



July 2, 2018

The following is a report on Public Affairs Programming for the Second Quarter of 2018 during which time the top issues of community interest and concern in New Port Richey, Florida and the surrounding area were found to be:

Health  
Economy  
Public Safety  
Community Relations  
Education

In order to meet these issues, WDUV-FM airs a series of public affairs programs on Sunday mornings as well as weekday news updates.

“Radio Health Journal” airs Sunday mornings at 6:30 a.m. “Spectrum” airs Sunday mornings at 7:00 a.m. “Sunday Morning” airs Sunday mornings at 7:30 a.m.

WDUV-FM also helps meet community issues through daily programming. As traffic and transportation are often major issues for residents of Tampa Bay, WDUV-FM airs traffic reports four times hourly on weekdays from 6:00 to 9:00 a.m. and twice hourly from 4:00 to 6:00 p.m.

WDUV-FM also runs a heavy schedule of :60 second Public Service Announcements produced by the Florida Association of Broadcasters throughout all hours of the day.

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Respectfully submitted,

A handwritten signature in blue ink, appearing to read "Keith Lawless", is written over a light blue horizontal line.

Keith Lawless  
Vice President and Market Manager  
Cox Media Group Tampa

KL/mlm

### **Health**

Sunday, April 1, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guests: Dr. Saul Jeremy Weiner, Professor of Medicine, Pediatrics and Medical Education at the University of Illinois and co-author of Listening for What Matters: Avoiding Contextual Errors in Health Care; and Dr. Alan Schwartz, Michael Reese Endowed Professor of Medical Education at University of Illinois, Chicago, and co-author of Listening for What Matters: Avoiding Contextual Errors in Health Care.

We all know that doctors endure years and years of schooling and training in order to learn how to diagnose their patients and provide them with the best care. Studies have shown that many doctors tend to miss details about other aspects of a patient's life that can also have an effect on their wellbeing. Dr. Saul Jeremy Weiner explained that patients will make important comments that do not necessarily pertain to their symptoms, but that this information is often overlooked despite being critical for a doctor to understand in order to provide the patient with an effective care plan. But, what is the overall impact of this on the patient? Dr. Weiner and Dr. Schwartz have done their own research that has shown the effects of doctors that are too focused on the biomedical details in providing care for patients. Dr. Schwartz explained that the results of their research showed that doctors who address the patient's personal life were able to provide a much more successful care plan for the patient. Furthermore, the study also showed that the cost of healthcare for the patient increased when the doctor was too concerned with the science of the diagnosis. To have the most successful outcome without increasing the cost of healthcare, doctors must address more than just the patient's biomedical symptoms. So, how can doctors learn to listen to their patients more efficiently? Dr. Weiner suggests using an approach commonly used in other industries: mystery shoppers. In the medical field, a mystery shopper is an unannounced standardized patient who is trained to go into a physician's office and provide data to help identify problems – a tool that many doctors have found to be helpful in improving their practice. Dr. Schwartz stated that by investing in improving contextual care, doctors will be able to provide better care for their patients and decrease the cost of healthcare as well. However, all patients and employees in the medical field must be willing to undertake these methods and procedures in regular practice in order to improve the overall experience for everybody.

Sunday, April 8, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Laurence Baker, Professor of Health Research and Policy at Stanford University School of Medicine; and Dr. Christopher Ody, Research Assistant Professor at Kellogg School of Management, Northwestern University.

In some areas, it has become almost impossible to find independent physician practices. Many of these smaller practices have opted into being bought by hospitals and other large medical groups. So, what has prompted the increase of consolidation in the medical field? And what does this mean for patients? The incentives of consolidation have been researched, but the results do not point to one reason. Dr. Baker explained that physicians running smaller practices might benefit from no longer having their own business. Another possibility Dr. Ody explained is that some hospitals may view

consolidation as a way to improve the quality of healthcare and decrease the costs to help physicians and their patients. However, data has indicated that the factor with the largest role in consolidation has to do with increasing the amount that hospitals are getting paid and decreasing the amount paid to pharmaceutical companies. Even though research has not provided an overarching incentive that drives consolidation, the data seems to point to increasing income for hospitals rather than providing patients with better care. Furthermore, hospital consolidation has not been shown to benefit the patient. Dr. Baker explained that data indicates that the cost of healthcare has not gone down for patients with consolidation. Since the cost of healthcare has increased for patients, many have started to wonder how consolidation has been able to continue and what is being done to control it. In the medical field, it is important to maintain consistency in market concentration and ensure that the markets are still competitive. One way in which authorities in the medical field work to maintain market concentration is by regulating transactions that reach a price threshold. However, Dr. Ody explained that hospitals have been able to avoid these regulations by partaking in multiple smaller transactions that invest in a small number of physicians at a time in order to ensure that the cost is below the threshold for evaluation. By avoiding regulations, hospitals have been able to grow into much larger entities that generate a lot of power and income from smaller practices. Since consolidation has prompted increased healthcare costs, it currently appears to be detrimental to the medical field rather than helpful. Yet, it could be worth it if hospitals were able to determine a method of consolidation that decreases healthcare costs and improves the quality of care that is provided to patients.

### 2<sup>nd</sup> Segment

Host: Nancy Benson. Guest: Dr. Meredith Wadman, Reporter for Science magazine and author of The Vaccine Race: Science, Politics, and the Human Costs of Defeating Disease. Since their creation, vaccines have had a long history of being controversial. Many of the problems surrounding vaccines that we hear about have to do with recent controversies. Yet, their conception has been the center of ethical debates since the 1960's. The founding of vaccines is an important point in history that has allowed for the development of understanding the balance between need and ethics in medicine. Vaccines were founded from the eminent need to stop the spread of the next horrific epidemic. Dr. Wadman explained that the devastation of the Rubella epidemic that occurred from 1964 to 1965 influenced the race to find a vaccine to help prevent the breakout of another epidemic. However, creating vaccines involves reproducing the viruses which can only be done with cells. Originally, scientists used monkey kidney cells. Dr. Wadman explained that these were expensive to obtain, and they came with a number of safety issues. Dr. Leonard Hayflick developed the idea of using human cells – a concept that Dr. Wadman explained has garnered the attention of ethics debates because he used cells obtained from fetuses without the consent of the women who had given up their fetuses. The cells from the fetuses that were used in the 1960's are still being used today to develop more vaccines that have been used to save hundreds of millions of people. How do scientists justify the ethics of this decision to people who do not agree with abortion? Dr. Wadman explained that it is important to look at the larger picture because it is not an ongoing process. Since 1960, one fetus has been used to save the lives of a number of people. However, this

reasoning should not be used to justify all unethical matters. Dr. Wadman explained that the race to find a vaccine was later used to rationalize an abuse of power during World War II in which researchers in America began to test on institutionalized people, prisoners, and even premature newborns and intellectually disabled children to create a vaccine against influenza. At the time, these practices were not regulated, but over time protections and rules were implemented that no longer made it possible for experiments of this nature to take place. While the need for a vaccine can appear to be vital, especially when there are lives on the line, it is important that researchers do not forfeit ethics.

Sunday, April 15, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guest: Kevin Hazzard, former Paramedic and author of *A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back*.

Have you ever wondered what it is like to be a first responder? Mr. Pence talked with Mr. Hazzard about his experiences as a paramedic and what it takes to be able to deal with emergency situations. As a first responder, paramedics must enjoy the chaos and must be able to adjust to any situation. Mr. Hazzard explained that the practices of medicine that are taught during training are not always the most effective way to approach an emergency because EMT's and paramedics tend to be outmatched. Furthermore, he stated that being a paramedic is often like being a detective because first responders must be attentive to the details surrounding them to figure out what happened and how to best treat the victim. An EMT or paramedic must listen to the victim and the bystanders, as well as making observations about the environment, because they are incapable of running tests that can provide them with answers. He described the care provided by first responders as a primitive form of medicine because they are not able to use a lot of advanced medical techniques that medical practices have access to. Along with these skills, first responders rely on a certain level of emotional capability in these emergency situations. He explained that it is important to be able to be detached from the victims because, if not, many would be incapable of doing the job. He stated that a first responder cannot think about the pain of the victim because it will hinder their ability to perform vital tasks. However, in certain situations, empathy provides the most effective care. Mr. Hazzard explained that some people call 911 because they are frightened or unsure of what is going on, and the best way to help them in this situation is to simply talk to them. Furthermore, he expressed that paramedics must be able to cope with the fact that they are almost always going to be put into compromising situations. In the end, first responders must be dedicated to their jobs. He explained that as a tax funded field, they are not given the best supplies and are often told to make do with what they have. Some even spend their own income to purchase better equipment. Despite the tough circumstances and compromising situations, most first responders continue to be committed to saving the lives of the American people who need their help.

