

PPR October 2018

Education Adults/Seniors 10/8-10/15

Cornell Cooperative Extension of Steuben County is offering a free workshop, 'Long Term Care Planning', to help sort through the options from 1:00-3:00 pm on Tuesday, October 16, 2018 at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Health Adults/Seniors 10/1-10/9/18

Cancer Survivorship Program in Livingston County for cancer survivors and their caregivers. This program will be focused on complementary therapies in cancer survivorship, including Music Therapy, Oncology Massage, Yoga and Mindfulness Based Stress Reduction. This program will take place on Wed Oct 10 at the Dansville Public Library from 6:30-8pm.

Community All Ages 10/20-10/28

The Larger Parish Church of Canaseraga is sponsoring a Harvest Dinner with turkey and all the trimmings on Wed Oct 24 at the Canaseraga American Legion. Dine in \$9 donation. Takeout's by presale only. 607-545-6261

PPR November 2018

Entertainment All Ages 11/10-11/18

Beta Sigma Phi Penny Social on Monday Nov 19 at Dansville Moose Club, 6 Main St. Doors open 6pm, drawing 7pm. Raffles, door prizes, 50/50, free refreshments.

Community All Ages 10/25-11/2

Wayland United Methodist Church, corner of East Ave & N Lackawanna Sts. All-You-Can-Eat Spaghetti & Meatball Dinner. Adult \$8, children (5-12) \$5. Take-outs available.

Education Adults/Seniors 11/20-11/28

Cornell Cooperative Extension is inviting the public to their Annual Meeting Dinner & Open House on Thur, Nov 29 from 6-8:30pm at their new CCE-Steuben Office, 20 E Morris St, Bath, NY. The event will feature the final Centennial Lecture, 'From Concord to Cabernet (and everything in between): Growing Grapes and Making Wine in the Finger Lakes. Suggested donation \$15.

PPR Dec 2018

Entertainment Children/Youth 12/1-12/7

Dinky Doo Petting Zoo – Santa will be there Sat Dec 8 & Sun Dec 9 from 9a-6p. Santa visit is free...admission to the petting zoo is \$5, includes free bunny treats, hot chocolate, coffee & cookies. Animals have special tricks for you and will be dressed in costumes. 1864 Rt 63, Wayland

Education Adult/Seniors 12/10-12/17

Cornell Cooperative Extension of Steuben County offers a free workshop...Save Energy Save Dollars...class on Tue Dec 18 from 9-11a at the St Thomas Church, 122 Liberty St, Bath. Call 607-664-2300 to register.

Community All Ages 12/1-12/7

Christmas Bake Sale & Bazaar, Sat Dec 8 from 10a-2p at Atlanta Presbyterian Church, Main St. Treasures, 50/50 drawing, free coffee. Proceeds benefit the work of the church.



Call Letters: WDNY

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2018

Show # 2018-40

Date aired: 10/7/18 Time Aired: 6:05 a.m.

Ryan Hampton, recovering addict, author of *"American Fix: Inside the Opioid Addiction Crisis - and How to End It"*

Nearly every American knows someone who has been affected by the opioid crisis. Mr. Hampton shared his story of addiction and recovery. He said 9 out of 10 Americans who need addiction treatment are not able to access it. He believes the nation's approach to treatment needs to be reformed from the bottom to the top. He said billions of dollars of federal spending aimed at this problem are not making it to local communities.

Issues covered:

Length: 9:08

**Drug Addiction
Government Policies**

Kevin Leman, PhD, psychologist, author of *"When Your Kid Is Hurting: Helping Your Child through the Tough Days"*

The impulse for parents to protect their children is strong, but Dr. Leman said that very protection can end up handicapping them for life. He said that rather than seeking to save them from unhappiness or struggle, parents must teach their kids how to cope with and rise above their problems. He discussed the importance of listening and offered techniques to get kids to talk about their problems.

Issues covered:

Length: 8:12

**Parenting
Youth at Risk**

Amanda Dixon, Analyst and Senior Reporter at Bankrate.com

Ms. Dixon outlined the results of a recent Bankrate.com survey that found that American households with the lowest incomes spend the most on items they don't need, such as lottery tickets, restaurant food and prepared drinks, like coffee and smoothies. She said even minor changes in a person's spending can have a dramatic impact on their ability to build an emergency savings fund.

Issues covered:

Length: 5:09

**Poverty
Consumer Matters
Personal Finance**

Show # 2018-41

Date aired: 10/14/18 Time Aired: 6:05 a.m.

Lisa Lockerd Maragakis, MD, MPH, Senior Director of Infection Prevention at the Johns Hopkins Health System in Baltimore

Last year's flu season was one of the deadliest in the last 40 years, with an estimated 80,000 deaths in the U.S. Dr. Maragakis explained why it is important to get a flu shot in October. She discussed the different types of flu vaccine available and dispelled some of the most common myths about it.

