

WHDO-CD

Most Significant Issues Programs List

January, February March 2019

During the first quarter of 2019, WHDO-CD broadcast the following Public Affairs series:

American Roundtable

American Roundtable , with host Al Spry, features weekly, half hour, in-depth roundtable-style discussion of state, national, and international issues and events affecting country. "Roundtable" features the sharpest minds in the political, historical and cultural spheres, as well as world-famous authors, political and business leaders from around the state. Sunday, Monday, Wednesday, Saturday 6:00am/
30 minutes

Coffee With America

Coffee With America is a weekly half-hour series that will bring you up to speed on "what's brewing" in news, social media and pop culture. Monday & Saturday 6:30am/30 minutes

Hiring America

Hiring America is a weekly 30 minute series that features several U.S. companies offering real jobs to America's veterans. Career counselors and HR specialists share uniquely tailored insights on how to find suitable employment, as well as valuable ptsd information to help vets and their families ease their transition on to civilian life. Sunday 5:00pm; 8:00pm; Thursday 8:00pm/30 minutes

Talk! with Audrey

Talk with Audrey is a weekly 30 minute series featuring interviews with guests from the cosmetic, health, financial, entertainment, and travel industries. Sunday 10:00am; 4:30pm; Thursday 8:30am; Friday 8:30pm/30 minutes

Military Makeover

Military Makeover is a weekly half-hour series dedicated to giving back to returning veterans. Wednesday 6:30am; Friday 11:00pm/30 minutes

American Roundtable **Sunday, Monday, Wednesday, Saturday 6:00am** **30 minutes**

ROUNDTABLE

Todd Long

Spry and Long: Guest Todd Long talks national politics.
Hillary running? Todd says no, I say yes.

5 minutes

w/Spry and Long – Trump official on the government
shutdown: I hope most workers don't return. Bernie Sanders
ponders a run in 2020.

10 minutes

w/Spry and Long – Trump and the State of the Union. Dems
want him to fix the shutdown first.

10 minutes

w/Spry and Long – Trump tweets and Wendy's plays on his
misspelling of hamburger. Tweets about "Hamburders"

Sun, 10 Feb 2019 9:00:00 AM

Wed, 13 Feb 2019 6:00:00 AM

Mon, 18 Feb 2019 6:00:00 AM

Sun, 24 Feb 2019 9:00:00 AM

Wed, 27 Feb 2019 6:00:00 AM

Wed, 13 Mar 2019 6:00:00 AM

ROUNDTABLE

Spry and Strickler: Gillette misstep. Trying to secure the
Millennial shavers but basically stating all men are no good.

5 minutes

w/Spry and Strickler – 50 year old author Yann Moix says he is
incapable of loving a woman over 50

10 minutes

w/Spry and Strickler– Oxycontin and greed. It's time to crack
down on the perpetrators.

10 minutes

w/Spry and Strickler – YouTube tells users, stop being asinine.
New info on the origins of the Easter Island monoliths

Sun, 10 Feb 2019 9:30:00 AM
Sat, 16 Feb 2019 6:00:00 AM
Wed, 20 Feb 2019 6:00:00 AM
Sun, 24 Feb 2019 9:30:00 AM
Sun, 03 Mar 2019 9:00:00 AM
Sun, 10 Mar 2019 9:30:00 AM
Sat, 16 Mar 2019 6:00:00 AM

ROUNDTABLE

topic is solar energy, guest is Sharon Gilstrap

Spry: Guest Sharon Gilstrap joins us as a guest to talk about how far solar power has come.

5 minutes

w/Spry and Gilstrap – Sharon is with US Solar, based in Tampa, Florida. Solar panels are much more efficient than they used to be.

10 minutes

w/Spry and Gilstrap – There are many benefits to solar, environmental and cost-effectiveness. There is still a credit form the government for buying solar panels but that is reducing after 1/1/19.

10 minutes

w/Spry and Gilstrap – On the Brett Kavanaugh Supreme Court hearings, Sharon and Brett were friends in college. She doesn't believe the allegations that were aimed at him

Sat, 19 Jan 2019 6:00:00 AM

ROUNDTABLE

topic is travel. guest is Sharon Gilstrap.

Spry: Sharon Gilstrap also specializes in travel solutions. This is part 2 of a two-part interview.

5 minutes

w/Spry and Gilstrap – Sharon has been involved in the travel industry for years and loves to travel. She is currently marketing for Holiday Inn Club Vacations at Orange Lake.

10 minutes

w/Spry and Gilstrap– Time share offers clients the opportunity to travel annually and trade their destinations. Holiday Inn Club is the largest time share resort in the world.

10 minutes

w/Spry and Gilstrap – Sharon's favorite dream destinations include Puerto Rico, Germany, and Macau Piccu

Mon, 21 Jan 2019 6:00:00 AM

ROUNDTABLE

Rich Massa

Spry and Gilstrap: Show guest is men's life coach Rich Massa.

