



**QUARTERLY ISSUES/PROGRAMS LIST**  
**October 1, 2023 – December 31, 2023**

**WBEA**

**Quarterly Listing of Community Issues and Programs**

**Programs (SEE LOGS ATTACHED FOR PROGRAM DETAILS)**

**OCTOBER 1, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**OCTOBER 8, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**OCTOBER 15, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**OCTOBER 22, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**OCTOBER 29, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**NOVEMBER 5, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**NOVEMBER 12, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**NOVEMBER 19, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**NOVEMBER 26, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**DECEMBER 3, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**DECEMBER 10, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**DECEMBER 17, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**DECEMBER 24, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

**DECEMBER 31, 2023**

6AM-630AM VIEWPOINTS  
630A-7AM RADIO HEALTH JOURNAL

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Title: Car Safety  
Program: PSA (Ad council)

Date: Aired several times per day in September, October December 2023      Time: 60 sec

Description: Buckle Up, National Highway Traffic Administration

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Title: Family Plan for Emergency  
Program: PSA (Ad council)

Date: Aired several times per day in September, October December 2023      Time: 60 sec

Description: Family Plan for Emergencies

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Title: Fatherhood  
Program: PSA (Ad council)

Date: Aired several times per day in September, October December 2023      Time: 60 sec

Description: The role of a father in a child's life

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Title: Adopt and Animal  
Program: PSA (Ad council)

Date: Aired several times per day in September, October December 2023      Time: 60 sec

Description: Animal Adoption

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Title: Teach.org  
Program: PSA (Produced by US Department of Education)

Date: Aired several times per day in December 2023      Time: 60 sec

Description: Inviting others to mentor and teach students.

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Title: Toys For Tots  
Program: PSA (Produced by US Marine Corp)

Date: Aired several times per day in December 2023      Time: 60 sec

Description: Collecting toys for children during the Holiday Season

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Title: Reading is Fundamental  
Program: PSA

Date: Aired several times per day in December 2023    Time: 30 sec

Description: Rally to Read dot com, Encouraging children to read

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Title: Kennell to Couch

Program: PSA

Date: Aired several times per day in December 2023    Time: 30 sec

Description: Kennel to Couch, Adopting dogs

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Title: Daisy's Story: Dave Thomas Foundation

Program: PSA

Date: Aired several times per day in December 2023    Time: 30 sec

Description: Dave Thomas Foundation, Adoption

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Title: Feeding America

Program: PSA

Date: Aired several times per day in December 2023    Time: 15 sec

Description: Feeding America.org

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Title: American Cancer Society

Program: PSA

Date: Aired several times per day in December 2023    Time: 15 sec

Description: Cancer research.

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Title: Helping New Yorkers Stay Warm

Program: PSA

Date: Aired several times per day in December 2023    Time: 60 sec

Description: saving money on energy bills

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Title: Supporting Pets in our Community

Program: PSA

Date: Aired several times per day in December 2023    Time: 60 sec

Description: Adopt a pet today

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Title: Pre-Diabetes Warning

Program: PSA

Date: Aired several times per day in December 2023    Time: 30 sec

Description: Diabetes Prevention

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Title: Emergency Preparedness

Program: PSA

Date: Aired several times per day in December 2023    Time: 30 sec

Description: Steps to take to be ready for an emergency

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Title: Stand Up to Cancer

Program: PSA

Date: Aired several times per day in December 2023      Time: 30 sec

Description: Cancer Research

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**Notes:** This restructured report reflects documented information, reports from meetings and action plans maintained in the Public File, pertaining to Issues Programming during the period stated above.

Prepared and signed by Harry Wareing      Date 1/10/24

# Quarterly Report of Compliancy Issues & Programs List

## 2023-Q4 (October – December) Viewpoints Radio

- Addiction
- African American History
- Aging
- Agriculture
- American History
- American Traditions
- Ancient Civilizations
- Animal Extinction
- Animal Science
- Animal Sciences
- Annual Holidays
- Archaeology
- Arts
- Astronomy
- Astrophysics
- Auto Industry
- Aviation
- Business
- Cancer
- Career
- Child Development
- Childcare
- Chronic Disease
- Climate
- Climate Change
- Communication
- Community
- Conspiracy Theories
- Consumerism
- Contraception
- Copyright Infringement
- Creative Arts
- Crime
- Criminal Justice
- Cryptocurrency
- Culture
- Customs
- Democracy
- Diet
- Digital Currency
- Disease
- Diversity
- Drug Abuse
- Economy
- Ecosystem
- Education
- Education Policy
- Elections
- Entertainment
- Environment
- Ethics
- Exercise
- Extreme Weather
- Family Planning
- Farming
- Film
- Finance
- Food Culture
- Food History
- Food Inequity
- Food Production
- Food Scarcity
- Food Waste
- Free Speech
- Freedom
- Global Culture
- Global Economy
- Global Issues
- Global Migration
- Government
- Government Assistance
- Government Policy
- Government Regulation
- Grief
- Health
- Healthcare
- Healthy Lifestyle
- Higher Education
- History
- Housing
- Housing Inventory
- Humanity
- Immigration
- Immigration Policy
- Immigration Reform
- Incarceration
- Indigenous Populations
- Inequality
- Inflation
- Inmate Rehabilitation
- Innovation
- International Relations
- Investing
- Journalism
- Labor Issues
- Labor Movement
- Language
- Law
- Law Enforcement
- Legal Issues
- Lifestyle
- Literacy
- Literature
- Local Government
- Local Politics
- Loss
- Manufacturing
- Marriage
- Mass Extinction
- Mass Media
- Materialism
- Media
- Medicine
- Mental Health
- Mental Health Treatment
- Mental Illness
- Music
- Music Industry
- Natural Disasters
- Natural Resource
- News
- Nonprofit Organizations
- Nutrition
- Paleontology
- Parenting
- Partisan Issues
- Personal Finance
- Pet Care
- Pet Health
- Physical Disorders
- Political Fundraising
- Political Organizations
- Politics
- Pollution
- Poverty
- Presidential Election
- Professional Athlete
- Psychology
- PTSD
- Public Assistance
- Public Health
- Public Safety
- Publishing
- Racial Discrimination
- Reading
- Reading Comprehension
- Real Estate
- Recreation
- Recycling Systems
- Rehabilitation
- Relationships
- Religion
- Research
- Science
- Scientific Research
- Self-Development
- Self-Fulfillment
- Senior Care
- Sleep Disorders
- Social Media
- Social Media Trends
- Society
- Solar System
- Space
- State Government
- Substance Abuse
- Supply Chain Management
- Technology
- Traditions
- Trauma
- TV
- Veterinary Health
- Video
- Volunteerism
- Voter Eligibility
- Voting Rights
- Wage Inequity
- War
- Wellbeing
- Writing

**Program 23-40****Air Week:** 10/1/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: '35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?****Time:** 1:47**Duration:** 6:14

**Synopsis:** Each year, we throw away the equivalent of 130 billion meals. This wasted food could feed hundreds of millions of people and negatively impacts the environment both from its production and then the methane it releases once in a landfill. We cover the ongoing food waste crisis in America and hear from one tech platform that's helping to connect hungry people to food that would otherwise be tossed into a trash bin.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Sarah Soteroff, North American spokesperson, Too Good To Go**Compliance issues:** Business, Environment, Food Inequity, Food Production, Food Scarcity, Food Waste, Technology**Links for more info:**

Food Waste in America | Feeding America

Stopping Food Waste Before It Starts Is Key to Reaching Climate Goals | Civil Eats

Food Waste and its Links to Greenhouse Gases and Climate Change | USDA

Too Good To Go (@TooGoodToGo) / X

**SEGMENT 2: '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW?****Time:** 10:03**Duration:** 10:31

**Synopsis:** Millions of kids are failing to meet reading comprehension standards. With so many young people falling through the cracks, we look at what's broken within the current curriculum and how new research on reading education can lead to some improvements. Education expert Natalie Wexler joins us to share important insights and what parents can also do at home to bolster these skills.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Natalie Wexler, education expert, author, The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It**Compliance issues:** Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension**Links for more info:**

9 Things Science Tells Us About How Kids Learn to Read and Think Critically – The 74

Why Content Knowledge is Crucial to Effective Critical Thinking | KQED

Podcast – Knowledge Matters Campaign

The Knowledge Gap: The Hidden Cause of America's Broken Education System-and How to Fix it: Wexler, Natalie

Natalie Wexler (@natwexler) / X

**VIEWPOINTS EXPLAINED: 'LESS THAN 10 PERCENT OF ALL PLASTIC IS RECYCLED'****Time:** 21:34**Duration:** 1:59

**Synopsis:** If we spend effort recycling items, it's logical to assume that most of these bottles, cartons and boxes will be recycled and reused. However, for plastic, this is rarely the case. We talk about the plastic crisis and why it's important to cut down on the plastic you use in your daily life.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Business, Climate Change, Consumerism, Environment, Food Production, Health, Materialism, Pollution, Recycling Systems**CULTURE CRASH: STEPPING INTO A FILM DIRECTOR'S SHOES****Time:** 23:33**Duration:** 2:54

