

**98.3★WCCQ**

*Your Hometown Country Station*

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WCCQ-FM  
Alpha Media LLC  
Crest Hill, Illinois

QUARTERLY ISSUES AND PROGRAMS REPORT

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THIRD QUARTER 2017

JULY 1-SEPTEMBER 30

FILED 10-3-2017

PREPARED BY: Carol McGowan-Alpha Media LLC

WCCQ-FM airs a weekly show, on Sunday, from 5am-5:30am, which focuses on various health related topics. The logs with segment dates, titles, topics, and guest are included in the following pages.

# RADIO HEALTH JOURNAL

The Latest In Health, Science & Technology

## 2017-Q3 (July-September) Radio Health Journal Quarterly Report Compliance Issues covered this quarter:

Addiction	Laws & Legal System
Affordable Housing	Local Government
American Culture	Medicare & Medicaid
Auto & Highway Safety	Men's Issues
Child Abuse	Mental Health
Child Protection	Military
Child Safety	National Security
Colleges and Universities	Parenting Issues
Consumerism	Pets & People
Crime	Police
Diet & Nutrition	Pop Culture
Discrimination	Poverty
Drug and Tobacco Abuse	Psychology
Economics	Public Health
Education	Public Safety
Emergency Response/911	Rural/Small Town Issues
Employment	Sexual Assault
Ethics	Suicide
Family Issues	Technology & Science
Family Relations	Tobacco And Substance Abuse
Federal Government And Regulation	Women's Issues
Fire and EMS	Workplace Issues
Gender Issues	Youth At Risk
Health Care	
Homelessness	

Interpersonal Relationships

Program: 17-27  
Air Week: 07/02/17-07/08/17

Producers: Reed Pence & Libby Foster  
Production Director: Sean Waldron

Time Segment Dur.

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2:05 SEGMENT 1: OVERWHELMED TEENS 12:46

Synopsis: High schoolers in high achieving suburbs & private academies are often pushed to do more and more, and do it well. It creates a culture of pressure that may have severe mental health consequences. Experts discuss where the pressure comes from and what parents can do about it.

Host: Reed Pence. Guests: Dr. Michael Bradley, clinical psychologist and author, *Crazy-Stressed: Saving Today's Overwhelmed Teens With Love, Laughter, and the Science of Resilience*; Jared Mason, Teen Programming Director, Alive Center, Naperville, IL and former high school English teacher; Saumya Bharti, senior, Naperville Central High school and member, Student Advisory Board, Alive Center; Kandice Henning, Founder and Executive Director, Alive Center.

Compliance issues covered: education; youth at risk; suicide; parenting issues; mental health issues

Links for more information:

<http://www.doctormikebradley.com>;

<http://alivenaperville.com>

15:53 SEGMENT 2: A DOCTOR WHO REALLY CAN FEEL YOUR PAIN 6:45

Synopsis: Dr. Joel Salinas has mirror touch synesthesia, a condition involving cross wiring in the brain. The result is that visual stimuli prompt a response in his touch system. He literally feels it when people experience pain. Salinas discusses how this strange condition works and how he is able to use it in diagnosis.

Host: Karen Hand. Guest: Dr. Joel Salinas, neurologist, Massachusetts General Hospital and author, *Mirror Touch: Notes From a Doctor Who Can Feel Your Pain*

Compliance issues covered: health care; consumerism

Link for more information:

<https://joelsalinasmd.com/book/>

Program: 17-28  
Air Week: 07/09/17-07/15/17

Producers: Reed Pence, Polly Hansen & Libby Foster  
Production Director: Sean Waldron

Time Segment \_\_\_\_\_ Dur.

1:55 SEGMENT 1: OUR OBESITY OBSESSION: DOES SCIENCE SUPPORT IT? 12:46

Synopsis: The cultural bias against obesity is often justified on health grounds. But, recent studies show that people classified in the "overweight" BMI category actually have less mortality than normal weight people. Experts discuss how culture drives our obsession with weight and what science really has to say about it.

