

On an ongoing basis, we maintain contact and confer with local government, civic, and business leaders, as well as members of the general public, about what they perceive as top-of-mind issues important to the communities we serve.

Recurring priority topics:

- Education
- Health care
- Opportunities for young people, and perhaps related neighborhood crime
- Employment opportunities and the labor pool
- Health of the local retail economy
- Drug and alcohol abuse

We strive to provide responsive and helpful programming. Further, we also work to educate and inform the people we are privileged to serve through a variety of public service announcements, local news coverage, community calendars, and other programs.

### **Issues and Responsive Programming**

WFXO-FM broadcast programming dealing with various issues important to the community.

1. Community Calendar: Our community calendar aired four times each weekday in the 7:00 a.m., 8:00 a.m., noon, and 4:00 p.m. hours. Length averaged two minutes and included local news and well as information solicited from and contributed by listeners, local organizations, and local government agencies.
2. Stuff the Bus Holiday Charity Event: The Yea!106.5 & WYEA!1290 (WYEA) and 98.3 Fox FM (WFXO) food and toy drive benefitting Alabama Childhood Food Solutions and the Sylacauga Alliance for Family Enhancement was a community-wide event from Dec. 4-9. In conjunction with Talladega County Schools, a school bus was "stuffed" by listeners encouraged to donate items. Inspired by extensive on-air and online promotion with the help of SylacaugaNews.com, donors contributed a huge amount of non-perishable food items and toys at a central drop-off location between Huddle House and Mainstreet Family Urgent Care. Items were the used by ACFS and SAFE to assist local families and children over the Christmas holidays. Promotion included an extensive PSA campaign and large banners placed around the listening area.
3. Public Affairs: Sunday morning at 4:30 a.m., we aired InfoTrak, a half-hour program. Details are attached.
4. Public Affairs: Sunday morning at 5:00 a.m., we aired Viewpoints, a half-hour program. Details are attached.

5. Health & Wellness: Sunday morning at 5:30 a.m., we aired Radio Health Journal, a half-hour program. Details are attached.
6. Public Service Campaigns: In addition to long-form public affairs programming, we broadcast public service messages for many local, state, and national organizations including:

Alabama Bicentennial Commission  
Alabama Childhood Food Solutions  
Alabama Department of Human Resources  
Alabama Department of Public Health  
Alabama Department of Transportation  
Alabama Housing Finance Authority  
AlabamaWorks  
American Diabetes Association  
American Heart Association  
American Red Cross  
Autism Speaks  
B.B. Comer Memorial Library  
Central Alabama Community College  
National Highway Traffic Safety Administration  
ReadAloud.org  
Sylacauga Alliance for Family Enhancement  
U.S. Department of Agriculture  
U.S. Department of Health & Human Services  
U.S. Department of Veterans Affairs  
WoundedWarriorProject.org

More specifically:

The Alabama Department of Human Resources is working to increase the number of adoptions and foster care families for in-state children. PSAs featured University of Alabama star running back Bobby Humphrey, Auburn University Athletic Director Jay Jacobs, University of Alabama Head Football Coach Nick Saban.

The Alabama Housing Finance Authority is working to raise awareness to a federally funded foreclosure prevention program known as “Hardest Hit Alabama”, which has already helped thousands of Alabamians save their homes. Counselors are available to speak with individuals to determine eligibility for mortgage assistance and assist in the process.

The Alabama Department of Labor is tasked with providing workers and employers with resources to help train and employ a skilled workforce. They also have resources to connect potential employees with employers across the state. To assist people across the state, the DOL has opened Career Centers in numerous locations.

The State of Alabama will celebrate its Bicentennial in 2019. Celebrations and education about the state's history began this year and will last throughout the three-year period. The Alabama legislature established a Bicentennial Commission to plan for the celebration of the state's 200th year, and public service announcements featured the Bicentennial Car Tag, Carver Theatre, Old Federal Road, the Talladega National Forest, DeSoto Caverns, Paul "Bear" Bryant, and Ralph "Shug" Jordan.



**Weekly Public Affairs Program**

Call Letters: WFXO

## **QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2017**

Show # 2017-40

Date aired: 10/01/17 Time Aired: 4:30 a.m.

**Roby Greenwald, PhD**, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

**Issues covered:**

**Pollution  
Personal Health**

**Length: 8:54**

**Rebekah H. Nagler, PhD**, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of over diagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

**Issues covered:**

**Cancer  
Women's Issues**

**Length: 8:18**

**Meghan Busse, PhD**, Associate Professor of Management and Strategy at the Kellogg School of Management at Northwestern University

Dr. Busse was the co-author of a study that found women frequently are quoted higher prices for car repairs than men. The research also found that consumers (of any gender) who do their homework about the cost of repairs usually pay less. She offered advice on how to avoid being ripped off

**Issues covered:**

**Consumer Matters  
Gender Discrimination  
Women's Issues**

**Length: 4:50**

Show # 2017-41

**Date aired:** 10/08/17 **Time Aired:** 4:30 a.m.

**Suzanne Bouffard, PhD**, expert in child development and education, author of *"The Most Important Year: Pre-Kindergarten and the Future of Our Children"*

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

**Issues covered:**

**Length: 8:41**

Education

Parenting

**Robert Stern, Ph.D.**, Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

**Issues covered:**

**Length: 8:32**

Youth at Risk

Personal Health

Parenting

**Julia Leonard**, graduate student in Brain and Cognitive Sciences at the Massachusetts Institute of Technology

Ms. Leonard was the first author of a study that found that when 1 year olds observe an adult persisting at a challenging task, they themselves try harder when faced with a problem. She explained why developing perseverance in early childhood pays off later in school and other pursuits.

**Issues covered:**

**Length: 5:02**

Child Development

Parenting

Show # 2017-42

**Date aired:** 10/15/17 **Time Aired:** 4:30 a.m.

**Michael Schmidt**, Vice Chair of Cozen O'Connor's Labor & Employment Department in New York, publisher and editor of a blog devoted to the interplay between social media and employment law

Social media blunders can cost people their jobs. Mr. Schmidt talked about 1<sup>st</sup> Amendment rights in the workplace. He explained how to decide if a social media posting may be permissible. He said it's important for employers to formulate clear rules and policies regarding social media, to protect the interests of the company while not infringing on the rights of the employee.

**Issues covered:**

**Length: 7:39**

1<sup>st</sup> Amendment

Employment

**Daniel Leffler, MD**, Director of Clinical Research at the Celiac Center at Beth Israel Deaconess Medical Center in Boston

Gluten-free diets are popular today, but how many people should be concerned? Dr. Leffler discussed gluten sensitivity and its close cousin, Celiac disease. He said there is no benefit if a healthy person avoids gluten and, in fact, gluten free-diets may cause nutritional deficiencies. He outlined the symptoms of gluten sensitivity and explained how it can be diagnosed and treated.

**Issues covered:**  
**Personal Health**

**Length: 9:20**

**Eric Finkelstein, PhD**, health economist, co-author of "*The Fattening of America*"

Over two-thirds of Americans are overweight or obese. Dr. Finkelstein believes that America's growing waistline is a by-product of our long-term economic and technological success. He said that business and policy makers need to devise strategies to make it cheaper and easier to be thin.

**Issues covered:**  
**Personal Health**  
**Government Policies**

**Length: 5:00**

Show # 2017-43

**Date aired:** 10/22/17 **Time Aired:** 4:30 a.m.

**Elliott Haut, MD, FACS**, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

**Issues covered:**  
**Emergency Preparedness**  
**First Aid**  
**Personal Health**

**Length: 9:00**

**Vicki Bogan, PhD**, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, founder and director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

**Issues covered:**  
**Mental Health**  
**Retirement Planning**

**Length: 8:08**

**May McCarthy**, serial entrepreneur, author of *"The Path to Wealth: Seven Spiritual Steps to Financial Abundance"*

Ms. McCarthy talked about the biggest surprises encountered by people who start their own business. She described the characteristics of successful entrepreneurs, and why owning a business can be very rewarding.

**Issues covered:**  
Entrepreneurism  
Career

**Length:** 4:51

Show # 2017-44

**Date aired:** 10/29/17 **Time Aired:** 4:30 a.m.

**Abby Eisenkraft**, tax and financial expert, author of *"101 Ways to Stay Off the IRS Radar"*

In all the discussions about the Equifax data breach, here's one danger many Americans probably haven't heard about yet: tax fraud. For years to come, thieves may be able to use data from the breach to file fraudulent tax returns and steal refunds. Ms. Eisenkraft outlined the warning signs and explained what consumers can do to protect themselves.

