

**QUARTERLY LIST  
OF  
COMMUNITY ISSUES  
AND  
RESPONSIVE PROGRAMS**

October 1, 2015 through December 31, 2015

In an ongoing effort to serve the public interest, KZLS-AM and its owner, Chisholm Trail Broadcasting Inc., offer a variety of programming responsive to the issues of concern to the listening audience. Below is a list of the station's most significant programming treatment of those issues for the period of October 1, 2015 through December 31, 2015

During the first quarter of 2015 the following compliancy issues were covered:

Accident and Injury	Pop Culture
Alcohol and Substance Abuse	Poverty
Auto and Traffic Safety	Public Health
Business and Industry	Public Policy
Charity and Philanthropy	Public Safety
Consumerism	Science & Technology
Courts and Criminal Justice System	Senior Citizen and Aging Issues
Crime and Justice System	Sports and Recreation
Disabilities	Substance Abuse and Treatment
Drug Safety	Technology
Drunk Driving	Welfare and Food Stamps
Economics	Women's Issues
Education	Youth At Risk
Elderly and Senior Citizens	
Ethics	
Family and Parenting Issues	
Federal Government and Regulation	
Food Pantries	
Gender Issues	
Health & Medicine	
Health Care	
Health System	
Hunger	
Immigration	
Labor and Employment Issues	
Law	
Legal Marijuana	
Mental Illness	
Military	
Parenting	
Patient Safety	
Police and Enforcement	



## **10/4/15 Program 15-40**

**Segment 1 Duration: 12:40**

### **MISUNDERSTANDING AUTISM**

youth at risk; disabilities; education; pop culture

Synopsis: Autism has been misunderstood ever since its first description in the 1940's. Experts describe how this misunderstanding has drastically affected treatment of people with autism, and how schools and other institutions might change their approach and understanding to improve treatment.

Host: Reed Pence. Guests: Steve Silberman, author, *Neurotribes: The Legacy of Autism and the Future of Neurodiversity*; Dr. Barry Prizant, Prof., *Artists & Scientists As Partners* group, Brown Univ. and author, *Uniquely Human: A Different Way of Seeing Autism*

**Segment 2 Duration: 7:19**

### **CYCLIC VOMITING SYNDROME**

youth at risk; health care

Synopsis: Children suffering from a rare disorder called cyclic vomiting may vomit for days on end once or twice a month. Experts describe how the disorder is often misdiagnosed and remains difficult to treat. However, children often eventually outgrow the disorder as it transitions into migraine headaches.

Host: Nancy Benson. Guests: Kathleen Adams, mother of cyclic vomiting sufferer and founder, President and Research Liason, Cyclic Vomiting Syndrome Association; Dr. B Li, Prof. of Pediatrics and Director, Cyclic Vomiting Program, Medical College of Wisconsin; Dr. Katja Kovacic, pediatric gastroenterologist, Children's Hospital of Wisconsin.

## **10/11/15 Program 15-41**

**Segment 1 Duration: 11:59**

### **GENDER DIVERSITY IN BASIC RESEARCH**

health & medicine; women's issues; gender issues; federal govt; economics;

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

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

**Segment 2 Duration: 8:06**

### **WHAT YOUR THERAPIST IS THINKING**

youth at risk; health care

Synopsis: Many people have no idea how or why psychotherapy works. A well-known psychotherapist describes what therapists are thinking while the patient is talking and how these thoughts guide treatment.

Host: Nancy Benson. Guest: Dr. Drew Permut, Clinical Professor of Psychology, George Washington Univ. and author, *Inside Your Therapist's Mind: How a Psychotherapist Thinks and Why It Works*

## **10/18/15 Program 15-42**

**Segment 1 Duration: 11:46**

### **NORMAL PRESSURE HYDROCEPHALUS**

health & medicine; elderly and senior citizens; disabilities

Synopsis: As many as five percent of people diagnosed with Parkinson's or Alzheimer's diseases may in reality have a treatable disorder caused by "water on the brain." An expert and patient discuss.

