

KEWB ISSUE RESPONSIVE PROGRAMMING SUMMARY 3rd QUARTER 2015

During the months of July, August, and September of 2015, station KEWB broadcasted many programs that gave significant treatment to issues of interest to the community within our coverage area. Here is a summary, supported by accompanying documentation, of the issues covered:

Comedy and comedians: how do they get so funny?; Over-involved parents; Human Trafficking; Philanthropy; The life and music of jazz legend Sheila Jordan; The Anatomy of a Crime Novel; Happiness: What is it? How do we find it?; George Washington; The Psychopath Inside; Talking About Abortion and Other Touchy Topics in a New Way; Women in Prison Part I: A look inside the bars; Women in Prison Part II: Changed lives – for the better; Lists of Note; Kids and Financial Intelligence; The Genius of Instant Photography; Social Media and the Presidential Election; Cohabitation and the Law; Intelligent Disobedience: Knowing when and how to say “no”; Hunting and Poaching Wild Animals; Digital Job Search; Car crashes & PTSD; Alcohol-powdered alcohol; Stem cell regeneration; Exploding head syndrome; It Was a Dark and Stormy Night: The Bulwer-Lytton Fiction Contest; Mindful Work: Meditation in the workplace; Refuse Workers: The Dangers of Trash; TV Doctors: Truth or Fiction; Perfect Pitch; Air Pollution and Lung Health; Maternity Morality; The Joy of Singing; Your Brain With Tinnitus; Child Suicide Survivors; The Risk of the Front Passenger Seat; Toward a More Peaceful Death; Online Pharmacies, Fake Drugs; Multitasking; Enlisting Men Against Sexual Assault; The Power of Tears; Heart Attacks in Young Women; Odd Medical Treatments of the Past; Misophonia: Rage at the Smallest Sound; Grief; Liquid Biopsies; Pet Obesity; Car Crashes and PTSD; Alcohol-Powdered Alcohol; Stem Cell Regeneration; Exploding Head Syndrome; The Return on Workplace Wellness; The Importance of Play

KEWB ISSUE RESPONSIVE PROGRAMMING INFORMATION QUARTER 3, 2015, JULY- SEPTEMBER

ISSUE CATEGORY: Weather

EVENT TITLE: Local Weather Reports

DATES OF BROADCASTS: Reports were broadcast Mon-Fri at 5:14am, 5:21am, 5:52am, 6:11am, 6:23am, 6:36am, 6:52am, 7:11am, 7:24am, 7:36am, 7:52am, 8:11am, 8:24am, 8:36am, 8:52am.

DURATION: 15 seconds

SOURCE: Internal weather department (from our Yuba City office)

TOPICS DISCUSSED AND SUMMARY DISCUSSION: Weather conditions and advisories.

OTHER COMMENTS: 15 reports per week.

ISSUE CATEGORY: News

EVENT TITLE: Local News Report

DATES OF BROADCASTS: Reports were broadcast Mon-Fri at 5:34am, 6:34am, 7:34am, 8:34am.

DURATION: 90 seconds

SOURCE: Virtual news (company news department)

TOPICS DISCUSSED: Local, regional and national news events and stories.

OTHER COMMENTS: 20 total reports per week

Submitted by: Emily LaFayette

Date: 10/7/2015

September:

26- Remote for Shasta Blood Drive 10a-2p



Quarterly Issues Report – Q3 Third Quarter, 2015 July through September,
Viewpoints Programs covered 15-27 through 15-39

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

Aging	Families	Philanthropy
Alcoholism	Family issues	Politics
Alzheimer's disease	Forensics	Popular culture
Auto & highway safety	Gay issues	Poverty
Banking	Government	Presidency
Business	Health care	Presidential election
Commerce	History	Prisons
Communications	Immigration	Public health
Conservation and the	Inventions	Public safety
Correctional facilities	Labor	Racism
Crime	Law	Recreation
Criminal justice system	Lifestyle issues	Science
Culture	Literature	Science & technology
Disabilities	Marketing	Slavery
Domestic abuse	Marriage	Social activism
Drug addiction	Media	Social media
Education	Mental health	U.S. military
Employment	Military	War
Environment	Non-profits	Wildlife
Entrepreneurship	Parenting issues	Women's issues
Ethics	Personal finance	

Program #15-27 **Air week: 7/5/15**

SEGMENT #1 – Comedy and comedians: how do they get so funny?

