



WSBM-AM/FM 1340AM 97.9FM FLORENCE-MUSCLE SHOALS, AL ISSUES AND PROGRAMS REPORT Q3 2023

Some of the most frequently cited issues of concern according to listeners in the WSBM listening area include: Public Health, Public Education, local government elections and appointments, our involvement and finally issues dealing with artistic expression. This list details the most significant programs addressing these issues. All interviews, PSA's, and other forms of communication were broadcast on WBSM between July 1, 2023 and September 30, 2023.

Quarterly Report of Compliancy Issues & Programs List

2023-Q3 (July – September) Viewpoints Radio

- Accessibility
- Adolescent Development
- Adolescent Health
- Aging
- Agriculture
- Artificial Intelligence
- Arts
- Astronomy
- Astrophysics
- Automation
- Banking
- Body Inclusion
- Business

- Cannabis Legalization
- Career
- Chronic Stress
- Climate Change
- Comedy
- Composition
- Conflict
- Consumerism
- Cooking
- Copyright Infringement
- Correctional System
- Creative Arts
- Creativity
- Crime
- Cuisine
- Culture
- Diversity in Science
- Drug Policy
- Drug Trafficking
- Economy
- Education
- Education Access
- Emergency Response
- Entertainment
- Entertainment Business
- Environment
- Equal Pay
- Ethics
- Exercise
- Exploration
- Film
- Film Production
- Fine Dining
- Food Industry
- Food Science
- Food Trends
- Global Economy
- Global Trade

- Government
- Government Funding
- Government Regulation
- Habits
- Health
- Higher Education
- History
- Incarceration
- Inequality
- Inflation

- Infrastructure
- Innovation
- International Issues
- International Policy
- International Relations
- Invention
- Job Security Real Estate
- Journalism
- Labor
- Labor Issues
- Labor Rights
- Labor Trends
- Law
- Law Enforcement
- Life Skills
- Local Business
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- Marketing
- Media
- Media Business
- Medical Research
- Medicine
- Mental Health
- Music
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- Nationalism
- Natural Disaster
- Natural Disasters
- News
- Nonprofits
- Parenting
- Pay Equity
- Personal Finance
- Physics
- Politics
- Population Trends
- Poverty
- Presidential Election
- Productivity
- Psychology

- Public Health
- Public Safety
- Race
- Relationships
- Renewable Energy
- Retail Trends
- Retirement

- Science
- Self Help
- Self-Confidence
- Self-Development
- Self-Growth
- Social Media
- Software
- Solar System
- Space Exploration
- Sports
- Sports Culture
- STEM
- Sustainability
- Technology
- Time Management
- Tourism
- Tourism Regulations
- Transportation
- Trauma
- Travel
- TV
- User Experience
- Volunteerism
- War
- War on Drugs
- Waste Management
- Wealth
- Youth Sports

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Viewpoints Radio Program Log
 Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-28

Air Week: 7/9/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

**SEGMENT 1: NO TRAVEL PLANS THIS SUMMER? HOW TO MAKE THE MOST OUT OF
 WHERE YOU ARE
 ALREADY**

Time: 1:47

Duration: 9:35

Synopsis: High demand for travel this summer is leading to exorbitantly high prices for flights, hotels and rental cars.

If traveling out of state this summer is out of the question (or you just want to spend more time at

home), we offer up
some ways to rediscover your own town, city, or region and gain a new perspective.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Jessica Mlinaric, Chicago resident, writer, author, *Secret Chicago: A Guide to the Weird, Wonderful, and*

Obscure

Compliance issues: Arts, Cuisine, Culture, Exploration, History, Music, Personal Finance, Tourism, Travel

Links for more info:

Jessica Mlinaric (@urbnexplorer) • Instagram photos and videos

urban explorer (@urbnexplorer) / Twitter

How Will We Eat in 2023? Here Are 10 Predictions

**SEGMENT 2: WOULD YOU EVER SPEND \$63,000 ON A POUND OF RARE MUSHROOMS?
SOME CHEFS SAY**

YES

Time: 13:24

Duration: 7:36

Synopsis: Purveying for the top chefs across America is an ever-changing series of requests dependent on food

trends and tastes. While some chefs are seeking out rare microgreens, others are looking for the finest cuts of beef.

And these small quantities of in-demand ingredients come at a hefty price. We highlight the many niche aspects of

fine dining and how we can all take away some learning points to infuse into our own cooking at home.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Carrie Nahabedian, co-owner, executive chef, Brindille, Kostali by Naha; Susan Spungen, food stylist,

cookbook author, *Open Kitchen: Inspired Food for Casual Gatherings*

Compliance issues: Agriculture, Cooking, Cuisine, Culture, Fine Dining, Food Trends, Global Trade, Innovation,

Tourism

Links for more info:

@susanspungen • Instagram photos and videos

Susan Spungen

Carrie Nahabedian (@carrienaha) • Instagram photos and videos

Carrie Nahabedian (@cnaaha) / Twitter

Carrie Nahabedian | James Beard Foundation

VIEWPOINTS EXPLAINED: THE 36-HOUR REBELLION WITHIN RUSSIA

Time: 22:00

Duration: 2:01

Synopsis: Who is Yevgeny Prigozhin? The elusive leader of the mercenary force, The Wagner Group, is now

globally known for the recent rebellion he launched against the Russian regime. We discuss the short-lived coup

that's now known as the biggest uprising in Vladimir Putin's 23-year-reign.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Conflict, Government, Politics, War

CULTURE CRASH: WHY ARE STREAMING PLATFORMS ALWAYS CHANGING?

Time: 24:01

Duration: 2:27

Synopsis: It seems like there's always a new streaming app coming or going lately. Take the creators of HBO for

instance. In a short span of time, the subscription platform has been called HBO Now, HBO Go, HBO Max and now

it's just Max. We discuss the ever-evolving landscape of streaming.