**Synopsis:** We highlight how it's all too easy for prominent directors to fall into a rabbit hole of producing a series of not-that-good movies after their first is a blockbuster hit.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-41****Air Week:** 10/8/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA****Time:** 1:47**Duration:** 7:00

**Synopsis:** Deborah Kasdan's sister, Rachel, had a bright future ahead of her. She was a natural creative, a talented student and loved to travel and meet new people. However, this future dimmed when Rachel was diagnosed with schizophrenia during her mid-twenties. The diagnosis forever impacted both Rachel and the family. She sadly passed away at age 59, but Deborah Kasdan joins us this week to share her sister's story and the wide-ranging toll of mental illness.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir**Compliance issues:** Arts, Communication, Government, History, Mental Health, Mental Health Treatment, Mental Illness, Nonprofit Organizations, Psychology, Public Health, Rehabilitation**Links for more info:**

National Alliance on Mental Illness

FindTreatment.gov

What is Mental Health? | SAMHSA

Zocdoc

Find a Therapist, Psychologist, Counselor - Psychology Today

Roll Back the World: A Sister's Memoir by Deborah Kasdan, Paperback | Barnes &amp; Noble®

Deborah Kasdan (@debkasdan) / X

Instagram: @debkasdan

DeborahKasdan.com

**SEGMENT 2: 30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS IMMIGRANTS****Time:** 10:49**Duration:** 10:08

**Synopsis:** In 2006, Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at the Illinois Department of Motor Vehicles. Keathley and her former lawyer, Richard Hanus, join us this week to share the stressful, years-long legal battle that almost led to her being deported back to the Philippines.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Richard Hanus, immigration attorney, The Law Offices of Richard Hanus; Elizabeth Keathley, immigrant**Compliance issues:** Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights**Links for more info:**

The Law Offices of Richard Hanus

The National Voter Registration Act Of 1993 (NVRA)

As noncitizens cast ballots, 'Motor Voter' law needs reform

Some Noncitizens Do Wind Up Registered To Vote, But Usually Not On Purpose

**VIEWPOINTS EXPLAINED: WHY ARE HALLOWEEN CANDY PRICES SO SCARY RIGHT NOW?****Time:** 21:57**Duration:** 2:02

**Synopsis:** Consumers are spending more on Halloween recently. Part of it stems from the holiday becoming more popular and people shelling out more on décor, costumes, treats and activities. However, another factor is that prices are also generally rising. We look at how candy prices have significantly jumped over the last few years.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Consumerism, Global Economy, Inflation, Personal Finance, Supply Chain Management

**CULTURE CRASH: WHY WE ALWAYS GO BACK TO WHAT WE LOVED IN HIGH SCHOOL****Time:** 23:59**Duration:** 2:28**Synopsis:** We rewind back in time and talk about the power of nostalgia when it comes to the music, movies and shows we prefer.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, History, TV



**Program 23-42****Air Week:** 10/15/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS****Time:** 1:47**Duration:** 8:33**Synopsis:** Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Nancy Troyano, entomologist, director of technical education & training, Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist, author of the book, *The Secret Lives of Bats: My Adventure with the World's Most Misunderstood Mammals***Compliance issues:** Animal Science, Disease, Education, Environment, History, Psychology, Science**Links for more info:**

National Park Service: Bat Myths

Merlin Tuttle's Bat Conservation

NBC News: 5 Spooky Spider Myths Busted

Nancy Troyano, PhD, BCE | Rentokil

**SEGMENT 2: THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE****Time:** 12:22**Duration:** 8:48**Synopsis:** Have you seen an advertisement or commercial for the group, FIRE? The acronym stands for the Foundation for Individual Rights and Expression, but even after watching an ad, it can still be confusing to grasp what exactly this organization truly stands for. As the presidential cycle heats up, this kind of messaging is only going to grow more common over the next year, so we wanted to uncover what exactly FIRE stands for and why some people have mixed feelings on the nonpartisan nonprofit.**Host:** Marty Peterson**Producer:** Amirah Zaveri, Grace Galante**Guests:** Nico Perrino, executive vice president, FIRE; Steve Macek, professor, communication & media studies, North Central College**Compliance issues:** Finance, Free Speech, Freedom, Government, Higher Education, History, Nonprofit Organizations, Partisan Issues, Political Fundraising, Political Organizations, Politics, Presidential Election**Links for more info:**

Mission | The Foundation for Individual Rights and Expression

FIRE (@TheFIREorg) / X

Steve Macek | North Central College

What Does Free Speech Mean? | United States Courts

**VIEWPOINTS EXPLAINED: AN INFLUX OF SOUTHERN MIGRANTS: WHAT'S GOING ON?****Time:** 22:10**Duration:** 1:45**Synopsis:** Over the last year, hundreds of thousands of migrants seeking asylum have made their way into the U.S. and have been bussed to sanctuary cities across the country. We cover how this large influx is leading to chaos and mass frustration among residents and leaders.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Crime, Global Issues, Government, Immigration Policy, Immigration Reform, Politics, Poverty**CULTURE CRASH: WHAT'S GOING ON WITH REALITY TV?****Time:** 23:55**Duration:** 2:32**Synopsis:** Why does it seem like every person on a reality TV show is just trying to become an influencer these days? We talk about what's wrong with reality TV in 2023 and why we're fed up with these stale narratives.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, History, TV

**Program 23-43****Air Week:** 10/22/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE?****Time:** 1:47**Duration:** 9:12

**Synopsis:** Even before the pandemic hit, more than half of U.S. adults responded that they struggle with feelings of loneliness and isolation. Fast forward four years and this problem has only grown worse. Millions of children, teens and adults feel completely disconnected from their neighbors, towns, and local organizations. We talk about what's fueled this decline in recent decades and how listeners can take steps to start forming new connections where they live.

**Host:** Gary Price**Producer:** Amirah Zaveri

**Guests:** Seth D. Kaplan, lecturer, Johns Hopkins University, senior advisor, Institute for Integrated Transitions, author, *Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time*

**Compliance issues:** Communication, Health, Local Government, Mental Health, Public Health, Senior Care, Technology, Volunteerism, Wellbeing

**Links for more info:**

New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States | HHS.gov

Seth D Kaplan

*Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time:* Kaplan, Seth D.

Seth Kaplan | Carnegie Council for Ethics in International Affairs

Institute for Integrated Transitions

Opinion | We Know the Cure for Loneliness. So Why Do We Suffer? - The New York Times

**SEGMENT 2: HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES****Time:** 13:01**Duration:** 8:13

**Synopsis:** Is there a right or wrong way to grieve the loss of someone you love? We speak with two adults who've dealt with the loss of a spouse to get a better sense of the grieving process and what people do & don't need to hear during this difficult time.

**Host:** Marty Peterson**Producer:** Amirah Zaveri, Grace Galante

**Guests:** Megan Devine, psychotherapist; Michael Korda, former editor-in-chief, Simon & Schuster, author, *Passing: A Memoir of Love and Death*

**Compliance issues:** Communication, Grief, Marriage, Mental Health, Psychology, Relationships, Society

**Links for more info:**

Grief: Coping with the loss of your loved one

Seeking Help and Support for Grief and Loss | American Cancer Society

9 Things You Should Never Say to Someone Grieving—And What to Say Instead

Refuge in Grief

*Passing: A Memoir of Love and Death:* Korda, Michael: Amazon.com: Books

**VIEWPOINTS EXPLAINED: TACKLING CHILDHOOD OBESITY****Time:** 22:14**Duration:** 2:12

**Synopsis:** The American Academy of Pediatrics has an updated set of guidelines urging pediatricians to take a more proactive and stringent approach on young patients struggling with obesity. We highlight some of these updated policies and the lasting effects of early childhood obesity.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri

**Compliance issues:** Child Development, Diet, Exercise, Healthcare, Healthy Lifestyle, Parenting, Public Health

**CULTURE CRASH: BOO! OUR TOP HORROR FILM RECOMMENDATIONS NOW AVAILABLE TO STREAM****Time:** 24:26**Duration:** 2:00

**Synopsis:** We cover some of our favorite scary movies from big blockbusters to lesser-known indie films.

**Host & Producer:** Evan Rook

**Compliance issues:** Culture, Film

**Program 23-44****Air Week:** 10/29/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: \$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS****Time:** 1:47**Duration:** 9:24

**Synopsis:** Americans are struggling to bear the extremely large price tag of early childhood care. In some big cities, parents are paying upwards of \$30,000 per year, per child, for this service. We speak with mother, Christina Kuhn, who lives in Michigan about how high childcare costs are impacting her day-to-day and talk to childcare policy expert, Patricia Cole, about what needs to change to better support families and create an environment that encourages raising healthy children.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Patricia Cole, Senior Director of Federal Policy, Zero to Three; Christina Kuhn, mother**Compliance issues:** Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics**Links for more info:**

Patricia A. Cole | ZERO TO THREE

New Childcare Data Shows Prices Are Untenable for Families | U.S. Department of Labor Blog

Increasing Federal Investment in Children's Early Care and Education to Raise Quality, Access, and Affordability - The Hamilton Project

