

## Program Log for *Radio Health Journal*

<b>Program</b>	20-02	<b>Executive Producer</b>	Reed Pence
<b>Air Week</b>	01/12/20	<b>Studio Production</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Alzheimer's Association "2019 Advances" OUTCUE: ...at ALZ.org.	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	<b>SEGMENT 1: HAND WASHING AND HANDSHAKE BANS</b>	11:34
	<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> <p>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).</p> <p>Compliance issues covered: public health; health care</p> <p>Links for more information: <a href="https://www.uclahealth.org/mark-sklansky">https://www.uclahealth.org/mark-sklansky</a>; <a href="http://donnacardillo.com">http://donnacardillo.com</a>; <a href="https://www.cecily.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm">https://www.cecily.com/ncpa/tampa_2008/mtm_diabetes_insulin/marquess.htm</a>; <a href="http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/">http://first5sandiego.org/wilma-j-wooten-m-d-m-p-h/</a></p>	
13:24	SPOTBREAK 2: Garlique "Take It From the Advocates" Pfizer "It's Not Your Fault" OUTCUE:.....at FindYour MBC Voice.com.	:30
14:24	:02 PAUSE FOR LOCAL AVAIL	:02
14:26	<b>SEGMENT 2: "BROKEN HEART SYNDROME"</b>	7:58
	<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> <p>Host: Nancy Benson. Guest: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO.</p> <p>Compliance issues covered: health care; consumerism; pop culture</p> <p>Links for more information: <a href="https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html">https://www.nlm.nih.gov/locallegends/Biographies/Stevens_Tracy.html</a></p>	
22:22	SPOTBREAK 3: GlaxoSmithKline "Asthma" Donate Cars "Going to Do"	:60
24:22	Medical Notes & News. Host: Shel Lustig. Producer: Reed Pence.	2:04
26:26	SPOTBREAK 4: Pfizer "The Women of MBC" Geico "MOAT They Thefted My Water Bottle"	:30
27:26	Program Conclusion	:30
27:56	TOTAL TIME	



## Program Log for Viewpoints Radio

<b>Program</b>	20-02	<b>Written &amp; Produced</b>	Amirah Zaveri, Pat Reuter & Evan Rook
<b>Air Week</b>	01/12/2020	<b>Studio Producer</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Progressive Insurance/The Book Idea Flo's Diary Pfizer/It's Not Your Fault	:30 OUTCUE: ...voice dot com. :31
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	<b>SEGMENT 1: SPREADING WORD OF THE 2020 U.S. CENSUS</b>	6:44
	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.  Host: Gary Price. Guest: Victoria Glasier, Chief of the Statistics in Schools Program, U.S. 2020 Census Bureau. Links for more info: <a href="https://www.census.gov/">https://www.census.gov/</a> <a href="https://www.census.gov/schools/">https://www.census.gov/schools/</a> <a href="https://2020census.gov/en/jobs.html">https://2020census.gov/en/jobs.html</a>  Compliance Issues Covered: History, Culture, Government, Finance, Economy, Diversity, Education, Budget	
8:32	SPOTBREAK 2&3: Alzheimer's Association/2019 Advances Pfizer/The Women of MBC Progressive Insurance/Terrycloth Weird Words	:60 :30 OUTCUE: ...states or situations. :31
10:33	:02 PAUSE FOR LOCAL AVAIL	:02
10:35	<b>SEGMENT 2: ADDICTION: WHY IT HAPPENS AND HOW TO HELP ADDICTS BACK FROM THE EDGE</b>	11:32
	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.  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 <i>Saved by the Prince of Peace: Dungeon to Sky</i> .  Links for more info: <a href="https://psychology.uiowa.edu/">https://psychology.uiowa.edu/</a> <a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a> <a href="https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr_1_1?ie=UTF8&amp;qid=undefined&amp;sr=8-1&amp;keywords=Saved+by+the+prince+of+peace">https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr_1_1?ie=UTF8&amp;qid=undefined&amp;sr=8-1&amp;keywords=Saved+by+the+prince+of+peace</a>  Compliance Issues Covered: Addiction, Health, Relationships, Education, Government, Homelessness	
22:07	SPOTBREAK 4: Donate Cars/Going to Do	OUTCUE: ...four seven eight. :60
23:07	<b>CULTURE CRASH: THE WWI EPIC, "1917"</b>	3:20
	Synopsis: We explore the new release, <i>1917</i> now playing in theaters. The new film, which is filmed acclaimed cinematographer, Roger Deakins, has an action-packed storyline that does not disappoint.  Host: Evan Rook Compliance Issues Covered: Film, War, Culture, History	
26:27	SPOTBREAK 5: Garlique/Regular Check Up Progressive Insurance/Nightgown Weird Words	:30 OUTCUE: ...states or situations. :30
27:27	Program Conclusion	:32
27:59	TOTAL TIME	



