



Call Letters: _____

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Show # 2020-01

Date aired: _____ Time Aired: _____

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Length: 8:52

- Online Security
- Crime
- Consumer Matters

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of *"Never Split the Difference: Negotiating As If Your Life Depended On It"*

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Length: 8:25

- Career
- Parenting

Show # 2020-02

Date aired: _____ Time Aired: _____

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41

- Mental Health
- Physical Fitness

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of *"Good Habits, Bad Habits: The Science of Making Positive Changes That Stick"*

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:
Personal Growth
Addictions

Length: 8:35

Show # 2020-03

Date aired: _____ Time Aired: _____

Erica Reischer, PhD, psychologist, parent educator, author of *"What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive"*

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:
Parenting

Length: 7:51

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of *"The 100-Year Life: Living and Working in an Age of Longevity"*

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:
Retirement Planning
Senior Citizens

Length: 9:23

Show # 2020-04

Date aired: _____ Time Aired: _____

Donna Thomson, author of *"The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver"*

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:
Caregiving
Mental Health

Length: 9:20

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of "*Breaking Up with Sugar*."

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:

Length: 7:48

**Nutrition
Addiction
Consumer Matters**

Show # 2020-05

Date aired: _____ **Time Aired:** _____

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

Dr. Alinsky led a recent study that found that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:

Length: 9:20

**Drug Addiction
Public Health**

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:

Length: 7:48

**Retirement Planning
Minority Concerns
Government Policies**

Show # 2020-06

Date aired: _____ **Time Aired:** _____

Anthony O'Neal, author of "*Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans*"

Mr. O'Neal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

Length: 9:02

**Education
Personal Finance**

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:
Women's Issues
Mental Health
Gen X Concerns

Length: 8:03

Show # 2020-07

Date aired: _____ **Time Aired:** _____

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:
Teen Suicide
Mental Health
Parenting

Length: 7:57

Shola Richards, author of "*Making Work Work: The Positivity Solution for Any Work Environment*"

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:
Bullying
Workplace Matters

Length: 9:21

Show # 2020-08

Date aired: _____ **Time Aired:** _____

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:
Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters
Technology

Length: 8:03

Show # 2020-09

Date aired: _____ **Time Aired:** _____

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:
Dating Violence and Abuse
Teenager Concerns
Technology

Length: 8:37

Michael J. Tews, PhD, Associate Professor of Hospitality Management at Penn State University

Prof. Tews led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:
Employment
Career

Length: 8:40

Show # 2020-10

Date aired: _____ Time Aired: _____

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of *"The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage"*

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:

**Mental Health
Physical Fitness
Aging**

Length: 7:54

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of *"Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It"*

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:

Parenting

Length: 9:22

Show # 2020-11

Date aired: _____ Time Aired: _____

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of *"Upstream: The Quest to Solve Problems Before They Happen"*

Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:

**Workplace Matters
Education
Government**

Length: 9:35

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:

Length: 7:39

**Crime
City Planning
Environment**

Show # 2020-12

Date aired: _____ **Time Aired:** _____

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27

**Crime
Elder Abuse
Retirement Planning
Aging**

Kasey Wallis, personal coach, co-author of "*Who You Are Being*"

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48

**Mental Health
Media
Parenting**

Show # 2020-13

Date aired: _____ Time Aired: _____

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

Issues covered:

Length: 9:18

Education
Coronavirus
Technology

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:

Length: 7:48

Racial Bias
Diversity
Parenting

**2020-Q1 (January – March) Radio Health Journal
Quarterly Report – Compliancy Issues & Programs List**

Aging	Housing
Bankruptcy	Hospitals
Business & industry	Immigration
Cancer	Infectious disease
Children & child safety	Inner-city issues
Consumer safety	Insurance
Consumerism	Law & crime
Developmental disorders	Legislation
Economic assistance program	Parenting issues
Economics	Personal finance
Education	Politics
Elderly & senior citizens	Pop culture
Emergency rooms	Poverty
Employment & workplace issues	Parenting issues
Ethics	Poverty
Family issues	Public health
Fine Arts	Public policy
Federal government	Societal issues
Government spending	Sports & recreation
Healthcare	Technology
Heart disease	Women's issues
	Youth at risk

Program 20-01 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
1/5/20		

SEGMENT 1: AVOIDING MISTAKES IN DEALING WITH AGING	Time	Duration
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.	1:50	12:31

Host & Producer: 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: healthcare; aging & elderly; family issues; housing; economics

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

<http://www.elderindustry.com>

SEGMENT 2: TELLING LIES—WHO DOES IT AND WHY	Time	Duration
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.	15:23	7:06

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco

Compliance issues covered: ethics; public discourse; societal issues

Links for more information: <https://matthewlupoli.wixsite.com/ucsd>

<http://www.paulekman.com/paul-ekman/>

Program 20-02 Writers/Producers:	Reed Pence
Air Week: Studio Production:	Jason Dickey
1/12/20	

SEGMENT 1: HAND WASHING AND HANDSHAKE BANS	Time	Duration
<p>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."</p>	1:50	11:34

Host & Producer: Reed Pence

Guests: Dr. Mark Sklansky, Professor 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).

