



April 2, 2018

The following is a report on Public Affairs Programming for the First 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
Education
Public Safety
Community Relations

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 "Rick Thomas", with a long horizontal flourish extending to the right.

Rick Thomas
Operations Manager
Cox Media Group Tampa

RT/mlm

Health

Sunday, January 7, 2018 – Radio Health Journal 6:30 a.m.

30:00

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

Young women are at a relatively low risk of heart attacks. However, 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. Mr. Pence, Dr. Lichtman, and Dr. Andersen discussed the symptoms young women should know.

2nd Segment

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

Mr. Belofsky examined how far we've come in medicine by focusing on past practices, which lead him to conclude that doctors in ancient Greece provided better care than those in the United States 150 years ago.

Sunday, January 14, 2018 – Radio Health Journal 6:30 a.m.

15:00

Guest: Nancy Benson. Guest: Alicia Young, author of Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets.

Egg donation can solve infertility, but it can be a minefield for emotional risks, especially if the donor and recipient are family or friends. Ms. Young, who has donated twice with vastly different results, discussed with Ms. Benson the technology and what to look out for when approaching egg donation.

Sunday, January 21, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Yalda Uhls, Assistant Professor of Psychology, UCLA and author of Media Moms and Digital Dads; Dr. Richard Freed, Child and Adolescent Psychologist and author of Wired Child: Reclaiming Childhood in a Digital Age; Brooke Shannon, Founder of Wait Until 8th; and Dr. Scott Campbell, Professor of Telecommunications, University of Michigan.

Smartphones have become ubiquitous among those in their teens and older, but there is no consensus on when children should first get a phone. Mr. Pence, Dr. Uhls, Dr. Freed, Ms. Shannon, and Dr. Campbell discussed dangers and cautions, and how parents can decide when the time is right for their children to "get connected".

2nd Segment

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

Millions of people who think they have allergies, asthma, and sinus problems may have “silent reflux” which can travel up the esophagus all the way to the throat and head. Ms. Benson and Dr. Koufman discussed the telltale symptoms and the dietary triggers that can cause the disorder.

Sunday, January 28, 2018 – Radio Health Journal 6:30 a.m.

30:00

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

For the last several decades, doctors have believed many mental illnesses were the result of chemical imbalances in the brain. Mr. Hari’s investigation shows that lost human connection, dissatisfaction, and loneliness are behind many cases of depression and anxiety.

2nd Segment

Host: Nancy Benson. Guest: Dr. Sandeep Vaishnavi, Neuroscientist, Duke University Medical Center, Director of the Neuropsychiatric Clinic, Carolina Partners, and co-author of The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior After Brain Injury.

Traumatic brain injuries, even mild ones, may produce cognitive and personality changes months later when that “bump on the head” has been forgotten. Ms. Benson and Dr. Vaishnavi elaborated on these injuries and how to prevent some of the consequences.

Sunday, February 4, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guests: Dr. Hannah Holscher, Assistant Professor of Nutrition at University of Illinois-Urbana-Champaign; and Dr. Andrew Gewirtz, Professor of Bio-medical Sciences at Georgia State University.

Fiber is an important part of a daily diet, but many people do not know what fiber does for the body. Dr. Holscher explained that fiber is a non-digestible carbohydrate that is found in plants which human enzymes cannot break down. So, the body relies on microbes. But why is fiber so important for the human body? According to Dr. Gewirtz, fiber helps nourish beneficial bacteria in the intestine that is needed to aid digestion, keep the immune system strong, and block potential pathogens. Without fiber in your diet, this bacterium becomes malnourished, decreasing the number of them present. Dr. Gewirtz explained that discoveries from experiments on mice show that this decrease in bacteria can lead to a number of health issues. It is important to maintain a high fiber diet in order to ensure proper nourishment of these beneficial bacteria. However, many people stick to one type of fiber rather than trying a few. People should eat a variety of fruits, vegetables, and other high-fiber foods to give their bodies more than one kind of

fiber. While it can be difficult to consume the suggested amount of fiber every day, the positive health benefits are worth it.

Sunday, February 4, 2018 – Spectrum 7:00 a.m.

30:00

Host: Amy Cardy. Guest: Deborah Grassman, former Bay Pines Veterans Administration Hospice Nurse before creating the “Opus Peace” and “Soul Injury” non-profit organizations.

Ms. Cardy and Ms. Grassman discussed the mission of taking their message of peace, counseling, and support in the diagnoses of PTSD in both veterans as well as those who have experienced loss of varying degrees. The organization believes that un-mourned loss and unforgiven shame and guilt can be counseled and ultimately healed with the right support and proper counseling by certified volunteers. The concept has evolved from the support of the Pinellas County non-profits to a national movement that raises awareness about how to identify and respond to the injury of the soul. The organization has now petitioned Congress to make January “National Soul Injury Awareness Month” so as many people as possible can find answers that help address the individual and collective unrest that plague many people and communities. With the fear of emotional pain affecting so many people of all demographics and age groups, this organization wants to restore the affected’s sense of being, helping them to be fuller and more positively motivated people. Starting in Tampa and St. Petersburg, events have now been scheduled throughout the country to bring this message of hope to the hurting and provide programs that respond to soul injuries generated by un-mourned grief and unforgiven guilt that occur during trauma, abuse, and self-neglect.