5 minutes

w/Gilstrap – Rich is from Jersey City, NJ and he became a male dancer. Through life's trials he found he has a talent for life coaching. therichmassa.com

10 minutes

w/Gilstrap – It's tough for people nowadays and depression is on the rise. 3 things to focus on to improve your life: 1. Eat Better 2. Move more 3. Have a motivational morning routine.

10 minutes

w/Gilstrap – Avoid emotional vampires. He recommends reading "The Five Second Rule". Clear your mind and stay positive.

5 minutes

Mon, 14 Jan 2019 6:00:00 AM

Mon, 28 Jan 2019 6:00:00 AM

ROUNDTABLE

Spry and Gilstrap: A look at ten people who gave warnings but were ignored, and then proven to be correct.

5 minutes

w/Spry and Gilstrap – Some highlights include the scientists who first warned about lead contamination.

10 minutes

w/Spry and Gilstrap – Greg Lemond reporting that Lance Armstrong was a cheat.

10 minutes

w/Spry and Gilstrap – The accountant who first spotted and warned about the Madoff Ponzi scheme

Wed, 16 Jan 2019 6:00:00 AM

ROUNDTABLE

Spry and Strickler: Les Moonves scandal. He's the head of CBS and accused of sexual harassment.

5 minutes

w/Spry and Strickler – Accusation from an actress named Bobbie Phillips who accuses Les of forcing her to perform oral sex 20 years ago.

10 minutes

w/Spry and Strickler – Moonves is at risk of losing his position and "golden parachute". claims he is not being fully cooperative with the investigation.

10 minutes

w/Spry and Strickler – Alex Acosta, who may be up for Attorney General, was part of the wrist-slap for Jeffrey Epstein, convicted of child molestation. Very powerful friends

Mon, 31 Dec 2018 6:00:00 AM

Sat, 05 Jan 2019 6:00:00 AM

Wed, 09 Jan 2019 6:00:00 AM

Wed, 23 Jan 2019 6:00:00 AM

ROUNDTABLE

Spry and Strickler: Suicide is at a 50 year high in the US. Pushes down life expectancy for the first time in decades.

5 minutes

w/Spry and Strickler – Bernie Sanders is talking about a 2020 presidential run. Hillary may also run again.

10 minutes

w/Spry and Strickler – Employer gives employees a wonderful holiday gift. Bayada Home Health Care of Moorestown, NJ owner distributes \$20M to employees.

10 minutes

w/Spry and Strickler – Giant steer named "knickers" avoids the slaughterhouse by virtue of his enormous size.

5 minutes

Wed, 02 Jan 2019 6:00:00 AM

Mon, 07 Jan 2019 6:00:00 AM

Sat, 12 Jan 2019 6:00:00 AM

Sat, 26 Jan 2019 6:00:00 AM

ROUNDTABLE

RJ WOLFE

Spry and Gilstrap: Payless stunts and sells \$20 shoes in a pop up store to gullible social influencers for \$640.

5 minutes

w/Spry and Wolfe – RJ Wolfe is author of “The Last Days of Draden”. It’s first of a multi-book series and a tale to unite humanity.

10 minutes

w/Spry and Wolfe – The book mirrors real life and current events. The water supply is the way that the powerful minority will control the population. First book in a series of 7 books.

10 minutes

w/Spry and Wolfe – The book is like a Dan Brown novel and is very interesting to read. It is a book of solutions and promotes unity.

5 minutes

Wed, 30 Jan 2019 6:00:00 AM

Sat, 02 Feb 2019 6:00:00 AM

Sun, 03 Feb 2019 9:00:00 AM

Sun, 03 Feb 2019 9:30:00 AM

Mon, 04 Feb 2019 6:00:00 AM

Wed, 06 Feb 2019 6:00:00 AM

Sun, 17 Feb 2019 9:00:00 AM

Sat, 23 Feb 2019 6:00:00 AM

Sat, 02 Mar 2019 6:00:00 AM

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5 minutes

Sat, 09 Feb 2019 6:00:00 AM

Mon, 11 Feb 2019 6:00:00 AM

Sun, 17 Feb 2019 9:30:00 AM

Mon, 25 Feb 2019 6:00:00 AM

ROUNDTABLE

Show A: Michael Cohen testifies against Donald Trump to Congress.

Spry and Strickler: Cohen testimony before Congress and Trump's take on it.

5 minutes

w/Spry and Strickler – Cohen on Trump: "He is a racist, he is a conman, and he is a cheat." We discuss.

10 minutes

w/Spry and Strickler – Trump's response: Cohen "lied a lot" Janet. Former Fed chief Janet Yellin says Trump doesn't understand the Fed. Sour grapes.

