

On an ongoing basis, we maintain contact and confer with local government, civic, and business leaders, as well as members of the general public, about what they perceive as top-of-mind issues important to the communities we serve.

Recurring priority topics:

- Education
- Health care
- Opportunities for young people, and perhaps related neighborhood crime
- Employment opportunities and the labor pool
- Health of the local retail economy
- Drug and alcohol abuse

We strive to provide responsive and helpful programming. Further, we also work to educate and inform the people we are privileged to serve through a variety of public service announcements, local news coverage, community calendars, and other programs.

Issues and Responsive Programming

WYEA-AM broadcast programming dealing with various issues important to the community.

1. Business of the Month: In cooperation with the Sylacauga Chamber of Commerce, and as a way of promoting local businesses, we selected a local business of the month each month and interviewed the principals for 4-6 minute features airing three times daily for several days each month. This program was intended to create more excitement about and awareness of key local businesses that make a significant local impact and have a tradition of local community support. January: Wright-Sprayberry Insurance. February: Turner Auto & Body. March: Boothe Appliance Co.
2. Veteran of the Month: In cooperation with Radney Smith Funeral Home and American Legion Post #45, we profiled and interviewed armed forces veterans with 4-8 minute features airing three times daily for several days each month. January: James "Mike" Sprayberry. February: Henry "Steve" Howell. March: Don Watson.
3. Community Calendar: Our community calendar aired five times each weekday in the 7:00 a.m., 8:00 a.m., noon, 3:00 p.m., and 4:00 p.m. hours. Length averaged three minutes and included local news and well as information solicited from and contributed by listeners, local organizations, and local government agencies.
4. City School System Engagement: On Jan. 24 and Feb. 26 at 7:06 a.m., 12:06 p.m., and 4:06 p.m., we aired an "audio blog" by Dr. Todd Freeman, Superintendent of Sylacauga City Schools -- Sylacauga High School, Nichols-Lawson Middle School, Pinecrest

Elementary School, and Indian Valley Elementary School, collectively serving almost 2,400 students. The 4-7-minute programs highlighted the school system's activities and challenges. This was Dr. Freeman's last program; he departed in March to join the Vestavia Hills schools system.

5. Pledge of Allegiance: Each weekday morning at 7:20 a.m., in cooperation with Heritage South Credit Union, we featured a local elementary or middle school class reciting the Pledge of Allegiance. Promoting patriotism, participating schools were B.B. Comer Elementary School, Childersburg Elementary School, Childersburg Middle School, Indian Valley Elementary School, and Pinecrest Elementary School.
6. Pet of the Week: WYEA partners with the Sylacauga Animal Shelter and SylacaugaNews.com to feature a Pet of the Week available for adoption. The mission of the Shelter, operated by the City of Sylacauga, includes rescuing, rehabilitating, and finding homes for animals that have nowhere else to go. The organization also supports animals through affordable veterinary care, community outreach, and education.

Jan. 1, 2018 - Gris
Jan. 8, 2018 - Lester
Jan. 15, 2018 - Peanut
Jan. 22, 2018 - Prairie
Jan. 29, 2018 - Harley
Feb. 5, 2018 - Honey
Feb. 12, 2018 - Barley
Feb. 19, 2018 - Beethoven
Feb. 26, 2018 - Sherlock
March 5, 2018 - Watson
March 12, 2018 - Charlotte
March 19, 2018 - Rayna
March 26, 2018 - Diem

7. Public Affairs: Each Sunday morning at 4:30 a.m., we aired InfoTrak, a half-hour program. Details are attached.
8. Public Affairs: Each Sunday morning at 5:00 a.m., we aired Viewpoints, a half-hour program. Details are attached.
9. Health & Wellness: Each Sunday morning at 5:30 a.m., we aired Radio Health Journal, a half-hour program. Details are attached.
10. Public Service Campaigns: In addition to long-form public affairs programming, we broadcast public service messages for many local, state, and national organizations including:

Alabama Bicentennial Commission
Alabama Childhood Food Solutions
Alabama Department of Human Resources

Alabama Department of Public Health
Alabama Department of Transportation
Alabama Housing Finance Authority
Alabama National Guard
AlabamaWorks
American Diabetes Association
American Heart Association
Centers for Disease Control
Central Alabama Community College
First Presbyterian Church
National Highway Traffic Safety Administration
Sylacauga Alliance for Family Enhancement
Sylacauga Community Playhouse
U.S. Department of Agriculture
U.S. Department of Health & Human Services
U.S. Department of Veterans Affairs

WYEA aired a total of 3,631 scheduled public service announcements during this quarter.

More specifically:

The State of Alabama will celebrate its Bicentennial in 2019. The Alabama legislature established a Bicentennial Commission to plan for the celebration of the state's 200th year, and public service announcements featured the Bicentennial Car Tag, Carver Theatre, Old Federal Road, the Talladega National Forest, DeSoto Caverns, Paul “Bear” Bryant, and Ralph “Shug” Jordan. Additional features were added in March.

The Alabama Department of Human Resources is working to increase the number of adoptions and foster care families for in-state children. PSAs featured University of Alabama star running back Bobby Humphrey, Auburn University Athletic Director Jay Jacobs, University of Alabama Head Football Coach Nick Saban.

The Alabama Housing Finance Authority is working to raise awareness to a federally funded foreclosure prevention program known as “Hardest Hit Alabama”, which has already helped thousands of Alabamians save their homes. Counselors are available to speak with individuals to determine eligibility for mortgage assistance and assist in the process.

The Alabama Department of Labor is tasked with providing workers and employers with resources to help train and employ a skilled workforce. They also have resources to connect potential employees with employers across the state. To assist people across the state, the DOL has opened Career Centers in numerous locations.



Weekly Public Affairs Program

Call Letters: WYEA

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2018

Show # 2018-01

Date aired: 01/07/18 **Time Aired:** 4:30 a.m.

John Huber, PhD, Clinical Forensic Psychologist, Chairman of Mainstream Mental Health, a non-profit organization that treats mental health issues

Dr. Huber discussed research that has found that nearly half of teens who log at least five hours of screen time a day have thought about or attempted suicide. He discussed that concern and other mental health risks that result from too much time online. He offered advice for parents who would like to monitor and limit their teens' social media and screen time.

Issues covered:

Length: 8:24

Suicide

Parenting

Mental Health

Alex Michael, personal finance expert, co-founder of the blog TheThriftyCouple.com, co-author of "The 2% Rule to Get Debt Free Fast"

Mr. Michael explained how he and his wife managed to eliminate more than \$100,000 in consumer debt with a few years. He offered suggestions on how to make cuts in family budgets and how find opportunities to increase monthly income.

Issues covered:

Length: 8:33

Personal Finance

Entrepreneurship

Erin McCauley, doctoral candidate in policy analysis and management, Cornell University

Ms. McCauley was the lead author of a study that found that people with disabilities are more likely to be arrested. She said people with disabilities in the study – including emotional, physical, cognitive or sensory disabilities – were nearly 44 percent more likely to be arrested by age 28. She also noted that there was a clear racial component: black men with disabilities in the study were at a particularly high risk of arrest. She believes the problem should be addressed by community members and local institutions, such as police.

Issues covered:

Length: 5:02

Disabilities

Crime

Minority Concerns

Show # 2018-02
Date aired: 01/14/18 **Time Aired:** 4:30 a.m.

Annie Grace, author of *"This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life"*

Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. Ms. Grace shared her personal struggles with alcohol addiction and how she quit. She debunked myths connected to social drinking. She also discussed societal pressures, psychological factors, and other reasons people drink.

Issues covered:
Substance Abuse
Mental Health

Length: 8:25

John Brown Miller, PhD, global expert on public infrastructure, former Professor of Construction Management and Civil And Environmental Engineering at the Massachusetts Institute of Technology

Dr. Brown discussed why government costs so much and why public infrastructure projects are frequently delayed or over budget. He offered examples to illustrate how other countries' public works projects are often completed in more cost-effective and efficient ways than in the U.S.

