



RIVERBEND COMMUNICATIONS

3rd QUARTER 2015 ISSUES PROGRAMS KTHK

July

TOTAL:

4:25:00 | hr:mm:ss

August

TOTAL:

5:03:30 | hr:mm:ss

September

TOTAL:

4:03:30 | hr:mm:ss

7/19/2015 7:00:00

Other

7/26/2015

7:00:00

Syndicated

1:00:00

John Santa, MD, Director of the Health Ratings Center for Consumer Reports: Heart health has become a highly profitable business. Dr. Santa talked about the growing wave of cardiac tests and treatments that are being marketed to aging baby boomers. He said the most dubious tests often result in costly, unnecessary and sometimes dangerous treatments. He also explained how health consumers can get accurate information on the proficiency and competence of heart doctors. **Jonathan Levay, PhD**, Associate Professor of Marketing at the Stanford University Graduate School of Business: Wise decision-making is perhaps the greatest factor that determines success or failure in life and business. Professor Levay talked about his study of "decision fatigue." He explained the surprising influences on decisions, and how individuals can improve decision-making by recognizing and controlling those variables. **Bernard Biermann, MD, PhD**, Assistant Professor, Department of Psychiatry at the University of Michigan, Medical Director of the Child/Adolescent Inpatient Unit at Mott Children's Hospital in Ann Arbor, MI: Dr. Biermann recently completed a study that found that parents severely underestimate their teens' use of drugs and alcohol. While just ten percent of parents thought their kids drank alcohol in the past year, 52 percent of teens admitted to doing so. He talked about the possible reasons in the huge disparity, and offered advice for parents on how to recognize the signs of alcohol and drug use in their teenager.

Armon B. Neel Jr., PharmD, consulting pharmacist, author of "*Are Your Prescriptions Killing You?: How to Prevent Dangerous Interactions, Avoid Deadly Side Effects, and Be Healthier with Fewer Drugs*". Mr. Neel said that patients and doctors often don't recognize when prescription drugs may be interacting dangerously with one another. He discussed the financial costs to our nation's healthcare system, and explained how patients can reduce the number of medications they're taking. **Catherine Steiner-Adair, EDD**, clinical psychologist, school consultant, author of "*The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*". The digital world is here to stay, but what are families losing? Dr. Steiner-Adair believes that today's parents often pay more attention to their smartphones than their children. She discussed the emotional impact felt by kids, and outlined how parents can set boundaries on the use of hi-tech devices for both themselves and their children. **Jack Canfield**, co-creator of the Chicken Soup for the Soul book series, author of "The Success Principles" series: Mr. Canfield talked about the keys to success and how to overcome self-defeating beliefs, fears and habits. He also offered principles on building good teams and better relationships at the office, and how to set goals to improve your life and finances.

Crime / Safety

7/31/2015

8:15:00 Local

Produced

0:05:00 Domestic Violence and Sexual Assault Center promoting Walk a Mile In Her Shoes Event.

August

8/16/2015

6:00:00 Syndicated

1:00:00

Nick Corcodillos, employment expert, headhunter, founder of AskTheHeadhunter.com, author of *"Fearless Job Hunting"*. Mr. Corcodillos said that the way companies recruit, evaluate and hire employees is a disaster. He said employers misuse computer screening software and sites like LinkedIn, in the hope of finding a mythical perfect candidate, then complain that the American workforce is undertrained and unqualified for today's high tech jobs. He offered advice for people who are seeking a new job. **Scott Barry Kaufman, PhD**, cognitive psychologist, Adjunct Assistant Professor of Psychology at New York University, author of *"Ungifted: Intelligence Redefined"*. Dr. Kaufman said that the traditional methods of measuring the intellectual potential of children, such as IQ and standardized tests, don't work. He shared his own story of being labeled as "learning disabled" as a child, yet eventually completing his PhD in cognitive psychology at Yale University. He noted that there are many paths to greatness, and argued for a more customized approach to achievement that takes into account each individual's goals, psychology, and developmental trajectory. **Gary Brenzo**, Communications Manager, National Arbor Day Foundation: Mr. Brenzo talked about the growing disconnect between children and nature, as youngsters spend more time indoors with smartphones, video games and the Internet. He talked about the benefits of encouraging children and families to spend time outdoors, including better awareness of the environment.