Host: Reed Pence. Guests: Harriet Brown, Assoc. Prof. of Magazine Journalism, Newhouse School of Public Communication, Syracuse Univ. and author, *Body of Truth: How Science, History, and Culture Drive Our Obsession With Weight and What We Can Do About It*; Dr. Carl Lavie, Medical Director of Preventive Cardiology, John Ochsner Heart & Vascular Institute, New Orleans and author, *The Obesity Paradox: When Thinner Means Sicker and Heavier Means Healthier*

Compliance issues covered: health care; public health; discrimination; science and technology; economics

Links for more information:

<http://harrietbrown.com>

<http://obesityparadox.com>

15:43 SEGMENT 2: THE SCIENCE OF SMELL 7:12

Synopsis: The sense of smell evokes powerful memories and makes food taste good, but it also has important functions in interpersonal relations and personal safety. Experts discuss the science behind it.

Host: Nancy Benson. Guests: Dr. Charles Wysocki, Behavioral Neuroscientist Emeritus, Monell Chemical Senses Center; Neil Pasricha, author, *The Book of Awesome*

Compliance issues covered: consumerism; interpersonal relations; gender issues;

Link for more information:

[http://www.monell.org/faculty/people/charles\\_j\\_wysocki](http://www.monell.org/faculty/people/charles_j_wysocki);

<http://1000awesomethings.com>

Program: 17-29  
Air Week: 07/16/17-07/22/17

Producers: Reed Pence, Polly Hansen & Libby Foster  
Production Director: Sean Waldron

<u>Time Segment</u>	<u>Dur.</u>
2:04 SEGMENT 1: SIBLING ABUSE	12:23

Synopsis: Psychological or physical abuse by siblings is much more common than most people realize. It can leave severe psychological scars. However, parents often downplay it, calling it "normal sibling rivalry." Experts discuss the extent of the problem, warning signs of abuse, and how parents can act without involving family services officials and endangering the family.

Host: Reed Pence. Guests: Dr. John Caffaro, Distinguished Prof., Alliant Intl. Univ.; Nancy Kilgore, PTSD trainer, abuse survivor and author, *Girl in the Water*; Dr. Mandy Morrill-Richards, Asst. Prof. of Psychology, Valparaiso Univ.

Compliance issues covered: public health; youth at risk; child abuse, child safety and child protection; parenting issues

Links for more information:

<http://member.agpa.org/imis/agpa/cgpdirectory/MemberDetail.aspx?id=23388>  
<http://psychcentral.com/lib/girl-in-the-water-a-true-story-of-sibling-abuse/>  
<http://www.valpo.edu/psychology/about/faculty-and-staff-2/mandy-morrill-richards-ed-d/>

15:29 SEGMENT 2: TEETH AND THE STRUGGLE FOR ORAL EQUALITY	7:25
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Synopsis: We often judge people by their smiles. However, dental care and medical care have always been separate in the US, creating a large population that doesn't receive dental care. These people often end up with extremely poor oral health and make up a surprisingly large proportion of ER visits. Experts discuss.

Host: Nancy Benson. Guests: Mary Otto, author, *Teeth: The Story of Beauty, Inequality and the Struggle for Oral Health in America*; Dr. Cheryl Watson-Lowry, inner city Chicago dentist

Compliance issues covered: consumerism; health care; federal government and laws

Link for more information:

<http://thenewpress.com/books/teeth>  
<http://www.chicagotribune.com/business/promotions/chi-ugc-article-dr-cheryl-watson-lowry-becomes-secretary-of-2016-12-05-story.html>

Program: 17-30  
Air Week: 07/23/17-07/29/17

Producers: Reed Pence, Polly Hansen & Libby Foster  
Production Director: Sean Waldron

Time Segment \_\_\_\_\_ Dur.

2:01 SEGMENT 1: CONSOLIDATING 911: WHERE DO WE DRAW THE LINE? 12:14

Synopsis: 911 is literally a lifeline for millions of Americans, but it's mostly based on old technology depending on landline phones to know where callers are. Expensive next generation technology built for the 75 percent of 911 calls from cell phones has helped push call centers to consolidate. But will it cost lives when a far away call center worker, with no local geographic knowledge, takes your call? Experts discuss.