Sunday, February 11, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guest: Dr. Robert Lustig, Pediatric Endocrinologist, Professor of Pediatrics in the Division of Endocrinology at University of California, San Francisco, President of Institute for Responsible Nutrition, and author of Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease.

Dr. Robert Lustig explained that generally people believe that obesity is a calorie problem: people eat too much and exercise too little. But, he states that there is something else at play here – the enormous increase in the consumption of dietary sugar across the country. However, it is hard to place the blame on a lack of self-responsibility. Dr. Lustig explained that evidence shows sugar is addictive, and it is capable of exciting the brain in a similar way that other substances of abuse do. Dr. Lustig believes there are two reasons sugar has become so prevalent in the human diet. 1) Sugar became cheaper, and 2) The food industry put an emphasis on “low-fat” and “fat-free” diets that encouraged people to eat these foods that are higher in sugar. The negative effects of sugar are not only seen through the increase in obesity but also in the rise of diabetes which is increasing at a far quicker pace. Dr. Lustig stated that this growth in diabetes is not just affecting those who are obese, it is affecting all people who consume sugar at a high rate. He further explained that diabetes is not about obesity – it’s about how our bodies metabolize what enters it and the damage these bad foods cause in the process. In order to decrease the number of people being affected by diabetes and obesity, sugar consumption must go down.

Sunday, February 18, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Roger Ingham, Professor of Speech and Hearing Sciences at University of California, Santa Barbara; Dr. Scott Grafton, Professor of Psychological and Brain Sciences at University of California, Santa Barbara; and Dr. Devin McAuley, Professor of Psychology and Neuroscience at Michigan State University.

The causes of stuttering have long remained a mystery. Over time, people have been led to believe that stuttering can be caused by psychological issues or develop due to parenting style. But, experts are discovering that these beliefs may not be true. Recent research has started to develop the idea that stuttering is caused by a structural problem in the brain. Dr. Grafton explained that diffusion MRI scanning has been used in research to discover that a large portion of the arcuate fasciculus was missing in seven of the eight stutterers, but it was present in all of the non-stutterers. The arcuate fasciculus connects two parts of the brain that allow for language function. So, if these parts of the brain are not connected, an individual's ability to perform classic language functions can be affected. Another cause of stuttering in speech is related to issues of perception. Dr. McAuley stated that individuals who have a difficult time discerning musical beats may also have a hard time picking up on natural speech rhythms, too. This inability to perceive beats may induce a stutter in an individual because they are not capable of timing their speech due to an issue in generating natural rhythms of language. How can these new discoveries help doctors develop new treatments for those who suffer from a stutter? Dr. Ingham explained a new method of altering speech. It is called modifying phonation intervals (MPI) which is a treatment that trains people to reduce the frequency of very short intervals of phonation to create fluent speech. While MPI treatment works about twice as well as other speaking treatments, there is still plenty of research to be done to increase the effectiveness of treatments for stutters.

2nd Segment

Host: Nancy Benson. Guests: Dr. Sonja Lyubomirsky, Professor of Psychology at University of California-Riverside and author of The How of Happiness: A New Approach to Getting the Life You Want and Myths of Happiness: What Should Make You Happy But Doesn't, What Shouldn't Make You Happy, But Does; and Dr. Alex Korb, Researcher at University of California, Los Angeles, and author of The Upward Spiral: Using Neural Science to Reverse the Course of Depression, One Small Change at a Time.

We all want to be happy. Yet, the American culture appears to be experiencing a joy-deficit. While it is well known that some individuals suffer from a chemical imbalance in the brain that affects their ability to be happy, many people are not aware of the fact that they can change the happiness that they feel by creating it on their own. Seeking joy is an important aspect of human life. Dr. Lyubomirsky explained that Americans can experience joy every day, but many are overlooking the small ways to feel it. She believes that people spend too much time waiting for big moments rather than taking advantage of the little moments to experience joy. So, what can a person do to feel more joy? Dr. Korb stated that it is possible for people to increase their serotonin levels on their own. A few examples are sitting in the sunlight, remembering positive memories, and partaking in

simple exercises. Just by partaking in some of these activities, people have the possibility to experience a little more joy in their daily lives.

Sunday, February 18, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Tia Rains, Ph.D., Nutritionist and Executive Director of the Egg Nutrition Center.

February is American Heart Month, and we were joined by Nutritionist Dr. Rains to talk about how our diet can add to heart disease. Mr. Slater and Dr. Rains discussed the best foods for good heart health and how studies now show that we should be eating eggs, something we've been told for years is bad for us.

Sunday, February 25, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guests: Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry at New York University School of Medicine and CEO of Reimbursify; and Dr. Sandra Kooij, Associate Professor of Psychiatry at Free University, Amsterdam Medical Center.