10:40

SYNOPSIS: Everyone likes a good comedy show, and these days there seems to be a comedian around every corner. Comedy club comics, television shows, movies and plays that try to make us laugh at the absurdities of life are very popular, but did you ever wonder just how they come up with their material? We talk to a veteran comedy writer about the process of writing funny stuff and the successes and failures that make a comedian a star.

Host: Gary Price. Guests: Joe Randazzo, head writer for *@Midnight* on Comedy Central, former editor of *The Onion*, former creative editor of Adultswim.com, author of the book *Funny on Purpose: The definitive guide to an unpredictable career in comedy*.

COMPLIANCY ISSUES COVERED: popular culture, media, the arts

SEGMENT #2— Over-involved parents

11:00

SYNOPSIS: Kids are little bundles of imagination and they can amuse themselves with the simplest of household goods: a pot and a spoon, becomes a drum; a cardboard box turns into a fort, and a towel can transform them into a caped crusader! However, some parents tend to micromanage their kids' time with structured activities and there's little left for the child to explore the world.

Host: Marty Peterson. Guests: William Joyce, Oscar-winning filmmaker, author of the children's book, *Billy's Booger: A memoir, sort of*. Mary Jo Rapini, psychotherapist who deals with issues of family, relationships and intimacy.

COMPLIANCY ISSUES COVERED: parenting issues, youth at risk, education

Program #15-28 **Air week: 7/12/15**

SEGMENT #1 – Human trafficking

11:13

SYNOPSIS: Slavery is alive in the United States and around the world in the 21st century. That's hard to believe, but all over the world people are being forced to work long hours as laborers or in the sex trades, in horrible conditions for little or no money – and there's no way for them to get out.

Host: Gary Price. Guests: Melysa Sperber, Dir. of the Alliance to End Slavery and Trafficking, a project of Humanity United; Kay Buck, CEO of Coalition to Abolish Slavery and Trafficking, CAST, Los Angeles, CA

COMPLIANCY ISSUES COVERED: slavery, labor, crime & law enforcement, immigration, criminal justice system, business

SEGMENT #2- Philanthropy

10:25

SYNOPSIS: The huge donations by billionaires such as Bill and Melissa Gates, Oprah, and Warren Buffett get a lot of press – and they help a lot of charities and people around the world. You might be surprised to know, though, that most of the money that non-profits receive is from small donors giving much less to deserving causes

Host: Marty Peterson. Guests: Carrie Morgridge, Vice President of The Morgridge Family Foundation, author of *Every Gift Matters: How your passion can change the world.*

COMPLIANCY ISSUES COVERED: philanthropy, business, personal finance, non-profits, government

Program #15-29 Air week: 7/19/15

SEGMENT #1 – The life and music of jazz legend Sheila Jordan

11:59

Synopsis: Jazz is the quintessential American music genre, and nobody sings it better than Sheila Jordan. We talk to Jordan and her biographer about Jordan's rise from poverty to her career singing with some of the most famous jazz musicians of the 20th century, the racism that jazz musicians – both black and white – experienced, and the need to preserve this music for future generations.

Host: Gary Price. Guests: Sheila Jordan, jazz singer, teacher and composer); Ellen Johnson, singer, musician, author of “Jazz Child: A portrait of Sheila Jordan.”

COMPLIANCY ISSUES COVERED: music & the arts, racism, poverty, alcoholism & drug addiction

SEGMENT #2 – The Anatomy of a Crime Novel

9:36

Synopsis: Crime novels are among the most popular reading in the U.S., and nobody writes a more engaging, suspenseful and factually accurate story than award-winning and best-selling novelist Patricia Cornwell. Her Kay Scarpetta series is full of detailed forensic information, and we talked to her about how she gathers her facts and actually experiences some of the dangerous situations that she puts her heroine through in her books.

Host: Marty Peterson. Guests: Patricia Cornwell, crime novelist, author of “Flesh and Blood”

COMPLIANCY ISSUES COVERED: forensics, technology, prisons, media, law enforcement

Program #15-30 Air week: 7/26/15

SEGMENT #1 – Happiness: What is it? How do we find it?

10:41

Synopsis: We hear that we should be happy, and that happiness helps you live longer, brings more tranquility to your life, and to the lives of your family and friends. But do you know what happiness truly is? We talk to a psychologist and a philosopher about the essence of happiness, how to find it and how it's different from person to person and across the globe.