10 minutes

w/Spry and Strickler – Roseanne Santos may be deported. Knocked a MAGA hat off a diner's head in a restaurant.

Sun, 17 Mar 2019 9:00:00 AM

Mon, 18 Mar 2019 6:00:00 AM

Sat, 23 Mar 2019 6:00:00 AM

Sun, 24 Mar 2019 9:30:00 AM

Sat, 30 Mar 2019 6:00:00 AM

ROUNDTABLE

Show B: Donald Trump Kim Jong-un on Summit collapses without any deal.

Spry and Strickler: Trump-Kim North Korean Summit collapses.

5 minutes

w/Spry and Strickler – Detained migrant kids being allegedly molested by HHS contractors. 4,500 reports between 2014-2018.

10 minutes

w/Spry and Strickler – Best and Worst states for women: MN is #1 Best and LA is #1 Worst.

10 minutes

w/Spry and Strickler – Meteorologist Jessica Starr commits suicide because of lassie surgery complications.

Sun, 17 Mar 2019 9:30:00 AM

Wed, 20 Mar 2019 6:00:00 AM

Sun, 24 Mar 2019 9:00:00 AM

Mon, 25 Mar 2019 6:00:00 AM

Sun, 31 Mar 2019 9:00:00 AM

ROUNDTABLE

RICH MASSA

Spry and Strickler: State of the Union speech. Birthday wishes from Congress to a Holocaust survivor. Immigration, abortion. Speech was 'high drama'. Himalayan ice cap in trouble.

5 minutes

w/Spry and Strickler – Hot issues. Dems and GOP want their man in again. Not an outsider like Trump.

10 minutes

w/Spry and Strickler – Pelosi's 'acres of shade' at the President in her applause. More on late-term abortion.

10 minutes

w/Spry and Strickler – Super Bowl commentary. Himalayas losing 1/3 of water due to climate change.

Sun, 03 Mar 2019 9:30:00 AM

Mon, 04 Mar 2019 6:00:00 AM

Wed, 06 Mar 2019 6:00:00 AM

Sat, 09 Mar 2019 6:00:00 AM

Sun, 10 Mar 2019 9:00:00 AM

Mon, 11 Mar 2019 6:00:00 AM

Wed, 27 Mar 2019 6:00:00 AM

Sun, 31 Mar 2019 9:30:00 AM

Coffee With America
Monday & Saturday 6:30am
30 minutes

Coffee With America

Sasha Rionda hosts an all-new Coffee with America. This week, it's all about a new you in the New Year. From food to fashion to finances we'll help you keep those resolutions.

Plus, some of the tech trends we'll see in 2019.

Sat, 12 Jan 2019 6:30:00 AM

Mon, 14 Jan 2019 6:30:00 AM

Coffee With America

This week on an all-new Coffee with America, host Sasha Rionda is going all in at the Consumer Electronics Show. A look at all the computers, gadgets and tech that will make homes, cars and everything else easier in 2019 and beyond.

Sat, 19 Jan 2019 6:30:00 AM

Mon, 21 Jan 2019 6:30:00 AM

Coffee With America

New this week on Coffee with America, host Sasha Rionda wants to help you take care of yourself all winter long. We'll get beauty tips to look your best along with ways to keep colds and flu at bay. Plus, we'll go inside the Detroit Auto Show.

Sat, 26 Jan 2019 6:30:00 AM

Mon, 28 Jan 2019 6:30:00 AM

Coffee With America

Coming up this week on Coffee with America, Sasha Rionda is getting you ready for the Big Game. From the perfect TV to all the best food options she'll help you throw the best game day party around.

Sat, 02 Feb 2019 6:30:00 AM

Mon, 04 Feb 2019 6:30:00 AM

Coffee With America

Sasha Rionda hosts an all-new Coffee with America. This week, we've got the latest styles so you can dazzle at your holiday party. Plus, gift ideas for the techie in your life. And, ways to shop for everyone from kids to millennials.

Mon, 31 Dec 2018 6:30:00 AM

Coffee With America

This week on an all-new Coffee with America, host Sasha Rionda has last-minute gift ideas if you still haven't finished your holiday shopping. Plus, if you want to take a vacation, we've got some holiday travel tips.

Sat, 05 Jan 2019 6:30:00 AM

Coffee With America

New this week on Coffee with America, host Sasha Rionda wants to help you take care of your car so it can take care of you all winter long. We'll get a preview of the Best New Product Award nominees for 2019. And, the latest in eyewear fashion so you can look your best in the New Year.

Mon, 07 Jan 2019 6:30:00 AM

Coffee With America

This week on an all-new Coffee with America, host Sasha Rionda is giving you the perfect option for a family vacation. Plus, car lovers get a look inside the Chicago Auto Show. And, a look at some of the latest tech with expert Jennifer Jolly.