Compliancy issues covered: public health; healthcare; hospitals

Links for more information: <https://www.uclahealth.org/mark-sklansky>

<http://donnacardillo.com>

https://www.cecocity.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm

<http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/>

SEGMENT 2: "BROKEN HEART SYNDROME"	Time	Duration
<p>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.</p>	14:26	7:58

Host: Nancy Benson

Guests: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO

Compliancy issues covered: healthcare; consumerism; pop culture; heart disease

Links for more information: https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html

Program 20-03 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
1/19/20		

SEGMENT 1: CRUSHING MEDICAL DEBT	Time	Duration
<p>Synopsis: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high deductibles and out of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt.</p>	1:50	13:25

Host & Producer: Reed Pence

Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, *The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide*; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund

Compliancy issues covered: insurance; healthcare; economics ; bankruptcy; personal finance; consumerism; hospitals

Links for more information: <https://ripmedicaldebt.org/>
<https://nomoremedicaldebt.com>
<https://www.commonwealthfund.org/person/sara-r-collins>

SEGMENT 2: SMOLDERING CONCUSSIONS	Time	Duration
<p>Synopsis: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that protocols affecting the most vulnerable—young athletes—often are not followed. Experts explain why, and what people should do when they receive any blow to the head.</p>	16:17	6:36

Host: Nancy Benson

Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, *Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury*; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children’s Hospital and Associate Professor of Pediatrics, The Ohio State University College of Medicine

Compliancy issues covered: healthcare; consumerism; pop culture

Links for more information: <https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230>;
<https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team>

Program 20-04 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
1/26/20		

SEGMENT 1: ADHD AND SLEEP DISORDERS	Time	Duration
<p>Synopsis: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep.</p> <p>Host & Producer: Reed Pence</p> <p>Guests: Dr. Sandra Kooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify</p> <p>Compliancy youth at risk; developmental disorders; education; family issues</p> <p>issues covered:</p> <p>Links for more information: https://www.eunetworkadulthood.com/author/sandra-kooij/http://vatsalthakkar.com http://vatsalthakkar.com</p>	1:50	12:10

SEGMENT 2: WORKING WHILE SICK	Time	Duration
<p>Synopsis: Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office.</p> <p>Host: Nancy Benson</p> <p>Producer: Reed Pence</p> <p>Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA</p> <p>Compliancy public health; employment and workplace issues; disease & sickness</p> <p>issues covered:</p> <p>Links for more information: https://www.uclahealth.org/joseph-ladapo https://www.linkedin.com/in/richard-deosingh-56246813/</p>	15:02	7:30

Program 20-05 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
2/2/20		

SEGMENT 1: MUSIC AND MEDICINE	Time	Duration
<p>Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well. Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned-med student, an admissions officer and a musical doctor explain.</p>	1:49	12:22

Host & Producer: Reed Pence

Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, Bellevue Literary Review

Compliancy issues covered: education; healthcare; fine arts; technology

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

<https://www.med.mun.ca/getattachment/fd3babfb-0e24-4dbb-8c75-316694b84357/Newsletter-Volume-1:-Issue-1.aspx>
<http://www.soundsymposium.com/ssxix-hannah-boone/>

SEGMENT 2: GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE	Time	Duration
<p>Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.</p>	15:13	7:51

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University

Compliancy issues covered: food safety; consumer safety; sports and recreation

Links for more information: <http://www.clemson.edu/academics/programs/creative-inquiry/projects/spotlight/food-myth.html>

Program 20-06 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
2/9/20		

SEGMENT 1: A MORAL QUESTION: DEMENTIA, SPOUSES, AND "CLOSE FRIENDS"	Time	Duration
<p>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.</p>	1:50	11:10

Host & Producer: Reed Pence

Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Assistant Professor of Psychiatry, Drexel University; 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*

Compliancy issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics

Links for more information: <https://www.linkedin.com/in/sharon-b-shaw-icsw-cgp-01b1a92>

<http://www.tamireeves.com/bleeding-hearts.html>

SEGMENT 2: NEEDLE PHOBIA	Time	Duration
<p>Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.</p>	14:02	8:27

Host: Nancy Benson

Producer: Reed Pence

Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians

Compliancy issues covered: healthcare; public health; children and youth at risk; consumerism

Links for more information: <https://www.aafp.org/news/2019-congress-fmx/20190925leroyqa.html>

Information:

Program 20-07 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
2/16/20		

SEGMENT 1: MEDICAL CHILD ABUSE	Time	Duration
<p>Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries. Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery.</p>	1:50	12:30

Host & Producer: Reed Pence

Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, *Dying to be Ill: True Stories of Medical Deception*; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center

Compliance issues covered: healthcare; public health; elderly and senior citizens; family issues; ethics; law and crime; parenting issues

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

<https://www.munchausen.com/index.php/biography/>
<https://www.star-telegram.com/news/local/crime/article234077982.html>

SEGMENT 2: CORONAVIRUS: WHAT DOES IT MEANTO US?	Time	Duration
<p>Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.</p>	15:22	7:11

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.

Compliance issues covered: healthcare; public health; consumerism; infectious disease

Links for more information: <https://www.vumc.org/health-policy/person/william-schaffner-md>

<https://www.acep.org/people-pages/board/jon-mark-hirshon/>

Program 20-08 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
2/23/20		

SEGMENT 1: GENES AND HIGH CHOLESTEROL	Time	Duration
Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks.	1:50	12:10

Host & Producer: Reed Pence

Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, *The Crispr Generation: The Story of the World's First Gene-Edited Babies*

Compliancy issues covered: healthcare; public health; consumerism; heart disease

Links for more information: <https://www.med.upenn.edu/cvi/musunuru-laboratory.html>

SEGMENT 2: BIG DATA IN MEDICINE	Time	Duration
Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss.	15:02	7:59

Host: Nancy Benson

Producer: Reed Pence

Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, *The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era*

Compliancy issues covered: healthcare; technology

Links for more information: <https://www.cio.com/author/Paddy-Padmanabhan/>

Program 20-09 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
3/1/20		

SEGMENT 1: FOOD DESERTS, EATING HABITS, AND HEALTH	Time	Duration
Synopsis: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that theory, but finding values of grocery stores in other, unexpected places. Experts discuss how nearby supermarkets change people and the neighborhoods where they live.	1:50	12:57

Host & Producer: Reed Pence

Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research

Compliancy issues covered: public health; consumerism; economic development; poverty; inner city issues; economic assistance program

