which may prevent or slow cognitive decline as a person ages.

SEGMENT: **ALTERNATIVES TO OPIOIDS FOR PAIN**

Date: 5/28/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Dr. Josie Briggs, Director, National Center for Complementary and Integrative Health< National Institutes of Health; Dr. Roger Chou, Prof. of Medicine, Oregon Health and Science Univ. and Director, Pacific Northwest Evidence Based Practice Center; Dr. David Miller, acupuncturist and medical doctor, East West Integrated Medicine, Chicago, and spokesperson, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Synopsis: Americans consume 80 percent of the opioid painkillers prescribed worldwide, ultimately resulting in the deaths of more than 20,000 Americans each year of overdoses of these drugs. The crisis is making doctors look at alternative medicine therapies for a substitute for these drugs. Experts discuss modalities that have shown success.

SEGMENT: **“GIGGLING EPILEPSY”**

Date: 5/28/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Dr. Aria Fallah, Asst. Prof. of Neurosurgery, UCLA Geffen Schl of Med. and Mattel Children’s Hospital

Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.

SEGMENT: **THE HEALTH EFFECTS OF LONELINESS**

Date: 6/4/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Reed Pence. Guests: Dr. Richard Schwartz, Associate Professor of Psychiatry, Harvard Medical School and co-author, The Lonely American: Drifting Apart In The 21st Century; Dr. Tim Smith, Professor of Psychiatry, Brigham Young University

Synopsis: Loneliness affects far more than our mental health. Studies are now showing that loneliness and social isolation also have profound effects on our physical health, and increase the risk of death substantially. Experts discuss.

SEGMENT: **SUMMERTIME AND BLOOD DONATIONS**

Date: 6/4/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Kara Lusk-Dudley, Public Affairs Manager, Biomedical Communications, American Red Cross

Synopsis: Mr. Stalnaker’s company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

SEGMENT: **RISING COST IN HEALTHCARE**

Date: 6/11/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of “An American Sickness: How Healthcare Became Big Business and How You Can Take It Back”

Synopsis: Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

SEGMENT: **HOW THE DESIGN OF A NEIGHBORHOOD CAN AFFECT HEALTH AND WELLNESS**

Date: 6/11/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Adriana Zuniga-Teran, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Synopsis: Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

SEGMENT: **WHY WE MAKE THE FOOD CHOICES WE MAKE**

Date: 6/25/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Brian Wansink, PhD, behavior economist, food psychologist, John Dyson Professor of Consumer Behavior at Cornell University, Director of the Cornell Food and Brand Lab, author of "Slim By Design, Mindless Eating Solutions for Everyday Life"

Synopsis: Dr. Wansink discussed his research at Cornell, which examines how and why we make choices about the food we eat. He said the way a kitchen or other living environment is set up can encourage weight loss naturally. He outlined innovative but inexpensive steps restaurants, grocery stores and school cafeterias can make to encourage healthier dining choices.

GOVERNMENT AND POLITICS

SEGMENT: **GAB PSA – ATLANTA COMMUNITY FOOD BANK**

Date: Ran 7 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Monica Kauffman Pierson…half of children who get assistance with school breakfast and lunches are missing meals all summer long. Text FOODGA 877-877 to ACFB.org to find out how you can help.

SEGMENT: **PSA – CASA**

Date: Ran 10 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Abused and neglected children enter Foster Care system. You can provide a stable influence by becoming a CASA volunteer. Foster kids with a CASA volunteer are more likely to find a permanent home.

SEGMENT: **PSA – GA CHAMBER**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Georgia Chamber works with local chambers, companies and local officials to create a better Georgia. Rural prosperity, Transportation, etc. Georgia 2030 2.0 State Tour.

SEGMENT: **PSA – GA CHAMBER**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Georgia Chamber works with local chambers, companies and local officials to create a better Georgia. Rural prosperity, Transportation, etc. Georgia 2030 2.0 State Tour.

SEGMENT: **PSA – GA 811 DAY IN THE DARK**

Date: Ran 30 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Call 811 before you dig.

SEGMENT: **PSA – NATIONAL PEANUT MONTH**

Date: Ran 1 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Celebrate national peanut month in March. Georgia peanuts are a better snack choice for affordability, sustainability and nutrition.

SEGMENT: **PSA – NATIONAL PEANUT MONTH**

Date: Ran 1 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Celebrate national peanut month in March. Georgia peanuts are a better snack choice for affordability, sustainability and nutrition.

SEGMENT: **PSA – GDOL FRAUD**

Date: Ran 30 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Falsely filing for unemployment benefits is fraud.

SEGMENT: **PSA – GORDY WRIGHT**

Date: Ran 22 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Recruitment for new troopers.

SEGMENT: **PSA – TROOPER SEARCY**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Recruitment: Georgia State Patrol keeps your family safe and is growing ranks. Being a Trooper is a point of pride and accomplishment.

SEGMENT: **PSA – GVRA**

Date: Ran 29 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Georgia vocational rehabilitation agency is there to help people with disabilities get back to work.

SEGMENT: **PSA – ST. PATS**

Date: Ran 1 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Don't drive drunk. If you are caught drinking and driving, it will cost you in legal fees--maybe even your job.

SEGMENT: **PSA – MEMORIAL DAY**

Date: Ran 7 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Make sure you vehicle is ready for your summer trip. Make sure your vehicle is ready for trips…have your car serviced and be sure lights, signals are working and be sure to drive sober and buckle your seatbelt.

SEGMENT: **PSA – HEADS UP**

Date: Ran 12 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Text message more important than your life? No. April is distracted driving prevention month. Distracted driving kills. Distracted driving is one of the reasons the number of people killed in accidents has gone up more than 30% in Georgia in the last 2 years.

SEGMENT: **PSA – BRAKES**

Date: Ran 10 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Put the brakes on traffic deaths in Georgia. The number of people killed in accidents has gone up more than 30% in Georgia in the last 2 years. Many would still be alive if they had been wearing seatbelts. Click it or ticket.

SEGMENT: **UNITED SHADES OF AMERICA PSA**

Date: 4/16/17

Duration: 30 seconds

Synopsis: The Center for Civil and Human Rights is hosting a free screening of the CNN original series: United Shades of America with W. Kamau (Kam-ow) Bell. The series follows the political comedian as he explores various subcultures across the country. Following the screening The Center's CEO Derreck Kayongo (Kai-yung-go) will host a discussion with Kamau. The screening is Thursday April 20th, from 7 to 9PM, and is free to attend. For more information visit civilandhumanrights.org.