Sat, 16 Feb 2019 6:30:00 AM

Mon, 18 Feb 2019 6:30:00 AM

Sat, 30 Mar 2019 6:30:00 AM

Coffee With America

New this week on Coffee with America, host Sasha Rionda wants to help you take care of yourself all winter long. And if you're struggling with cabin fever she gives you hot

spots to escape freezing weather.

Sat, 23 Feb 2019 6:30:00 AM

Mon, 25 Feb 2019 6:30:00 AM

Mon, 18 Mar 2019 6:30:00 AM

Coffee With America

Coming up this week on Coffee with America, Sasha Rionda looks at what's brewing across America.

Sat, 02 Mar 2019 6:30:00 AM

Mon, 04 Mar 2019 6:30:00 AM

Sat, 16 Mar 2019 6:30:00 AM

Coffee With America

Sasha Rionda hosts an all-new Coffee with America. This week, it's all about the most romantic day of the year – Valentine's Day. She's got great gift ideas for everyone you love. Plus, how tech is taking over Fashion Week.

Sat, 09 Feb 2019 6:30:00 AM

Mon, 11 Feb 2019 6:30:00 AM

Coffee With America

This week on an all-new Coffee with America, host Sasha Rionda is giving you travel ideas for Spring Break. We'll tell you where to go and how to save money getting there.

Plus, National Nutrition Month continues with dietitian approved and tasty meal options.

Sat, 23 Mar 2019 6:30:00 AM

Mon, 25 Mar 2019 6:30:00 AM

Coffee With America

Coming up this week on Coffee with America, Sasha Rionda is celebrating National Nutrition Month with easy ways for you to eat smarter. Plus, we'll hit the frozen food aisle for simple and delicious meal options.

Sat, 09 Mar 2019 6:30:00 AM

Mon, 11 Mar 2019 6:30:00 AM

Hiring America

**Sunday 5:00pm; 8:00pm; Thursday 8:00pm;
30 minutes**

Hiring America

Hiring America and WorkingNation have teamed up for an important town hall meeting from the George W. Bush Presidential Center in Dallas, to discuss the issues facing veterans transitioning to civilian careers.

Monday, January 28, 19	11PM
Thursday, January 10, 19	8PM
Sunday, January 13, 19	5PM
Sunday, January 13, 19	8PM

Hiring America

Sponsored by the SHRM Foundation, a candid roundtable discussion between HR professionals at the forefront of hiring and retaining veterans and veterans who've transitioned and are working in the civilian workforce.

Monday, February 4, 19	11PM
Thursday, January 17, 19	8PM
Sunday, January 20, 19	5PM
Sunday, January 20, 19	8PM

Hiring America

This week on Hiring America we follow veteran and job seeker, Matt Wander, as he navigates a DAV job fair in Dallas. The employers he meets provide him with constructive advice on how to structure his resume, conduct interviews, and ultimately get hired.

Monday, February 11, 19	11PM
Thursday, January 24, 19	8PM
Sunday, January 27, 19	5PM
Sunday, January 27, 19	8PM

Hiring America

JetBlue invited a group of current and former members of the United States Armed Forces on their 4th annual "Vets in Blue" charter flight to the National Naval Aviation Museum in Pensacola, Florida.

Monday, January 21, 19	11PM
Thursday, January 3, 19	8PM
Sunday, January 6, 19	5PM
Sunday, January 6, 19	8PM

Hiring America

How Operation Coming Home turns new houses into homes for combat veterans and their families.

A program helping to ensure that veterans have successful careers after they retire from the military.

What CarMax is building for children in military communities.

Monday, February 18, 19	11PM
Thursday, January 31, 19	8PM
Sunday, February 3, 19	5PM

Sunday, February 3, 19 8PM

Hiring America

An innovative state program that's helping
veterans and National Guard & Reservists
turn their military skills into profitable careers.
Why FedEx is a natural fit for veterans
transitioning to a civilian career.
Thousands of people gather at Arlington National
Cemetery on Wreaths Across
America Day to insure that no hero is ever
forgotten.

Monday, December 31, 18	11PM
Thursday, March 7, 19	8PM
Sunday, March 10, 19	5PM
Sunday, March 10, 19	8PM

Hiring America

Veteran Cecilia Clark's inspiring story about her mentor
Learning to code at Hack Reactor
A big thank you to our troops from Operation Gratitude

Monday, January 14, 19	11PM
Thursday, March 14, 19	8PM
Sunday, March 17, 19	5PM
Sunday, March 17, 19	8PM

Hiring America

A home builders organization gives a new home to a service member injured in battle.
The convenience store chain that's helping veterans start their own business.
And a hospital network where veterans are helping veterans.

Monday, March 4, 19	11PM
Monday, March 25, 19	11PM
Thursday, February 14, 19	8PM
Sunday, February 17, 19	5PM
Sunday, February 17, 19	8PM

Hiring America

Discover the value of living and working in Rural America, and the benefits Veterans can find living away from the cities.