Host: Reed Pence. Guests: Budge Currier, 911 Administrator, State of California; Elizabeth Adams, former 911 call center administrator, Vermont State Police; Lawrence Consalvos, President and Chief Operating Officer, IXP Corp., public safety firm.

Compliance issues covered: public safety; police, fire and EMS; emergency preparedness and 911; employment; local government

Links for more information:

<http://www.caloes.ca.gov>

<http://www.news7newslinc.net/index.php/vermont/1240-911-dispatch-centers-calling-for-help>

<http://www.ixpcorp.com/About/Executive-Leadership.aspx>

15:17 SEGMENT 2: HEALING CHILDREN: NOT JUST LITTLE ADULTS 7:41

Synopsis: Children's medicine is more specialized than many people think. Pediatric practitioners and hospitals are set up to deal with the different biology of children. An expert explains.

Host: Nancy Benson. Guest: Dr. Kurt Newman, President and CEO, Children's National Health System and author, *Healing Children: A Surgeon's Stories from the Frontiers of Pediatric Medicine*

Compliance issues covered: youth at risk; health care; consumerism; parenting issues

Link for more information:

<http://www.penguinrandomhouse.com/books/317981/healing-children-by-kurt-newman-md/9780525428831/>

Program: 17-31  
Air Week: 07/30/17-08/05//17

Producers: Reed Pence & Libby Foster  
Production Director: Sean Waldron

Time Segment \_\_\_\_\_ Dur.

2:01 SEGMENT 1: CAR CRASH VICTIMS & PTSD 13:20

Synopsis: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover.

Host: Reed Pence. Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, *After the Crash*; Debbie Miller Koziarz, car accident survivor

Compliance issues covered: public safety; auto & highway safety; mental health

Links for more information:

<http://www.apa.org/pubs/books/4317028.aspx>

16:23 SEGMENT 2: EVALUATING VETERANS' HEALTHCARE 6:24

Synopsis: Around nine million military veterans receive healthcare services from the Department of Veterans Affairs. An expert discusses her contention that the care the VA provides is much better than its perception.

Host: Nancy Benson. Guest: Suzanne Gordon, author, *The Battle for Veterans' Healthcare: Dispatches From the Frontlines of Policy Making and Patient Care*.

Compliance issues covered: health care; federal government; military

Link for more information:

<http://suzannegordon.com>



Program: 17-32  
Air Week: 08/06/17-08/12/17

Producers: Reed Pence & Libby Foster  
Production Director: Sean Waldron

<u>Time Segment</u>	<u>Dur.</u>
3:00 SEGMENT 1: THE RISKS OF EGG DONATION	11:31

Synopsis: Some agencies estimate that 50,000 children have been born in the US using donor eggs. But egg donation (or sale, as some insist) is not regulated, and while short-term risks are known, few donors have been followed for years. Long-term risks are not well understood. Experts discuss what we know... and what we don't.

Host: Reed Pence. Guests: Dr. Linda Kahn, postdoctoral fellow in pediatrics, New York Univ. School of Medicine; Dr. Richard Paulson, Prof. of Reproductive Medicine, Univ. of Southern California and President, American Society of Reproductive Medicine; Dr. Wendy Chavkin, Prof. of Public Health and Obstetrics and Gynecology, Columbia Univ.

Compliance issues covered: health care; economics; ethics; technology; women's issues; federal government and regulation

Links for more information:

<http://uscfertility.org/about-uscfertility/richard-j-paulson-md/>

<https://www.mailman.columbia.edu/people/our-faculty/wc9>

15:33 SEGMENT 2: "SOCIAL JETLAG"	6:48
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Synopsis: New studies show that changing your weekday sleep schedule by sleeping in as little as an hour every weekend can have severe health impact. Experts discuss this "social jetlag," why it occurs, and how people can avoid health concerns without avoiding staying out late.

Host: Nancy Benson. Guests: Sierra Forbush, researcher, University of Arizona College of Medicine; Dr. Alon Avidan, Director, UCLA Sleep Disorder Center.