Host & Producer: Evan Rook

Compliance issues: Entertainment, Film Production, Media Business

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-29

Air Week: 7/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: AVOIDING CONVERSATIONS AROUND MONEY? HERE'S HOW TO GET STARTED

Time: 1:47

Duration: 9:23

Synopsis: Only 1 in 4 Americans feels financially secure, according to a recent survey by consumer financial

services firm, Bankrate. We speak with two financial experts about how more Americans can have productive

conversations about their spending and come up with a plan to save and invest more for the future.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Lori Sackler, certified financial planner, financial wealth advisor, author, *The M Word: The Money Talk Every*

Family Needs to Have About Wealth and Their Financial Future; Emily Guy Birken, financial expert, financial writer,

author, *Stacked: Your Super Serious Guide to Modern Money Management*

Compliance issues: Aging, Consumerism, Economy, Parenting, Personal Finance, Relationships, Retirement,

Wealth

Links for more info:

About the Author - *The M Word*

Evergreen Lane Wealth Management Group | Paramus, NJ | New York, NY

Emily Guy Birken (@EmilyGuyBirken) / Twitter

Emily Guy Birken – Forbes Advisor

SEGMENT 2: HAS ARTIFICIAL INTELLIGENCE FOREVER CHANGED THE MUSIC

INDUSTRY?

Time: 12:42

Duration: 8:42

Synopsis: Yes, ChatGPT isn't dominating media headlines anymore, but the technology is still leading to massive changes across America. One area where it's making waves is the music production industry. We speak with two experts within the field about how artificial intelligence is forcing them to rethink the future of music artistry and production.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Tina Tallon, assistant professor, artificial intelligence, music composition and the arts, University of Florida;

Robert Laidlow, classical music composer, fellow, University of Oxford

Compliance issues: Arts, Career, Composition, Copyright Infringement, Entertainment Business, Music, Music

Streaming, Social Media, Technology

Links for more info:

Robert Laidlow

Robert Laidlow (@Robert_Laidlow) / Twitter

Tina Tallon

Tina Tallon, Ph.D. (@ttallon) / Twitter

Tina Tallon | Boston Conservatory at Berklee

VIEWPOINTS EXPLAINED: PEDESTRIAN DEATHS HIT A 40-YEAR HIGH

Time: 22:24

Duration: 2:01

Synopsis: What's fueling the staggering increase in pedestrian deaths in recent years? We discuss this alarming upward trend.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Accessibility, Public Health, Public Safety, Transportation

CULTURE CRASH: IS THE LATE-NIGHT TALKSHOW FORMAT DEAD?

Time: 24:25

Duration: 2:02

Synopsis: Jay Leno. David Letterman. Jimmy Fallon. Stephen Colbert. We highlight the rise and fall of late-night TV.

Host & Producer: Evan Rook

Compliance issues: Culture, Entertainment, News, TV

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-30

Air Week: 7/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MARY LASKER: A PUBLIC HEALTH PIONEER

Time: 1:47

Duration: 7:36

Synopsis: The National Institute of Health. National Cancer Institute. These are just some of the research

foundations that are thriving today thanks to the work of health activist Mary Lasker. We speak with biographer Judith

L. Pearson about the many big contributions Lasker made to cancer & heart disease research throughout the twentieth century.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Judith L. Pearson, biographer, author, Crusade to Heal America: The Remarkable Life of Mary Lasker

Compliance issues: Government Funding, History, Medical Research, Medicine, Politics, Public Health, Science

Links for more info:

Cancer Wars | Mary Lasker - Profiles in Science

Amazon.com: Crusade to Heal America: The Remarkable Life of Mary Lasker

Judith L. Pearson

SEGMENT 2: THE INTERESTING ORIGINS OF CANNABIS

Time: 11:25

Duration: 9:27

Synopsis: Did you know that cannabis use dates back tens of thousands of years? While its earliest use traces back

to Asia, it eventually spread to Europe and then America and was used in a variety of capacities. We speak with

highly acclaimed pharmacology expert Dr. Richard Miller about the global history of cannabis and its controversial

record over the last 70 years of American history.

Host: Marty Peterson

Producer: Amirah Zaveri

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

Compliance issues: Cannabis Legalization, Culture, Drug Policy, Government, History, Public Health, War on Drugs

Links for more info:

Richard J Miller : Faculty Profile

The War on Marijuana in Black and White | American Civil Liberties Union

VIEWPOINTS EXPLAINED: WHY IS AN END TO AFFIRMATIVE ACTION SUCH BIG NEWS?

Time: 21:52

Duration: 1:49

Synopsis: We break down how higher education will be affected by the Supreme Court's recent ruling ending

affirmative action.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Education Access, Government, Higher Education, Inequality, Race

CULTURE CRASH: WHY WE CAN'T GET ONBOARD WITH CGI

Time: 23:41

Duration: 2:42

Synopsis: This week – we talk about the abundance (and overuse) of computer-generated images in recent

blockbuster film releases. We also highlight a couple new summer drops that we're looking forward to.

Host & Producer: Evan Rook

Compliance issues: Culture, Film, Technology

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-31

Air Week: 7/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: LOOKING THROUGH A NEW LENS: THE LARGEST & MOST POWERFUL TELESCOPE EVER

BUILT

Time: 1:47

Duration: 8:25

Synopsis: The James Webb telescope is the largest and most powerful space telescope ever built. A year and a half

ago hundreds of thousands of people cheered after the telescope successfully launched and opened to begin

capturing the universe in more detail than ever before. We speak with one astronomer about how this telescope will

lead to greater discoveries – including the hunt extraterrestrial life.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Jacob Bean, astronomer, professor, Department of Astronomy & Astrophysics, University of Chicago

Compliance issues: Astronomy, Culture, Innovation, International Relations, Physics, Space Exploration,

Technology

Links for more info:

James Webb Space Telescope

The Department of Astronomy and Astrophysics | Jacob L. Bean

See amazing images from James Webb Space Telescope's 1st year gazing deep into the cosmos (photos)

James Webb Space Telescope (JWST) — A complete guide

SEGMENT 2: WILL SOCCER FINALLY SCORE BIG IN THE U.S.?

Time: 12:14

Duration: 8:37

Synopsis: Soccer has steadily gained a following in recent years in the U.S. Amongst Americans 18-29 years old,

the sport is now more popular than baseball. We speak with soccer expert, G. Edward White about what's driving this

shift and why it took so long for soccer to take hold in America.