Over the years, the number of diagnoses of ADHD have skyrocketed, not only in children but adults as well. However, recent research shows that some of these individuals suffering from ADHD could actually just be suffering from a disordered body clock. Dr. Thakkar explained that any disruption of sleep can lead to cognitive problems, mood and anxiety issues, and a number of physical health complications, too. If this lack of sleep is persistent for years, one could develop ADHD-like symptoms. So, what causes this inability to sleep? Dr. Kooij, stated that it is often an issue with the biological clock. The body relies on light and brightness to know when to wake up and darkness to know when to sleep. However, if this system is off, an individual is not capable of sleeping until later than normal. Most people enjoy sleeping because it helps them to focus better throughout the day, but falling asleep can be a daunting task for those with sleeping disorders. Dr. Kooij explained a few simple tasks that could help get the biological clock back on track and reduce the impact of ADHD in a variety of people.

2nd Segment

Host: Nancy Benson. Guest: Dr. Basil Harris, Emergency Physician at Lankenau Medical Center, and Founder of Final Frontier Medical Devices.

Most people have seen science-fiction shows and films like “Star Wars” and “Star Trek” and been amused by the imagined technology used by these beings. Dr. Harris took this inspiration one step further by actually creating one of these devices. His machine called DxtER is similar to the Tricorder from “Star Trek”. It is a non-invasive remote medical diagnostic technology. With this device, patients are given a whole new way to measure their health. Part of the appeal of DxtER is the non-invasiveness of the technology. Dr. Harris explained that the iPad based technology is packed with sensors that can measure vitals in the body, like blood pressure, without having to use a cuff or other external objects to test the patient. Not only is the device capable of picking up on vitals, it can also provide the user with a diagnosis based off of their symptoms. It uses artificial intelligence in order to incorporate the doctor into the system. However, Dr. Harris does

not believe that the device calls for the elimination of doctors entirely. He explained that DxtER was created as a tool that can help people work with their providers more efficiently. Before this device can be made common in household first aid kits, it must be FDA approved which Dr. Harris expects to be a slow process that could take from five to ten years. With many emerging technologies in healthcare, devices like DxtER must work to gain the trust of the public.

Sunday, March 4, 2018 – Radio Health Journal 6:30 a.m.

30:00

Host: Reed Pence. Guest: Steve Silberman, author of Neurotribes: The Legacy of Autism and the Future of Neurodiversity; and Barry Prizant, Ph.D., Adjunct Professor, Center for the Study of Human Development, Brown University, and author of Uniquely Human: A Different Way of Seeing Autism.

In the last 30 years, the number of children who have been diagnosed with autism has increased. Yet, parents have received very little information on what has caused this number to skyrocket. Steve Silberman explained that the spike in diagnoses has been caused by the development of a new definition for autism. He says that it was initially believed to be caused by a mixture of bad parenting and genetics, making it into a taboo topic and allowing many people to ignore its presence for almost thirty years. Over time, autism has become more visible to the public. Yet, people still have a skewed understanding of what it is. Mr. Silberman explained that autism is a lifelong disorder that can manifest itself in a variety of ways. Dr. Barry Prizant stated that many of the behaviors that we identify as symptoms of autism are often coping mechanisms for those who are autistic to deal with an environment that can be overwhelming. Among the traits of autism is the inability to easily communicate which can make this disorder particularly disabling for some. Since autism has become more prevalent in our culture, it is important for people to understand the myths surrounding autism and take steps to better understand the disorder. Mr. Silberman explained that too much money is being spent looking for risk factors, and not enough is going towards research to help autistic individuals and their families. Dr. Prizant stated that the current treatments do little to help autistic individuals and, in some cases, can make their lives more difficult. Although research into what causes autism is imperative to understanding the disorder, there should be more focus on making life easier for those who suffer with it every day.

2nd Segment

Host: Nancy Benson. Guests: Kathleen Adams, mother of cyclic vomiting sufferer, and the Founder, President, and Research Liason of the Cyclic Vomiting Syndrome Association; Dr. B Li, Professor of Pediatrics and Director of the Cyclic Vomiting Program at Medical College of Wisconsin; and Dr. Katja Kovacic, Pediatric Gastroenterologist at Children's Hospital of Wisconsin.

Vomiting is not a pleasurable experience for anybody, but most people do not suffer from it all that often. However, people with cyclic vomiting syndrome may experience this discomfort once or twice a month for 24 to 48 hours, and sometimes, even up to ten days. Kathleen Adams is the mother of a cyclic vomiting sufferer and the Founder, President, and Research Liaison of Cyclic Vomiting Syndrome Association. Ms. Adams explained

that her daughter began having episodes of vomiting as a baby that would last for two and a half to three days. She went undiagnosed for ten years, before finding a doctor who recognized her symptoms and was able to prescribe her medicine that helped decrease the severity of the episodes. Due to the fact that this syndrome is not well known, many people do not know what to look for or how to prevent it. Dr. Li stated that cyclic vomiting syndrome is defined as recurrent spells of vomiting that can make individuals vomit to the point of dehydration, and even hinder their ability to walk and talk. He explained that these episodes can be triggered from stress, lack of sleep, prolonged fasting, and even exciting events. Although, it can sometimes be prevented if the patient or caregiver is able to identify the trigger that sets off an episode. While there are ways to help prevent cyclic vomiting syndrome through medications and understanding what triggers an episode, it remains difficult to treat. Dr. Li stated that studies have sought to address how debilitating the syndrome is, and it has been proven to impact the quality of life to the same degree as diseases such as Crohn's disease. However, Dr. Kovacic explained that most children eventually outgrow cyclic vomiting syndrome by adolescence. Unfortunately for many, it can evolve into other symptoms such as migraine headaches. Despite being something a person may eventually outgrow, it is important to understand the impact the syndrome has on those who suffer from it as well as on their caregivers.