Issues covered:
Public Infrastructure
Government Spending

Length: 8:50

Jodie Plumert, PhD, Professor and Starch Faculty Fellow at the University of Iowa

For adults, crossing the street by foot seems easy. Dr. Plumert led a study that found that most kids' perceptual judgment and motor skills aren't developed enough to safely cross a street until age 14. She discussed the precautions that parents should take for younger children.

Issues covered:
Traffic Safety
Child Safety

Length: 4:54

Show # 2018-03
Date aired: 01/21/18 **Time Aired:** 4:30 a.m.

Susan Robinson, Senior Public Affairs Director of Waste Management

Ms. Robinson outlined the biggest myths surrounding recycling. She talked about the most common items that consumers place in recycling bins that don't belong there, and what items should be recycled that often are not. She also discussed whether communities lose money on recycling programs.

Issues covered:
Recycling
Environment
Government Programs

Length: 9:29

Cheryl Richardson, motivational speaker and life coach, author of *“Waking Up in Winter: In Search of What Really Matters at Midlife”*

Ms. Richardson discussed thought-provoking questions about what matters at mid-life. She shared her personal story of being dissatisfied with a successful career once she reached her fifties. She talked about the value of journaling and how it helped her reexamine everything – her marriage, her work, her friendships, and her priorities.

Issues covered:

**Aging
Mental Health**

Length: 7:37

Maria Fitzpatrick, PhD, Associate Professor in the Department of Policy and Management at Cornell University, Research Associate at the National Bureau of Economic Research

About a third of all Americans retire and start claiming Social Security when they turn 62. Dr. Fitzpatrick co-authored a study that found that men who retire at 62 experience a 20 percent higher likelihood of early death, compared to those who delay retirement. She talked about the possible factors behind this phenomenon and what retirees can do to stay physically and mentally healthy.

Issues covered:

**Retirement Planning
Senior Citizens
Personal Health**

Length: 4:58

Show # 2018-04

Date aired: 01/28/18 **Time Aired:** 4:30 a.m.

Deirdre Maloney, author of *“Bogus Balance: Your Journey to Real Work/Life Bliss”*

These days, nearly everyone struggles to balance their work and home lives. Ms. Maloney said that no one can achieve a perfect balance. She said it is possible to find real balance and satisfaction by setting priorities and accepting that you can't have it all. She explained why it is important to analyze your own values and priorities on a regular basis.

Issues covered:

**Career
Parenting
Mental Health**

Length: 9:28

Doug Whiteman, Insurance Analyst at Bankrate.com

37% of Americans with children under age 18 do not have any life insurance, according to a new Bankrate.com study. And about one-third of the parents who do have life insurance have no more than \$100,000 of protection. Mr. Whiteman explained why this is such a great concern. He also offered suggestions on how to shop for life insurance and how to determine how much coverage is necessary.

Issues covered:

**Personal Finance
Parenting**

Length: 7:46

Richard Johnson, PhD, Senior Fellow at the Urban Institute, an independent non-partisan organization that evaluates social and economic issues

Dr. Johnson studied Americans who change careers after age 50. He found that most take pay cuts and accept lesser health benefits, but are still happier in their new jobs. He explained why these workers decide to switch careers, and offered advice for older job hunters.

Issues covered:

**Senior Citizens
Workplace Matters
Unemployment**

Length: 4:50

Show # 2018-05

Date aired: 02/04/18 **Time Aired:** 4:30 a.m.

Valter Longo, PhD, Director of the Longevity Institute at USC in Los Angeles, author of *"The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight"*

Dr. Vongo discussed his 25 years of research on aging, nutrition, disease and longevity. He believes, in addition to exercise and a healthy overall diet, that periodic fasting may be the key to a longer and healthier life. He outlined fasting-mimicking techniques that result in the same benefits as an absolute fast.

Issues covered:

**Personal Health
Aging
Nutrition**

Length: 9:19

Kathleen Martin Ginis, PhD, Professor in the School of Health and Exercise Sciences at the University of British Columbia

Dr. Ginis led a study that found that just a half-hour of exercise can have a profound effect on a woman's body image, making her feel both stronger and thinner. She noted that women, in general, have a tendency to feel negative about their bodies and, she explained how that poor body image can have negative implications for a woman's psychological and physical health.

Issues covered:

**Women's Issues
Mental Health
Physical Fitness**

Length: 7:48

Corinne Peek-Asa, PhD, Professor of Occupational and Environmental Health in the College of Public Health at the University of Iowa

The number of suicides among farmers and farm workers in the United States has remained stubbornly high since the end of the 1980s farm crisis, much higher than workers in many other industries, according to Dr. Peek-Asa's research. She outlined the cultural and occupational factors that may contribute to this issue. She believes the solution may lie in existing resources in farming and rural communities, empowering them to more actively respond to citizens who are struggling.

Issues covered:

**Suicide
Agriculture
Mental Health**

Length: 5:02

Show # 2018-06

Date aired: 02/11/18 **Time Aired:** 4:30 a.m.

Joanne Lipman, former Chief Content Officer of Gannett and Editor-in-Chief of USA Today, author of *"That's What She Said: What Men Need to Know (and Women Need to Tell Them) About Working Together"*

Ms. Lipman discussed the current state of the gender gap in today's workplaces. She said that traditional corporate "diversity training" has actually made the problem worse—in part because it makes men feel demonized. She believes that the solution to workplace inequality and sexual harassment lies in reaching across the gender divide so that men become allies, rather than adversaries.

Issues covered:

Sexual Harassment
Women's Issues
Minority Concerns
Workplace Matters

Length: 9:28

Derek Thompson, author of *"Hit Makers: How to Succeed in an Age of Distraction"*

Mr. Thompson said nothing simply "goes viral." He explained the little-known factors that cause that a popular movie, song, or app to come out of nowhere to become a word-of-mouth success in today's crowded media environment. He outlined possible ways these trends may affect consumers' decision making in the future.

Issues covered:

Consumer Matters
Media

Length: 7:39

Paul Redman, Executive Director of Longwood Gardens near Philadelphia, one of the leading public gardens in the country, co-chair of the Seed Your Future initiative, which promotes horticulture as a career path for young people

Mr. Redman is concerned about the increasing shortage of professional horticulturalists and horticulture programs at universities. He noted that enrollment in horticulture programs has declined dramatically at a time when the need for graduates of these programs is more important than ever. He outlined the wide variety of good jobs available and discussed possible reasons that horticulture is not considered by young adults preparing to enter college or the job market.

Issues covered:

Horticulture
Education
Career

Length: 5:02

Show # 2018-07

Date aired: 02/18/18 **Time Aired:** 4:30 a.m.

Mark Rank, PhD, Professor of Social Welfare at Washington University in St. Louis

Dr. Rank led a study that found that, between the ages of 25 and 60, almost two-thirds of Americans will live in poverty for a year or more. He shared other statistics from his study that illustrate how common poverty is. He discussed the reasons behind the problem and why a surprising number of Americans move from poverty to the middle class or higher, then back to poverty again.

Issues covered:

**Poverty
Education**

Length: 8:31

Sandeep S. Grewal, MD, MS, nutrition and weight loss expert, co-author of "*Fat-Me-Not: Weight Loss Diet of the Future*"

Most parents believe preparing and packing a healthy lunchbox is a difficult task. Dr. Grewal explained why lunches parents send to school are so critical to their kids' development and learning. He talked about the worst things parents can include in a lunch, and why hot lunches at school are not always a better option. He also discussed the most effective ways to lose weight.

Issues covered:

**Parenting
Nutrition**

Length: 8:33

Jim Quiggle, Director of Communications at Coalition Against Insurance Fraud

Mr. Quiggle discussed Medicare fraud, which has become a multi-billion dollar industry. He explained how fraudsters rapidly evolve their techniques as investigators close in on a specific scam. He outlined common warning signs of a scam that senior citizens should recognize, such as cold-call solicitations and requesting Medicare numbers over the phone.