**Issues covered:**  
Tax Fraud  
Identity Theft

**Length:** 7:58

**Gita Johar, PhD**, Meyer Feldberg Professor of Business, Columbia Business School

Fake news is common on social media sites. Dr. Johar led a study that found that the comfort of being part of a group on social media seemed to influence people's willingness to verify information. She offered theories on why social media users fact-checked fewer statements when they perceived that others were present. She offered suggestions of how Americans can try to stay informed but still recognize dubious information.

**Issues covered:**  
Media Issues

**Length:** 9:12

**Dr. Christopher M. Smith**, PhD Student in Health Sciences, Warwick Medical School, Coventry, England

Automated external defibrillators might be increasingly available for use in the event of a cardiac arrest, but Dr. Smith led a study that found that they aren't being used nearly as much as they should be. He talked about the reasons that bystanders are reluctant to use AEDs and what government officials can do to help.

**Issues covered:**  
First Aid  
Emergency Preparedness  
Personal Health

**Length:** 5:05

Show # 2017-45

**Date aired:** 11/05/17 **Time Aired:** 4:30 a.m.

**Tim Larkin**, self defense expert, author of *"When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake"*

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

**Issues covered:**  
Personal Defense  
Crime

**Length: 9:21**

**Gail Heyman, PhD**, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

**Issues covered:**  
Racial Bias  
Diversity

**Length: 7:50**

**Doug Abrams**, author of *"The Book of Joy Journal"*

Mr. Abrams discussed a conversation he moderated between Archbishop Desmond Tutu and His Holiness the Dalai Lama, on the topic of joy. He explained how these two men have intentionally found joy in their lives, despite the hardships they have faced and the many atrocities they have witnessed.

**Issues covered:**  
Mental Health

**Length: 4:54**

Show # 2017-46

**Date aired:** 11/12/17 **Time Aired:** 4:30 a.m.

**Scott Galloway, PhD**, Professor of Marketing in the Stern School of Business, New York University, author of *"The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google"*

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

**Issues covered:**  
Government Regulations  
Consumer Matters  
Economy

**Length: 8:56**



**Katreena Scott, PhD**, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but a third of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can assist employees who have domestic violence issues.

**Issues covered:**

**Domestic Violence  
Workplace Matters  
Mental Health**

**Length: 8:17**

**Lawrence J. Cheskin, M.D., F.A.C.P.**, Associate Professor of Health, Behavior & Society, Johns Hopkins University School of Medicine

Almost 40 percent of American adults and nearly 20 percent of adolescents are obese. Dr. Cheskin led a study that examined the financial costs of being overweight at various stages of life. He said lost productivity on the job accounted for at least 50% of the expense of being overweight, even more than direct medical expenditures.

**Issues covered:**

**Personal Health  
Workplace Matters**

**Length: 4:53**

Show # 2017-47

**Date aired:** 11/19/17 **Time Aired:** 4:30 a.m.

**Ashley Kendall, PhD**, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

**Issues covered:**

**Youth at Risk  
Juvenile Crime**

**Length: 8:46**

**Martin Gibala, PhD**, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of *"The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter"*

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

**Issues covered:**

**Physical Fitness  
Personal Health**

**Length: 8:29**

**Daniel McGuinn**, editor at Harvard Business Review, author of *“Psyched Up: How the Science of Mental Preparation Can Help You Succeed”*

Of the 2,000 hours we work every year, our success or failure is often determined in the couple of dozen crucial hours when we need to bring our absolute best in a meeting or presentation. Mr. McGuinn discussed the importance of mental preparation in the last few minutes before a major challenge, and offered tips on how to channel nervous jitters into useful emotions.

**Issues covered:**  
Career  
Mental Health

**Length: 4:59**

Show # 2017-48

**Date aired:** 11/26/17 **Time Aired:** 4:30 a.m.

**Jamin Brahmbhatt, MD**, Urologist, co-director of the Personalized Urology & Robotics Clinic at South Lake Hospital, in affiliation with Orlando Health

Dr. Brahmbhatt's organization commissioned a survey that found that far more men can remember their first car than those who can remember when they had their most recent health checkup. He discussed the reasons why an annual checkup is so important and the reasons that men avoid trips to the doctor. He also offered advice to wives who want to encourage their husbands to make health a greater priority.

**Issues covered:**  
Personal Health  
Men's Issues

**Length: 7:26**

**Lori LaCivita, PhD**, industrial and organizational psychologist

Thanks in part to older workers working past the traditional retirement age, four generations of workers are in the workforce at once for the first time. Dr. LaCivita said each generation prefers different leadership and communication styles, which can trigger challenges in the workplace. She outlined strategies for managers to build strong and effective teams with a diverse pool of employees.

**Issues covered:**  
Workplace Matters  
Senior Citizens

**Length: 9:47**

**Ted Labuza, PhD, Ph.D.**, expert in food safety, Professor in the Department of Food Science and Nutrition at the University of Minnesota

Professor Labuza discussed how to interpret the expiration dates on food labels. Many of the dates don't mean what consumers think they do. He explained how to determine whether a package of food with a past expiration date is safe to eat.

**Issues covered:**  
Food Safety  
Consumer Matters

**Length: 5:09**

Show # 2017-49

**Date aired:** 12/03/17 **Time Aired:** 4:30 a.m.

**Sean Covey**, author of *"The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age"*

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

**Issues covered:**

Teenage Concerns  
Parenting  
Education  
Volunteerism

**Length: 8:51**

**Carol Janney, PhD**, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

**Issues covered:**

Mental Health  
Physical Fitness

**Length: 8:21**

**Adam Barry, PhD**, Assistant Professor of Health Education, University of Florida

Dr. Barry conducted a study that found that two in five designated drivers had been drinking before getting behind the wheel and that 18% had blood-alcohol levels high enough to impair their driving skills. He outlined the potential reasons that designated driver education campaigns have been less than successful.

**Issues covered:**

Drunk Driving

**Length: 4:56**

Show # 2017-50

**Date aired:** 12/10/17 **Time Aired:** 4:30 a.m.

**Amy Morin, PhD**, licensed clinical social worker, college psychology instructor and psychotherapist, author of *"13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success"*

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions on how to do it.

**Issues covered:**

Parenting  
Mental Health

**Length: 7:31**

**Marion McGovern**, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *“Thriving in the Gig Economy”*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

**Issues covered:**

**Length: 9:38**

**Career  
Economy**

**Nadia Lopez**, founding principal of Mott Hall Bridges Academy in Brooklyn, NY, author of *“The Bridge to Brilliance: How One Woman and One Community Are Inspiring the World”*

As part of a pilot program in New York City, Ms. Lopez started a middle-grade public school in one of America’s poorest communities. She talked about the risks and challenges faced by students in a high crime, low income neighborhood, and how she devised programs to address them.

**Issues covered:**

**Length: 4:54**

**Education  
Poverty  
Government Policies**

Show # 2017-51

**Date aired:** 12/17/17 **Time Aired:** 4:30 a.m.

**Laura Adams**, Senior Insurance Analyst at insuranceQuotes

Life isn’t fair, and neither are auto insurance rates. Ms. Adams said that while some factors that influence insurance prices are within consumers’ control, such as the vehicle they drive and their annual mileage, many others are not. She outlined the little-known factors that can have a big impact on the price of insurance.

**Issues covered:**

**Length: 8:17**

**Consumer Matters**

**Miriam Boeri, PhD**, Associate Professor of Sociology, Bentley University, author of *“Hurt: Chronicles of the Drug War Generation”*

Dr. Boeri interviewed dozens of Baby Boomers who are hooked on illicit drugs. She explained why she believes the War on Drugs has not only failed, but has exacerbated the problem. She said that in the past, once someone reached the age of 35 or so, they would typically quit using hard drugs, but the Baby Boom generation has done the opposite: drug abuse among older Americans is skyrocketing.

**Issues covered:**

**Length: 8:52**

**Substance Abuse  
Government Policies  
Senior Citizens  
Criminal Justice**

**John P. Thyfault, PhD**, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

**Issues covered:**  
**Personal Health**

**Length: 5:13**

Show # 2017-52

**Date aired:** 12/24/17      **Time Aired:** 4:30 a.m.

**Nicholas Tatonetti, PhD**, Assistant Professor of Biomedical Informatics, Director of Clinical Informatics at the Herbert Irving Comprehensive Cancer Center at Columbia University

Dr. Tatonetti's research uncovered a surprising correlation between the month a person is born and their risk of developing various health problems, including heart disease, viral infections and ADHD. His study found 55 diseases that correlated with the season of birth. He explained the time of year a person is born dictates many of the environmental factors they are exposed to during birth and early development.