SEGMENT: **3rd ANNUAL ALPHARETTA MEMORIAL DAY TRIBUTE PSA**

Date: 5/28/17

Duration: 30 seconds

Synopsis: On Monday, May 29th, The City of Alpharetta and the Rotary Club of Alpharetta will host the third annual Alpharetta Memorial Day Tribute, at City Hall: 2 Park Plaza, Alpharetta. The ceremony will include patriotic music from the Alpharetta City Band at 9AM, and the program will begin at 9:30 with keynote speaker Colonel William Gallagher who served 28 years in the U. S. Army. The ceremony is free and open to the public. Visit the City of Alpharetta on Facebook for more info.

SEGMENT: **3RD ANNUAL 5K-9 PSA**

Date: 6/4/17

Duration: 30 seconds

Synopsis: The Northeast Cobb Business Association will host their 3rd annual "5K-9" run, Saturday June 10th, at Piedmont Church, 570 Piedmont Road in Marietta. Proceeds from the race support the Cobb Sherriff Department's K-9 unit and will help to purchase a service animal for a child with autism. The race starts at 8AM. Don't forget to bring your own dogs to run with you. Sign up and get more info at northeastcobbba.com.

SEGMENT: **PUTTING THE BRAKES ON ENVIRONMENTAL REGULATION**

Date: 4/2/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation

Synopsis: The President's proposed 31 percent budget cut for the Environmental Protection Agency and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. EPA critics say the agency needs cutting, as it's been activist in pursuing "worthless" strategies to reduce unproven global warming. Experts on each side discus pro's and con's of EPA cuts.

SEGMENT: **AUTISM DIAGNOSES**

Date: 4/2/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Mark K. Claypool, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "How Autism is Reshaping Special Education: The Unbundling of IDEA"

Synopsis: Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

SEGMENT: **CANCER RESEARCH RECRUITMENT**

Date: 4/9/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*

Synopsis: Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

SEGMENT: **MARIJUANA USAGE IN THE STATES**

Date: 4/9/17 on InfoTrak (6am – 6:30am)

Duration: 10 minutes

Source: Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

Synopsis: 29 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

SEGMENT: **JUVENILES AND CRIME**

Date: 4/16/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Michael Thompson, Director of the Council of State Governments Justice Center

Synopsis: Mr. Thompson's organization conducted a study that examined whether juveniles who commit crimes fare better if they are sentenced to community-based supervision or state-run incarceration. The study found that youth who are locked up in state-run facilities are 21 percent more likely to be rearrested than those who remain under supervision closer to home. He said that community supervision programs are also far less expensive for taxpayers than state-secure facilities.

SEGMENT: **WORKPLACE GENETIC TESTING**

Date: 4/16/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Derek Scholes, Director of Science Policy, American Society of Human Genetics; Dr. Arthur Caplan, Director, Division of Medical Ethics, New York Univ.; Dr. Jon Robison, co-founder, Salveo Partners employee well being consulting firm

Synopsis: Workers are currently protected from having to take genetic tests for employers. However, a bill under consideration in the US House—HR1313—would allow corporate wellness plans to ask workers for a test, and penalize them through markedly higher health insurance premiums if they refuse. The bill also provides no protections against how or to whom the information is distributed. Experts discuss.

SEGMENT: **BLOOD SUBSTITUTES**

Date: 5/21/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Dr. Allan Doctor, Prof. of Pediatrics and Biochemistry, Washington Univ. in St. Louis. School of Medicine; Dr. Jan Frayne, researcher, Univ. of Bristol (UK)

Synopsis: Donated blood saves 4.5 million American lives each year, but has a short shelf life, low portability and must be available for all blood types. Researchers have sought safe and effective blood substitutes for 60 years, and a few viable alternatives are in animal testing. Experts involved in research discuss.

SEGMENT: **PAYDAY LOANS**

Date: 5/28/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Synopsis: Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in $774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

SEGMENT: **RESCUING RUNAWAYS**

Date: 6/4/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Carissa Phelps, author, Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time

Synopsis: More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

SEGMENT: **"TEXTALYZERS" TO STOP TEXTING WHILE DRIVING**

Date: 6/18/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Ben Lieberman, founder, Distracted Operators Risk Casualties (DORCs) and Alliance Combatting Distracted Driving; Jim Grady, CEO Cellebrite, Inc.; Rashida Richardson, Legislative Counsel, American Civil Liberties Union of New York.

Synopsis: After 40 years of declining traffic deaths, American roads have become more dangerous the past two years. Police blame texting. Now activists are seeking to put teeth into anti-texting-while-driving laws with the legalization of a device that police can use to instantly determine if a driver was texting at a given time. Experts discuss the "textalyzer," how it would work, and its pros and cons.

SEGMENT: **HOW TO CRIME PROOF A HOUSE**

Date: 6/18/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Clint Emerson, retired Navy Seal, author of "100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster"

Synopsis: Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

TRANSPORTATION

SEGMENT: **A FUTURE IF SELF DRIVING CARS**

Date: 5/21/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: David M. Neyens, PhD, Assistant Professor in the Department of Industrial Engineering at Clemson University

Synopsis: Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

SEGMENT: **CROSSING THE STREET BY FOOT**

Date: 6/11/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

Synopsis: For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

SEGMENT: **"TEXTALYZERS" TO STOP TEXTING WHILE DRIVING**

Date: 6/18/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Ben Lieberman, founder, Distracted Operators Risk Casualties (DORCs) and Alliance Combatting Distracted Driving; Jim Grady, CEO Cellebrite, Inc.; Rashida Richardson, Legislative Counsel, American Civil Liberties Union of New York.

Synopsis: After 40 years of declining traffic deaths, American roads have become more dangerous the past two years. Police blame texting. Now activists are seeking to put teeth into anti-texting-while-driving laws with the legalization of a device that police can use to instantly determine if a driver was texting at a given time. Experts discuss the "textalyzer," how it would work, and its pros and cons.

ENVIRONMENT AND SUSTAINABILITY

SEGMENT: **PSA – A DAY ON THE LAWN**

Date: Ran 53 times between 4/1/17 – 6/30/17

Duration: 60 seconds

Synopsis: Time to feel some grass under your feet…come spend a day on "Atlanta's front lawn." Piedmont park is great for walkers, runners, strollers, dog parks. Sit lake-front and watch the sun go down. Play ultimate frisbee. Piedmont Park Conservancy works hard to bring these experiences to life.

SEGMENT: **PSA – PIEDMONT PARK CAMP**

Date: Ran 7 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Piedmont Park enviroventures summer camp is still accepting kids with STEM curriculum. Visit piedmontpark.org. June 5-August 4. Ages 5-14. Thanks to the Piedmont Park Conservancy.