2<sup>nd</sup> Segment

Host: Nancy Benson. Guests: James Raath, Business Consultant and author of *Love Mondays*; and Dr. David Friedland, Professor and Vice Chair of Otolaryngology and Communication Sciences at the Medical College of Wisconsin.

Imagine waking up and no longer being able to hear in one of your ears. Then, after losing the ability to hear, you are suddenly affected by vertigo attacks that can last anywhere from a few minutes to a few hours. This is what happened to Mr. Raath, who suffers from Meniere's disease which is a disease that is caused by a fluid imbalance in the inner ear that forces the membrane separating the chambers to rupture. Dr. Friedland explained that this disease is commonly diagnosed. However, it is an uncommon disease to have. While the main symptoms, tinnitus and vertigo, are experienced by many people, the presence of both does not necessarily imply that the person has Meniere's. Furthermore, Dr. Friedland explained that it is unknown whether the rupturing of the membrane is caused by the endolymphatic sac absorbing too little or too much fluid. However, the sufferer will be relieved of the symptoms once the membrane fixes itself. Regular occurrences of this rupturing can have long term effects. Dr. Friedland explained that a person may suffer from progressive loss of hearing and increased weakness in the balance system. So, what can be done to stop the progression of this disease? Dr. Friedland explained a few ways in which physicians can go about treating Meniere's disease. The first, he said, is allergy medicine because allergies appear to be a trigger that can set off the fluid imbalance. Another way that he suggested counteracting the disease is to consume a low salt diet and water pills. In some cases, Dr. Friedland stated patients may get a shot that can drain excess fluid in the ear and improve the hearing loss. A final treatment that he explained is ablation which destroys the balance cells within the inner ear. The goal of this procedure is to reduce vertigo by making it so that an imbalance of fluid in the ear does not affect the balance system that causes vertigo. However, he warned that this procedure does not change the disease process. Instead, it only changes the balance system so that it cannot be stimulated by the disorder. While there is no cure for Meniere's disease, there are many ways in which those who suffer from the disease can work to counteract or slow down the process.

Sunday, April 15, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Lauren Gay, a patient who suffers from depression. Ms. Greene and Ms. Gay discussed the challenge of fighting depression and some of the steps a person can take to manage the symptoms. Ms. Gay explained how she began to experience nature in a whole new dimension and, in turn, became an adventure expert as a way of overcoming the effects of her depression. This led to her creating her own travel blogging site called "Outdoorsy Diva".

Sunday April 22, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Jessica Porten, a new mother who has been diagnosed with depression; Dr. Darby Saxbe, Assistant Professor of Psychology at the University of Southern California; and Dr. Tiffany Moore Simas, Associate Professor of Obstetrics and Gynecology, Pediatrics, Psychiatry, and Quantitative Health Sciences at the University of Massachusetts Medical School, and Co-Chair of Maternal Mental Health Expert Work Group at the American College of Obstetricians and Gynecologists.

Imagine going to the doctor with your newborn baby because you are interested in receiving help for symptoms of depression only to be taken to the Emergency Room by

the police. This is what happened to Ms. Porten, who had been experiencing symptoms of perinatal depression – previously known as postpartum depression – when she attempted to seek medical treatment. While this sounds like an overreaction in this situation, Dr. Saxbe and Dr. Moore Simas both agree that the healthcare provider was just attempting to protect the mother and the child by avoiding any harm. In any situation like this, Dr. Moore Simas explained that either way a physician will face scrutiny by over reacting or under reacting. So, it is best to overreact when there are safety concerns. Yet, symptoms similar to Ms. Porten’s are common in new mothers. So, why do these situations continue to happen? Dr. Saxbe explained that one in seven women are affected by perinatal depression, with some populations being more highly affected. However, it still remains massively undertreated because of the stigmatization of mental illness. Dr. Saxbe stated that many new moms feel it is wrong to not feel overjoyed by the birth of their child. So, they do not feel comfortable seeking treatment. Furthermore, Dr. Moore Simas explained that the symptoms of perinatal depression are often times not associated with depression. Instead, they are attributed to be a part of pregnancy or postpartum. While stigmatization and confusion of the symptoms do decrease the likelihood of diagnosing perinatal depression, there appears to be another problem with the lack of training given to OBGYN’s. Dr. Saxbe explained that they often have little to no training in psychiatry and remain unqualified in properly screening and diagnosing perinatal depression. However, Dr. Moore Simas stated that schooling to become an OBGYN has started to introduce mental health training as a component in order to improve the care provided to women experiencing perinatal depression. With increased knowledge on psychiatry and increased accessibility to psychiatric care, women with perinatal depression will be able to receive better treatment and many of these cases will no longer go undiagnosed.

### 2<sup>nd</sup> Segment

Host: Nancy Benson. Guests: Dr. Sheila Blumstein, Albert D. Mead Professor of Cognitive Linguistics and Psychological Sciences at Brown University; and Dr. Jack Ryalls, Professor of Communication Sciences and Disorders at the University of Central Florida. In a medical emergency that results in a brain injury, such as a stroke, there are many health complications that can affect the patient afterward. One of the more well-known subsequent results is aphasia which is the impairment of speech and language. However, many people do not know that once the aphasia wears off, the patient may still be left with an accent. This sudden change in speaking is a syndrome known as foreign accent syndrome. However, Dr. Ryalls explained that research has proven that these patients’ new way of speaking is actually not an accent. Furthermore, Dr. Blumstein stated that people will perceive these as foreign accents. In actuality, people who suffer from foreign accent syndrome have only developed slight variations in how they pronounce words which indicates to those listening to them that they have an accent. So, what happens to those who suffer from foreign accent syndrome? Dr. Ryalls explained that chances of recovery are very slim – only about 30% can recover their old accent because therapy has been proven to not be beneficial. Along with this, people with foreign accent syndrome are likely to experience distress. Dr. Blumstein stated that how an individual sounds and speaks contributes a lot to their self-identity. So, it can affect a person’s perception of

oneself. This distress can be furthered, too, by a change in how they are identified in the world. Dr. Blumstein explained that foreign accent syndrome can be isolating because many people will view this person as being from a foreign country. While many people do not recover, some are able to regain their old accents. Researchers have been considering cases of recovery in order to improve the chances of recovery for others who suffer from foreign accent syndrome.

Sunday, April 29, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Anna Lembke, Associate Professor and Chief of Addiction Medicine at Stanford University School of Medicine; and Dr. Sally Satel, Addiction Psychiatrist and Lecturer at Yale University School of Medicine, and Resident Scholar at the American Enterprise Institute.