Patricia Cole (@PattyCole123) / X

**SEGMENT 2: HALLOWEEN 2023: WHY DO WE LOVE TO BE SCARED?****Time:** 13:13**Duration:** 7:31

**Synopsis:** It's the time of year when we transform into a different character through costume, setup scary decorations and maybe check out a haunted house or two. Even though these things can be scary, we enjoy the fun and festivities that Halloween brings us each year. We speak with two guests about why Halloween has become such a popular global event and why many of us get a kick out of feeling temporarily scared.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist**Compliance issues:** American Traditions, Annual Holidays, Consumerism, Culture, Entertainment, Psychology, Society**Links for more info:**

HauntWorld

Psychological Services – Superhero Therapy

Why We Love to Scare Ourselves on Halloween (and the Rest of the Year, Too)

Friday the 13th: Why horror movies scare you or not

**VIEWPOINTS EXPLAINED: A PARCHED LANDSCAPE: WHY THE AMAZON RAINFOREST IS FACING AN UNCERTAIN FUTURE****Time:** 24:44**Duration:** 1:59

**Synopsis:** The Amazon rainforest is in peril. After several decades of deforestation, the massive forest - home to millions of animal and insect species, trees and people - is now facing another critical challenge.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Animal Extinction, Climate Change, Ecosystem, Environment, Extreme Weather, Indigenous Populations, Natural Disasters, Natural Resource**CULTURE CRASH: WRITER & DIRECTOR MIKE FLANAGAN IS BACK WITH ANOTHER HORROR HIT****Time:** 23:43**Duration:** 2:44

**Synopsis:** We cover writer & director Mike Flanagan's newest drop on Netflix, "The Fall of the House of Usher". We also highlight some of our other favorites from this master of miniseries horror.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-45****Air Week:** 11/5/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP****Time:** 1:47**Duration:** 7:16

**Synopsis:** The Cleveland Clinic estimates that about 1 in 3 Americans struggle with sleep. The problems are wide-ranging, including trouble falling or staying asleep or just not feeling rested each morning. We speak with sleep expert, Dr. Aric Prather about what the latest research shows us is the best way to improve sleep. In many cases, these recommendations are focused on setting good habits, retraining the brain, and checking off some items that can help aid slumber in the bedroom.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Aric Prather, psychologist, director, Behavioral Sleep Medicine Research Program, University of California, San Francisco**Compliance issues:** Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research**Links for more info:**

Insomnia treatment: Cognitive behavioral therapy instead of sleeping pills - Mayo Clinic

What Happens When You Don't Get Enough Sleep? – Cleveland Clinic

How seasonal affective disorder disrupts sleep

**SEGMENT 2: ARE WE ALONE IN THE UNIVERSE? U-F-O'S, U-A-P'S, AND ALIENS EXPLAINED****Time:** 11:06**Duration:** 10:30

**Synopsis:** There seems to be a lot of narratives, conspiracy theories and research funneling into if aliens really do exist. We speak with two experts about how the scientific community approaches this field of study and some of the challenges that come with working within this space.

**Host:** Marty Peterson**Producer:** Tabor Brewster**Guests:** Paula Bontempi, dean, Graduate School, Oceanography, University of Rhode Island; Nathalie Cabrol, chief scientist, Carl Sagan Center for Research at the SETI Institute**Compliance issues:** Astronomy, Astrophysics, Communication, Conspiracy Theories, Government, Scientific Research, Solar System, Space**Links for more info:**

Carl Sagan Center for Research

Paula S. Bontempi - Graduate School of Oceanography

Nathalie Cabrol

UFOs and UAPs | National Archives

WATCH: NASA report says more science and less stigma are needed to understand UFO sightings | PBS NewsHour

**VIEWPOINTS EXPLAINED: WHAT'S THE BIGGEST SCAM OUT THERE TODAY?****Time:** 22:36**Duration:** 2:07

**Synopsis:** Last year, Americans lost almost nine billion dollars to scams. This is a 30 percent increase from 2021. We discuss what's one of the fastest growing frauds out there and why thousands of people each day are getting tricked.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Cryptocurrency, Finance, Government Regulation, Investing, Personal Finance, Public Safety, Social Media**CULTURE CRASH: WHY DO WE LOVE VINYL RECORDS SO MUCH?****Time:** 24:43**Duration:** 1:44

**Synopsis:** Looking to get into vinyl records? We discuss why vinyl is making a comeback and will never really, in our opinion, go out of style.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Music, Music Industry

**Program 23-46****Air Week:** 11/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK****Time:** 1:47**Duration:** 8:42

**Synopsis:** Almost 50,000 American employees - a third of the total workforce between GM, Ford and Stellantis - walked off the job and went on strike for six weeks earlier this fall. This coordinated effort marks the first time that employees walked out on all three companies at once. We discuss why this massive strike was a long-time coming and how this recent walk-off is a sign of an ever-growing labor activism movement in the U.S.

**Host:** Gary Price**Producer:** Grace Galante, Amirah Zaveri**Guests:** Lane Windham, labor historian, Georgetown University; Kate Bronfenbrenner, senior lecturer, director, Labor Education Research, Cornell University**Compliance issues:** Auto Industry, Labor Issues, Labor Movement, Manufacturing, Technology, Wage Inequity**Links for more info:**

The UAW strike might be over, but will consumers feel it later? | Fox Business

Toyota raises factory worker wages after UAW strike settlements

Lane Windham | Gender Justice Initiative

Lane Windham (@LaneWindham) / X

Kate Bronfenbrenner (@KBronfenbrenner) / X

Kate Bronfenbrenner | The ILR School | Cornell University

**SEGMENT 2: DO YOU FEEL SAD? US TOO****Time:** 12:31**Duration:** 8:34

**Synopsis:** Experts estimate that about 10 million Americans deal with seasonal affective disorder, or SAD, each year. Interestingly, women are four times more likely to be diagnosed than men. And this number is also thought to be higher than reported since many adults go undiagnosed. We cover just how much SAD (and lesser variations like the winter blues) can affect your life during the colder, gloomier winter months and how some easy lifestyle changes can help ease symptoms each year.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health**Compliance issues:** Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology**Links for more info:**

Seasonal Depression (Seasonal Affective Disorder)

Seasonal affective disorder treatment: Choosing a light box - Mayo Clinic

9 Self-Care Tips for Seasonal Affective Disorder | Psych Central

The Role of Diet, Eating Behavior, and Nutrition Intervention in Seasonal Affective Disorder: A Systematic Review - PMC

**VIEWPOINTS EXPLAINED: TENSIONS RISING IN THE MIGRANT CRISIS & WHY ONE CITY MAY SHUT ITS DOORS****Time:** 22:05**Duration:** 1:59

**Synopsis:** Chicago has received more than 20,000 migrants over the last 14 months. And it's not alone. New York City, Washington D.C, Los Angeles and other areas are all dealing with an influx of several thousands of migrants from Central America. As temperatures drop and winter sets in, tensions are beginning to boil over as this crisis reaches new heights.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Migration, Government, Immigration Policy, Local Politics, Poverty, Public Assistance, War

**CULTURE CRASH: REVIEWING MARTIN SCORSESE'S NEW BLOCKBUSTER****Time:** 24:04**Duration:** 2:22**Synopsis:** At 80 years of age, Martin Scorsese - one of the greatest film directors of his generation - is back with another blockbuster release with an all-star cast. We discuss why "Killers of the Flower Moon" is a definite must-watch this year.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-47****Air Week:** 11/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE****Time:** 1:46**Duration:** 8:26**Synopsis:** Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.**Host:** Gary Price**Producer:** Polly Hansen**Guests:** Beth McHugh, runner, member, 261 New England Run Club; Billy Heatherly, runner, member, Fleet Feet Club, Asheville, North Carolina**Compliance issues:** Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships**Links for more info:**

Saturday Morning Run! - Fleet Feet Asheville

Running club in New England, USA: 261 Fearless

Clubs and running meetings for women.: 261 Fearless

Road Runners Club of America

**SEGMENT 2: THE ROSETTA STONE: WHY WE CARE SO MUCH ABOUT A 2,000-YEAR-OLD SLAB OF ROCK****Time:** 12:15**Duration:** 8:55**Synopsis:** It's an intriguing slab of rock, but why was finding and decoding the Rosetta Stone so important to scholars? In short, it's the key to unlocking the unique Egyptian language of illustrated text referred to as hieroglyphs. We speak with Edward Dolnick, author of *The Writing of the Gods: The Race to Decode the Rosetta Stone*, about the monumental impact of this discovery.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Edward Dolnick, writer, author, *The Writing of the Gods: The Race to Decode the Rosetta Stone***Compliance issues:** Ancient Civilizations, Archaeology, Communication, Culture, History, Language, Religion**Links for more info:***The Writing of the Gods: The Race to Decode the Rosetta Stone*: Dolnick, Edward: Books