Host: Gary Price. Guests: Tim Bono, assistant dean in the college of arts and sciences, and a lecturer in psychology at Washington University, St. Louis; Frederic Lenoir, philosopher, sociologist and religious historian. Author of the book, *Happiness: A philosopher's guide.*

COMPLIANCY ISSUES COVERED: mental health, poverty, family, Alzheimer's disease

SEGMENT #2- George Washington

10:54

Synopsis: The President of the United States has a lot of powers that we think are given to him by the U.S. Constitution. You might be surprised to find out, however, that very little in that document actually outlines the job or the authority the Commander-in-Chief possesses. We talk to a historian about how executive powers and privilege for the President were created not by Congress but by the first man to hold the nation's highest office.

Host: Marty Peterson. **Guests:** Harlow Giles Unger, historian and author of the book, *Mr. President: George Washington and the making of the nation's highest office.*

COMPLIANCY ISSUES COVERED: government, history, the Presidency, laws & the Constitution

Program #15-31 Air week: 8/2/15

SEGMENT #1— The Psychopath Inside

11:59

Synopsis: When we hear the term “psychopath,” we usually think of serial killers or other nasty villains. Rarely does anyone think of the mild-mannered neuroscientist next door. We talk to a psychologist and to a neuroscientist who happens to be psychopathic, about what the term actually means in the medical world.

Host: Gary Price. **Guests:** Scott Lilienfeld, professor of psychology, Emory Univ., Atlanta, GA; James Fallon, neuroscientist at Univ. of California-Irvine, author of “The Psychopath Inside: A neuroscientist's personal journey into the dark side of the brain.”

COMPLIANCY ISSUES COVERED: mental health, disabilities, family issues, science & technology

SEGMENT #2- Talking About Abortion and Other Touchy Topics in a New Way

9:37

Synopsis: It seems that when the topic of abortion comes up in the media, there are two distinct sides voicing their opinions with no middle ground or real conversation on the topic. The debate over this issue and other touchy topics these days usually disintegrates into an “Us vs. Them” shouting match, leaving many on both sides and in the middle angry and dissatisfied.

Host: Marty Peterson. **Guests:** Aspen Baker, co-founder and executive director of Exhale, author of the book, “Pro-Voice: How to keep listening when the world wants a fight.”

COMPLIANCY ISSUES COVERED: abortion, social activism, politics, media, family issues

Program #15-32 Air week: 8/9/15

SEGMENT #1 – Women in Prison Part I: A look inside the bars

9:21

SYNOPSIS: The Netflix television show, *Orange is the New Black*, depicts life in a women's prison – but is it real? Are the inmates whose lives they portray realistic? We toured a real women's medium-security prison, talked to the administration and some inmates there to find out. We also talk to the real-life Alex Vause from OITNB, Cleary Wolters – a former inmate and friend of Piper Kerman, author of the book *Orange is the New Black: My year in a women's prison.*

Host: Gary Price. **Guests:** Lt. Brad Gray, Correctional Officer, Rockville Correctional Facility, Rockville, IN; Stacie Brown, Inmate; Cleary Wolters, former inmate, author of “Out of Orange: A memoir.”

COMPLIANCY ISSUES COVERED: women's issues, correctional facilities, commerce, mental health, crime

SEGMENT #2- Women in Prison Part II: Changed lives – for the better

10:15

SYNOPSIS: What's a women's prison really like? Motherhood, drama and romantic relationships are all quite common. We visited Rockville Correctional Facility and sat down with two inmates to discuss their prison experience, past regrets and what they've learned while serving their sentences.

Host: Marty Peterson. Guests: Kelly Patterson, Inmate; Toni Golightly, Inmate.

COMPLIANCY ISSUES COVERED: family issues, correctional facilities, domestic abuse, crime, mental health, education

Program #15-33 Air week: 8/16/15

SEGMENT #1 – Lists of Note

10:52

SYNOPSIS: Everyone makes lists: shopping lists, to-do lists, Christmas lists, and many more. But what do your lists say about you? We talk to an author who looked at hundreds of lists compiled by the famous, the infamous and the unknown, and found out that they say a great deal about the times, our history and the list makers themselves.

Host: Gary Price. Guests: Shaun Usher, author of *Lists of Note: An eclectic collections deserving of a wider audience*.