Compliance issues covered: health; pop culture

Links for more information:

<http://www.sleephealthresearch.com/shrp/team.html>

<https://www.realsimple.com/health/preventative-health/sleep/sleeping-in-social-jet-lag-health-effects>

Program: 17-33  
Air Week: 08/13/17-08/19/17

Producer: Libby Foster  
Production Director: Sean Waldron

<u>Time Segment</u>	<u>Dur.</u>
3:00 SEGMENT 1: HOMELESSNESS CRIMINALIZED	12:41

Synopsis: Many local jurisdictions have criminalized activities of the homeless, such as sleeping on public streets or panhandling. While these laws make cities feel like they're doing something to ease public discomfort over the presence of the homeless, jail does nothing to address root causes of homelessness and may even make the situation worse. Experts discuss.

Host: Reed Pence. Guests: Eric Tars, Senior Attorney, National Law Center on Homelessness and Poverty; Scout Katovich, Lowenstein Human Rights Clinic, Yale Univ.; Peggy Choudry, Commissioner, Osceola County, FL

Compliance issues covered: homelessness and poverty; laws and legal system; affordable housing; employment

Links for more information:

<http://www.ushrnetwork.org/about-us/who-we-are/board/eric-tars>

<https://law.yale.edu/yls-today/news/gruber-program-names-2017-18-fellows>

<http://www.osceola.org/people/302213-peggy-choudhry.stml>

15:43 SEGMENT 2: DEATH PREP	7:15
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Synopsis: Even though death is part of life, few people prepare for it by collecting important documents and contact points that survivors will need to know. Two experts discuss organizing for the inevitable.

Host: Nancy Benson. Guests: Melanie Cullen, author, *Get It Together*; Karen Lee Cline, co-author, *If I Croak: The Things You Should Know*

Compliance issues covered: family relations

Links for more information:

<http://getittogetherbook.com/about.htm>

<https://if-i-croak.com>

Program: 17-34  
Air Week: 08/20/17-08/26/17

Producers: Reed Pence & Libby Foster  
Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:58	SEGMENT 1: RURAL HOSPITALS IN TROUBLE	10:45

Synopsis: Many of the nation's hospitals serving small towns and rural areas are in deep financial trouble because of a heavy reliance on underpaying Medicare and Medicaid programs. The situation could be made much worse if Congress cuts Medicaid funding, a centerpiece of "repeal and replace" of Obamacare. Experts discuss the need for rural healthcare and the close link between hospitals and community economics.

Host: Reed Pence. Guests: Dr. Carrie Henning-Smith, Research Associate, Univ. of Minnesota Rural Health Research Center; Michael Topchik, Director, Chartis Center for Rural Health; Dr. Daniel Derksen, Director, Univ. of Arizona Center for Rural Health

Compliance issues covered: health care; public health; rural and small town issues; economics; Federal government, Medicare and Medicaid

Links for more information:

<http://rhrc.umn.edu/about/staff/-staff-4>

<https://publichealth.arizona.edu/directory/daniel-derksen>

14:45	SEGMENT 2: MULTITASKING: PRACTICALLY IMPOSSIBLE	8:00
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Synopsis: Multitasking seems like a necessity for most people, and most of us think it improves our efficiency. However, studies show that only a tiny proportion of people can juggle tasks well. Researchers discuss why our brains can't do two things at once, and why "supertaskers" may be different.

Host: Nancy Benson. Guests: Dr. David Strayer, Prof. of Cognition Neurosciences, Univ. of Utah; Dr. Jayson Watson, Assoc. Prof. of Psychology, Univ. of Utah

Compliance issues covered: workplace issues; consumerism

Links for more information:

<http://www.psych.utah.edu/people/person.php?id=79>

Program: 17-35  
Air Week: 08/27/17-09/02/17

Producers: Reed Pence & Libby Foster  
Production Director: Sean Waldron

<u>Time Segment</u>	<u>Dur.</u>
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3:03 SEGMENT 1: DIAGNOSTIC MISTAKES	9:15
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Synopsis: Medical errors are the third largest cause of death in the US, and mistakes in making diagnoses are the most frequent form of error. A noted expert discusses why mistakes happen, and what doctors and patients can do to make them less frequent.