Issues covered:

**Medicare Fraud
Senior Citizens**

Length: 5:00

Show # 2018-08

Date aired: 02/25/18 **Time Aired:** 4:30 a.m.

Michelle Kaiser, PhD, Assistant Professor of Social Work, Ohio State University

Hunger and poor nutrition in the U.S. may be far worse than previously understood. Dr. Kaiser led a study that examined the intersection between hunger and the types of foods found at nearby stores. She said almost a third of the households they studied were food insecure, and more than 16 percent had very low food security, meaning they were skipping meals, at risk for experiencing hunger and suffering health problems as a result. She outlined what steps can be taken to reverse this trend.

Issues covered:

**Hunger
Poverty
Government Programs**

Length: 8:34

Christine Benz, Director of Personal Finance at Morningstar, Inc.

Ms. Benz discussed costly areas of retirement that often are forgotten by Americans saving for their senior years. She said healthcare costs and taxes top the list. She outlined strategies to determine how and when to withdraw IRA or 401k funds to cover these significant expenses.

Issues covered:

**Retirement Planning
Senior Citizens
Personal Finance**

Length: 8:43

Robert Barba, Senior Analyst at Bankrate.com

63% of U.S. adults who use a smartphone have at least one financial app, according to a recent Bankrate.com report. Mr. Barba said while Millennials use them the most, the Gen X and Baby Boom generations also are heavy users. He talked about the potential security concerns, and why banks are so strongly motivated to get their customers to try banking apps.

Issues covered:
Consumer Matters
Online Security
Personal Finance

Length: 4:37

Show # 2018-09

Date aired: 03/04/18 **Time Aired:** 4:30 a.m.

Meredith Jones, author of "*Women of The Street: Why Female Money Managers Generate Higher Returns (and How You Can Too)*"

Ms. Jones said her research found that women typically make better investment decisions than men. She explained how women's and men's investment behaviors differ. She also offered advice to young women who may be considering a career as an investment professional.

Issues covered:
Personal Finance
Women's Issues

Length: 10:32

Todd Herrenkohl, PhD, Professor of Sociology, Interim Associate Dean for Research for the Office of Research, University of Washington

Dr. Herrenkohl led a study that found that troubling behaviors exhibited by abused children can predict criminal activity when they grow up. He explained what the most common indicators are and how they differ between boys and girls. He discussed the importance of recognizing kids at risk and getting treatment for them as quickly as possible.

Issues covered:
Child Abuse
Crime
Youth at Risk

Length: 6:38

Bruce Schneier, internationally recognized security technologist, Chief Technology Officer of Resilient Systems, a fellow at Harvard's Berkman Center, and a board member of Electronic Frontier Foundation, author of "*Schneier on Security*"

Mr. Schneier discussed a study that examined the most commonly hacked computer passwords. Many people choose passwords that are far too easy to guess. He outlined ways to choose and remember a very secure password.

Issues covered:
Crime
Consumer Matters

Length: 5:14

Show # 2018-10

Date aired: 03/11/18 **Time Aired:** 4:30 a.m.

Ken Caldeira, PhD, Atmospheric Scientist at the Carnegie Institution for Science's Department of Global Ecology

Dr. Caldeira examined 36 years of weather data and found that wind and solar power could potentially generate up to 80% of U.S. energy needs. However, it would require significant and expensive improvements to the nation's energy transmission grid. He said he was surprised to find that wind power is even less consistently available than solar. He also outlined the ways that energy providers must generate electricity by other means when renewable sources falter.

Issues covered:

Length: 8:16

Renewable Energy
Pollution
Government Infrastructure

Catherine Price, science journalist, author of "*How to Break Up with Your Phone*"

Ms. Price said that phones and apps are designed to be addictive to users. She explained how the time we spend on them damages our abilities to focus, think deeply, and form new memories. She suggested simple changes to a phone's settings that can make them less intrusive.

Issues covered:

Length: 8:50

Mental Health
Parenting
Consumer Matters

Heather Schafer, CEO for the National Volunteer Fire Council

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

Issues covered:

Length: 4:53

Volunteerism
Fire Safety
Disaster Preparedness

Show # 2018-11

Date aired: 03/18/18 **Time Aired:** 4:30 a.m.

Howard Waitzkin, M.D., Ph.D., Distinguished Professor Emeritus in the Department of Sociology at the University of New Mexico, Adjunct Professor in the Department of Medicine at the University of Illinois

Dr. Waitzkin said many active duty military personnel are making extensive use of private mental health services. He explained that they often do so because they are dissatisfied with the quality of military care and are worried about reprisals from their command. He discussed outside help that is offered by a nationwide civilian network of volunteer mental health professionals.

Issues covered:

Length: 7:33

Military Issues
Mental Health
Suicide

Deondra Rose, PhD, Assistant Professor of Public Policy and Political Science at Duke University, author of "*Citizens By Degree: Higher Education Policy and the Changing Gender Dynamics of American Citizenship*"

Dr. Rose discussed the striking change in higher education over the past few decades, as women have come to earn college degrees at higher rates than men. She explained the reasons behind the trend, and the broader implications for women and society. She believes it empowers women to become not only more financially independent, but also more socially integrated and more politically engaged. She also discussed the impact of the "#MeToo" movement in the empowerment of women.

Issues covered:

Length: 9:41

Women's Issues

Education

Sexual Harassment

Lang Chen, PhD, postdoctoral scholar in Psychiatry and Behavioral Sciences at the Stanford University School of Medicine

Dr. Chen was the lead author of a study that identified the brain pathway that links a positive attitude toward math to higher achievement in the subject. He found that a student's attitude is an even a greater factor in their performance in math than IQ. He stressed the importance of parents and teachers, in encouraging students to keep an open mind and a positive attitude.

Issues covered:

Length: 4:51

Education

Parenting

Show # 2018-12

Date aired: 03/25/18 **Time Aired:** 4:30 a.m.

Missy Cummings, PhD, Professor in the Duke University Pratt School of Engineering, the Duke Institute of Brain Sciences, Director of the Humans and Autonomy Laboratory and Duke Robotics

A pedestrian fatality involving a driverless Uber car in Arizona has revived debate about whether autonomous vehicles are being put into use prematurely. Dr. Cummings is a robotics expert who believes the technology is not ready for high speed or congested environments. She talked about the design challenges that must be overcome. She said the current system of voluntary safety testing is completely inadequate, and that greater government oversight is needed.

Issues covered:

Length: 9:08

Traffic Safety

Government Regulation

Technology

Marceé White, MD, Board-Certified Pediatrician, Medical Advisor for Safe Kids Worldwide, Medical Director of the Children's National Mobile Health Program

Accidental medicine poisoning sends a child under 6 to the emergency room every nine minutes, and every 12 days, a child dies. Dr. White outlined most common poisoning scenarios and the steps that parents of small children must take to avoid a tragedy.

Issues covered:

Length: 7:51

Child Safety

Parenting

Ana María Rule, PhD, MHS, Assistant Scientist in Environmental Health and Engineering at Johns Hopkins Bloomberg School of Public Health

Lots of questions still linger about e-cigarettes, including just what users are breathing in when they vape. Dr. Rule led a study that found that the vapors from a variety of devices contain potentially toxic levels of metals, including lead. She explained why teenagers are at a greater risk of the toxins in e-cigarettes than adults.