SEGMENT: **1 THING PSA - BYOE**

Date: Ran 5 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Bring your own everything…keep utensils, mugs, cloth bags, etc., in your bag/car. Kick the "one-use" habit.

SEGMENT: **1 THING PSA - BYOE**

Date: Ran 6 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Bring your own everything…keep utensils, mugs, cloth bags, etc., in your bag/car. Kick the "one-use" habit.

SEGMENT: **1 THING PSA – EARTH DAY**

Date: Ran 32 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Earth Day is April 22. Turn off the water when brushing your teeth, bring water from home in a reusable bottle.

SEGMENT: **1 THING PSA – LANDSCAPING**

Date: Ran 26 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Use a mulching mower for fertilizer and create your own compost on the soil.

SEGMENT: **1 THING PSA – VACATION**

Date: Ran 25 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: If you rent a car on vacation, ask for a hybrid.

SEGMENT: **1 THING PSA – ZAKK**

Date: Ran 31 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Take care of yourself and your planet. Visit 1ThingAtlanta at Star941Atlanta.com.

SEGMENT: **1 THING PSA – BACKYARD CAMPOUT**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Great American Backyard Campout (NWF) is Saturday June 24. Spend time as a family and learn about wildlife.

SEGMENT: **1 THING PSA – ECO-FRIENDLY SUMMER**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Take a hike, visit a farmer's market. Show the kids how to have fun while helping the environment.

SEGMENT: **1 THING PSA – GREEN LAWN**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Choose organic treatments. Supply nutrients and hold water. Use a push mower.

SEGMENT: **1 THING PSA – MOSQUITO CONTROL**

Date: Ran 8 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Mosquito control month. Consider natural bug repellant before spraying your family with chemicals. Lemon balm, catnip, basil, lemon grass, etc.

SEGMENT: **1 THING PSA – EARTH DAY**

Date: Ran 33 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: 47 years of earth day. This month the theme is environmental and climate literacy. Learn about the impact of plastic environment. Importance of maintaining car to reduce carbon footprint. Planting a tree and eating less meat can help the earth.

SEGMENT: **1 THING PSA – LANDSCAPING**

Date: Ran 29 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Reduce impact of landscaping lawn and property. Use a mulching mower for fertilizer and create your own compost on the soil. Properly managing lawn waste saves you money.

SEGMENT: **1 THING PSA – VACATION**

Date: Ran 29 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: If you rent a car on vacation, ask for a hybrid.

SEGMENT: **1 THING PSA – ZAKK**

Date: Ran 33 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: I'm really passionate about recycling. Take care of yourself and your planet. Visit 1ThingAtlanta at Star941Atlanta.com.

SEGMENT: **1 THING PSA – BACKYARD CAMPOUT**

Date: Ran 9 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Great American Backyard Campout (NWF) is Saturday June 24. Use eco-friendly camping gear, and use local or organic meals and snacks. Spend time as a family and learn about wildlife.

SEGMENT: **1 THING PSA – ECO-FRIENDLY SUMMER**

Date: Ran 9 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Kids are out of school, so plan eco-friendly activities. Make a bird feeder, visit a farmer's market.

SEGMENT: **1 THING PSA – GREEN LAWN**

Date: Ran 9 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Choose organic treatments. Supply nutrients and hold water. Compost organic waste to create richer soil. Use a push mower, they're light, easy to handle and produce no emissions.

SEGMENT: **1 THING PSA – MOSQUITO CONTROL**

Date: Ran 9 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Mosquito control month. Try natural mosquito control. Rose scented geraniums, lemon balm, catnip, basil, lemon grass, etc. Try these before spraying your family with chemicals.

SEGMENT: **1 THING PSA – GO ORGANIC**

Date: Ran 4 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: Organic farming conserves soil and protects water supplies. Plant bushes and flowers that attract beneficial bugs so that chemical pest control isn't needed. Find a local farmer's market.

SEGMENT: **1 THING PSA – GO ORGANIC**

Date: Ran 6 times between 4/1/17 – 6/30/17

Duration: 15 seconds

Synopsis: Organic farming conserves soil and protects water supplies. Plant bushes and flowers that attract beneficial bugs so that chemical pest control isn't needed. Find a local farmer's market.

SEGMENT: **NATIONAL DRINKING WATER WEEK PSA**

Date: 4/30/17

Duration: 30 seconds

Synopsis: Kick off National Drinking Water Week at Roswell's annual Water Plant Open House and Drinking Water Festival Saturday May 6th. Tour the Roswell Water Plant and learn more about the

source of Roswell's drinking water and how it is treated. Then enjoy a cookout while learning about water conservation practices, the AquaHawk Alerting system and the toilet rebate program. To learn more about this free, and family friendly event go to the City of Roswell's Facebook page and click on events.

SEGMENT: **KEEP SMYRNA BEAUTIFUL 9TH PSA**

Date: 5/7/17

Duration: 30 seconds

Synopsis: The Keep Smyrna Beautiful 9th annual Garden Tour will be Saturday, May 20th. Tour 5 unique private gardens as well as the beautiful Smyrna Elementary School garden and the fabulous Tea Room and Plant Sale at the Taylor-Brawner House. Proceeds go to fund beautification grants for Smyrna public schools. Tickets can be purchased in advance at the Smyrna Community Center for $15, or for $20 on the day of the event at the Taylor Brawner House.

SEGMENT: **KEEP COBB BEAUTIFUL'S FREE MEDICATION DISPOSAL DAY PSA**

Date: 5/14/17

Duration: 30 seconds

Synopsis: Saturday May 20th is Keep Cobb Beautiful's free medication disposal day. This event, hosted along with the DEA, offers safe alternative to flushing unused medications. They will accept: liquid and pill medications, sharps and needles, diabetes materials, catheters and medical tubing for free disposal. Bring medications to Police Precinct 1, 2380 Cobb Pkwy NW in Kennesaw from 10am-2PM. For more info go to keepcobbbeautiful.org and click on the events calendar.

SEGMENT: **PUTTING THE BRAKES ON ENVIRONMENTAL REGULATION**

Date: 4/2/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation

Synopsis: The President's proposed 31 percent budget cut for the Environmental Protection Agency and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. EPA critics say the agency needs cutting, as it's been activist in pursuing "worthless" strategies to reduce unproven global warming. Experts on each side discus pro's and con's of EPA cuts.