Host: Marty Peterson

Producer: Amirah Zaveri, Tabor Brewster

Guests: G. Edward White, David and Mary Distinguished Professor, Law, University of Virginia School of Law,

author, Soccer in American Culture: The Beautiful Game's Struggle for Status

Compliance issues: Entertainment, History, Nationalism, Parenting, Sports Culture, Technology, Youth Sports

Links for more info:

G. Edward White | University of Virginia School of Law

US Soccer

Fútbol frenzy: Messi set to play first game for Inter Miami CF

Fan Favorite: The Global Popularity of Football is Rising

Amazon.com: Soccer in American Culture: The Beautiful Game's Struggle for Status (Sports and American Culture)

VIEWPOINTS EXPLAINED: HOW MUCH ARE YOU PAYING FOR SUBSCRIPTIONS EACH MONTH?

Time: 21:51

Duration: 2:02

Synopsis: There seems to be a subscription for nearly every product or service these days. But how much is too

much? And when you're ready to cancel, why does it always seem like it's a pain to go through the process? We

uncover how some businesses use deceptive marketing tactics to keep consumers paying.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Business, Consumerism, Government, Law, Marketing, Technology

CULTURE CRASH: ALMOST THREE MONTHS LATER: WHY THE STRIKE IN HOLLYWOOD IS STILL

MARCHING ON

Time: 23:53

Duration: 2:31

Synopsis: We discuss the ongoing screenwriters and actors strike that's halting production on a large array of TV

shows and films.

Host & Producer: Evan Rook

Compliance issues: Culture, Film, Technology

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Viewpoints Radio Program Log
Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-32

Air Week: 8/6/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW ARTIFICIAL INTELLIGENCE IS FUELING THE \$1.1 TRILLION IN ONLINE RETAIL SALES

Time: 1:47

Duration: 6:15

Synopsis: Online retail sales are set to surpass \$1.6 trillion by 2027. With so much growth in the market, retailers are investing big in artificial intelligence software that improves customer interaction, usability, supply chain and more.

We speak with the Chief Technology Officer of Zenni Optical about how retailers are setting up for this new era of digital dominance.

Host: Gary Price

Producer: Amirah Zaveri

Guests: David Ting, chief technology officer, Zenni Optical

Compliance issues: Business, Consumerism, Economy, Habits, Retail Trends, Technology, User Experience

Links for more info:

With Zenni's AI-powered search, it's easier than ever to find a great pair of glasses | TechCrunch
Zenni Optical

AI in retail: Smarter stores, smarter product design | VentureBeat

NRF | How artificial intelligence will change retail

SEGMENT 2: WHAT'S HAPPENING IN HOLLYWOOD? THE STRIKE, EXPLAINED

Time: 10:04

Duration: 10:13

Synopsis: The screenwriters strike in Hollywood is now in its third month. Last month, the Screen Actors Guild joined

forces with the Writers Guild of America and called a strike. We speak with two active voices in the industry about

what's driving this strike and why these asks are so important to current and future professionals in this landscape.

Host: Marty Peterson

Producer: Amirah Zaveri, Tabor Brewster

Guests: Sofya Levitsky-Weitz, playwright, screenwriter, "The Bear"; Irving Belateche, screenwriting professor, School

of Cinematic Arts, University of Southern California

Compliance issues: Artificial Intelligence, Career, Creative Arts, Economy, Entertainment, Inflation, Labor Issues,

Labor Rights, Pay Equity, Personal Finance, Technology

Links for more info:

Sofya Levitsky-Weitz (@sofyalilyana) • Instagram photos and videos

Writers Strike: WGA Exec Says Studios Are Locked In "Mutual Suicide Pact" – Deadline

Sofya Levitsky-Weitz

Irving Belateche

Writers Guild of America West (@WGAWest) / Twitter

VIEWPOINTS EXPLAINED: CAN CHATGPT PERFECTLY MIMIC HUMANS?

Time: 21:17

Duration: 2:34

Synopsis: ChatGPT, the generative artificial intelligence platform, has been dominating media headlines since its

release late last year. We discuss what sets humans apart from this network created by OpenAI.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Artificial Intelligence, Automation, Innovation, Labor, Software, Technology

CULTURE CRASH: THE POWER OF "BARBENHEIMER"

Time: 23:51

Duration: 2:36

Synopsis: Millions of Americans rallied last month as two of the biggest film releases hit theaters. Yes, we're talking

about "Barbie" & "Oppenheimer" aka "Barbenheimer". We discuss the massive revenues these two movies drew.

Host & Producer: Evan Rook

Compliance issues: Culture, Film, History

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-33

Air Week: 8/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE GROWING RISK OF WILDFIRES FROM COAST TO COAST: ARE YOU PREPARED?

Time: 1:47

Duration: 8:55

Synopsis: It's been the deadliest year on record for wildfires in Canada. While California is typically the focus point

for these events, the new reality of human-caused climate change is that wildfires are becoming a greater threat in

areas never seen before. We speak with Dr. Adrienne Edwards, a botanist and wildfire expert, about how Americans

can best prepare for wildfire season and help stop the spread.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Adrienne Edwards, botanist, author, *Firescaping Your Home: A Manual for Readiness in Wildfire Country*

Compliancy issues: Climate Change, Emergency Response, Environment, Government, Natural Disaster, Public Health

Links for more info:

[Firescaping Your Home: A Manual for Readiness in Wildfire Country](#)

[We Made Wildfire an Enemy for 110 Years. It Could Have Been an Ally](#)

[Firescaping The WUI \(@firescaping_the_wui\)](#) • Instagram photos and videos

[Firescaping Your Home](#)

SEGMENT 2: FEELING DISTRACTED & DISCONNECTED? HERE'S HOW TO SLOW DOWN

Time: 12:44

Duration: 8:29

Synopsis: In 2012, researchers at the University of California-Irvine estimated that the average human's attention

span was around seventy-five seconds. In recent years, this number has dropped to forty-seven seconds. What's

leading to this continuing decline in our attention spans? We speak with one mindfulness expert to get some tips on

how people can slow down, increase their focus, and feel less chronically stressed.

