



2016-Q4 (October – December) Radio Health Journal Quarterly Logs
 Compliancy Issues Covered

Aging	Interpersonal Communication
Air Pollution	Local Government and Regulation
Alcohol	Media and Society
American Society and Culture	Mental Health & Mental Illness
Children at Risk	Military
Consumerism	Municipal Government
Crime and Prison	National Security
Disabilities	Obesity
Disaster Recovery	Parenting Issues
Discrimination	Pollution
Drunk Driving	Pop Psychology
Economics	Public Safety
Education	Research and Development
Environment	Substance Abuse and Addiction
Ethics	Taxes
Federal Government and Regulation	Technology
Health Care	Traffic Safety
Homelessness	Vaccination
Infectious Disease	Water Safety
Insurance	Women's Issues
	Youth at Risk

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



Program Log for Radio Health Journal

Program	16-40	Producers	Reed Pence & Heather Muno
Air Week	10/02/16-10/08/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:02	<p>NATIONAL SAFETY COUNCIL SAFETY MINUTE: DISTRACTED DRIVING</p> <p>Compliance issues covered: auto and traffic safety; public health OUTCUE: ...National Safety Council</p>	:59
3:03	<p>SEGMENT 1: POLICE RESPONSE AND THE MENTALLY ILL</p> <p>Synopsis: Police confrontations with mentally ill subjects can quickly turn tragic, as neither side may understand the other. Specially trained crisis intervention teams have spread around the country to prevent deaths, injuries, and unnecessary incarceration. Experts discuss how CIT works.</p> <p>Host: Reed Pence. Guests: Laura Usher, Crisis Intervention Team Program Manager, National Alliance on Mental Illness (NAMI); Mary Neal, Director and co-founder, Assistance to the Incarcerated Mentally Ill; Dr. Randolph DuPont, clinical psychologist and Prof. of Criminal Justice, Univ. of Memphis; Sam Cochran, Major, Memphis Police Dept. (retired) and Project Coordinator, Univ. of Memphis CIT Center.</p> <p>Compliance issues covered: public safety; mental illness; police and criminal justice; police brutality; education; community activism; prisons</p> <p>Links for more information: http://www.nami.org/Get-Involved/Law-Enforcement-and-Mental-Health; http://www.care2.com/c2c/group/AIMI; http://www.memphis.edu/cjustice/people/randolph-dupont.php; http://cit.memphis.edu/sam.html</p>	11:47
15:52	<p>SEGMENT 2: LEPROSY</p> <p>Synopsis: Thanks in part to its Biblical past, the disfiguring disease leprosy carries more stigma than most diseases. We hear little about it today, but it still exists, and because it's now treatable, often the stigma is worse than the disease. An expert discusses.</p> <p>Host: Nancy Benson. Guests: Dr. David Scollard, Director, National Hansen's Disease Program</p> <p>Compliance issues covered: health care; public health</p> <p>Links for more information: http://www.hrsa.gov/hansensdisease/</p>	7:14

Program	16-41	Producers	Reed Pence & Michael Wu
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JOURNAL Program Log for *Radio Health Journal*

Air Week	10/09/16-10/15/16	Production Director	Sean Waldron
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Time	Segment	Dur.
1:58	NATIONAL SAFETY COUNCIL SAFETY MINUTE: MY CAR DOES WHAT? Compliancy issues covered: auto and traffic safety; technology OUTCUE: ... Safety Council and Toyota	:60
3:00	SEGMENT 1: ADOPTION PSYCHOLOGY	11:18
	Synopsis: People who are adopted have more psychological problems than others, yet they also tend to have other psychological strengths. Experts, both themselves also adoptees, discuss the roots and outcomes of these issues as adopted children grow up. Host: Reed Pence. Guests: Dr. Stephen Betchen, Clinical Asst. Prof. of Psychology, Thomas Jefferson Univ., Sr. Supervisor, Council for Relationships and author, <i>Magnetic Partners</i> ; Dr. Joyce Maguire Pavao, adoption consultant and Lecturer in Psychiatry, Harvard Medical School Compliancy issues covered: youth at risk; parenting issues; adoption; human development Links for more information: http://www.pavaoconsulting.com/Site/Dr. Joyce Maguire Pavao.html ; http://www.stephenbetchen.com	
15:20	SEGMENT 2: TICKLING	7:42
	Synopsis: Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling. Host: Nancy Benson. Guests: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, <i>Touch: The Science of Hand, Heart and Mind</i> ; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, <i>Curious Behavior: Yawning, Laughing, Hiccups, and Beyond</i> Compliancy issues covered: science and culture; human development Links for more information: http://davidlinden.org/bio/ ; http://provine.umbc.edu	

Program	16-42	Producers	Polly Hansen & Reed Pence
Air Week	10/16/16-10/22/16	Production Director	Sean Waldron

Time	Segment	Dur.
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1:58	NATIONAL SAFETY COUNCIL SAFETY MINUTE: NEW TEEN DRIVERS Compliancy issues covered: auto and traffic safety; youth at risk OUTCUE: ...Safety Council and Toyota	:59
2:59	SEGMENT 1: DIRECT-TO-CONSUMER GENETIC TESTING Synopsis: Genetic testing is now available to consumers to satisfy a variety of desires—tracing heritage, gauging risk of inherited diseases in children, and screening for disease. However, risks come with what doctors say is incomplete knowledge. Experts discuss uses, risks, and future of consumer genetic testing. Host: Reed Pence. Guests: Dr. David Balding, Prof. of Statistical Genetics, Univ. of Melbourne and University College, London; Dr. Wayne Grody, Prof. of Pediatrics, UCLA School of Medicine; Dr. Steven Monroe Lipkin, Pro. Of Medicine, Weill Cornell College of Medicine and author, <i>The Age of Genomes</i> ; Dr. Gerald Feldman, Prof. of Pediatrics, Pathology and Molecular Genetics in Medicine, Wayne State Univ. School of Medicine and President, American College of Medical Genetics and Genomics. Compliancy issues covered: consumerism; health care; public health; technology and society Links for more information: http://www.ms.unimelb.edu.au/Personnel/profile.php?PC_id=1520 ; https://www.uclahealth.org/wayne-grody ; http://www.beacon.org/The-Age-of-Genomes-P1196.aspx ; http://www.childrensdmc.org/geraldfeldman	11:49
15:50	SEGMENT 2: BRAIN INJURY AND HOMELESSNESS Synopsis: Research is showing that a remarkably high proportion of homeless men have suffered a traumatic brain injury in the past, raising the possibility that TBIs may cause behaviors directly leading to homelessness. Experts discuss their research. Host: Nancy Benson. Guests: Dr. Jane Topolovec-Vranic, Associate Scientist, St. Michael's Hospital, Toronto, and Asst. Prof. of Occupational Science, Univ. of Toronto; Dr. Steven Hwang, Director, Center for Urban Health Solutions, St. Michael's Hospital, Toronto, and Prof. of Medicine, Univ. of Toronto Compliancy issues covered: homelessness; poverty; health care; rehabilitation; prevention Links for more information: http://www.stmichaelshospital.com/crich/	7:07