SEGMENT: **TECHNOLOGY AND SCIENCE'S EVOLVING PACE**

Date: 4/23/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Ric Edelman, Chairman/CEO of Edelman Financial Services, LLC, author of "The Truth About Your Future: The Money Guide You Need Now, Later, and Much Later"

Synopsis: Technology and science are evolving at a blistering pace. Mr. Edelman said the traditional paradigms of how Americans live, learn, and invest are shifting under our feet. He explained how smart investors can adapt and profit from today's changing environment. He offered advice for parents who want to guide their children into careers that will thrive in the future. He said within a few years technological advances will solve many of today's environmental concerns and humans will live dramatically longer lives.

SEGMENT: **CIGARETTES ARE THE MOST COMMON FORM OF LITTER**

Date: 5/14/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Richard M. Gersberg, PhD, Professor and Head of the Division of Environmental Health in the Graduate School of Public Health

Synopsis: Cigarettes are the most common form of litter in the world, with more than 5.6 trillion filters finding their way into the environment every year. Dr. Gersberg led a study that found that 50% of fish died when exposed to water polluted by cigarette butts. He talked about the reasons behind the findings and the overall environmental impact.

SEGMENT: **SURVIVING A LIMITED NUCLEAR ATTACK**

Date: 5/21/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Irwin Redlener, PhD, Director of Columbia University's National Center for Disaster Preparedness

Synopsis: Dr. Redlener said that a limited nuclear attack can be survivable. He said sheltering in place is the best way to avoid the radiation that would follow a nuclear detonation. He outlined emergency supplies that every household should have on hand, and he discussed the reasons that public officials are reluctant to discuss the topic.

SEGMENT: **MOST RESPONSIBLE WAYS TO RECYCLE UNSED MOBILE PHONES AND ELECTRONICS**

Date: 5/28/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Patty Osterberg, Education & Outreach Director of Sustainable Electronics Recycling International, an organization that sets standards for responsible electronics recycling

Synopsis: Ms. Osterberg discussed the most responsible ways to recycle unused mobile phones and other electronic gadgets. Her organization certifies recyclers with the R2 standard, which verifies that recycling companies perform their services in a responsible and ethical manner. She talked about the environmental impact of throwing a phone in the trash.

SEGMENT: **HOUSEHOLD CHEMICALS**

Date: 6/18/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, Chemicals Without Harm: Policies for a Sustainable World.

Synopsis: The average American is exposed to more than 100 potentially toxic synthetic chemicals every day, and there is little oversight of their safety. A noted expert discusses the vast amount that we don't know about these chemicals and how tougher regulation in other countries could help keep Americans safer.

POVERTY, JOBS AND EMPLOYMENT ISSUES

SEGMENT: **PUTTING THE BRAKES ON ENVIRONMENTAL REGULATION**

Date: 4/2/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Collin O'Mara, President & CEO, National Wildlife Federation; Diane Katz, Senior Research Fellow, Heritage Foundation

Synopsis: The President's proposed 31 percent budget cut for the Environmental Protection Agency and the appointment of a prominent EPA critic as the agency's head have raised fears that the nation's air and water quality will be ignored. EPA critics say the agency needs cutting, as it's been activist in pursuing "worthless" strategies to reduce unproven global warming. Experts on each side discus pro's and con's of EPA cuts.

SEGMENT: **AMERICAN CITIZENS AND BEING FLUENT IN A SECOND LANGUAGE**

Date: 4/2/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Susanna Janssen, language expert, newspaper columnist and the author of "Wordstruck!: The Fun and Fascination of Language"

Synopsis: Roughly 20% of American citizens are fluent in a second language. Ms. Janssen talked about the less obvious benefits of learning a second language, including enhanced abilities in focus and concentration, memory, interpersonal skills and problem-solving. She also noted that several recent studies have suggested that bilingualism may be a buffer against the development of Alzheimer's disease. She said bilinguals earn on average about 20% more than those who speak a single language.

SEGMENT: **WHY TAMING SLEEP LEAVES US RESTLESS**

Date: 4/9/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Benjamin Reiss, Prof. of English, Emory Univ. and author, *Wild Nights: How Taming Sleep Created Our Restless World*

Synopsis: Sleep used to be natural, governed by darkness, light, and fatigue. Now it's highly processed and scheduled. An author discusses his research on the ways this has led to a poorer night's sleep.

SEGMENT: **VOLUNTEERS AND FIRE SERVICES**

Date: 4/9/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Heather Schafer, CEO for the National Volunteer Fire Council

Synopsis: Ms. Schafer said volunteers make up 80% of all fire services across the United States. She said the call volume in recent years has tripled, but volunteer fire departments are struggling to find younger recruits. She said younger people have less spare time to volunteer than previous generations. She outlined the many benefits of volunteering.

SEGMENT: **FAMILY FRIENDLY EMPLOYMENT POLICIES**

Date: 4/16/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Doug Goodman, PhD, MPA Director, Associate Professor of Public Affairs in the School of Economic, Political, and Policy Sciences at The University of Texas at Dallas

Synopsis: Dr. Goodman co-authored a study that found that family-friendly employment policies tend to increase productivity of employees in public organizations. He said it appears that these policies reduce stress, and increase job satisfaction and employee loyalty.

SEGMENT: **WORKPLACE GENETIC TESTING**

Date: 4/16/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Derek Scholes, Director of Science Policy, American Society of Human Genetics; Dr. Arthur Caplan, Director, Division of Medical Ethics, New York Univ.; Dr. Jon Robison, co-founder, Salveo Partners employee well being consulting firm

Synopsis: Workers are currently protected from having to take genetic tests for employers. However, a bill under consideration in the US House—HR1313—would allow corporate wellness plans to ask workers for a test, and penalize them through markedly higher health insurance premiums if they refuse. The bill also provides no protections against how or to whom the information is distributed. Experts discuss.

SEGMENT: **MENTORS IN A YOUNG PERSONS CAREER**

Date: 5/7/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Dennis C. Miller, businessman, former CEO of a New Jersey hospital, author of "Moppin' Floors to CEO"

Synopsis: Mentors often make a huge difference in a young person's career. Mr. Miller explained why older generations may be key to enhancing the career prospects of Millennials. He offered ideas for how to locate a mentor. He also explained why volunteering may be a wise career move for older members of the workforce.