With the opioid epidemic continuing to take many lives every year, people are concerned with how to stop it. To help counter this epidemic, Medicare has taken steps to implement limits on the prescriptions of opioids. However, the Medicare proposal has left doctors wondering if these new limits will do more harm than good for patients. Currently, the United States is experiencing the second wave of the opioid epidemic. Dr. Lembke explained that opioid addiction arises from the prescription of these medications as a go-to for doctors even if the medical condition does not necessarily call for it. Furthermore, Dr. Satel stated that another issue is not just the prescribing of opioid medications but the over prescribing. In many cases, a doctor will prescribe a patient an unnecessary number of opioids, but this often leads to leftover medication that tends to get into the hands of people who are likely to abuse it. So, one way that Medicare is working to counteract this is by regulating the quantity and overall dose of opioids that are allowed to be prescribed to a patient. Dr. Satel explained that by limiting the number of pills allowed when refilling a prescription, not only will it decrease the number of leftover pills but it will also guarantee that those who benefit from opioids continue to take them appropriately. Along with this, Dr. Lembke stated that the limit on the number allowed to be prescribed is important because doctors most likely would not limit their prescriptions enough to a point that would allow for a decrease in the epidemic. With this regulation, the number of leftover pills being circulated outside of who they were prescribed to will decrease which will allow for a drop in the number of people addicted to prescription opioids. The proposed Medicare regulations also came with a second leg to it. This other guideline would cut off any doctor from prescribing a high dose of opioid medications. However, Dr. Satel explained that many pain physicians had problems with this regulation because it would make it extremely difficult for patients who do benefit from these prescriptions, and use them properly, to have access to them. So, when the final Medicare proposal was released, this second guideline was altered to allow physicians to prescribe high doses of opioid medications, but it gave pharmacists the power to override a high dose request that seemed unnecessary. While these Medicare limits are a step in the right direction for managing the opioid epidemic, there is still much that can be done to improve it. For instance, other medical treatments should be made more accessible through Medicare, according to Dr. Lembke. It's important to reduce the access to opioids. However, it is also important to facilitate the use of other medical treatments to help with pain.

Improvements are being made in the healthcare system to stop the opioid epidemic, but those who benefit from opioid prescriptions should not have to suffer.

### 2<sup>nd</sup> Segment

Host: Nancy Benson. Guest: Dr. Lisa Liberatore, an Otolaryngologist specializing in sinus and sleep issues at Totum Health, New York.

Common colds, allergies, and sinus infections have similar symptoms that make it very difficult to identify which malady a person is suffering from. However, for some people who constantly feel sick, knowing what their symptoms mean could allow them to receive better healthcare. So, how can you tell the difference between a cold, allergies, and a sinus infection? Dr. Liberatore explained the differences between these three maladies. If a patient has body aches, fevers, and other systemic symptoms, she stated that these are not usually symptoms of allergies and can be indicative of an infection. Along with these symptoms, Dr. Liberatore explained that the longevity of the symptoms can further indicate if the infection is viral or bacterial. Some infections can start off as viral, but once seven to ten days pass, a patient may begin to have fits of heavy coughing or notice yellow or green mucus. Dr. Liberatore said that this is an indication that the infection has become bacterial. Despite being a bacterial infection, antibiotics tend to do little to help the patient. The best way to get over a cold or cold-like symptoms is often to just wait out the course of the infection, consume lots of fluids, and get lots of rest. But, for some people, these cold-like symptoms never seem to go away. Dr. Liberatore explained that if the cold lasts for a long time, or tends to progress into something worse, that can be an indication of a structural problem. The structural problem is related to chronic sinusitis which affects a person's quality of life tremendously, causing symptoms such as severe nasal congestion to lack of productivity. Dr. Liberatore stated that many primary care physicians often provide their patients with two treatment options – antibiotics or surgery. However, she explained that there are many smaller treatments present today that can provide relief to the patient without having to undergo an intense surgery.

Sunday, May 6, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Cindy Otto, Executive Director, Penn Vet Working Dog Center, University of Pennsylvania; Dr. Gary Beauchamp, Emeritus Director and President, Monell Chemical Senses Center; and Dr. Christiaan Mulder, Health Scientist and Director of the APOPO TB Program (APOPO stands for Anti-Persoonsmijnen Ontmijnende Product Ontwikkeling in Dutch, or Anti-Personnel Landmines Detection Product Development in English, an organization that trains and deploys rats for the detection of abandoned land mines and tuberculosis).

With all the medical advancements humans have accomplished, it may be hard to believe but some animals are capable of a task that medical technology has yet to achieve – they can smell disease. Dogs have been known to sense low blood sugar in diabetic owners. In research projects, dogs have been trained to detect prostate cancer in urine and lung cancer in breath samples. What makes them able to achieve such a feat? Dr. Otto explained that dogs are able to focus on specific scents, similar to how humans can use vision to focus on subtle changes in the environment. These talents are based on the



unique ability to block out extraneous stimuli. She said the ultimate goal is for diagnostic machines to “sniff” out the same scents animals have been trained to identify. She said she hopes that scientists, using the same technology, will be able to create readily available, inexpensive diagnostic tests on a massive scale. In Mozambique and Tanzania, a very different type of animal puts their diagnostic talents to the test. Large rats are tasked with detecting tuberculosis in humans. Dr. Mulder said that rats are much more efficient and cheaper than laboratory tests. The rats are said to rule out about 80% of the healthy individuals, saving time and money compared to laboratory tests that can take days to rule out individuals one by one. Dr. Beauchamp said there’s a lot of skepticism when it comes to using animals to detect disease. Although, he points out that dogs are relied upon to detect explosives, find drugs, and track missing humans. So, should we trust animals with this crucial job? It would be up to the FDA to approve any animal-based diagnosis and many agree that a technological simulation of the skill should be the goal.

### 2<sup>nd</sup> Segment

Host: Nancy Benson. Guest: Dr. Joan Ifland, author of Processed Food Addiction: Foundations, Assessment, and Recovery.

Why do we crave the foods we know aren’t good for us? Dr. Ifland said processed foods impact our brains the same way as alcohol and drugs. Have you ever had an intense craving for processed foods? Ifland said we know exactly what occurs in our brain chemistry when we crave and eat processed foods. In fact, the chemical reaction is remarkably similar to cocaine, heroin, and alcohol. The word “processed” refers to highly concentrated foods. Usually, sugar or salt is a main ingredient. On top of that, various additives are introduced which can also be highly addictive. According to Dr. Ifland, dairy and gluten even contain small amounts of morphine-like chemicals. When these foods are concentrated, the amounts of highly addictive chemicals greatly increase and your brain reacts accordingly. So, what should you eat? Dr. Ifland said to look for unprocessed foods like animal proteins and vegetables. Basically, anything that is not altered into a concentrated state is a much healthier option. Due to the fact that so many people eat processed foods, she said addiction to them is widespread. Intense cravings for processed foods are the first sign of addiction. According to Dr. Ifland, abstinence is the best remedy. Our society is so geared towards processed foods that the cultural pressure to consume them can be overwhelming and extremely difficult to overcome.

Sunday, May 13, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dan Robertson, Oakland, California Fire Department Lieutenant and President, Local 55, International Association of Firefighters; and Dr. Suzy Bird Gulliver, Director and Chief, Warriors Research Institute, Baylor Scott & White Health, Dallas, and Professor of Psychiatry, Texas A&M College of Medicine Health Science Center.

Firefighters have an extremely high rate of Post-Traumatic Stress Disorder. One study found that each year firefighters are exposed to approximately thirteen and a half potentially traumatic events, compared to civilians who experience around one to six of

the same kind of events in their entire lifetime. Clearly, firefighters' stress load is more than the average person, but what constitutes a traumatic event and how does one develop PTSD? Dr. Gulliver said that experts define potentially traumatic events as those outside normal experience that threaten a person's life or integrity. Although, how people deal with these events can vary dramatically. "For some people, a traumatic event is resolvable in just a normal grief process, and for other people a traumatic event fails to resolve ever," Dr. Gulliver said. According to her, most people in high-risk jobs, such as first responder and those in the military, do not develop PTSD. Around 70-80% of firefighters and veterans will not develop the disorder. Although, veterans have the added difficulty of transitioning to civilian life without the consistent social structure shared by members of a fire house. A supportive social structure and a strong network of co-workers can act as a buffer to PTSD, which is why Dr. Gulliver sees firefighting as a good career choice for veterans. Although, she cautions multiple traumatic events over time can also culminate in PTSD. Symptoms include re-experiencing traumatic events, substantial changes in mood and cognition, significant behavioral shifts, and increased arousal. PTSD can also precipitate sleep problems, drug and alcohol abuse, appearing withdrawn, and a propensity for being startled. Severe PTSD is typically easy to identify, but borderline forms of the disorder can be extremely varied and harder to diagnose. Some people may have all the symptoms but still function relatively well in society. There is no typical way PTSD is dealt with or displayed. Lieutenant Robertson said those in his field are uncomfortable sharing the impacts of trauma with fellow first responders because they fear being viewed as weak or unable to be trusted. He said it's the responsibility of senior firefighters to show it's safe to talk about traumatic events and admit to having PTSD. If not, those afflicted with the disorder deal with it on their own and are offered little assistance. He encouraged peer counseling for firefighters because many believe anyone outside the profession cannot possibly understand what they're going through. Dr. Gulliver said research shows peer support can be effective in treating depression. It can likely help those with PTSD as well. Ultimately, the stigma of getting help for PTSD is decreasing. Most importantly, the firefighters participating in support programs say it's saving lives.