Program	16-43	Producers	Reed Pence & Polly Hansen
Air Week	10/23/16-10/29/16	Production Director	Sean Waldron

Time	Segment	Dur.
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Program Log for Radio Health Journal

1:58	NATIONAL SAFETY COUNCIL SAFETY MINUTE: OLDER DRIVERS Compliance issues covered: auto and traffic safety; senior citizens OUTCUE: ...Safety Council and Toyota	:59
2:59	SEGMENT 1: VACCINATION REFUSAL Synopsis: A new survey shows more pediatricians are experiencing vaccination refusal among patients, and while the reasons are evolving, they still often result from misinformation. An increasing proportion of doctors are kicking these families out of their practices if they can't change minds and behavior, but is that ethical? Whose rights are paramount—the unvaccinated child or the rest of the practice? Experts discuss. Host: Reed Pence. Guests: Dr. Kathryn Edwards, Prof. of Pediatrics, Vanderbilt Univ. and member, Committee on Infectious Diseases, American Academy of Pediatrics; Dr. Nathan Boonstra, pediatrician, Blank Children's Hospital, Des Moines, IA; Dr. Art Caplan, Director, Division of Medical Ethics, Langone Medical School and Co-Director, Project on Vaccine Ethics and Policy, New York Univ. Compliance issues covered: youth at risk; consumerism; health care; public health; ethics; parenting issues; state government regulation Links for more information: http://pediatrics.mc.vanderbilt.edu/directory.php?did=1822 ; https://www.unitypoint.org/blankchildrens/pedsgeekmd-dr-nathan-boonstra.aspx ; http://www.med.nyu.edu/pophealth/faculty/caplaa01	12:00
16:01	SEGMENT 2: THE BENEFITS OF FEAR Synopsis: During the Halloween season, many people seek out frightening experiences. This controlled fear has a psychological and developmental purpose, as an expert explains. Host: Nancy Benson. Guest: Margee Kerr, Prof. of Sociology, Univ. of Pittsburgh and author, <i>Scream: Chilling Adventures and the Science of Fear</i> Compliance issues covered: pop culture and society; psychology; growth and development Links for more information: http://www.margeekerr.com	6:59

Program	16-44	Producer	Reed Pence
Air Week	10/30/16-11/5/16	Production Director	Sean Waldron

Time	Segment	Dur.
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Program Log for Radio Health Journal

2:02	NATIONAL SAFETY COUNCIL SAFETY MINUTE: KIDS AND CARS Compliancy issues covered: auto and traffic safety; teens at risk OUTCUE: ...and Toyota	:59
3:03	SEGMENT 1: LUPUS AND THE SKIN Synopsis: Lupus results when the immune system turns on the body, producing inflammatory attacks on virtually any organ. A minority of patients have lupus only on the skin, and while this is not life threatening, it can still be psychologically devastating. Experts discuss. Host: Reed Pence. Guests: Dr. Christopher Hansen, Asst. Prof. of Dermatology, Univ. of Utah; Dr. Victoria Werth, Prof. of Dermatology, Univ. of Pennsylvania & Chief, Dermatology Section, Philadelphia VA Medical Center; Dr. Betty Diamond, Investigator, Feinstein Institute for Medical Research Compliancy issues covered: health care; consumerism; technology Links for more information: http://healthcare.utah.edu/fad/mddetail.php?physicianID=u0046495 ; http://www.lupusresearchinstitute.org/lupus-research/grant-recipients/werth/victoria-p ; http://www.feinsteininstitute.org/our-researchers/betty-diamond-md/	12:00
15:51	SEGMENT 2: PLUSES AND MINUSES OF HIGH SCHOOL FOOTBALL Synopsis: Concussions have prompted many parents to question whether their sons should play high school football. A well known sportswriter and parent who was given nearly unlimited access to a high school team for a year shares the red flags he saw as well as the benefits of playing. Host: Nancy Benson. Guest: Kostya Kennedy, author, <i>Lasting Impact: One Team, One Season. What Happens When Our Sons Play Football</i> Compliancy issues covered: youth at risk; parenting issues; public health; sports and society; education Links for more information: kostyakennedy.com	7:09

Program	16-45	Producer	Reed Pence
Air Week	11/6/16-11/12/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:02	NATIONAL SAFETY COUNCIL SAFETY MINUTE: ATTENTIVE DRIVING Compliancy issues covered: auto and traffic safety; technology OUTCUE: ...Volkswagen Group of America	:60
3:04	SEGMENT 1: HIGH RISK ORGAN DONORS	11:49

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JOURNAL Program Log for Radio Health Journal