**Issues covered:**  
**Personal Health**

**Length: 6:54**

**Michael H. Shuman**, economist, attorney, author, and entrepreneur, experts on community economics, author of "*The Local Economy Solution*"

Mr. Shuman believes the entire process of local economic development has become ineffective and unaffordable. He said the traditional method of chasing large companies with huge taxpayer subsidies creates very few new jobs. He is a proponent of alternative approaches in which states and cities encourage private ventures that help local businesses launch and grow.

**Issues covered:**  
**Economic Development**  
**Employment**

**Length: 10:12**

**Bill Bishop**, author of "*The Big Sort*"

America may be more diverse than ever, but Mr. Bishop believes that the nation's neighborhoods are becoming too divided—culturally, economically and politically. He said that the places where Americans live are becoming increasingly populated with people who live, think, and vote as they do. He explained what is behind this movement and why it is not a positive development.

**Issues covered:**  
**Community**  
**Diversity Issues**

**Length: 5:03**

Show # 2017-53

**Date aired:** 12/31/17 **Time Aired:** 4:30 a.m.

**Sheila Markin Nielsen**, career counselor with more than 25 years of experience, author of "*Job Quest: How to Become the Insider Who Gets Hired*"

The search for a job can seem intimidating and frustrating for most people. Ms. Markin Nielsen said the most critical component in any successful job search is to establish personal relationships. She outlined strategies to create personal connections and trust with key people. She discussed the usefulness of online tools such as LinkedIn, along with the value of resumes in today's employment environment.

**Issues covered:**

**Length: 10:25**

**Employment  
Career**

**Jennifer Suor**, researcher, PhD candidate in clinical psychology at the University of Rochester

Ms. Suor's research found that children from low-income families are at risk of stunted cognitive functioning before they even start kindergarten. Her team found that young children with emotionally distant caregivers and who lived in an unstable home also had high levels of the stress hormone cortisol, which appears to significantly affect their cognitive abilities.

**Issues covered:**

**Length: 6:44**

**Education  
Parenting**

**Andy Cohen**, CEO, Caring.com

In the past year, approximately 14 million drivers have been in a road incident caused by an elderly driver, according to a survey by Mr. Cohen's organization. He discussed how other motorists view the safety and competence of senior drivers. He also explained how to determine whether an older loved one is no longer fit to drive, and how to approach the topic with them.

**Issues covered:**

**Length: 5:10**

**Senior Citizens  
Traffic Safety**



Program Log for *Viewpoints Radio*

**2017-Q4 (October-December) Viewpoints Radio Quarterly Report**  
**Compliance Issues covered this quarter:**

American History	Leisure
American issues	Literature
Animals	Mathematics
Art	Media
Business	Mental Health
Calculus	Music
Capitalism	Mythology
Careers	Nature
Charity	Parenting
Childhood Development	Philosophy
Climate change	Policy Making
Criminal Law	Politics
Culture	Psychology
Disease	Public speaking
Disorders	Race
Education	Racism
Elderly	Self-help
Environmental issues	Sexual Assault
Family	Science
Family Issues	Sleep
Film	Sociology
Finance	Sports
Gender	Student Issues
Geography	Technology
Health	Television
History	Terrorism
Holidays	Transportation
Hollywood	Women's Issues
Humanity	Workplace issues
Law Enforcement	



## Program Log for *Viewpoints Radio*

<b>Program</b>	17-40	<b>Producers</b>	Reed Pence, Evan Rook, Pat Reuter
<b>Air Week</b>	10/1/2017	<b>Production Director</b>	Sean Waldron

Time	Segment	Dur.
1:51	<b>SEGMENT 1: Unconventional Vacation Destinations</b>	10:13

Synopsis: When Americans take vacations, it's often to places like theme parks, resorts, or national parks. Our guest says that there's a treasure trove of unique destinations around the world if you veer off the beaten vacation path. He talks about a few of the places you probably never heard about but which offer unique experiences, educational opportunities and a lot of fun.

Host: Gary Price. Guests: Dylan Thuras, co-author of *Atlas Obscura: An explorer's guide to the world's hidden wonders*

Links for more info: <http://www.atlasobscura.com/>

Compliance Issues Covered: Family Issues, Geography, Culture

13:41	<b>SEGMENT 2: Non-Traditional Students</b>	8:31
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Synopsis: College is thought of as a ticket to a better life. Non-traditional students- those who go to college later in life- can face an uphill battle in their fight to obtain that ticket. We talk to Mike Rose from UCLA about accommodating these students.

Host: Marty Peterson. Guests: Mike Rose, faculty member at the UCLA Graduate School of Education and Information Studies, and author of the book *Back to School: Why everyone deserves a second chance at education*.

Links for more info: [www.mikeroosebooks.com](http://www.mikeroosebooks.com)

Compliance Issues Covered: Education, Policy Making, Student Issues

23:48	<b>Culture Crash: Peak TV and the Battle for Streaming Supremacy</b>	2:55
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Synopsis: "Peak TV" is the choice term used to describe the current flood of options when it comes to what to watch. One thing this year's Emmys ceremony made very clear: Peak TV isn't going anywhere anytime soon.

Host: Evan Rook

Compliance Issues Covered: Television, Culture, Art





## Program Log for *Viewpoints Radio*

**Program** 17-41 **Producers** Reed Pence, Evan Rook, Polly Hansen, Pat Reuter  
**Air Week** 10/8/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:51	<b>SEGMENT 1: Mythology and Fairy Tales, Good and Evil</b>	8:44

Synopsis: We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children.

Host: Gary Price. Guests: Soman Chainani, author of *The School for Good and Evil*

Links for more info: <https://schoolforgoodandevil.com/>, <http://somanchainani.net/>

Compliance Issues Covered: Family Issues, Childhood Development, Culture, Mythology

13:40	<b>SEGMENT 2: Bats: Their value and their endangerment</b>	9:56
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Synopsis: Bats are often thought of as scary or dangerous. But two experts tell us... they're actually very helpful! They eat the insects we so desperately try to rid our yards and neighborhoods of. We explore the benefits of bats, and why their numbers are decreasing in alarming numbers.

Host: Marty Peterson. Guests: Jodi Sedlock, Associate professor of biology, Lawrence University; Don Mitchell, author of *Flying Blind: One man's adventures battling buckthorn, making peace with authority, and creating a home for endangered bats*

Links for more info: <http://www.lawrence.edu/academics/study/biology/faculty>, <http://www.chelseagreen.com/flying-blind>

Compliance Issues Covered: Nature, Education, Animals

24:36	<b>Culture Crash: Netflix's Mindhunter</b>	1:49
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Synopsis: This Friday the 13<sup>th</sup> comes in October. We discuss what to watch on the spookiest day of the year and explore Netflix's upcoming psychological thriller series "Mindhunter."

Host: Evan Rook

Compliance Issues Covered: Television, Culture, Art



Program Log for *Viewpoints Radio*



## Program Log for *Viewpoints Radio*

**Program** 17-42 **Producers** Reed Pence, Evan Rook  
**Air Week** 10/15/2017 **Production Director** Sean Waldron

Time	Segment	Dur.
1:50	<b>SEGMENT 1: The Vital Role of Pre-Kindergarten</b>	9:29

Synopsis: Sending your child off to school can be tricky, especially in the years before kindergarten. But Dr. Sharon Bouffard, a developmental psychologist, says doing so can make a big difference in your child's education. We explore the importance of high-quality pre-k schooling, and tips for parents on how to spot a good program from a bad one.

Host: Gary Price. Guests: Dr. Sharon Bouffard, author of *The Most Important Year: Pre-Kindergarten and the Future of Our Children*

Links for more info: [https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

Compliance Issues Covered: Family Issues, Childhood Development, Parenting, Education

13:21	<b>SEGMENT 2: The Appeal of Time Travel Stories</b>	9:20
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Synopsis: For decades, we've loved stories where characters can travel through time. What is it about this seemingly straightforward concept that draws us in and keeps us compelled all these years later? We talk to pop culture psychologist Dr. Travis Langley.