Host: Marty Peterson

Producer: Amirah Zaveri, Tabor Brewster

Guests: Christian Madsbjerg, professor, applied humanities, New School, author, [Look: How to Pay Attention in a](#)

[Distracted World](#)

Compliancy issues: Career, Chronic Stress, Health, Mental Health, Psychology, Self-Development, Social Media,

Technology

Links for more info:

[Look: How to Pay Attention in a Distracted World: Madsbjerg, Christian: Amazon.com](#)

[5 Reasons You Should Unplug From Social Media - CNET](#)

[6 Skills to Help You Be Mindful | Psychology Today](#)

[14 Strategies for Leaders to Adopt or Practice Mindfulness](#)

VIEWPOINTS EXPLAINED: AN END TO FINDING NEWS CONTENT ON SOCIAL MEDIA IN CANADA

Time: 22:13

Duration: 1:41

Synopsis: Meta – the parent company of Facebook and Instagram – has decided to ban all news content on these

platforms in Canada. We talk about what's driving this big move and how it's going to impact both Canadians and

media outlets.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliancy issues: Government Regulation, Journalism, News, Politics, Social Media, Technology

CULTURE CRASH: WILL MARVEL BOUNCE BACK?

Time: 23:54

Duration: 2:34

Synopsis: The Marvel Cinematic Universe has had a series of flops in recent years. In a landscape with so much

content, will this production company be able to bounce back and rebuild its brand name?

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

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Viewpoints Radio Program Log
Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-34

Air Week: 8/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FROM COW'S MILK TO SALTWATER OYSTERS: THE FIRST PEOPLE TO DIVE INTO THE UNKNOWN

Time: 1:47

Duration: 6:45

Synopsis: Whoever thought, "This white, liquid substance from this animal looks like it is safe enough that I'm going to drink it." Out of the many items we have today (whether it's food, drink, or something else) there was a person who first took the risk in trying it themselves. We explore the many firsts throughout history and how key archeological evidence plays a role in accurately telling these narratives.

Host: Gary Price

Producer: Amirah Zaveri, Tabor Brewster

Guests: Cody Cassidy, writer, author, *Who Ate The First Oyster? The Extraordinary People Behind the Greatest*

Firsts in History

Compliance issues: Archaeology, Culture, Food Industry, Food Science, History, Innovation, Invention, Medicine,

Technology

Links for more info:

Who Ate the First Oyster? by Cody Cassidy | PenguinRandomHouse.com: Books

Who Invented Beer? | HISTORY

Who Ate the First Oyster? Cave May Hold an Answer : NPR

SEGMENT 2: SEPARATING FACT FROM FICTION: ARE YOU A VICTIM OF MISINFORMATION?

Time: 10:34

Duration: 9:58

Synopsis: Conspiracy theories have been around for hundreds of years. From secret projects to secret government societies, these theories are prevalent across society. We speak with two conspiracy experts about how these stories arise, why they're so pervasive online and why artificial intelligence may make these narratives more difficult to

detect.

Host: Marty Peterson

Producer: Amirah Zaveri, Aunna Beranek

Guests: Colin Dickey, writer, author, *Under the Eye of Power: How Fear of Secret Societies Shapes American*

Democracy; Dr. Erik Nisbet, Owen L. Coon Professor of Policy Analysis & Communication, Northwestern University

Compliance issues: Artificial Intelligence, Culture, History, Journalism, Media, News, Politics, Presidential Election,

Social Media, Technology

Links for more info:

Erik C. Nisbet

Fake News, Big Lies: How Did We Get Here and Where Are We Going?

Colin Dickey (@colindickey) / X

Under the Eye of Power by Colin Dickey | PenguinRandomHouse.com: Books

Disinformation Researchers Raise Alarms About A.I. Chatbots - The New York Times

VIEWPOINTS EXPLAINED: THE SECRETS OF VENUS

Time: 21:32

Duration: 2:21

Synopsis: We highlight the deeper intricacies and theories behind Venus' unusual surface.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Astronomy, Physics, Science, Solar System, Space Exploration

CULTURE CRASH: WHY DO WE LIKE WATCHING SCI-FI SO MUCH?

Time: 23:53

Duration: 2:33

Synopsis: From *Black Mirror* to *The Twilight Zone*, we explore why the sci-fi genre has always been a hit amongst

American audiences.

Host & Producer: Evan Rook

Compliance issues: Culture, TV

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-35

Air Week: 8/27/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: 'NEVER GOOD ENOUGH': A RISE IN MENTAL HEALTH ISSUES AMONG ADOLESCENTS

Time: 1:47

Duration: 7:31

Synopsis: With summer break over and millions of students back in school, it's a good time to talk

about the importance of mental health. After all, adolescents today face an excessive number of demands both in and outside of the classroom. This week on Viewpoints - We speak with author Jennifer Breheny Wallace about the importance of sharing how a person's value should never be linked to their performance.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Jennifer Breheny Wallace, journalist, writer, author, Never Enough: When Achievement Culture Becomes

Toxic – And What We Can Do About It

Compliance issues: Adolescent Development, Education, Mental Health, Parenting, Psychology, Self-Growth

Links for more info:

Authentic Connections

Never Enough: When Achievement Culture Becomes Toxic-and What We Can Do About It: Breheny Wallace,

Jennifer: Amazon.com: Books

Join the program - Challenge Success

Mental Health and Academic Achievement

We're Missing a Key Driver of Teen Anxiety - The Atlantic

SEGMENT 2: WHEN GREEN ENERGY TURNS TOXIC: RE-TOOLING SOLAR PANELS

Time: 11:20

Duration: 8:50

Synopsis: Solar energy is big business in the U.S. and is only set to expand in the coming years, with an annual

growth rate of 21%. But after these solar panels die, where do they go? How 'green' is this technology if we're

dumping thousands of used, toxic panels into landfills? We speak with two experts in the solar panel recycling space

about how innovation is driving this shift and what more needs to be done to make this energy source truly

sustainable.