A combat vet finds peace as an aquatic farmer in Washington State.

A retired Marine starts his own brewery that becomes a gathering spot in his small town.

Monday, March 11, 19 11PM

Thursday, February 21, 19 8PM

Sunday, February 24, 19 5PM

Sunday, February 24, 19 8PM

Hiring America

JetBlue honors its veteran crewmembers and their families with a free trip and a chance to bond with veterans of all ages.

A veteran and popular social media influencer shares the secrets of her success.

And tips for military spouses looking to start, or restart, their career.

Monday, March 18, 19 11PM

Thursday, February 28, 19 8PM

Sunday, March 3, 19 5PM

Sunday, March 3, 19 8PM

Hiring America

The city that wants to be known as "Military City, USA" creates the nation's first Military Spouse Economic Empowerment Zone.

The reasons why many businesses have started actively recruiting military spouses.

How Mycareerspark.org helps military spouses and veterans build the perfect resume.

Monday, February 25, 19 11PM

Thursday, February 7, 19 8PM

Sunday, February 10, 19 5PM

Sunday, February 10, 19 8PM

Hiring America

A visit to Bunker Labs "Muster Across America" event where veterans turned entrepreneurs are working together to help all of their companies succeed.

And a school that can quickly turn a veteran's military skill set into a high paying manufacturing job.

Monday, January 7, 19 11PM

Thursday, March 21, 19 8PM

Sunday, March 24, 19 5PM

Sunday, March 24, 19 8PM

Military Makeover

Wednesday 6:30am & Friday 11:00pm

30 minutes

Military Makeover

As we are about to embark on the latest edition of Military Makeover, there is one major detail we need to address before we can get into the Harrison home and really get down to the business renovating...And that's moving out their belongings to make way for the makeover.

Wed, 02 Jan 2019 6:30:00 AM

Military Makeover

Watch as the Military Makeover team begins their transformation on the Cornelius' outdated home. Part 1of 3.

Fri, 11 Jan 2019 11:00:00 PM

Wed, 16 Jan 2019 6:30:00 AM

Fri, 01 Feb 2019 11:00:00 PM

Military Makeover

Military Makeover's journey with Army veteran and Florida resident Aaron Cornelius, who was permanently blinded from a powerful IED blast in Iraq, continues in Bradenton, about an hour south of Tampa. Part 2 of 3.

Fri, 18 Jan 2019 11:00:00 PM

Wed, 23 Jan 2019 6:30AM

Wed, 06 Feb 2019 6:30:00 AM

Military Makeover

We've reached the final Military Makeover episode for Army veteran and Florida resident Aaron Cornelius. Part 3 of 3.

Fri, 25 Jan 2019 11:00:00 PM

Wed, 30 Jan 2019 6:30:00 AM

Military Makeover

We're back with another episode of Military Makeover: Operation Career. Learn about four extraordinary companies interested in hiring vets and military personnel.

Wed, 09 Jan 2019 6:30:00 AM

Military Makeover

As a veteran makes the transition from service to civilian life, it's crucial to find a company and career that understands their time served in the military.

Fri, 08 Feb 2019 11:00:00 PM

Wed, 13 Feb 2019 6:30:00 AM

Military Makeover

Veterans leave the military with an invaluable set of skills. Check out the companies making it possible for them to find fulfilling careers after their service.

Fri, 04 Jan 2019 11:00:00 PM

Military Makeover

We're kicking off the Moyers makeover with The Home Depot, Behr, NBKC Bank, Curves, and more! Part 2 of 4.

Fri, 22 Feb 2019 11:00:00 PM

Wed, 27 Feb 2019 6:30:00 AM

Military Makeover

We're continuing the Moyers family renovation with our favorite Military Makeover partners, from ADT and Behr, to StorageMart, RCA, Libbey, and more. Part 3 of 4.

Fri, 01 Mar 2019 11:00:00 PM

Wed, 06 Mar 2019 6:30:00 AM

Military Makeover

As the renovation continues with the J Dog team at the Moyers home, Rachel visits Curves-- a leader in women's fitness-- plus our partner Discount Tires, America's largest tire and wheel retailer, is donating new tires and rims for Matt's truck. And the Moyers family will be set for Movie night - simply delicious snacks are on hand from FunkyChunky! Part 4 of 4.

Fri, 08 Mar 2019 11:00:00 PM

Wed, 13 Mar 2019 6:30:00 AM

Military Makeover

Meet Military Makeover's newest family: The Moyers. Part 1 of 4.

Fri, 15 Feb 2019 11:00:00 PM

Wed, 20 Feb 2019 6:30:00AM

Military Makeover

We're checking our companies that strive to make a difference in the lives of our country's veterans--from health services to franchise opportunities.