Issues covered:
Public Health

Length: 8:49

Jean M. Twenge, PhD, Professor of Psychology at San Diego State University, author of the book "iGen"

Fewer than 20 percent of U.S. teens report reading a book, magazine or newspaper daily for pleasure, while more than 80 percent say they use social media every day, according to Dr. Twenge's latest research. She noted that the decline in reading print media was especially steep. She explained why this is such cause for concern and what parents can do to counteract it.

Issues covered:
Literacy
Parenting
Teenage Concerns

Length: 8:32

Keita Franklin, PhD, Executive Director of Suicide Prevention for the U.S. Department of Veterans Affairs

Suicide is a national public health issue that affects all Americans, but it is a particularly serious problem among both active duty service members and military veterans. Dr. Franklin discussed the possible reasons behind this trend. She also talked about a new VA campaign intended to increase the availability of mental health and suicide prevention resources for at-risk veterans.

Issues covered:
Suicide
Military/Veterans Concerns

Length: 5:08

Show # 2018-42

Date aired: 10/21/18 Time Aired: 6:05 a.m.

Ken Dychtwald, Ph.D., gerontologist, psychologist, CEO of Age Wave, a company that conducts research on issues relating to aging populations

Dr. Dychtwald discussed his recent survey that uncovered the staggering amount of financial support that parents are providing to their adult children. He found that 79% of parents are providing money to their children between age 18 and 34, and the average was \$7,000 a year. He said that figure is twice the amount that parents are putting into their own retirement accounts. He explained the possible reasons behind this trend.

Issues covered:
Parenting
Retirement Planning
Student Debt

Length: 9:47

Jeff Asher, crime analyst based in New Orleans

Mr. Asher discussed his research into the connection between weather and gun violence. He found that twice as many people are shot in northern cities on hot days compared to cold ones. He also talked about the potential long term effects of climate change on crime rates.

Issues covered:

Length: 7:26

Gun Violence
Crime
Climate Change

Gail J. McGovern, President and CEO of the American Red Cross

Ms. McGovern discussed the Red Cross' response to the catastrophic damage left by hurricane Michael. She outlined the greatest challenges faced by relief workers on the ground. She said the Red Cross' greatest needs are blood donations, volunteers and financial donations.

Issues covered:

Length: 5:11

Disaster Relief
Volunteerism
Blood Donation
Charitable Contributions

Show # 2018-43

Date aired: 10/28/18 Time Aired: 6:05 a.m.

Deborah Thorne, PhD, Associate Professor of Sociology at the University of Idaho, Principle Investigator on the nationally-recognized Consumer Bankruptcy Project

Dr. Thorne's research paper entitled "Graying of U.S. Bankruptcy: Fallout from Life in a Risk Society" found that the rate at which Americans age 65 and older are filing for bankruptcy has more than tripled since 1991. She outlined a number of factors that may contribute to this problem, including rising healthcare expenses and a lack of financial knowledge or discipline to properly save for retirement, since pensions have been replaced by 401k plans.

Issues covered:

Length: 9:27

Bankruptcy
Senior Citizens
Retirement Planning

Elizabeth Saewyc, PhD, RN, FSAHM, FCAHS, FAAN, Professor of Nursing at the University of British Columbia

Dr. Saewyc conducted a recent survey that found that boys—not girls—are more likely to report being victims of dating violence committed by partners who hit, slap or push them. While there has been an overall decline in dating violence, she believes that it may still be socially acceptable for girls to hit or slap boys in dating relationships. She suggested that teenagers who date need more support and education programs to address this problem.

Issues covered:

Length: 7:43

Social Violence
Teenager Concerns

Andrew Gewirtz, PhD, Professor in the Institute for Biomedical Sciences at Georgia State University

Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.

Issues covered:

**Nutrition
Cancer
Personal Health**

Length: 5:01

Show # 2018-44

Date aired: 11/4/18 Time Aired: 6:05 a.m.

Sarah Stanley Fallaw, PhD, industrial psychologist, researcher, and president of DataPoints, author of *"The Next Millionaire Next Door: Enduring Strategies for Building Wealth"*

Dr. Stanley wrote a follow up to her father's classic book *"The Millionaire Next Door."* She talked about several myths relating to millionaires and how they accumulate wealth. She discussed the importance of living below your means, and how to identify and develop behaviors that are conducive to building wealth.

Issues covered:

**Personal Finance
Consumer Matters
Retirement Planning**

Length: 9:44

Jason West, PhD, Professor of Environmental Sciences and Engineering at the University of North Carolina at Chapel Hill Gillings School of Global Public Health

Air pollution in the U.S. has decreased since about 1990. Dr. West led a study that found that this improvement resulted in a 47% decrease in deaths related to air pollution exposure. He noted that, despite clear improvements, air pollution remains an important public health issue in the U.S., with an estimated 71,000 deaths in 2010. He discussed the effectiveness of tree planting programs and other steps ordinary people can take to help.