SEGMENT: **SHORTAGE OF FEMALES IN STEM CAREERS**

Date: 5/21/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Olympia LePoint, mathematician, rocket scientist, author of "Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist"

Synopsis: Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

SEGMENT: **PAYDAY LOANS**

Date: 5/28/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Synopsis: Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in $774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

SEGMENT: **PHASED RETIREMENT**

Date: 6/25/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Catherine Collinson, President of the Transamerica Center for Retirement Studies, a nonprofit private foundation

Synopsis: Ms. Collinson talked about the option of "phased retirement," in which an employee begins to gradually put in shorter work weeks. She said the strategy permits workers to test out retirement to see if they enjoy it and can afford it, and allows them to avoid tapping into Social Security or savings until truly necessary. She said many employers welcome it, because it allows the senior employee to mentor younger colleagues and the organization to retain institutional knowledge.

MINORITY AND WOMEN'S ISSUES

SEGMENT: **HOMEAID ESSENTIALS DRIVEPSA**

Date: 4/9/17

Duration: 30 seconds

Synopsis: This Mother's Day, help homeless mothers and their babies by donating to the HomeAid Atlanta Essentials Drive. Donate diapers, wipes, baby food or formula, at one of their 45 Atlanta area donation drop-off locations, or easily purchase items through the "baby registry's" on Amazon or Target.com, using first name: HomeAid, last name: Atlanta. Donated items will be given to mothers in need at over 20 local homeless shelters. Find info and drop off locations at homeaidatlanta.org.

SEGMENT: **CANCER RESEARCH RECRUITMENT**

Date: 4/9/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. David Ahern, Director, Program in Behavioral Informatics and EHealth, Brigham & Women's Hospital, Asst. Prof. of Psychology, Harvard Medical School, and co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*; Dr. Bradford Hesse, Chief of Health Communication Informatics, National Cancer Institute and

co-author, *Oncology Informatics: Using Health Information Technology to Improve Processes and Outcomes in Cancer*

Synopsis: Clinical trials drive medical advancement, but cancer clinical trials seldom meet their goals in recruiting patients. Experts discuss causes, consequences, and actions being taken to meet needs.

SEGMENT: **FEMALE ATHLETES AND CONCUSSIONS**

Date: 4/9/17 on InfoTrak (6am – 6:30am)

Duration: 7 minutes

Source: James Noble, MD, MS, Assistant Professor of Neurology at Columbia University Medical Center in New York City

Synopsis: Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

SEGMENT: **DOMESTIC VIOLENCE AND THE ESCAPE**

Date: 5/14/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Gwendolen Wilder, domestic violence survivor, author of "It's Ok To Tell My Story!: Surviving Common Law Domestic Violence"

Synopsis: Ms. Wilder shared her story of years of domestic violence and her eventual escape. She talked about the hurdles that prevent women from leaving abusive relationships. She discussed the sources of help and support available to victims, and offered advice for how to take the difficult step of leaving.

SEGMENT: **SHORTAGE OF FEMALES IN STEM CAREERS**

Date: 5/21/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Olympia LePoint, mathematician, rocket scientist, author of "Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist"

Synopsis: Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

CHILDREN/YOUTH AND PARENTING ISSUES

SEGMENT: **HOMEAID ESSENTIALS DRIVE PSA**

Date: 4/9/17

Duration: 30 seconds

Synopsis: This Mother's Day, help homeless mothers and their babies by donating to the HomeAid Atlanta Essentials Drive. Donate diapers, wipes, baby food or formula, at one of their 45 Atlanta area donation drop-off locations, or easily purchase items through the "baby registry's" on Amazon or Target.com, using first name: HomeAid, last name: Atlanta. Donated items will be given to mothers in need at over 20 local homeless shelters. Find info and drop off locations at homeaidatlanta.org.

SEGMENT: **SMYRNA PARKS SUMMER CAMPS PSA**

Date: 4/23/17

Duration: 30 seconds

Synopsis: Registration for Smyrna Parks and Recreation 2017 Summer Camps are now open. Register your kids for a summer of fun, filled with physical activities, arts and crafts, special guest speakers, and so much more. Camp fees range from $150 to $200. Sessions start May 30th for kids ranging in age from 3 to 13 years old. Camp options include Summer Day Camp, Art Camp, Math and Music camp, and LEGO camp. To get camp info and register your kids, go to smyrnacity.org.

SEGMENT: **AUDITIONS FOR THE GEORGIA YOUTH SMYPHONY ORCHESTRA PSA**

Date: 5/21/17

Duration: 30 seconds

Synopsis: The Georgia Youth Symphony Orchestra, is holding auditions for the 2017-2018 season, May 22-26 at Kennesaw State University. The youth chorus is focused on the educational, physical and musical development of young singers, and the revamped program is unique in providing students with music theory and sight-singing training. Students from sixth to twelfth grade are eligible to try out. For audition information visit georgiayouthsymphony.org/auditions.

SEGMENT: **BUILD A BETTER WORLD PSA**

Date: 5/28/17

Duration: 30 seconds

Synopsis: Start your summer at the Cobb County Public Library System's Summer Reading Program Kickoff Party at Switzer Library, 266 Roswell Street, Marietta, June 3 from 5 to 7PM. "Build a Better World" is this summer's reading program slogan, with a focus to read together and explore Construction, Architecture, Design and Creativity. Bring your family for games, music, crafts, and of course, storytelling! The party is free to attend. RSVP today at cobbcat.org.

SEGMENT: **SAE SCHOOL SCHOLARSHIPS PSA**

Date: 6/11/17

Duration: 30 seconds

Synopsis: The SAE School in Mableton, GA is offering 15 rising 9th graders a full scholarship for the 2017-2018 school year beginning in August 2017. This scholarship will be a 4 year scholarship that goes through graduation. The deadline to submit is June 30th. If you have a child you are interested in applying, visit their website at saeschool.org.

SEGMENT: **SWIFT KIDS RUNNING CLUB PSA**

Date: 6/11/17

Duration: 30 seconds

Synopsis: The Marietta Parks and Recreation Department is pleased to announce its newest summer program, the Swift Kids Running Club. Kids will get to play games, practice drills, and run on the track all the while learning that health and fitness can be easy, fun and rewarding. Children must be between the ages of 5 to 13 years old to participate. The program lasts for 7 weeks, June 20 to August 5, and meets on Tuesdays and Thursdays, from 6:30 to 7:30PM at Tumlin Park in Marietta. Costs are $35 for City residents or $50 for non-residents. To register visit mariettaga.gov

SEGMENT: **SAE SCHOOL SCHOLARSHIPS PSA**

Date: 6/18/17

Duration: 30 seconds

Synopsis: The SAE School in Mableton, GA is offering 15 rising 9th graders a full scholarship for the 2017-2018 school year beginning in August 2017. This scholarship will be a 4 year scholarship that goes through graduation. The deadline to submit is June 30th. If you have a child you are interested in applying, visit their website at saeschool.org.