	<p>Synopsis: Skyrocketing drug overdose deaths are adding to the supply of transplantable organs. Contrary to the beliefs of many—and their designation as “high risk” donors--these are often high quality organs from youthful people. Even organs carrying disease that never would have been acceptable before are now able to be used if recipients accept them. Experts explain.</p> <p>Host: Reed Pence. Guests: Dr. Michael Porayko, Chief of Hepatology and Prof. of Medicine, Vanderbilt Univ. Medical Center; Dr. David Klassen, Chief Medical Officer, United Network for Organ Sharing</p> <p>Compliance issues covered: health care; ethics; HIV and AIDS; public health; consumerism Links for more information: https://www.vanderbilthealth.com/main/findadoc_detail?doc=1033206149; https://www.unos.org/about/key-staff/david-klassen/</p>	
15:55	SEGMENT 2: YAWNING	6:58
	<p>Synopsis: Virtually all animals with a backbone yawn, but scientists don't know what purpose it serves or why yawns are so contagious. Experts discuss what's known and what's behind a yawn.</p> <p>Host: Nancy Benson. Guests: Dr. Robert Provine, Prof. of Psychology, Univ. of Maryland-Baltimore County and author, <i>Curious Behavior: Yawning, Laughing, Hiccuping and Beyond</i>; Dr. Andrew Gallup, Asst. Prof. of Psychology, SUNY Oneonta.</p> <p>Compliance issues covered: health; pop culture Links for more information: http://provine.umbc.edu; http://academicminute.org/2014/10/andrew-gallup-suny-oneonta-yawns-are-cool/</p>	

Program	16-46	Producers	Reed Pence & Polly Hansen
Air Week	11/13/16-11/19/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: THE SAFETY OF SELF-DRIVING CARS	12:57

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JOURNAL Program Log for Radio Health Journal

	<p>Synopsis: Self-driving cars are being developed more rapidly than most experts thought possible. But even if they're technically possible, can we be assured of their safety? Trust is a major hurdle to adoption of what could be a major step forward in transportation, as experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Nidhi Kalra, Senior Information Scientists, RAND Corp.; Brandon Schoettle, Project Manager for Sustainable Worldwide Transportation, Univ. of Michigan Transportation Research Inst.</p> <p>Compliancy issues covered: traffic and highway safety; transportation; public safety; technology; insurance; ethics; infrastructure</p> <p>Links for more information: http://www.umtri.umich.edu/who-we-are/staff-directory/brandon-schoettle; http://www.rand.org/about/people/k/kalra_nidhi.html</p>	
16:04	SEGMENT 2: "DOG MEDICINE" FOR MENTAL ILLNESS	76:58
	<p>Synopsis: A woman who suffered severe abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals.</p> <p>Host: Nancy Benson. Guests: Julie Barton, author, <i>Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life</i>; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.</p> <p>Compliancy issues covered: disabilities; mental health issues; pets and people; housing issues</p> <p>Links for more information: https://byjuliebarton.com; http://tirr.memorialhermann.org/research/independent-living-and-community-integration/</p>	

Program	16-47	Producer	Reed Pence
Air Week	11/20/16-11/26/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: RESTORING DOCTORS' COMPASSION	11:55

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	<p>Synopsis: Doctors have often been advised to avoid emotions regarding patients in order to keep their decisions objective. However, this has led many patients to believe doctors don't care about them. A new movement in medicine seeks to reverse the trend and put compassion back in medicine, led by a "Healer's Art" class in many medical schools. Experts who teach the class explain.</p> <p>Host: Reed Pence. Guests: Dr. Joseph O'Donnell, Prof. of Medicine and Psychiatry, Geisel School of Medicine, Dartmouth College; Dr. Dean Parmelee, Prof. of Psychiatry and Pediatrics, Wright State Univ. Boomshoft School of Medicine.</p> <p>Compliance issues covered: education; health care; legal system</p> <p>Links for more information: https://vivo.dartmouth.edu/vivo/display/d27077x; https://people.wright.edu/dean.parmelee;</p>	
15:01	SEGMENT 2: PBC: LIVER AUTOIMMUNE DISEASE	8:08
	<p>Synopsis: A variety of liver diseases may cause test results that mimic alcohol-related cirrhosis. One, known as PBC, is the second largest reason for liver transplants in women. A patient and an expert discuss.</p> <p>Host: Nancy Benson. Guests: Ally Roberson, PBC patient; Dr. John Vierling, Prof. of Medicine and Surgery and Chief of Hepatology, Baylor College of Medicine</p> <p>Compliance issues covered: health care; alcoholism and substance abuse</p> <p>Links for more information: https://www.bcm.edu/people/view/john-vierling-m-d-f-a-c-p/b276af2c-ffed-11e2-be68-080027880ca6</p>	

Program	16-48	Producers	Reed Pence & Polly Hansen
Air Week	11/27/16-12/03/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: INFLAMMATION AND DEPRESSION	12:03

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	<p>Synopsis: Doctors have long known that people feel depressed when they're ill with a cold or the flu. But it may be more than simply feeling bad. Inflammation, which is part of many illnesses and infections, has been found in brain cells and is being implicated as a cause of depression., one of the world's most debilitating disorders. This creates the possibility of treatment with anti-inflammatory medications. Experts on the frontlines of this research discuss.</p> <p>Host: Reed Pence. Guests: Dr. Ed Bullmore, Prof. of Psychiatry, Univ. of Cambridge; Dr. Jeffrey Meyer, Director, Neurochemical Imaging Program, Center for Addiction and Mental Health and Prof. of Psychiatry, Univ. of Toronto</p> <p>Compliancy issues covered: health care; mental health; consumerism; disability</p> <p>Links for more information: http://www.neuroscience.cam.ac.uk/directory/profile.php?etb23; http://www.camh.ca/en/research/about_research_at_CAMH/scientific_staff_profile/Pages/Jeffrey-Meyer.aspx</p>	
15:09	SEGMENT 2: THE PSYCHOLOGY OF WEIGHT LOSS SURGERY	6:54
	<p>Synopsis: Patients who have bariatric surgery stand to lose not only lots of weight but often an identity and way of life as an obese person, which changes many of their relationships. Experts discuss these changes and means of coping with them.</p> <p>Host: Nancy Benson. Guests: Dr. Adam Crane, psychologist, Kane Center for Advanced Surgical Weight Solutions and Suburban Surgical Care Specialists, Hoffman Estates, IL; Dr. Nick Nicholson, Medical Director, Nicholson Clinic for Weight Loss Surgery, Plano, TX</p> <p>Compliancy issues covered: health care; psychology; obesity; mental health; consumerism</p> <p>Links for more information: https://www.suburbansurgicalcare.com/in-the-media/weight-loss-surgery-seminars-with-chicago-bariatric-surgery-practice/; http://www.nicholsonclinic.com/our-doctors/nick-nicholson-md</p>	