Issues covered:
Smoking/Vaping
Personal Health

Length: 4:58



Program Log for *Viewpoints Radio*

**2018-Q1 (January-March) Viewpoints Radio Quarterly Report
Compliance Issues covered this quarter:**

Activism	Literature
Advertising	Marriage
American Issues	Media
Art	Mental Health
Business	Neurology
Childhood Development	Parenting
City Planning	Personal Behavior
Civic Engagement	Personal Improvement
Community Issues	Personal Issues
Criticism	Philosophy
Culture	Phobias
Disability	Politics
Diseases	Problem Solving
Diversity	Psychology
Education	Public Issues
Employment Issues	Race
English	Race Issues
Ethics	Race Relations
Family	Sales
Family Issues	Sanitation
Film	Self-help
Grief	Science
History	Social Sciences
Humanities	Sports
Humor	Technology
International Relations	Television
Internet	War



Program Log for *Viewpoints Radio*

Program 18-01 Producers Reed Pence, Evan Rook
Air Week 1/7/2018 Production Director Sean Waldron

Time	Segment	Dur.
1:47	SEGMENT 1: Lessons On Joy	9:48

Synopsis: In a country that seems to be pulling away more and more every day, it can seem nearly impossible to find time for yourself to clear your mind and feel joy. We talk to Douglas Abrams about the week he spent learning from two of the world's spiritual leaders, His Holiness the 14th Dalai Lama and Archbishop Desmond Tutu. Abrams shares the joy practices and little things that the Dalai Lama and Archbishop Tutu do daily to experience joy regularly.

Host: Gary Price. Guests: Douglas Abrams, author of *The Book of Joy: Lasting happiness in a changing world*

Links for more info: <http://bookofjoy.org/>

Compliance Issues Covered: Mental Health, Philosophy, History

13:37	SEGMENT 2: The State of Television	10:03
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Synopsis: The world of television has never been busier. With more than 500 scripted shows airing in 2017, it's never been harder to keep up with the medium. We talk to TV critic Alan Sepinwall about staying on top of things, the trends of TV, and one of the great shows of the century so far, *Breaking Bad*.

Host: Marty Peterson. Guests: Alan Sepinwall, TV critic for UPROXX.com and author, *Breaking Bad 101*

Links for more info: <http://twitter.com/sepinwall>, <http://uproxx.com/sepinwall>, <http://www.abramsbooks.com/product/breaking-bad-101-9781419724831/>

Compliance Issues Covered: Television, Culture, Art, Criticism

24:40	Culture Crash: <i>The Chi</i>	1:57
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Synopsis: Lena Waithe won an Emmy last year for her work on *Master of None*. Now, she brings her passion project to the screen in Showtime's newest show, *The Chi*.

Host: Evan Rook

Compliance Issues Covered: Media, Television, Culture, Race



Program Log for *Viewpoints Radio*

Program 18-02 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 1/14/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: Diversity in Sci-Fi 7:52

Synopsis: For decades, science fiction was a genre written almost exclusively by white males. Now, the genre is flourishing with diverse voices, thanks in part to the trailblazing writer Octavia E. Butler. Historian Gerry Canavan discusses the obstacles Butler faced and her legacy on one of the most popular genres in American literature.

Host: Gary Price. Guests: Gerry Canavan, professor at Marquette University and author, *Octavia E. Butler*

Links for more info: <https://www.press.uillinois.edu/books/catalog/34ghf4me9780252040665.html>,
https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Dstripbooks&field-keywords=octavia+e+butler

Compliance Issues Covered: Culture, Race, Diversity, Literature

11:41 SEGMENT 2: Finding Inspiration in Our Communities 10:44
Synopsis: The news typically shows us stories about the national government being stuck in a gridlock on most of the big, important issues. Sarah Van Gelder, co-founder of Yes! Magazine, went on a trip across America to see how change is being made at the local level and found inspirational stories and examples of community involvement solving big problems while paving the way for a better future.

Host: Marty Peterson. Guests: Sarah van Gelder, author, *The Revolution Where You Live*

Links for more info: <https://revolutionwhereyoulive.org/>, <http://www.yesmagazine.org/about/staff-board>

Compliance Issues Covered: American issues, Activism, Community Issues

23:25 Culture Crash: Looking Forward to the Films of 2018 3:01
Synopsis: We look ahead to the movies set to be released this year, from blockbusters like *Fantastic Beasts: The Crimes of Grindelwald* to more serious fare like Damien Chazelle's Neil Armstrong biopic, *First Man*.

Host: Evan Rook

Compliance Issues Covered: Media, Film, Culture



Program Log for *Viewpoints Radio*

Program 18-03 Producers Reed Pence, Evan Rook
Air Week 1/21/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: America's Cities: Why they matter...and a plan to save them 10:02
Synopsis: Cities, from New York and Chicago to New Orleans and San Francisco, are a vital piece of our country. We talk about the reasons for cities, their role as cultural epicenters, and a radical plan to stop American cities from decaying under our very feet.

Host: Gary Price. Guests: Joshua Jelly-Schapiro, co-author, *Nonstop Metropolis: A New York City Atlas*; William Goldsmith, retired professor of city and regional planning at Cornell University and author, *Saving Our Cities: A progressive plan to transform urban America*

Links for more info: <http://www.cornellpress.cornell.edu/book/?GCOI=80140100510000> <http://joshuajellyschapiro.com/>
<http://www.ucpress.edu/book.php?isbn=9780520285958>

Compliance Issues Covered: American Issues, City planning, Race issues, History
13:51 SEGMENT 2: Our Unconscious Minds 9:00
Synopsis: We like to think we're in control of our own actions... but are we? We talk to Dr. John Bargh, a professor of psychology at Yale University and author of *Before You Know It: The unconscious reasons we do what we do*, to discuss just how much of what we do is dictated by our unconscious minds.

Host: Marty Peterson. Guests: Dr. John Bargh, Professor of psychology at Yale University, author, *Before You Know It: The unconscious reasons we do what we do*

Links for more info: <http://www.simonandschuster.com/books/Before-You-Know-It/John-Bargh/9781501101212>

Compliance Issues Covered: Psychology, Personal Behavior, Science
23:51 Culture Crash: The Divisive *Three Billboards Outside Ebbing, Missouri* 2:34
Synopsis: Awards season is in full swing one contender is the divisive *Three Billboards Outside Ebbing, Missouri*. The film's racial politics has set the stage for an interesting stretch run to Oscars season.

Host: Evan Rook Compliance Issues Covered: Media, Film, Culture, Race relations



Program Log for *Viewpoints Radio*

Program 18-04 Producers Reed Pence, Evan Rook
Air Week 1/28/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: The Real History Behind the Evacuation of Dunkirk 9:15

Synopsis: In the last year, two movies including Christopher Nolan's latest blockbuster have introduced the story of Dunkirk to American audiences. We talk to Michael Korda, a historian and author, who explains some of the real history, including why Hitler and Churchill acted the way they did throughout the ordeal.

Host: Gary Price. Guests: Michael Korda, author, *Alone: Britain, Churchill, and Dunkirk: Defeat into Victory*

Links for more info: <https://www.amazon.com/Alone-Britain-Churchill-Dunkirk-Victory/dp/1631491326>

Compliance Issues Covered: History, War, International Relations

13:04 SEGMENT 2: Working to Maintain a Healthy Marriage 9:49

Synopsis: Maintaining a relationship or a marriage is a wonderful thing, but sometimes it can be tricky. We hear tips from an expert clinical psychologist on how couples can communicate better, understand each other more deeply, and work through some of the issues common in modern marriages.

Host: Marty Peterson. Guests: Dr. Daphne de Marneffe, clinical psychologist and author, *The Rough Patch: Marriage and the Art of Living Together*

Links for more info: <http://www.daphnedemarneffe.com/>, <https://www.amazon.com/dp/B01N637OIO/>

Compliance Issues Covered: Family Issues, Marriage, Mental Health, Problem solving

23:53 Culture Crash: The Ringer's *Binge Mode* Podcast 2:32

Synopsis: There are so many podcasts these days that it can sometimes be tough to sort through them all. We highlight *Binge Mode*, a podcast made for obsessive fans of cultural touchstones, like *Game of Thrones*, Pixar's *Coco*, and *Star Wars*.