Other

8/23/2015

7:00:00 Syndicated

1:00:00

David Gumpert, food rights advocate, author of *"Life, Liberty and the Pursuit of Food Rights"*. Mr. Gumpert believes that Americans should have the right to privately obtain foods directly from farmers, neighbors, and local producers, in the same way that previous generations did. He said government regulations are making it increasingly difficult for consumers who wish to get raw milk, custom-slaughtered beef and pastured eggs outside the government regulatory system. He outlined the potential health concerns about mass-produced, processed food sold at supermarkets. **Noël Janis-Norton**, learning and behavior specialist, founder and director of The New Learning Centre in London, author of *"Calm(er), Easier, Happier Parenting: Five Strategies That End the Daily Battles and Get Kids to Listen the First Time"*. Ms. Norton offered advice to parents who are tired of nagging, pleading or yelling just to get their kids to do simple tasks. She offered examples of how parents should use positive reinforcement to encourage children to cooperate. She also offered tips on how to make homework a more positive and pleasant task each day. **Virginia Reichert**, former director of the Center for Tobacco Control at North Shore-Long Island Jewish Health System: Ms. Reichert talked about a study she conducted that discovered that many smokers incorrectly believe that nicotine causes cancer. This misperception makes them less likely to use nicotine patches or gum to help them stop smoking. She explained how comprehensive programs can greatly increase the success rate of smokers who want to quit.

Other

8/30/2015

7:00:00 Syndicated

1:00:00

Emily Rogalski, PhD, Neuroscientist, Research Associate Professor in Cognitive Neurology and Alzheimer's Disease Center at the Northwestern University Feinberg School of Medicine: Dr. Rogalski is in the early stages of a study of "SuperAgers" — men and women who are in their 80s and 90s, but with brains and memories that seem far younger. She explained what has been learned so far from these exceptional seniors, and what she hopes to discover as the study progresses. She said the research may eventually find ways to help protect others from memory loss. **Amanda Ripley**, investigative journalist, author of "The Smartest Kids in the World—and How They Got That Way": Over the past fifty years, math and science skills have remained largely flat in the US, while soaring in Canada, Finland and many other developed countries. Ms. Ripley explained why some new "education superpower" countries have rapidly improved test scores, and how their policies differ from the US. She said teachers' college programs in the US should become much more selective, only accepting top students. **Dana Gunders**, Project Scientist, Natural Resources Defense Council's Food and Agriculture program in San Francisco: Ms. Gunders recently co-lead a study with Harvard researchers that concluded that dates printed on packaged foods often confuse consumers, leading many to throw out food before it actually goes bad. She said the dates are intended to indicate freshness rather than whether a product is unsafe to eat. She would like to see new government regulations that would standardize food labeling and make it less confusing for consumers.

September

Other

9/6/2015

7:00:00 Syndicated

1:00:00

Ann Dowsett Johnston, award-winning journalist, author of "*Drink: The Intimate Relationship Between Women And Alcohol*". Ms. Johnston said women have closed the gender gap in the past decade, not only in their professional and educational lives, but also in terms of alcohol abuse. She noted that corporations have developed marketing strategies and products targeted exclusively to women. She expressed particular concern that alcohol manufacturers are now using social media to target teenage girls for marketing messages. **Kathryn Edin, PhD**, Professor of Public Policy and Management at the John F. Kennedy School of Government at Harvard University, co-author of "Doing the Best I Can: Fatherhood in the Inner City": Dr. Edin studied fatherhood among inner city men who are sometimes called "deadbeat dads." She said the term does not accurately describe today's urban fathers, many of whom take pride in being involved in the lives of some of their children. She explained how economic and cultural changes have transformed the meaning of fatherhood among the urban poor. **David L. Roth, Ph.D.**, Director of the Johns Hopkins University Center on Aging and Health: Dr. Roth's research found that caregivers assisting chronically ill or disabled family members had an 18 percent lower death rate than similar people who were non-caregivers. He talked about the possible reasons behind this surprising finding.