Host: Marty Peterson. Guests: Dr. Travis Langley, author of *Doctor Who Psychology: A Madman with a Box*

Links for more info: <http://www.travislangley.info/>, <https://www.amazon.com/Travis-Langley/e/B006UXQOTC>

Compliance Issues Covered: Pop Culture, Television, Literature, Movies, Ethics, Psychology

23:41	<b>Culture Crash: James Cameron's <i>Avatar</i> Franchise and the Billion-Dollar Question</b>	2:42
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Synopsis: In 2009, *Avatar* was released and smashed box office records worldwide. Eight years later, 20<sup>th</sup> Century Fox is producing four sequels simultaneously... but does that past success mean audiences really crave more from the land of Pandora?

Host: Evan Rook

Compliance Issues Covered: Film, Culture, Art, Finance



## Program Log for *Viewpoints Radio*

**Program** 17-43 **Producers** Reed Pence, Evan Rook  
**Air Week** 10/22/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:50	<b>SEGMENT 1: Memory Loss and Alzheimer's Disease</b>	9:29

Synopsis: As we get older, we all will suffer from some memory loss. The question becomes what memory loss is a normal byproduct of getting older and when is it a sign of a larger problem, like Alzheimer's Disease. We talk to experts about this question, and what, if anything, we can do to avoid losing their memories.

Host: Gary Price. Guests: Martha Weinman Lear, author of *Where Did I Leave My Glasses?: The what, when, and why of normal memory loss*; Dr. Marwan Sabbagh, author of *The Alzheimer's Answer: Reduce your risk and keep your brain healthy*

Links for more info: <https://www.amazon.com/Where-Did-I-Leave-My-Glasses/dp/B003P2VDYM>,  
<http://www.marwansabbaghmd.com/the-alzheimers-answer/>

Compliance Issues Covered: Disease, Elderly, Family Issues

13:21	<b>SEGMENT 2: Narcissism: The manipulative, selfish disorder</b>	9:20
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Synopsis: Narcissists are always thinking about themselves. While this takes a toll on their wellbeing, it also takes a big toll on the people around them. We talk about the disorder and tips for people who feel they're drowning in the orbit of a true narcissist.

Host: Marty Peterson. Guests: Dr. Linda Martinez-Lewi, author of *Freeing Yourself from the Narcissist in Your Life*

Links for more info: <http://thenarcissistinyourlife.com/>

Compliance Issues Covered: Mental Health, Family Issues, Disorders

23:03	<b>Culture Crash: Blade Runner 2049</b>	2:42
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Synopsis: *Blade Runner 2049* is a sequel worth watching at the theater, but there is some confusion about how best to see its predecessor, *Blade Runner*. We discuss the merits of each and where to best watch the films.

Host: Evan Rook

Compliance Issues Covered: Film, Culture, Art, Finance



## Program Log for *Viewpoints Radio*

**Program** 17-44  
**Air Week** 10/29/2017  
**Producers** Reed Pence, Evan Rook  
**Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:50	<b>SEGMENT 1: Stutters, Stammers, and Vocal Blunders</b>	9:47

Synopsis: If you've had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean.

Host: Gary Price. Guests: Michael Erard, author of *Um: Slips, Stumbles and Verbal Blunders and What They Mean*

Links for more info: [https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1),

Compliance Issues Covered: Science, Psychology, Public speaking

13:42	<b>SEGMENT 2: American Borders: How our states got their shapes</b>	9:09
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Synopsis: There are 48 states in the continental United States. Some of them have borders that make a lot of sense, like Illinois which is flanked by rivers. But what about Michigan, Rhode Island, and so many others? We talk to writer Mark Stein about the borders that we've come to take for granted.

Host: Marty Peterson. Guests: Mark Stein, author of *How the States Got Their Shapes*

Links for more info: [https://www.amazon.com/dp/B001NLL1I0/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B001NLL1I0/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

Compliance Issues Covered: History, Geography, American issues

23:51	<b>Culture Crash: Obsessive Compulsive Disorder and John Green's "Turtles All The Way Down"</b>	2:36
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Synopsis: John Green is best-known for his 2012 hit novel *The Fault in Our Stars*. His latest book, *Turtles All The Way Down* chronicles the life of a teen with OCD. Drawing on Green's experiences with the disorder, the book offers a great story and pulls back the curtain on a misunderstood mental disorder.

Host: Evan Rook

Compliance Issues Covered: Literature, Culture, Art, Mental Health



## Program Log for *Viewpoints Radio*

**Program** 17-45 **Producers** Reed Pence, Evan Rook  
**Air Week** 11/5/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:50	<b>SEGMENT 1: Bumper Sticker Philosophy</b>	9:04

Synopsis: We've all been amused or annoyed by someone's bumper sticker, but have you ever stopped to think that these strips of adhesive paper with the pithy statements on them could actually mean something? We talk to a teacher and philosopher about the deeper meanings of popular bumper stickers.

Host: Gary Price. Guests: Jack Bowen, philosopher and teacher at Menlo School in Atherton, CA and author, *If You Can Read This: The philosophy of bumper stickers*

Links for more info: <https://www.penguinrandomhouse.com/books/196584/if-you-can-read-this-by-jack-bowen/9780812981056/>

Compliance Issues Covered: Transportation, Culture, Politics, Media, Philosophy

12:54	<b>SEGMENT 2: Gardening Differently</b>	11:00
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Synopsis: Typically, we think of gardens as a place meant to look nice or grow some vegetables. But gardener and author Benjamin Vogt says he believes gardens can be about cultivating a better environment and reconnecting humans with the nature around us.

Host: Marty Peterson. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*

Links for more info: <https://www.newsociety.com/Books/N/A-New-Garden-Ethic>

Compliance Issues Covered: Environmental issues, Leisure, Nature

23:51	<b>Culture Crash: The Stretch Run of 2017 in Film</b>	2:37
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Synopsis: With just two months left in the year, there remain so many must-see movies set to be released before the new year. We look into a few of the titles that seem especially worth seeing.

Host: Evan Rook                      Compliance Issues Covered: Film, Culture



Program Log for *Viewpoints Radio*



## Program Log for *Viewpoints Radio*

**Program** 17-46 **Producers** Reed Pence, Evan Rook  
**Air Week** 11/12/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:50	<b>SEGMENT 1: Learning Math Simpler</b>	9:23

Synopsis: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics.

Host: Gary Price. Guests: Bob Sun, inventor of *The 24 Game* and *First in Math*; Jason Wilkes, author, *Burn Math Class: and reinvent mathematics for yourself*

Links for more info: <http://www.24game.com/>, <http://www.firstinmath.com/>, <http://www.basicbooks.com/>

Compliance Issues Covered: Education, Mathematics, Calculus

13:15	<b>SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance our health</b>	9:09
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Synopsis: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term.

Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, *Why We Sleep: Unlocking the power of sleep and dreams*

Links for more info: [https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap\\_bc?ie=UTF8](https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap_bc?ie=UTF8)

Compliance Issues Covered: Sleep, Mental Health, Health, Science

23:24	<b>Culture Crash: Chicago's Own Chance the Rapper</b>	3:01
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Synopsis: Chance the Rapper has won three Grammys, headlined Lollapalooza, and given millions in charity to Chicago Public Schools. We talk about the impact he's made on his city.

Host: Evan Rook

Compliance Issues Covered: Culture, Music, Philanthropy





## Program Log for *Viewpoints Radio*

**Program** 17-47 **Producers** Reed Pence, Evan Rook  
**Air Week** 11/19/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:50	<b>SEGMENT 1: Terrorism in America, 1920</b>	9:14

Synopsis: Americans pride themselves on never forgetting the attacks and terrorism of our history, but somehow a 1920 attack on New York City has slipped through the cracks. Author Jed Rubenfeld talks about the first car bomb attack on Wall Street, the backdrop for one of his historical fiction novels.

Host: Gary Price. Guests: Jed Rubenfeld, author of *The Death Instinct*

Links for more info: [https://www.amazon.com/dp/B003YL4AOO/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B003YL4AOO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1),  
<http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago>

Compliance Issues Covered: History, US Issues, Terrorism

13:06	<b>SEGMENT 2: Developing Forensic Technology: New solutions for tracking and convicting criminals</b>	9:30
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Synopsis: New gadgets and programs are constantly being invented. We talk to two leading experts on the subjects to highlight some of the software and hardware helping police and lawyers find the right criminals and get them convicted.