Sunday, March 11, 2018 - Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guest: Dr. Henry Jay Przybylo, Associate Professor of Anesthesiology at Northwestern University School of Medicine, and author of Counting Backwards: A Doctor's Notes on Anesthesiology.

Anesthesia is one of the most commonly used medical practices. It is used on patients who are undergoing surgery to make them unconscious for the duration of the procedure. Despite being a well-used practice, doctors admit that they do not know how anesthesia works – only how to control it. Since anesthesia is an important aspect of surgeries because it ensures that the patient has no recollection of the pain, anesthesiologists must be well trained. Dr. Przybylo explained that anesthesiologists must first finish medical school, and then they receive additional training. While administering anesthesia is a simple task on most patients, he explained that some patients can react differently and the anesthesiologist must be able to adjust to it. In the 1990s, technological advancements not only made the medical practice easier, but they also made it safer. Dr. Przybylo explained that it became easier to measure the gases that were being inhaled and exhaled by the patient because they now have monitors and screens to better track these measures. Despite improved technologies that make anesthesia simpler, some patients are still more afraid of losing consciousness than they are of the actual procedure. Dr. Przybylo stated that the pain and trauma experienced during the procedure is probably much better off forgotten by the patient. Dr. Przybylo briefly touched on the history of anesthesia and how doctors have learned to use it over time despite having little understanding of how it really works.

Sunday, March 18, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guest: Paddy Padmanabhan, Chief Executive Officer of Damo Consulting, and author of The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era.

Big data is changing almost every aspect of modern-day life. Healthcare is one of the most recent adopters of big data collection. Mr. Padmanabhan said over the past ten years health records have been moved to digital files. However, most of the time the advantages of doing so are not fully utilized. Most of the time, health providers do not share information with each other. So, when you go to a new provider they have to start from scratch. Mr. Padmanabhan advocates for evidence-based healthcare which entails providers are accountable for providing data which illustrates they are delivering acceptable care at an acceptable price. Consumers have more financial responsibility than ever for their healthcare cost. Previously, when insurers would pay providers directly and in far higher percentages, patients had almost no idea of the actual cost associated with their treatment. Providers had incentives to charge whatever they could get away with. Today, patients have more choices, and providers are forced to offer more transparency. Big data is the next logical step if the goal is to improve accountability. Eventually, so much healthcare data will be available that artificial intelligence will be needed to assist in diagnosis and recommend possible treatment options. There is such a vast range of potential applications for the data. For example, sequencing your genome can provide far more information than your medical history alone. There are, however, downsides to the collection of this data. There is potential for the data to fall into the wrong hands, primarily the possession of insurance companies who could use the data to predict complications extremely accurately. Eventually, insurers could refuse to cover certain individuals because they could predict the high cost of their treatment. So, steps must be taken to protect valuable healthcare data.

Sunday, March 25, 2018 – Radio Health Journal 6:30 a.m.

15:00

Host: Nancy Benson. Guest: Dr. Jack Coleman, Medical Director of the Lung Health Institute, Nashville, Tennessee.

Currently, chronic obstructive pulmonary disease (COPD), a group of lung diseases that decrease the performance of the lungs and make it hard to breathe, is the third leading cause of death in the United States. Yet, many people who suffer from it go undiagnosed for a long time. Despite being a prevalent disease, it is tough to detect and even more difficult to gain control of. Dr. Coleman stated that patients with chronic lung diseases have a tendency to not do well after being diagnosed because of the limited treatments available to them. Along with this, the treatments do not work to cure the disease, but instead are implemented to help control the symptoms. However, in recent years, the quality of life for COPD patients has increased. Dr. Coleman explained that research has discovered a new approach to treating COPD that involves using a patient's stem cells to replace the damaged parts of the lungs. Since stem cells do not know where the damaged part of the body is, the lungs benefit more from stem cell treatments than other parts of the body because they are the first part of the body that the stem cells interact with. Approximately 85% of the Lung Health Institute's patients have seen an improvement in

their quality of life. The process of using stem cells to treat chronic obstructive pulmonary disease is not a faultless procedure, but it has given promise to patients for a better life in the future.

Sunday, March 25, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Christine Moss, a Certified Postpartum Doula with Hillsborough County's H.E.L.P. (Help Enlighten Loving Parents) program.

As we close out Women's History Month, Ms. Greene talked with Ms. Moss regarding the extremely important topic of healthy babies. Ms. Moss works with families in the critical days and weeks after a baby is born to make sure that Hillsborough County children get a good start in life. She discussed her certifications, her experiences, and the services offered through "Healthy Start".

Sunday, March 25, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Dr. Joseph Mikhael, Chief Medical Officer for the International Myeloma Foundation. A world-renowned expert on Myeloma, Dr. Mikhael was formerly the Deputy Director of the Mayo Clinic Comprehensive Cancer Center.