Host: Reed Pence. Guests: J.D. and Donna Cain, normal pressure hydrocephalus patient and his wife/caregiver; Dr. Marvin Bergsneider, Prof. of Neurosurgery and chief, Adult Hydrocephalus and ICP Disorders Program, UCLA

**Segment 2 Duration: 8:06**

### **LATER EFFECTS OF CHILDHOOD EMOTIONAL TRAUMA**

youth at risk; health and medicine

Synopsis: Scientists have learned that emotional trauma suffered as a child or adolescent has profound effects on a person's physical health years later. Children who suffer multiple traumas such as loss of a parent and physical abuse are much more likely to experience cancer, heart disease and autoimmune diseases as adults. A noted science writer explains.

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

## **10/25/15 Program 15-43**

**Segment 1 Duration: 11:49**

### **ANTI-DRUNK DRIVING TECHNOLOGY**

auto and traffic safety; police and enforcement; drunk driving; alcohol and substance abuse; federal government and regulation; business and industry

Synopsis: Government researchers and auto companies are developing a device called DADSS (Driver Alcohol Detection System for Safety) that can unobtrusively test whether a person is drunk as he attempts to start his car. If so, DADSS makes the car inoperable. Experts explain how it will work and debate some of the issues surrounding its possible rollout.

Host: Reed Pence. Guests: J. T. Griffin, Chief Government Affairs Officer, Mothers Against Drunk Driving; Sarah Longwell, Managing Director, American Beverage Institute; Dr. Bud Zaouk, Program and Technical Manager, DADSS development program

**Segment 2 Duration: 7:25**

### **CONTACT LENSES: THEY'RE DIFFERENT TODAY**

health and medicine; consumerism

Synopsis: Thirty million Americans wear contact lenses, but today's high tech lenses are vastly superior to those of a few decades ago. Even so, most contact wearers don't maintain their lenses correctly. An expert explains.

Host: Nancy Benson. Guest: Dr. April Jasper, Optometrist, West Palm Beach, FL

## 11/1/15 Program 15-44

### **Segment 1 Duration: 11:59**

#### **MISDIAGNOSES: WHY THEY HAPPEN & HOW WE CAN PREVENT THEM**

health care; health system; consumerism; patient safety

Synopsis: Studies estimate that about five percent of diagnoses are wrong, leading treatment down the wrong road. Experts discuss why misdiagnoses occur, and a new Institute of Medicine report on how they might be prevented.

Host: Reed Pence. Guests: Dr. Mark L. Graber, President, Society to Improve Diagnosis in Medicine and Senior Fellow, RTI International; Dr. Lewis Levy, Senior Vice President of Medical Affairs and Chief Quality Officer, Best Doctors; Helen Haskell, President, Mothers Against Medical Error

### **Segment 2 Duration: 8:11**

#### **ALMOST ADDICTED: THE ROLE OF THE FAMILY**

family and parenting issues; substance abuse and treatment; mental illness; public health; legal marijuana

Synopsis: People who use drugs, even those who are not addicted, are often destructively enabled by families. An expert explains why this occurs and what families have to do to break through their own denial as well as that of the user.

Host: Nancy Benson. Guest: Dr. Wesley Boyd, Asst. Clinical Prof. of Psychiatry, Harvard Medical School, and author, Almost Addicted.

## 11/8/15 Program 15-45

### **Segment 1 Duration: 12:38**

#### **THERMOGENESIS & WEIGHT LOSS**

health care; science & technology; public health

Synopsis: Few female role models exist at major research universities in scientific fields, subverting efforts to get more women into math and science. Many scientists have dismissed gender bias as a factor. However, new research shows that unintentional bias results in women being subconsciously considered less competent than their male scientific counterparts. Experts explain how unconscious bias exists and its pervasive effect in academia and society at large.

Host: Reed Pence. Guests: Dr. Joan Herbers, Prof. of Evolution, Ecology and Organismal Biology, Ohio State Univ. and Past President, Assn. for Women in Science; Dr. Jo Handelsman, Associate Director for Science, US Office of Science and Technology Policy

### **Segment 2 Duration: 7:09**

#### **ONE MORE YEAR INSIDE ALZHEIMER'S**

health care; public health; consumerism; family issues; elderly and senior citizens; disabilities

Synopsis: One year ago, we visited Greg O'Brien, a journalist attempting to document his own decline into early onset Alzheimer's disease. Now he discusses the past year and the difficulties he's meeting as his disease progresses.