Host: Marty Peterson. Guests: Lee Reiber, COO for Oxygen Forensics Inc.; Jerry Ropelato, CEO of White Clouds

Links for more info: <http://www.oxygen-forensic.com/>, <https://www.whiteclouds.com/#home2>

Compliance Issues Covered: Law Enforcement, Technology, Science, Criminal Law

23:36	<b>Culture Crash: Hollywood's Sexual Assault Scandals</b>	2:50
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Synopsis: With sexual assault allegations coming against some of Hollywood's top producers, directors and stars, director Ridley Scott is taking a big step to distance his movie from Kevin Spacey's soiled reputation.

Host: Evan Rook

Compliance Issues Covered: Sexual Assault, Hollywood, Culture



## Program Log for *Viewpoints Radio*

**Program** 17-48 **Producers** Reed Pence, Evan Rook  
**Air Week** 11/26/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:45	<b>SEGMENT 1: Giving Back This Holiday Season</b>	9:23

Synopsis: During the holidays, many parents fret over the materialistic messages their children are exposed to. We talk to a mom and an author who together have created a children's book and game designed to make giving back to others a fun pursuit.

Host: Gary Price. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, North Pole Ninjas: Mission: Christmas

Links for more info: <http://northpoleninjas.com/>

Compliance Issues Covered: Charity, Holidays, Parenting, Family Issues

13:18	<b>SEGMENT 2: W.E.B. Du Bois's Lasting Impact in Sociology</b>	10:08
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Synopsis: At the beginning of the 20<sup>th</sup> century, W.E.B. Du Bois revolutionized scientific sociology, but was denied accolades because of his race. Now, we talk to scholars about what exactly Du Bois did to improve the study of sociology and what his impact truly was.

Host: Marty Peterson. Guests: Aldon D. Morris, professor of sociology and African-American studies at Northwestern University, author of the book, *The Scholar Denied: W.E.B. Du Bois and the birth of modern sociology*.

Links for more info: <http://www.ucpress.edu/>, <http://www.sociology.northwestern.edu/>

Compliance Issues Covered: Sociology, History, Race

24:32	<b>Culture Crash: Greta Gerwig's Fantastic Film <i>Lady Bird</i></b>	1:54
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Synopsis: Greta Gerwig's new film *Lady Bird* offers a fresh perspective on the coming-of-age story and seems bound to play a major role in this year's awards season.

Host: Evan Rook

Compliance Issues Covered: Media, Literature, Film, Culture



## Program Log for *Viewpoints Radio*

**Program** 17-49 **Producers** Reed Pence, Evan Rook, Pat Reuter  
**Air Week** 12/3/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:50	<b>SEGMENT 1: Making an Impact as a Citizen Scientist</b>	9:51

Synopsis: We think of scientists as needing a lot of training before we can trust their findings. But for centuries, citizen scientists, not scientists by trade, have made some of the biggest discoveries. We talk to two experts about the need for average citizens to be the eyes and ears of big data collecting projects.

Host: Gary Price. Guests: Mary Ellen Hannibal, author, *Citizen Scientist: Searching for heroes and hope in an age of extinction*; Geoff LeBaron, director of Audubon Society's annual Christmas Bird Count

Links for more info: <http://www.maryellenhannibal.com/>, <http://www.christmasbirdcount.org/>

Compliance Issues Covered: Science, Humanity, Education, Climate change

13:43	<b>SEGMENT 2: Author Jack London's Writings and Social Activism</b>	10:30
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Synopsis: Jack London is known for his rip-roaring adventure books, but he was also a social activist. We discover how London's own journey informed his writing, and how his books and stories reflect the plight of exploited workers and impoverished women and children.

Host: Marty Peterson. Guests: Cecelia Tichi, William R. Kenan Jr. Professor of English and professor of American Studies at Vanderbilt University, author, *Jack London: A writer's fight for a better America*.

Links for more info: <http://www.jacklondonbook.com/>

Compliance Issues Covered: Literature, American History, Capitalism

24:13	<b>Culture Crash: <i>The Simpsons's</i> Apu Problem</b>	2:15
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Synopsis: *The Simpsons* is a cultural institution. But one character, Apu, is a racist stereotype, and some Indian-American actors and comedians think it's past time for a re-evaluation.

Host: Evan Rook

Compliance Issues Covered: Hollywood, Culture, Racism



Program Log for *Viewpoints Radio*



## Program Log for *Viewpoints Radio*

<b>Program</b>	17-50	<b>Producers</b>	Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
<b>Air Week</b>	12/10/2017	<b>Production Director</b>	Sean Waldron

Time	Segment	Dur.
1:47	<b>SEGMENT 1: The Role of a Literary Editor</b> Synopsis: You see authors thank their editors all the time in the acknowledgements section of a book. But exactly what does an editor do? We talk to an editor himself who explains to us what an editor does to get the book from a manuscript to the finished copy on store shelves.	10:07

Host: Gary Price. Guests: Peter Ginna, literary editor and author, *What Editors Do*

Links for more info: <http://www.press.uchicago.edu/ucp/books/book/chicago/W/bo21439635.html>

Compliance Issues Covered: Literature, Careers, Culture

13:56	<b>SEGMENT 2: Being the Newcomer: How to navigate new situations</b>	9:00
Synopsis: When you're the new person at the office, in the neighborhood or at a party it can be an awkward situation, especially if you're not the most gregarious person. Our guest discusses the issue and offers advice on how to navigate various situations when you're the newbie in the room.		

Host: Marty Peterson. Guests: Keith Rollag, Associate Professor of Management, and Chairman of the Management Division at Babson College, Wellesley, MA, and of author of *What to Do When You're New: How to be comfortable, confident and successful in new situations*.

Links for more info: <http://www.keithrollag.com/>, <http://www.whenyounew.com/>

Compliance Issues Covered: Sociology, History, Workplace issues, Psychology

22:56	SPOTBREAK 3: Donate Cars/Going to Do PSA	OUTCUE: seven-eight.	:60
23:56	<b>Culture Crash: Christmas Music</b>		2:31
Synopsis: It's all around us: the sounds of the holiday season. We explore some of the classics and modern hits that make December truly the most wonderful time of the year.			

Host: Evan Rook

Compliance Issues Covered: Media, Music, Culture, Holidays



## Program Log for *Viewpoints Radio*

**Program** 17-51 **Producers** Reed Pence, Evan Rook, Polly Hansen  
**Air Week** 12/17/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: America's Diner Waitresses</b>	10:11

Synopsis: Diners are an American staple. It's where you stop for a piece of pie and a cup of coffee from coast to coast. But diners are slowly disappearing to larger chains. We talk about the waitresses who make the diners function and the culture behind the career.

Host: Gary Price. Guests: Candacy Taylor, author, *Counter Culture: The American Coffee Shop Waitress*

Links for more info: [https://www.amazon.com/dp/B00O08LDW2/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B00O08LDW2/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1),  
<http://taylormadeculture.com/>

Compliance Issues Covered: American Issues, Careers, Culture, Business

14:00	<b>SEGMENT 2: Creating Great Teams with Diverse Thought</b>	8:38
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Synopsis: It may seem like the best way to create a business is to only include the best and the brightest. But limiting your group to any standard, even Ivy League-education, can lead to groupthink. We talk to one expert about how cognitive diversity can improve the results for a school, business, or even an entire society.

Host: Marty Peterson. Guests: Scott E. Page, Leonid Hurwicz Collegiate Professor at the University of Michigan and author, *The Difference: How the power of diversity creates better groups, firms, schools and societies*.

Links for more info: <https://sites.lsa.umich.edu/scottepage/research-2/diversity-research/>, <https://www.amazon.com/The-Difference-Diversity-Creates-Societies/dp/0691138540>

Compliance Issues Covered: Sociology, Workplace issues, Psychology, Diversity

23:38	<b>Culture Crash: 2017's "Little" Horror Movies</b>	2:42
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Synopsis: This year, low-cost horror movies like "Get Out" made big noise at the box office and now, the awards conversation. We discuss one man responsible for the trend: producer Jason Blum.

Host: Evan Rook Compliance Issues Covered: Media, Movies, Culture, Economics



## Program Log for *Viewpoints Radio*

**Program** 17-52 **Producers** Reed Pence, Evan Rook, Pat Reuter  
**Air Week** 12/24/2017 **Production Director** Sean Waldron

**Time Segment Dur.**  
1:47 **SEGMENT 1: Hitting the Off Switch: Going offline in a digital age** 10:11  
Synopsis: Smart phones and social media apps take up a lot of time for many Americans. We can't watch TV or sit at the dinner table without checking for notifications or scrolling Twitter simultaneously. That's what worried Christina Crook, who took a 31-day vacation from the internet to reconnect with her physical life.