Two Hundred Years Ago, the Rosetta Stone Unlocked the Secrets of Ancient Egypt

**VIEWPOINTS EXPLAINED: SAM BANKMAN-FRIED & THE MULTI-BILLION DOLLAR FRAUD THAT CHANGED CRYPTO****Time:** 22:09**Duration:** 1:30**Synopsis:** We cover the recent conviction of FTX founder & former CEO, Sam Bankman-Fried. Will people build up trust in cryptocurrency again?**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Criminal Justice, Digital Currency, Government, Investing, Personal Finance**CULTURE CRASH: FILMMAKER DAVID FINCHER'S LATEST RELEASE****Time:** 23:39**Duration:** 2:46**Synopsis:** We cover the successful career of filmmaker, David Fincher and his newest movie, "The Killer".**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-48****Air Week:** 11/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: IS YOUR PET THE HEALTHIEST THEY CAN BE?****Time:** 1:47**Duration:** 7:31

**Synopsis:** As pet owners, many of us are guilty of sometimes treating our furry friends with too many treats - especially during the holidays. We speak with Dr. Carol Osborne, an integrative veterinarian, to get some insightful tips on what foods owners should avoid feeding their pets this holiday season and how you can maintain and best care for the health of your pet.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic**Compliance issues:** Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health**Links for more info:**

Chagrin Falls Pet Clinic

Dr Carol Osborne DVM (@carolompets) / X

Carol Osborne DVM (@drCarolDVM) • Instagram photos and videos

Holiday pet-health hazards and how to avoid them

Holiday Safety Tips | ASPCA

PAWS

**SEGMENT 2: REVISITING LOST FLAVORS: A RETURN TO THE ROOTS OF AMERICAN CUISINE****Time:** 11:20**Duration:** 9:25

**Synopsis:** Go back several decades and the items we eat today tasted a lot different. Viewpoints speaks with two food experts about the evolution of ingredients and how listeners cooking for the holidays can incorporate some of these older, more traditional recipes onto their tables.

**Host:** Marty Peterson**Producer:** Tabor Brewster**Guests:** David Shields, food historian, professor, English Language and Literature, University of South Carolina; Adrian Miller, food writer, "Soul Food Scholar"**Compliance issues:** Agriculture, American History, Diet, Farming, Food Culture, Food History, Food Production, History**Links for more info:**

soulfoodscholar - Adrian Miller

David S. Shields - Department of English Language and Literature | University of South Carolina

'Taste the State' reconnects South Carolinians with ancestors' ingredients, recipes - USC News &amp; Events

**VIEWPOINTS EXPLAINED: THE AUTHORS BANDING TOGETHER AGAINST CHAT GTP****Time:** 22:09**Duration:** 1:47

**Synopsis:** Some of the biggest names in the literary world are now suing the creator of Chat GPT, Open AI. We cover the unfolding lawsuit, what the authors are demanding and what this means for artificial intelligence moving forward.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Career, Copyright Infringement, Government, Law, Publishing, Reading, Technology, Writing**CULTURE CRASH: THE OSCAR CAMPAIGNING HAS BEGUN****Time:** 23:56**Duration:** 2:29

**Synopsis:** We discuss the weird year that is 2023 in Hollywood. As the year quickly wraps up, we highlight some early Oscar hopefuls that stand out from the pack.

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film



**Program 23-49**
**Air Week:** 12/3/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS**
**Time:** 1:47

**Duration:** 7:41

**Synopsis:** Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what books you see and read.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** Dan Sinykin, assistant professor, English, Emory University, author, *Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature*
**Compliance issues:** Career, Creative Arts, Diversity, Literature, Publishing, Reading, Technology, Writing

**Links for more info:**

DEEP VELLUM

Milkweed Editions

Coffee House Press

Publishing | Hub City Press

Graywolf Press

Simon &amp; Schuster purchased by private equity firm KKR for \$1.62 billion | AP News

Dan Sinykin

Dan Sinykin (@dan\_sinykin) / X

*Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature* (Literature Now) | mitpressbookstore

**SEGMENT 2: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?**
**Time:** 11:29

**Duration:** 10:00

**Synopsis:** Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the *American Journal of Nursing* estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.

**Host:** Marty Peterson

**Producer:** Amirah Zaveri

**Guests:** Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

**Compliance issues:** Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science

**Links for more info:**

M. Kristen Demoruelle, MD, PhD

Kristen Demoruelle | LinkedIn

Lisa Rose Sammaritano Professor of Clinical Medicine

**VIEWPOINTS EXPLAINED: WHAT'S THE FASTEST GROWING PLATFORM IN NEWS?**
**Time:** 22:29

**Duration:** 1:32

**Synopsis:** We cover how this app is quickly becoming a dominant platform for news sharing amidst an evolving media landscape.

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

**Compliance issues:** Communication, Journalism, Mass Media, Media, News, Politics, Social Media, Technology

**CULTURE CRASH: THE BEATLES SONG THAT'S FINALLY SEEING THE LIGHT OF DAY**
**Time:** 24:01

**Duration:** 2:27

**Synopsis:** We discuss the latest drop from "The Beatles" that was finally produced and released thanks to new technology powered by artificial intelligence.

**Host & Producer:** Tabor Brewster

**Compliance issues:** Culture, Film, Technology

**Program 23-50**

**Air Week:** 12/10/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS****Time:** 1:45**Duration:** 8:22**Synopsis:** Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the story of Bessie Coleman - a courageous African American female pilot - who received her pilot's license two years before Earhart took to the skies. This week - we cover the story of Coleman and the many barriers she faced as an African American woman in the early 1900's determined to make a name for herself as a pioneer in performance stunt flying.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Tanya Hart, Flying Free Films, host & producer, Hollywood Live with Tanya Hart**Compliance issues:** African American History, American History, Aviation, Career, Innovation, Racial Discrimination**Links for more info:**

INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP on Apple Podcasts

Spotify: INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP

Bessie Coleman | National Air and Space Museum

Bessie Coleman | National Women's History Museum

**SEGMENT 2: WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS****Time:** 12:09**Duration:** 8:55**Synopsis:** People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” Maybe you’ve set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.**Host:** Marty Peterson**Producer:** Pat Reuter**Guests:** M.J. Ryan, expert, change & human fulfillment, author, Habit Changers: 81 Game Changing Mantras to Mindfully Realize Your Goals**Compliance issues:** Communication, Mental Health, Psychology, Relationships, Self-Development, Self-Fulfillment**Links for more info:**

How Not to Fail at Keeping Your New Year's Resolutions | Time

Habit Changers: 81 Game-Changing Mantras to Mindfully Realize Your Goals by M.J. Ryan, Hardcover | Barnes &amp; Noble®

The Top 3 Reasons New Year's Resolutions Fail And How Yours Can Succeed

**VIEWPOINTS EXPLAINED: WHY WE'RE FAILING OUR INMATES****Time:** 22:04**Duration:** 1:39**Synopsis:** So much focus has been placed recently on the importance of rehabilitation while incarcerated. Yet, the meals served to inmates are often rotten, lacking in nutrients and not enough to sustain them throughout the day. Why aren't U.S. prison systems - which receive billions of dollars in public funding each year - doing better?**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Diet, Government, Health, Incarceration, Inequality, Inmate Rehabilitation, Nutrition**CULTURE CRASH: CAN YOU GUESS WHO'S THE BIGGEST STREAMING PLATFORM IN THE GAME?****Time:** 23:43**Duration:** 2:41**Synopsis:** We cover how this force in streaming maintains its dominance and what's in the store for the future.**Host & Producer:** Evan Rook**Compliance issues:** Film, Social Media Trends, Technology, Video

**Program 23-51****Air Week:** 12/17/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ~40 PERCENT OF PEOPLE WILL GET CANCER IN THEIR LIFETIME: A FORMER OLYMPIAN'S STORY****Time:** 1:45**Duration:** 7:51

**Synopsis:** Shannon Miller holds many titles. Former Olympic gymnast. Seven-time Olympic medalist. Mother. Wife. But she also has another, unexpected title: ovarian cancer survivor. Miller joins Viewpoints this week to share her experience and perspective after she was diagnosed with cancer at just 33 years old. She hopes her story - and the challenges she went through - will help raise awareness around the importance of keeping up to date on medical checkups and screenings as you age.

**Host:** Gary Price**Producer:** Amirah Zaveri

**Guests:** Shannon Miller, former American gymnast, seven-time Olympic medalist, cancer advocate & ovarian cancer survivor

**Compliance issues:** Aging, Cancer, Career, Disease, Mental Health, Professional Athlete, Public Health, Research, Science

**Links for more info:**

Shannon Miller OLY (@shannonmiller96) • Instagram photos and videos

Shannon Miller (@shannonmiller96) / X

Shannon Miller Ovarian Cancer: 5 Years Cancer-Free

Shannon MILLER

Common Cancer Types - NCI

Find Cancer Early | American Cancer Society

Signs and Symptoms of Cancer | Do I Have Cancer?

**SEGMENT 2: SHOULD CONGRESS ENACT TERM LIMITS?****Time:** 11:38**Duration:** 9:58

**Synopsis:** With the 2024 presidential election right around the corner, it's a good time to discuss a growing and debated trend in America: increasingly older politicians. Two former opponents - President Joe Biden, age 81, and Former President Trump, age 77 - are again throwing their hat into the 2024 race, but many Americans have concerns about the competency of these older candidates and other members of the Senate and Congress. We speak with two experts about both sides of the argument and how the political landscape would change if stricter term limits were put in place.