### 2<sup>nd</sup> Segment

Host: Nancy Benson. Guests: Dr. Joanne Ruthsatz, Assistant Professor of Psychology, The Ohio State University and author of [The Prodigy's Cousin: The Family Link Between Autism and Extraordinary Talent](#); and Dr. Jennifer Gerds, Assistant Professor of Psychiatry and Behavioral Sciences, University of Washington and Attending Psychologist, Seattle Children's Autism Center.

True prodigies are hard to find. Only one in every five to ten million people are labeled a prodigy. A diagnosis of autism, on the other hand, occurs once in every 88 people. Dr. Ruthsatz said her research shows a strong link between prodigies and autism. She interviewed thirty prodigies and noticed over half of them had a close relative with autism, including several prodigies with multiple autistic family members. She also noted many of the characteristics of prodigies are shared with people with autism. Both are inclined to have an extraordinary recall and repetitive behaviors. Dr. Ruthsatz said prodigies have a unique proclivity for a certain skill. These skills typically include math, music, art, and

chess – the same four skills displayed in individuals with autism. This led her to investigate a genetic link between autism and prodigies. She found prodigies and their autistic relatives had a common genetic mutation. Dr. Ruthsatz hopes to identify the “moderator gene” – a gene that allows prodigies to have the shared proclivity in one area without the deficits that autistic individuals experience in all other areas. This could ultimately result in a treatment or medicine that could mimic this moderator gene and potentially change the lives of people with autism. Dr. Gerdts said that further research needs to be done to back up Dr. Ruthsatz’ conclusions. Since prodigies are so rare, Dr. Gerdts said it would be extremely difficult to find a big enough sample size which would require hundreds of prodigies. Dr. Gerdts agreed that finding the link between autism and prodigies could potentially result in major scientific breakthroughs. Finding a specific mutation or absence of a gene that’s common to both groups could explain the similarities between the prodigies and their autistic relatives. In a best-case scenario, the discovery could result in the development of a medical treatment or cure for autism.

Sunday, May 20, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Rob Hosking, Senior Vice President, Randstad USA; Todd Whitthorne, President, ACAP Health; and Michael Klachevsky, Practice Consultant for Absence Management, Standard Insurance Co.

Going to work while not feeling well could be harming the economy. The three guests, who are experts in their fields, discussed the impact of “presenteeism” – when employees go into work even though they won’t get much done because they are ill. Mr. Hosking was involved with a national survey which found that over half of the participants always or frequently go in to work when they’re feeling sick. Presenteeism is mostly caused by chronic conditions such as illnesses or injuries. Mr. Whitthorne discussed the various reasons and fears behind presenteeism. Employees can be afraid if they’re out of sick days or will lose vacation days, feel guilty that someone else will have to take on their responsibilities, or be worried that they’ll lose their jobs by missing too many days of work. However, in the long run, coming into work while you’re unwell can cost the company more time and money. Presenteeism has also been found to affect 35-44 year old’s and certain professions, such as flight attendants, more than others. The role of employers in presenteeism is also important. Mr. Whitthorne encourages managers to examine the work culture they are creating in the office and the example they are setting for their employees. In the long run, accommodating employees helps the company more than encouraging them to come to work no matter what. Chronic illnesses, such as allergies, diabetes, and migraines, are often behind presenteeism, rather than the common cold. Mr. Klachevsky said that the nation’s total cost of productivity loss at work because of chronic conditions can be billions of dollars each year. Mental health is an especially big factor as it is rarely acknowledged or treated. Mr. Klachevsky said that spending the money to accommodate these chronic conditions, especially under the motivation of the Americans with Disabilities Act, ends up saving the company more money by making the employees more productive. The responsibility for saving the money lost on presenteeism falls to the employer and the health culture they create in their workplace which can potentially improve the overall health of the population.

### 2<sup>nd</sup> Segment

Host: Nancy Benson. Guest: Wendy Aronssen, Psychotherapist and the author of Refeathering the Empty Nest: Life After the Children Leave.

When life changes from revolving around the kids to adjusting to an empty nest, many parents find themselves asking “What’s next?” Ms. Aronssen explained the common experiences of many parents when their last child leaves home. While popular culture often sees the empty nest as an opportunity for celebration, many parents commonly feel a sense of loss, insecurity, and instability. Ms. Aronssen said that this is not a surprise because parents who have had the same life and job description for 18+ years are suddenly left without a label. She calls the experience of the empty nest “the shift” because every aspect of life changes. Ms. Aronssen said the emotional experience of empty nesters can follow the outlines of the Kubler-Ross stages of grief, including denial, anger, bargaining, depression, and acceptance. To handle all these emotions, she encourages parents to see the empty nest as an opportunity for growth and development as individuals and as a couple. The impact on a couple’s marriage holds potential for the great rewards of a newly revived marriage or for divorce. It takes intentionality to rediscover goals and dreams for the parents. Ms. Aronssen also brought up the complication of the boomerang children, kids who return home after college because they’re unable to find a job after graduation. She emphasized the importance of setting clear expectations on both sides. Ultimately, there is a loss in the empty nest, but there are also many opportunities for a fulfilling future.

Sunday, May 27, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Reed Pence. Guests: Elizabeth Kunreuther, Clinical Instructor at University of North Carolina’s Wakebrook Addiction Treatment Center and co-author of Drinking, Drug Use, and Addiction in the Autism Community; and Matthew Tinsley, Asperger syndrome patient and co-author of Asperger Syndrome and Alcohol: Drinking to Cope.

Contrary to public opinion, autism is not a safeguard against substance abuse. In fact, experts say people diagnosed with autism are just as likely, if not more likely, to turn to alcohol or drugs to cope with the challenges in their lives. Ms. Kunreuther explained what autism is, why people with autism turn to harmful substances, and the implicit ethical implications. Many family members and friends assume that their loved one is immune to substance abuse because of several protective factors inherent in autism, such as social and sensory issues and rule-following behavior. However, Ms. Kunreuther said these factors are not as protective as they seem. People with autism struggle to fit in with society and can develop a dependence on various substances. She pointed out that if the person with autism is indeed helped through substances, she believes there is nothing wrong with their use as long as it is moderated. Providing another perspective, Mr. Tinsley shared the story of his own experience as he struggled with using alcohol as a coping mechanism. He said that being diagnosed with Asperger syndrome, which is a form of autism, is what helped him move away from an unhealthy addiction.

Sunday, June 3, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Pamela L. Wible, Founder of the Ideal Medical Care and the author of Physician Suicide Letters – Answered; and Dr. Louise Andrew, Founder of MD Mentor.

A silent epidemic is at work in doctors around the world: Depression. An estimated 400 physicians are lost each year to suicide often because of unacknowledged and untreated mental illnesses. Drs. Wible and Andrew explained why doctors are committing suicide at a higher rate than the general population and why others are covering it up. Starting with medical school, through residency, and then in their professional practices, doctors face a harsh and often unhealthy school and work environment that leaves many of them frustrated and disappointed. In turn, the suicide rate for doctors is two to five times higher than that of the general population, according to Dr. Wible. Furthermore, doctors have a greater knowledge of drugs and the human body which leads their suicide attempts to result in death more often. The root of these high suicide rates is often left undiscovered or covered up. Many doctors will not be able to diagnose themselves or will not be approached by concerned colleagues or family members. If the mental illness is discovered, doctors often avoid acknowledging it for fear of losing their medical license or insurance. Finally, if doctors do try to get treatment, they are faced with an additional challenge – many doctors feel uncomfortable treating other doctors. With the odds stacked against them, Drs. Wible and Andrew said that the responsibility falls to all of us to bring this issue to light and to acknowledge that our physicians are people too.