COMPLIANCY ISSUES COVERED: literature, popular culture, war, media, crime

SEGMENT #2- Kids and Financial Intelligence

10:45

SYNOPSIS: Millions of young people will soon head out on their own for the first time to attend college or start their first job. It will also be the first time that many of them are in charge of their own finances. How literate are they about banking, spending, saving, and credit?

Host: Marty Peterson. Guests: Dean Obenauer, Asst. Dir. of Financial Aid for Financial Literacy, Creighton University, Omaha, Nebraska; Jeff Reeves, Exec. Editor at Investorplace.com

COMPLIANCY ISSUES COVERED: personal finance, banking, education, family issues

Program #15-34 Air week: 8/23/15

SEGMENT #1 – The Genius of Instant Photography

10:13

Synopsis: These days, “instant photography” means digital pictures that can be cropped, enhanced and captioned and uploaded to the internet in a matter of minutes. It’s nothing very novel today, what with all of the cell phones and tablets that can produce stunning photos. It wasn’t that long ago, however, that “instant” pictures were as talked about as the latest iPhones are today.

Host: Gary Price. Guests: Ronald K. Fierstein, author of “A Triumph of Genius: Edwin Land, Polaroid, and the Kodak Patent War.”

COMPLIANCY ISSUES COVERED: inventions, U.S. military & intelligence, entrepreneurship, law, science

SEGMENT #2- Social Media and the Presidential Election

11:23

Synopsis: Snapchat is quickly rising to the top of the social media hierarchy, and presidential candidates want to tap into its growing audience. But how exactly do you reach young voters on social media without sounding “too political” and boring? We speak with Matthew McGregor, Obama’s former digital strategist, and Aria Juliet Castillo, a young voter who loves social media and politics about the issue.

Host: Marty Peterson. Guests: Matthew McGregor, Aria Juliet Castillo

COMPLIANCY ISSUES COVERED: social media, presidential election, politics & young voters, marketing, technology

Program #15-35 Air week: 8/30/15

SEGMENT #1 – Cohabitation and the Law

11:06

SYNOPSIS: There are millions of Americans who live together as husband and wife, but they never became formally “married.” What are their rights? Who gets the house, the car the bank accounts if they break up or one of them dies? We talk to a noted contract and family law attorney who has written extensively on the subject to find out how society and the courts view cohabitation relationships. We also discuss what cohabiting couples should do to prevent problems with the law.

Host: Gary Price. Guests: Martha Ertman, professor of law specializing in contract and family at the Carey School of Law, University of Maryland, author of the book, *Love’s Promises: How formal and informal contracts shape all kinds of families.*

COMPLIANCY ISSUES COVERED: law, families, marriage, gay issues, culture

SEGMENT #2-: Intelligent Disobedience: Knowing when and how to say “no” **10:33**

Synopsis: We’re taught from a young age that we should obey authority and do what adults tell us to do. Those lessons usually work in our favor, however there are times when a child – and an adult – should say no to the ones in charge. Our guest has studied this issue and has come up with situations where refusing to do something is the right thing, and he discusses when and how to say “no” effectively and for the benefit of the individual and others.

Host: Marty Peterson. Guests: Ira Chaleff, founder and president of Executive Coaching & Consulting Associates, Washington, D.C., author of the book *Intelligent Disobedience: Doing right when what you’re told to do is wrong.*

COMPLIANCY ISSUES COVERED: ethics, business, disabilities, military,

Program #15-36 **Air week: 9/6/15**

SEGMENT #1 – Hunting and Poaching Wild Animals **9:52**

Synopsis: When an American trophy hunter killed Cecil the Lion, a protected animal in an African game preserve, the internet was packed with Tweets and Facebook diatribes condemning the man who did it and big game hunting in general. Why are we so concerned about *one* animal when there are millions of them killed around the world every year? Is there a good reason to shoot large game for sport, or is it always wrong?

Host: Gary Price. Guests: Dr. Samuel Richards, a senior lecturer in sociology at Penn State University; Keith Norris, director of government affairs & partnerships at the Wildlife Society; Mike Hoffmann, senior scientist for the International Union for Conservation of Nature, Species Survival Commission.