Patients with Multiple Myeloma are living longer with their disease than ever before thanks to the availability of treatment regimens that have been shown to improve survival compared to recent standards of care. Dr. Mikhael joined us to talk about the disease, its symptoms, and the treatments that are available. Mr. Slater and Dr. Mikhael also discussed how Myeloma patients often suffer from renal disease as well.

Economy

Sunday, January 7, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Doug Tobin, External Relations Director, Eckerd Connects; and Laurally Sequer, Senior Director of Foster Home Licensing.

Mr. Slater and Mr. Tobin discussed how Eckerd Connects got started, how they work with the State's child welfare programs, how many children are in various programs in Florida, what children experience at their boys and girls wilderness therapy camps, how they created the first child welfare program in the State of Florida, and the various programs they have developed to help children in the court system. They also have a program that helps with job placement once children have aged out of their regular programs. Ms. Sequer joined in to talk about how Eckerd Connects helps with children in the foster care program. They discussed how a child ends up in foster care, the relationships between the children and their foster parents, how a person becomes a foster parent, and why the goal is to reunite foster children with their birth parents. However, if children can't be reunited with their birth parents, they explained how the adoption process works in the State of Florida.

Sunday, January 21, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Jay Shah, Chief Executive Officer of Personal Capital, and a Washington, D.C. Economist.

What do investors think the economy will look like in 2018? Mr. Slater and Mr. Shah discussed the economy in the New Year. The market growth experienced in 2017 was elaborated on, and Mr. Shah offered his insight on where we may see some surprises in 2018. They also discussed where young people are putting their money compared to today's senior citizens. Mr. Shah outlined how the Trump Tax Plan will affect our listeners as well as the things people who are getting ready to retire should research.

Sunday, January 28, 2018 – Spectrum 7:00 a.m.

30:00

Host: Amy Cardy. Guest: Charrie Moscardini, Director of Public Relations and Community Development, Mattie Williams Neighborhood Family Center, Safety Harbor. The Center's annual "Bands on the Bay" fundraiser was discussed as it is coming up on Saturday, March 3rd. It is the largest fundraising event for both the Mattie Williams Neighborhood Family Center and the Kiwanis Club of Safety Harbor, with 100% of the day's proceeds being shared between the two non-profits. Ms. Cardy and Ms. Moscardini discussed the event at the Safety Harbor Waterfront Park, speaking about the local bands scheduled to play and the food and beverages that will be available the day of the event. The main focus of the discussion was the community work that the Mattie Williams Neighborhood Family Center and the Kiwanis Club of Safety Harbor do for the public in Pinellas County. The Mattie Williams Center was created in 1994 to help nurture and strengthen children, youth, adults, and families to improve quality of life and eventually achieve self-sufficiency by offering youth programs, career development, and adult education. Other needs of the community are met, with help from the Center, by providing food, clothing, and education. The Center relies on monetary donations, fundraisers such as the upcoming concert, and volunteers. The Kiwanis Club of Safety Harbor has, so far this year, provided \$100,000 in "Take Stock in Children" scholarships through the Pinellas Education Foundation. The Club is involved in numerous programs including providing mentors for under-achieving children, sponsoring leadership clubs to encourage service and civic-mindedness, and fostering education by providing supplies and scholarships for disadvantaged children. Other projects that will benefit the Kiwanis Club from the fund-raising "Bands on the Bay" include service projects, community grants, their "BUG" program (Bringing Up Grades), donation of books to local libraries and schools, their KC project of providing students' school supplies, and the support of the Boys and Girls Clubs throughout Pinellas County.

Sunday, February 18, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Chris Garrido, Financial Advisor with the Westshore Financial Group, Tampa.

Ms. Greene and Mr. Garrido discussed the important steps of planning for financial success. Mr. Garrido also elaborated on the drastic changes the stock market has experienced lately.

Sunday, March 4, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Ethan Dornhelm, Vice President of Scores and Predictive Analytics at FICO.

For years, American consumers have been able to get a yearly copy of their credit reports. However, they had to pay to get their FICO credit scores. Mr. Dornhelm joined us to tell the listeners why FICO is now offering free credit scores. Mr. Slater and Mr. Dornhelm explained what factors go into a credit score, how the score is then calculated, how we can repair our credit scores, and how bankruptcy affects our scores. Mr. Dornhelm also talked about a lot of myths regarding credit scores (such as applying for credit will drop your score – it won't) and how we can use a good credit score to get a better loan for buying a home, car, or other major purchase. He also explained why car insurance companies look at your credit score, why it's a bad idea to stop using a credit card once it's paid off, and how we can fix errors on our credit report/credit score.

Education

Sunday, January 14, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Jodi Grant, Executive Director of the Afterschool Alliance; and Sage Learn, Senior Director of Government Relations, the Boys and Girls Clubs of America.

Lawmakers in Washington head back to work tomorrow, and one of the items they're expected to bring up is more cuts to after school programs. Mr. Slater and Ms. Grant discussed the importance of after school programs. One in five students in the United States is unsupervised after school, and if more money is cut from programs that number will grow. Programs such as sports, continued education, and nutrition and food supplements face budget cuts. Ms. Sage talked about the various after school programs that the Boys and Girls Clubs offer and how giving children a place to go after school is important for the child's safety as well as the safety of the neighborhoods where they live.