Host: Gary Price. Guests: Christina Crook, communications professional and author, *The Joy of Missing Out: Finding balance in a wired world*

Links for more info: <http://www.jomobook.com/>

Compliance Issues Covered: American Issues, Internet, Technology, Social Issues

13:05 **SEGMENT 2: America's Pearl Harbor Christmas** 8:38  
Synopsis: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season.

Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of *Pearl Harbor Christmas: A world at war 1941*.

Links for more info: [https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

Compliance Issues Covered: History, War, America, Politics, Holidays

24:08 **Culture Crash: *Black Mirror*** 2:42  
Synopsis: Netflix's *Black Mirror* is like *The Twilight Zone* for the digital age. We discuss the show, its technologies, and how the unsettling drama has found a foothold exploring the future of our world.

Host: Evan Rook

Compliance Issues Covered: Media, Television, Technology, Culture



## Program Log for *Viewpoints Radio*

**Program** 17-53 **Producers** Reed Pence, Evan Rook, Pat Reuter  
**Air Week** 12/31/2017 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: Lessons on Joy</b> Synopsis: In a country that seems to be pulling away more and more every day, it can seem nearly impossible to find time for yourself to clear your mind and feel joy. We talk to Douglas Abrams about the week he spent learning from two of the world's spiritual leaders, His Holiness the 14 <sup>th</sup> Dalai Lama and Archbishop Desmond Tutu. Abrams shares the joy practices and little things that the Dalai Lama and Archbishop Tutu do daily to experience joy regularly.	11:07

Host: Gary Price. Guests: Douglas Abrams, author of *The Book of Joy: Happiness in a Changing World*

Links for more info: <http://www.jomobook.com/>

Compliance Issues Covered: Religion, History, Mental Health

13:05	<b>SEGMENT 2: The State of Television</b> Synopsis: The world of television has never been busier. With more than 500 scripted shows airing in 2017, it's never been harder to keep up with the medium. We talk to TV critic Alan Sepinwall about staying on top of things, the trends of TV, and one of the great shows of the century so far, <i>Breaking Bad</i> .	10:08
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Host: Marty Peterson. Guests: Alan Sepinwall, TV critic for UPROXX.com and author of *Breaking Bad 101*

Links for more info: [https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

Compliance Issues Covered: Television, Art, Criticism

24:08	<b>Culture Crash: Netflix's <i>Dark</i></b> Synopsis: Netflix has a new binge-worthy show called <i>Dark</i> . The German-language show involves time travel, family drama, a small town, and a lot of mind-bending sci-fi.	1:59
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Host: Evan Rook

Compliance Issues Covered: Culture, Television, Media



**2017-Q4 (October-December) Viewpoints Radio Quarterly Report**  
**Compliance Issues covered this quarter:**

Addiction	Health Care
Aging	Hispanic and Latino Issues
Beauty	Immigration
Child Abuse	Labor and Employment
Climate change	Medicine
Consumerism	Mental Health
Crime/Justice System	Modern Culture
Developmental Disabilities	Natural Disasters
Disease	Nutrition/Malnutrition
Discrimination	Parenting
Disorders	Pop Culture
Economics	Poverty
Education	Psychology
Elderly	Public Discourse
Emergency Preparedness	Public Health
Environmental issues	Public Policy
Ethics	Substance Abuse
Family Issues	Suicide and Prevention
Federal Government	Technology
Gender Issues	Teen Pregnancy
Generational Conflict	Women's Issues
	Youth at Risk

## Program Log for *Radio Health Journal*

**Program** 17-40 **Producers** Reed Pence & Libby Foster  
**Air Week** 10/01/17-10/07/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: A POSSIBLE TREATMENT FOR FETAL ALCOHOL SYNDROME?</b>	12:39

Synopsis: Fetal alcohol spectrum disorder affects around five percent of the US population with mental disabilities and behavioral problems. Researchers explain experiments on animals with a new treatment that could eliminate the disorder, perhaps even after birth.

Host: Reed Pence. Guests: Maggie, parent of son with fetal alcohol syndrome; Dr. Eva Redei, Prof. of Psychiatry and Behavioral Sciences, Northwestern Univ.; Dr. Joanne Rovet, Senior Scientists, Hospital for Sick Children, Toronto, and Senior Prof. of Psychology, Univ. of Toronto.

Compliance issues covered: youth at risk; parenting issues; alcohol abuse; technology; developmental disabilities

Links for more information: <http://www.nuin.northwestern.edu/members-2/e-redei/>;  
<http://www.sickkids.ca/AboutSickKids/Directory/People/R/Joanne-Rovet.html>

15:44	<b>SEGMENT 2: FERTILITY RATE DECLINES</b>	7:18
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Synopsis: Birth rates in the US are at an all time low, and fertility for all age groups under age 30 is dropping. Experts explain that it may not be as good a thing as we may think, and cite nations like Japan and Italy which are facing labor shortages and elderly populations as a result of less-than-replacement-level fertility.

Host: Nancy Benson. Guests: Richard Jackson, President & founder, Global Aging Institute; Dr. Elise Berlan, Director, Young Women's Contraception Program, Nationwide Children's Hospital, Columbus, OH

Compliance issues covered: health care; teen pregnancy; labor and employment; economics; generational conflict

Links for more information: <http://www.globalaginginstitute.org/about-gai/team.html>; <http://www.nationwidechildrens.org/elise-d-berlan>

**Program** 17-41 **Producers** Reed Pence & Libby Foster

## Program Log for *Radio Health Journal*

**Air Week** 10/08/17-10/14/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:57	<b>SEGMENT 1: UNDOCUMENTED IMMIGRANTS SKIPPING HEALTHCARE</b>	12:48

Synopsis: With the federal government's crackdown on undocumented immigrants, many of them are skipping going to the doctor or the emergency room for fear of deportation. Experts discuss.

Host: Reed Pence. Guests: Dr. Evan Ashkin, Prof. of Family Medicine, Univ. of North Carolina, Chapel Hill; Dr. Elisabeth Poorman, primary care physician, Cambridge Health Alliance, Everett, MA

Compliance issues covered: immigration; health care; public health; federal government; Hispanic and Latino issues; discrimination

Links for more information: <http://www.med.unc.edu/fammed/news/unique-partnership-brings-doctors-to-statesunderserved-areas>; <https://www.facebook.com/elisabethpoorman/>

15:47	<b>SEGMENT 2: PICA: A STRANGE "EAT ANYTHING" DISORDER</b>	7:05
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Synopsis: Pregnancy and early childhood are the most common time for a strange disorder that prompts people to eat non-food items such as clay or ice. Experts discuss its mysterious history.

Host: Nancy Benson. Guests: Dr. Sera Young, Asst. Prof. of Anthropology and Global Health, Northwestern Univ.; Dr. Richard Kreipe, Prof. of Pediatrics and Director, Child and Adolescent Eating Disorder Program, Univ. of Rochester

Compliance issues covered: health care; youth at risk

Links for more information: <https://www.nationaleatingdisorders.org>; <http://www.anthropology.northwestern.edu/people/faculty/sera-young.html>; <https://www.urmc.rochester.edu/people/20022129-richard-e-kreipe/patients>

<b>Program</b>	17-42	<b>Producers</b>	Reed Pence & Polly Hansen
<b>Air Week</b>	10/15/17-10/21/17	<b>Production Director</b>	Sean Waldron

## Program Log for *Radio Health Journal*

Time	Segment	Dur.
2:05	<b>SEGMENT 1: WHY THE OPPOSITION TO LATER SCHOOL START TIMES?</b>	12:02

Synopsis: Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change.

Host: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Asst. Prof. of Psychiatry and Psychology, Univ. of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

Compliance issues covered: Youth at risk; education; public policy; parenting issues; economics

Links for more information: [https://www.rand.org/about/people/t/troxel\\_wendy\\_m.html](https://www.rand.org/about/people/t/troxel_wendy_m.html); <http://www.startschoollater.net>

15:09	<b>SEGMENT 2: CANCER &amp; BEAUTY</b>	7:39
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Synopsis: Women undergoing cancer treatment often suffer hair loss and other impacts on appearance. A noted beauty expert discusses best ways to deal with it.