Host: Marty Peterson

Producer: Amirah Zaveri, Polly Hansen

Guests: Adam Saghei, Chief Executive Officer, We Recycle Solar; Jesse Simons, co-founder, Chief Commercial

Officer, SolarCycle

Compliance issues: Environment, Local Government, Politics, Renewable Energy, Sustainability, Technology,

Waste Management

Links for more info:

We Recycle Solar

Solarcycle

Solar Panel Recycling | US EPA

As Millions of Solar Panels Age Out, Recyclers Hope to Cash In - Yale E360

Long-Lived? Highly Recyclable? Priorities for Solar Panels in a Circular Economy | News | NREL

VIEWPOINTS EXPLAINED: AN UNCERTAIN FUTURE FOR COMMUTER RAILS

Time: 21:10

Duration: 1:38

Synopsis: Covid-19 shook up norms for many public transit agencies including commuter rail companies that pre-pandemic largely catered to commuting office employees. We highlight how several businesses are re-framing their

strategy during this period.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Business, Infrastructure, Labor Trends, Transportation

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

CULTURE CRASH: IS COMEDY DEAD OR DOES IT JUST LOOK A LITTLE DIFFERENT?

Time: 22:48

Duration: 3:39

Synopsis: Some people argue that the comedy genre is on its way out. But this week, we discuss how comedy isn't

going anywhere—it's just adapting to the changing times.

Host: Tabor Brewster

Producer: Amirah Zaveri, Tabor Brewster

Compliance issues: Comedy, Culture, Social Media

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-36

Air Week: 9/3/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DROWNING IN DEBT? YOU'RE NOT ALONE: A NEW WAVE OF CREDIT CARD DEBT IN AMERICA

Time: 1:47

Duration: 7:32

Synopsis: Credit card debt in the U.S. just surpassed one trillion dollars and payment delinquency rates are also on

the rise. One factor that's feeding into these increases are a growing amount of credit card accounts.

The Federal

Reserve Bank of New York reports that there are 70 million new accounts since 2019. This week – we discuss the

effects of escalating debt and how listeners can start taking back control.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Chloe Elise, certified financial coach, author, *Deeper Than Money*

Compliance issues: Banking, Consumerism, Economy, National Debt, Personal Finance, Psychology, Self-

Development

Links for more info:

Credit-card debt hits \$1 trillion --- that milestone comes at a very tricky time - MarketWatch

Amazon.com: *Deeper Than Money: Ditch Money Shame, Build Wealth, and Feel Confident AF* eBook

: Elise, Chloe:

Kindle Store

Here's how much of your monthly income should go toward debt repayment

What do I need to know about consolidating my credit card debt? | Consumer Financial Protection

Bureau

SEGMENT 2: ACTORS & WRITERS ARE ON STRIKE, BUT WHY AREN'T MUSICIANS

PICKETING AS WELL?

Time: 11:21

Duration: 9:56

Synopsis: Screenwriters and writers aren't the only ones feeling the pinch in this new media landscape dominated

by streaming. Hundreds of thousands of musicians are struggling to make a living from the substandard pay they

receive from platforms like Spotify and Apple Music. We cover just how the music sector has changed and why these

artists don't have the same protections as other creatives.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: David Lowery, senior lecturer, Music Business Certificate Program, University of Georgia;

Rene Kladzyk,

volunteer, Union of Musicians and Allied Workers

Compliance issues: Creative Arts, Entertainment Business, Equal Pay, Labor Rights, Personal Finance, Technology

Links for more info:

Bandcamp

Union of Musicians and Allied Workers

Music Workers Alliance

David C Lowery (@davidclowery) / X

René Kladzyk (@ziembavision) • Instagram photos and videos

VIEWPOINTS EXPLAINED: THE ESCALATING LEVELS OF CAFFEINE IN ENERGY DRINKS

Time: 22:17

Duration: 2:07

Synopsis: Over the past two decades, caffeine levels have continued to creep higher and higher. We

cover how

much caffeine is packed inside many of these newer energy drinks and the consequences of consuming higher-than-needed amounts.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Adolescent Health, Marketing, Mental Health, Parenting, Public Health

CULTURE CRASH: A NEW ERA FOR POST MALONE

Time: 24:24

Duration: 2:01

Synopsis: We give our review of American rapper, singer and songwriter, Post Malone's newest album titled,

"Austin".

Host & Producer: Evan Rook

Compliance issues: Culture, Music

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Viewpoints Radio Program Log

Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-37

Air Week: 9/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY DOES EVERYONE, INCLUDING PARENTS, WANT TO BE INFLUENCERS?

Time: 1:47

Duration: 7:16

Synopsis: Two out of three people on Earth are on social media. With so many eyeballs online, it's big business to

have a large social media following and work as an influencer. We highlight this ever-evolving lucrative industry and

how new laws are better protecting those who've been previously taken advantage of.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Stephanie McNeal, senior editor, Glamour, author, Swipe Up for More: Inside the Unfiltered Lives of

Influencers

Compliance issues: Career, Ethics, Law, Mental Health, Parenting, Politics, Psychology, Social Media, Technology,

Wealth

Links for more info:

Stephanie McNeal (@stephemcneal) • Instagram photos and videos

Stephanie McNeal (@stephemcneal) / X

Swipe Up for More!: Inside the Unfiltered Lives of Influencers: McNeal, Stephanie: Books
SEGMENT 2: FROM DRUG TRAFFICKER TO INFORMANT: HOW EX-CRIMINALS ARE
AIDING
INVESTIGATORS

Time: 11:05

Duration: 9:59

Synopsis: We speak with ex drug trafficker, Margarito Flores Jr. about his entry into the illicit drug trade at an early

age and when he decided to get out of the business and start working for the other side. We also speak with Sgt.

Ryan Wasson about the critical role informants play in aiding law enforcement, but why it's important to avoid

glorifying the work of people like Flores.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Margarito Flores Jr., federal drug informant; Sergeant Ryan Wasson, detective, Kane County Sheriff, officer,

Homeland Security Investigations Task Force

Compliance issues: Crime, Drug Trafficking, Health, International Issues, Law Enforcement,

Parenting, Technology

Links for more info:

SAMHSA

Sheriff's deputies assigned to drug task force get federal credentials – Shaw Local

Margarito Flores, Chicago cocaine kingpin who helped bring down El Chapo, will teach cops how to catch drug

traffickers

VIEWPOINTS EXPLAINED: AMERICA'S STRUGGLING CITIES

Time: 22:04

Duration: 1:50

Synopsis: We highlight recent population trends across America in a post-pandemic world. Several once prominent

cities have struggled to bounce back after a mass exodus of urban residents.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Climate Change, Culture, Local Business, Population Trends, Poverty

CULTURE CRASH: FROM LIVE CONCERTS TO FILM: THE DOMINANCE OF TAYLOR SWIFT

Time: 23:54

Duration: 2:32

Synopsis: It's the end of summer and we're still talking about Taylor Swift's "Era's Tour". Swift is continuing the

mania (and profits) with the upcoming release of the movie simply titled: "The Era's Tour".