Links for more information: <https://sites.google.com/site/allcott/home>

https://www.rand.org/about/people/r/richardson_andrea.html

SEGMENT 2: BIG DATA IN MEDICINE	Time	Duration
Synopsis: Some experts believe the healthy lifespan eventually may be extended to hundreds of years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses.	15:49	7:06

Host: Nancy Benson

Producer: Polly Hansen

Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever

Compliancy issues covered: healthcare; technology; ethics; senior citizens; aging

Links for more information: <https://chipwalter.com/about-chip-walter/>

Program 20-10 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
3/8/20		

SEGMENT 1: POLYCYSTIC OVARY SYNDROME	Time	Duration
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.	1:46	13:04

Host & Producer: 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: healthcare; women's issues; consumerism

Links for more information: <http://integrativemgi.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-mcgriev_brie.php

SEGMENT 2: HEALTHCARE FOR CHILDREN IN POVERTY	Time	Duration
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.	15:52	6:37

Host: Nancy Benson

Producer: Polly Hansen

Guests: 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: healthcare; public health; youth at risk; poverty

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

Information: <https://www.childrenshealthfund.org>

Program 20-11 Writers/Producers:	Reed Pence	
Air Week: Studio Production:	Jason Dickey	
3/15/20		

SEGMENT 1: MEDICAL ERRORS, 20 YEARS AFTER "TO ERR IS HUMAN"	Time	Duration
Synopsis: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we've come since then and the difficult cooperation it will take to make patient safety more certain.	1:51	11:59

Host & Producer: Reed Pence

Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle Managing of American Medicine

Compliancy healthcare; public safety; consumerism issues covered:

Links for more information: <https://global.oup.com/academic/product/still-not-safe-9780190271268?cc=us&lang=en&#>

SEGMENT 2: INTERMITTENT FASTING	Time	Duration
Synopsis: Studies show that by this time of year, most of us have failed new year's resolutions to lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow.	14:52	7:34

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Michael Mosely, author, The Fast 800

Compliancy healthcare; consumerism issues covered:

Links for more information: <https://thefast800.com>

Information:

Program 20-12	Writers/Producers:	Reed Pence
Air Week: 3/22/20	Studio Production:	Jason Dickey

SEGMENT 1: THE U.S. TAKES ON CORONAVIRUS	Time	Duration
Synopsis: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses.	1:51	13:08

Host & Producer: Reed Pence

Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center

Compliance issues covered: healthcare; public health; public safety; employment; education

Links for more information: <https://www.vumc.org/health-policy/person/william-schaffner-md>

SEGMENT 2: THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT	Time	Duration
Synopsis: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment.	16:01	6:54

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy

Compliance issues covered: healthcare; public health; federal government; politics; immigration; consumerism; legislation; government spending; employment

Links for more information: <https://www.brookings.edu/experts/paul-ginsburg/>

Program 20-13	Writers/Producers:	Reed Pence
Air Week: 3/29/20	Studio Production:	Jason Dickey

SEGMENT 1: EASING THE STRESS OF WORKING AT HOME	Time	Duration
Synopsis: Millions of Americans are suddenly having to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy.	1:51	12:41

Host & Producer: Reed Pence

Guests: Teresa Douglas, co-author, Working Remotely: Secrets to Success for Employees on Distributed Teams

Compliancy issues covered: employment & workplace issues; family issues; economics; public health

Links for more information: <https://www.simonandschuster.com/books/Working-Remotely/Teresa-Douglas/9781506254333>

SEGMENT 2: KIDNEY DISEASE AND HIGH BLOOD PRESSURE	Time	Duration
Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention.	15:34	7:27

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases

Compliancy issues covered: healthcare; public health; consumerism

Links for more information: <https://www.niddk.nih.gov/about-niddk/meet-director>

2020-Q1 (January – March) Viewpoints Radio Quarterly Report – Compliancy Issues & Programs List

Acting	Failure
Activism	Family
Addiction	Film & film history
Adventure	Finance
Aging	Gender
Alzheimer's & dementia	Global Issues
Animal species	Goals
Army	Government
Art	Health & healthcare
Artificial Intelligence	Higher Education
Awards	History
Baking	Hobbies
Basketball	Home Organization
Biodiversity	Homelessness
Black History	Horror
Budget	Human Development
Business & industry	Immigration
Career	Inequality
Cinema	Insurance
Coloring	Intelligence
Comedy	Internet
Communication	Journaling
Community relations	Law & legal problems
Computer science	Literature
Consumerism	Math Media
Cooking	Medicine
Corporations	Motherhood
Creativity	Music
Culture	Navy
Death	Personal Growth
Design	Pharmacology
Disease	Police
Diversity	Race
Drug Use	Relationships
Economy	Social Media
Education	Sports
Endangered Species	Startups
Engineering	Women's Rights
Entrepreneurship	World War II
Environment	Writing
Espionage	
Exercise	
Exploration	
Extinction	

Program 20-01 Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook
Air Week: Studio Production: Jason Dickey
 1/5/20

SEGMENT 1: A BRIEF HISTORY OF SKIN MARKING
Time Duration

Synopsis: Humans have always practiced various forms of self-expression, whether that's through written word, music, art or some other outlet. The art of tattooing is one such form that dates back to thousands of years ago. We speak with a history expert, Craig Koslofsky about some of the earliest tattoo designs and how they were achieved as well as other skin alteration methods including scarification and branding.

1:47

10:20

Host: Gary Price

Guests: Craig Koslofsky, history professor, University of Illinois at Urbana-Champaign, author, Evening's Empire: A History of the Night in Early Modern Europe.