Issues covered:

**Air Pollution
Government Regulations
Energy**

Length: 7:26

Alan Monheit, PhD, Professor of Health Economics and Chair, Department of Health Systems & Policy in the School of Public Health, Rutgers University

Dr. Monheit led a study that examined the relationship between parental education and family healthcare spending. He found that parents educated beyond high school spend significantly more on healthcare, despite differences in family income and health insurance. He also discussed differences he found in healthcare decisions made by single-mother families compared to two-parent families.

Issues covered:

**Public Health Policy
Education
Parenting**

Length: 5:04

Show # 2018-45

Date aired: 11/11/18 Time Aired: 6:05 a.m.

Bonnie Halpern-Felsher, PhD, Professor of Pediatrics, Stanford University School of Medicine

Dr. Halpern-Felsher led a study that found that teens and young adults who use Juul brand e-cigarettes are failing to recognize the product's addictive potential, despite using it more often than their peers who smoke conventional cigarettes. She said the nicotine levels in a single Juul pod are the equivalent of smoking 1 ½ to 2 packs of cigarettes. She also discussed the high vulnerabilities of teens to brain changes caused by e-cigarettes, as compared to people in their twenties.

Issues covered:
Substance Addition
Teenager Concerns
Health

Length: 9:00

Lan Nguyen Chaplin, PhD, Associate Professor of Marketing, University of Illinois at Chicago

Materialism may be more common than ever. Dr. Chaplin led a study that tested ways to reduce materialism among young consumers. She found that a teenagers who completed a two-week gratitude journal were significantly more grateful, more generous and less materialistic.

Issues covered:
Parenting
Consumer Matters

Length: 8:05

Thomas Newkirk, PhD, Professor Emeritus, University of New Hampshire

In this age of smartphones, Twitter and information scrolling at the bottom of TV screens, Americans are reading faster than ever. Prof. Newkirk believes this is a negative trend, and that readers get greater enjoyment and comprehension when they read slowly. He talked about the reasons why people tend to skim text, and techniques they can use to slow down.

Issues covered:
Literacy
Education

Length: 4:37

Show # 2018-46

Date aired: 11/18/18 Time Aired: 6:05 a.m.

Ryan Kalember, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

Issues covered:
Crime
Online Security
Personal Finance

Length: 7:43

Diane Redleaf, family defense attorney, author of *"They Took the Kids Last Night: How the Child Protection System Puts Families at Risk"*

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

Issues covered:

Length: 9:24

**Foster Care
Minority Concerns
Parenting**

David Mizejewski, Naturalist at the National Wildlife Federation

Mr. Mizejewski talked about the benefits of allowing leaves to decompose naturally, rather than raking them up and disposing of them. In addition to serving as a natural fertilizer, he said butterflies and songbirds depend on leaf litter for food sources. He also discussed the environmental impact of bagging up lawn debris for disposal.

Issues covered:

Length: 4:37

Environment

Show # 2018-47

Date aired: 11/25/18 Time Aired: 6:05 a.m.

Brandi Britton, District President of Office Team, a staffing service providing temporary administrative and office support staff

Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

Issues covered:

Length: 7:28

**Employment
Career
Social Media**

Jennifer Bradley, co-author of "Make it Zero: The Movement to Safeguard Every Child"

Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

Issues covered:

Length: 9:43

**Human Trafficking
Child Abuse
Poverty**

Richard Thaler, PhD, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision-making in business, government and life in general.

Issues covered:

**Economics
Consumer Matters
Mental Health**

Length: 4:49

Show # 2018-48

Date aired: 12/2/18 Time Aired: 6:05 a.m.

Patrick O'Rourke, Certified Public Accountant in Washington, D.C., founder of ScholarshipStats.com

There are roughly 8 million high-school student athletes in the U.S. However, only a small percentage go on to play a sport in college, and even fewer receive athletic scholarships.

Mr. O'Rourke explained which sports have the most scholarship money available. He talked about parents' misconceptions about college scholarships and offered advice.

Issues covered:

**Youth Sports
Education
Parenting**

Length: 8:58

Jennifer Molinsky, PhD, housing expert, Senior Research Associate at the Joint Center for Housing Studies of Harvard University

Dr. Molinsky shared the findings of her annual report on the nation's housing. She said that many older Americans are burdened by housing costs, and that affordable, accessible and supportive senior housing is in short supply. She also warned that many households in their 50s and early 60s may not be financially prepared for retirement.

Issues covered:

**Housing
Senior Citizens
Retirement Planning**

Length: 8:17

Karen Bakies, RDN, LD, FAND, Registered Dietitian and Vice President of Nutrition Affairs for the American Dairy Association Mideast in Columbus, Ohio

Ms. Bakies said a recent survey by her organization found that 94 percent of Americans admit to throwing food away at home. In fact, the average family wastes nearly a third of the food they buy. She outlined the most common reasons that people throw food out, and offered suggestions to minimize the problem.

Issues covered:

**Food Safety
Consumer Matters
Environment**

Length: 4:56

Show # 2018-49

Date aired: 12/9/18 Time Aired: 6:05 a.m.