**Host:** Marty Peterson**Producer:** Grace Galante

**Guests:** Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University

**Compliance issues:** Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics

**Links for more info:**

Term limits in the United States - Ballotpedia

U.S. Term Limits

Casey Burgat (@CaseyBurgat) / X

Burgat, Casey | Graduate School of Political Management | College of Professional Studies | The George Washington University

Nicolas Tomboulides

**VIEWPOINTS EXPLAINED: WHY ARE LESS PEOPLE BUYING HOMES?****Time:** 22:34**Duration:** 1:43

**Synopsis:** We cover what's driving the U.S. housing market to experience a dip and why some markets are faring worse than others.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri

**Compliance issues:** Economy, Government, Housing, Housing Inventory, Inflation, Personal Finance, Real Estate

**CULTURE CRASH: WHY “MAY DECEMBER” SHOULD BE YOUR NEXT WATCH****Time:** 24:17**Duration:** 2:09**Synopsis:** We cover why scandalous stories historically draw in large audiences, and why the Netflix film, “May December” is a prime example of why this type of drama sucks us in so fast.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

**Program 23-52**
**Air Week:** 12/24/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS**
**Time:** 1:48

**Duration:** 9:33

**Synopsis:** More than 28 million people, ages 18 and older, reported an alcohol use disorder in 2022, according to the National Survey on Drug Use and Health – a large-scale report overseen by the National Institutes of Health. This equates to about 11 percent of the overall American population who have an impaired ability to stop or control their drinking despite its negative effects. Alcohol use disorder can range from a mild dependence to a severe addiction. For author Annie Grace, it took decades to find a way forward without drinking daily. This week - She opens about her past alcoholism and what finally helped her break the cycle.

**Host:** Gary Price

**Producer:** Amirah Zaveri

**Guests:** Annie Grace, author, *This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life*
**Compliance issues:** Addiction, Career, Drug Abuse, Health, Mental Health, Psychology, Relationships, Substance Abuse

**Links for more info:**

Alcohol | SAMHSA

No level of alcohol consumption is safe for our health

Annie Grace &amp; This Naked Mind (@thisnakedmind) • Instagram photos and videos

This Naked Mind

This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness &amp; Change Your Life

Alcoholics Anonymous

SAMHSA's National Helpline

**SEGMENT 2: THE CAPITOL POLICE OFFICERS WHO HELD THE LINE, NO MATTER THE COST**
**Time:** 13:21

**Duration:** 8:04

**Synopsis:** It's been nearly three years since the attack on the U.S. Capitol. The January 6 insurrection marks the biggest assault on American democracy and the peaceful transfer of power since the Civil War. We speak with former Capitol Hill police sergeant Aquilino Gonell about the violence he witnessed that day and how this traumatic experience has shaped his life and perspective.

**Host:** Marty Peterson

**Producer:** Polly Hansen

**Guests:** Aquilino Gonell, former police sergeant, Capitol Hill Police, former U.S. Army sergeant, author, *American Shield: The Immigrant Sergeant Who Defended Democracy*
**Compliance issues:** American History, Government, History, Law Enforcement, PTSD, Politics, Trauma

**Links for more info:**

American Shield: The Immigrant Sergeant Who Defended Democracy: Gonell, Aquilino, Shapiro, Susan, Raskin,

Jamie: Amazon.com: Books

The Legacy of January 6 | FSI

U.S. Capitol riot | January 6, 2021 | HISTORY

Justices to Decide Scope of Obstruction Charge Central to Trump's Jan. 6 Case - The New York Times

**VIEWPOINTS EXPLAINED: ALABAMA WILL SOON BE THE FIRST TO USE THIS NEW EXECUTION METHOD**
**Time:** 22:25

**Duration:** 2:00

**Synopsis:** Last year, Alabama prison officials failed to execute Kenneth Eugene Smith via lethal injection. After more than four hours of prodding and poking him, they gave up on finding a viable vein. Smith has been on death row since 1990 and his next scheduled execution is late next month. But now, he's opting for a new method that's never been tested before in this setting.

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

**Compliance issues:** Criminal Justice, Ethics, Health, Humanity, Incarceration, Medicine, Science, State Government

**CULTURE CRASH: A TERRIFYING PORTRAYAL IN THE NEW FILM, "GODZILLA MINUS ONE"****Time:** 24:25**Duration:** 2:04**Synopsis:** We review the new monster flick, "Godzilla Minus One" by Japanese writer & director Takashi Yamazaki now playing in theaters.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

**Program 23-53****Air Week:** 12/31/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS****Time:** 1:47**Duration:** 8:15

**Synopsis:** There's something special about dinosaurs. These majestic creatures walked the Earth for more than 165 million years. Compare this to the span of humans who've only been around for five to seven million years so far. There's no doubt that dinosaurs left their mark. Some scientists even wonder – would they still be around today if the asteroid never collided with Earth? We answer this question and more this week on Viewpoints.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Michael Benton, professor, vertebrate paleontology, University of Bristol – England**Compliance issues:** Climate Change, History, Paleontology, Research, Science, Animal Sciences, Mass Extinction**Links for more info:**

Dinosaurs: New Visions of a Lost World: Benton, Michael J., Nicholls, Bob: Amazon.com: Books

Professor Mike Benton - Our People

Dinosaurs Were Already Dying Off Due to Climate Change Even Before Asteroid Hit | Nature World News

University of Bristol (@BristolUni) / X

**SEGMENT 2: IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS****Time:** 12:04**Duration:** 9:04

**Synopsis:** One in twelve children will lose a parent or sibling by the time they reach age 18. Experiencing grief of this kind is unbearable at any age, but in children it can present differently and may require more of a tailored approach. We speak with child therapist Natasha Daniels to get a better understanding of this emotion and how there can be different variations of grief depending on the severity of the life event.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Natasha Daniels, child therapist, author, The Grief Rock: A Book to Understand Grief and Love**Compliance issues:** Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships**Links for more info:**

The Grief Rock: A Book to Understand Grief and Love

Natasha Daniels (@atparentingsurvival) • Instagram photos and videos

About – Hill Child Counseling

National Alliance for Grieving Children

Childhood Bereavement Estimation Model - Judi's House

Where To Find Help For Your Child

Helping Children Deal With Grief | Child Mind Institute

**VIEWPOINTS EXPLAINED: BREAKING PLATES? EATING 12 GRAPES IN 12 SECONDS? HOW OTHER CULTURES RING IN THE NEW YEAR****Time:** 22:08**Duration:** 1:48

**Synopsis:** How do people across the world celebrate New Year's Eve and New Year's Day? We cover some interesting customs and traditions in other countries.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Culture, Customs, Traditions, History, Religion, Psychology, Entertainment**CULTURE CRASH: WHY WE LOVE THE 180 THAT IS ANDRE 3000'S NEWEST ALBUM****Time:** 23:56**Duration:** 2:33