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Criticism



Program Log for *Viewpoints Radio*

Program	18-05	Producers	Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week	2/4/2018	Production Director	Sean Waldron

Time	Segment	Dur.
1:47	SEGMENT 1: Reworking a Classic	8:28

Synopsis: Alfred Hitchcock's "Rear Window" is a film classic. The story of a man spying on his neighbors and witnessing a murder has been the inspiration for countless books and movies. Now comes author AJ Finn's version "The Woman in the Window," which uses Hitchcock's film as a jumping-off point to tell a story close to Finn's heart about the anxiety disorder agoraphobia.

Host: Gary Price. Guests: AJ Finn, Author, *The Woman in the Window*

Links for more info: <https://www.harpercollins.com/9780062678416/the-woman-in-the-window>

Compliance Issues Covered: Literature, Culture, Phobias, Mental health

12:17	SEGMENT 2: Super Bowl Ads	10:18
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Synopsis: The Super Bowl is the biggest game for the NFL, but it's also the biggest game for advertisers. Many people who don't even like football tune into the game just to see the ads. We talk to marketing specialists about how to craft a good ad, how ads are effectively measured and what makes an ad memorable.

Host: Marty Peterson. Guests: Aaron Goldman, Chief Marketing Officer for 4C Insights; David Stewart, President's Professor of Marketing at Loyola Marymount University in Los Angeles; Richard Krevolin, branding consultant and author of the book, *The Hook: How to share your brand's unique story to engage customers, boost sales, and achieve heartfelt success.*

Links for more info: <http://www.daphnedemarneffe.com/>, <https://www.amazon.com/dp/B01N637OIO/>

Compliance Issues Covered: Advertising, Media, Sales, Business, Sports

23:35	Culture Crash: TV Theme Songs	2:50
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Synopsis: TV theme songs: they're the soundtrack to our childhoods, adolescence, and Sunday nights. But have you ever stopped to think about their evolution... or how many of them you've grown fond of?

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Television



Program Log for *Viewpoints Radio*

Program 18-06 Producers Reed Pence, Evan Rook
Air Week 2/11/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: Making Philosophy Relatable Through Humor 9:36
Synopsis: Often, philosophy is so dense and hard to fully process that it feels impossible to understand and enjoy. Thomas Cathcart and Daniel Klein are trying to fix that problem. They explain some of the deepest thinkers of all time, like Immanuel Kant or John Locke, with humor.

Host: Gary Price. Guests: Thomas Cathcart and Daniel Klein, authors, *Plato and a Platypus Walk Into a Bar*

Links for more info: <http://www.penguinrandomhouse.com/books/302997/plato-and-a-platypus-walk-into-a-bar----by-thomas-cathcart/9780143113874/>

Compliance Issues Covered: Philosophy, History, Humor, Education

12:29 SEGMENT 2: Norwich, Vermont's Olympic Formula 9:55
Synopsis: How has a small town in Vermont produced 11 Olympians since the '80s? New York Times sportswriter Karen Crouse went there to find out, and says the answer lays in the town's culture... and most crucially, the parenting.

Host: Marty Peterson. Guests: Karen Crouse, New York Times writer and author, *Norwich: One tiny Vermont town's secret to happiness and excellence*

Links for more info: <https://www.nytimes.com/by/karen-crouse> <http://www.simonandschuster.com/books/Norwich/Karen-Crouse/9781501119897>

Compliance Issues Covered: Sports, Parenting, Family Issues

23:24 Culture Crash: YouTube's Logan Paul Problem 3:01
Synopsis: YouTube stars rack up huge followings and a lot of cash. But YouTube's hottest star is in a lot of hot water over one of his videos. How should the Internet regulate itself?

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Internet, Ethics



Program Log for *Viewpoints Radio*

Program 18-07 Producers Reed Pence, Evan Rook
Air Week 2/18/2018 Production Director Sean Waldron

Time	Segment	Dur.
1:47	SEGMENT 1: <i>The Graduate</i> , 50 Years Later	9:07

Synopsis: Few movies become as iconic as Mike Nichols's December 1967 classic, *The Graduate*. The film became a touchstone for Baby Boomers and became emblematic of the generation's desire to stand out from the generations before them. We look at some of the elements that made *The Graduate* so memorable.

Host: Gary Price. Guests: Beverly Gray, author, *Seduced By Mrs. Robinson*

Links for more info: <https://beverlygray.com/>, <https://beverlygray.com/books/seduced-by-mrs-robinson/>

Compliance Issues Covered: Culture, Film, History

12:58	SEGMENT 2: The Power of the Written Word	10:02
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Synopsis: Storytelling is a human impulse that has guided civilizations as far back as we can remember. Martin Puchner is a scholar on the subject and takes us through the history of writing stories down, and how those written accounts have become so important to our understanding of the world.

Host: Marty Peterson. Guests: Martin Puchner, Professor of English and Comparative Literature at Harvard University and author, *The Written Word: The power of stories to shape people, history, civilization*

Links for more info: <https://www.penguinrandomhouse.com/books/253470/the-written-world-by-martin-puchner/9780812998931/>
<https://english.fas.harvard.edu/faculty/puchner/>

Compliance Issues Covered: Humanities, History, English, Literature

24:00	Culture Crash: The New Era of Science Fiction	2:27
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Synopsis: There was a time when science fiction stories had to be a part of some established arc or it wouldn't get made. Now, thanks to *Black Mirror*, *Electric Dreams*, and the *Cloverfield* franchise, stand-alone sci-fi is thriving once again.

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Television, Film



Program Log for *Viewpoints Radio*

Program 18-08 Producers Reed Pence, Evan Rook
Air Week 2/25/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: Obsessive Compulsive Disorder: A debilitating and misunderstood malady 9:45
Synopsis: David Adam is a reporter and author who has lived with OCD for almost 20 years. He joins the show to explain his disorder and clear up some common misconceptions about the debilitating disorder.

Host: Gary Price. Guests: David Adam, reporter at Nature and author, *The Man Who Couldn't Stop: OCD and the true story of a life lost in thought*

Links for more info: <https://www.amazon.com/Man-Who-Couldnt-Stop-Thought/dp/1447238281>, <https://www.nature.com/nature/>
<https://www.nami.org/Learn-More/Mental-Health-Conditions/Obsessive-Compulsive-Disorder>

Compliance Issues Covered: Mental Health, Personal issues, Community Issues

13:37 SEGMENT 2: Processing Unimaginable Grief 9:42

Synopsis: Grief is something all humans experience in their life. But that doesn't make it any easier. Author Tom Malmquist suffered a terrible loss: his partner of 10 years died after childbirth. This was compounded a short while later when Malmquist's father died. He talks about how he processed his grief through writing, and the hope he finds in raising his daughter.

Host: Marty Peterson. Guests: Tom Malmquist, author, *In Every Moment We Are Still Alive*

Links for more info: <http://static.mhpbooks.com/In-Every-Moment/>

Compliance Issues Covered: Family issues, Grief, Mental health

24:19 Culture Crash: A Father & Son Duo's New Creepy Ghost Story 2:08

Synopsis: Authors Richard and Billy Chizmar aren't just partners, they're family. Their new horror novella, *Widow's Point*, tells the story of a haunted lighthouse. Despite its scary plot, the father and son say writing it was a blast.

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Television, Film



Program Log for *Viewpoints Radio*

Program 18-09 Producers Reed Pence, Evan Rook
Air Week 3/4/2018 Production Director Sean Waldron

Time	Segment	Dur.
1:47	SEGMENT 1: Empowering Students To Be Leaders	9:38

Synopsis: Students are taking an active role in political conversations around the country. We talk to experts about how teachers and schools are teaching young adults to think critically about important topics and talk an active role in the ongoing debates.

Host: Gary Price. Guests: Diana E. Hess, Dean of the School of Education, University of Wisconsin-Madison; Paula McAvoy, Program Director for the Centers for Ethics & Education, University of Wisconsin-Madison. Both guests are co-authors of the book, *The Political Classroom: Evidence and ethics in democratic education*.