SEGMENT: **SAFE SITTER CLASSES PSA**

Date: 6/25/17

Duration: 30 seconds

Synopsis: safe, nurturing babysitters. This nationally recognized program teaches safety skills, CPR and first aid, and other child care skills. One-day classes will be held at East Cobb Health Park in Marietta July 8, Ben Robertson Community Center in Kennesaw July 22, and Cobb Hospital in Austell on August 19th from 9am to 3:30pm and cost $50. To register or get more info, go to wellstar.org and search "safe sitter."

SEGMENT: **SAE SCHOOL SCHOLARSHIPS PSA**

Date: 6/25/17

Duration: 30 seconds

Synopsis: The SAE School in Mableton, GA is offering 15 rising 9th graders a full scholarship for the 2017-2018 school year beginning in August 2017. This scholarship will be a 4 year scholarship that goes through graduation. The deadline to submit is June 30th. If you have a child you are interested in applying, visit their website at saeschool.org.

SEGMENT: **AUTISM DIAGNOSES**

Date: 4/2/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Mark K. Claypool, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "How Autism is Reshaping Special Education: The Unbundling of IDEA"

Synopsis: Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

SEGMENT: **MARIJUANA USAGE IN THE STATES**

Date: 4/9/17 on InfoTrak (6am – 6:30am)

Duration: 10 minutes

Source: Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse

Synopsis: 29 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

SEGMENT: **USE OF STUDY DRUGS**

Date: 4/16/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: David Rabiner, PhD, Senior Research Scientist in the Department of Psychology & Neuroscience at Duke University

Synopsis: The use of "study drugs"-- prescription medications used illegally by college students improve their academic performance--is on the rise. Dr. Rabiner said the drugs of choice are those typically used to treat ADHD. He discussed the question of whether the practice is a form of academic cheating. He added that students who use these medications without a prescription typically have higher rates of drug and alcohol abuse, perform worse academically and are more stressed out about their grades.

SEGMENT: **JUVENILES AND CRIME**

Date: 4/16/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Michael Thompson, Director of the Council of State Governments Justice Center

Synopsis: Mr. Thompson's organization conducted a study that examined whether juveniles who commit crimes fare better if they are sentenced to community-based supervision or state-run incarceration. The study found that youth who are locked up in state-run facilities are 21 percent more likely to be rearrested than those who remain under supervision closer to home. He said that community supervision programs are also far less expensive for taxpayers than state-secure facilities.

SEGMENT: **FAMILY FRIENDLY EMPLOYMENT POLICIES**

Date: 4/16/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Doug Goodman, PhD, MPA Director, Associate Professor of Public Affairs in the School of Economic, Political, and Policy Sciences at The University of Texas at Dallas

Synopsis: Dr. Goodman co-authored a study that found that family-friendly employment policies tend to increase productivity of employees in public organizations. He said it appears that these policies reduce stress, and increase job satisfaction and employee loyalty.

SEGMENT: **TECHNOLOGY AND SCIENCE'S EVOLVING PACE**

Date: 4/23/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Ric Edelman, Chairman/CEO of Edelman Financial Services, LLC, author of "The Truth About Your Future: The Money Guide You Need Now, Later, and Much Later"

Synopsis: Technology and science are evolving at a blistering pace. Mr. Edelman said the traditional paradigms of how Americans live, learn, and invest are shifting under our feet. He explained how smart investors can adapt and profit from today's changing environment. He offered advice for parents who want to guide their children into careers that will thrive in the future. He said within a few years

technological advances will solve many of today's environmental concerns and humans will live dramatically longer lives.

SEGMENT: **PENICILLIN ALLERGY? PROBABLY NOT**

Date: 4/23/17 on Radio Health Journal (6:30am – 7am)

Duration: 11 minutes

Source: Reed Pence. Guests: Dr. David Khan, Prof. of Medicine, Univ. of Texas Southwestern Medical Center; Dr. Alan Frient and Dr. Jodi Zuckerman, otolaryngologists, North Shore Ear, Nose and Throat Associates, Highland Park IL

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.

SEGMENT: **PARENTS CREATING A ME GENERATION**

Date: 4/30/17 on InfoTrak (6am – 6:30am)

Duration: 10 minutes

Source: Richard Watts, personal advisor and legal counsel to the super wealthy, author of "Entitlemania: How Not to Spoil Your Kids, and What to Do if You Have"

Synopsis: Mr. Watts said well-intentioned parents are creating a "me" generation of children who lack the wisdom and satisfaction of accomplishment that can only be learned through struggle and adversity. He offered examples of parental decisions that create a sense of entitlement in children in families of all income levels. He also outlined simple ways for parents to be a good example for children.

SEGMENT: **LATE EFFECTS OF CHILDHOOD CANCER TREATMENT**

Date: 4/30/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor

Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.

SEGMENT: **BARIATRIC SURGERY IN TEENAGERS**

Date: 5/7/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Thomas Inge, Chief of Pediatric Surgery, Children's Hospital Colorado and Prof. of Surgery, Univ. of Colorado Denver; Dr. Fatima Cody Stanford, obesity medicine physician, Massachusetts General Hospital and Harvard Medical School; Dr. Meg Zeller, Prof. of Pediatrics, Cincinnati Children's Hospital Medical Center

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.

SEGMENT: **DIFFERENCE IN HOW WEALTHY PEOPLE VIEW AND USE MONEY**

Date: 5/7/17 on InfoTrak (6am – 6:30am)

Duration: 10 minutes

Source: Robert T. Kiyosaki, investor, entrepreneur, author of "Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That the Poor and Middle Class Do Not"

Synopsis: Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle and lower income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

SEGMENT: **TEENS AND RISKY ONLINE EXPERIENCES**

Date: 5/14/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: Pamela Wisniewski, PhD, Assistant Professor of Computer Science at the University of Central Florida

Synopsis: Dr. Wisniewski led a study at Penn State that found that teens rarely talk to their parents about potentially risky online experiences. She said that parents and children often have much different perceptions of and reactions to the same online events, such as cyberbullying, sexual exchanges and viewing inappropriate content online.

SEGMENT: **INTERGENERATIONAL LIVING**

Date: 5/14/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guests: Shelby Miller, student, Northern Iowa Univ.; Carolyn Martin, Director, Volunteer Services, Western Home Communities, Cedar Falls, IA; Tom Berkshire, President, Generations of Hope.

Synopsis: Some retirement homes are offering local college students room and board in return for interaction with elderly residents. Students and experts involved discuss how it's a win/win for everyone.