**Synopsis:** We dive into Andre 3000's latest album release titled, "New Blue Sun".

**Host & Producer:** Evan Rook**Compliance issues:** Music, Culture

## Quarterly Report of Compliancy Issues & Programs List 2023-Q4 (October - December) Radio Health Journal

- |                         |                          |                        |                          |
|-------------------------|--------------------------|------------------------|--------------------------|
| • Accidents             | • Deception              | • Interrogation        | • Psychiatric Conditions |
| • Achilles Heel         | • Deep Brain Stimulation | • Invasive Species     | • Psychology             |
| • Acupuncture           | • Deforestation          | • Invention            | • PTSD                   |
| • Aggressive Cancer     | • Dentistry              | • Investigations       | • Public Health          |
| • Air Pollution         | • Depression             | • Invisible Illness    | • Public Safety          |
| • Animals               | • Detergent              | • Ionizing Radiation   | • Radiation              |
| • Anxiety               | • Diabetes               | • IVF                  | • Radiology              |
| • Arthritis             | • Diet                   | • Judicial System      | • Recovery               |
| • Asherman's Syndrome   | • Disability             | • Kidnapping           | • Relapsing Diseases     |
| • Atomic Bomb           | • DNA                    | • Kitchen Safety       | • Religion               |
| • Atrial Fibrillation   | • Dopamine               | • Labor                | • Resilience             |
| • Autopsy               | • Driving                | • Law Enforcement      | • Respiratory Illness    |
| • Bioaccumulates        | • Dust Mites             | • Leadership Skills    | • Reward System          |
| • Biology               | • Earthquake             | • Lethal Injections    | • Rheumatoid Arthritis   |
| • Blood Test            | • Efficient Travel       | • Lifestyle            | • Road Safety            |
| • Blood Thinners        | • Elderly Population     | • Longevity            | • Role Models            |
| • Body Language         | • Emergency Medicine     | • Lung Disease         | • RSV                    |
| • Bone Defect           | • Emotional Maturity     | • Lying                | • Rural Areas            |
| • Bone Health           | • Empathy                | • Mammograms           | • Scar Tissue            |
| • Bone Spurs            | • Endangered Species     | • Manhattan Project    | • Schizophrenia          |
| • Brain Bleed           | • Environment            | • Medical Insurance    | • Science Fair           |
| • Brain Health          | • Exercise               | • Medicine             | • Seizure                |
| • Brain Surgery         | • Facial Deformities     | • Meditation           | • Self-exams             |
| • Breast Cancer         | • Factory Workers        | • Mental Health        | • Smoke Detectors        |
| • Breast Density        | • False Confessions      | • Miscarriage          | • Social Support         |
| • Breast Tissue         | • Family Relations       | • Mold                 | • Speeding               |
| • Bullying              | • FDA                    | • Morgue               | • Stalking               |
| • Cancer                | • Fear Conditioning      | • Movement             | • Stem Cell              |
| • Cannabinoids          | • Fertility              | • mRNA                 | • Stress                 |
| • Cannabis              | • Fire                   | • multiple sclerosis   | • Stroke                 |
| • Cardiac Health        | • Fire Safety            | • Murder               | • Stroke Survivors       |
| • Cardiovascular Health | • Flat Foot              | • Natural Disasters    | • Supplements            |
| • Cataracts             | • Flooding               | • Nervous System       | • Surgery                |
| • CBD                   | • Flu                    | • Neurobiology         | • THC                    |
| • Celebrities           | • Foot Health            | • Neurology            | • Toxicology             |
| • Cell Replacement      | • Forensic Toxicology    | • Nuclear Industry     | • Traditional Medicine   |
| • Therapy               | • Forest Fires           | • Nuclear Workers      | • Trauma                 |
| • Charity               | • Genetics               | • Nursing Home         | • Trauma Surgery         |
| • Chemicals             | • Goals                  | • Occupational Health  | • Vaccine Fatigue        |
| • Childhood Trauma      | • Gun Violence           | • Oncology             | • Vaccines               |
| • Children At Risk      | • Habitats               | • Ophthalmology        | • Vapes                  |
| • Chronic Conditions    | • Hazard Prevention      | • Optimism             | • Vehicle Crashes        |
| • Chronic Disease       | • Healthcare             | • Overbite             | • Vehicle Safety         |
| • Chronic Inflammation  | • Healthy Lifestyle      | • Parkinson's Disease  | • Victims                |
| • Cigarettes            | • Heart Attack           | • Pathological Liars   | • Viral Infections       |
| • Cleaning              | • Heart Health           | • Patient Safety       | • Viral Mutations        |
| • Climate Change        | • Heart Surgery          | • Patient Support      | • Virus                  |
| • Clinical Trials       | • Heel Stability         | • Pets                 | • Vision                 |
| • Colorectal Cancer     | • Herbal Remedies        | • Pharmaceuticals      | • Vitamin D              |
| • Community             | • Holistic Healthcare    | • Physical Therapy     | • Vitamins               |
| • Confession            | • Home Health            | • Placenta             | • Volatile Organic       |
| • Conflict Resolution   | • Immortality            | • Plantar Fasciitis    | • Chemicals              |
| • Consumerism           | • Immune Disease         | • Podiatry             | • Vulnerable Population  |
| • Contamination         | • Immune System          | • Poisons              | • Vulnerable Populations |
| • COPD                  | • Infectious diseases    | • Police Officers      | • Wildlife               |
| • Covid-19              | • Infertility            | • Political Espionage  | • Women's Health         |
| • Craniofacial Anomaly  | • Inflammation           | • Pollution            | • World Population       |
| • Crime                 | • Injectable Medication  | • Population Control   | • World War II           |
| • Criminal Justice      | • Integrative Health     | • Pregnancy            | • Wrongful Convictions   |
| • Criminology           | • Integrative Medicine   | • Preventative Testing | • X-ray                  |
| • Death                 | • Intensive Care Unit    | • Prison               |                          |
|                         | • International Issues   | • Protein              |                          |



**Program 23-40**

**Air Week:** 10/1/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: “OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION**

**Time:** 1:50

**Duration:** 11:18

**Synopsis:** Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependence on medication.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Tieraona Low Dog, Globally-Recognized Expert in Integrative Medicine, Founding Director, Medicine Lodge Ranch; Dr. David Katz, Specialist in Preventive Medicine and Public Health, Founder of Yale-Griffin Prevention Research Center, Yale University, Chief Executive Officer, Diet ID

**Compliance issues:** Chronic Conditions, Diabetes, Healthcare, Supplements, Acupuncture, Herbal Remedies, Holistic Healthcare, Integrative Medicine, Lifestyle, Meditation, Pharmaceuticals, Traditional Medicine, Vitamins

**Links for more info:**

[Diet ID](#)

[Dr. David Katz](#)

[X: @DrDavidKatz](#)

[LinkedIn: Dr. Tieraona Low Dog](#)

[Dr. Low Dog](#)

[Instagram: @lowdogmd](#)

**SEGMENT 2: HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH**

**Time:** 14:10

**Duration:** 8:52

**Synopsis:** Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association

**Compliance issues:** Patient Safety, Public Health, Achilles Heel, Bone Spurs, Flat Foot, Foot Health, Foot Pain, Heel Stability, Plantar Fasciitis, Podiatry

**Links for more info:**

[Dr. Marlene Reid, DPM - Family Podiatry Center](#)

[American Podiatric Medical Association](#)

[LinkedIn: Dr. Marlene Reid](#)

**Program 23-41**

**Air Week:** 10/8/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS**

**Time:** 1:50

**Duration:** 13:18

**Synopsis:** Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Linda Li, Professor of Physical Therapy, University of British Columbia, Leading Scientist in Arthritis Research; Talisa King, Co-Lead of the National African Americans Connect Group, Arthritis Foundation

**Compliance issues:** Public Health, Rheumatoid Arthritis, Arthritis, Cardiovascular Health, Chronic Inflammation, Community, Heart Conditions, Inflammation, Invisible Illness, Patient Support, Physical Therapy

**Links for more info:**

[Arthritis Foundation](#)

[Talisa King | LinkedIn](#)

[Linda Li | Department of Physical Therapy](#)

[Linda Li | VCH Research Institute](#)

[An Interview with Dr. Linda Li - Featured Researcher](#)

**SEGMENT 2: WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT**

**Time:** 16:10

**Duration:** 6:19

**Synopsis:** In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Mary Roach, Science Author, Fuzz

**Compliance issues:** Invasive Species, Public Safety, Wildlife, Animals, Deforestation, Endangered Species, Habitats

**Links for more info:**

[Mary Roach](#)

[Fuzz: When Nature Breaks the Law: Roach, Mary: Amazon.com: Books](#)

[Mary Roach \(@mary\\_roach\) / X](#)

**Program 23-42**

**Air Week:** 10/15/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR**

**Time:** 1:51

**Duration:** 11:28

**Synopsis:** Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah, Polly Hansen

**Guests:** Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, The Curtis Deception Lab, Co-Author, Big Liars

**Compliance issues:** Psychology, Public Health, Public Safety, Vulnerable Populations, Children At Risk, Deception, Lying, Pathological Liars

**Links for more info:**

[Christian Hart](#)

[Big Liars](#)

[Chris Hart \(@chrishartpsych\) / X](#)

[Drew A. Curtis, Ph.D.](#)

[Dr.Curtis \(@Dr\\_CurtisPhD\) / X](#)

[Curtis Deception Lab](#)

**SEGMENT 2: HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION**

**Time:** 14:21

**Duration:** 8:01

**Synopsis:** The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. William Schaffner, Professor of Preventive Medicine and Health Policy, Vanderbilt University, Spokesperson and Past President, National Foundation for Infectious Diseases

**Compliance issues:** Clinical Trials, Covid-19, DNA, FDA, Vaccine Fatigue, Vaccines, Vulnerable Populations, Flu, Infectious diseases, mRNA, RSV, Viral Infections, Viral Mutations

**Links for more info:**

[William Schaffner, M.D. | Department of Health Policy](#)

[William Schaffner, MD – NFID](#)

[The new COVID boosters: What doctors and patients need to know | AAMC](#)

**Program 23-43**

**Air Week:** 10/22/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CURING CANCER WITH VACCINES OF THE FUTURE**

**Time:** 1:50

**Duration:** 12:18

**Synopsis:** The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Jordan Green, Professor, Vice Chair of Biomedical Engineering, Johns Hopkins University School of Medicine

**Compliance issues:** Breast Cancer, Cancer, Colorectal Cancer, Diabetes, Immune System, Oncology, Patient Safety, Public Health, Vaccines, Virus, Vulnerable Populations, mRNA, multiple sclerosis, protein

**Links for more info:**

[Jordan J. Green, Ph.D., Professor of Biomedical Engineering | Johns Hopkins Medicine](#)

[Jordan Green Lab](#)

[Biodegradable lipophilic polymeric mRNA nanoparticles for ligand-free targeting of splenic dendritic cells for cancer vaccination | PNAS](#)

[Green Group \(@JGreenGroup\) / X](#)

**SEGMENT 2: DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON**

**Time:** 15:10

**Duration:** 7:49

**Synopsis:** Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. Dr. Dennis Charney breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Dennis Charney, Dean of the Icahn School of Medicine, Mount Sinai, Expert in Neurobiology and Mood & Anxiety Disorders, Author, Resilience