Keith Whyte, Executive Director of the National Council on Problem Gambling

Millions of Americans are hooked on gambling, and at least 40 states are addicted to gambling revenue. Mr. Whyte said states have not taken the measures needed to address gambling addiction, as they have greatly expanded gambling in the past ten years. He talked about the most common characteristics of those addicted to gambling and how to recognize if someone has a problem.

Issues covered:

**Gambling Addiction
Government Spending**

Length: 8:38

Quint Studer, community development expert, author of *Building A Vibrant Community: How Citizen-Powered Change Is Reshaping America*

Mr. Studer said vibrant communities don't just happen—they are built. He discussed ways that cities and towns can attract investments, encourage small business startups and build lively downtowns. He talked about the importance of creating community events such as street festivals, rallies, fundraisers and concerts to foster a sense of neighborhood. He also outlined ways that citizens can volunteer to improve their local community.

Issues covered:

**Community Development
Volunteerism**

Length: 8:39

Craig Smith, PhD, Research Investigator at the University of Michigan Center for Human Growth and Development

Prof. Smith led a study that examined whether parents should force kids to apologize for something they did wrong to another child. He found that the wronged child saw a big difference between a sincere apology and a coerced one. He suggested ways that parents can help their child learn to have empathy for the victim, thus ensuring a willing apology.

Issues covered:

**Child Development
Parenting**

Length: 4:59

Show # 2018-50

Date aired: 12/16/18 Time Aired: 6:05 a.m.

Jamie Cooper, Associate Professor in the University of Georgia Department of Foods and Nutrition

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

Issues covered:

**Personal Health
Obesity**

Length: 9:31

R. Douglas Fields, PhD, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of *“Why We Snap: Understanding the Rage Circuit in Your Brain”*

Today’s headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

Issues covered:

Length: 7:46

Mental Health

Domestic Violence

Thomas Nassif, Ph.D., Professorial Lecturer in American University's Department of Health Studies, researcher at the D.C. Veterans Affairs Medical Center

U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.

Issues covered:

Length: 4:46

Military Affairs

Mental Health

Personal Health

Show # 2018-51

Date aired: 12/23/18 Time Aired: 6:05 a.m.

Danny Iny, entrepreneur, author of *“Leveraged Learning: How the Disruption of Education Helps Lifelong Learners and Experts with Something to Teach”*

Mr. Iny believes that pursuing a four-year degree leaves too many students drowning in debt and unprepared for the work world. He outlined the decisions that students and parents should consider before committing to the time and cost commitments of a college degree. He discussed what careers require a college education, along possible alternative paths for other careers.

Issues covered:

Length: 9:19

Education

Career

Gina LaRoche, organizational consultant, executive coach, co-founder of Seven Stones Leadership Group, co-author of *“The 7 Laws of Enough: Cultivating a Life of Sustainable Abundance”*

Ms. LaRoche said counting your blessings year-round can be good for your mental health and well-being, ultimately boosting a person’s chances of success. She talked about ways to avoid a “scarcity mentality,” where more is always better and having more will lead to happiness. She talked about the influence of social media on this mentality.

Issues covered:

Length: 7:57

Mental Health

Consumer Matters

Career

Greg McBride, Chief Financial Analyst for Bankrate.com

Mr. McBride shared the results of a Bankrate survey that found that despite the hot labor market, 62 percent of employed Americans did not get a pay raise or better paying job in 2018. He noted that career or income advancement often involves a willingness to change jobs, yet only 25 percent have any intention of looking for a new job in 2019.

Issues covered:
Employment
Personal Finance

Length: 5:08

Show # 2018-52

Date aired: 12/30/18 Time Aired: 6:05 a.m.

Rashmi Shetgiri, MD, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

Issues covered:
Youth Violence
Youth at Risk
Minority Concerns

Length: 7:47

Harold Pollack, PhD, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of *"The Index Card: Why Personal Finance Doesn't Have to Be Complicated"*

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

Issues covered:
Personal Finance
Charitable Contributions

Length: 9:33

Maria Corkern, reading specialist, teacher, author of *"Doris Thesaurus"*

Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.

Issues covered:
Education
Teen Concerns
Youth at Risk

Length: 5:02

**2018-Q4 (October-December) Radio Health Journal Quarterly Report,
Aired Sundays at 6:30 a.m. on WDNY
Compliance Issues covered this quarter:**

Adoption	Human development
Aging	Infectious disease
Air pollution	Insurance
American society and culture	Medical ethics
Business and industry	Mental health
Child abuse and neglect	Nutrition
Child welfare system	Obesity
Climate change	Online fraud
Consumerism	Pets and people
Dementia	Police and justice system
Disabilities	Pop culture
Discrimination	PTSD
Drug abuse and enforcement	Public health
Economics	Public safety
Education	Research and development
Elderly and senior citizens	Science and engineering
Employment and unemployment	Technology
Environmental issues	Traffic safety
Family and parenting issues	Treatment and prevention
Food Safety	Veteran's issues
Government and regulation	Youth at risk
Health care	Women's issues
Housing	Workplace issues