Compliancy issues covered: History, Culture, Art, Design, Literature, Religion, Disease, Health

Links for more information: <https://www.amazon.com/Evenings-Empire-History-Studies-European/dp/0521721067>
<https://earlymoderndailylife.wordpress.com/>
<https://history.illinois.edu/directory/profile/koslof>
SEGMENT 2: THE PITALLS OF SOCIAL MEDIA AS AN ATHLETE
Time Duration

Synopsis: Being a college or professional athlete is hard enough. Throw on top of that the constant commentary online and it can sometimes be hard to look away from what people are saying. Two football players offer up their thoughts on the pros and cons of social media and how to stay focused and positive.

14:10

8:17

Host: Marty Peterson

Guests: Joshua Perry, former linebacker, Indianapolis Colts, San Diego Chargers, The Ohio State University. Johnny Davidson, senior quarterback, Washington University at St. Louis

Compliancy issues covered: Sports, Social Media, Mental Health, Technology, Education, Career

Links for more information: https://www.washubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4
<http://www.nfl.com/player/joshuaperry/2555326/profile>
https://twitter.com/RIP_JEP?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
https://en.wikipedia.org/wiki/Joshua_Perry
CULTURE CRASH THE 2020 BLOCKBUSTER LINEUP
Time Duration

Synopsis: A new year means a new lineup of highly anticipated movie releases. We cover some of the biggest films for 2020 from the new Top Gun sequel featuring Tom Cruise to Christopher Nolan's new action movie, Tenet.

23:27

3:00

Host & Producer: Evan Rook

Compliancy issues covered: Film, Cinema, Culture,

Program 20-02 Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook
Air Week: Studio Production: Jason Dickey

1/12/20

SEGMENT 1: SPREADING WORD OF THE 2020 U.S. CENSUS
Time
Duration

Synopsis: The 2020 census is just around the corner. We speak with an employee from the U.S. Census Bureau about the importance of taking part in the nationwide survey and how the government is reaching students and their families through new in-school programs.

1:48

6:44

Host: Gary Price

Guests: Victoria Glasier, Chief of the Statistics in Schools Program, U.S. 2020 Census Bureau.

Compliance issues covered: History, Culture, Government, Finance, Economy, Diversity, Education, Budget

Links for more information: <https://2020census.gov/en/jobs.html>
<https://www.census.gov/schools/>
<https://www.census.gov/>
SEGMENT 2: ADDICTION: WHY IT HAPPENS AND HOW TO HELP ADDICTS BACK FROM THE EDGE
Time
Duration

Synopsis: Millions of Americans are addicted to alcohol and drugs, and many of them eventually end up unemployed, broken, separated from their families and homeless. We talk to an author who's battled alcohol and drug addiction for many years and finally found help through treatment. We also speak with a psychologist about the causes of addiction and why some people are more likely to become addicts than others.

10:35

11:32

Host: Marty Peterson

Guests: Ryan LaLumiere, psychologist, professor in the Psychology Dept., University of Iowa, and a specialist on addiction; Bob Allison, recovering addict, author of *Saved by the Prince of Peace: Dungeon to Sky*.

Compliance issues covered: Addiction, Health, Relationships, Education, Government, Homelessness

Links for more information: <https://psychology.uiowa.edu/> <https://www.samhsa.gov/>

https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr_1_1?ie=UTF8&qid=undefined&sr=8-1&keywords=Saved+by+the+prince+of+peace

CULTURE CRASH THE WWI EPIC, "1917"
Time
Duration

Synopsis: We explore the new release, *1917* now playing in theaters. The new film, which is filmed acclaimed cinematographer, Roger Deakins, has an action-packed storyline that does not disappoint.

23:07

3:20

Host & Producer: Evan Rook

Compliance issues covered: Film, War, Culture, History

Program 20-03 Writers/Producers: Amirah Zaveri & Evan Rook
Air Week: Studio Production: Jason Dickey
 1/19/20

SEGMENT 1: ARTIC EXPLORATION: THE DEMISE OF THE 1881 GREELY EXPEDITION
Time Duration

Synopsis: In 1881, Lt. Adolphus Greely and 24 men set out on a voyage to explore the northernmost Polar Arctic where few had ventured before. The goal was to collect vast amounts of scientific data of the unknown region and hopefully reach the North Pole. But the expedition soon went awry when no resupply made it to the camp for two years and the men were left to fend for themselves. Starvation, frostbite and even tales of cannibalism soon followed in this historic tale of exploration and survival.

1:47

12:01

Host: Gary Price

Guests: Buddy Levy, author, Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition

Compliancy issues covered: History, Exploration, Adventure, Army, Navy, Health, Science, Polar Arctic

Links for more information: <https://www.pbs.org/wgbh/americanexperience/films/greely/>

https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr_1_1?crid=16RL48KEMVNWQ&keywords=labyrinth+of+ice&qid=1578677548&srefix=laby%2Caps%2C152&sr=8-1
<http://buddylevy.com/index.html>

SEGMENT 2: WHY ARE YOUNG PEOPLE STRUGGLING MORE THAN PREVIOUS GENERATIONS?
Time Duration

Synopsis: Roughly 15 percent of 25 to 35-year-old's are back living with their parents, according to a 2016 study by Pew Research Center – and this number is only on the rise. Higher rent, cost of living and student debt are all contributing factors, however, there are some young adults stuck in an unmotivated, directionless state labeled as “failure to launch” We break down the term and what parents can do to nudge their young adults along.

15:50

7:31

Host: Marty Peterson

Guests: Doctor Mark McConville, author, Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It

Compliancy issues covered: Parenting, Higher Education, Personal Growth, Career, Mental Health, Psychology, Relationships, Stress, Finance, Social Media

Links for more information: <https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-mark-mcconville-phd/>

<https://www.amazon.com/Failure-Launch-Twentysomething-Hasnt-Grown/dp/0525542183>
<https://www.nytimes.com/2019/09/03/opinion/college-graduates.html>
<https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>

CULTURE CRASH: DAVE EGGERS: A LEADER IN LITERARY WRITING
Time Duration

Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir A Heartbreaking Work of Staggering Genius took readers on a wild and enthralling ride. Now, almost two decades later he's still producing novels that push the boundaries of dialogue and prose.