Program	16-49	Producers	Reed Pence & Polly Hansen
Air Week	12/04/16-12/10/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: HOW INCOME AFFECTS LIFE EXPECTANCY	11:41

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JOURNAL Program Log for Radio Health Journal

	<p>Synopsis: Average life expectancy in the US is increasing, but among lower income people it is not, and the lifespan gap between rich and poor is increasing. Even middle class people have shorter lifespans than the rich. Experts discuss how a large income buys extra years of life, and why a lower income produces barriers to a longer life.</p> <p>Host: Reed Pence. Guests: Dr. David Kindig, Emeritus Prof. of Population Health Sciences, Univ. of Wisconsin-Madison; Dr. Michael Reisch, Daniel Thursz Distinguished Prof. of Social Justice, Univ. of Maryland</p> <p>Compliancy issues covered: public health; economics; poverty; youth at risk; employment; worker safety; health care; consumerism</p> <p>Links for more information: https://uwphi.pophealth.wisc.edu/about/staff/kindig-david.htm; http://www.ssw.umaryland.edu/academics/faculty-bios/michael-reisch/</p>	
14:47	SEGMENT 2: HOW KIDS CAN TAKE CONTROL OF CHRONIC DISEASE	8:03
	<p>Synopsis: Children with serious chronic diseases often have a tough time transitioning from pediatric care, which has much support built in, to adult care, which has to be managed by the patient. Experts discuss how parents can make it easier with a gradual transition.</p> <p>Host: Nancy Benson. Guests: Dr. Maria Ferris, pediatric nephrologist and Assoc. Prof. of Pediatrics and Medicine, Univ. of North Carolina-Chapel Hill; Dr. Miranda Van Tilburg, gastroenterologist and hematologist and Assoc. Prof. of Medicine, Univ. of North Carolina-Chapel Hill</p> <p>Compliancy issues covered: health care; youth at risk; parenting issues</p> <p>Links for more information: http://unckidneycenter.org/about/directory/maria-ferris; https://www.med.unc.edu/ibs/about-us/faculty-biographies/miranda-van-tilburg-phd</p>	

Program	16-50	Producers	Reed Pence & Polly Hansen
Air Week	12/11/16-12/17/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:24	SEGMENT 1: DRUG ABUSE AND PERSONALITY	12:14

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Program Log for Radio Health Journal

	<p>Synopsis: Drug and alcohol addiction and abuse is rising. Researchers have found that “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Experts discuss.</p> <p>Host: Reed Pence. Guests: Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducation, Univ. of Montreal; Maia Szalavitz, author, <i>Unbroken Brain: A Revolutionary New Way of Understanding Addiction</i></p> <p>Compliancy issues covered: public health; drugs; drug and alcohol addiction; youth at risk; education; police and law enforcement; mental illness</p> <p>Links for more information: https://www.chusj.org/en/Bio?id=c6f888f1-7ef7-47e6-b349-cc74ec1cfa3a; https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8</p>	
15:40	SEGMENT 2: GOD AND GENOME	7:47
	<p>Synopsis: Advancements in genetic science are often clouded in ethical controversy. Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated.</p> <p>Host: Nancy Benson. Guests: Dr. Ting Wu, Prof. of Genetics, Harvard Medical School</p> <p>Compliancy issues covered: health care; technology; ethics; education; religion</p> <p>Links for more information: http://pged.org</p>	

Program	16-51	Producer	Reed Pence
Air Week	12/18/16-12/24/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: HEALTHCARE UNDER TRUMP: WHAT TO EXPECT	14:13

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	<p>Synopsis: The incoming Trump Administration and Congressional Republicans have made “repeal and replacement” of the Affordable Care Act one of their primary goals. But there are many options in how it might be replaced, and some popular aspects of Obamacare will likely remain. Experts discuss likely scenarios and how they would affect Medicaid, Medicare, insurance exchanges and the overall market.</p> <p>Host: Reed Pence. Guests: Ed Haislmeier, Senior Research Fellow in Health Policy, Heritage Foundation; Dr. Paul Ginsburg, Leonard Schaeffer Chair in Health Policy Studies, Brookings Institution and Prof. of Health Policy, Univ. of Southern California</p> <p>Compliancy issues covered: public health; health care and health policy; federal government, regulation and politics; state government; unemployment; Medicaid and Medicare; economics; insurance; privatization</p> <p>Links for more information: http://www.heritage.org/about/staff/h/edmund-haislmaier#; https://priceschool.usc.edu/paul-b-ginsburg/</p>	
17:19	SEGMENT 2: “AFFLUENZA”	5:47
	<p>Synopsis: Rich people receive deference that the rest of us don't, but how much can they get away with? Some young criminals have escaped jail by claiming “affluenza:” their wealthy parents instilled no moral compass, so they believed they could do anything without consequence.</p> <p>Host: Nancy Benson. Guests: Dr. Suniya Luthar, Foundation Prof. of Psychology, Arizona State Univ. and Prof. Emerita, Columbia Univ. Teachers College; Maia Szalavitz, co-author, <i>Born for Love: Why Empathy is Essential and Endangered</i></p> <p>Compliancy issues covered: youth at risk; mental health; law and crime; ethics</p> <p>Links for more information: http://www.suniyaluthar.org; https://www.amazon.com/Maia-Szalavitz/e/B001ILFON8</p>	