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

Program Log for *Radio Health Journal*

Program	18-40	Producers	Reed Pence, Ariana Kraft
Air Week	10/7 – 10/13/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: HEALTH CRISES AND FINANCIAL DISASTER		
	12:48		
Synopsis: Medical bills have long been labeled the number one cause of bankruptcy in the US. A recent study has examined how medical crises produce personal financial disaster. Researchers say for the uninsured, medical bills are, indeed, a heavy burden. But for both insured and uninsured, illness or injury can cause disruption of employment that may linger for years, and from which family finances may never recover. Experts discuss causes and possible solutions to the problem.			
Host: Reed Pence. Guests: Dr. David Himmelstein, Distinguished Prof. of Public Health, City Univ. of New York at Hunter College; Dr. Matthew Notowidigdo, Assoc. Prof. of Economics & Strategy, Northwestern Univ.			
Compliance issues covered: health care; economics; employment and unemployment; insurance; consumerism			
Links for more information: https://www.commonwealthfund.org/person/david-u-himmelstein ; https://www.ipr.northwestern.edu/faculty-experts/fellows/notowidigdo.html			
15:51	SEGMENT 2: POLYAMINES		6:59
Synopsis: Researchers have discovered a variety of components in foods that are essential to health but are low in quantity in most diets. One of these is a set of compounds called polyamines. Researchers explain what they are, how they work, and how people can replace those that are needed in the diet.			
Host: Nancy Benson. Guests: Rick Bendera, Pres. And CEO, Nokomis Research; Dr. Brazos Minshew, Naturopath, Austin TX			
Compliance issues covered: consumerism; nutrition			
Links for more information: https://skytreenaturals.com/press-kit-quotations-and-reviews/ ; http://soyoungamerica.com/?p=573			

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Program Log for *Radio Health Journal*

Program	18-41	Producers	Ariana Kraft, Reed Pence
Air Week	10/14 – 10/202018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: DEMENTIA IN WOMEN		
	12:26		
Synopsis: About two-thirds of people with dementia in the United States are women, and researchers are discovering it's not just because they live longer. Reproductive history also plays a role. Scientists are focusing on the role of estrogen as a potential protective factor against Alzheimer's disease. Several who are involved in this research explain.			
Host: Reed Pence. Guests: Dr. Rachel Whitmer, Prof. of Epidemiology, Univ. of California-Davis; Dr. Heather Snyder, Senior Director, Medical and Scientific Operations, Alzheimer's Assn.; Dr. Pauline Maki, Prof. of Psychiatry and Psychology, Univ. of Illinois-Chicago			
Compliance issues covered: health care; women's issues; aging, elderly and senior citizens			
Links for more information: https://profiles.ucsf.edu/rachel.whitmer ; https://www.alz.org/press/spokespeople/heather_m_snyder_ph_d ; https://crwg.uic.edu/crwg-home/crwg-staff/pauline-maki-phd/			
15:30	SEGMENT 2: HOMESICKNESS		
	7:35		
Synopsis: What we now call "homesickness" used to be a medical diagnosis called "nostalgia," and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it's nothing to be ashamed of. We all suffer from it sometime and need to know how to cope.			
Host: Nancy Benson. Guests: Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School			
Compliance issues covered: mental health; American society and culture			
Links for more information: https://global.oup.com/academic/product/homesickness-9780195371857?cc=us&lang=en& ; http://drchristopherwillard.com			

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Program Log for Radio Health Journal

Program	18-42	Producers	Reed Pence, Ariana Kraft
Air Week	10/21 – 10/27/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:03	SEGMENT 1: DOCTORS' OBESITY BIAS		
	13:08		
Synopsis: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.			
Host: Reed Pence. Guests: Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues			
Compliance issues covered: health care; public health; discrimination; obesity; education			
Links for more information: http://www.uconnruddcenter.org/faulty-and-staff-rebecca-puhl ; http://www.yalegriffinprc.org ; http://bodyimagehealth.org			
16:13	SEGMENT 2: GETTING RID OF THOSE OLD STYLE HOSPITAL GOWNS		
	6:45		
Synopsis: Surveys show that hospital gowns are one of the things that most makes a hospital stay unpleasant. Finally hospitals may be moving to get rid of the old style gowns toward a less revealing, more dignified design that is still functional for healthcare workers. Experts discuss.			
Host: Nancy Benson. Guests: Chat Razdan, co-founder and CEO, Care and Wear garment maker; Dr. Deborah Mullen, Assoc. Prof. of Health Care Administration, Univ. of Tennessee-Chattanooga and consultant, Health Partners-Park Nicollet Health System			
Compliance issues covered: health care; consumerism			
Links for more information: https://www.careandwear.com/pages/our-team https://www.utc.edu/college-business/profiles/management/rpp348.php			

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Program Log for *Radio Health Journal*