Host & Producer: Evan Rook

Compliance issues: Culture, Music

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Viewpoints Radio Program Log
Quarterly Report / 2023-Q3 (Jul. - Sep.)

Program 23-38

Air Week: 9/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: X (AKA TWITTER) VS. THREADS: THE STORY BEHIND META'S NEW SOCIAL PLATFORM

Time: 1:47

Duration: 8:00

Synopsis: Do you remember the hype when Threads, Meta's new version of X, debuted earlier this summer?

Everyone seemed to jump on the new platform at a moment's notice. But what happened to all the buzz? We speak

with two social media experts about Meta's big investment in Threads and what needs to change in the coming

months to avoid its quick demise.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Carolyn Garavente, associate director, paid social, Brain Labs Media; Danielle Carter, account director, paid

social, Croud Digital

Compliance issues: Adolescent Development, Creativity, Education, Life Skills, Mental Health, Parenting, Self Help

Links for more info:

Threads will now let you search for posts - The Verge

How brands are still finding their feet with Threads one month since launch

According to Elon Musk's own math, the company formerly known as Twitter has lost 90% of its value and could be

worth just \$4 billion

SEGMENT 2: SCHOOL, SPORTS, STANDARDIZED TESTS: WHEN IS THERE TIME TO BUILD LIFE SKILLS?

Time: 11:50

Duration: 9:20

Synopsis: As an academic advisor, Ana Homayoun has had thousands of conversations with students, parents, and

administrators. Many of these talks typically center around grades, college admissions, career paths and other key

academic to-dos. Yet, what's not as commonly talked about is the importance of life skills. This means cultivating

independence, setting good habits and more. We speak with Homayoun about why so many teens seem to struggle

post-high school and how adults can better prepare their kids in the long-term rather than focusing solely on short-term academic markers.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Ana Homayoun, academic advisor, early career development expert, author, Erasing the Finish Line: The

New Blueprint for Success

Compliance issues: Adolescent Development, Creativity, Education, Life Skills, Mental Health, Parenting, Self Help

Links for more info:

Mental Health | DASH | CDC

Erasing the Finish Line: The New Blueprint for Success Beyond Grades and College Admission

Opinion: We're thinking about teens and social media all wrong

VIEWPOINTS EXPLAINED: CHINA'S DEEPENING ECONOMIC WOES: WHAT'S FUELING THIS DECLINE?

Time: 22:10

Duration: 1:45

Synopsis: Less jobs. Lower property values. Tightened consumer spending. These are just some of the challenges

China's been facing over the past several months. Will this global superpower be able to avoid a full-fledged

recession? We talk about why Americans should care about this developing international economic news.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Global Economy, International Policy, Job Security Real Estate

CULTURE CRASH: A SLOW CALENDAR FOR PRIME TV SEASON

Time: 23:55

Duration: 2:31

Synopsis: We cover how the screenwriter and actor's strike in Hollywood is slowing down TV series releases this

autumn.

Host & Producer: Evan Rook

Compliance issues: Culture, TV

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Radio Health Journal Program Log
 Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-27

Air Week: 07/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?

Time: 1:50

Duration: 12:47

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper

in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant

but

don't want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

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: Autoimmune Disease, Birth Control, Diabetes, Gender Issues, Patient Safety, Contraceptives, Hashimoto's Disease, Hormones, Immunocompromised, IUD, Multiple Sclerosis, Rheumatology, Thyroid

Links for more info:

M. Kristen Demoruelle, MD, PhD

Dr. Kristen Demoruelle | LinkedIn

Lisa Rose Sammaritano Professor of Clinical Medicine

SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?

Time: 15:39

Duration: 7:11

Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida

Compliance issues: Infectious Disease, Patient Safety, Public Health, Vulnerable Populations, Employee, Flu, Office Culture, Vaccine

Links for more info:

Richard Deosingh - District President - Robert Half | LinkedIn

Joseph A. Ladapo, MD, PhD (@FLSurgeonGen) / Twitter

State Surgeon General | Florida Department of Health

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-28

Air Week: 07/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?

Time: 1:50

Duration: 10:08

Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s,

there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach

and how to fix the root cause of Nows.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child Health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development, NIH

Compliance issues: Public Health, Vulnerable Populations, Drug Addiction, Drug Use, Infant Safety, Neonatal Intensive Care, Neonatal Opioid Withdrawal Syndrome, Opioid Crisis, Opioid Use Disorder, Standard Care

Links for more info:

Stephen W. Patrick, MD, MPH, MS, FAAP | Department of Health Policy

Stephen Patrick, MD, MPH (@stephenwpatrick) / Twitter

Diana W. Bianchi, MD

Diana W. Bianchi, M.D.

Eat, Sleep, Console Approach or Usual Care for Neonatal Opioid Withdrawal | NEJM

SEGMENT 2: "THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY

Time: 13:00

Duration: 10:02

Synopsis: Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain

how the disabled community is often left behind in society, medicine, and bioethics.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety,

Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics

About | Brooke Ellison — Look Both Ways

Brooke Ellison | LinkedIn

Jeffrey P. Bishop, M.D., Ph.D. : SLU

Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn

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Program 23-29

Air Week: 07/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?

Time: 1:50

Duration: 10:49

Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison,

Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety,

Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics

About | Brooke Ellison — Look Both Ways

Brooke Ellison | LinkedIn

Jeffrey P. Bishop, M.D., Ph.D. : SLU

Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn

SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?