Host: Lynn Holley. Guest: Greg O'Brien, author, On Pluto: Inside the Mind of Alzheimer's

## **11/15/15 Program 15-46**

### **Segment 1 Duration: 12:19**

#### **INTERROGATION TACTICS & FALSE CONFESSIONS**

crime; police; courts and criminal justice system; public policy; law

Synopsis: Confessing to a crime that a person did not commit is a major reason for wrongful convictions. Scientists have found that the psychology of innocent people is a major reason for false confessions. Experts discuss the chain of events and psychology that allow them to occur, and public policy changes that could make them much more rare.

Host: Reed Pence. Guests: Dr. Max Gyll, Asst. Prof. of Psychology, Iowa State Univ.; Rob Warden, Executive Director, Center on Wrongful Convictions, Northwestern Univ. School of Law

### **Segment 2 Duration: 7:49**

#### **YOUR MEDICINE CABINET: A USER'S GUIDE**

youth at risk; drug safety

Synopsis: Most people's medicine cabinet is a disorganized mess with problems that could prevent healing and even threaten health. A pharmacist advised what should be in your medicine cabinet and how to keep those medicines safe and effective.

Host: Lynn Holley. Guest: Sherry Torkos, pharmacist and author, *The Canadian Encyclopedia of Natural Medicine and Saving Women's Hearts*

## **11/22/15 Program 15-47**

### **Segment 1 Duration: 12:01**

#### **FOOD INSECURITY**

poverty; hunger; youth at risk; federal government; welfare and food stamps; food pantries; charity and philanthrop

Synopsis: Forty-nine million people in the US are food insecure— often unsure they'll have three decent meals per day. The poor are also often forced to purchase foods that are poor in nutrition, which leads to high rates of obesity. Experts discuss reasons for food insecurity, outcomes, and a variety of inventive solutions.

Host: Reed Pence. Guests: Ross Fraser, Director of Media Relations, Feeding America; Leanne Brown, author, *Good and Cheap: How to Eat Well on \$4 a Day*; Susan Topping, Denior Director of Partners and Programs, Capital Area Food Bank, Washington, DC

### **Segment 2 Duration: 7:47**

#### **DOCTORS' CLOTHES: REASON TO CHANGE?**

consumerism; public safety; health care

Synopsis: Controversy has broken out over the doctor's traditional white lab coat and necktie. Some doctors say physicians should wear short sleeves instead because coats carry germs. Others maintain the white coat isn't a germ colony, but rather is a source of comfort for patients. Experts discuss.

Host: Nancy Benson. Guest: Dr. Gonzalo Bearman, Prof. of Medicine and hospital epidemiologist, Virginia Commonwealth Univ. Health System; Dr. Christopher Petrilli, Chief Medical Resident, Univ. of Michigan Health System; Peter Seelf, Team Leader, Member Experience, Boy Scouts of America

## **11/29/15 Program 15-48**

### **Segment 1 Duration: 12:19**

#### **RECHARGING OLD EGGS**

health care; technology; ethics; federal government and regulation

Synopsis: Infertility is often due to poor egg quality, or chromosomal damage. Some of this damage may occur in the egg's mitochondria, the cell's powerhouse. A new procedure seeks to replace mitochondria in old eggs with fresher mitochondria to improve egg quality. However, some doctors say there haven't been enough studies to know if the procedure is either safe or effective. Experts discuss.

Host: Reed Pence. Guests: Dr. Owen Davis, Prof. of Reproductive Medicine, Weill Cornell Medical College and President, American Society for Reproductive Medicine; Dr. Michelle Dipp, CEO and co-founder, Ovascience; Dr. Neal Mahutte, Medical Director, Montreal Fertility Center and President, Canadian Fertility and andrology Society

### **Segment 2 Duration: 7:34**

#### **CANCER PREHABILITATION**

consumerism; health care; economics

Rehabilitation has been a staple of recovery for many illnesses, but often not after cancer treatment. Similarly, sometimes people about to undergo orthopedic surgery may be given exercises, or prehabilitation, to prepare them. A nationally known rehab specialist discusses using prehabilitation techniques for newly diagnosed cancer patients.