Program	18-43	Producer	Reed Pence
Air Week	10/28 – 11/3/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: EXPLODING MYTHS ABOUT THE FLU AND FLU VACCINES		
	12:40		
Synopsis: About 40 percent of eligible people have been vaccinated against the flu in recent years, but many more might do so were it not for persistent myths about the disease and its vaccine. For example, a new survey shows that more than half of parents believe the flu shot can cause the flu. Experts explain why those myths aren't true and set the record straight.			
Host: Reed Pence. Guests: Dr. William Schaffner, Prof. of Preventive Medicine & Infectious Diseases, Vanderbilt Univ. School of Medicine; Dr. Jean Moorjani, pediatric hospitalist, Arnold Palmer Children's Hospital, Orlando, FL; Dr. Michael Deem, Prof. of Bioengineering, Physics & Astronomy, Rice Univ.			
Compliance issues covered: health care; public health; infectious disease; youth at risk; senior citizens			
Links for more information: https://www.vumc.org/health-policy/person/william-schaffner-md ; https://www.arnoldpalmerhospital.com/physician-finder/jean-siri-moorjani-md ; https://bioengineering.rice.edu/people/faculty/michael_deem			
15:44	SEGMENT 2: NARCOLEPSY AND CATAPLEXY		8:18
Synopsis: Sleep disorders can be difficult to diagnose and treat. A science journalist discusses his efforts to overcome narcolepsy, which produces extreme daytime sleepiness, and cataplexy, which produces instant sleep-like paralysis, as well as the science behind sleep disorders.			
Host: Nancy Benson. Guest: Henry Nicholls, author, <i>Sleepyhead: The Neuroscience of a Good Night's Sleep</i>			
Compliance issues covered: health care; consumerism			
Link for more information: http://henrynicholls.com/sleepyhead/			

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Program Log for Radio Health Journal

Program	18-44	Producer	Reed Pence
Air Week	11/4 - 11/10/18	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: THE PSYCHOLOGY OF ADOPTED PEOPLE		
	12:40		
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			
Compliance 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			
14:21	SEGMENT 2: THE SURPRISING IMPORTANCE OF TICKLING		
	7:37		
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>			
Compliance issues covered: science and culture; human development			
Links for more information: http://davidlinden.org/bio/ ; http://provine.umbc.edu			

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Program Log for *Radio Health Journal*

Program	18-45	Producer	Reed Pence, Heather Muno
Air Week	11/11 – 11/17/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: MDMA FOR PTSD		
	12:19		
Synopsis: People suffering from post-traumatic stress disorder often can't face their trauma, which is necessary for psychotherapy to work. It is a big reason PTSD is so difficult to treat. Scientists are leading clinical trials into the use of the banned drug MDMA in connection with therapy to help break this hurdle, and the results so far have been outstanding in curing PTSD.			
Host: Reed Pence. Guests: Dr. Michael Mithoefer, Clinical Asst. Pprof. Of Psychiatry, Medical Univ. of South Carolina and Medical Director, MAPS Public Benefit Corporation clinical trials; Charlotte Harrison, Senior Clinical Research Associate, MAPS Public Benefit Corporation			
Compliance issues covered: veterans issues; disability; mental health; drug abuse and enforcement			
Links for more information: https://maps.org ; https://maps.org/news/bulletin/articles/427-bulletin-winter-2017/6957-the-faces-of-phase-3-principal-investigators-in-maps-clinical-trials-of-mdma-assisted-psychotherapy-for-ptsd			
15:22	SEGMENT 2: LEPROSY IN THE MODERN ERA		
	7:34		
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.			
Host: Nancy Benson. Guest: Dr. David Scollard, Director, National Hansen's Disease Program			
Compliance issues covered: health care; public health			
Links for more information: http://www.hrsa.gov/hansensdisease/			

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Program Log for *Radio Health Journal*

Program	18-46	Producers	Reed Pence, Polly Hansen
Air Week	11/18 – 11/24/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: REPORTING “BAD PARENTS”		
	12:57		
Synopsis: Just about anyone can report a parent to a child abuse hotline. It’s meant to protect children, but all too often, parents are reported when no abuse or neglect exists in order to retaliate for a divorce or some other grievance. And though the world is actually safer for children than it used to be, some parents are reported for merely letting children play outside or walk to school without an adult in attendance, what was once thought of as normal. Some activists say this robs children of independence. An expert and a woman who went through an unjustified child abuse investigation discuss.			
Host: Reed Pence. Guests: Corey Widen, mother reported to child abuse hotline, Wilmette, IL; Rachel Ruttenberg, Exec. Dir., Family Defense Center, Chicago			
Compliance issues covered: youth at risk; child abuse and neglect; child welfare system; police and justice system; child safety and public safety; family issues			
Links for more information: https://www.familydefensecenter.net/about-us/staff			
16:00	SEGMENT 2: EMOTIONAL SUPPORT ANIMALS		
	6:55		
Synopsis: A woman who suffered 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.			
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.			
Compliance issues covered: disabilities; mental health issues; pets and people; housing issues			
Links for more information: https://byjuliebarton.com http://tirr.memorialhermann.org/research/independent-living-and-community-integration/			