24:15

2:12

Host & Producer: Evan Rook

Compliancy issues covered: Literature, Writing, Culture

Program 20-04 Writers/Producers: Amirah Zaveri & Evan Rook
Air Week: Studio Production: Jason Dickey

1/26/20

SEGMENT 1: FINDING JOY AGAIN THROUGH SMALL CHANGES
Time Duration

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important

1:48 11:01

Host: Gary Price

Guests: Sarah Ban Breathnach, author, *Simple Abundance: 365 Days to a Balanced and Joyful Life*. Rachel Bertsche, journalist, author, *The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting*.

Compliancy issues covered: Literature, Mental Health, Journaling, Parenting, Social Media, Failure

Links for more information: <https://twitter.com/simpleabundance?lang=en>

<https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022>

<https://twitter.com/rberch?lang=en>

https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0

<http://www.sarahbanbreathnach.com/>

SEGMENT 2: A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG DIFFERENCE
Time Duration

Synopsis: Hate the stairmaster? Dread the treadmill? Exercise doesn't have to be an anxiety-inducing, hour-long activity. It can be getting a group of friends together for an axe-throwing session or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to better habits and a happier life.

14:51 8:01

Host: Marty Peterson

Guests: Kelly McGonigal, research psychologist, author, *Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage*; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago.

Compliancy issues covered: Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care

Links for more information: <https://www.southportfitness.com/>

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

<http://kellymcgonigal.com/>

<https://www.facebook.com/SouthportFitness/>

CULTURE CRASH: OSCAR SEASON
Time Duration

Synopsis: This year's Oscar nominations are out and there are some good contenders in the mix, but a few movies that were looked over. We delve into some of our favorite films from 2019 that didn't make the nomination cut, but are still worth the watch.

23:46 2:41

Host & Producer: Evan Rook

Compliancy issues covered: Films, Awards, Acting

Program 20-05 Writers/Producers: Amirah Zaveri & Evan Rook
Air Week: Studio Production: Jason Dickey
 2/2/20

SEGMENT 1: WORLD WAR II: THE WOMEN OF THE OSS
Time Duration

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important

1:47 9:07

Host: Gary Price

Guests: Katie S. Sanders, freelance journalist & World War II expert

Compliancy issues covered: World War II, Women, Intelligence, Government, Travel, History, Espionage

Links for more information: <https://www.nytimes.com/2019/03/06/magazine/intelligence-world-war-ii-oss-women.html>
<https://www.katiessanders.com/>
<https://www.cia.gov/library/publications/intelligence-history/oss/art03.htm>

SEGMENT 2: FRUSTRATED BY THE 24/7 POLITICAL NEWS MACHINE? GET INVOLVED INSTEAD
Time Duration

Synopsis: It seems like lately political breaking news has hit an all-time high with all of the continuous impeachment coverage and campaign trail updates. While it's important to be an informed citizen, what do you do with all of this knowledge? Is it leading to change? Could you do something better with your time? We delve into these questions and more this week on Viewpoints.

12:50 10:00

Host: Marty Peterson

Guests: Eitan Hersh, associate professor, political science, Tufts University, author Politics is for Power: How to Move Beyond Political Hobbyism, Take Action, and Make Real Change; Naava Ellenberg, senior, Barnard University

Compliancy issues covered: Politics, Community, Media, Television, Activism, Education, Government

Links for more information: <https://www.amazon.com/Politics-Power-Beyond-Political-Hobbyism/dp/1982116781>
<https://www.theatlantic.com/ideas/archive/2020/01/political-hobbyists-are-ruining-politics/605212/>
<https://www.bustle.com/profile/naava-ellenberg-18208189>

CULTURE CRASH: SCARYWINTER READS
Time Duration

Synopsis: We explore Ian Reid's horror novel, "I'm Thinking of Ending Things" that tops our list of scariest books of all time. It's a quick read with a twisting plot that keeps you hooked all the way through

23:46 2:41

Host & Producer: Evan Rook

Compliancy issues covered: Literature, Horror, Film

Program 20-06 Writers/Producers: Amirah Zaveri & Evan Rook
Air Week: Studio Production: Jason Dickey

2/9/20

SEGMENT 1: VOTER ERROR: HOW A TRIP TO THE DMV TURNED INTO YEARS OF LEGAL WOES
Time
Duration

Synopsis: Can it ever be too easy to cast a ballot in an American election? The answer is yes. Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at a DMV in Illinois through a law best known as the Motor Voter Law. This originally well-intentioned program is now trapping hundreds of immigrants into federal charges and possible deportation for an act they didn't fully comprehend to begin with.

1:48

11:28

Host: Gary Price

Guests: Richard Hanus, immigration lawyer; Elizabeth Keathley, immigration client

Compliancy issues covered: Immigration, Voting, Law, Legal Problems, Culture, Government, Politics

Links for more information: <https://www.usavisacounsel.com/about-us>
<http://waterwell.org/production/courtroom/>
<https://caselaw.findlaw.com/us-7th-circuit/1609918.html>

SEGMENT 2: WHAT HAPPENS WHEN MATHETMATICAL CALCULATIONS GO WRONG?
Time
Duration

Synopsis: The field of mathematics is still seen as a boring and overly complex field by many. But Matt Parker, a former math teacher turned popular YouTuber, is working to fix that stubborn mindset. In his new book, he illustrates the powerful and interesting side of math through real-life examples that have failed because someone's calculations were just slightly off.