Links for more info: <http://www.crf-usa.org/>, <http://www.mikvachallenge.org/>, <http://www.civiced.org/>

Compliance Issues Covered: Education, Politics, Civic engagement, Social sciences

13:29	SEGMENT 2: The Value of Grit	8:38
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Synopsis: Why is it that the same obstacles can cause one person to stop a pursuit and encourage another to keep going? The answer may lie in grit, the intangible “thing” that encompasses someone’s passion and perseverance.

Host: Marty Peterson. Guests: Angela Duckworth, Professor of Psychology at the University of Pennsylvania, Scientific Director of the Character Lab, author, *Grit: The power of passion and perseverance*

Links for more info: <http://www.angeladuckworth.com/>

Compliance Issues Covered: Personal improvement, Self help, Job issues, Education

23:07	Culture Crash: Oscar Sunday	3:19
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Synopsis: Tonight is the big night: The Academy Awards. We run through five of the biggest contenders of the year and where you can watch them to prepare for the ceremony.

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Television, Film



Program Log for *Viewpoints Radio*

Program 18-10 Producers Reed Pence, Evan Rook
Air Week 3/11/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: Education For Students With Autism 9:26

Synopsis: The right to an education is guaranteed to all students by federal law. But experts and parents are now wondering if we're doing enough to help students with autism reach their full potentials.

Host: Gary Price. Guests: Mark Claypool, CEO of ChanceLight Behavioral Health and co-author, *How Autism is Reshaping Special Education*

Links for more info: <http://chancelight.com/> https://www.amazon.com/How-Autism-Reshaping-Special-Education/dp/1475834977/ref=asap_bc?ie=UTF8 <https://www.autismspeaks.org/>

Compliance Issues Covered: Education, Disability, Family Issues, Childhood development

13:17 SEGMENT 2: The Spanish Flu of 1918 9:35

Synopsis: We all know about the Bubonic Plague, but few of us know very much about the Spanish Flu. Author Susan Meissner's new novel explores the illness, and she joins the show to discuss the disease itself, how it interacted with World War I, and the immense cost of the sickness.

Host: Marty Peterson. Guests: Susan Meissner, author, *As Bright As Heaven*

Links for more info: <https://www.penguinrandomhouse.com/books/552037/as-bright-as-heaven-by-susan-meissner/9780399585968/>

Compliance Issues Covered: History, Diseases, Sanitation, Public Issues

23:52 Culture Crash: Hulu's Big Push 2:34

Synopsis: For years, Netflix has been the top choice for TV streaming enthusiasts. But Hulu has slowly become a more well-rounded service with top-tier original titles and a huge backlog of TV classics.

Host: Evan Rook Compliance Issues Covered: Media, Culture, Television, Business



Program Log for *Viewpoints Radio*

Program 18-11 Producers Reed Pence, Evan Rook
Air Week 3/18/2018 Production Director Sean Waldron

Time	Segment	Dur.
1:47	SEGMENT 1: Studying School Shootings and Gun Violence	9:22

Synopsis: Since the shooting in Parkland, Florida, gun reform debates have been happening all across the country, but researcher Adam Pah says one thing missing from the debates are the essential data points that he says can and should be informing future policy decisions.

Host: Gary Price. Guests: Adam Pah, Clinical assistant professor at the Kellogg School of Management at Northwestern University

Links for more info: <https://insight.kellogg.northwestern.edu/article/school-shootings-rise-and-fall-with-the-unemployment-rate>
http://www.kellogg.northwestern.edu/faculty/directory/pah_adam.aspx

Compliance Issues Covered: Public safety, Guns, Schools, Education, Politics

13:02	SEGMENT 2: Spring 2018's Biggest Books	9:56
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Synopsis: Springtime is almost here, and with it comes an onslaught of books. We talk to three authors about some of the biggest books of the year.

Host: Marty Peterson. Guests: Matt Haig, author, *How to Stop Time*; Chloe Benjamin, author, *The Immortalists*; CJ Tudor, author, *The Chalk Man*

Links for more info: <http://www.matthaig.com/how-to-stop-time/>, <https://www.penguinrandomhouse.com/books/551044/the-immortalists-by-chloe-benjamin/9780735213180/>, <https://www.penguinrandomhouse.com/books/556729/the-chalk-man-by-c-j-tudor/>

Compliance Issues Covered: Literature, Culture, Books, Mental Health, Family issues

23:56	Culture Crash: Adapting a Book into a Movie: <i>Annihilation</i>	2:31
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Synopsis: The new sci-fi adventure movie, *Annihilation*, is based on a book, but the adaptation is looser than what we typically expect. How director Alex Garland created something new.

Host: Evan Rook

Compliance Issues Covered: Media, Culture, Movies, Books



Program Log for *Viewpoints Radio*

Program 18-12 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 3/25/2018 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: Racism in 2018 9:22

Synopsis: We talk to two experts on sociology and racism who say that racism still exists in 2018. We discuss what racism looks like in our modern world and what we all can be doing to help make the world more tolerant and less racially biased.

Host: Gary Price. Guests: Paul Kivel, activist and author, "Uprooting Racism: How white people can work for racial justice;" Bruce Haynes, professor of sociology at The University of California-Davis and author, "Down the Up Staircase: Three generations of a Harlem family"

Links for more info: <http://sociology.ucdavis.edu/people/bdhaynes>, <https://cup.columbia.edu/book/down-the-up-staircase/9780231181020>, <http://paulkivel.com/>

Compliance Issues Covered: Sociology, Racism, American history, Economics

13:31 SEGMENT 2: The Benefits of Music Education 9:56

Synopsis: Often during a budget crunch, music education is the first thing to go from our schools. But we talk to two experts who give us some insight into the many benefits that learning music can have on our brains and how our children develop.

Host: Marty Peterson. Guests: Dr. Nina Kraus, Director of the Auditory Neuroscience Laboratory at Northwestern University; Dr. Aniruddh Patel, Professor of Psychology at Tufts University

Links for more info: <https://sites.lsa.umich.edu/scottepage/research-2/diversity-research/>, <https://www.amazon.com/The-Difference-Diversity-Creates-Societies/dp/0691138540>

Compliance Issues Covered: Sociology, Workplace issues, Psychology, Diversity

23:38 Culture Crash: 2017's "Little" Horror Movies 2:26

Synopsis: This year, low-cost horror movies like "Get Out" made big noise at the box office and now, the awards conversation. We discuss one man responsible for the trend: producer Jason Blum.

Host: Evan Rook

Compliance Issues Covered: Media, Movies, Culture, Economics

2018-Q1 (January-March) Radio Health Journal Quarterly Report
Compliance Issues covered this quarter:

Accidents	Legal System
Alcohol Abuse	Legislation
Business	Mental Illness
Children	Nutrition
Consumerism	Parenting issues
Crime	Police
Developmental Disorders	Pop Culture
Diet	Prevention
Disabilities	Public Health
Drunk Driving	Public Safety
Economics	School Safety
Education	Sexual Assault
Employment	Sexual Harassment
Family Issues	Social Media
Federal Government	Sports and Recreation
Firearms	Technology
Food Regulation	Media
Gender Issues	Women's Issues
Health Care	Workplace Safety
Industry	Workplace Violence
Injury	Youth at Risk
Interpersonal Relations	

Program **18-01** Producers **Evan Rook, Molly Nagle, & Reed Pence**
Air Week **1/7/2018** Production Director **Sean Waldron**

Time	Segment	Dur.
2:05	SEGMENT 1: HEART ATTACKS IN YOUNG WOMEN	11:15

Synopsis: Young women are at a relatively low risk of heart attacks, but when they have one a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss.

Host: Reed Pence. **Guests:** Dr. Judith Lichtman, Assoc. Prof. and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Andersen, attending cardiologist and Director of Education and Outreach, Perelman Heart Institute, New York Presbyterian Hospital.