Host: Nancy Benson. Guest: Dr. Julie Silver, Assoc. Prof. of Physical Medicine and Rehabilitation, Harvard Medical School

## **12/06/15 Program 15-49**

### **Segment 1 Duration: 12:45**

#### **CHILDREN'S MENTAL HEALTH TREATMENT**

health care; youth at risk; mental illness; education; consumerism

Synopsis: A recent study finds that about 35 percent of children receiving treatment for mental health issues are being treated only by a primary care physician. This is due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and adolescents and efforts to be sure they're prepared.

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

### **Segment 2 Duration: 7:25**

#### **SEASONAL AFFECTIVE DISORDER & THE HOLIDAYS**

Compliance issues covered: consumerism; health care; mental illness

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

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

## **12/13/15 Program 15-50**

**Segment 1 Duration: 12:11**

### **HUMAN TRAFFICKING: MODERN DAY SLAVERY**

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

Synopsis: Slavery was officially outlawed 150 years ago in the US, but millions of vulnerable low-wage workers are still exploited and trapped in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor in the US and how they might be rescued.

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

**Segment 2 Duration: 7:32**

### **MAKING JOY IN A COMPLICATED WORLD**

consumerism; family issues; mental illness

Synopsis: Surveys show that most Americans are less than happy, and seldom experience joy. Two experts discuss how even naturally glum people can manufacture joy.

Host: Nancy Benson. Guests: Dr. Sonja Lyubomirsky, Prof. of Psychology, Univ. of California Riverside and author, *The How of Happiness and Myths of Happiness: What Should Make You Happy But Doesn't, What Shouldn't Make You Happy, But Does*; Dr. Alex Korb, postdoctoral researcher, UCLA and author, *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression One Small Change at a Time*

## **12/20/15 Program 15-51**

**Segment 1 Duration: 12:17**

### **IT'S NO HOLIDAY IN THE EMERGENCY ROOM**

health care: consumerism; accident and injury; sports and recreation

Synopsis: The holidays are like no other time in your local hospital's emergency department. Having family in from out of town results in pickup football injuries, carving knife gashes, and maladies that should have been addressed long ago. Heart attacks additionally create a spike in dead-on-arrival cases greater than any other days of the year. Experts discuss why these occur and how to prevent them.

Host: Reed Pence. Guests: Dr. Christopher Michos, Connecticut ER physician; Dr. Robert Kloner, Director of Research, Heart Institute, Good Samaritan Hospital, Los Angeles and Prof. of Medicine, Keck School of Medicine, Univ. of Southern California; Dr. David Phillips, Prof. of Sociology, Univ. of California at San Diego.

**Segment 2 Duration: 7:29**

### **THE TRAUMATIZED BRAIN**

health care: consumerism; accident and injury; sports and recreation

Synopsis: Traumatic brain injuries, even mild ones, may produce cognitive and personality changes months later, when that "bump on the head" has been forgotten. An expert explains these injuries and how to prevent some of the consequences.

Host: Nancy Benson. Guest: Dr. Sandeep Vaishnavi, neuroscientist, Duke Univ. Medical Center, Director, Neuropsychiatric Clinic, Carolina Partners and co-author, *The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior After Brain Injury*



**12/27/15 Program 15-52**

**Segment 1 Duration: 12:42**

**HURDLES TO HEARING AIDS**

health care; public health; consumerism; economics; technology; senior citizen and aging issues; disabilities; military

Synopsis: Only about a fifth of people who could use hearing aids have them. Reasons include stigma, high cost, and poor training of people who actually get hearing aids. An audiologist, hearing aid manufacturer, and hearing aid user discuss solving these issues.

Host: Reed Pence. Guests: Dr. Mark Hammel, psychologist and hearing aid user; Dr. Cynthia Compton-Conley, Director, Consumer Technology Initiatives, Hearing Loss Assn. of America; Shawn Stahmer, Vice President of Business Development, Sound World Solutions

**Segment 2 Duration: 7:16**

**SERIOUSLY ILL ADOLESCENTS: STILL TEENS FIRST**

youth at risk; parenting; family issues

Synopsis: Seriously ill teenagers still act like teens in the hospital, sometimes aided and abetted by staff. A novelist discusses her observations from years on the hospital floor with her sick child as the basis for her book.

Host: Nancy Benson. Guest: Hollis Seamon, Prof. of English, College of St. Rose, faculty, MFA in Creative Writing program, Fairfield Univ. and author, *Somebody Up There Hates You*.

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