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Program Log for *Radio Health Journal*

Program	18-47	Producer	Reed Pence, Ariana Kraft
Air Week	11/25 – 12/1/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:01	SEGMENT 1: SCHOOL BASED MENTAL HEALTH		
12:02			
Synopsis: Schools would be a good place for programs to screen for mental health issues in students, and to educate about mental health to lessen the pervasive stigma. Some states are making programs mandatory, but elsewhere schools and personnel may resist, seeing mental health as outside the normal role of teachers. Experts discuss how inventive programs are overcoming obstacles.			
Host: Reed Pence. Guests: Dr. Kimberly Kendziora, Managing Researcher, American Institutes for Research; Dr. Michael Murphy, psychologist, Massachusetts General Hospital and Assoc. Prof. of Psychology, Harvard Medical School			
Compliance issues covered: youth at risk; education; mental health			
Links for more information: https://www.air.org/person/kimberly-t-kendziora ; http://www.michaelmurphypsychologies.com/aboutme.html			
14:05	SEGMENT 2: OPEN OFFICES		
7:42			
Synopsis: Companies instituting open offices without walls often claim they improve collaboration and interaction. Studies now show that the opposite is true—that workers put on headphones and interact via email rather than in person in order to shut out distractions and stress. Experts discuss.			
Host: Nancy Benson. Guests: Dr. Ethan Bernstein, Assoc. Prof. of Leadership and Organizational Behavior, Harvard Business School; Ashley Dunn, Director of Workplace, Dyer Brown Architects, Boston			
Compliance issues covered: employment and workplace issues			
Links for more information: https://www.hbs.edu/faculty/Pages/profile.aspx?facId=17441 ; http://dyerbrown.com/team/ashley-dunn			

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Program Log for *Radio Health Journal*

Program	18-48	Producer	Reed Pence, Polly Hansen
Air Week	12/2 – 12/8/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: FUNGAL SINUSITIS		
	11:59		
Synopsis: Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Two experts and a patient explain.			
Host: Reed Pence. Guests: Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon, Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School			
Compliance issues covered: consumerism; health care; air pollution and environment			
Links for more information: https://eatpraygetwell.com ; http://www.sinusitiswellness.com/donald-p-dennis-m-d-f-a-c-s-bio/ ; http://www.evms.edu			
15:03	SEGMENT 2: DROWNING: IMPLICIT BIASES IN SCIENCE		
	7:35		
Synopsis: Most people think of science as fact-based and not as subject to bias as the rest of the world. However, studies show that gender bias is rampant in science, and that women are not taken as seriously as men, even with identical qualifications. Experts discuss the problem and possible solutions.			
Host: Nancy Benson. Guests: Dr. Hannah Valentine, Chief Officer for Scientific Workforce Diversity, National Institutes of Health, and Senior Investigator, National Heart, Blood and Lung Institute; Dr. Nancy Hopkins, Prof. of Biology Emeritus, Massachusetts Institute of Technology			
Compliance issues covered: employment discrimination; employment and workplace issues			
Links for more information: https://www.nhlbi.nih.gov/node/84069 ; https://biology.mit.edu/profile/nancy-hopkins/ ; https://implicit.harvard.edu/implicit/			

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Program Log for Radio Health Journal

Program	18-49	Producer	Reed Pence
Air Week	12/9 – 12/15/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:04	SEGMENT 1: ICU INEFFICIENCY		
	12:26		
Synopsis: With monitors surveying every part of patients' bodies, hospital intensive care units appear to be a model of high tech. But systems engineers say ICU's are actually models of inefficiency because few of those high tech devices talk to each other. Experts discuss how ICU's could be improved to save lives.			
Host: Reed Pence. Guests: Dr. Peter Pronovost, Senior Vice President for Patient Safety and Quality, Johns Hopkins Medicine and Director, Armstrong Institute for Patient Safety and Quality; Dr. Brian Pickering, intensive care anesthesiologist, Mayo Clinic, Rochester, MN			
Compliance issues covered: health care; technology; science and engineering; economics; business and industry			
Links for more information: http://www.hopkinsmedicine.org/armstrong_institute/about/peter_pronovost.html ; http://www.mayo.edu/research/faculty/pickering-brian-w-m-b-b-ch/bio-00096469			
15:32	SEGMENT 2: PARTY FOOD SAFETY		
	7:21		
Synopsis: During the holidays, party foods are a prime source of food-borne illness. Two food scientists discuss common ways foods become contaminated, some of the myths of food contamination, and ways to keep foods safe when you have guests to protect.			
Host: Nancy Benson. Guests: Dr. Brian Sheldon, Prof. Emeritus of Food Microbiology, North Carolina State Univ. and co-author, <i>Did You Just Eat That?</i> Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Sciences, Clemson Univ. and co-author, <i>Did You Just Eat That?</i>			
Compliance issues covered: public health; food safety			
Links for more information: http://books.wwnorton.com/books/Did-You-Just-Eat-That/			

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Program Log for *Radio Health Journal*