15:12

7:32

Host: Marty Peterson

Guests: Matt Parker, mathematician, YouTuber, author Humble Pi: When Math Goes Wrong in the Real World

Compliancy issues covered: Math, Education, Industry, Career, Science, Engineering, Computer Science

Links for more information: <https://www.penguinrandomhouse.com/books/610964/humble-pi-by-matt-parker/>
<https://www.youtube.com/channel/UCoxciq-8xIDTYp3uz647V5A>
<http://standupmaths.com/>
<https://www.youtube.com/channel/UCSju5G2aFaWMqn-0YBtq5A>

CULTURE CRASH: REMEMBERING THE LEGEND: KOBE BRYANT
Time
Duration

Synopsis: It can sometimes still feel unreal that NBA superstar Kobe Bryant is gone. The retired Los Angeles Lakers player was more than just an athlete, but a tremendous idol to millions of people across the world. We discuss his legacy and the fragility of life.

23:44

2:43

Host & Producer: Evan Rook

Compliancy issues covered: Sports, Basketball, Death, Mentor, Culture, History, Career

Program 20-07 Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook
Air Week: Studio Production: Jason Dickey
 2/16/20

SEGMENT 1: COLORING OUTSIDE THE LINES
Time Duration

Synopsis: Coloring books aimed at children, adults and even seniors have been all the rage in recent years and are still trending in 2020. But what's so special about these patterns and designs that draw people in? We delve into the process of putting together these collections and why the creative outlet has become a mainstay for so many looking to switch off and de-stress.

1:47

10:22

Host: Gary Price

Guests: Johanna Basford, artist, author; Jenean Morrison, artist, designer, author

Compliancy issues covered: Art, Coloring, Mental Health, Culture, Creativity, Stress, Literature, Seniors

Links for more information: [https://www.amazon.com/johanna-](https://www.amazon.com/johanna-basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share)
[Basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share](https://www.amazon.com/johanna-basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share)
https://www.amazon.com/jenean-morrison/e/B00AI2Q5DG%3Fref=dbs_a_mng_rwt_scns_share
<https://www.instagram.com/jeneanmorrison/?hl=en>
<https://www.johannabasford.com/>
SEGMENT 2: RETHINKING HEALTHCARE: HOW DO YOU FIX A FLAWED SYSTEM?
Time Duration

Synopsis: The topic of healthcare is one of the most debated issues so far in the 2020 election – but what's the fix for the expensive, inefficient system that's currently in place? So far it's a murky answer. Millions are struggling with the high cost of care, doctors are burning out and patient-doctor interaction is at an all-time low. We speak with an industry expert about the current woes of American healthcare and what can be done.

14:11

8:50

Host: Marty Peterson

Guests: Samuel Shem, author, House of God, Man's 4th Best Hospital

Compliancy issues covered: Medicine, Healthcare, Career, Health, Insurance, Literature, Government

Links for more information: <https://www.theatlantic.com/health/archive/2012/11/samuel-shem-34-years-after-the-house-of-god/265675/>
https://www.amazon.com/gp/product/1984805363/ref=dbs_a_def_rwt_bibl_vppi_i1
https://www.amazon.com/gp/product/0425238091/ref=dbs_a_def_rwt_bibl_vppi_i0
<http://www.samuelshem.com/v2/> https://en.wikipedia.org/wiki/Samuel_Shem
CULTURE CRASH: THE BROADWAY HIT "HAMILTON" COMES ALIVE AGAIN
Time Duration

Synopsis: The writer of "Hamilton" Lin-Manuel Miranda is back at it again. Come October 2021, the Broadway play is set to hit theaters across the country. But will it be worth the watch?

24:01

2:27

Host & Producer: Evan Rook

Compliancy issues covered: Broadway, Musical, Film, Culture, History

Program 20-08 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
2/23/20

SEGMENT 1: REDEFINING SUGAR: ENJOYING SWEET TREATS WITHOUT THE GUILT

Time **Duration**

Synopsis: From sugary lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. Even with greater awareness, it can still be hard to avoid the cookies and cake if you're craving something sweet. Viewpoints speaks with baking blogger, Elif Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so while still indulging in some healthier sweets. 1:48 12:09

Host: Gary Price

Guests: Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author Half the Sugar, All the Love

Compliancy issues covered: Baking, Cooking, Health, Sugar Intake, Disease, Education, Motherhood

Links for more information: <http://www.plentysweet.net/> <https://www.instagram.com/plentysweet200/>

<https://www.52newfoods.com/>

https://www.amazon.com/gp/product/1523504234/ref=dbs_a_def_rwt_bibl_vppl_i0

<https://www.wellplated.com/>

SEGMENT 2: BORN INTO SLAVERY: FIRSTHAND PERSPECTIVES OF FORMING ENSLAVED MEN AND WOMEN

Time **Duration**

Synopsis: Imagine being born into slavery in the South. You have not a dime to your name, received no education and all you know are the surrounding fields of a plantation. What would you do after slavery is abolished? How would you start over? February is Black History Month. As we remember the past and the history of slavery in America, it's important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from the people who lived through this experience. Viewpoints' speaks with historian and photographer, Richard Cahan, co-author of the new book River of Blood: American Slavery From the People Who Lived It. 15:59 6:57

Host: Marty Peterson

Guests: Richard Cahan, co-author, River of Blood: American Slavery From the People Who Lived It

Compliancy issues covered: Black History Month, Education, History, Literature, Inequality, Race, Poverty

Links for more information: <https://www.cityfilespress.com/books/river-of-blood/>

<https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855>

<https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-collection/>

<https://twitter.com/picturetweeter?lang=en>

CULTURE CRASH: THE JOY OF TV COMEDY SPECIALS

Time **Duration**

Synopsis: Sometimes you don't want a critically acclaimed show or Oscar-worthy movie, but rather something funny like a cheesy rom-com or a bit of classic stand-up. We discuss two Bo Burnham comedy specials that are now streaming on Netflix 23:56 2:30

Host & Producer: Evan Rook

Compliancy issues covered: Television, Culture, Comedy, Streaming

Program 20-09 Writers/Producers: Amirah Zaveri & Evan Rook
Air Week: Studio Production: Jason Dickey

3/1/20

SEGMENT 1: BODY-WORN CAMERAS: IS FAST-CHANGIN TECH LEADING TO BETTER POLICING?
Time
Duration

Synopsis: Today, body-worn cameras are a mainstay in many police departments across the country. While the new technology increases transparency, is it leading to better relationships between the public and police? How are innovations in the field - including the incorporation of artificial intelligence - changing officers' day-to-day duties?