Host: Reed Pence. Guest: Dr. David Newman-Toker, Prof. of Neurology, Ophthalmology and Otolaryngology, Johns Hopkins Univ. School of Medicine and Director, Center for Diagnostic Excellence

Compliance issues covered: health care; public health; technology; education

Links for more information:

<http://www.hopkinsmedicine.org/profiles/results/directory/profile/0015937/david-newman-toker>

13:20 SEGMENT 2: MEDICAL LAB MISTAKES	9:47
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Synopsis: Errors in medical labs can have life-threatening consequences. An expert explains that human error is impossible to completely eliminate, so labs are increasingly turning to DNA tracking to catch mistakes when they occur.

Host: Nancy Benson. Guest: Dr. John Pfeifer, Prof. and Vice Chair for Clinical Affairs, Dept. of Pathology and Immunology, Washington Univ. School of Medicine, St. Louis.

Compliance issues covered: health care; public health; technology; education

Links for more information:

<https://pathology.wustl.edu/directory/john-pfeifer-md-phd/>

Program: 17-36  
Air Week: 09/03/17-09/09/17

Producers: Polly Hansen, Libby Foster & Reed Pence  
Production Director: Sean Waldron

<u>Time Segment</u>	<u>Dur.</u>
2:05 SEGMENT 1: BEHAVIORAL SCIENCES AT THE CIA	11:48

Synopsis: Analysts at the Central Intelligence Agency often rely on psychological techniques to predict the behavior and decisions of world leaders, and also of populations around the world. Experts, including an active CIA analyst, describe how they do it, and how other nations use these techniques as well.

Host: Reed Pence. Guests: George Gerliczy, Senior Analyst, Central Intelligence Agency; Dr. David Broniatowski, Asst. Prof. of Engineering Management Systems, George Washington Univ.

Compliance issues covered: psychology and technology; national security; federal government

Links for more information:

<https://www.seas.gwu.edu/david-broniatowski>

14:55 SEGMENT 2: ARE LEFTIES REALLY DIFFERENT?	7:48
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Synopsis: Handedness is a central part of a person's identity. Left-handers are often seen as somehow different than the rest of us, and over history they've been stereotyped as more quirky, intelligent, and sinister than righties. Science shows that some labels are likely to be true. Experts discuss where handedness comes from, and what differences truly result.

Host: Nancy Benson. Guests: R. Ron Yeo, Regents Prof., Univ. of New Mexico; Kim Sawyer, left-hander; Dr. Clare Porac, Prof. of Psychology, Penn State Univ. and author, *Laterality: Exploring the Enigma of Left-Handedness*

Compliance issues covered: American culture; consumerism

Links for more information:

<https://psych.unm.edu/people/faculty/profile/ronald-yeo.html>

<https://sites.psu.edu/clarep/>

Program: 17-37  
Air Week: 09/10/17-09/16/17

Producers: Reed Pence, Evan Rook & Libby Foster  
Production Director: Sean Waldron

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:01	SEGMENT 1: LUNG CANCER STIGMA	11:44

Synopsis: Most forms of cancer have a built-in constituency of patients, loved ones, and concerned others. Lung cancer patients, instead, are often blamed for their own disease because of its frequent connection with smoking. Patients are often isolated, and research dollars lag behind other, less common cancer killers.

Host: Reed Pence. Guests: Donna Fernandez, lung cancer patient; Carly Ornstein, National Director of Lung Cancer Education, American Lung Assn.

Compliance issues covered: health care; public health; discrimination

Links for more information:

<http://www.curetoday.com/articles/the-american-lung-association-seeks-to-end-stigma>

<http://www.lung.org>

14:47	SEGMENT 2: PET OBESITY	8:00
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Synopsis: Just as people face an obesity crisis in the US, so do our pets, who have many of the same health consequences as overweight humans. Experts discuss why pet obesity is a problem and ways pet owners can keep their furry friends healthy.

Host: Nancy Benson. Guests: Dr. Ernie Ward, Veterinarian and founder, Association for Pet Obesity Prevention; Dr. Deborah Linder, Research Asst. Prof., Cummings School of Veterinary Medicine, Tufts Univ.