Sunday, January 28, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Suzanne Livesay, Vice President of Education, The Straz Center for the Performing Arts and Patel Conservatory.

It's a new year and time for new classes for students at The Straz Center's Patel Conservatory. Mr. Slater and Ms. Livesay discussed how opera has become the new "hottest thing". Ms. Livesay described some of the new classes the Conservatory is offering. Students will have the opportunity to see a dress rehearsal for three upcoming shows. Thirty low-income students will be given the opportunity to take a workshop about theater tech and a vocal master class. Some of the other classes coming up involve dance, theatre, and public speaking. An increasing number of seniors are taking classes at the Patel Conservatory. Their free Camp-a-Palooza is coming up soon, and now is the time for their yearly search to acquire community partnerships.

Sunday, February 11, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Renee Lee, Esq., President of the Tampa Chapter of the Links, Inc.

Ms. Greene and Ms. Lee discussed the pressing issue of seven Hillsborough County schools that need improvements or could face being shut down. Ms. Lee talked about the chapter's involvement as it relates to their mentoring programs at Sheehy Elementary School and Van Buren Middle School. Ms. Lee also discussed other chapter initiatives which benefit the community.

Sunday, February 11, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Nava Kirk, Founder of “TUB Farms” (Tampa Urban Benefit Farms).

TUB Farms is a new nonprofit organization that is setting up urban farms in schools in the area. Mr. Slater and Ms. Kirk discussed what an urban farm is, how TUB Farms supplies all the items needed including seeds, how farming with hydroponics is different from normal farming, and how the children learn where their food actually comes from. Once the crops are grown, the children are allowed to take home the fresh produce. Some children have begun selling some of the produce to fund school activities. Ms. Kirk also detailed plans to set up urban farms in senior centers which will give the residents something to do as well as provide fresh produce for them.

Sunday, March 4, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Juanita Jubity Barnes, a Foster Mother through the Eckerd Kids initiative.

Today's program was about Ms. Barnes' journey to become a foster mother. Ms. Barnes discussed the joys and misconceptions as well as the enormous need for people to help disadvantaged children. Ms. Barnes used Eckerd Kids as the umbrella program for her fostering opportunity. Eckerd Kids' family of services includes foster care, adoption, aid to the homeless, and transitional services for troubled youth.

Sunday, March 11, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Jessica Muroff, Chief Executive Officer of Girl Scouts of West Central Florida.

Ms. Greene and Ms. Muroff discussed how the organization helps to develop, mold, and inspire young girls from five years old through high school. Ms. Greene and Ms. Muroff elaborated on a variety of the programs that the Girl Scouts of West Central Florida offer including their involvement in girls getting a S.T.E.M. education and Camp CEO. Camp CEO connects high school Girl Scouts with accomplished female business leaders through team building and skill sharing. Needless to say, they also talked about ***the cookies!!***

Public Safety

Sunday, January 14, 2018 – Radio Health Journal 6:45 a.m.

15:00

Guest: Reed Pence. Guests: Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Association; Dr. Christopher Michos, Connecticut Emergency Medicine Physician; and Dr. Ronald Wyatt, Medical Director, Division of Healthcare Improvement, The Joint Commission.

Healthcare workers are about four times more likely than other workers to be attacked on the job, usually by patients or family members, and most often in the Emergency Department. Mr. Pence, Dr. Wolfe, Dr. Michos, and Dr. Wyatt discussed how and why attacks occur and how hospitals and healthcare workers can do a better job of preventing them.

Sunday, February 4, 2018 – Radio Health Journal 6:45 a.m.

15:00

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

Bullying, while thought to be a problem confined to adolescence, is more common amongst adults than many have been led to believe. In fact, nearly a third of adults have experienced bullying, and typically it happens in the workplace. Dr. Riggio explained that often child bullies will grow into adult bullies if bullying was successful for them when they are young. Bullying can be done for many reasons. However, Dr. Sophy said that it is usually connected to a person's insecurities and low self-esteem. In the workplace, the bully is often a boss, but other coworkers can be bullies as well. Most workplace bullies are men. Women bully too, and when they do, other women are typically their targets. Dr. Riggio explained that bullies in the workplace tend to pick out people who are different, often workers with disabilities or those who are part of underrepresented groups. The effects from bullying can be severe. Many victims will suffer from psychological problems, such as anxiety, appetite and sleep changes, and depression. Why does bullying continue to be present in the workplace, and how can the victims be helped? Dr. Riggio explained that the bullying is often subtle, verbal, and behind the victim's back. Even so, many people say they have witnessed a coworker being bullied, but they did not say anything. Dr. Gary Namie said that this is a problem because victims should not be in charge of reporting their bully. He explained that three groups of people can help victims of workplace bullying: coworkers offering support by getting over their fear of being the next victim, employers enforcing regulations, and lawmakers creating anti-workplace bullying bills. While workplace bullying has not been stopped, some states are beginning to take a stand against it.