Program Log for *Radio Health Journal*

Program	16-52	Producers	Polly Hansen & Reed Pence
Air Week	12/25/16-12/31/16	Production Director	Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: "TWICE EXCEPTIONAL" CHILDREN	12:20
	<p>Synopsis: Many people feel that gifted children don't need any help because they're so talented. But many gifted kids are so bored in school they become disruptive and do poorly, so they're not identified and their need for a challenge isn't met. Other gifted children have disabilities, such as learning disabilities, that are not identified because they are masked by their gifts. Experts discuss how to meet the needs of these children educationally and emotionally.</p> <p>Host: Reed Pence. Guests: Dr. James Webb, clinical psychologist, President, Great Potential Press and founder, Supporting Emotional Needs of the Gifted; Megan Foley Nicpon, Assoc. Prof of Counseling Psychology, University of Iowa and Assoc. Director for Research and Clinic, Belin-Blank Center; Jen Merrill, mother of two twice exceptional children and author, <u>If This Is A Gift, Can I Send It Back?</u></p> <p>Compliancy issues covered: education; children at risk; disabilities; mental health</p> <p>Links for more information: http://sengifted.org; https://www.nagc.org/resources-publications/resources/myths-about-gifted-students; http://www.davidsongifted.org/Search-Database/entry/A10140</p>	
15:24	SEGMENT 2: BEAT DEAFNESS	7:31
	<p>Synopsis: Some people simply have no rhythm. A small percentage may be "beat deaf," the rhythmic equivalent of tone deafness, and have a biological deficit in their body's timing mechanism. Experts discuss the problem and other body timekeeping clocks that may be affected. NOTE CONTACT POINT CITED: beat.brams@gmail.com</p> <p>Host: Nancy Benson. Guests: Mathieu Dion, Montreal TV reporter who suffers from beat deafness; Dr. Caroline Palmer, Prof. of Psychology, McGill Univ., Montreal.</p> <p>Compliancy issues covered: disabilities; pop psychology</p> <p>Links for more information: https://www.mcgill.ca/channels/news/so-you-think-you-can-clap-beat-239990</p>	

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2016-Q4 (October – December) Viewpoints Quarterly Logs
Compliancy Issues Covered

- | | |
|--------------------------|----------------------|
| Addiction | Internet Security |
| African-American Issues | Journalism |
| Agriculture | Labor |
| Animal Health | Law |
| Aquaculture | Law Enforcement |
| Arts | Legislation |
| Business | Manufacturing |
| Campaigns | Media |
| Children & Family Issues | Medicine |
| Civil Rights | Mental Health |
| Climate Change | Military |
| Commerce | Minorities |
| Communications | Natural Disasters |
| Community Action | Natural Resources |
| Consumerism | Non-Profits |
| Crime | Nutrition |
| Disability | Organized Labor |
| Drugs | Personal Finance |
| Education | Philanthropy |
| Elderly | Political Activism |
| Emergency Response | Politics |
| Employment | Poverty |
| Entertainment | Prisons |
| Environment | Privacy Issues |
| Equality | Psychology |
| Ethnicity & Culture | Public Health |
| Family Issues | Religion |
| Gender Issues | Science & Technology |
| Genocide | Social Issues |
| Government | Stress |
| Gun Laws | War |
| Health | Water Issues |
| Immigration | Women's Issues |
| Infrastructure | |

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



Program Log for Viewpoints

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

Time	Segment	Dur.
1:47	SEGMENT 1: The Gatekeeper: Missy LeHand and FDR	10:12
	<p>Synopsis: Everyone knows about the presidency of Franklin D. Roosevelt, but not many know about the powerful and loyal confidant FDR relied on, Marguerite "Missy" LeHand. Our guest discusses the life and work of this remarkable woman and how she helped and influenced one of the greatest chief executives of our time.</p> <p>Host: Gary Price. Guests: Kathryn Smith, author of <i>The Gatekeeper: Missy LeHand, FDR, and the untold story of the partnership that defined a presidency.</i></p> <p>Links for more info: www.margueritelehand.com also on Facebook.com/Missy LeHand</p> <p>Compliancy Issues Covered: government, women's issues, the presidency</p>	
14:01	SEGMENT 2: Urban Farming: Helping people do more than eat healthy	11:26
	<p>Synopsis: Urban gardens are popping up all over the country, and they've provided "food desert" communities with fresh fruits and vegetables for their residents' tables as well as taught urban dwellers to put abandoned plots of land to good use. But have you ever heard of an "urban farm"? Our guests talk about both of these projects and describe why they provide hope and employment for people in need as well as educational opportunities to students and residents.</p> <p>Host: Marty Peterson. Guests: Michael Ableman, co-founder and director of Sole Food Street Farms in Vancouver, BC, and author of the book, <i>Street Farm: Growing food, jobs and hope on the urban frontier</i>; Deirdre Bradley-Turner, director of Community Service and Service Learning at Emmanuel College, Boston, which is part of the Mission and Ministry Office at the college.</p> <p>Links for more info: www.emmanuel.edu www.solefoodfarms.com www.chelseagreen.com</p> <p>Compliancy Issues Covered: agriculture, controlled substances, mental health, poverty, community activism, education</p>	

Program	16-41	Producer	Pat Reuter
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Program Log for Viewpoints

Air Week	10/9/16	Production Directors	Sean Waldron, Reed Pence
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Time	Segment	Dur.
1:47	SEGMENT 1: Citizen Scientists: What everyone can do to help create a better world	11:25
	<p>Synopsis: When we think of scientists, most of us think of college graduates working in laboratories on very important projects for the government or large corporations. Not many of us think of the retired bricklayer next door who likes to garden, or the 10-year-old girl who is fascinated by birds. We talk to two "citizen scientist" advocates about the importance of having average citizens be the eyes and ears of large research projects, and how anyone can find a science project they can help advance in the world.</p> <p>Host: Gary Price. Guests: Mary Ellen Hannibal, author of the book <i>Citizen Scientist: Searching for heroes and hope in an age of extinction</i>; Geoff LeBaron is the director of the Audubon Society's annual Christmas Bird Count.</p> <p>Links for more info: www.maryellenhannibal.com www.christmasbirdcount.org</p> <p>Compliancy Issues Covered: nature, science, technology, public service, environment</p>	
15:14	SEGMENT 2: Helping Animals Weather Natural Disasters	10:14
	<p>Synopsis: Natural disasters such as floods, wildfires and tornados can devastate a community, cause widespread health concerns and push families out of their homes. We're all concerned that the humans caught in these circumstances are taken care of, but what about the pets that live in the area? How can we help them survive and stay with their human caretakers? We talk to a Humane Society spokesperson who has seen his share of disasters about keeping your pets safe and secure during a catastrophe.</p> <p>Host: Marty Peterson. Guest: Jeff Dorson, Executive Director of the Humane Society of Louisiana</p> <p>Links for more info: www.humanela.org 1-888-6-HUMANE</p> <p>Compliancy Issues Covered: natural disasters, animal welfare, public safety, community activism</p>	