Program	18-50	Producer	Reed Pence
Air Week	12/16 – 12/22/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: THE GOOD AND BAD OF MEDICAL CROWDFUNDING		
	12:15		
Synopsis: Medical campaigns account for a third of monies raised on crowdfunding sites like GoFundMe, and many people who've fallen through the holes of the safety net have been helped this way. But new studies show that fraud is rampant in crowdfunding, with fake patients and medical providers who all too eager to take money for worthless treatment. Experts discuss these issues and the need for regulation.			
Host: Reed Pence. Guests: Dr. Jeremy Snyder, Prof. of Health Sciences, Simon Fraser Univ.; Dr. Art Caplan, head, Division of Medical Ethics, New York University School of Medicine; Dr. Nora Kenworthy, Asst. Prof. of Nursing and Health Studies, Univ. of Washington-Bothell			
Compliance issues covered: health care; consumerism; consumer protection; online fraud; federal government and regulation; medical ethics			
Links for more information: https://www.sfu.ca/fhs/people/profiles/jeremy-snyder.html ; https://med.nyu.edu/faculty/arthur-l-caplan ; https://www.uwb.edu/nhs/facultyandstaff/faculty/nkenworthy			
15:19	SEGMENT 2: AVOIDING FOOD WASTE		
	7:35		
Synopsis: During the holidays, leftovers from gatherings and parties may threaten to take over the refrigerator. An expert discusses consumer-friendly how-to's, including how to read labels, that can lengthen food life and help avoid food waste.			
Host: Nancy Benson. Guest: Karen Bakies, registered dietitian and Vice President of Nutrition Affairs, American Dairy Assn. Mideast			
Compliance issues covered: public health; food safety; environment; consumerism			
Links for more information: https://www.nationaldairycouncil.org/our-story/local-dairy-council/ohio			

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Program Log for *Radio Health Journal*

Program	18-51	Producer	Reed Pence
Air Week	12/23 – 12/29/2018	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:02	SEGMENT 1: AMNESIA		
	12:22		
Synopsis: It's a rare thing for people to lose their memory of past events. An expert discusses why doctors believe it may occur, and a woman to whom it happened recounts her experience.			
Host: Reed Pence. Guests: Naomi Jacobs, amnesia victim and author, <i>Forgotten Girl</i> ; Dr. Jason Brandt, Prof. of Psychiatry and Neurology, Johns Hopkins Univ. School of Medicine			
Compliance issues covered: health care; family issues; pop culture			
Links for more information: http://www.iwokeupinthefuture.com ; http://www.hopkinsmedicine.org/profiles/results/directory/profile/0009953/jason-brandt			
15:26	SEGMENT 2: LITTLE PEOPLE, DISABILITY AND THE PROSPECT OF “CURE”		
	7:41		
Synopsis: Many people with dwarfism also face skeletal abnormalities which can lead to disability. Experts, and little people themselves, discuss major causes of dwarfism, the hurdles they create, the struggle for respect, and the prospect of treatments that could one day make little people much more rare.			
Host: Nancy Benson. Guests: Dr. Jennifer Arnold, co-star, TLC's <i>The Little Couple</i> and co-author, <i>Think Big</i> ; Ericka Okenfuss, licensed genetic counselor, Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago			
Compliance issues covered: health care; disabilities; youth at risk; parenting issues; discrimination			
Links for more information: https://www.lpaonline.org/ ; http://jenniferarnoldmd.com			

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Program Log for *Radio Health Journal*

Program	18-52	Producer	Reed Pence
Air Week	12/30 – 1/5/2019	Production Director	Jason Dickey
Time	Segment		
	Dur.		
2:03	SEGMENT 1: SMART ROADS		
	12:55		
Synopsis: In the near future, cars will be able to provide data as well as receive it, and a variety of methods are being researched to tap into this. Experts explain how cars can communicate with roads, traffic signals and central computers, and how roads themselves may collect data on the cars they carry. In the future, autonomous cars may use these links to greatly speed travel and make it much safer.			
Host: Reed Pence. Guests: Andrew Bremer, Managing Director of Local Affairs, Drive Ohio; Tim Sylvester, Founder and CEO, Integrated Roadways Co.			
Compliance issues covered: technology; traffic safety; public safety and police; economics			
Links for more information: https://smartregionsconference2018.sched.com/speaker/andrew_bremer.1yltrq28 ; http://integratedroadways.com/#Team			
16:00	SEGMENT 2: EPILEPSY MYTHS		
	6:53		
Synopsis: Epilepsy affects 3.5 million Americans, yet stigma prevents many from speaking out, which in turn prolongs the stigma. An award-winning writer who has epilepsy describes the discrimination faced by people with seizure disorders and dispels the many myths many people hold about them.			
Host: Nancy Benson. Guest: Kurt Eichenwald, author, <i>A Mind Unraveled</i>			
Compliance issues covered: health care; disabilities; discrimination			
Links for more information: https://www.nytimes.com/2018/10/15/books/review/kurt-eichenwald-mind-unraveled.html			

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