Sunday, February 11, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Dr. Ashton Lofgreen, Assistant Professor of Psychiatry at Rush University; Dr. Cynthia Eller, Professor of Religion at Claremont Graduate University,

and author of The Myth of Matriarchal Prehistory: Why an Invented Past Won't Give Women a Future; Dr. Emily Grijalva, Assistant Professor of Organization and Human Resources at University of Buffalo; and Dr. John Pryor, Emeritus Distinguished Professor of Psychology at Illinois State University.

Silence is no longer an answer. With movements like “Me Too” and “Times Up” surfacing all over social media and popular television, many women are beginning to take a stand against sexual harassment. Dr. Ashton Lofgreen explained that in the past, there has been a perpetuated silence that discouraged women from speaking up, but now people are recognizing that they are not alone in their experiences with sexual harassment. While many more women are opening up, there is still a lot of confusion behind what exactly constitutes sexual harassment. So, how does one know if they have experienced sexual harassment? Dr. Cynthia Eller thinks that there are some general rules to follow that can help one address whether an action is sexual harassment. Besides understanding specific behaviors, Dr. Emily Grijalva said that there is also a type of person to look out for: a narcissist. In a study done by Dr. Grijalva and her male cohorts, they found that there is a positive connection between narcissism and sexual harassment. While these are a few ways to identify behaviors or traits often associated with sexual harassment, there are other ways too. It is possible to measure the chances that someone will commit an act of sexual harassment. Dr. John Pryor stated that there is a test that measures the willingness that an individual may have to behave in a sexually coercive or exploitative manner, to make gestures that are categorized as unwanted sexual attention, or participate in gender harassment. Despite the fact that these behaviors can be measured, issues of sexual harassment often slide under the radar, many times due to non-disclosure agreements and arbitration clauses that do not permit people to pursue cases within a court, according to Dr. Grijalva. With the increase in which sexual harassment claims are being made, many people wonder about the possibility of these efforts going awry. However, Dr. Lofgreen believes that these claims are fear-based and possibly another way of reinforcing the status quo that it's better to not talk about these cases of sexual harassment. Similarly, Dr. Eller thinks that as long as a witch hunt is avoided, many people associated with these evolving movements will only benefit from coming forward.

Sunday, February 25, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Michael “Mick” McKeown, Executive Director, Office of Academic Engagement, U. S. Department of Homeland Security, and Executive Director of the Department's “Blue Campaign” (regarding human trafficking).

Florida is a hot bed for human trafficking. Mr. McKeown joined us to discuss the various ways Homeland Security is cracking down on human traffickers. Mr. Slater and Mr. McKeown talked about the legislation being considered by the Florida Legislature to hold hotel and motel owners accountable for not reporting human trafficking, how Homeland Security is offering free training to people in the hospitality industry on how to spot possible human trafficking, how technology is being used by people involved in human trafficking, what's really going on at “massage parlors, why major sporting events are where a lot of human trafficking happens, why human trafficking doesn't always involve sex (immigrants being forced into labor), how kids going on “spring break” should watch

out for human trafficking, and ways we all should be aware of to spot possible victims of human trafficking.

Sunday, March 11, 2018 - Radio Health Journal 6:45 a.m.

15:00

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

Due to the spike in school shootings over the last few years, people are becoming more concerned with the safety of students, teachers, and other individuals on school campuses. Many schools have started taking cautionary measures by preparing students and teachers with the knowledge of how to remain safe in these incidents. In fact, more than 70% of schools conduct active shooter drills. However, there has not been a consensus on how to most effectively perform these drills, and some schools may be taking them a little too far. In some cases, schools announce the drills – in other cases, they don't. Dr. Schonfeld explained that even if the drill is announced, it can still be a stressful experience for students and teachers with traumatic past experiences. In realistic drills in which students and teachers are not aware, Dr. Schonfeld stated that it can cause post-traumatic reaction and even post-traumatic stress disorder. Active shooter education and drills are important for students and teachers to experience, but they must be taught at a speed that the students can handle and in a supportive environment. How can schools be more effective in their execution of lockdown drills? Dr. Schonfeld discourages schools from using deception in their drills. He suggests that the most beneficial way to inform students and teachers is to begin with education courses on what to do in the event of a lockdown. Then, he believes that it is helpful to conduct a tabletop activity in which adults talk about how they would deal with the situation and help the students to plan before eventually acting out the plan. Through these activities, students can acquire the knowledge they need to remain safe in these situations without having to endure a potentially traumatic experience.

Sunday, March 18, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder of Proactive Health Labs; Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School; and William Mupo, Health Promotion Coordinator, University of Texas-Austin.