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

Time	Segment	Dur.
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Program Log for Viewpoints

1:47	SEGMENT 1: Dealing With Fear in Life	11:02
	<p>Synopsis: Halloween is coming up, and just about everyone likes to be scared on that day. It's fun and it can help heighten the excitement of the holiday. However, there are some people who have fear in their lives that isn't much fun – those who are facing big changes, uncertainties and loss. Our guests talk about how fear affects our lives and how it can be decreased or eliminated by perseverance, positive thinking and compassion.</p> <p>Host: Gary Price. Guests: Brad and Kasey Wallis, co-founders of "Expand With Julius," a private coaching and workshop firm.</p> <p>Links for more info: expandwithjulius.com</p> <p>Compliance Issues Covered: mental health, occupational training, internet & social media</p>	
14:52	SEGMENT 2: Teaching Kids to Read by Expanding Their World	10:32
	<p>Synopsis: We hear it all the time – why can't our kids read better? Our guest has some thoughts on the issue and offers some suggestions to parents, educators and policymakers about how expanding our children's knowledge base in school will help make them better readers overall.</p> <p>Host: Marty Peterson. Guest: Robert Pondiscio is the Executive Director of the Knowledge Matters Campaign, a senior fellow at the Thomas B. Fordham Institute in Washington, DC, and a former inner-city elementary school teacher.</p> <p>Links for more info: www.knowledgematterscampaign.org</p> <p>Compliance Issues Covered: education, government, community activism</p>	

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

Time	Segment	Dur.
1:47	SEGMENT 1: Atlas Obscura: Celebrating Unique Destinations	9:58
	<p>Synopsis: When Americans take vacations, it's often to places like theme parks, resorts, or national parks. Our guest says that there's a treasure trove of unique destinations around the world if you veer off the beaten</p>	

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Program Log for Viewpoints

	<p>vacation path. He talks about a few of the places you probably never heard about but which offer unique experiences, educational opportunities and a lot of fun.</p> <p>Host: Gary Price. Guests: Dylan Thuras, co-author of <i>Atlas Obscura: An explorer's guide to the world's hidden wonders</i>.</p> <p>Links for more info: www.atlasobscura.com</p> <p>Compliancy Issues Covered: recreation, art, architecture, travel, history, war, science & technology</p>	
13:48	SEGMENT 2: Raising Human Beings: Dealing with kids, expectations and behavior	11:36
	<p>Synopsis: Raising kids these days isn't easy. Parents have expectations for their children that often don't jibe with who the child is and his or her temperament -- and that can lead to problems with behavior that disrupt family life, and end up being counterproductive for the child. We talk to a psychologist about why kids behave the way they do in certain situations, and offer strategies for dealing with a child that can help them grow more responsible and independent.</p> <p>Host: Marty Peterson. Guests: Dr. Ross Greene, a psychologist at Virginia Tech University and founding director of the non-profit organization "Lives in the Balance." He's also the author of the book, <i>Raising Human Beings: Creating a collaborative partnership with your child</i>.</p> <p>Links for more info: www.drrossgreene.com www.livesinthebalance.org</p> <p>Compliancy Issues Covered: children and family issues, education, psychology and mental health</p>	

Program	16-44	Producer	Pat Reuter
Air Week	10/30/16	Production Directors	Sean Waldron, Reed Pence

Time	Segment	Dur.
1:45	SEGMENT 1: Liar, Temptress, Soldier, Spy: Women in the Civil War	11:04
	<p>SYNOPSIS: We've heard a lot about the famous generals and other heroes of the Civil War, but very little has been written about the women who fought as hard as the men for their beliefs. We talk to an author who researched these women, about the jobs they did, how they risked their lives to find and carry intelligence from the enemy to their generals, and even how they used their "feminine wiles" to get the information they</p>	

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	<p>needed to gain advantage in the war.</p> <p>Host: Gary Price. Guest: Karen Abbott, author of <i>Liar, Temptress, Soldier, Spy: Four women undercover in the Civil War</i>.</p> <p>Links for more info: www.karenabbott.net</p> <p>Compliancy Issues Covered: history, military & veterans, women's issues</p>	
14:51	SEGMENT 2: The Value of Face-to-Face Communication for Kids	10:36
	<p>SYNOPSIS: Kids are always on their phones, tablets or computers – even when they're sitting across from one another at the lunch table! Does communicating via screens hurt kids? We talk to two researchers who found that too much screen time at the cost of face-to-face communication could decrease our ability to recognize emotions, and possibly even shorten our lives.</p> <p>Host: Marty Peterson. Guests: Patricia Greenfield, Distinguished Prof. of Psychology, UCLA, Dir. of the Children's Digital Media Center, Los Angeles, CA; Susan Pinker, psychologist, journalist, author of <i>The Village Effect: How face-to-face contact can make us healthier, happier and smarter</i>.</p> <p>Links for more info: www.cdmc.ucla.edu www.susanpinker.com</p> <p>Compliancy Issues Covered: technology, children's issues, seniors' issues, mental & physical health, education</p>	

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

Time	Segment	Dur.
1:49	SEGMENT 1: Supporting Libraries: Why they're important, how we can help	11:24
	<p>Synopsis: The public library system in the U.S. is one of our most cherished community services, yet in these days of government budget cuts, libraries around the country are feeling the pinch of shorter hours, fewer staff and old technology. Our guests discuss why funding and supporting our libraries is a way to raise smarter kids, help residents with social service navigation, boost the economy, and help immigrants become full American citizens.</p> <p>Host: Gary Price. Guests: Dr. Timothy Crist is the president of the Board of Trustees for The Newark Public</p>	