COMPLIANCY ISSUES COVERED wildlife, recreation, poverty, crime, social media, conservation and the environment

SEGMENT #2- Digital Job Search **11:40**

SYNOPSIS: These days, a phone or digital interview often precedes the face-to-face meeting for job hunters. If you think that all you have to do is sit in front of your computer or cell phone camera and talk, think again. Resumes are also changing, with online services such as LinkedIn and CareerBuilder the first places an employer looks to find an applicant. We talk to two employment specialists about how the interview and resume processes have changed, and how applicants can get the edge in the digital job search market.

Host: Gary Price. Guests: Amy Kristof-Brown, Prof. in the Henry Tippie College of Business at the University of Iowa; Paul J. Bailo, CEO of Phone Interview Pro, author of *The Essential Digital Interview Handbook,*

COMPLIANCY ISSUES COVERED: employment; technology; communications; social media

Program #15-37 **Air week: 9/13/15**

SEGMENT #1 – Car crashes & PTSD **13:59**

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

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

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

SEGMENT #2- Palcohol--powdered alcohol

6:03

Synopsis: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss.

Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee

Compliance issues covered: alcohol; youth at risk; laws and legislation; public health

Program #15-38 Air week: 9/20/15

SEGMENT #1 – Stem cell regeneration

11:46

Synopsis: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain.

Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences

Compliance issues covered: aging; technology; public health

SEGMENT #2- Exploding head syndrome

7:07

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

Compliance issues covered: health care; lifestyle issues

Program #15-39 Air week: 3/29/15

SEGMENT #1 – It Was a Dark and Stormy Night: The Bulwer-Lytton Fiction Contest

10:17

SYNOPSIS: Everyone knows the line “It was a dark and stormy night” from Snoopy’s exploits as a budding novelist. But do you know the real author of that famous line, and why he has a literary competition named after him? We’ll talk to the retired professor of English and contest creator about the famous aristocrat and author who lent his name to a quirky contest, and why he was a better writer than he’s been given credit for. We’ll also hear some of the winning entries from past Bulwer-Lytton Contests.

Host: Gary Price. Guest: Scott Rice, retired English professor from San Jose State University and founder of the annual Bulwer-Lytton Fiction Contest.

COMPLIANCY ISSUES COVERED: literature & arts, history, education, media

SEGMENT #2- Mindful Work: Meditation in the workplace

11:20

SYNOPSIS: We're always hearing about how everyone is stressed these days, that we have too much to do and too many people asking for a moment – or more! – Of our time. What can we do to keep our bosses happy, our clients needs fulfilled and ourselves from pulling out our hair? We talk to two men who have found that meditating can help workers become more productive, less stressed and happier overall.

Host: Marty Peterson. **Guests:** David Gelles, business reporter, NY Times, author of “Mindful Work: How meditation is changing business from the inside out.” Allan Lokos, founding and guiding teacher of the Community Meditation Center in NYC, author of “Through the Flames: Overcoming disaster through compassion, patience and determination.”

COMPLIANCY ISSUES COVERED: business, health & well being, religion

Contents copyright 2015 by
MediaTracks, Incorporated
2250 East Devon Avenue, Suite 150
Des Plaines, Illinois 60018
847-299-9500 Fax 847-299-9501
www.mediatracks.com

Producers: Pat Reuter
Production Directors: Sean Waldron, Nick Hofstra & Reed Pence

Each week's program is available for affiliate download at [ftp://mediatracksdownloads.com](http://mediatracksdownloads.com). For guest information, log onto www.viewpointsonline.net. Viewpoints is a registered trademark of MediaTracks, Incorporated.

Radio Health Journal®

Quarterly Issues Report – Q3 2015
Radio Health Journal Programs 15-27 through 15-39

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

Adult education	Health care	Public health
Aging	Infants at risk	Public safety
Alcohol	Local government	Safety
Auto & highway Safety	Laws and legislation	Senior citizens
College	Lifestyle issues	Sexual assault
Consumerism	Mass media	Traffic Safety
Crime	Men's issues	Technology
Disabilities	Mental health	Vehicle Safety
Education	Mental illness	Women's issues
Elderly	Parenting issues	Worker safety
Environment	Pets and people	Workplace issues
Ethics	Pollution	Youth at risk
Family issues	Pop culture	
Gender Issues	Psychology	

Program # 15-27 Air week: 7-5-15

SEGMENT 1: REFUSE WORKERS: THE DANGERS OF TRASH

12:12

Synopsis: Most people don't think much about what happens to their trash after they set it at the curb. But day in and day out, refuse workers have the most dangerous municipal job, with more injuries than police or firefighters. Two experts discuss the massive job of hauling our garbage away.