Compliance issues covered: public health; health care; women's issues; education

Links for more information: <https://www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/>

14:22	SEGMENT 2: ODD MEDICAL TREATMENTS OF THE PAST	7:26
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Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude that doctors in ancient Greece provided better care than those in the US 150 years ago.

Host: Nancy Benson. **Guests:** Nathan Belofsky, author, *Strange Medicine: A Shocking History of Real Medical Practices Through the Ages*.

Compliance issues covered: education; consumerism; health care

Links for more information: <http://strangemedicine.com>

Program 18-02 **Producers** Reed Pence
Air Week 1/14/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: VIOLENCE AGAINST HEALTHCARE WORKERS	12:24

Synopsis: Healthcare workers are about four times more likely than other workers to be attacked on the job, usually by patients or family members, and most often in the emergency department. Experts discuss how and why attacks occur, and how hospitals and health care workers can do a better job preventing them.

Host: Reed Pence. **Guests:** Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Assn.; Dr. Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald Wyatt, Medical Director, Division of Healthcare Improvement, The Joint Commission

Compliance issues covered: health care; workplace violence; employment and workplace safety; prevention; education

Links for more information: <https://www.ena.org/practice-research/research/Pages/Default.aspx>; <http://www.jointcommission.org>

15:29	SEGMENT 2: EGG DONATION FOR FAMILY AND FRIENDS	7:26
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Synopsis: Egg donation can solve infertility, but it can be a minefield of emotional risks, especially if the donor and recipient are family or friends. An author/journalist who has donated twice with vastly different results discusses the technology and what to look out for when approaching egg donation.

Host: Lynn Holley. **Guest:** Alicia Young, author, *Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets*

Compliance issues covered: healthcare; family issues; technology

Links for more information: <http://www.twoeggstwokids.com>

Program 18-03 **Producers** Reed Pence
Air Week 1/21/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: WHEN SHOULD KIDS GET A PHONE?	12:52

Synopsis: Smartphones have become ubiquitous among those in their teens and older, but there is no consensus on when children should first get a phone. Experts discuss dangers and cautions, and how parents can decide when the time is right for their kids to “get connected.”

Host: Reed Pence. **Guests:** Dr. Yalda Uhls, Asst. Prof. of Psychology, UCLA and author, *Media Moms and Digital Dads*; Dr. Richard Freed, child and adolescent psychologist and author, *Wired Child: Reclaiming Childhood in a Digital Age*; Brooke Shannon, founder, Wait Until 8th; Dr. Scott Campbell, Prof. of Telecommunications, Univ. of Michigan

Compliance issues covered: youth at risk; technology and media; parenting issues; education; social media

Links for more information: <http://www.yaldatuhls.com>; <http://richardfreed.com>; <https://www.waituntil8th.org>; <https://lsa.umich.edu/comm/people/regular-faculty/swcamp.html>

15:56	SEGMENT 2: SILENT REFLUX	7:13
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Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder.

Host: Nancy Benson. **Guest:** Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, *The Chronic Cough Enigma*.

Compliance issues covered: health care; consumerism; federal government and food regulation

Links for more information: <http://www.voiceinstituteofnewyork.com>

Program 18-04 **Producer** Polly Hansen, Reed Pence
Air Week 1/28/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:02	SEGMENT 1: ANXIETY & DEPRESSION—NOT A BRAIN CHEMICAL IMBALANCE?	12:33

Synopsis: For the last several decades, doctors have believed many mental illnesses were the result of chemical imbalances in the brain. However, a journalist's investigation shows that lost human connection, dissatisfaction, and loneliness are behind many cases of depression and anxiety. He explains.

Host: Reed Pence. **Guests:** Johann Hari, author, *Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions*

Compliance issues covered: health care; public health; technology; mental illness; interpersonal relations

Links for more information: <https://thelostconnections.com>

15:37	SEGMENT 2: TBI'S AND PERSONALITY CHANGE	7:13
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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. **Guests:** Dr. Sandeep Vaishnavi, neuroscientist, Duke Univ. Medical Center; Director, Neuropsychiatric Clinic, Carolina Partners; co-author, *The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior After Brain Injury*

Compliance issues covered: health care; consumerism; accident and injury; sports and recreation

Link for more information: <https://jhupbooks.press.jhu.edu/content/traumatized-brain>

Program 18-05 **Producer** Reed Pence
Air Week 2/4/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: ADULT BULLIES—MORE COMMON THAN WE THINK	12:09

Synopsis: Some bullies never grow up, and just keep on bullying. Experts describe where and how it most often occurs, what workplace bullies are seeking, who they target, why it continues, and what needs to happen to stop it.

Host: Reed Pence. **Guests:** Dr. Ron Riggio, Prof. of Psychology and Leadership, Claremont McKenna College; Dr. Charles Sophy, Medical Director, Los Angeles County Dept. of Children and Family Services; Dr. Gary Namie, Director, Workplace Bullying Institute

Compliance issues covered: youth at risk; workplace issues; employment; business and industry; interpersonal relations

Links for more information: <https://www.cmc.edu/academic/faculty/profile/ronald-riggio>; <http://www.drSophy.com>;
<http://www.workplacebullying.org>

15:16	SEGMENT 2: FIBER AND THE GUT	7:36
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Synopsis: Scientists are discovering why dietary fiber is so good for us—it feeds beneficial bacteria living in our intestines. Experts discuss how far fiber can go to keep us healthy, and what happens when we ignore fiber in the diet.

Host: Nancy Benson. **Guests:** Dr. Hannah Holscher, Asst. Prof. of Nutrition, Univ. of Illinois-Urbana-Champaign; Dr. Andrew Gewirtz, Prof. of Biomedical Sciences, Georgia State Univ.

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

Links for more information: <https://fshn.illinois.edu/directory/hholsche>; <http://biomedical.gsu.edu/profile/andrew-gewirtz/>

Program Log for *Radio Health Journal*

Program 18-06 **Producer** Polly Hansen, Reed Pence
Air Week 2/11/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: SPEAKING OUT ON SEXUAL HARASSMENT	12:01

Synopsis: Women who have suffered sexual assault and harassment are speaking out in unprecedented numbers. Many women feel empowered, but the movement has created confusion and doubt as well. Experts discuss what's on the edges of harassment and what makes those perpetrators more dangerous than they seem, as well as legal hurdles to making claims stick.

Host: Reed Pence. **Guests:** Dr. Ashton Lofgreen, Asst. Prof. of Psychiatry, Rush Univ; Dr. Cynthia Eller, Prof. of Religion, Claremont Graduate Univ. and author, *The Myth of Matriarchal Prehistory: Why an Invented Past Won't Give Women a Future*; Dr. Emily Grijalva, Asst. Prof. of Organization and Human Resources, Univ. of Buffalo; Dr. John Pryor, Emeritus Distinguished Prof. of Psychology, Illinois State Univ.

Compliance issues covered: women's issues; crime; legal system; sexual harassment and assault; gender issues; public health and safety; employment and workplace issue

Links for more information: <https://www.rushu.rush.edu/faculty/ashton-lofgreen-phd>; <https://www.cgu.edu/people/cynthia-eller/>; <https://mgt.buffalo.edu/faculty/academic-departments/organization-human-resources/faculty/emily-grijalva.html>; https://cas.illinoisstate.edu/faculty_staff/profile.php?ulid=pryor#fs-tabs-accord2

15:06	SEGMENT 2: THE HIGH HEALTH COST OF SUGAR	7:58
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Synopsis: Many experts disagree over the roots of the obesity crisis some 40 years ago. One well-known expert describes why he believes sugar is to blame, and the changes in the market and government advisories that made sugar a much heavier part of our diets.

Host: Nancy Benson. **Guests:** Dr. Robert Lustig, pediatric endocrinologist, Univ. of California, San Francisco, President, Institute for Responsible Nutrition and author, *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease*

Compliance issues covered: health care; public health; consumerism; economics; federal government

Links for more information: <http://www.responsiblefoods.org>

Program 18-07 **Producers** Reed Pence
Air Week 2/18/2018 **Production Director** Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: DASHING OLD STUTTERING MYTHS	11:39

Synopsis: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutterers; an inability to perceive rhythms; and a much more successful way to treat stuttering. Experts discuss the new advances.