### 2nd Segment

Host: Nancy Benson. Guest: Dr. Mark Tamplin, former food safety adviser to the World Health Organization and the United States Centers for Disease Control and Prevention, and author of Phage.

With the recent rise in food recalls due to contamination, many Americans are wondering why this is happening and what they can do to protect themselves from foodborne illnesses and infections. Dr. Tamplin explained two primary causes and what consumers can do to stop the contamination from spreading. A Listeria outbreak is one of the biggest challenges to the food industry and is often to blame in cases of food contamination, especially in ready-to-eat produce. Because of the increasing size of processing plants, once contamination spreads, it is hard to stop. If something goes wrong, a lot of people are affected. Listeria thrives in the cold temperatures that stop other bacteria from growing and lives in hard-to-clean places, making it a challenge to contain. Furthermore, Norovirus is the number one cause of foodborne illnesses in the United States. It is responsible for 60% of those illnesses. This virus comes only from humans. So, it raises concerns about how processing companies and consumers themselves handle their food. Dr. Tamplin advised consumers to always rinse their produce, even if it has been pre-washed, to never keep food in the danger zone between 40-140 degrees for longer than 4 hours, and to clean and sanitize their kitchens properly. With the right precautions and regulations, the contamination in our homes and the food industry can be contained.

Sunday, June 10, 2018 – Radio Health Journal 6:30 a.m.  
15:00

Host: Nancy Benson. Guests: Eldon Ham, Sports Attorney and a faculty member at Chicago-Kent College of Law; and Nathaniel Grow, Associate Professor of Business Law and Ethics at the Kelley School of Business at Indiana University.

We're in the midst of baseball season. An estimated 1,500 fans go home from a major league baseball game each year with an unwanted souvenir – an injury from a foul ball. However, due to the “baseball rule” which protects teams from liability for these injuries, the spectators will be unable to press charges. Mr. Ham and Mr. Grow explained the risks of injury and the laws that go along with them at baseball games. In 1912, the “baseball rule” established that as long as teams take minimal precautions, such as netting behind the home plate, they cannot be held responsible for any injuries. In fact, fans attend baseball games at their own risk and are supposedly capable of assessing that risk for themselves. Over the years, as the players have gotten more skilled and the pitching speeds have gotten faster, fans are left with mere seconds to react to a flying bat, foul ball, or home run headed for them at speeds as high as 100 miles per hour. The rules may be changing though, as this year all 30 major league teams have extended the netting on their fields. There's also an exception to the rule which states that if a fan is distracted, as often happens at games, then the team can be held responsible. Meanwhile, fans are encouraged to keep their heads up while the baseball is flying at the game.

Sunday, June 17, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guest: Dr. Christina Crosby, Professor of English and Feminist, Gender and Sexuality Studies at Wesleyan University, and author of *A Body, Undone: Living on After Great Pain*.

On October 1, 2003, Dr. Christina Crosby's life was changed by a bicycle accident. She was paralyzed and had to learn to re-navigate her life as a quadriplegic. Her life now may be considered a heroic triumph by some. However, Dr. Crosby says that many don't understand what it's like to live with continuous pain. She explained more about her experiences and thoughts on living in agony. She described the sensation she feels in her body as a continuous buzz of neurological pain. While she can feel physical touch, her body is still paralyzed which is extremely frustrating for her. Her experiences are paralleled by those of millions of Americans in chronic pain, whether from an accident like Dr. Crosby's or something as common as arthritis. She pointed to one particular frustration in her life that is found in a doctor's office: the 1-10 pain scale. “Feeling and pain can't be quantified”, she said, “and require more comprehensive language to accurately address the subjectivity.” A life in pain not only involves constant frustration and suffering but can also alienate the individual from their loved ones and society. Because of pain's invisibility and resistance to easy description, it gets in the way of many experiences and relationships. Furthermore, Dr. Crosby explained the struggle with loss as the individual frequently grieves for what they used to be. She said that the desire to not forget has to be balanced with the need to move forward. There is still life while in pain, but it requires patience and understanding from the one suffering and those around them.

Sunday, June 24, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Jean Tweenge, Professor of Psychology at San Diego State University and author of *I-Gen: Why Today's Superconnected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy, and Completely Unprepared for Adulthood*; Rachel Simmons, Leadership Development Specialist at Smith College and author of *Enough as She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Happy, Healthy, and Fulfilling Lives*; and Dr. Dan Siegel, Clinical Professor of Psychiatry at the UCLA School of Medicine, Executive Director at the Mindsight Institute and author of *Brainstorm: The Power and Purpose of the Teenage Brain*.

Just a few decades ago, a large majority of adolescents experienced certain rites of passage before going off to college, such as getting a driver's license, having a paid job, going out on dates, having sex, or drinking alcohol. But in the late 1990's, that began to change. Dr. Tweenge stated that a new generation is arising that is growing up slower than previous generations. The three guests discussed these new trends and what could be causing them. While earlier generations jumped quickly into independence by their senior year of high school, research is now showing a decline in risk taking for teens. With parents who are becoming more overprotective, many adolescents are now overly concerned about safety and end up postponing adult actions, such as starting a career or getting married, which in turn can lead to them being unprepared when they do reach those important milestones. Ms. Simmons weighed in on the subject by saying that a delay in pursuing independence leads to a decline in resilience in difficult situations. Along with this, both Simmons and Tweenge commented on the role of smartphones and social media in these changing trends. While Dr. Tweenge thinks smartphones make it easier for teens to stay home for their social needs, Ms. Simmons thinks the effect social media has on kids depends on how they choose to use it. Dr. Siegel said that parents' natural desire to protect their children may be partially responsible for keeping kids from becoming "streetwise". Not learning to handle independent experiences while in the safety of the home can result in teens going overboard when they are given freedom. He commented that, overall, if our culture doesn't expect teens to rise to adult responsibilities then (as the trends are showing), they likely won't.

### 2nd Segment

Host: Nancy Benson. Guest: Dr. Tanya Altmann, Assistant Clinical Professor of Pediatrics at the UCLA Mattel Children's Hospital, and Editor in Chief of the American Academy of Pediatrics' parenting book series.

Children in the United States are now more likely to develop asthma, allergies, and other diseases. One explanation for this trend could be the lack of good gut bacteria. Dr. Altmann explained more about the studies that have suggested this theory. Research of baby excrement has found significant differences over the last 100 years, and it has also shown that nine out of ten babies don't get the transfer of good bacteria from their mothers that they need to be healthy. This is largely a result of modern medical practices such as birth by C-section or antibiotics during pregnancy. An imbalance or overgrowth of bad gut bacteria has been linked to several diseases later on in life. Breast milk is often pointed to as the solution to these problems. However, while it is considered the best nutrition for babies, it may not be able to solve this problem by itself. If the mother's own gut bacteria are disrupted or imbalanced, the baby will not receive enough good gut

bacteria from the mother. Furthermore, research shows that many babies have become incapable of processing good cut bacteria from breast milk and might need to take a probiotic supplement in order to extract all of the nutrients. Dr. Altmann pointed out that while it is crucial for a baby to develop good gut bacteria in the first year of its life, the need for these bacteria is also important later on. Having a nutritious, whole food, high-fiber diet, supplemented with probiotics, will help people of all ages develop a balance of good microbiome in their guts.

### **Economy**

Sunday, April 1, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Loren Volchev, Travel Advisor.

Spring Break is over, and now families are preparing for their summer vacations. We were joined this morning by a travel expert who spoke about saving money when planning a vacation. Mr. Slater and Ms. Volchev discussed how to navigate all of the different travel sites and how to use that information to save money. Bundling the airfare with your hotel, what day of the week is the best time to buy an airline ticket, should you buy travel insurance, how safe is Air B&B, what are the liabilities of staying at an Air B&B, what questions should we ask the homeowner if we decide to stay at an Air B&B, and should you buy the extra insurance if you're renting a car were all covered during the program.