Charity

KTHK

9/10/2015 8:15:00 AM

0:03:30

event

Garrett Meikle from Paul Davis Restoration about the 9/11 Fallen Hero Memorial Tribute Charity

Other 9/13/2015 7:00:00 Syndicated 1:00:00

Mark Rank, PhD, Professor of Social Welfare at Washington University in St. Louis: Dr. Rank led a study that found that, between the ages of 25 and 60, almost two-thirds of Americans will live in poverty for a year or more. He shared other statistics from his study that illustrate how common poverty is. He discussed the reasons behind the problem and why a surprising number of Americans move from poverty to the middle class or higher, then back to poverty again. **Sandeep S. Grewal, MD, MS**, nutrition and weight loss expert, co-author of "Fat-Me-Not: Weight Loss Diet of The Future". Most parents believe preparing and packing a healthy lunchbox is a difficult task. Dr. Grewal explained why lunches parents send to school are so critical to their kids' development and learning. He talked about the worst things parents can include in a lunch, and why hot lunches at school are not always a better option. He also discussed the most effective ways to lose weight. **Jim Quiggle**, Director of Communications at Coalition Against Insurance Fraud: Mr. Quiggle discussed Medicare fraud, which has become a multi-billion dollar industry. He explained how fraudsters rapidly evolve their techniques as investigators close in on a specific scam. He outlined common warning signs of a scam that senior citizens should recognize, such as cold-call solicitations and requesting Medicare numbers over the phone.

Other 9/20/2015 7:00:00 Syndicated 1:00:00

Meredith Jones, author of "*Women of The Street: Why Female Money Managers Generate Higher Returns (and How You Can Too)*": Ms. Jones said her research found that women typically make better investment decisions than men. She explained how women's and men's investment behaviors differ. She also offered advice to young women who may be considering a career as an investment professional.

Todd Herrenkohl, PhD, Professor of Sociology, Interim Associate Dean for Research for the Office of Research, University of Washington: Dr. Herrenkohl led a study that found that troubling behaviors exhibited by abused children can predict criminal activity when they grow up. He explained what the most common indicators are and how they differ between boys and girls. He discussed the importance of recognizing kids at risk and getting treatment for them as quickly as possible. **Bruce Schneier**, internationally recognized security technologist, Chief Technology Officer of Resilient Systems, a fellow at Harvard's Berkman Center, and a board member of Electronic Frontier Foundation, author of "Schneier on Security": Mr. Schneier discussed a recent study that examined the most commonly hacked computer passwords. Many people choose passwords that are far too easy to guess. He outlined ways to choose and remember a very secure password.

Other 9/27/2015 7:00:00 Syndicated 1:00:00

Brad J. Bushman, PhD, Professor of Communication and Psychology, Margaret Hall and Robert Randal Rinehart Chair of Mass Communication at Ohio State University: Dr. Bushman's research found that gun violence in movies rated PG-13 has more than tripled since PG-13 was introduced in 1985. In fact, he found that today's PG-13 films depict more violence than R-rated movies. Dr. Bushman explained why parents should be concerned. He said the patchwork of different rating systems for TV, movies and video games is confusing for parents and should be standardized. **Stewart D. Friedman, PhD**, Professor at the Wharton School of Business at the University of Pennsylvania, Founding Director of the Wharton Leadership Program and Wharton's Work/Life Integration Project, author of "Baby Bust: New Choices for Men and Women in Work and Family": Dr. Friedman studied two classes of Wharton School of Business students, and found stunning results: the rate of graduates who plan to have children has dropped by nearly half over the past 20 years. He outlined the reasons for this disturbing trend and explained why this could be a huge problem for our society. He also offered some potential solutions. **Chris & Toren Volkmann**, co-authors of "Our Drink: Detoxing the Perfect Family": Chris and Toren offered their perspective on college drinking, as a mother and son who personally suffered the effects. They discussed warning signs of excessive drinking that both parents and college students should be aware of, and talked about the changing attitudes on college campuses