Time: 13:41

Duration: 9:12

Synopsis: Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how

the treatment works and if the therapy will be covered by insurance.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways

Compliance issues: Consumerism, Depression, Healthcare, Mental Health, Therapy, Medical Insurance,

Psilocybin, Psychedelic Therapy, Psychedelics

Links for more info:

Steve Levine, MD | LinkedIn

NIMH » Sequenced Treatment Alternatives to Relieve Depression (STAR*D) Study

Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression | NEJM

Psilocybin

Radio Health Journal Program Log
Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-30

Air Week: 07/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “WE LIVE IN AN AGEIST SOCIETY”: HOW TO ENJOY OLD AGE

Time: 1:49

Duration: 12:29

Synopsis: Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don't know what changes to expect in their old age – and often fight against the inevitable transition. She explains what's normal, what's not, and how to enjoy your later years in life.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, Honest Aging
Compliance issues: Ageism, Aging, Bone Density, Bone Health, Botox, Geriatrics, Hearing Aids, Injectable Filler, Public Health, Public Transportation, Social Infrastructure, Social Pressure, Suicide, Stigma

Links for more info:

Rosanne M Leipzig - Internal Medicine | Mount Sinai - New York

Rosanne Leipzig

Rosanne M Leipzig MD PhD (@leipzig_rm) / Twitter

SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?

Time: 15:20

Duration: 7:03

Synopsis: Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which

repellants are worth your money, and the most effective way to remove a tick to avoid diseases.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic

Compliance issues: Autoimmune Disease, Bug Repellent, Deet, Infection, Lyme Disease, Mosquitoes, Parasites, Pathology, Picaridin, Public Safety, Tick-Borne Disease, Vector-Borne Disease

Links for more info:

Bobbi S. Pritt, M.D. - Mayo Clinic Faculty Profiles

Bobbi Pritt, MD (@ParasiteGal) / Twitter

Creepy Dreadful Wonderful Parasites

Bobbi Pritt | LinkedIn

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Radio Health Journal Program Log
Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-31

Air Week: 07/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS

Time: 1:50

Duration: 10:51

Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard

Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic

Compliance issues: Ethics, History, Medical History, Vulnerable Populations, Eponyms, Gynecology, Medical Culture, Nazi Party, People of Color in Medicine, Vasculitis, Women in Medicine

Links for more info:

Sabine Hildebrandt | Global Health and Social Medicine

Eric L. Matteson, MD, MPH, Section Editor, Rheumatology

SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER

Time: 13:43

Duration: 8:36

Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.

Host: Nancy Benson

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin

Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down

Compliance issues: Bed Rest, Birth, Depression, High Blood Pressure, Patient Safety, Pregnancy, Public Health, Vulnerable Populations, Gestational Diabetes, High-Risk Pregnancy, Labor, Obstetrics

Links for more info:

Michelle Mottola, PhD, FACSM - School of Kinesiology - Western University

Cynthia Gyamfi-Bannerman, MD, MS, FACOG - Obstetrics & Gynecology | UC San Diego Health

LinkedIn: Cynthia Gyamfi-Bannerman

Aileen Weintraub

Aileen Weintraub (@AileenWeintraub) / Twitter

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-32

Air Week: 08/06/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?

Time: 1:49

Duration: 10:48

Synopsis: Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can

be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient

Compliance issues: Cardiac Surgery, Mental Health, Patient Safety, Vulnerable Populations, Congenital Heart Disease, Genetic Conditions, Heart Health, Open Heart Surgery, Rare Disease, Stress, Stroke

Links for more info:

S. Christopher Malaisrie, MD | Northwestern Medicine

S Chris Malaisrie (@ChrisMalaisrie) / Twitter

LinkedIn: Alexander C. McKeown

SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?

Time: 13:38

Duration: 9:19

Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener's safety and didn't

find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto;

Dr.

Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies
Compliance issues: Alternative Sweeteners, Aspartame, Cancer, Carcinogens, Consumerism, Diabetes,
Nutrition, Obesity, Public Health, Public Safety, Diet Soda, Healthy Lifestyle, Sugar, Weight Loss

Links for more info:

Wikoff, Daniele, Ph.D. | ToxStrategies

LinkedIn: Daniele Wikoff

John Sievenpiper | Department of Nutritional Sciences - University of Toronto

LinkedIn: John Sievenpiper

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-33

Air Week: 08/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?

Time: 1:50

Duration: 11:38

Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine

Compliance issues: Biology, DNA, Evolution, Genomics, Neurology, Public Health, Genealogy, Genetic

Sequences, Humanity, Mammals, Natural Selection, Neurons, Stem Cells, Survival

Links for more info:

Steven Reilly, PhD

LinkedIn: Steven Reilly

Reilly Lab

The functional and evolutionary impacts of human-specific deletions in conserved elements

SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION

Time: 14:30

Duration: 8:25

Synopsis: Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of To Dye For, exposes the fashion industry's frequent use of harsh and toxic chemicals that are serious threats to our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Alden Wicker, Award-Winning Journalist & Author, To Dye For, Founder, EcoCult
Compliance issues: Allergic Reactions, BPA, Consumerism, Public Health, Chemical Intolerance,
Chemical Reactions, Clothing Industry, Fashion, Mercury, Rash, Respiratory Disease, Sensitive Skin,
Toxic Chemicals, Uniforms

Links for more info:

Alden Wicker

EcoCult

Alden Wicker | LinkedIn

Alden Wicker (@AldenWicker) / Twitter

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-34

Air Week: 08/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

**SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING
BRAIN**

INJURIES

Time: 1:50

Duration: 11:58

Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to

heal from a TBI, including meditation and nutrition.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute

for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain

Compliance issues: Anxiety, Delusions, Depression, Mental Health, Neuroscience, Patient Safety, Vulnerable Populations, Cognitive Behavioral Therapy, Concussions, Frontal Lobe, Hallucinations, Neuroplasticity, Traumatic Brain Injury

Links for more info:

Sandeep Vaishnavi | Duke Department of Medicine

Healing the Traumatized Brain | Hopkins Press

**SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION
MEDICINE**

Time: 14:50

Duration: 8:08

Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the

best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Evolution, Healthcare, Precision Medicine, Race, Virus, Disease, Genealogy, Genetic Sequences, Heart Disease, Immune System, Invention, Natural Selection, Travel

Links for more info:

The influence of evolutionary history on human health and disease | Nature Reviews Genetics
Capra Lab

Capra Lab (@capra_lab) / Twitter

Codirector Tony Capra, PhD

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-35

Air Week: 08/27/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY

Time: 1:50

Duration: 11:47

Synopsis: Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital

Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member,

American Sickle Cell Anemia Association

Compliance issues: Blood Disorder, Evolution, India, Public Health, Vulnerable Populations, Genetic Disorders, Infants, Pharmaceuticals, Sickle Cell Anemia, Sickle Cell Disease, Sickle Cell Trait, Southeast

Asia, Sub-Saharan Africa

Links for more info:

LinkedIn: Dr. Grace Onimoe

American Sickle Cell Anemia Association

Sickle Cell Disease Association of America

Russell E. Ware, MD, PhD

SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?