Sunday, April 8, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Mark J. Kohler, CPA., J.D., a Senior Partner in the law firm, Kyler, Kohler, Ostermiller & Sorensen, as well as a Senior Partner in the accounting firm of Kohler & Eyre, CPAs.

Tax Day is coming up, and some people still don't have their paperwork in order. Mr. Slater and Mr. Kohler discussed how to maximize your returns, whether it's best to use the standard or itemized deduction, what the difference is between a tax credit and deductions, what some of the most overlooked deductions are, what self-employed filers need to do that is different from individual filers, how buying or selling a house or rental can help or hurt your return, what tax credits are available for college students, what if you have several 1099's, will people still have to pay the ObamaCare penalty if they didn't have health care insurance in 2017, what the death tax is, and how next year's taxes will change under President Trump's tax plan were all discussed.

Sunday, April 29, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Thomas A. Stewart, Executive Director of the National Center for the Middle Market, the leading source for knowledge, leadership, and research on mid-sized companies based at the Fisher College of Business at The Ohio State University, and previously the Editor and Managing Director of the Harvard Business Review.

Are Florida's middle market companies prepared for a loss? According to new statistics, they aren't. Mr. Slater and Mr. Stewart discussed the businesses in the middle market of



Florida. 23% percent of the companies in Florida still haven't fully recovered from the operational disruption caused by Hurricane Irma and the weeks without power that cost owners money in lost sales and lost product. Employees of those companies also suffered a financial loss, and even some County governments suffered financial losses. Most companies in Florida are not currently prepared for another financial loss that another major storm might cause. Mr. Stewart explained that companies are also not prepared for a financial loss due to a cyber attack or data theft. He also explained how the "trade war" talk we've been hearing about in the news will affect both businesses and consumers in Florida.

Sunday, May 6, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Amy Hennessey, Senior Advisor for Medicare & Medicaid and the Florida Kid Care program.

Studies have shown that during the summer months, children often get more injuries than when they're in school. Children in low income families often have no insurance or access to affordable care. Mr. Slater and Ms. Hennessey talked about how families can sign up for free health care for their children with the children's health insurance program "Florida KidCare". It is a Medicaid for Children program eligible for children aged from birth through 18 years. Kids are able to get the coverage they need to tackle seasonal allergies, immunizations, regular checkups, eye exams, dental visits, mental health services, prescriptions, and other care that helps keep kids healthy and safe. Ms. Hennessey explained the way parents can find out if they're kids are eligible, what's covered, and how to enroll. During the program, Mr. Slater mentioned the website address ([insurekidsnow.org](http://insurekidsnow.org)) several times as well as the toll-free phone number (1.888.540.KIDS) so our listeners could obtain all the information that was talked about during the program.

Sunday, June 10, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Dr. David Hyman, Professor of Law at Georgetown University Law Center and co-author of [Overcharged: Why Americans Pay Too Much for Healthcare](#); and Eric Hargan, Deputy Secretary of the United States Department of Health and Human Services.

High prescription drug costs are a problem that most Americans deal with. In response to this, President Donald Trump announced last month that his Administration is introducing a 50-point plan to cut drug prices. Dr. Hyman discussed some of the major points of the plan and how effective they could truly be in the long run. Two important parts of the plan are an attempt to ease the entry of generic drugs into the market and to make their prices more flexible. Mr. Hargan explained that branded drug companies must stop the "gamesmanship" that slows the creation of a competitive, free market for drugs. Getting more drugs into "Part D" allows Medicare to negotiate for lower prices through pharmaceutical benefit managers (PBMs). However, the PBMs bring a problem of their own into the industry. President Trump has said that these middlemen have been part of the problem by stopping the distribution of rebates and discounts to consumers and pocketing the money themselves which also leads to artificially high list prices for

drugs. Dr. Hyman said that PBMs are still important to the industry because they structure the pharmaceutical market, but the plan will hopefully help to create a fairer market. Another potentially influential part of the plan announced by Alex Azar, Secretary of the United States Department of Health and Human Services, will be to require drug companies to announce the list prices of drugs in their advertisements in the interest of transparency. In his book, Dr. Hyman introduced several points that he believes would be beneficial in helping Americans pay less for drugs, although these points are not in President Trump's recent plan. He suggests that allowing Americans to import generic drugs from foreign markets would help solve the generic drug price hikes. Dr. Hyman also stressed that high insurance costs are the biggest driver of high costs for prescription drugs.

Sunday, June 17, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guests: Dee Wilkins, Senior Editor of IMMPACT Christian Business and Professional Magazine; and Candy Lowe, Owner of Candy Lowe Tea Time, Tea & Conversations. Ms. Lowe was also the organizer of Tampa's recent Black Business Bus Tour.

This week, Business.org released a report that ranked Tampa the top city in the United States for women entrepreneurs. In today's program, Ms. Wilkins and Ms. Lowe joined Ms. Greene to discuss the report as well as to elaborate on their own personal paths to entrepreneurship.

### **Public Safety**

Sunday, April 1, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Dr. Altaf Saadi, Neurologist and a former sexual assault crisis line worker; and Danny Robbins, Investigative Reporter for Atlanta Journal-Constitution. Almost every portrayal of doctors depicts them to be unequivocally good, and many people believe this portrayal. However, this belief has been under scrutiny recently. In light of the recent cases against Dr. Larry Nasser, physicians and patients have started to focus their attention on doctors who sexually abuse patients. They are investigating the outcomes of these crimes, and the results are nothing short of disheartening. Mr. Robbins has spent a lot of time examining the official response to this problem. He found that more than 2,400 doctors have been sanctioned by medical boards for sexual abuse of their patients, and more than half of these doctors still have their medical licenses. Among the doctors who did have their licenses taken away, Robbins discovered that many were able to easily get them back and continue practicing. The reasoning behind this is similar to a reasoning found in the criminal justice system: people working in these fields do not want to report each other's misbehaviors. Robbins explained that often medical boards will shield these crimes from the public by not reporting them to the criminal justice system unless the victim reports it. But, even in the event of a victim reporting the abuse, the attorney general is left to negotiate with the doctor's lawyer. Medical boards follow the negotiation agreed upon by the doctor and the attorney general. Despite the number of

doctors that are reported for sexually abusing their patients, few of them face punishment. Among those who do, the punishments are not severe and leave the abuse unknown to the public. With little being done to deter doctors from misbehaviors, what can patients do to protect themselves? Dr. Saadi explained that patients are always given the option to have a nurse present in the examination room. Along with this, Robbins also stated that patients can go online to see if their doctor has been sanctioned at all. However, these records are often vague. One might have to do a little more research in order to determine what the violation was. However, Dr. Saadi believes that physicians also have a role in changing this. She explained that physicians should work to counter the environment that allows for these crimes to go unheard. Furthermore, it is important to address the medical boards that allow these doctors to get away with sexually abusive behaviors. Robbins stated that the medical boards need to consist of a more diverse group of members who are not all doctors because many boards have few consumer members, if any at all. In order to see a change in the way that these cases are handled, both physicians and patients have important roles in changing the ways in which medical boards and the criminal justice system pursue these offenses in the future.

Sunday, April 1, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Chief Brian Dugan, Police Chief for the City of Tampa.

Ms. Greene and Chief Dugan discussed his first six months on the job. Chief Dugan was the Interim Chief during the time Hurricane Irma moved through the State of Florida. At the same time, the Tampa Police Department was dealing with the string of murders in the Seminole Heights area. Shortly after the Seminole Heights serial killer was captured, Chief Dugan was named the official Chief of Police for the City of Tampa. His first six months as Chief have been eventful to say the least.

Sunday, May 27, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Nancy Benson. Guests: Dr. Francesco Pia, a water safety educator; and Mario Vittone, Marine Safety Specialist (Retired), United States Coast Guard.