Fri, 22 Mar 2019 11:00:00 PM

Wed, 27 Mar 2019 6:30:00 AM

Military Makeover

On this episode of Military Makeover: Operation Career, discover four companies helping veterans transition back into civilian life with exciting career opportunities.

Fri, 29 Mar 2019 11:00:00 PM

Military Makeover

On this episode of Military Makeover: Operation Career, we're taking a look at a few leading companies dedicated to serving active and retired military.

Fri, 15 Mar 2019 11:00:00 PM

Wed, 20 Mar 2019 6:30:00 AM

Talk! with Audrey

Sunday 10:00am; 4:30pm; Thursday 8:30am; Friday 8:30pm;
30 minutes

Sunday, January 13, 2019

EPISODE DESCRIPTION: This week on TALK! with AUDREY: Dr. Anna Pavlik, oncologist at NYU Langone and Gary Larrabe, a patient with information about a recently approved FDA combination treatment that targets BRAF mutant metastatic melanoma. IBM Research just issued a recap of the top papers that published in 2018, and Dario Gill, the chief operating officer and vice president of quantum and AI at IBM Research has their top artificial intelligence achievements of 2018, and some predictions for 2019. Dr. Lauren Streicher, Medical Director of the Northwestern Medicine Center for Sexual Medicine and Menopause talks with Audrey about hormone replacement therapy, both for during and after menopause. PAUL GOLDEN, Financial Expert, for the non-profit, SmartAboutMoney.org has strategies for overcoming challenges and achieving financial success.

Sunday, January 20, 2019

EPISODE DESCRIPTION: The FDA recently approved a new use for Prolia that helps people with conditions like COPD, asthma, and rheumatoid arthritis who are at high risk of bone loss from taking corticosteroids, to manage their conditions. Dr. Ronald Emkey has the details. I speak with Dr. Corey Hunter, an interventional pain specialist at the Ainsworth Institute of Pain Management, and Doug Rod, a medical retired US Army paratrooper, who damaged both his knees after many years of active duty . . . about an opioid-free non-pharmacologic treatment options for people with chronic pain conditions following an injury or trauma. And, are you prepared to take immediate action in the event that someone is having a stroke? Joining me today to talk about the signs and how you can be prepared, Vascular Neurologist, Dr. Jennifer Rasmussen, and stroke survivor, Melissa Berg, and her son, Tony Palamidessi.

Sunday, January 27, 2019

EPISODE DESCRIPTION: *Sarah Evans*, consumer social media and tech expert and *Scott Steinberg*, a trends expert and CEO of Tech Savvy Global join me from the Consumer Electronics Show with their top tech trends and picks. *Dr. Elina Berglund* and *Dr. Juan Acuna* have information about the first FDA-approved app for family planning and lifestyle expert, *Amanda Mushro*, has her top tips to help you get back on track this year and; I have news from the North American International Auto Show.

Sunday, February 3, 2019

EPISODE DESCRIPTION: School choice refers to the process of selecting a K through 12 education option from among the myriad of choices that parents now have. National School Choice Week president Andrew Campanella joins me with information about school choice, the education options available and what it could mean for your family.

Sunday, February 10, 2019

EPISODE DESCRIPTION: Joining Audrey with information about how families can recognize when stress and anxiety have exceeded manageable levels, and when to ask for help, Nabil El-Ghoroury, the Executive Director of the California Association of Marriage and Family Therapists. Executive Chef and partner of El Jardin, Claudette Zepeda shares her favorite recipe for enfrijoladas. And celebrity stylist Christian Ramirez is going to guide us through arranging the perfect Valentine's Day for that special someone in your life. And, speaking of love, Alfred Edmond Junior and Zara Green, authors of *Loving in the Grown Zone* talk to me about the impact of our personal relationships in life and in love.

Saturday, February 17, 2019

EPISODE DESCRIPTION: Alfred Edmond Jr. and Zara Green are partners in life and business, and the authors of *Loving in the Grown Zone: A No-Nonsense Guide to Making Healthy Decisions in the Quest for Loving, Romantic Relationships of Honor, Esteem, and Respect*. Our topics, why really smart people make such costly relationship choices and why decisions in love are the number one determinant of business success.

Sunday, February 24, 2019

EPISODE DESCRIPTION: This week on TALK with AUDREY - It's all about health issues and concerns! There's a new report that reveals that Opioids continue to be overprescribed after Surgery, and that one particular group is at risk for over exposure, surgeon Dr. Paul Sethi, and Dr. Fred Muench, PhD, President and CEO of the Partnership for Drug-Free Kids join me with information about Choices Matter, an initiative designed to inform patients and caregivers about their options to manage pain after surgery. Are you tired of being tired? Dr. Richard Bogan, a sleep expert from the University of South Carolina School of Medicine, has information about a new educational campaign, that is shedding light on medical condition called Excessive Daytime Sleepiness. And, Dr. Robert Chen, associate professor at City of Hope's Department of Hematology and his patient, Jeremy Hernandez, share's what it's like to live with advanced-stage Hodgkin Lymphoma, and what you need to know if you're a young adult facing a rare cancer diagnosis.