Host: Reed Pence. Guests: Robin Nagle, Clinical prof. of Anthropology and Urban Studies, New York Univ., anthropologist in residence, New York Sanitation Dept., and author, Picking Up: On the Streets and Behind the Trucks with the Sanitation Workers of New York City; Sam Shick, franchise operator.

Compliance issues covered: local and municipal government; worker safety; environment

SEGMENT 2: TV DOCTORS: TRUTH OR FICTION?

7:17

Synopsis: TV doctors wield tremendous influence with patients, sometimes even more than a person's own doctor. Yet studies show that the advice you hear on TV is often unsupported by medical research. Experts discuss how celebrity doctors miss the mark and why they're so popular.

Host: Nancy Benson. Guests: Dr. Christina Korownyk, Assoc. Prof. of Family Medicine, Univ. of Alberta; Dr. Georgianna Donadio, Program Director, National Institute of Whole Health; Dr. Lindsey Meredith, Prof. of Marketing, Beedie School of Business, Simon Fraser Univ.

Compliance issues covered: health care; public health; consumerism; mass media; pop culture

Program #15-28 Air week: 7-12-15

SEGMENT 1: PERFECT PITCH

12:54

Synopsis: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.

Host: Reed Pence. Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago

Compliance issues covered: education and learning; adult education

SEGMENT 2: AIR POLLUTION AND LUNG HEALTH

7:01

Synopsis: Air pollution is blamed for one of every eight deaths worldwide, including 200,000 in the US each year. A noted lung physician discusses some of the diseases smog can cause and ways to keep your lungs safe.

Host: Nancy Benson. Guest: Dr. Steven Nathan, Director, Advanced Lung Disease and Lung Transplant Program, Inova Fairfax Hospital, Falls Church, VA

Compliance issues covered: health care; public health; pollution and environment

Program #15-29 Air week: 7-19-15

SEGMENT 1: MATERNAL MORTALITY

10:55

Synopsis: The death rate surrounding pregnancy in the US has been climbing to the point it compares with some third world countries rather than the western European nations we once compared to. Experts discuss possible reasons for the increase and one possible way to reverse it--more reliance on midwives.

Host: Reed Pence. Guests: Dr. Kate Menard, Prof. and Chief, Obstetrics & Gynecology, Univ. of North Carolina School of Medicine; Patricia Harman, certified nurse-midwife and author, The Midwife of Hope River novel series.

Compliance issues covered: health care; public health; infants at risk; women's issues

SEGMENT 2: THE JOY OF SINGING

8:24

Synopsis: Research shows that singing in a group has health benefits, as well as simply making people feel good. Experts and participants discuss this increasing singing trend in society, and how singing is being used to treat one serious disease.

Host: Nancy Benson. Guests: Stacy Horn, author, Imperfect Harmony: Finding Happiness Singing With Others; Dr. Barbara Reuer, CEO and Founder, Musicworx, Inc. music therapy practice, San Diego; Karen Hesley, speech pathologist and director, Tremble Clefs singing group

Compliance issues covered: health care; psychology; pop culture; elderly, senior citizens, and aging

Program #15-30 Air week: 7-26-15

SEGMENT 1: YOUR BRAIN WITH TINNITUS

9:19

Synopsis: Scientists have discovered that tinnitus, or "ringing in the ears," involves many more areas of the brain than just those involved with hearing. Experts explain why the findings mean it will be difficult to develop treatments for tinnitus, and what sufferers can do now.

Host: Reed Pence. Guests: Dr. Richard Salvi, Distinguished Prof. of Communicative Disorders and Sciences, Univ. at Buffalo; Dr. Phillip Gander, Univ. of Iowa

Compliance issues covered: health care; public health; consumerism; disabilities

SEGMENT 2: CHILD SUICIDE SURVIVORS

10:05

Synopsis: Children whose parents die by suicide face a difficult emotional recovery. Well-meaning adults often make it worse with their mistakes in how they talk about the death. Experts discuss the right and wrong ways to help children cope with parental suicide.