Time: 14:39

Duration: 7:44

Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California

San Francisco

Compliance issues: Ancestry, Bacteria, Biology, Evolution, Genetics, Healthcare, Immune System, Precision Medicine, Race, Virus, Disease, Genealogy, Invention, Natural Selection, Travel

Links for more info:

The influence of evolutionary history on human health and disease | Nature Reviews Genetics

Capra Lab

Capra Lab (@capra_lab) / X

Codirector Tony Capra, PhD

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-36

Air Week: 09/03/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “YOU DON’T DESERVE TO BE TOLERATED”: HEALING FROM TOXIC RELATIONSHIPS

Time: 1:50

Duration: 11:37

Synopsis: Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you're in an unhealthy situation and how to start your journey of healing.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Jaime Mahler, Licensed Psychotherapist, Author, Toxic Relationship Recovery

Compliance issues: Communication, Mental Health, Relationships, Therapy, Vulnerable Populations, Abusive Relationship, Coping Strategies, Defense Mechanisms, Emotional Behavior, Psychotherapy,

Self-image, Survival

Links for more info:

Jaime Mahler, MS, LMHC (@recollectedself) • Instagram photos and videos

Toxic Relationship Recovery | Book by Jaime Mahler | Official Publisher Page | Simon & Schuster

Jaime - Licensed Therapist (@recollectedself) | TikTok

SEGMENT 2: IS THERE SUCH THING AS A 'SAFE' AMOUNT OF CAFFEINE FOR TEENS?

Time: 14:29

Duration: 8:36

Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like 'tropical punch' or 'blue raspberry' that

contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the

dangers of adolescents consuming high amounts of caffeine.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine,

University of Chicago

Compliance issues: Addiction, Adolescents, Caffeine, Diet, Mental Health, Patient Safety, Public Safety,

Vulnerable Populations, Energy Drinks, Overdose, Stimulants, Sugar

Links for more info:

Holly J. Benjamin, MD

LinkedIn: Holly Benjamin

Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? | Pediatrics | American Academy of Pediatrics

Caffeine and Children

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-37

Air Week: 09/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?

Time: 1:49

Duration: 10:05

Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, *We've Got You Covered*; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine,

University of North Carolina Chapel Hill School of Medicine

Compliance issues: Consumerism, Economics, Health Insurance, Patient Safety, Politics, Public Health,

Public Policy, Deductible, Medicaid, Medicare, Universal Healthcare

Links for more info:

Amy Finkelstein | MIT Economics

We've Got You Covered by Liran Einav, Amy Finkelstein | PenguinRandomHouse.com: Books

Jonathan Oberlander | Department of Social Medicine

Jonathan Oberlander (@OberlanderUNC) / X

SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY

Time: 12:56

Duration: 9:55

Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a

historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, *The*

Myth of the Perfect Pregnancy

Compliance issues: American Population, Consumerism, Contraception, Pregnancy, Technology,

Family, Marketing, Miscarriage, Parenthood, Pregnancy Loss, Pregnancy Test, Smart Phones, Youth at Risk

Links for more info:

Lara Freidenfelds

The Myth of The Perfect Pregnancy | Lara Freidenfelds

Dr. Lara Freidenfelds (@larafreidenfeld) / X

LinkedIn: Lara Freidenfelds

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Radio Health Journal Program Log

Quarterly Report / 2023-Q3 (Jul. – Sep.)

Program 23-38

Air Week: 09/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?

Time: 1:50

Duration: 11:28

Synopsis: The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School

of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson,

Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American

Medical Colleges

Compliance issues: Affirmative Action, Diversity, Healthcare, Patient Safety, Race, College, College Admissions, Ethnicity, Medical School, Physicians, Scholarships

Links for more info:

Dayle Davenport, MD - UChicago Medicine

Mark C Henderson (@MCHenderson4) / X

Mark Henderson, M.D. | Executive Leadership | UC Davis Health

Geoffrey Young | LinkedIn

SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION

Time: 14:20

Duration: 8:04

Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air

quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nikki Vars McCullough, Respiratory protection Expert, 3M Company

Compliance issues: Air Pollution, Air Quality, Natural Disasters, Public Health, Vulnerable Populations,

Lung Health, Mask, Smoke, Stroke, Wildfire

Links for more info:

Nicole McCullough | LinkedIn

Air pollution

Maui wildfire one of deadliest in U.S. history | NFPA

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Program 23-39

Air Week: 09/24/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS

Time: 1:50

Duration: 11:54

Synopsis: A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their

fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate

Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor

Compliance issues: Breast Cancer, Cancer, Chemotherapy, Ethics, Fertility, Health Insurance, Medical Access, Vulnerable Populations, Fertility Preservation, In Vitro Fertilization, Patient Access, Radiation Therapy, Reproductive Issues

Links for more info:

Kara N Goldman: Department of Obstetrics & Gynecology

Kara N. Goldman, MD (@karagoldmanMD) / X

After losing both ovaries, breast cancer survivor gives birth to identical twins on her two-year cancer-free

anniversary

A Geospatial Analysis of Disparities in Access to Oncofertility Services | Oncology

SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN

Time: 14:46

Duration: 8:10

Synopsis: There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein,

how much protein we need in a day, and who needs extra supplementation.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch

Compliance issues: Bone Health, Diet, Exercise, Nutrition, Public Health, Amino Acids, Blood Test, Dietary Protein, Hormone Production, Metabolism, Muscle Repair, Skeletal Muscle Health

Links for more info:

Emily Lantz, PhD - Nutrition, Metabolism and Rehabilitation Sciences

Emily Arentson-Lantz, PhD: LinkedIn

Dietary protein quality evaluation in human nutrition

ISSUES AND PROGRAMS SUMMARY FOR PERIOD JULY 1 TO SEPTEMBER 30 YEAR 2023.