

Quarterly Public Interest Report
 April – June, 2014
The Faith Middleton Show

Tuesday, March 18, 2014

The good life that society prescribes—the untrammled pursuit of wealth and fame, leisure and consumption—often leaves some essential part of us malnourished. We may be capable, competent individuals yet find ourselves starved for avenues of engagement that provide more satisfying sustenance. Furniture making, practiced as a craft in the twenty-first century, is a decidedly marginal occupation. Yet the view from the periphery can be illuminating. For woodworker Peter Korn, the challenging work of bringing something new and meaningful into the world through one's own volition—whether in the arts, the kitchen, or the marketplace—is exactly what generates the authenticity, meaning, and fulfillment for which many of us yearn. Faith talked with Peter Korn to discuss his book, *Why We Make Things and Why It Matters*.
 Issues discussed: Education, Professions, Recreation, etc.

Tuesday, April 8, 2014

Travel + Leisure magazine's Trip Doctor, Amy Farley, joined Faith for a call-in on travel tips: the best apps and websites for saving time and money, the scoop on hidden fees and surcharges on both airlines and at hotels, tips and money-saving tricks for holiday travel, up-and-coming destinations, responsible eco-conscious travel, and so much more.
 Issues discussed: Consumer services, Government, Recreation, etc.

Monday, April 28, 2014

Although we have bandages for cuts, chicken soup for colds, and ice packs for bruises, most of us have no idea how to treat day-to-day emotional injuries such as failure, rejection, and loss. But, as Guy Winch points out, these kinds of emotional injuries often get worse when left untreated and can significantly impact our quality of life. Winch joined Faith for the hour to talk about his book, *Emotional First Aid*.
 Issues discussed: Culture, Education, Public safety, health and welfare, etc.

Monday, May 5, 2014

Barking, fleas, Lyme disease, pet food, biting, housebreaking, shyness, pet insurance, animal rescue. Faith talked with vet Dr. Todd Friedland and took callers pet related questions.
 Issues discussed: Consumer services, Environment, Public safety, health and welfare, etc.

Wednesday, May 7, 2014

It's time for a lunch revolution. Lunchtime doesn't need to be about hurrying through an assortment of processed products. The midday meal is a fabulous opportunity to enjoy delicious ingredients and flavor-packed dishes and to slow down while you eat (even if just for a few moments). Acclaimed chef Gale Gand joined the Food Schmoze gang to look at the new dinner...
Lunch!
 Issues discussed: Agriculture, Business, Culture, etc.

Thursday, May 15, 2014

The Book Show gang joined Faith live with recommendations in all categories. And we asked listeners to call and tell us what they've recently read and loved? Librarians, teachers and book clubs were encouraged to call-in.
 Issues discussed: Culture, Education, Recreation, etc.

Tuesday, May 27, 2014

Faith looked at true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Thomas Brown joined us to highlight the often unrecognized role that emotions play in this complex disorder. He explained why even very bright people with ADHD get stuck. He explained how they

can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships. Drawing on the latest research findings, Dr. Brown's book *Smart but Stuck* describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.