Host: Nancy Benson. Guests: Wendy Parmley, psychotherapist and author, Hope After Suicide: One Woman's Journey From Darkness to Light; Donna Schuurman, CEO, Dougy Center for Grieving Children and Families, Portland, OR

Compliance issues covered: youth at risk; parenting issues; mental health and mental illness

Program #15-31 Air week: 8-2-15

SEGMENT 1: THE RISK OF THE FRONT PASSENGER SEAT

11:20

Synopsis: Few people are aware that the vehicle occupant most likely to be hurt in a crash is the one in the front passenger seat. Experts discuss why this occurs, the different injuries that can occur there, and many ways car occupants can protect themselves from injury.

Host: Reed Pence. Guests: Meghan Smeenge, injured in auto accident; Dr. David Pedley, consultant, accident and emergency medicine, Dumfries & Galloway Royal Infirmary, Scotland; Dr. Peter Cummings, Emeritus Prof. of Epidemiology, Univ. of Washington; Dr. Elisa Braver, Adjunct Assoc. Prof. of Epidemiology, Univ. of Maryland School of Medicine

Compliance issues covered: public health; traffic & vehicle safety; public safety; consumerism

SEGMENT 2: TOWARD A MORE PEACEFUL DEATH

10:05

Synopsis: It's a fine line between preserving life and prolonging death. An award winning science writer discusses her experience observing how medical professionals and patients differ in their acceptance of impending death, and what families need to know to navigate the end of life toward a "good death."

Host: Nancy Benson. Guest: Katy Butler, author, [Knocking on Heaven's Door: The Path to a Better Way of Death](#).

Compliance issues covered: ethics; health care; consumerism; family issues; technology and society

Program #15-32 Air week: 8-9-15

SEGMENT 1: ONLINE PHARMACIES, FAKE DRUGS

11:57

Synopsis: Consumers who purchase medicines online for convenience and price are taking a big risk--experts say 97% of online "pharmacies" are rogue sites operating illegally. Often the medications they sell are counterfeit or substandard. Experts discuss the risks and how consumers can buy safely.

Host: Reed Pence. Guests: Carmen Catizone, Exec. Dir., National Assoc. of Boards of Pharmacy; Libby Baney, Exec. Dir., Alliance for Safe Online Pharmacies; Dr. Roger Bate, scholar, American Enterprise Institute & author, *Phake: The Deadly World of Falsified and Substandard Medicines*

Compliance issues covered: public health; public safety; consumerism; crime

SEGMENT 2: MULTITASKING

8:06

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

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

Compliance issues covered: workplace issues; consumerism

Program #15-33 Air week: 8-16-15

SEGMENT 1: ENLISTING MEN AGAINST SEXUAL ASSAULT

13:19

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

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

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

SEGMENT 2: THE POWER OF TEARS

6:32

Synopsis: Researchers are learning that tears shed for different reasons are chemically different. Emotional tears, for example, contain high levels of stress hormones, indicating they may be a way for the body to reduce stress. Experts discuss why it's good for people to cry.

Host: Nancy Benson. Guests: Dr. William Frey, Univ. of Minnesota and Research Director, Health Partners Neuroscience; Dr. Judith Orloff, psychiatrist and author, *Emotional Freedom*

Compliance issues covered: health; mental health; gender issues

Program #15-34 Air week: 8-23-15**SEGMENT 1: HEART ATTACKS IN YOUNG WOMEN**

11:15

Synopsis: Young women are at 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 reasons and possible remedies.

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;

SEGMENT 2: ODD MEDICAL TREATMENTS OF THE PAST

7:38

Synopsis: An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude doctors in ancient Greece provided better care than those in the US 150 years ago.

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

Compliance issues covered: education; consumerism

Program #15-35 Air week: 8-30-15**SEGMENT 1: MISOPHONIA: RAGE AT THE SMALLEST SOUND**

12:01

Synopsis: A surprisingly large number of people may become agitated or even enraged when they hear "mouth sounds" such as chewing or slurping, sniffing, or crunching of paper. This disorder, misophonia, is largely unknown, but researchers believe audio processing of these sounds is mis-routed to rage centers in the brain. Experts and a sufferer discuss the syndrome.

Host: Reed Pence. Guests: Paul Tabachneck, IT professional, musician, and misophonia sufferer; Judy Krauthamer, author, Sound Rage: A Primer of the Neurobiology and Psychology of a Little Known Anger Disorder; Dr. Aage Moller, Prof. of Behavioral and Brain Sciences, Univ. of Texas at Dallas.

