

Program Log for *Radio Health Journal*

Program	20-18	Executive Producer	Reed Pence
Air Week	05/03/20	Studio Production	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: National Recovery Center OUTCUE: ...800-971-5781.	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN	12:11
	<p>Synopsis: Mental health is difficult to maintain when people are required to stay inside at home. In fact, we're asked to engage in activities that normally would indicate mental distress. A noted psychologist with the NIH discusses ways to stay mentally healthy during the pandemic lockdown.</p> <p>Host: Reed Pence. Producer: Polly Hansen. Guest: Dr. Krystal Lewis, clinical psychologist, National Institute of Mental Health</p> <p>Compliance issues covered: public health; health care; mental health; media</p> <p>Links for more information: https://potomacpsychiatry.com/krystal-m-lewis</p>	
14:01	SPOTBREAK 2: Autozone "OIL P7 Evergreen BOPUS" OUTCUE: ...info andeligibility.	:30
	GEICO "Thank You VI-Giveback"	:30
15:01	:02 PAUSE FOR LOCAL AVAIL	:02
15:03	SEGMENT 2: NURSING HOMES TRY TO FEND OFF COVID-19	8:06
	<p>Synopsis: Nursing homes have been a hotbed of fatal COVID-19 infections. The virus was loose in many of them before they could even know it. An industry expert discusses what nursing homes are doing now to keep the virus out and their patients safe.</p> <p>Host: Nancy Benson. Producer: Reed Pence. Guest: Dan Stockdale, certified nursing home administrator and consultant</p> <p>Compliance issues covered: health care; public health and public safety; elderly and senior citizens.</p> <p>Links for more information: https://danstockdale.com/about-dan/</p>	
23:09	SPOTBREAK 3 US Tax Shield "Fresh Start" Donate Cars "Going to Do"	:60
		:60
25:09	Medical Notes & News. Host: Shel Lustig. Producer: Reed Pence.	1:20
26:29	SPOTBREAK 4: GEICO "The Key—I'll Be There" Dairy Queen "Evergreen Treats"	:30
		:30
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

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Program Log for Viewpoints Radio

Program	20-18	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	05/03/2020	Studio Producer	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: GEICO/Helmet Hair Reasons Diary Queen/Evergreen Treats	:30
	OUTCUE: ...of your together.	:30
1:45	:02 PAUSE FOR LOCAL AVAIL	:02
1:47	SEGMENT 1: FROM LUXURY INGREDIENTS TO FOOD STYLING: THE QUIRKY INNER WORKINGS OF THE FOOD BIZ	9:33
	Synopsis: Could you ever imagine that some imported white asparagus could cost upwards of \$250? Neither did we. This week on Viewpoints, we delve into the niche world of luxury and on-trend ingredients as well as roles in the food industry you've probably never heard of. Host: Gary Price. Guests: Carrie Nahabedian, executive chef, co-owner, Brindille, Kostali; Susan Spungen, food stylist, cookbook author, <i>Open Kitchen: Inspired Food for Casual Gatherings</i> . Links for more info: https://www.thechicagonetwork.org/members/carrie-nahabedian/ https://twitter.com/cnaha?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://en.wikipedia.org/wiki/Carrie_Nahabedian https://www.susanspungen.com/ https://www.instagram.com/susanspungen/?hl=en https://www.amazon.com/Open-Kitchen-Inspired-Casual-Gatherings/dp/0525536671 Compliance Issues Covered: Food, Restaurant Industry, Business, Culture, Fine Dining, Food Production	
11:20	SPOTBREAK 2&3: Foreclosure Protection Services Progressive Insurance/The Brush Off Flo's Diary Dairy Queen/Evergreen Treats	:61 :30 :30
	OUTCUE: ... of your together.	
13:21	:02 PAUSE FOR LOCAL AVAIL	:02
13:23	SEGMENT 2: TO EAT OR NOT TO EAT? THE PROCESSED FOOD CONUNDRUM	9:32
	Synopsis: Complex ingredients like maltodextrin and ferrous sulfate can seem scary, but are they actually bad for you in the long-term? We speak with chemist and author, George Zaidan about how food processing took hold in early human history and what to keep in mind when it comes to keeping a healthy diet. Host: Marty Peterson. Guest: George Zaidan, chemist, journalist, author, <i>Ingredients: The Strange Chemistry of What We Put In Us and On Us</i> . Links for more info: https://www.ted.com/talks/george_zaidan_the_bug_that_poops_candy https://www.ingredientsbook.com/about https://twitter.com/georgezaidan?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor Compliance Issues Covered: Food Science, Food Processing, Health, History, Science, Literature	
22:55	SPOTBREAK 4: Donate Cars/Going to Do	:60
23:55	CULTURE CRASH: EXPLORING THE TECH SHOW "HALT AND CATCH FIRE"	2:32
	Synopsis: Have you pretty much watched everything on your list at this point? All four seasons of the AMC series <i>Halt and Catch Fire</i> are now available on Netflix. While you've probably never heard of the show, it's definitely a binge-worthy watch. Host: Evan Rook Compliance Issues Covered: Culture, Television, Technology, Streaming	
26:27	SPOTBREAK 5: Progressive Insurance/The Ghost Flo's Diary Dairy Queen/Evergreen Treats	:30 :30
	OUTCUE: ... of your together.	
27:27	Program Conclusion	:33
28:00	TOTAL TIME	