



Quarterly Report of Compliancy Issues & Programs List 2021-Q4 (October - December) Radio Health Journal

- Aging
- Addiction and Substance Abuse
- Affordable Housing
- Alcoholism
- Arts and Culture
- Children and Youth at Risk
- Communication
- Consumerism
- Covid-19 Pandemic
- Crime
- Discrimination
- Diversity Drug
- Overdoses and Opioids
- Economic Development
- Economics
- Education
- Employment and Unemployment
- Employment and Workplace Issues
- Environment
- Ethics
- Family Issues
- Federal Government
- Federal Government and Regulation
- Gender Issues
- Generational Issues
- Health
- Health Care
- Homelessness
- International Relations
- Law Enforcement
- Legislation and Policy
- Lifestyles
- Medicine
- Mental Health
- Mental Illness
- Military
- Minority Issues
- Music
- Neuroscience
- Nuclear Weapons
- Pandemic Policy
- Parenting Issues
- Politics
- Pollution
- Poverty
- Prevention
- Public Health
- Public Safety
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- Rehabilitation
- Right to Privacy
- Rural Issues
- Sexual Assault
- Social Media
- State Government and Legislation
- Substance Abuse Treatment
- Substance and Drug Abuse
- Suicide
- Technology
- Vaccination
- Veteran's Issues
- Wildlife

Program 21-40		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	10/3/21		
SEGMENT 1: GETTING THROUGH GRIEF		Time	Duration
Synopsis:	Grief is unfortunately more common during the Covid-19 pandemic. But many people don't know what to do when their pain does not follow the road map they expect--the well-known five stages of grief. Two experts on grief discuss what can happen under various scenarios when a loved one dies, and what people can do to make it through their pain.	1:48	12:02
Host & Producer:	Reed Pence		
Guests:	Dr. Teralyn Sell, psychologist and founder, DrTeralyn.com; Dr. Katherine Shear, Professor of Psychiatry, Columbia University and Director, Center for Complicated Grief		
Compliance issues:	Mental Health, Health, Family Issues		
Links:	Dr. Teralyn Sell, PhD National Board Certified Counselor Life Coach Complicated Grief Overview The Compassionate Friends Non-Profit Organization for Grief GriefShare - Grief Recovery Support Groups - GriefShare		
SEGMENT 2: THE MIND OF A MUSICIAN		Time	Duration
Synopsis:	Music is more than a fun pastime. Studies show that especially in children, studying music rewires the brain in beneficial ways, giving them an advantage in other cognitive skills. The scientist who's done much of this pioneering work discusses its ramifications and impact.	14:52	7:58
Host:	Nancy Benson		
Producer:	Bridget Killian		
Guests:	Dr. Lutz Yanke, Professor of Neurophysiology and Cognitive Neuroscience, University of Zurich		
Compliance issues:	Recreation, Arts and Culture, Children and Youth at Risk, Education, Music		
Links:	UZH - Neuropsychology - Lutz Jäncke		

Program 21-41	Executive Producer:	Reed Pence
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Air Week: 10/10/21
Studio Production: Jason Dickey

SEGMENT 1: SYNTHETIC BIOLOGY: FRIEND OR FOE?

Time **Duration**

Synopsis: Researchers believe “SynBio” may eventually help address hunger, pollution, and other modern problems. Yet in the wrong hands, synthetic biology could unleash terrible biological weapons. Experts discuss. 1:35 12:35

Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Michael Jewett, Professor of Chemical and Biological Engineering, Northwestern University and Director, Center for Synthetic Biology; Dr. Arthur Caplan, Head of Division of Medical Ethics, Grossman School of Medicine, New York University

Compliance issues: Covid-19 Pandemic, International Relations, Technology, Nuclear Weapons, Health Care, Ethics, Health, Pollution, Environment, Federal Government and Regulation

Links: [Michael C. Jewett – Jewett Lab](#)
[Arthur L. Caplan, PhD](#)

SEGMENT 2: THE LANGUAGE OF ADDICTION: WHY WORDS MATTER

Time **Duration**

Synopsis: Addiction specialists are seeking to change the words we use to describe addictive behaviors, as they’ve learned the wrong language creates stigma and drives people away from treatment. Experts discuss the problem and solutions. 15:12 7:32

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. George Koob, Director, National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health; Dr. Nora Volkow, Director, National Institute on Drug Abuse, National Institutes of Health

Compliance issues: Substance and Drug Abuse, Alcoholism, Health Care, Substance Abuse Treatment

Links: [Find Your Way to Alcohol Treatment | Navigator | NIAAA](#)
[Rethinking Drinking Homepage - NIAAA](#)
[Director's Page](#)
[NIH > National Institute on Drug Abuse | Director's Page](#)