1:48

10:48

Host: Gary Price

Guests: Daniel Lawrence, Senior Research Associate, Urban Institute; Rick Smith, Founder, CEO, Axon Enterprise Inc.

Compliancy issues covered: Police, Community Relations, Minorities, Technology, Artificial Intelligence

Links for more information: <https://www.axon.com/products/axon-body-3>
<https://www.urban.org/author/daniel-lawrence>
<https://www.cam.ac.uk/research/news/use-of-body-worn-cameras-sees-complaints-against-police-virtually-vanish-study-finds>
SEGMENT 2: THE ROLE OF COMPANIES IN PROTECTING THE PLANET'S BIODIVERSITY
Time
Duration

Synopsis: 1,000,000 animal and plant species now face the threat of extinction. As more than 80 percent of all global biodiversity lives on private land, what is the role of corporations when it comes to protecting these endangered species? Viewpoints speaks with Margaret O'Gorman, president of the Wildlife Habitat Council, about the creative and adaptive policies companies can take to make a difference.

14:38

8:04

Host: Marty Peterson

Guests: Margaret O'Gorman, President, Wildlife Habitat Council

Compliancy issues covered: Biodiversity, Animal Species, Human Development, Business, Economy, Environment, Extinction, Endangered Species, Corporations, Global Issues

Links for more information: <https://www.wildlifehc.org/>
<https://www.wildlifehc.org/bio/margaret-ogorman/>
https://twitter.com/OGormanWHC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
<https://www.gmsustainability.com/manage/operations.htm>
CULTURE CRASH: THE ENDLESS TWISTS IN NBC'S THIS IS US
Time
Duration

Synopsis: The hit drama, This is Us has led its viewers down a puzzling, sometimes draining series of twists and turns throughout the last four seasons – but is the show finally fizzling out?

23:42

2:46

Host & Producer: Evan Rook

Compliancy issues covered: Television, Culture

Program 20-10 **Writers/Producers: Amirah Zaveri, Polly Hansen & Evan Rook**
Air Week: **Studio Production: Jason Dickey**
 3/8/20

SEGMENT 1: GLOSSIER TO WARBY PARKER: STARTUPS THAT ARE REDEFINING THE RETAIL GAME

Time **Duration**

Synopsis: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades?

1:48 9:24

Host: Gary Price

Guests: Lawrence Ingrassia, former business editor, deputy managing editor, The New York Times, author, The Billion Dollar Brand Club

Compliancy issues covered: Business, Startups, Entrepreneurship, Internet, Social Media, Revenue

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

<https://www.wsj.com/articles/billion-dollar-brand-club-review-clicking-the-disrupt-button-11580773644>

<https://www.amazon.com/Billion-Dollar-Brand-Club-Disruptors/dp/1250313066>

<https://www.mckinsey.com/industries/technology-media-and-telecommunications/our-insights/thinking-inside-the-subscription-box-new-research-on-ecommerce-consumers>

SEGMENT 2: MOVE OVER ALBERT: UNCOVERING FEMALE SCIENCE GENIUSES OF THE PAST

Time **Duration**

Synopsis: What exactly classifies a person as a genius? Are there biological differences between male and female geniuses? Viewpoints' explores these questions and highlights a few overlooked female scientists throughout history.

13:16 9:24

Host: Marty Peterson

Guests: Janice Kaplan, author, The Genius of Women, From Overlooked to Changing the World; Catherine Whitlock, author, Ten Women Who Changed Science and the World

Compliancy issues covered: Science, Gender, Research, History, Health, Literature, War, Women's Rights

Links for more information: <https://www.catherinewhitlock.co.uk/>

<https://www.amazon.com/Women-Changed-Science-World-Levi-Montalicini/dp/1635766109>

https://twitter.com/JaniceKaplan2?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://www.amazon.com/Genius-Women-Overlooked-Changing-World/dp/1524744212>

<https://www.janicekaplan.com/>

CULTURE CRASH: THE BEAUTY OF "BETTER CALL SAUL"

Time **Duration**

Synopsis: Better Call Saul is the show we never knew we needed after the hit show Breaking Bad came to a close. Season 5 of the show is now airing on AMC.

23:41 2:46

Host & Producer: Evan Rook

Compliancy issues covered: Television, Culture

Program 20-11	Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook
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Air Week: 3/15/20
Studio Production: Jason Dickey

SEGMENT 1: GETTING THINGS DONE: HINTS ON HOW TO DO IT BETTER	Time	Duration
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Synopsis: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades?

1:47

13:00

Host: Gary Price

Guests: David Allen, productivity consultant and author of Getting Things Done: The Art of Stress-Free Productivity; Steve McClatchy, founder of Alleer Training and Consulting, author of Decide: Work Smarter, Reduce Your Stress and Lead by Example

Compliancy issues covered: Productivity, Career, Goals, Writing, Communication, Literature, Parenting

Links for more information: <https://www.cnn.com/2020/02/14/stanford-scientist-on-proven-habits-that-will-make-you-more-productive.html>

<https://www.cnn.com/2019/09/05/a-simple-guide-to-becoming-more-productivity-that-millions-swear-by.html>

<https://gettingthingsdone.com/>

<https://alleer.com/>

SEGMENT 2: WHAT YOU DIDN'T KNOW ABOUT AMERICA'S FOUNDING FATHER	Time	Duration
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Synopsis: The white hair, rosy cheeks and stark complexion are what we often picture when we think of our first president. But behind his looks and historic accomplishments, what are some facts that are not as well publicized? Viewpoints' speaks with history buff and author, Alexis Coe to learn more about the man, the myth: George Washington.