Compliance issues covered: family issues; pets and people

Links for more information:

<https://petobesityprevention.org>

<http://vetprofiles.tufts.edu/faculty/deborah-e-linder>

Program: 17-38  
Air Week: 09/17/17-09/23/17

Producers: Reed Pence & Libby Foster  
Production Director: Sean Waldron

Time Segment \_\_\_\_\_ Dur.

2:04 SEGMENT 1: CUTTING NICOTINE IN CIGARETTES 12:41

Synopsis: The FDA has proposed mandating a significant cut in the nicotine content of cigarettes to encourage them to move to healthier forms of nicotine distribution, such as e-cigarettes. Experts explain how the plan might work and the science behind it.

Host: Reed Pence. Guests: Dr. Eric Donny, Director, Center for Evaluation of Nicotine and Cigarettes, Univ. of Pittsburgh; Dr. Neal Benowitz, Prof. of Medicine and Bioengineering and Therapeutic Sciences and Chief, Division of Pharmacology, Univ. of California, San Francisco; Dr. Joshua Sharfstein, Prof. of the Practice, Johns Hopkins Univ. Bloomberg School of Public Health and former FDA Deputy Commissioner; Dr. Stanton Glantz, Prof. of Medicine, Univ. of California, San Francisco and Director, Center for Tobacco Control Research and Education.

Compliance issues covered: health care; public health; federal government and regulation; drug and tobacco abuse; addiction; youth at risk

Links for more information:

<http://www.psychiatry.pitt.edu/node/8379>

<http://profiles.ucsf.edu/neal.benowitz>

<https://www.jhsph.edu/faculty/directory/profile/1781/joshua-m-sharfstein>

<https://tobacco.ucsf.edu/users/sglantz>

15:47 SEGMENT 2: DO CARDIOLOGISTS KNOW NUTRITION? 7:11

Synopsis: A healthy diet is one of the best weapons against heart disease and its recurrence, yet new studies show cardiologists (as well as other physicians) are woefully deficient in nutritional knowledge. Experts discuss causes and outcomes of this lack of knowledge.

Host: Nancy Benson. Guests: Dr. Charles Katzenberg, Univ. of Arizona Sarver Heart Center; Dr. Stephen Devries, Exec. Director, Gaples Institute for Integrative Cardiology

Compliance issues covered: health care; public health; education; diet and nutrition

Links for more information:

[http://heart.arizona.edu/faculty/faculty\\_2861](http://heart.arizona.edu/faculty/faculty_2861)

<https://www.gaplesinstitute.org/about-us/board-and-officers/>

Program 17-39  
Air Week 09/24/17-09/30/17

Producers: Reed Pence & Polly Hansen  
Production Director: Sean Waldron

Time Segment \_\_\_\_\_ Dur.

2:02 SEGMENT 1: ENLISTING MEN AGAINST SEXUAL ASSAULT 11:41

Synopsis: Colleges are required by Federal law to present anti-sexual assault training to new students, but rather than instilling "no means no," some experts think we need to do much more to enlist men to help prevent sexual assault. Experts discuss how it can be done by making men allies, rather than regarding them as potential perpetrators, and also through bystander training.

Host: Reed Pence. Guests: Dr. John Foubert, Prof. of Higher Education and Student Affairs, Oklahoma State Univ., National President, One in Four, and author of 7 books on preventing sexual assault; Ashley Warner, psychoanalyst and author, *The Year After: A Memoir*; Dorothy Edwards, Exec. Director, Green Dot, Etc.

Compliance issues covered: women's issues; sexual assault; crime; education; colleges and universities; gender issues; public safety; men's issues

Links for more information:

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

<http://www.oneinfourusa.org>

<https://alteristic.org/>

14:45 SEGMENT 2: TEENAGE BOYS: THEY'RE NOT LAZY 8:05

Synopsis: Teenage boys are often labeled as lazy by parents who see that their homework isn't done and their attitude is one of disinterest. An expert psychologist explains the inner workings of teen boys and how parents can bring out the best in them.

Host: Nancy Benson. Guest: Dr. Adam Price, author, *He's Not Lazy: Empowering Your Son to Believe in Himself*

Compliance issues covered: youth at risk; parenting issues; education

Links for more information:

<https://www.hesnotlazy.com>