Sunday, March 3, 2019

EPISODE DESCRIPTION: Jeffrey Welser, the vice president and lab director for IBM Research, and Melissa King top chef finalist join me to talk about how IBM technology called 5 in 5 is going to combat the faults of the food supply chain over the next five years. Restaurateur Bricia Lopez, tells us how a simple glass of milk each day could have your body reaping all the benefits and if you live in California, how the benefits of drinking milk now extend beyond the body. Doctor Evan Zahn implanted the world's first and only device approved specifically for premature babies to treat a serious heart condition called PDA, he is joined by Anthony Daly whose baby Tony was born prematurely with this heart defect and needed urgent treatment. Dr. Jens Hillengass, chief of myeloma at Roswell Park Comprehensive Cancer Center and Patricia J. Goldsmith, CEO of CancerCare, join me with information about a recent FDA-approved immunotherapy

combination for certain adults with multiple myeloma.

Sunday, March 10, 2019

EPISODE DESCRIPTION: This week on Talk with Audrey, two health topics; first, Doctor Jeffrey Weber and Doctor Louise Perkins join me with information about melanoma and a new therapeutic treatment option that may help improve melanoma from coming back after surgery, and then, in recognition of Rare Disease Day and Bleeding Disorders Awareness Month, hematologist, Doctor Michael Callaghan and Ken, a patient who was diagnosed at two years old with hemophilia and a new therapy to treat hemophilia A with factor 8 then, credit card expert, Jason Steele, joins me with tips to help you get the most out of your credit cards and travel journalist, Patricia Schultz, has her top 10 trips and tips for women travelers and what all women should know before they hit the road.

Sunday, March 17, 2019

EPISODE DESCRIPTION: This week on TALK! with AUDREY, cardiologist Dr. Daniel Bensimhon and his patient, Chris Rice, join me to talk about the symptoms of heart failure and treatment options and Chris shares his experience with his heart failure diagnosis. Dr. George Grunburger, the immediate past president of the American Association of Clinical endocrinologists, has information about the impact that Type 1 Diabetes has on patient's lives and recent advances to help them manage glucose levels. On a lighter note, a peek at Kia Motors America's largest and most refined SUV – the all-new 2020 Telluride and their collaboration with fashion designer Brandon Maxwell.

Sunday, March 24, 2019

EPISODE DESCRIPTION: This week on TALK! with AUDREY: Dr. Anna Pavlik, oncologist at NYU Langone and Gary Larrabe, a patient with information about a recently approved FDA combination treatment that targets BRAF mutant metastatic melanoma. IBM Research just issued a recap of the top papers that published in 2018, and Dario Gill, the chief operating officer and vice president of quantum and AI at IBM Research has their top artificial intelligence achievements of 2018, and some predictions for 2019. Dr. Lauren Streicher, Medical Director of the Northwestern Medicine Center for Sexual Medicine and Menopause talks with Audrey about hormone replacement therapy, both for during and after menopause. PAUL GOLDEN, Financial Expert, for the non profit, SmartAboutMoney.org has strategies for overcoming challenges and achieving financial success..

Sunday, March 31, 2019

EPISODE DESCRIPTION: Dr. Ilan Shapiro has information about the importance of milk as part of a balanced diet. Chef and Entertaining Expert James Briscione, has ways that he incorporates frozen foods into his own recipes to create and upscale dining experience. Jennifer Jasinski, Top Chef Masters Finalist joins Audrey live from the National Cattleman's Beef Association Culinary Center in Denver, Colorado with ways to incorporate some of the latest tech and gadgets in the kitchen. Dr. Don Mordecai, Kasier Permanente's national leader for mental health and wellness – talks about their mental health awareness effort called "Find Your Words."