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	<p>Library, Newark NJ; Karin Slaughter, internationally bestselling author whose latest novel is titled <i>The Kept Woman</i>, founder of Save the Libraries.</p> <p>Links for more info: www.npl.org www.karinslaughter.com www.savethelibraries.com</p> <p>Compliance Issues Covered: education, philanthropy, community services, employment, community activism, African American issues, Latino issues</p>	
15:16	<p>SEGMENT 2: Dealing with Shame and Bullying</p> <p>Synopsis: Bullying and shaming are two of the most damaging activities kids – and many adults – face today. One of our guests discusses the psychological ramifications of bullying and the other relates her own experience as an unwed teen in the 1970s, and how the shame of that incident and the support she received from other young women in the same situation made her stronger and more compassionate to others.</p> <p>Host: Marty Peterson. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University in Philadelphia, PA; Liz Pryor, author of <i>Look At You Now: My journey from shame to strength</i>.</p> <p>Links for more info: www.temple.edu www.lizpryor.com</p> <p>Compliance Issues Covered: bullying, teen pregnancy, technology/internet, mental health, juvenile justice, family issues, poverty</p>	10:13

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

Time	Segment	Dur.
1:50	<p>SEGMENT 1: Remembering the Activism of Tom Hayden</p> <p>Synopsis: In 2004, we spoke with activist and former California legislator Tom Hayden who passed away last month. The topics were gangs and violence, how and why young men and women join gangs and how we can stem the violence of these groups and help the young people who belong to them to live better, safer and more productive lives. In these days of continued strife on urban streets, we can still benefit from his hopeful – yet controversial – ideas on the topic.</p> <p>Host: Gary Price. Guests: The late Tom Hayden, former member of The Chicago Seven and California State Senator of 18 years, is author of the book, <i>Street Wars: Gangs and the future of violence</i>.</p>	13:03

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	<p>Links for more info: www.tomhayden.com</p> <p>Compliancy Issues Covered: African American issues, minorities, violence, law enforcement, poverty, labor</p>	
16:55	<p>SEGMENT 2: Brain Briefs: How our minds perceive the world</p> <p>Synopsis: Does working crossword puzzles, Sudoku, and playing other games help prevent Alzheimer's and dementia? Why does time seem to crawl when we're young and speed up as we age? Does multitasking really help us get more done? We talk to a psychologist and author about these popular ideas and get the real story about how our minds can sometimes trick us into thinking things that really aren't true.</p> <p>Host: Marty Peterson. Guests: Bob Duke, professor at the University of Texas-Austin, and an expert on music and human learning. He and his co-author, Art Markman, are also the co-hosts of the popular podcast "Two Guys on Your Head." Their book is titled <i>Brain Briefs: Answers to the most (and least) pressing questions about your mind.</i></p> <p>Links for more info: twoguysonyourhead.org www.kut.org</p> <p>Compliancy Issues Covered: popular culture, mental health, aging, work</p>	8:30

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

Time	Segment	Dur.
1:50	<p>SEGMENT 1: Fighter Pilot: The Jimmy Stewart You Didn't Know</p> <p>Synopsis: The late actor, Jimmy Stewart, gave us some very memorable characters during his time in Hollywood -- many very funny; others endearing; and still others dark and villainous. Perhaps Stewart's most dramatic role was the one that not many people know about, but that molded his life and his psyche -- not to mention his acting -- for most of his career: fighter pilot in World War II. We talk to an author who delved into Stewart's war service about how flying missions over Europe and seeing his comrades die affected the actor and his choice of roles and acting style for the rest of his life.</p> <p>Host: Gary Price. Guest: Robert Matzen, author of <i>Mission: Jimmy Stewart and the fight for Europe.</i></p> <p>Links for more info: robertmatzen.com</p>	11:43

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	Compliancy Issues Covered: military veterans, war, PTSD, movies & the arts, history, technology	
15:35	SEGMENT 2: Habit Changers: Advice for success in making resolutions	9:51
	<p>Synopsis: In about six weeks, people will be celebrating the New Year and many of them will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.</p> <p>Host: Marty Peterson. Guest: M.J. Ryan is a resolution maker and an internationally-recognized expert on change and human fulfillment, author of the book, <i>Habit Changers; 81 game-changing mantras to mindfully realize your goals.</i></p> <p>Links for more info: www.MJ-Ryan.com www.Habit-Changers.com</p> <p>Compliancy Issues Covered: psychology & human behavior, business & entrepreneurs</p>	

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

Time	Segment	Dur.
1:50	SEGMENT 1: THE ICK FACTOR: TEACHING KIDS SCIENCE	11:15
	<p>Synopsis: Schools are emphasizing science, technology, engineering and math—the STEM subjects. Many people believe science is too technical for kids to understand. We talk to two experts who say children take to science readily if it’s presented in the right way by tapping into the “ick factor” that seems to fascinate them.</p> <p>Host: Gary Price. Guests: Chris Martine, David Burpee Prof. of Plant Genetics and Research, Bucknell Univ.; Jessica Garrett, science teacher and co-author, <i>Oh, Ick! 114 Science Experiments Guaranteed to Gross You Out</i></p> <p>Links for more info: http://www.bucknell.edu/ChrisMartine; https://www.workman.com/products/oh-ick;</p> <p>Compliancy Issues Covered: education, science and technology; women’s issues</p>	

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15:09	SEGMENT 2: TEACHING KIDS TO GIVE BACK	10:15
<p>Synopsis: During the holidays, many parents fret over the materialistic messages their children are exposed to. We talk to a mom and an author who together have created a children's book and game designed to make giving back to others a fun pursuit.</p> <p>Host: Marty Peterson. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, <i>North Pole Ninjas: Mission: Christmas</i></p> <p>Links for more info: NorthPoleNinjas.com</p> <p>Compliancy Issues Covered: youth at risk; education; children's psychology; consumerism</p>		

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

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

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15:52	SEGMENT 2: Holiday Cooking Without Fear	9:34
	<p>Synopsis: With Thanksgiving over, it's time to start looking toward our December holiday parties and the meals that come with them. Author Julia Turshen joins the show to talk about her tips and tricks to make those Christmas and Hanukah dinner a little less daunting. With advice on dressings, sides, desserts and more, Turshen breaks down some basic techniques to make great food with little experience.</p> <p>Host: Marty Peterson. Guests: Julia Turshen, author of <i>Small Victories: Recipes, Advice + Hundreds of Ideas for Home Cooking Triumphs</i></p> <p>Links for more info: : www.juliaturshen.com https://www.amazon.com/Small-Victories-Recipes-Hundreds-Triumphs/dp/1452143099</p> <p>Compliancy Issues Covered: Family, Food & Nutrition</p>	