Compliance issues covered: youth at risk; education; interpersonal relations; health care

SEGMENT 2: GRIEF

7:50

Synopsis: Everyone deals with grief at one time or another. An expert discusses how it's experienced by most people, and what separates normal grief from more problematic depression. A writer/illustrator discusses his experience dealing with his spouse's sudden death.

Host: Nancy Benson. Guests: Dr. Ronald Pies, Prof. of Psychiatry, State Univ. of New York Upstate Medical Univ. and Clinical Prof. of Psychiatry, Tufts Univ.; Danny Gregory, author and illustrator, [A Kiss Before You Go](#)

Compliance issues covered: mental illness; family issues

Program #15-36 Air week: 9-6-15

SEGMENT 1: LIQUID BIOPSIES

11:12

Synopsis: Cancer biopsies traditionally require surgery to remove a piece of tumor. But doctors are increasingly able to find evidence of cancer in the blood, eliminating the need for surgery. Researchers hope to eventually be able to use these liquid biopsies for cancer screening and early diagnosis. Experts discuss.

Host: Reed Pence. Guests: Dr. Nicholas Papadopoulos, Prof. of Oncology, Johns Hopkins Univ; Dr. Scott Kopetz, Assoc. Prof. of Medical Oncology, Univ. of Texas MD Anderson Cancer Center; Dr. Terry Friedlander, Asst. Clinical Prof. of Medicine, Univ. of California at San Francisco

Compliance issues covered: health care; public health; technology

SEGMENT 2: PET OBESITY

8:44

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

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

Compliance issues covered: family issues; pets and people

Program #15-37 Air week: 9-13-15

SEGMENT 1: CAR CRASHES & PTSD

13:59

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

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

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

SEGMENT 2: PALCOHOL--POWDERED ALCOHOL

6:03

Synopsis: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the product's inventor and legislators discuss.

Host: Nancy Benson. Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof., Johns Hopkins Bloomberg School of Public Health; Rick Jones (R), State Senator, Michigan; Brian Kelsey (R), State Senator, Tennessee

Compliance issues covered: alcohol; youth at risk; laws and legislation; public health

Program #15-38 Air week: 9-20-15

SEGMENT 1: STEM CELL REGENERATION

11:46

Synopsis: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researchers have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain.

Host: Reed Pence. Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland Univ. College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences

Compliance issues covered: aging; technology; public health

SEGMENT 2: EXPLODING HEAD SYNDROME

7:07

Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

Host: Nancy Benson. Guests: Walter Michka, health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof. of Psychology, Washington State Univ. and author, *Sleep Paralysis*

Compliance issues covered: health care; lifestyle issues

Program #15-39 Air week: 9-27-15

SEGMENT 1: THE RETURN ON WORKPLACE WELLNESS

13:08

Synopsis: Most medium and large businesses now have corporate wellness programs for employees in an effort to keep health insurance costs down. Many have incentives for reaching health goals. Experts discuss how these plans work and whether the effort shows up favorably on the bottom line.

Host: Reed Pence. Guests: Dr. Katherine Baicker, Prof. of Health Economics, Harvard School of Public Health; Larry Chapman, President and CEO, Chapman Institute; Al Lewis, co-author, *Cracking Health Costs: How to Cut Your Company's Health Costs and Provide Employees Better Care*

Compliance issues covered: health care; consumerism; economics; education; business and industry; employment

SEGMENT 2: THE IMPORTANCE OF PLAY

7:01

Synopsis: Many schools are cutting down on recess to focus on the 3R's, but child development experts say play is part of children's "work" and an important part of how they learn. One expert discusses.

Host: Nancy Benson. Guest: Ann Gadzikowski, Early Childhood Coordinator, Center for Talent Development, Northwestern Univ. and author, *Creating a Beautiful Mess: The Essential Experiences for a Joyful Childhood*

Compliance issues covered: youth at risk; education; parenting

Des Plaines, Illinois 60018

847-299-9500 Fax 847-299-9501 www.mediatracks.com

Affiliate downloads are available at <http://mediatracksdownloads.com> Questions? Email [info\(at\)mediatracks.com](mailto:info@mediatracks.com)
Guest information, segment podcasts and the latest health news are available at www.radiohealthjournal.net

Radio Health Journal is a registered trademark of MediaTracks, Inc.