SEGMENT: **E-CIGARETTES AND ORAL HEALTH**

Date: 5/21/17 on Radio Health Journal (6:30am – 7am)

Duration: 8 minutes

Source: Dr. Larry Williams, Asst. Prof. of Dental Medicine, Midwestern Univ. and West Side Branch President, Chicago Dental Society

Synopsis: Experts have a lot of questions still unanswered about electronic cigarettes, but evidence is starting to accumulate that the effect on the oral cavity can be as significant as tobacco cigarettes. An expert discusses

SEGMENT: **"GIGGLING EPILEPSY"**

Date: 5/28/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Dr. Aria Fallah, Asst. Prof. of Neurosurgery, UCLA Geffen Schl of Med. and Mattel Children's Hospital

Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a nine-year old boy with such seizures, the danger they posed, and the novel way he was treated.

SEGMENT: **RESCUING RUNAWAYS**

Date: 6/4/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Carissa Phelps, author, Runaway Girl: Escaping Life on the Streets, One Helping Hand at a Time

Synopsis: More than two million youth may run away from home each year. More than 100,000 of them are forced into the sex trade each year to survive. One young woman who overcame such a life describes how she beat the odds and what runaways need to have a chance to succeed.

SEGMENT: **RISE IN HOSPITALIZATION FOR YOUTH AND SUICIDAL THOUGHTS**

Date: 6/4/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: Gregory Plemmons, PhD, Associate Professor of Pediatrics at Monroe Carell Jr. Children's Hospital at Vanderbilt University

Synopsis: Dr. Plemmons led a study that found the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States has doubled over the past decade. He talked about the possible reasons for such a steep increase, what ages are at the greatest risk, and how parents can recognize signs of suicidal thoughts in their children.

SEGMENT: **CROSSING THE STREET BY FOOT**

Date: 6/11/17 on InfoTrak (6am – 6:30am)

Duration: 8 minutes

Source: Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

Synopsis: For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

SEGMENT: **ONLY CHILDREN...AND THEIR PARENTS**

Date: 6/11/17 on Radio Health Journal (6:30am – 7am)

Duration: 11 minutes

Source: Reed Pence. Guests: Beth Apone Salamon, Director of Communications & Television, School of Continuing Studies, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, One and Only: The Freedom of Having an Only Child and the Joy of Being One; Dr. Susan Newman, psychologist, contributor to Psychology Today magazine and author, Parenting an Only Child

Synopsis: Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Experts refute the myths about only children and discuss how parents can help children navigate life with no siblings.

SEGMENT: **THE SENSE OF TOUCH**

Date: 6/11/17 on Radio Health Journal (6:30am – 7am)

Duration: 9 minutes

Source: Nancy Benson. Guest: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart, and Mind

Synopsis: The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working as it should.

SEGMENT: **JOBS OF COURT APPOINTED SPECIAL ADVOCATES**

Date: 6/18/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Synopsis: Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

SEGMENT: **CHILDREN AND LAWN MOWER RELATED INJURIES**

Date: 6/18/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Tracy Mehan, Manager of Translational Research for the Center for Injury Research and Policy at the Research Institute at Nationwide Children's Hospital in Columbus, Ohio

Synopsis: Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

SEGMENT: **“PERFECT PITCH”**

Date: 6/25/17 on Radio Health Journal (6:30am – 7am)

Duration: 13 minutes

Source: Reed Pence. Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago

Synopsis: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.

SEGMENT: **CHILDREN AND SOCIAL ANXIETY**

Date: 6/25/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Karen Hand. Guest: Jennifer Shannon, co-founder, Santa Rosa Center for Cognitive-Behavioral Therapy, Santa Rosa, CA and author, The Shyness and Social Anxiety Workbook for Teens and The Anxiety Survival Guide for Teens

Synopsis: Social anxiety disorder is more than just shyness. It can be crippling and keep people completely inside the house. An expert whose daughter was afflicted discusses social anxiety warning signs in children and how the disorder can be treated.

CONSUMER AND FINANCIAL ISSUES

SEGMENT: **PSA – UNICEF**

Date: Ran 9 times between 4/1/17 – 6/30/17

Duration: 30 seconds

Synopsis: ATL Art party, DJs, Dancing, and all proceeds benefit UNICEF's emergency fund.

SEGMENT: **DON'T GET HACKED PSA**

Date: 4/2/17

Duration: 30 seconds

Synopsis: The Smyrna Public Library is hosting a "Don't Get Hacked! How to Protect Your Identity" workshop on Friday, April 28 from noon to 1pm. Financial and computer security experts will lead an interactive workshop on how to protect your financial information, the warning signs of identity theft and how to recover from identity theft. For more info go to smyrnacity.com and click on "more events" under the upcoming events list.

SEGMENT: **GOOD MEWS FLEA MARKET PSA**

Date: 4/9/17

Duration: 30 seconds

Synopsis: This Mother's Day, help homeless mothers and their babies by donating to the HomeAid Atlanta Essentials Drive. Donate diapers, wipes, baby food or formula, at one of their 45 Atlanta area

donation drop-off locations, or easily purchase items through the "baby registry's" on Amazon or Target.com, using first name: HomeAid, last name: Atlanta. Donated items will be given to mothers in need at over 20 local homeless shelters. Find info and drop off locations at homeaidatlanta.org.

SEGMENT: **THE FAST AND THE FURRIEST 5K & FESTIVAL PSA**

Date: 5/14/17

Duration: 30 seconds

Synopsis: Angels Among Us pet rescue's second annual "The Fast and the Furriest 5K and Festival" is Sunday June 4th at Brook Run Park in Dunwoody. Runners and walkers of all ages and abilities, and your dogs are invited to race and raise money to save homeless cats and dogs in North Georgia. This race is a Peachtree Road Race Qualifier. The race starts at 7:30AM and the Festival at 9. For more info, visit angelsrescue.org/5k

SEGMENT: **MODERATE EXERCISE—IT'S BETTER FOR YOU**

Date: 4/16/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guests: Dr. Carol Ewing Garber, Prof. of Movement Sciences, Teachers College, Columbia Univ.; Dr. Vijay Vad, sports medicine specialist, Hospital for Special Surgery, New York, Asst. Prof. of Rehabilitation Medicine, Weill Cornell Medical College and author, The New Rules of Running

Synopsis: Studies are showing that people who train hard and long at running have death rates similar to couch potatoes, while those who exercise moderately or even lightly are likely to live much longer. Experts discuss how much exercise is enough and how to make the most of light exercise.