**Compliance issues:** Anxiety, Depression, Environment, Genetics, Neurology, Resilience, Community, Fear Conditioning, Goals, Gun Violence, Optimism, Religion, Role Models, Social Support, Stalking

**Links for more info:**

[Dennis S. Charney | Mount Sinai - New York](#)

[Icahn School of Medicine at Mount Sinai \(@IcahnMountSinai\) / X](#)

[Dennis S. Charney, MD - President for Academic Affairs - Mount Sinai Health System | LinkedIn](#)

[Resilience: The Science of Mastering Life's Greatest Challenges](#)

**Program 23-44**

**Air Week:** 10/29/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH**

**Time:** 1:49

**Duration:** 12:15

**Synopsis:** Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Zachary Gaertner, Neuroscientist, Northwestern University Feinberg School of Medicine; Dr. Raj Awatramani, Sir John Eccles Professor of Neurology, Northwestern University; Dr. Daniel Dombeck, Professor of Neurobiology, Northwestern University

**Compliance issues:** Parkinson's Disease, Patient Safety, Cell Replacement Therapy, Dopamine, Movement, Neurobiology, Neurons, Reward System, Schizophrenia, Stem Cell

**Links for more info:**

[Unique functional responses differentially map onto genetic subtypes of dopamine neurons | Nature Neuroscience](#)

[Zachary Gaertner \(@Z\\_Gaertner\) / X](#)

[Rajeshwar Awatramani: Faculty Profiles](#)

[raj awatramani \(@AwatramaniRaj\) / X](#)

[Daniel A Dombeck: Faculty Profiles](#)

[Daniel A Dombeck \(@DanielDombeck\) / X](#)

**SEGMENT 2: HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY**

**Time:** 15:06

**Duration:** 7:54

**Synopsis:** As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Caroline Blazovsky, Home Inspector, Founder, My Healthy Home; Dr. Gregory Charlop, Anesthesiologist, Author, Dr. Greg's Green Home Makeover

**Compliance issues:** Public Health, Virus, Vulnerable Populations, Chemicals, Cleaning, Detergent, Disease, Dust Mites, Home Health, Mold, Pets, Volatile Organic Chemicals

**Links for more info:**

[My Healthy Home](#)

[Caroline Blazovsky - Healthy Home Expert® \(@healthyhomeexp\) / X](#)

[Caroline Blazovsky \(@healthyhomeexpert\) • Instagram photos and videos](#)

[Dr. Gregory Charlop](#)

[Gregory Charlop, Wellness MD \(@gregorycharlopm\) • Instagram photos and videos](#)

[Gregory Charlop Wellness MD](#)

**Program 23-45**

**Air Week:** 11/5/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?**

**Time:** 1:51

**Duration:** 11:53

**Synopsis:** If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Vikash Gayah, Professor of Civil Engineering, Interim Director of the Larson Transportation Institute, Pennsylvania State University; Patrick Browne, Retired Vice President of Sustainability, UPS; Dan McMackin, Public Relations Manager, UPS

**Compliance issues:** Psychology, Public Safety, Speeding, Driving, Efficient Travel, Road Safety, Traffic, Vehicle Crashes, Vehicle Safety

**Links for more info:**

[Pennsylvania State University College of Engineering](#)

[LinkedIn: Dan McMackin](#)

[LinkedIn: Dr. Vikash Gayah](#)

[LinkedIn: Patrick Browne](#)

**SEGMENT 2: BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS**

**GUIDANCE**

**Time:** 14:46

**Duration:** 7:49

**Synopsis:** Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies – at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times.

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Christina Wyman, author, Jawbreaker

**Compliance issues:** Bone Health, Empathy, Bone Defect, Bullying, Childhood Trauma, Children At Risk, Conflict Resolution, Craniofacial Anomaly, Dentistry, Emotional Maturity, Facial Deformities, Family Relations, Overbite

**Links for more info:**

[Christina Wyman Books](#)

[Instagram: @christina.wyman.books](#)

[X: @cwymanbooks](#)

[Facebook: christinawymanbooks](#)

**Program 23-46**

**Air Week:** 11/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: OPPENHEIMER'S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION**

**Time:** 1:51

**Duration:** 11:54

**Synopsis:** Researchers have been studying the lasting health effects of the atomic bomb for decades – but there's a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. David Richardson, Professor of Environmental and Occupational Health, University of California, Irvine, Internationally Recognized Expert in Occupational Health; Dr. Mina Makary, Interventional Radiologist, The Ohio State University Wexner Medical Center

**Compliance issues:** Cancer, Manhattan Project, Radiation, World War II, Atomic Bomb, Cataracts, Ionizing Radiation, Nuclear Industry, Nuclear Workers, Occupational Health, Radiology, X-ray

**Links for more info:**

[Mina Makary MD | Ohio State University Wexner Medical Center](#)

[Mina S. Makary, MD \(@MinaMakaryMD\) / X](#)

[David Richardson, PhD](#)

[Cancer mortality after low dose exposure to ionising radiation in workers in France, the United Kingdom, and the United States \(INWORKS\): cohort study | The BMJ](#)

**SEGMENT 2: EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN'T DEADLY**

**Time:** 14:47

**Duration:** 7:40

**Synopsis:** The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Katharine Yao, Chair of the National Accreditation Program, Breast Centers of the American College of Surgeons; Dr. Peter Schmid, Medical Oncologist & Director of the Breast Cancer Center, St. Bartholomew's Hospital

**Compliance issues:** Breast Cancer, Aggressive Cancer, Breast Density, Breast Tissue, Mammograms, Medical Insurance, Preventative Testing, Self-exams

**Links for more info:**

[NAPBC Board | ACS](#)

[Katharine Yao | Profiles RNS](#)

[Professor Peter Schmid - Barts Cancer Institute](#)

[Pembrolizumab for Early Triple-Negative Breast Cancer](#)

[Peter Schmid](#)

**Program 23-47**

**Air Week:** 11/19/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS**

**Time:** 1:51

**Duration:** 11:39

**Synopsis:** Jamie-Lynn Sigler was cast in The Sopranos as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Jamie-Lynn Sigler, Actress; Dr. Sharon Stoll, Neuroimmunologist, Assistant Professor in the Department of Neurology, Yale School of Medicine

**Compliance issues:** Genetics, Immune System, Neurology, Public Health, Vulnerable Populations, Immune Disease, Multiple Sclerosis, Ophthalmology, Relapsing Diseases, Vision, Vitamin D

**Links for more info:**

[Jamie Lynn Sigler \(@jamielynnsigler\) • Instagram photos and videos](#)

[Jamie-Lynn Sigler \(@JamieLSigler\) / X](#)

[Jamie-Lynn Sigler's Relapsing MS Treatment Journey](#)

[Sharon Stoll \(@drsharonstoll\) • Instagram photos and videos](#)

[Dr. Sharon S Stoll](#)

[Sharon S Stoll \(@DrSharonStoll\) / X](#)

**SEGMENT 2: MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS**

**Time:** 14:32

**Duration:** 7:56

**Synopsis:** False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University

**Compliance issues:** Crime, Law Enforcement, Murder, Psychology, Public Health, Public Safety, Body Language, Confession, Criminal Justice, Criminology, False Confessions, Interrogations, Kidnapping, Lying, Wrongful Convictions

**Links for more info:**

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)



**Program 23-48**

**Air Week:** 11/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE  
THOUGHT**

**Time:** 1:50

**Duration:** 10:39

**Synopsis:** Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist.

**Host:** Elizabeth Westfield

**Producer:** Polly Hansen

**Guests:** Dr. Sigal Klipstein, Reproductive Endocrinologist and Infertility Specialist, Invia Fertility; Lisa McCarty, Asherman's Syndrome Patient

**Compliance issues:** Fertility, IVF, Pregnancy, Surgery, Vulnerable Populations, Asherman's Syndrome, Infertility, Labor, Miscarriage, Placenta, Scar Tissue, Women's Health

**Links for more info:**

[LinkedIn: Lisa McCarty](#)

[LinkedIn: Dr. Sigal Klipstein](#)

[Dr. Sigal Klipstein, M.D., F.A.C.O.G. | InVia Fertility](#)

[Asherman's syndrome | Fertility & Reproductive Medicine Center](#)

**SEGMENT 2: FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS**

**Time:** 13:31

**Duration:** 8:59

**Synopsis:** Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University; Mary Catlin, Doctoral Student & Graduate Research Assistant in Criminology, Law and Society, George Mason University

**Compliance issues:** Crime, Law Enforcement, Public Safety, Criminology, False Confessions, Interrogation, Judicial System, Police Officers, Prison, Victims, Wrongful Convictions

**Links for more info:**

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

[Mary Catlin](#)

[Mary CATLIN | Research Assistant | Master of Science | George Mason University, VA | GMU | Department of Criminology, Law and Society | Research profile](#)

**Program 23-49**

**Air Week:** 12/3/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?**

**Time:** 1:49

**Duration:** 10:53

**Synopsis:** Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Kim Feingold, Assistant Professor of Surgery and Psychiatry, Northwestern University Feinberg School of Medicine, Founder & Director of Cardiac Behavioral Medicine, Bluhm Cardiovascular Institute; Ania Grimone, Acupuncturist & Chinese Medicine Clinician, Northwestern Medicine