Host: Nancy Benson. Guest: Caitlin Keirnan, former fashion columnist & beauty director, cancer survivor and author, *Pretty Sick: A Beauty Guide for Women With Cancer*

Compliance issues covered: women's issues; health care

Links for more information: <https://www.littlebrown.co.uk/books/detail.page?isbn=9780349417271>

<b>Program</b>	17-43	<b>Producer</b>	Reed Pence
<b>Air Week</b>	10/22/17-10/28/17	<b>Production Director</b>	Sean Waldron

Time	Segment	Dur.
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**2:05      SEGMENT 1: THE BIOLOGY OF ADDICTION**

12:40

Synopsis: Scientists are learning the specific workings of the brain when it is addicted to a substance or behavior, and showing that all addictions are similar. This gives hope of one day developing a drug to combat many addictions. However, the stigma of addictions—that they are a moral failing—still looms over the field.

Host: Reed Pence. Guests: Dr. Rita Goldstein, Prof. of Psychiatry and Neuroscience, Icahn School of Medicine at Mt. Sinai, New York; Dr. Anna Rose Childress, Research Prof. of Psychology in Psychiatry, Univ. of Pennsylvania School of Medicine

Compliance issues covered: drug addiction and treatment; alcohol addiction; public health

Links for more information: <http://www.nationalgeographic.com/magazine/2017/09/the-addicted-brain/>;  
<http://www.mountsinai.org/profiles/rita-goldstein>; [http://www.med.upenn.edu/csa/bios\\_faculty.html](http://www.med.upenn.edu/csa/bios_faculty.html)

**15:47      SEGMENT 2: PREPARING FOR DISASTER**

Synopsis: Many people will have to deal with a natural disaster at some point in their lives. Two civil defense experts discuss how to be ready before it comes.

Host: Nancy Benson. Guests: Jonathan Jones and Kylene Jones, co-authors, *The Provident Prepper: A Common Sense Guide to Preparing for Emergencies*

Compliance issues covered: natural disasters; emergency preparedness; public safety and public health

Link for more information: <http://theprovidentprepper.org>

## Program Log for *Radio Health Journal*

**Program** 17-44 **Producer** Reed Pence  
**Air Week** 10/29/17-11/04/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: INCLUDING FEMALES IN BASIC RESEARCH</b>	12:00

Synopsis: Only about a third of research subjects in clinical studies are women. In basic research on animals and cells, female models are even more poorly represented. This results in poor understanding of how new drugs work on women and occasional drug recalls when major side effects are discovered after the fact. Experts discuss why such an imbalance occurs, its results, and how the problem is being addressed.

Host: Reed Pence. Guests: Dr. Teresa Woodruff, Director, Women's Health Research Institute, Northwestern Univ.; Dr. Melina Kibbe, Prof. of Surgery, Northwestern Univ.; Dr. Kathryn Sandburg, Director, Center for the Study of Sex Differences in Health, Aging & Disease, Georgetown Univ.

Compliance issues covered: health and medicine; women's issues; gender issues; federal govt.; economics

Links for more information: <https://www.womenshealth.northwestern.edu> ; <http://kibbelab.northwestern.edu> ; <http://csd.georgetown.edu>

15:07	<b>SEGMENT 2: "EXPLODING HEAD SYNDROME"</b>	6:51
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Synopsis: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

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

Compliance issues covered: health care; lifestyle issues

Links for more information: <http://www.briansharpless.com>

## Program Log for *Radio Health Journal*

**Program** 17-45 **Producer** Reed Pence  
**Air Week** 11/05/17-11/11/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: MORE CARBON DIOXIDE, LESS NUTRITIOUS FOOD CROPS</b>	12:11

Synopsis: Rising levels of carbon dioxide in the atmosphere are making crops grow bigger & faster. However, researchers have found that these crops contain significantly lower levels of protein, iron, zinc, and other important nutrients, potentially endangering nutrition for hundreds of millions of people. Experts explain the effect will get worse as CO2 levels continue to rise, and what might be done to combat the problem.

Host: Reed Pence. Guests: Dr. Sam Myers, Principal Research Scientist and Director, Planetary Health Alliance, Harvard Univ.; Dr. Kristie Ebi, Director, Center for Health and the Global Environment, Univ. of Washington

Compliance issues covered: environment; climate change; agriculture; malnutrition; poverty; public health

Links for more information: <https://planetaryhealthalliance.org/people/sam-s-myers-md-mph>;  
<https://globalhealth.washington.edu/faculty/kristie-ebi>

15:18	<b>SEGMENT 2: BODY DYSMORPHIC DISORDER</b>	7:28
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Synopsis: Some people who seek repeated plastic surgery are afflicted with a mental illness, body dysmorphic disorder, which distorts their view of their own appearance. Experts discuss symptoms and how the disorder may be treated, though few with the disorder agree to psychological treatment.

Host: Nancy Benson. Guests: Dr. Elliot Hirsch, Los Angeles plastic surgeon; Dr. Angela Fang, Asst. Prof. of Psychology, Harvard Medical School and psychologist, Massachusetts General Hospital

Compliance issues covered: health and beauty; health care; mental illness; suicide and prevention

Links for more information: <http://www.hirschplasticsurgery.com>; <https://mghod.org/staff/angela-fang-ph-d/>

**Program** 17-46 **Producers** Polly Hansen & Reed Pence  
**Air Week** 11/12/17-11/18/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:01	<b>SEGMENT 1: HANDSHAKE BANS &amp; HAND WASHING</b>	11:37

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.”

Host: Reed Pence. Guests: Dr. Mark Sklansky, Prof. and Chief, Division of Pediatric Cardiology, UCLA Mattel Children’s Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, “The Inspirational Nurse,” Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

Compliance issues covered: public health; health care

Links for more information: <https://www.uclahealth.org/mark-sklansky>; <http://donnacardillo.com>;  
[https://www.cecily.com/ncpa/tampa\\_2008/mtm\\_diabetes\\_insulin/marquess.htm](https://www.cecily.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm); <http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

14:40	<b>SEGMENT 2: “BIG CHICKEN”</b>	7:49
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Synopsis: Poultry farming has become heavily industrialized, in part through the use of antibiotics in feed. This contributes to the spread of antibiotic resistance, as an expert author describes.

Host: Nancy Benson. Guest: Maryn McKenna, author, *Big Chicken: The Incredible Story of How Antibiotics Created Modern Agriculture and Changed the Way the World Eats*

Compliance issues covered: public health; environment; economics; agriculture

Links for more information: <http://marynmckenna.com/big-chicken/>



**Program** 17-47      **Producer** Reed Pence  
**Air Week** 11/19/17-11/25/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
	<b>SEGMENT 1: NAVIGATING THE AGING PROCESS</b>	12:31

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age.

Host: Reed Pence. Guests: Melanie Merriman, author, *Holding the Net: Caring For My Mother On the Tightrope of Aging*. Joy Loverde, author, *Who Will Take Care of Me When I'm Old?*

Compliance issues covered: health care; aging and elderly; family issues; housing; economics

Links for more information: <http://greenwriterspress.com/book/holding-the-net/>; <http://www.elderindustry.com>

15:35	<b>SEGMENT 2: "HELPFUL LIES"</b>	6:54
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Synopsis: Lies aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain.

Host: Nancy Benson. Guests: Matthew Lupoli, social scientists, Univ. of California, San Diego; Dr. Paul Ekman, Prof. Emeritus of Psychology, Univ. of California, San Francisco.

Compliance issues covered: ethics; public discourse

Links for more information: <https://matthewlupoli.wixsite.com/ucsd>; <http://www.paulekman.com/paul-ekman/>

## Program Log for *Radio Health Journal*

**Program** 17-48 **Producer** Reed Pence  
**Air Week** 11/26/17-12/02/17 **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: ALZHEIMER'S, SPOUSES, AND "CLOSE FRIENDS"</b>	11:08

Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable.

Host: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Asst. Prof. of Psychiatry, Drexel Univ.; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, *Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman*

Compliance issues covered: health care; public health; elderly and senior citizens; family issues; ethics; mental health

Links for more information: <https://www.doximity.com/pub/william-uffner-md>; <https://www.linkedin.com/in/sharon-b-shaw-lcsw-cgp-01b1a92/>; <http://www.tamireeves.com/bleeding-hearts.html>

14:15	<b>SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE</b>	8:05
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Synopsis: Researchers have found that severe emotional trauma in childhood triggers physical disease later in life, and has a cumulative effect. An award-winning science writer who has researched the topic discusses findings.