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<b>Program</b>	20-03	<b>Executive Producer</b>	Reed Pence
<b>Air Week</b>	01/19/20	<b>Studio Production</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Alzheimer's Association "2019 Advances" OUTCUE: ...at ALZ.org.	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	<b>SEGMENT 1: CRUSHING MEDICAL DEBT</b>	13:25
	<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> <p>Host and producer: Reed Pence. Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, <i>The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide</i>; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund</p> <p>Compliance issues covered: health care; insurance; economics; bankruptcy; personal finance; consumerism</p> <p>Links for more information: <a href="https://ripmedicaldebt.org">https://ripmedicaldebt.org</a>; <a href="https://nomoremedicaldebt.com">https://nomoremedicaldebt.com</a>; <a href="https://www.commonwealthfund.org/person/sara-r-collins">https://www.commonwealthfund.org/person/sara-r-collins</a></p>	
15:15	SPOTBREAK 2: AbbVie "Break It Down" OUTCUE:.....brought to you by AbbVie..	:60
16:15	:02 PAUSE FOR LOCAL AVAIL	:02
16:17	<b>SEGMENT 2: SMOLDERING CONCUSSIONS</b>	6:36
	<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> <p>Host: Nancy Benson. Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, <i>Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury</i>; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children's Hospital and Assoc. Prof. of Pediatrics, The Ohio State Univ. College of Medicine</p> <p>Compliance issues covered: health care; youth sports and youth at risk; education</p> <p>Links for more information: <a href="https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230">https://www.amazon.com/Concussion-Rescue-Comprehensive-Program-Traumatic/dp/0806540230</a>; <a href="https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team">https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/meet-our-team/ginger-yang-team</a></p>	
22:53	SPOTBREAK 3: GlaxoSmithKline "Asthma" Donate Cars "Going to Do"	:60
24:53	Medical Notes & News. Host: Shel Lustig. Producer: Reed Pence.	1:35
26:28	SPOTBREAK 4 AbbVie "Break It Down"	:60
27:28	Program Conclusion	:30
27:56	TOTAL TIME	

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### Program Log for Viewpoints Radio

<b>Program</b>	20-03	<b>Written &amp; Produced</b>	Amirah Zaveri & Evan Rook
<b>Air Week</b>	01/19/2020	<b>Studio Producer</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Geico/Clothes-Obvious News Pfizer/Ibuprofen/It's Not Your Fault	:30 OUTCUE: ...voice dot com.
1:45	:02 PAUSE FOR LOCAL AVAIL	:02
1:47	<b>SEGMENT 1: ARCTIC EXPLORATION: THE DEMISE OF THE 1881 GREELY EXPEDITION</b>	12:01
	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. Host: Gary Price. Guest: Buddy Levy, author, <i>Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition</i> . Links for more info: <a href="https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr_1_1?crid=16RL48KEMVNWQ&amp;keywords=labyrinth+of+ice&amp;qid=1578677548&amp;srefix=laby%2Caps%2C152&amp;sr=8-1">https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr_1_1?crid=16RL48KEMVNWQ&amp;keywords=labyrinth+of+ice&amp;qid=1578677548&amp;srefix=laby%2Caps%2C152&amp;sr=8-1</a> <a href="http://buddylevy.com/index.html">http://buddylevy.com/index.html</a> <a href="https://www.pbs.org/wgbh/americanexperience/films/greely/">https://www.pbs.org/wgbh/americanexperience/films/greely/</a> Compliance Issues Covered: History, Exploration, Adventure, Army, Navy, Health, Science, Polar Arctic	
13:48	SPOTBREAK 2&3: Alzheimer's Association/2019 Advances AbbVie/Break It Down	:60 OUTCUE: you by AbbVie.
15:48	:02 PAUSE FOR LOCAL AVAIL	:02
15:50	<b>SEGMENT 2: WHY ARE YOUNG PEOPLE STRUGGLING MORE THAN PREVIOUS GENERATIONS?</b>	7:31
	Synopsis: Roughly 15 percent of 25 to 35-year-olds 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. Host: Marty Peterson. Guest: Doctor Mark McConville, author, <i>Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It</i> . Links for more info: <a href="https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-mark-mcconville-phd/">https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-mark-mcconville-phd/</a> <a href="https://www.amazon.com/Failure-Launch-Twentysomething-Hasnt-Grown/dp/0525542183">https://www.amazon.com/Failure-Launch-Twentysomething-Hasnt-Grown/dp/0525542183</a> <a href="https://www.nytimes.com/2019/09/03/opinion/college-graduates.html">https://www.nytimes.com/2019/09/03/opinion/college-graduates.html</a> <a href="https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html">https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html</a> Compliance Issues Covered: Parenting, Higher Education, Personal Growth, Career, Mental Health, Psychology, Relationships, Stress, Finance, Social Media	
23:21	SPOTBREAK 4: Idahoan/Demystification	OUTCUE: ...Idahoan dot com.
24:15	<b>CULTURE CRASH: DAVE EGGERS: A LEADER IN LITERARY WRITING</b>	2:12
	Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir <i>A Heartbreaking Work of Staggering Genius</i> 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. Host: Evan Rook Compliance Issues Covered: Literature, Writing, Culture	
26:27	SPOTBREAK 5: AbbVie/Break It Down	OUTCUE: ...you by AbbVie.
27:27	Program Conclusion	:33
28:00	TOTAL TIME	