SEGMENT: **MULTIPLE MYELOMA—WHY IS ICELAND IMPORTANT?**

Date: 4/23/17 on Radio Health Journal (6:30am – 7am)

Duration: 8 minutes

Source: Nancy Benson. Guest: Dr. Brian Durie, Chairman, International Myeloma Foundation

Synopsis: Scientists are tapping the entire adult population of Iceland for a clinical test for treatments for multiple myeloma, a blood cancer. An expert explains the disease and how a whole country is pitching in to fight it.

SEGMENT: **TECHNOLOGY AND SCIENCE'S EVOLVING PACE**

Date: 4/23/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Ric Edelman, Chairman/CEO of Edelman Financial Services, LLC, author of "The Truth About Your Future: The Money Guide You Need Now, Later, and Much Later"

Synopsis: Technology and science are evolving at a blistering pace. Mr. Edelman said the traditional paradigms of how Americans live, learn, and invest are shifting under our feet. He explained how smart investors can adapt and profit from today's changing environment. He offered advice for parents who want to guide their children into careers that will thrive in the future. He said within a few years technological advances will solve many of today's environmental concerns and humans will live dramatically longer lives.

SEGMENT: **CONSUMERS AND UNWANTED CREDIT CARD FEES**

Date: 4/30/17 on InfoTrak (6am – 6:30am)

Duration: 6 minutes

Source: Matt Schulz, Senior Industry Analyst at CreditCards.com

Synopsis: It pays for consumers to reach out to a credit card provider when faced with unwanted fees and high interest rates. Mr. Schulz said 87% of credit cardholders who asked for a late fee waiver were successful and 69% who requested a lower interest rate received one. His organization's study found that only about half of consumers have made any request at all for credit card leniency.

SEGMENT: **STUDY BETWEEN RETIRED AND WORKING OLDER ADULTS**

Date: 4/30/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Dana King, MD, MS, Professor and Chair of the Department of Family Medicine at the West Virginia University School of Medicine

Synopsis: Dr. King led a study that examined whether retired, late middle-aged adults led a healthier lifestyle than those who were still in the workforce. He found that the spare time found in retirement did not translate to healthier lifestyle choices. He said that 90% of Americans of any age are not making healthy choices. He explained discussed the possible reasons why.

SEGMENT: **LATE EFFECTS OF CHILDHOOD CANCER TREATMENT**

Date: 4/30/17 on Radio Health Journal (6:30am – 7am)

Duration: 12 minutes

Source: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer

Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan Green, cancer survivor

Synopsis: Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.

SEGMENT: **DOING TOO MUCH FOR TERMINAL PATIENTS**

Date: 4/30/17 on Radio Health Journal (6:30am – 7am)

Duration: 9 minutes

Source: Nancy Benson. Guest: Dr. Jessica Zitter, author, Extreme Measures: Finding a Better Path to the End of Life

Synopsis: Doctors often take extreme measures to save patients who are dying, and who might wish to die in peace. A critical care physician discusses how doctors are learning to resist their impulses to over-treat.

SEGMENT: **DIFFERENCE IN HOW WEALTHY PEOPLE VIEW AND USE MONEY**

Date: 5/7/17 on InfoTrak (6am – 6:30am)

Duration: 10 minutes

Source: Robert T. Kiyosaki, investor, entrepreneur, author of "Rich Dad Poor Dad: What The Rich Teach Their Kids About Money That the Poor and Middle Class Do Not"

Synopsis: Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle and lower income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

SEGMENT: **MOST RESPONSIBLE WAYS TO RECYCLE UNSED MOBILE PHONES AND ELECTRONICS**

Date: 5/28/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Patty Osterberg, Education & Outreach Director of Sustainable Electronics Recycling International, an organization that sets standards for responsible electronics recycling

Synopsis: Ms. Osterberg discussed the most responsible ways to recycle unused mobile phones and other electronic gadgets. Her organization certifies recyclers with the R2 standard, which verifies that recycling

companies perform their services in a responsible and ethical manner. She talked about the environmental impact of throwing a phone in the trash.

SEGMENT: **MILLENNIALS ARE MORE LIKELY TO FALL FOR PHONE SCAMS**

Date: 6/4/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Jeff Stalnaker, President and Co-Founder of First Orion, a provider of data and phone call transparency solutions

Synopsis: Mr. Stalnaker's company commissioned a survey that found that Millennials are more likely than any other generation to give away personal information to scammers over the phone. He said nearly 40 percent of those surveyed have been contacted by someone impersonating the IRS. He talked about other current scams, and offered advice on how to avoid falling prey to scammers.

SEGMENT: **RISING COST IN HEALTHCARE**

Date: 6/11/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of "An American Sickness: How Healthcare Became Big Business and How You Can Take It Back"

Synopsis: Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

SEGMENT: **THE SENSE OF TOUCH**

Date: 6/11/17 on Radio Health Journal (6:30am – 7am)

Duration: 9 minutes

Source: Nancy Benson. Guest: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart, and Mind

Synopsis: The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working as it should.

SEGMENT: **HOUSEHOLD CHEMICALS**

Date: 6/18/17 on Radio Health Journal (6:30am – 7am)

Duration: 7 minutes

Source: Nancy Benson. Guest: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, Chemicals Without Harm: Policies for a Sustainable World.

Synopsis: The average American is exposed to more than 100 potentially toxic synthetic chemicals every day, and there is little oversight of their safety. A noted expert discusses the vast amount that we don't know about these chemicals and how tougher regulation in other countries could help keep Americans safer.

SEGMENT: **WHY WE MAKE THE FOOD CHOICES WE MAKE**

Date: 6/25/17 on InfoTrak (6am – 6:30am)

Duration: 9 minutes

Source: Brian Wansink, PhD, behavior economist, food psychologist, John Dyson Professor of Consumer Behavior at Cornell University, Director of the Cornell Food and Brand Lab, author of "Slim By Design, Mindless Eating Solutions for Everyday Life"

Synopsis: Dr. Wansink discussed his research at Cornell, which examines how and why we make choices about the food we eat. He said the way a kitchen or other living environment is set up can encourage weight loss naturally. He outlined innovative but inexpensive steps restaurants, grocery stores and school cafeterias can make to encourage healthier dining choices.

SEGMENT: **GIVING TO OTHERS**

Date: 6/25/17 on InfoTrak (6am – 6:30am)

Duration: 5 minutes

Source: Cami Walker, author of "29 Gifts: How a Month of Giving Can Change Your Life"

Synopsis: At age thirty-five, Ms. Walker was diagnosed with multiple sclerosis. As she battled depression about her illness, she received an uncommon prescription from an African medicine woman: Give to others for 29 days. She shared her story of finding small ways to help others, and how it made a dramatic difference in her own health and happiness.