16:50

6:13

Host: Marty Peterson

Guests: Alexis Coe, author, You Never Forget Your First: A Biography of George Washington.

Compliancy issues covered: History, Presidency, Politics, Government, War, Culture, Literature

Links for more information: <https://www.whitehouse.gov/about-the-white-house/presidents/george-washington/>

<https://twitter.com/alexiscoelang=en>

<https://www.alexiscoe.com/>

https://www.amazon.com/gp/product/0735224102/ref=db_a_def_rwt_hsch_vapi_taft_p1_i0

CULTURE CRASH: THE APPEAL OF MYSTERY MOVIES	Time	Duration
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Synopsis: From the classic 1985 film, Clue to the more recent release, Knives Out, the mystery genre can be just the right pick-me-up when you fall into a post-Oscar season movie slump. Viewpoints' discusses some of our favorites from this genre.

24:06

2:21

Host & Producer: Evan Rook

Compliancy issues covered: Film, Culture, Film History

Program 20-12 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
3/22/20

SEGMENT 1: THE WONDERS OF REMOVING CLOTHING CLUTTER

Time Duration

Synopsis: Ever feel like each morning you look at your closet, and despite the large number of clothes, never really have anything to wear? This abundance of extra fabric not only takes up space but also can be a burden to your headspace. We speak with two experts about how to shop and consume less as well as best organize the items you already have.

1:47 8:48

Host: Gary Price

Guests: Courtney Carver, author, Project 333: The Minimalist Fashion Challenge That Proves Less Really is So Much More; Rachel Rosenthal, founder & CEO, Rachel & Company

Compliancy issues covered: Consumerism, Waste, Shopping, Mental Health, Finance, Home Organization

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

https://twitter.com/bemorewithless?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://www.rachelrosenthal.co/>

<https://twitter.com/rachelorganizes>

SEGMENT 2: THE RESURGENCE OF HAND EMBROIDERY: CRAFTIVISM THROUGH CROSS-STITCHING

Time Duration

Synopsis: In a moment where many are practicing 'social distancing', it can be a good opportunity to put down your phones and pick up a stress-relieving solo hobby. We speak with Shannon Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-stitching as well as how she's used it to channel social issues

12:39 10:29

Host: Marty Peterson

Guests: Shannon Downey, creator of Badass Cross Stitch.

Compliancy issues covered: Art, Craft, History, Activism, Hobby, Education, Community, Mental Health

Links for more information: <https://www.instagram.com/badasscrossstitch/?hl=en>

<http://www.badasscrossstitch.com/>

<https://www.projectfirechicago.org/>

CULTURE CRASH: THE NEW SCI-FI MYSTERY SERIES "DEVS"

Time Duration

Synopsis: Devs has only released a handful of episodes on Hulu so far, but the sci-fi thriller has already generated a lot of buzz for its gripping plot and eerie feels. We dive into the limited series featuring leads Nick Offerman and newcomer, Sonoya Mizuno.

24:10 2:17

Host & Producer: Evan Rook

Compliancy issues covered: Television, Science Fiction, Streaming

Program 20-13 Writers/Producers: Amirah Zaveri & Evan Rook
Air Week: Studio Production: Jason Dickey
 3/29/20

SEGMENT 1: CANNIBIS: A COMPLICATED HISTORY
Time **Duration**

Synopsis: Human use of cannabis dates back to tens of thousands of years ago. And the drug wasn't just used in medicinal or recreational settings, but also part of religious ceremonies or used by warriors before wartime battle. We speak with pharmacology expert Dr. Richard Miller about the drug's global history and its prohibition in the U.S. over the last 70 years.

1:47 10:10

Host: Gary Price

Guests: Dr. Richard Miller, professor of pharmacology, Northwestern University Feinberg School of Medicine.

Compliancy issues covered: History, Medicine, Health, Pharmacology, Drug Use, Politics, Propaganda

Links for more information: <https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=12007>
<https://news.northwestern.edu/for-journalists/faculty-experts/expert/richard-miller-phd>
<https://www.history.com/topics/crime/history-of-marijuana>

SEGMENT 2: FALLING THROUGH A CLOUD: LIVING WITH COGNITIVE DECLINE
Time **Duration**

Synopsis: World-renowned flutist and CBS correspondent Eugenia Zukerman was diagnosed with dementia and Alzheimer's three years ago. She details her experience living with the progressive disease and how she keeps a positive mindset despite the losses.

14:01 8:53

Host: Marty Peterson

Guests: Eugenia Zukerman, flutist, writer and journalist, author, Like Falling Through a Cloud: A Lyrical Memoir of Coping with Forgetfulness, Confusion and a Dreaded Diagnosis

Compliancy issues covered: Alzheimer's, Dementia, Aging, Senior Citizen, Health, Family, Music

Links for more information: <https://www.eugeniazukerman.com/>
<https://www.npr.org/2019/11/09/777569730/in-like-falling-through-a-cloud-eugenia-zukerman-explores-her-changing-mind>
<https://www.amazon.com/Like-Falling-Through-Cloud-Lyrical/dp/1732491224>

CULTURE CRASH: PASSING THE TIME DURING THIS PERIOD OF "SOCIAL DISTANCING"
Time **Duration**

Synopsis: We discuss some of the best selections now streaming on Netflix as millions turn to movies right now for evening entertainment.

23:54 2:39

Host & Producer: Evan Rook

Compliancy issues covered: Film, Culture, Streaming