Host: Reed Pence. **Guests:** Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara; Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Newuroscience, Michigan State Univ.

Compliance issues covered: youth at risk; developmental disorders; education

Links for more information: <http://www.speech.ucsb.edu/clinic/>; <https://www.nri.ucsb.edu/people/researchers/grafon/>; <http://taplab.psy.msu.edu>

14:46	SEGMENT 2: MANUFACTURING HAPPINESS	7:42
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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. **Guest:** 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, UCLA researcher and author, *The Upward Spiral: Using Neural Science to Reverse the Course of Depression, One Small Change At a Time*

Compliance issues covered: consumerism; family issues; mental illness

Links for more information: <http://sonjalyubomirsky.com>; <http://alexkorbphd.com>

Program	18-08	Producer	Reed Pence
Air Week	2/25/2018	Production Director	Sean Waldron

Time	Segment	Dur.
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2:03 SEGMENT 1: ADHD AND SLEEP DISORDERS

12:31

Synopsis: New research shows that most people with ADHD have a disordered body clock prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.

Host: Reed Pence. **Guests:** Dr. Sandra Kooij, Assoc. Prof. of Psychiatry, Free Univ. Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Asst. Prof. of Psychiatry, New York Univ. School of Medicine and CEO, Reimbursify

Compliance issues covered: youth at risk; developmental disorders; education; family issues

Links for more information: <https://www.eunetworkadulthood.com/author/sandra-kooij/>; <http://vatsalthakkar.com>

15:16 SEGMENT 2: A REAL-LIFE STAR TREK TRICORDER

7:38

Synopsis: A real-life version of the Star Trek Tricorder, a non-invasive remote medical diagnostic machine, has won a major contest after passing multiple tests. Now it faces FDA scrutiny to go onto the market. Its developer discusses what the device is and how it could be used.

Host: Nancy Benson. **Guests:** Dr. Basil Harris, Emergency Physician, Lankenau Medical Center and founder, Final Frontier Medical Devices

Compliance issues covered: consumerism; technology; pop culture; health care

Links for more information: <https://tricorder.xprize.org/teams/final-frontier-medical-devices>

Program	18-09	Producer	Reed Pence, Amirah Zaveri
Air Week	3/4/2018	Production Director	Sean Waldron

Time	Segment	Dur.
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2:05 SEGMENT 1: MISUNDERSTANDING AUTISM

12:37

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, Pro., Artists & Scientists As Partners Group, Brown Univ. and author, *Uniquely Human: A Different Way of Seeing Autism*

Compliance issues covered: youth at risk; disabilities; education; pop culture

Links for more information: <http://stevesilberman.com>; <http://barryprizant.com>

15:44 SEGMENT 2: CYCLIC VOMITING SYNDROME

7:17

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. **Guest:** Kathleen Adams, mother of cyclic vomiting sufferer and founder, President and Research Liason, Cyclic Vomiting Syndrome Assn.; 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

Compliance issues covered: health care; youth at risk

Links for more information: <http://cvsaonline.org>; <http://www.mcw.edu>; <http://www.chw.org>

Program	18-10	Producer	Reed Pence, Polly Hansen
Air Week	3/11/18	Production Director	Sean Waldron

Time	Segment	Dur.
2:04	SEGMENT 1: OVERDOING SCHOOL LOCKDOWN DRILLS	12:39

Synopsis: The rise of school shootings has made lockdown drills an everyday part of school life. However, without a consensus on the best way to carry out these drills, some schools may make them too realistic and traumatize students and staff more than prepare them for an intruder. A noted expert discusses how schools go wrong and what they should do to be effective.

Host: Reed Pence. **Guests:** Dr. David Schonfeld, Director, National Center for School Crisis and Bereavement, University of Southern California

Compliance issues covered: youth at risk; children; public safety; school safety; education; police; firearms; legislation; drunk driving

Links for more information: <https://www.schoolcrisiscenter.org>

15:45 SEGMENT 2: THE MYSTERY OF ANESTHESIA

7:11

Synopsis: Anesthesia is a bedrock of medical practice, yet doctors admit we don't know exactly how it works. An expert discusses anesthesia's back story and recent improvements.

Host: Nancy Benson. **Guests:** Dr. Henry Jay Przybylo, Assoc. Prof. of Anesthesiology, Northwestern Univ. School of Medicine and author, *Counting Backwards: A Doctor's Notes on Anesthesiology*

Compliance issues covered: health care; technology; patient safety

Links for more information: <https://www.henryjaymd.com>

Program	18-11	Producer	Reed Pence
Air Week	3/18/18	Production Director	Sean Waldron

Time	Segment	Dur.
2:03	SEGMENT 1: DRUNKOREXIA	11:47

Program Log for *Radio Health Journal*

Synopsis: Studies show that a large proportion of college students are at least occasionally “drunkorexic,” avoiding food when they know they’ll be drinking later in order to get a better buzz or to keep from gaining weight. Experts discuss dangers of drunkorexia and methods colleges are using to limit the damage.

Host: Reed Pence. **Guests:** Dr. Dipali Rinker, Research Asst. Prof., Univ. of Houston; Joy Stephenson-Laws, founder Proactive Health Labs; Dr. Petros Levounis, Prof. and Chrmn., Psychiatry, Rutgers New Jersey Medical School; William Mupo, Health Promotion Coordinator, Univ. of Texas-Austin

Compliance issues covered: youth at risk; alcohol abuse; education; public health

Links for more information: <http://www.uh.edu/class/psychology/about/people/dipali-rinker/>; <https://www.amazon.com/Joy-Stephenson-Laws-JD/e/B01N59UXTS>; <https://asam.org/about-us/leadership/board-of-directors/biography-petros-levounis>; <https://www.healthyhorns.utexas.edu/healthpromotion.html>

14:52 SEGMENT 2: BIG DATA AND HEALTHCARE

8:04

Synopsis: Big data is changing the world, but it’s been slow in coming to healthcare. An expert in healthcare IT explains how that’s changing and what it could mean to treatment.

Host: Nancy Benson. **Guests:** Paddy Padmanabhan, CEO, Damo Consulting and author, *The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era*

Compliance issues covered: health care; technology

Links for more information: <https://www.cio.com/author/Paddy-Padmanabhan/>

Program	18-12	Producer	Reed Pence
Air Week	3/25/18	Production Director	Sean Waldron

Time	Segment	Dur.
2:05	SEGMENT 1: HOSPITALS AND HOUSING	13:48

Synopsis: A number of hospitals, particularly in large cities, are beginning to develop or operate housing units for the homeless, finding they markedly reduce healthcare costs for this population. Experts discuss their “housing first” approach that does not require people to get off addictions before they get an apartment.

Host: Reed Pence. **Guests:** Stephen Brown, Director, Preventive Emergency Medicine, Univ. of Illinois Hospital and Health Sciences, Chicago; Shannon Nazworth, Pre./CEO, Ability Housing, Jacksonville, FL

Compliance issues covered: homeless; housing; public health; substance abuse & addictions; economics; Medicaid; economics; non-profit organizations

Links for more information: <https://chicago.medicine.uic.edu/departments/academic-departments/emergency-medicine/about/directory/sbrown/>; <https://abilityhousing.org/our-people/>

16:55 SEGMENT 2: STEM CELLS FOR COPD

5:57

Synopsis: Lung diseases such as COPD are difficult to treat, but a new method taking a patient’s own stem cells, concentrating them, and reinfusing them is showing success. An expert explains.

Host: Nancy Benson. **Guest:** Dr. Jack Coleman, Medical Director, Lung Health Institute

Compliance issues covered: health care; technology

Links for more information: <http://www.thelunghealthinstitute.com>