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

Time	Segment	Dur.
1:50	SEGMENT 1: Closing the Wage Gap: Two diverse opinions	11:31
	<p>Synopsis: The "Wage Gap" has been a persistent topic in America for years and it played a big role in determining the outcome of the recent election. We're joined by two experts who both agree that closing the wage gap should be a top priority in this country, but who have very different takes on how that can be achieved. We talk governmental regulations, tax codes, charity, and much more in regards to bringing the haves and the have-nots together. Our experts say doing so may just bring a very divided country together before the wedge between the two groups changes America into a very different, and likely very worse-off, place for our children to inherit.</p> <p>Host: Gary Price. Guests: Chuck Collins, website editor for The Institute for Policy Studies and author of the book, <i>Born on Third Base</i>. Kyle Hauptman, executive director of the Main Street Growth Project</p> <p>Links for more info: http://www.ips-dc.org http://www.chelseagreen.com/born-on-third-base http://www.mainstgrowth.com/</p> <p>Compliancy Issues Covered: US Government, Economics, Politics, Business and Industry</p>	
15:26	SEGMENT 2: Henry Clay: The great American statesman you should know more about	9:59
	Synopsis: Most of us have heard the name of Henry Clay, but he's not one of the people we usually	

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	<p>remember the way we do George Washington or Thomas Jefferson. Our guest says that Clay was just as important to our nation as the founding fathers, and he discusses the great contributions this Speaker of the House made to keep our country together, fight for justice, and create the foundations of our extensive modern U.S. transportation system.</p> <p>Host: Marty Peterson. Guests: Harlow Giles Unger, author of <i>Henry Clay: America's Greatest Statesman</i> and contributor to The Huffington Post</p> <p>Links for more info: : http://www.huffingtonpost.com/author/harlow-giles-unger www.dacapo.com</p> <p>Compliancy Issues Covered: Government, Transportation, War, Law, Slavery, History</p>	
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Program	16-51	Producers	Reed Pence, Pat Reuter, Evan Rook
Air Week	12/18/16	Production Director	Sean Waldron

Time	Segment	Dur.
1:47	SEGMENT 1: Christmas at the Battle of the Bulge	11:00
	<p>Synopsis: This year, many families will spend the holidays with family members away, in combat in Iraq and Afghanistan. It's tough being on the battlefield at any time of year, but during Christmas it's especially hard. We talk to a historian and author about one Christmas, in 1944, when American soldiers spent a freezing holiday in the Ardennes forest, fighting for their lives against Hitler's army during the Battle of the Bulge; and how a general's prayers could have been the key to turning the tide in the Allies' favor.</p> <p>Host: Gary Price. Guests: Stanley Weintraub, Evan Pugh Professor Emeritus of Arts & Humanities, Penn State University, and author of "11 Days in December: Christmas at the Bulge, 1944."</p> <p>Links for more info: http://www.simonandschuster.com/authors/Stanley-Weintraub/1064729 https://www.amazon.com/11-Days-December-Christmas-Bulge/dp/0451223179/ref=sr_1_1?s=books&ie=UTF8&qid=1481303541&sr=1-1&keywords=11+days+in+december</p> <p>Compliancy Issues Covered: Military, War, Religion, History</p>	
14:49	SEGMENT 2: Using The Voices in Your Head	10:39
	<p>Synopsis: Hearing voices in your head comes with an unfortunate stereotype that you must be mentally ill. However, experts tell us the "voices in your head" can be used to talk to, and about, yourself in a healthy, productive way. In fact, most people hear voices in their head and already use inner speech on a daily basis.</p>	

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Program Log for Viewpoints

	<p>We discuss tips and techniques to use "self-talk" as a way to get yourself through tough decisions and lower stress.</p> <p>Host: Marty Peterson. Guests: Dr. Charles Fernyhough, author of "The Voices Within: The History and Science of How We Talk to Ourselves." Dr. Ethan Kross, Professor of Psychology at the University of Michigan.</p> <p>Links for more info: : http://www.charlesfernyhough.com/ https://www.amazon.com/Voices-Within-History-Science-Ourselves/dp/0465096808 https://lsa.umich.edu/psych/people/faculty/ekross.html</p> <p>Compliancy Issues Covered: Psychology, Mental health, Self-help, Science</p>	
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Program Log for Viewpoints

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

Time	Segment	Dur.
1:42	SEGMENT 1: Dealing With Holiday Stress	10:09
	<p>Synopsis: The holidays, with their family gatherings, crowded shopping malls and unpredictable weather, are a time of stress for many people. We talk to two stress specialists about tips and tricks to help you calm down a bit during this hectic time of year and also prevent undue stress at other times.</p> <p>Host: Gary Price. Guests: Dr. Mary Lamia, clinical psychology and psychoanalyst in private practice in Marin County, CA; Paul Hujich, author of "Stress Pandemic: 9 natural steps to survive, master stress and live well"</p> <p>Links for more info: www.marylamia.com, www.stresspandemic.com</p> <p>Compliancy Issues Covered: Addiction, Mental Health, Family Issues, Diet & Nutrition</p>	
13:53	SEGMENT 2: Internet Privacy: How You Can Fight Snooping Online	11:33
	<p>Synopsis: It seems you can't get away from email spam, Internet scams and companies using your online purchases and web browsing to badger you with shopping opportunities. Every time you sign up for a blog or make a purchase, you are inundated with unwanted – and sometimes dangerous – intrusions into your personal and private information. We talk to a journalist who has tried to erase her digital footprint, and an attorney who deals with online privacy about the issue. We discuss ways you can get rid of some third parties who spy on your online activities, learn about better password protection, and find out why we are probably never going to be able to rid ourselves of all snooping in the future.</p> <p>Host: Marty Peterson. Guests: Julia Angwin, award-winning journalist, author of "Dragnet Nation: A quest for privacy, security and freedom in a world of relentless surveillance" William Kling, adjunct professor of law, IIT Chicago-Kent College of Law, clinical assistant professor at the University of Illinois at Chicago School of Public Health</p> <p>Links for more info: www.juliaangwin.com, www.kentlaw.edu</p> <p>Compliancy Issues Covered: Technology, Commerce, Law, Privacy, Internet security, Government</p>	

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