Program 21-42	Executive Producer:	Reed Pence
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Air Week: 10/17/21
Studio Production: Jason Dickey

SEGMENT 1: ARE REGULAR PEOPLE EQUIPPED TO MAKE COMPLICATED MEDICAL DECISIONS? **Time** **Duration**

Synopsis: Patients have to make medical choices today that they never did before. But do they have enough information to make those choices? Are normal people able to understand the flood of information and the medical terms to make good choices? An expert discusses how patients can work through these issues. 1:43 13:05

Host: Reed Pence

Producer: Libby Foster

Guests: Dr. Talya Miron-Shatz, visiting researcher, University of Cambridge and author, Your Life Depends On It: What You Can Do to Make Better Choices About Your Health

Compliance issues: Communication, Economics, Consumerism, Health Care

Links: [Your Life Depends On It: The Book authored by Talya Miron-Shatz](#)

[More information about Dr. Miron-Shatz](#)

[Dr. Miron-Shatz's other published works](#)

SEGMENT 2: HEADACHES: MORE THAN YOU THINK **Time** **Duration**

Synopsis: Headaches affect far more lives far more severely than most people realize. A sufferer and an expert physician discuss headaches and their treatment. 15:48 6:53

Host: Nancy Benson

Producer: Polly Hansen

Guests: "Ryan," severe headache sufferer; Dr. Steven Meyers, Vice Chair for Quality and Informatics, Department of Neurology, NorthShore University HealthSystem

Compliance issues: Education, Employment Issues, Consumerism, Health Care

Links: [Steven M. Meyers, M.D. - Northshore University HealthSystem profile](#)

Program 21-43	Executive Producer:	Reed Pence
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Air Week: 10/24/21
Studio Production: Jason Dickey

SEGMENT 1: ENDEMIC COVID: THE DISEASE THAT NEVER LEAVES

Time **Duration**

Synopsis: Many experts believe we have missed our chance to eliminate Covid-19, and that now it is very likely to become an endemic disease--one that persists, though at lower levels, and never goes away. Two noted infectious disease experts discuss what that means for precautions and lifestyles in perpetuity. 1:50 13:33

Host & Producer: Reed Pence

Guests: Dr. Iahn Gonsenhausner, Chief Quality and Patient Safety Officer, Ohio State Wexner Medical Center; Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University

Compliance issues: Medicine, Public Safety, Consumerism, Health Care, Health, Lifestyles

Links: [Iahn Gonsenhausner, MD, MBA - The Ohio State University Wexner Medical Center](#)
[William Schaffner, MD - Department of Health Policy - Vanderbilt University Medical Center](#)

SEGMENT 2: ECZEMA IN INFANCY: A GATEWAY FOR ALLERGIES AND ASTHMA

Time **Duration**

Synopsis: Doctors have learned that childhood allergies and asthma may have their start in dry, dysfunctional skin in infancy, when allergens such as food particles enter the body through cracks in the skin. A noted pediatric allergist discusses this "atopic march" and ways to combat it. 16:25 6:35

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Donald Leung, Head, Pediatric Allergy Division, National Jewish Health, Denver

Compliance issues: Public Health, Consumerism, Health Care, Children and Youth at Risk

Links: [Donald YM Leung, PhD, MD - National Jewish Health Profile](#)
[More about National Jewish Health](#)

Program 21-44	Executive Producer:	Reed Pence
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Air Week: 10/31/21 **Studio Production:** Jason Dickey

SEGMENT 1: THE DANGERS OF FACIAL RECOGNITION

Time Duration

Synopsis: Facial recognition technology is everywhere, from your smartphone to the grocery store to city streets. But do we really want to be constantly tracked? Law enforcement finds it immensely helpful, but many experts say it's a massive invasion of privacy that needs limitation. Experts discuss. 1:50 13:30

Host & Producer: Reed Pence

Guests: Dr. Michal Kosinski, Associate Professor of Organizational Behavior, Stanford University Graduate School of Business; Shawn Shan, PhD candidate, University of Chicago and member of team developing Fawkes facial recognition cloaking software

Compliance issues: Discrimination, Law Enforcement, Public Safety, Economics, Social Media, Technology, Right to Privacy, Consumerism

- Links:** [More info about Michal Kosinski](#)
[More info about Shawn Shan - University of Chicago Department of Computer Science](#)
[The Economist Article - "What Machines Can Tell From Your Face: Life in the age of facial recognition"](#)
[Download Fawkes cloaking software from the University of Chicago SAND Lab website](#)

SEGMENT 2: ANIMAL, VEGETABLE, CRIMINAL: WILDLIFE LAWBREAKERS

Time Duration

Synopsis: Wild animals carry out "criminal acts" with amazing frequency, ranging from simple breaking and entering to theft to manslaughter. Wildlife managers spend much of their time trying to prevent these acts or clean up after them. Noted science writer Mary Roach discusses animal criminals and how human behavior is encroaching on wildlife habitat, forcing them into more criminal acts than ever. 16:25 6:35