Host: Nancy Benson. Guest: Donna Jackson Nakazawa, author, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*

Compliance issues covered: child abuse; mental health; public health

Links for more information: <https://donnajacksonnakazawa.com>

## Program Log for *Radio Health Journal*

**Program** 17-49      **Producer** Reed Pence  
**Air Week** 12/03/17-12/09/17      **Production Director** Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:05	<b>SEGMENT 1: HUMAN TRAFFICKING: SLAVERY BY ANOTHER NAME</b>	12:16

Synopsis: Millions of vulnerable low-wage workers are exploited and trapped, both in the US and around the world. Experts discuss why foreigners are especially at risk of being intimidated into forced labor and how they might be rescued.

Host: Reed Pence. Guests: Melysa Sperber, Director, Alliance to End Slavery and Trafficking; Catherine Longkumer, Project Manager, Human Trafficking Initiative, Legal Aid Society of Metropolitan Family Services of Chicago

Compliance issues covered: youth at risk; labor and employment issues; police, crime and justice system; immigration; economics

Links for more information: <https://humantraffickinghotline.org>; <https://endslaveryandtrafficking.org>; <https://www.metrofamily.org/legal-aid/>

15:23	<b>SEGMENT 2: PANCREATIC CANCER</b>	7:41
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Synopsis: Survival rates for pancreatic cancer remain extremely low due in part to the lack of screening tests for early detection. An advocate and a genetic counselor discuss the state of pancreatic cancer screening and the few alternatives available.

Host: Nancy Benson. Guests: Jim Rolfe, President and co-founder, Rolfe Pancreatic Cancer Foundation; Jessica Stoll, certified genetic counselor and Assistant Director, Gastrointestinal Center Risk and Prevention Clinic, Univ. of Chicago Medicine

Compliance issues covered: health care; public health

Links for more information: <http://www.rolfefoundation.org>; <https://cancergenetics.uchicago.edu/directory/jessica-stoll-ms-cgc>

**Program** 17-50      **Producer** Reed Pence  
**Air Week** 12/10/17-12/16/17      **Production Director** Sean Waldron

Time	Segment	Dur.
1:59	<b>SEGMENT 1: MENTAL HEALTH TREATMENT FOR CHILDREN</b>	12:38

Synopsis: Thirty-five percent of children receiving treatment for mental health issues are treated only by a primary care physician, due in part to a shortage in pediatric mental health care providers as well as a stigma in consulting them. Experts discuss readiness of pediatricians to treat mental illness in children and efforts to be sure they're prepared.

Host: Reed Pence. Guests: Dr. Jeanne Van Cleve, Asst Prof. of Pediatrics, Harvard Medical School and Mass. General Hospital for Children; Dr. Douglas Tynan, clinical psychologist, American Psychological Assn.; Dr. Scott Benson, child and adolescent psychiatrist, Pensacola, FL

Compliance issues covered: youth at risk; health care; mental illness; education; consumerism

Links for more information: <https://www.sharecare.com/doctor/dr-jeanne-m-vancleave>; <http://www.apa.org>; <https://www.aap.org>

15:39	<b>SEGMENT 2: SEASONAL AFFECTIVE DISORDER &amp; THE HOLIDAYS</b>	7:19
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Synopsis: Some people, especially those in northern latitudes, may get the blues or worse as fall sets in and days get shorter. They suffer from seasonal affective disorder, a chemical change in the brain caused by decreased exposure to sunlight. Experts discuss causes and remedies.

Host: Nancy Benson. Guests: Dr. Nicholas Forand, clinical psychologist, The Ohio State Univ. Wexner Medical Center; Jim LaValle, clinical pharmacist and author, *Your Blood Never Lies* and *Cracking the Metabolic Code*

Compliance issues covered: consumerism; health care; mental illness

Links for more information: <https://wexnermedical.osu.edu/neurological-institute/researchers/nicholas-forand-phd>; <http://www.jimlavallo.com/bio.html>

<b>Program</b>	17-51	<b>Producer</b>	Polly Hansen and Reed Pence
<b>Air Week</b>	12/17/17-12/23/17	<b>Production Director</b>	Sean Waldron

Time	Segment	Dur.
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**2:03      SEGMENT 1: STAYING CALM IN STRESSFUL TIMES**

**12:03**

Synopsis: Meditation and mindfulness could be in even more demand as civility declines and stress increases. An expert explains how it works.

Host: Shel Lustig. Guest: Dr. Richard Davidson, Prof. of Psychology and Psychiatry and founder and director, Center for Healthy Minds, Univ. of Wisconsin-Madison, and co-author, *Altered Traits: Science Reveals How Medication Changes Your Mind, Brain, and Body*

Compliance issues covered: health care; modern culture; pop psychology

Links for more information: <https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/>

**15:08      SEGMENT 2: HICCUPS**

**7:23**

Synopsis: Hiccups are annoying and uncomfortable, and doctors don't know why we (and most other species) get them. An expert explains what hiccups are and why most home remedies actually work.

Host: Nancy Benson. Guest: Dr. Tyler Cymet, Chief, Clinical Education, American Assn. of Colleges of Osteopathic Medicine

Compliance issues covered: consumerism; health care; pop culture

Links for more information: <http://www.aacom.org>; [https://en.wikipedia.org/wiki/Tyler\\_Cymet](https://en.wikipedia.org/wiki/Tyler_Cymet)

<b>Program</b>	17-52	<b>Producer</b>	Reed Pence
<b>Air Week</b>	12/17/17-12/23/17	<b>Production Director</b>	Sean Waldron

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
2:03	<b>SEGMENT 1: LONG TERM PSYCHOLOGICAL DAMAGE OF NATURAL DISASTERS</b>	12:09

Synopsis: Mega-storms such as Hurricanes Harvey, Irma and Maria disrupt uncounted lives and leave psychological scars that can last for decades and recur every hurricane season. Experts who have tracked survivors of Hurricane Katrina 12 years ago explain what survivors of new storms can expect in their lives.

## Program Log for *Radio Health Journal*

Host: Shel Lustig. Guests: Dr. Howard Osofsky, Chrmn., Dept of Psychiatry, Louisiana State Univ. Health Sciences Center; Dr. Thomas Hauth, Medical Director, Jefferson Parish Human Services Authority

Compliance issues covered: mental health; environment and natural disasters; emergency preparedness; alcohol and drug abuse

Links for more information: [https://www.medschool.lsuhsu.edu/neuroscience/faculty\\_detail.aspx?name=osofsky\\_howard](https://www.medschool.lsuhsu.edu/neuroscience/faculty_detail.aspx?name=osofsky_howard);  
<https://www.healthcare6.com/physician/marrero-la/thomas-a-hauth-169256.html>

### 15:14 **SEGMENT 2: 'BROKEN HEART SYNDROME'**

7:37

Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call "stress cardiomyopathy." Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains.

Host: Nancy Benson. Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO.

Compliance issues covered: health care; consumerism; pop culture

Links for more information: [https://www.nlm.nih.gov/locallegends/Biographies/Stevens\\_Tracy.html](https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html)

<b>Program</b>	17-53	<b>Producers</b>	Reed Pence and Polly Hansen	
<b>Air Week</b>	12/31/17-01/06/18	<b>Production Director</b>	Sean Waldron	
<b>Time</b>	<b>Segment</b>			<b>Dur.</b>
2:05	<b>SEGMENT 1: POLYCYSTIC OVARY SYNDROME</b>			13:11
Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know.				

Host: Reed Pence. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

Compliance issues covered: health care; women's issues; consumerism

Links for more information: <http://integrativemqi.com/doctors/dr-felice-gersh/>;  
<https://intmed.vcu.edu/about/leadership/nestler.html>; <https://hospital.uillinois.edu/find-a-doctor/frank-gonzalez>;  
[https://www.sc.edu/study/colleges\\_schools/public\\_health/faculty-staff/turner-mcgrievy\\_brie.php](https://www.sc.edu/study/colleges_schools/public_health/faculty-staff/turner-mcgrievy_brie.php);

**16:18 SEGMENT 2: DREAMS VS. REALITY FOR CHILDREN IN POVERTY**

**6:34**

Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem.

Host: Nancy Benson. Guest: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund

Compliance issues covered: health care; public health; youth at risk; poverty

Links for more information: <https://www.mailman.columbia.edu/people/our-faculty/ir2110>;  
<https://www.childrenshealthfund.org>