It's a fact that college students drink and often in large quantities. Students are also quite familiar with the phenomenon of the "Freshman 15", the inevitable weight gain that comes along with the frequent consumption of alcohol. Studies show that some students avoid food altogether when they plan to drink later on. Their motives are two-fold: 1) To manage weight gain associated with a large number of calories consumed in a night of drinking, and 2) To achieve a greater buzz from drinking on an empty stomach. Dr. Rinker explained drunkorexia, a colloquial term describing diet-related behaviors associated with alcohol use. More often than you'd think, students make the risky decision to eliminate food calories and replace them alcohol calories. The degree of drunkorexia varies. One student might simply eat less or skip one meal, while another may avoid food for an entire day. However, both do so because they plan to go out and

drink later. The dangers of drunkorexia are far-reaching. Dr. Levounis said the frequent practice can lead to vitamin and essential amino acid deficiencies, resulting in malnutrition. He also added that students can be tricked into thinking there's not much difference between alcohol and food calories, but this is not true. Students engaging in this behavior put their bodies at risk and can develop significant health problems over time. In fact, the consistent practice will likely result in the very weight gain that caused the behavior in the first place. In addition, Ms. Stephenson-Laws explained that it's easy to get too drunk when drinking on an empty stomach. The high-risk behavior of drunkorexia often goes hand-in-hand with other high-risk behavior such as blacking out and skipping class. One college, the University of Texas-Austin, has taken a more active approach. Mr. Mupo said Texas-Austin promotes the fun aspects of drinking in moderation, rather than simply condemning all drinking. The school also informs students they should eat healthy fats and proteins during a night of drinking, which helps maintain a lower blood alcohol level. Most importantly, they debunk the myth that all students drink to excess which studies have shown is greatly exaggerated.

Community Relations

Sunday, January 21, 2018 – Spectrum 7:00 a.m.

30:00

Host: Amy Cardy. Guest: Stephen P. Bennett, President and Founder of S.O.A.R. (Suncoast Organized Animal Relief).

S.O.A.R. is a non-profit organization whose mission statement is to be "A lifeline for all rescue animals and rescue organizations" in the Pinellas County area. S.O.A.R. began in 2015 and has been greatly utilized, especially after Hurricane Irma hit our area. Many families and their pets were displaced and had to make the move to shelters for days. Consequently, many evacuated families ran out of food for their pets, and S.O.A.R. made deliveries to the families in need. S.O.A.R.'s main concern is to make sure all area pet food banks are filled so that any shelter or family that needs dog or cat food can keep their animals fed. The organization also helps to raise awareness about the importance of adoptions through their presence at local events, festivals, and community outreach programs. They partner with area shelters by bringing adoptable pets to each event. S.O.A.R. also meets with government officials to support laws against animal abuse as well as the Fairness to Pet Owners Act. Upcoming fundraising events were also discussed such as a "Bingo Night", "Painting Your Pet", and a community youth program expo.

Sunday, February 4, 2018 – Sunday Morning 7:30 a.m.

30:00

Host: Jeff Slater. Guest: Duggan Cooley, Executive Director of the Pinellas Community Foundation.

Mr. Slater and Mr. Cooley discussed how the Pinellas Community Foundation is helping children in the Tampa Bay area. The Foundation has set up a childhood hunger relief fund to help feed children in low income areas. They have joined with the Police Athletic League to give kids something to do after school. They are helping people with disabilities through an arts program and with work they're doing with children and the Dunedin Fine

Arts Center. Mr. Cooley also mentioned how the Foundation helps out in times of an emergency. The Foundation provided food and shelter to many families in the aftermath of Hurricane Irma last fall.

Sunday, March 18, 2018 – Spectrum 7:00 a.m.

30:00

Host: Tiffany Greene. Guest: Isabel Dominicis Dewey, President-Elect of the Junior League of Tampa.

Ms. Greene and Ms. Dewey discussed a wide variety of topics during the program from child welfare to education. One of group's new initiatives is advocacy. Ms. Dewey explained that the Junior League is joining forces with several other women's organizations in the Tampa Bay area to encourage more people, especially women, to become actively involved in the political process.

Sunday, March 25, 2018 – Radio Health Journal 6:45 a.m.

15:00

Host: Reed Pence. Guests: Dr. Stephen Brown, Director of Preventive Emergency Medicine at the University of Illinois Hospital and Health Sciences, Chicago, Illinois; and Shannon Nazworth, President and Chief Executive Officer of Ability Housing, Jacksonville, Florida.

In the past, healthcare has spent thousands of dollars on treating the homeless, and often times the hospitals were never paid for these treatments. Homelessness affects an individual's health and severely decreases their life expectancy. Dr. Brown explained that homeless people are admitted to the hospital more than the average person. When they are released, they are often sent back to the streets and forced to fend for themselves again. However, some hospitals around the nation are beginning to acknowledge their role in helping homelessness. In light of this growing problem, bigger cities around the nation have started to provide housing for the homeless. But they have replaced the traditional model that required people to be clean of their addiction before they were provided with housing with a much more efficient model that has already shown higher success rates. Ms. Nazworth explained that the new "housing first" model takes people straight from the street and provides them with shelter and then gives them access to resources that help them get back on their feet. She said that they have the responsibility to pay rent, but the program helps the individuals access funds through benefits. The end goal of this program is to help the person work toward a financial position in which they are able to move from program housing to different community housing. Since "housing first" programs began, they have shown a significant increase in getting homeless individuals off the streets and keeping them off the streets. However, the programs have still faced backlash. Ms. Nazworth explained that due to stigmas associated with mental health and homelessness, there have been misconceptions about the individuals that would be allowed in these programs. By providing homeless individuals with the opportunity to receive housing and aid, many of them will be capable of redeeming their health and will eventually no longer need to rely on the programs for help.