PUBLIC SERVICE ANNOUNCEMENTS

	ISSUE	DATES	RUNS
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	Alliance For Aging	12-31-18	9
	ALS Association	1-8-19 to 3-28-19	98
	Best Friends Animal Society	12-31-18 to 3-28-19	95
	Breast Cancer	12-31-18 to 3-28-19	112
	Bullying Prevention	2-11-19 to 3-30-19	144
	Buzzed Driving Prevention	12-31-18 to 3-9-19	16
	Cancer Prevention	1-4-19 to 1-26-19	4
	Canine Companions for Independence	2-5-19 to 3-28-19	38
	Center for Biological Diversity-Energy, Food Waste, Population Growth	1-1-19 to 3-23-19	99
	Centers for Medicare & Medicaid Services	1-2-19 to 2-8-19	8
	Child Passenger Safety	1-18-19 to 3-13-19	18
	Clean Water	2-6-19 to 3-30-19	5
	Community Gardens-Health	12-31-18 to 3-28-19	50
	Consumer Product Safety Commission	1-1-19 to 3-29-19	22
	DAV	1-2-19 to 3-29-19	17
	Diabetes Prevention	1-14-19 to 3-30-19	36
	Disabilities & Technology	1-4-19 to 2-6-19	5
	Discovering Nature	12-31-18 to 3-29-19	129
	Diversity & Inclusion	12-31-18 to 3-29-19	39
	Emergency/Hurricane Preparedness/EOG	1-1-19 to 3-14-19	36
	Empowering Girls	1-2-19 to 2-26-19	14
	Ending Hunger	12-31-18 to 3-29-19	58
	EPA Test Your Home	1-3-19 to 3-1-19	14
	Eye Sight	1-7-19 to 3-28-19	38
	Fair Housing Alliance-Rights	2-2-19 to 3-30-19	21

	Fatherhood Involvement	2-12-19 to 3-31-19	85
	4 H	12-31-19 to 2-7-19	48
	Generic Drugs/FDA	1-12-19 to 1-19-19	2
	Girl Scouts	1-3-19 to 3-11-19	5
	Gun Safety	12-31-18 to 3-29-19	72
	Health & Human Services	1-12-19 to 3-31-19	43
	Healthy Babies & Kids	1-5-19 to 3-29-19	13
	Heart Valves	1-12-19 to 3-21-19	47
	High School Equivalency	2-3-19 to 3-10-19	26
	Homes for Our Troops	1-4-19 to 2-26-19	6
	Human Trafficking	1-8-19 to 3-30-19	10
	Hurricane Relief	1-3-19 to 3-11-19	27
	Infosys Foundation	1-4-19 to 3-29-19	19
	Jeffery Modell Foundation PI	1-2-19 to 3-11-19	51
	Job Training & Employment	1-28-19 to 3-29-19	13
	LGBT Acceptance	1-5-19 to 3-29-19	34
	Leukemia & Lymphoma Society	1-15-19 to 3-30-19	7
	Lung Cancer Screening	1-29-19 to 2-8-19	4
	MADD	1-14-19 to 3-30-19	38
	Meals on Wheels	1-15-19 to 3-31-19	61
	Mercy Ships	1-9-19 to 3-29-19	42
	MS	12-31-18 to 3-29-19	29
	National Association of Insurance Commissioners	1-5-19 to 1-26-19	4
	National Limousine Association-Ride Sharing	1-5-19 to 3-29-19	11
	Operation Smile	1-5-19 to 2-10-19	6
	OTC Medications	12-31-19 to 3-28-19	39
	Pathways to Employment	1-5-19 to 3-29-19	39

	Pet Prep for Natural Disasters	1-19-19 to 3-30-19	7
	Recycling	1-28-19 to 2-7-19	4
	Red Cross	1-1-19 to 2-8-19	12
	Reducing Food Waste	1-28-19 to 2-7-19	4
	Rise Up- Women's Empowerment	12-31-18 to 3-30-19	76
	Save the Children	12-31-18 to 3-29-19	35
	Seat Belt Safety	1-28-19 to 2-5-19	3
	Shelter Pets-Help	1-1-19 to 1-23-19	4
	St Jude's Children's Research Hospital	1-1-19 to 3-30-19	177
	Southeastern Guide Dogs	1-5-19 to 1-19-19	6
	Stand Up 2 Cancer	1-3-19 to 3-16-19	74
	Substance Abuse & Mental Health Services	2-14-19 to 3-30-19	43
	Suicide Prevention	1-15-19 to 3-29-19	112
	Sunscreen Safety	1-1-19 to 3-30-19	53
	Support for Veterans	1-5-19 to 1-26-19	9
	Texting & Driving Prevention	12-31-18 to 3-31-19	112
	Travis Manion Foundation for Fallen Heroes	1-12-19 to 3-16-19	9
	UNICEF	1-2-19 to 3-25-19	21
	USA Swimming	1-4-19 to 2-11-19	6
	US Air Force Recruiting	12-31-18 to 2-8-19	19
	US Army National Guard Recruiting	1-1-19 to 2-11-19	17
	US DOT/ Federal Motor Carrier Safety Admin	1-2-19 to 3-25-19	10
	United Way	1-12-19 to 3-30-19	40
	USO-CTA	2-6-19 to 3-30-19	11
	Veterans Suicides	1-4-19 to 3-21-19	61
	VOA	12-31-18 to 2-9-19	13
	World Wildlife Fund	1-15-19 to 3-30-19	139

	Wounded Warrior Project	1-22-19 to 3-30-19	87
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