A drowning person is usually within a few feet of people who could help. Although, bystanders can only help if they recognize what drowning really looks like. As summer approaches, many of us will head to a pool or beach. Seven hundred children under the age of 15 drown every year in the United States, and about half of them are within 75 feet of an adult. Dr. Pia has been a water safety educator, lifeguard, and trainer for over 20 years. He elaborated on his study of what a drowning person really looks like. While movies often show the drowning person thrashing, waving, or calling for help, he said that drowning is actually a quiet event. When someone is drowning, their body functions on instinct. That means all of their energy is focused on taking at least one more breath and trying to push themselves up to the surface. Mr. Vittone described a few common signs of drowning. While the person may look like they're treading water or trying to climb a ladder, they are actually extending their arms and trying to push their mouth above water. Head tilted back, eyes glassed over, and hair over the eyes are more signs of a quiet, desperate attempt for life. While it's very important to recognize the signs of drowning, prevention is better. Dr. Pia said that drowning can result from a mere five-minute lapse

in supervision. Parents often read a book or look at their phone, thinking they'll hear their child if something is wrong. However, if you don't hear them, they could be in serious trouble. Dr. Pia emphatically emphasized the importance of all parents knowing CPR.

Sunday, May 27, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Andrew Warren, Hillsborough County State Attorney, 13th Judicial Court.

Ms. Greene and Mr. Warren discussed the current state of the criminal justice system. Mr. Warren elaborated on his efforts regarding juvenile justice reform. He is actively working to keep youth from being charged as adults for misdemeanors and low-level offenses. He firmly believes that treating kids who commit minor offenses like adult criminals only furthers "the revolving door" and makes our neighborhoods less safe. He advocates increasing civil citations for juveniles and utilizing other community programs that operate outside the traditional criminal justice system. He also proposes increasing the use of specialized juvenile courts and supporting school discipline initiatives rather than furthering the school to prison pipeline.

Sunday, June 3, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Emily Vacher, Director of Trust and Safety for Facebook, and former Supervisory Special Agent for the FBI in the Undercover and Sensitive Operations Unit.

Facebook users will now start seeing amber alerts on their feeds. Mr. Slater and Ms. Vacher discussed how the amber alert program will work on Facebook, why Facebook decided to start issuing amber alerts, how this will help in finding missing children, and how other social media platforms may soon start issuing amber alerts as well. Ms. Vacher discussed some of the things all parents should do these days to keep their children safe. She also described some of the high profile cases she worked on when she was the leader of the FBI's Missing Child First Responder Team.

Sunday, June 10, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Brad Kieserman, Vice President of Disaster Operations and Logistics for the American Red Cross.

Hurricane Season 2018 began on June 1st, and the Red Cross has joined us to help our listeners prepare for a possible emergency this year. Mr. Slater and Mr. Kieserman first discussed some of the most important steps to prepare for a hurricane and informed our listeners on some of the new products now on the market that people should consider buying. One item he said listeners should definitely consider is a solar powered charger for cell phones and smart devices. After Hurricane Irma, the inability to charge phones was one of the top complaints made by Floridians. He listed all of the must-haves for our hurricane kits and stressed the importance of having a personal exit plan in place in case you are told you must evacuate your home. He also reviewed what people should do after the storm. Then, Mr. Kieserman gave a recap of last year's hurricanes and how the Red Cross assisted before the storms, during the storms, and in the recovery process in the

aftermath of the storms. He reminded us that the United States was hit by three back to back major hurricanes last summer that occurred at the same time that the Red Cross was assisting the people in Las Vegas due to the mass shooting that occurred there. Having to cope with four major emergencies at once really stretched the Red Cross' resources very thin.

Sunday, June 17, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guest: Travis Lupick, author of Fighting for Space: How a Group of Drug Users Transformed One City's Struggle with Addiction.

America's opioid epidemic took 64,000 lives in 2016. While many people support prosecution and strict punishment for drug users, Vancouver in British Columbia has taken a different approach with their drug use policy of harm reduction. Mr. Lupick explained how harm reduction works and where the idea came from. Harm reduction seeks to solve the problems of drug addiction by alleviating the harms caused by the prohibition of drugs, rather than the drugs themselves. In Vancouver, a supervised injection facility was established based on the recommendation of the Vancouver Area Network of Drug Users (VANDU). It provides a safe and clean place for drug use without providing drugs. This has resulted in the reduction of diseases caused by unclean needles, and it has even provided many with a lifeline to abstinence and detox from drugs. Although counterintuitive, harm reduction has been met with resistance within Vancouver and in several cities in the United States as well. However, the effects of this program have been undeniably positive and have been supported by medical research. By providing a space where drug users feel safe, the city is providing drug users with the chance to use drugs safely and also to eventually transition into a drug-free life. Mr. Lupick is calling for more American cities to consider the benefits of this program as well as encouraging more doctors to enter the field of addiction medicine where they are sorely needed.

### **Community Relations**

Sunday, April 22, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Andy Lykens, Environmental Scientist with Tampa Bay Watch. Today is Earth Day, and many events have been planned in the area. Mr. Slater and Mr. Lykens talked about the various community projects that are scheduled to clean up trash on and near our waterways. Tampa Bay Watch has an ongoing program to replenish the sea grass in the Tampa Bay areas that are needed for wildlife and fish. The restoration of salt marshes and the annual scallop search are also priority projects for the organization. Mr. Lykens encouraged the listeners to sign their children up for the summer camps they offer and explained how people of all ages can volunteer to save our waterways. He also cautioned the listeners on how many of our household items can end up in our waterways without us even knowing that we're polluting the water. Sea turtle nesting season will be beginning soon. Mr. Lykens stressed that more turtles are laying their eggs on Sarasota County beaches than ever before, and beach goers need to avoid all the nests that they

have clearly marketed. He also asked the listeners to call them if they should spot a turtle making a nest in an area that is not marked. Mr. Lykens reminded everyone that there are laws in place to protect sea turtles, and people who disobey those laws will be prosecuted.

Sunday, April 29, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guests: Dr. Hazel Harvey and Dr. Maurice Harvey (mother and son), authors of A Home Remembered: The Story of the North Boulevard Homes 1937-2017.

The book documents the 70-year history of the project. Dr. Hazel Harvey is a member of the Tampa Housing Authority Board. Dr. Maurice Harvey is the President of the Carver City/Lincoln Gardens Civic Association.

Ms. Greene and the Drs. Harvey discussed Tampa's first project, North Boulevard Homes. It was once a thriving, community-based area that provided temporary housing for African Americans and military personnel. The World War II era complex is slated to make way for the Tampa Housing Authority's ambitious West River development project which will combine affordable housing with market-rate apartments, offices, and retail. Demolition is scheduled to begin early next year. Federal grants have been paying the moving costs for the current residents. Just a handful of families are left in the 820-unit complex. Playgrounds and basketball courts stand empty. What was once a bustling community is now a ghost town. Dr. Hazel Harvey, who moved into North Boulevard when she was still a child, has mixed feelings about the demolition of her former home but hopes residents use the chance to better their lives. "I want young people in public housing to realize what we did, that public housing should not be your final home. You should get yourself educated, get yourself a trade, and then move out."

Sunday, May 13, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Amy Cardy. Guest: Mike Sutton, CFRE, Chief Executive Officer for Habitat for Humanity Pinellas County.

We covered, in detail, the steps needed to be completed by the families who want to put themselves on the waiting list for homes being built in Pinellas County. The families learn and take classes on money management, financial strategies, and how mortgages work. Then, each family gives 300-400 sweat equity hours in order to receive and move into their new home. Ms. Cardy and Mr. Sutton also discussed the other services offered by Habitat for Humanity. For instance, upgrading veterans' homes to a more user-friendly dwelling. This is especially important for the veterans who are homebound, wheelchair bound, or elderly. Volunteer programs were discussed. Mr. Sutton elaborated on how high school and college students are greatly benefited from their time with Habitat because it adds a positive inclusion to their school transcripts. Many of the Habitat families continue to volunteer within the organization since they have seen firsthand the enormous benefit for the community they serve. Both Ms. Cardy and Mr. Sutton mentioned Habitat for Humanity's Pinellas telephone number and the website address. Mr. Sutton appealed to the listeners for donations of time, money, building materials, and

furnishings. He also extended an invitation for businesses to get involved in "Team Building" by donating employee's work time to help build a home for a worthy family.

