

## Public Interest Report

July 1, 2015 - September 30, 2015

*The Faith Middleton Show*

*(ALL PROGRAMS 3:00PM FOR 1 HOUR DURATION)*

### THURSDAY, JULY 9, 2015

Every day, children of concerned parents are handed a quick diagnosis of ADHD and an open-ended prescription for medication. On this show we spoke with psychiatrist Dr. Dale Archer about his book, *The ADHD Advantage*. The book explains how, with a little coaxing, the traits of an ADHDer can actually be a competitive advantage and can work as an asset for success in business, athletics, school, and every other facet of life.

Issues Discussed: Consumer services, Education, Professions, etc.

### MONDAY, JULY 20, 2015

Americans consume more than 70 pounds of sugar a year and it's making us fat, unhealthy, and lazy. We know sugar's linked to things like heart disease, type II diabetes, and Alzheimer's, yet we can't seem to quit the habit. On this show we talked with dermatologist Patricia Farris, co-author of *The Sugar Detox*. She explains how sugar gets processed in the body and how it impacts us inside and out. The book is all about how to kick the sugar habit.

Issues Discussed: Education, Professions, Public safety, health and welfare, etc.

### MONDAY, AUGUST 3, 2015

The topic on this show was how to get motivated to eat well and hold a stable weight. Our coach was metabolic doctor and endocrinologist Dr. Reza Yavari. He joined us for the hour.

Issues Discussed: Consumer services, Education, Recreation, etc.

### WEDNESDAY, AUGUST 5, 2015

Faith hosts a weekly food show where she and her guests talk about great places to eat, culture, cookbooks, kitchen tips, and food products.

Issues Discussed: Agriculture, Business, Education, etc.

### THURSDAY, AUGUST 27, 2015

To do well in our globally connected, highly competitive world our children need twenty-first-century skills. Creativity, critical thinking, communication, and collaboration are at the top of

the list according to child psychiatrist Dr. Shimi Kang. The Harvard trained expert on motivation claims current parenting trends are preventing children from reaching their full potential. On this show we talked with Dr. Kang about her new book, *The Self-Motivated Kid: How to Raise Happy, Healthy Children Who Know What They Want and Go After it (Without Being Told)*.

Issues Discussed: Education, Culture, Recreation, etc.

#### TUESDAY, SEPTEMBER 8, 2015

Recently Yale economist Robert Shiller said in an essay in the *New York Times* that no one can say for certain what the stock market drop means. He did, however, say we'd all be right to exercise great caution now. Caution would not be new to investors who have understood for some time that a market correction was due, meaning a significant drop. For the past year our show's financial analysts, the Kreitlers, have championed an extremely diversified portfolio to hedge against market turmoil. On this show Bob and Charlie Kreitler joined us to interpret the market's rollercoaster ride and explain what a diversified portfolio looks like.

Issues Discussed: Business, Government, Professions, etc.

#### TUESDAY, SEPTEMBER 22, 2015

The remarkable story of James Howard "Billy" Williams, whose uncanny rapport with the world's largest land animals transformed him from a carefree young man into the charismatic war hero known as Elephant Bill. When Imperial Japanese forces invaded Burma in 1942, Williams joined the elite Force 136, the British dirty tricks department, operating behind enemy lines. His war elephants would carry supplies, build bridges, and transport the sick and elderly over treacherous mountain terrain. On this show Vicki Constantine Croke joined us to talk about her book *Elephant Company*.

Issues Discussed: Education, Military, Professions, etc.