**Compliance issues:** Anxiety, Patient Safety, Public Health, Acupuncture, Atrial Fibrillation, Cardiac Health, Heart Attack, Heart Surgery, Integrative Health, Intensive Care Unit, Recovery, Stress, Stroke

**Links for more info:**

[Kim L Feingold: Faculty Profiles](#)

[LinkedIn: Dr. Kim Feingold](#)

[Ania Grimone, LAc | Northwestern Medicine](#)

[Ania Grimone M.S., L.Ac., C.H., CPCC - Owner and CEO - Venus Core Leadership | LinkedIn](#)

**SEGMENT 2: 'EVERYONE CAN BE MADE PSYCHOTIC' – THE TRUTH BEHIND SCHIZOPHRENIA**

**Time:** 13:44

**Duration:** 8:42

**Synopsis:** Hollywood often portrays schizophrenia in its most extreme form, but the disorder's progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. Dr. Christoph Correll explains why it's often misdiagnosed, left untreated, and can affect anyone – including you.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Christoph Correll, Professor of Psychiatry, Zucker School of Medicine, Medical Director of the Recognition and Prevention Program, Zucker Hillside Hospital

**Compliance issues:** Anxiety, Depression, Mental Health, Public Health, Vulnerable Populations, Injectable Medication, Psychiatric Conditions, Schizophrenia

**Links for more info:**

[Christoph Correll Profile | Zucker School of Medicine](#)

[Interplay between negative symptoms, time spent doing nothing, and negative emotions in patients with schizophrenia spectrum disorders: results from a 37-site study](#)

[NIMH » Schizophrenia](#)

**Program 23-50**

**Air Week:** 12/10/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP?**

**Time:** 1:51

**Duration:** 10:08

**Synopsis:** Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes.

**Host:** Elizabeth Westfield

**Producer:** Amirah Zaveri

**Guests:** Dr. Vickie Mays, Clinical Psychologist, Professor, Department of Psychology at University of California Los Angeles

**Compliance issues:** Anxiety, Climate Change, Depression, Flooding, Mental Health, Natural Disasters, PTSD, Psychology, Trauma, Vulnerable Populations, Charity, Earthquake, Forest Fires, International Issues

**Links for more info:**

[Vickie M. Mays](#)

[Dr. Vickie Mays \(@drvickiemays\) / X](#)

[Vickie M. Mays, PhD, MSPH](#)

[Vickie M. Mays, Ph.D., MSPH - Distinguished Professor of Psychology and Distinguished Professor of Health Policy and Management - University of California, Los Angeles | LinkedIn](#)

**SEGMENT 2: “IT’S A CRITICAL AGE”: WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM**

**Time:** 12:59

**Duration:** 9:19

**Synopsis:** Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Raeva Ramadorai, Director, Thermo Fisher Scientific Junior Innovators Challenge; Shanya Gill, Ascend Award Winner

**Compliance issues:** Consumerism, Public Safety, Vulnerable Populations, Computer Science, Fire, Fire Safety, Hazard Prevention, Invention, Kitchen Safety, Leadership Skills, Science Fair, Smoke Detectors

**Links for more info:**

[Society For Science: Raeva Ramadorai](#)

[LinkedIn: Raeva Ramadorai](#)

[Thermo Fisher Scientific Junior Innovators Challenge](#)

[Society For Science: Shanya Gill](#)

[LinkedIn: Shanya Gill](#)

**Program 23-51**

**Air Week:** 12/17/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY**

**Time:** 1:51

**Duration:** 12:22

**Synopsis:** Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Barbarajeane Magnani, Professor of Anatomic and Clinical Pathology Emerita, Tufts University School of Medicine, Spokesperson, College of American Pathologists, Former Chair of the Toxicology Committee, College of American Pathologists, Author; Dr. Lily Robinson Thriller Series

**Compliance issues:** Autopsy, Death, Law Enforcement, Blood Test, Celebrities, Forensic Toxicology, Investigations, Lethal Injections, Morgue, Poisons, Political Espionage, Toxicology

**Links for more info:**

Barbarajeane Magnani PhD, MD - Professor, Anatomic and Clinical Pathology, and Medicine - Tufts Medical Center | LinkedIn

BJ Magnani

**SEGMENT 2: IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS?**

**Time:** 15:15

**Duration:** 7:05

**Synopsis:** The key to living a long life? Chip Walter says it's more about having less 'bad' genes rather than having more 'good' ones. But as we inch closer to finding immortality, there are some questions to be answered, such as "should we even be able to live hundreds of years?"

**Host:** Greg Johnson

**Producer:** Polly Hansen

**Guests:** Chip Walter, Explorer, National Geographic, Author, Immortality, Inc.

**Compliance issues:** Biology, Consumerism, Diet, Exercise, Genetics, Patient Safety, Public Health, Public Safety, Elderly Population, Immortality, Longevity, Population Control, World Population

**Links for more info:**

Chip Walter - National Geographic Society

Chip Walter - Author - The Human Light and Power Co. | LinkedIn

**Program 23-52**

**Air Week:** 12/24/2022

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION**

**Time:** 1:51

**Duration:** 11:03

**Synopsis:** Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST, every minute matters.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Sheryl Martin-Schild, Vascular Neurologist, Stroke Medical Director, Louisiana Emergency Response Network; Meghan McKee, Stroke Survivor

**Compliance issues:** Emergency Medicine, Neurology, Vulnerable Populations, Blood Thinners, Brain Bleed, Brain Health, Disability, Healthy Lifestyle, Heart Health, Stroke, Stroke Survivors

**Links for more info:**

[Sheryl Martin-Schild, MD | LCMC Health](#)

[Dr. Sheryl Martin-Schild, MD, PhD, FANA, FAHA](#)

[Sheryl Martin-Schild, M.D., Ph.D., FANA, FAHA](#)

**SEGMENT 2: “NO SMOKE IS GOOD SMOKE” HOW VAPING IS INCREASING CASES OF COPD**

**Time:** 13:54

**Duration:** 8:30

**Synopsis:** COPD is a silent killer – but it doesn’t have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you’re diagnosed.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Tony Punturieri, Program Officer in the Division of Lung Disease, National Heart, Lung, and Blood Institute; Dr. Siva Sivaraman, Pulmonologist, Director of the Respiratory Therapy Department, AtlantiCare Regional Medical Center

**Compliance issues:** Air Pollution, COPD, Chronic Disease, Consumerism, Lung Disease, Pollution, Cigarettes, Factory Workers, Respiratory Illness, Rural Areas, Vapes, Vulnerable Population

**Links for more info:**

[Dr. Sivashankar Sivaraman, MD - Galloway, NJ - Pulmonary Critical Care - Book Appointment](#)

[Chronic Obstructive Pulmonary Disease \(COPD\)/Environment | NHLBI, NIH](#)

[Punturieri, Antonello | Pri-Med](#)

[Learn More Breathe Better® | NHLBI, NIH](#)

**Program 23-53**

**Air Week:** 12/31/2022

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE - LET'S TALK ABOUT IT**

**Time:** 1:49

**Duration:** 10:51

**Synopsis:** While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Dipali Nemade, Epileptologist and Neurologist, Orlando Health Neuroscience Institute; Dr. Barry Gidal, Professor of Pharmacy and Neurology, University of Wisconsin-Madison, Medications Co-Editor, Epilepsy.com

**Compliance issues:** Consumerism, FDA, Neurology, Vulnerable Populations, Bioaccumulates, Brain Surgery, Cannabinoids, Cannabis, CBD, Contamination, Deep Brain Stimulation, Nervous System, Seizure, THC

**Links for more info:**

[Barry E Gidal, PharmD, RPh](#)

[LinkedIn: Dr. Barry Gidal](#)

[Barry Gidal, PharmD | Epilepsy Foundation](#)

[Dipali Nemade, MD](#)

[Dipali Nemade, MD MPH \(@drdips23\) / X](#)

**SEGMENT 2: "THEY'RE ACTIVELY TRYING TO DIE": INSIDE THE MIND OF A TRAUMA SURGEON**

**Time:** 13:42

**Duration:** 9:16

**Synopsis:** With the constant stress and chaos of emergency rooms, how do doctors keep a clear head to make life or death decisions? Dr. Stephen Cohn has been a trauma surgeon for more than 40 years. He takes us through a day-in-the-life, giving us an inside look at the hectic lives of emergency medicine physicians.

**Host:** Greg Johnson

**Producer:** Kristen Farrah

**Guests:** Dr. Stephen Cohn, Trauma Surgeon, Hackensack Meridian Health, Author, All Bleeding Stops

**Compliance issues:** Consumerism, Death, Emergency Medicine, Medicine, Patient Safety, Public Health, Trauma, Vulnerable Populations, Accidents, Nursing Home, Stroke, Trauma Surgery

**Links for more info:**

[Dr. Stephen Cohn, MD - Hackensack, NJ - Surgical Critical Care](#)

[All Bleeding Stops: Life and Death in the Trauma Unit by Stephen M. Cohn M.D. | Barnes & Noble®](#)