Sunday, May 20, 2018 – Spectrum 7:00 a.m.

30:00

Host: Dayle Greene. Guest: Rechi Butler, the Founder of the Get It Straight Foundation, Tampa.

Mr. Greene and Mr. Butler discussed at length the foundation's approach to mentoring young men on modeling positive behavior instead of juvenile delinquency. Mr. Butler believes in straight talk, no pampering. He devotes a great deal of time to community service, is the recipient of the Tampa Bay Lightning's "Hero Award", and is currently assisting both the Derrick Brooks Charities and the Abe Brown Ministries. Mr. Butler also employs 20 people in the property management and maintenance company he owns.

Sunday, May 20, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Sarah Combs, Executive Director and Chief Executive Officer of the University Area Community Development Corporation (UACDC).

The area surrounding the University of South Florida in Tampa has one of the lowest literacy rates in the county, and many residents say their families don't have access to or can't afford reading material. Consequently, the UACDC recently installed "dream boxes" in neighborhoods in the University area. The "dream boxes" are boxes which have been put on posts in different neighborhoods that hold donated books. Both children and adults can come to one of the boxes and take a book for free. They can even keep the book if they want it. Ms. Combs elaborated on the "dream box" initiative. Where do the free books come from? How many books have been donated so far? What kind of reading material are they looking for? Who goes through the books to make sure nothing X-rated or graphic gets placed in the "dream boxes"? Books of all kinds are needed for all ages – children, teens, and adults. For instance, adults have requested cook books, home repair and auto repair books, and books on gardening in Florida. Ms. Combs said the initiative has been so successful that communities in both Pinellas and Pasco Counties have contacted the UACDC regarding an effort to start "dream boxes" in their communities.

2<sup>nd</sup> Segment

Host: Amy Cardy. Guests: Jim Rudolph and Mac Norton, Board Members of the Tampa Bay Veterans Alliance. The Alliance is a 501(c3) non-profit organization developed to provide the citizens of the Tampa Bay area communities an opportunity to show their appreciation to the veterans of the United States military services.

Mr. Rudolph and Mr. Norton discussed the work of the Alliance which honors veterans who have served to preserve America's freedom from WWII to the present. During the program, we learned that there are 400,000 Veterans living in the Tampa Bay area. Therefore, The Tampa Bay Veterans Alliance has formed a foundation to give tribute to their history. The organization has become responsible for creating, funding, and developing tributes to these men and women living all over our area. Their efforts include a wide Spectrum 7:00 a.m. of activities from statues recognizing specific services of the

armed forces at Crest Lake Park, financially helping surviving spouses, and scholarships for advanced education and technical schools for veterans' children. Their official website address and telephone number were given out several times during the interview. The listeners were encouraged to volunteer their time and resources to the non-profit organization bene-fitting our veterans and their families.

Sunday, May 27, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Nancy Weil, Grief Counselor with Veterans' Funeral Care.

It's Memorial Day weekend, and today we have a special program on dealing with grief during the holiday. While many people only think about a family's loss during Memorial Day, loved ones deal with the loss on a daily basis. Mr. Slater and Ms. Weil discussed the level of grief that "Gold Star" families are dealing with year around. How each person deals with grief in a different way was discussed as well as why it can be healthy to grieve, why it may take some people longer than others to get over a loss, and why some people actually never get over it. Mr. Slater and Ms. Weil also discussed how we, as friends and family, can help those who are currently dealing with a loss. Ms. Weil reminded everyone that Memorial Day is not just a day to mourn those who died in the line of duty, it's also a day of loss for families who have lost a veteran to suicide.

Sunday, June 10, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guests: Jada and Kayla Kennedy and Myles and Morgan Bennett. The purpose of this week's show was to get a perspective of what's on the minds of today's young people. Ms. Greene moderated a round table discussion with two pairs of siblings. Twin sisters Jada and Kayla Kennedy are recent graduates of Sickles High School in Tampa. Myles and Morgan Bennett are recent college graduates of the University of South Florida and Lynn University respectively. The program is a composite of how they see the world and what they think of the current climate in our country ... an interesting perspective from some of the voices of the future.

### **Education**

Sunday, April 8, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guests: Wendell Duggins, President of the Tampa Chapter of the Florida A&M University Alumni Association; and Rosalyn McIntosh and Debra Duggins, who are the Co-Chairs for the FAMU Endowed Scholarship Gala.

Ms. Greene and Mr. Duggins discussed the FAMU Alumni Association's community efforts to send deserving students to college. Ms. McIntosh and Ms. Duggins elaborated on the upcoming FAMU Endowed Scholarship Gala which will be held on Saturday, April 21<sup>st</sup>, at the Hilton Tampa Airport-Westshore.

Sunday, April 15, 2018 – Sunday Morning 7:30 a.m.

30:00



Host: Jeff Slater. Guest: Gil Liveway, Student Affairs Coordinator for The David A. Straz, Jr. Center for the Performing Arts in Tampa.

Now is the time to sign your children up for the summer camps offered at The Straz Center's Patel Conservatory. This year, the Center is offering camps in music, theatre, dance, and acting through their "Conservatory-To-Go" program. Mr. Slater and Mr. Liveway discussed what the different camps will include and the age requirements for each. Over \$200,000 in scholarships are available this year. Through the scholarships, The Straz provides assistance to families with financial need as well as merit-based funding to advanced students pursuing a future career in the arts.

Sunday, May 6, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Green. Guest: Dr. Linda Perdue, a Tampa teacher and a Representative for the Florida Education Association (teacher's union).

Ms. Greene and Dr. Perdue discussed the current educational climate. The topics ranged from lack of funding to teacher protests to school safety. Dr. Perdue presented a hopeful outlook for both teachers and students.

Sunday, June 3, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Jeff Eakins, Superintendent of Schools for the Hillsborough County (Florida) School District.

Ms. Greene and Mr. Eakins discussed a myriad of topics including graduation rates, school safety, and budget issues. They also covered at length the passage of Florida House Bill 7026. The \$400 million gun and school safety proposal will fund demolition of a building at Marjory Stoneman Douglas High School in Parkland where fourteen students and three teachers were gunned down on Valentine's Day. The bill also includes gun-control provisions banning the sale of bump stocks and raising the legal age to buy an assault rifle from 18 to 21.

Sunday, June 17, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Kyle Anderson, CFP, Financial Advisor at Vanguard.

Mr. Slater and Mr. Anderson updated the listeners on the changes to the Florida 529 Saving Plan. This is a tax-advantaged plan which allows your investment earnings to grow tax-free. The plan can be used for many education costs from qualified K-12 expenses to higher education tuition and fees, housing, books, and supplies. The funds can be used at any qualified educational institution nationwide, public or private. You can contribute what you can as often as you'd like. You can also invite family and friends to contribute toward your college savings goals with the "eGift Portal". Mr. Anderson explained how the plan works and how to start a plan. Kids today are graduating from colleges and universities with enormous student loans. If started early enough and reasonable contributions are made on a regular basis, a student's full college tuition should be fully covered by the time a child turns 18 with the 529 Plan. Mr. Anderson talked at length about some of the changes that have been made to the plan. For example, if your child decides against attending college, the fund is transferable to another child. More schools

are now covered under the plan – including tech and trade schools. Mr. Anderson also discussed the tax benefits that are available to our listeners by using the 529 Plan.

Sunday, June 24, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guests: Maria Taylor, Analyst and Host for ESPN and the SEC Network; and Corinne Milien, Executive Director of the Winning Edge Leadership Academy.

Ms. Greene and Ms. Taylor discussed the importance of mentoring black college student athletes. Ms. Milien discussed the "2018 Game Changing Retreat" held in Miami June 21-24. The purpose of the event had four primary goals: 1) To increase the understanding and application of skills necessary to secure positions in sports, 2) To increase the understanding and awareness of competencies necessary for success in sports; 3) To introduce student athletes to industry professionals creating positive relationships; and 4) To raise awareness of the existing talent pool of current and former student athletes who have a passion and interest to work in sports. The mentors for the event were industry professionals who shared their insight and provided guidance to the next generation of leaders in sports.