## Program Log for *Radio Health Journal*

<b>Program</b>	20-04	<b>Executive Producer</b>	Reed Pence
<b>Air Week</b>	01/26/20	<b>Studio Production</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Alzheimer's Association "2019 Advances" OUTCUE: ...at ALZ.org.	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	<b>SEGMENT 1: ADHD AND SLEEP DISORDERS</b>	12:10
	<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 and producer: Reed Pence. Guests: Dr. Sandra Kooij, Assoc. Prof. of Psychiatry, Free Univ. Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Asst. Prof. of Psychiatry, New York Univ. School of Medicine and CEO, Reimbursify</p> <p>Compliance issues covered: youth at risk; developmental disorders; education; family issues</p> <p>Links for more information: <a href="https://www.eunetworkadultadhd.com/author/sandra-kooij/">https://www.eunetworkadultadhd.com/author/sandra-kooij/</a>; <a href="http://vatsalthakkar.com">http://vatsalthakkar.com</a></p>	
14:00	SPOTBREAK 2: Pfizer Ibrance "It's Not Your Fault" OUTCUE: ...People might talk. Geico "No Brainer Garden Gnome"	:60
15:00	:02 PAUSE FOR LOCAL AVAIL	:02
15:02	<b>SEGMENT 2: WORKING WHILE SICK</b>	7:30
	<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. Producer: Reed Pence. Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Assoc. Prof. of Medicine, David Geffen School of Medicine, UCLA</p> <p>Compliance issues covered: public health; employment and workplace issues</p> <p>Links for more information: <a href="https://www.linkedin.com/in/richard-deosingh-56246813/">https://www.linkedin.com/in/richard-deosingh-56246813/</a>; <a href="https://www.uclahealth.org/joseph-ladapo">https://www.uclahealth.org/joseph-ladapo</a></p>	
22:32	SPOTBREAK 3: GlaxoSmithKline "Asthma" OUTCUE: ...People might talk. Donate Cars "Going to Do"	:60
24:32	Medical Notes & News. Host: Shel Lustig. Producer: Reed Pence.	:60
26:29	SPOTBREAK 4 Geico "Capricorn" OUTCUE: ...People might talk. Pfizer Ibrance "The Women of MBC"	:60
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

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## Program Log for Viewpoints Radio

<b>Program</b>	20-04	<b>Written &amp; Produced</b>	Amirah Zaveri & Evan Rook
<b>Air Week</b>	01/26/2020	<b>Studio Producer</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Geico/No Brainer Garden Gnome Donate Cars/Much Luck OUTCUE: ...four seven eight.	:31 :30
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	<b>SEGMENT 1: FINDING JOY AGAIN THROUGH SMALL CHANGES</b>	11:01
	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.  Host: Gary Price. Guests: Sarah Ban Breathnach, author, <i>Simple Abundance: 365 Days to a Balanced and Joyful Life</i> . Rachel Bertsche, journalist, author, <i>The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting</i> . Links for more info: <a href="http://www.sarahbanbreathnach.com/">http://www.sarahbanbreathnach.com/</a> <a href="https://twitter.com/simpleabundance?lang=en">https://twitter.com/simpleabundance?lang=en</a> <a href="https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022">https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022</a> <a href="https://www.rachelbertsche.com/">https://www.rachelbertsche.com/</a> <a href="https://twitter.com/rberch?lang=en">https://twitter.com/rberch?lang=en</a> <a href="https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0">https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0</a> Compliance Issues Covered: Literature, Mental Health, Journaling, Parenting, Social Media, Failure	
12:49	SPOTBREAK 2&3: Alzheimer's Association/2019 Advances Progressive Insurance/Pep Talk Jamie's VM Pfizer Ibrance/It's Not Your Fault OUTCUE: voice dot com.	:60 :30 :30
14:49	:02 PAUSE FOR LOCAL AVAIL	:02
14:51	<b>SEGMENT 2: A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG DIFFERENCE</b>	8:01
	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.  Host: Marty Peterson. Guests: Kelly McGonigal, research psychologist, author, <i>Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage</i> ; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago. Links for more info: <a href="http://kellymcgonigal.com/">http://kellymcgonigal.com/</a> <a href="https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend">https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend</a> <a href="https://www.southportfitness.com/">https://www.southportfitness.com/</a> <a href="https://www.facebook.com/SouthportFitness/">https://www.facebook.com/SouthportFitness/</a> Compliance Issues Covered: Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care	
22:52	SPOTBREAK 4: Idahoan/Demystification OUTCUE: ...Idahoan dot com.	:54
23:46	<b>CULTURE CRASH: OSCAR SEASON</b>	2:41
	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.  Host: Evan Rook Compliance Issues Covered: Films, Awards, Acting, Culture	
26:27	SPOTBREAK 5: Progressive Insurance/Nightgown/Weird Words Donate Cars/Much Luck OUTCUE: ...four seven eight.	:30 :30
27:27	Program Conclusion	:32
27:59	TOTAL TIME	

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