Host: Nancy Benson

Producer: Reed Pence

Guests: Mary Roach, author, Fuzz: When Nature Breaks the Law

Compliance issues: Economic Development, Wildlife, Law Enforcement, Environment

- Links:** [Fuzz: When Nature Breaks the Law by Mary Roach](#)

Program 21-45	Executive Producer:	Reed Pence
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Air Week:
11/7/21

Studio Production: Jason Dickey

SEGMENT 1: PREVENTING MILITARY SUICIDES

Time Duration

Synopsis: Among active duty and veterans of the War on Terror, suicides have claimed four times more lives than combat since 9-11, according to a recent study. The study's author discusses why the toll is higher than for previous conflicts, and he and another expert in tragedy recovery discuss what the military, VA, and loved ones can do to prevent suicide. 1:50 13:30

Host & Producer: Reed Pence

Guests: Dr. Ben Suitt, Contributor, Costs of War Project, Brown University and Boston University; Dr. Carla Stumpf Patton, Senior Director of Suicide Postvention, Tragedy Assistance Program for Survivors (TAPS), and a survivor of suicide loss

Compliance issues: Family Issues, Gender Issues, Suicide, Sexual Assault, Mental Health, Military, Health Care, Veteran's Issues

Links: [Cost of War Project - Profile for Thomas H. "Ben" Suitt, III](#)

[Stated mission of TAPS](#)

[Stop Soldier Suicide - Military Suicide: What you should know](#)

[8 Ways to Cope After a Suicide Loss](#)

Additional Resources: TEXT "hello" to 741741; National Suicide Prevention Lifeline: 800-273-8255

SEGMENT 2: THE STRUGGLES OF TWINLESS TWINS

Time Duration

Synopsis: Twins share a bond that can't be understood by non-twins. When one twin suddenly dies, it can leave a huge hole and in the life of the other. A twinless twin who became a therapist specializing in twin loss discusses the issue. 16:25 6:35

Host: Nancy Benson

Producer: Reed Pence

Guests: Mary R. Morgan, psychotherapist and author, Beginning With the End: A Memoir of Twin Loss and Healing

Compliance issues: Family Issues, Education, Mental Health

Links: [Mary R. Morgan, L.M.S.W. - Twinless Twins Support Group Bio](#)

[Twinless Twins Support Group International](#)

Program 21-46	Executive Producer:	Reed Pence
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Air Week: 11/14/21 **Studio Production:** Jason Dickey

SEGMENT 1: STAFFING STRUGGLES THREATEN SURVIVAL OF RURAL HOSPITALS	Time	Duration
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Synopsis: Rural hospitals have long struggled to maintain staffing levels of nurses and other professionals that are adequate for good care. The pandemic has made it much worse, as staffers have quit and patient loads have increased. Experts discuss the roots of the staff shortage, the effects on care safety, the extreme cost of efforts to attract and retain staff, and the threat to hospital survival posed by the problem. 1:50 12:02

Host & Producer: Reed Pence

Guests: Brock Slabach, Chief Operations Officer, National Rural Health Association (NRHA); John Henderson, President and CEO, Texas Organization of Rural & Community Hospitals (TORCH)

Compliance issues: Economics, Health Care, Rural Issues, Employment and Workplace Issues, Education, Public Health, Employment Issues

Links: [About NRHA - National Rural Hospital Health Association website](#)
[Texas A&M School of Public Health staff profile - John Henderson](#)

SEGMENT 2: PERIPHERAL ARTERY DISEASE	Time	Duration
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Synopsis: Many people are unfamiliar with arterial blockages away from the heart. Peripheral artery disease, or PAD, affects African Americans much more than other populations for unknown reasons. An expert physician discusses PAD, the possible consequences, warning signs, and a clinical trial of treatments. 14:54 7:32

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Jennifer Jones-McMeans, Director, Global Clinical Affairs, Abbott Vascular

Compliance issues: Health Care, Diversity, Minority Issues, Prevention, Technology

Links: [LIFE-BTK STUDY](#)
[Diversity in Clinical Trials](#)

Program 21-47	Executive Producer:	Reed Pence
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Air Week: 11/21/21 **Studio Production:** Jason Dickey

SEGMENT 1: HOMELESS AMERICANS: MYTH VS. REALITY	Time	Duration
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Synopsis: Around a half million people are homeless in the US on any given night, but the street homeless who are most visible often incorrectly influence our assumptions about the homeless. A noted researcher discusses myths and truths about their addictions, employment, residences, and more, and why people often become homeless. **Time:** 1:48 **Duration:** 11:35

Host & Producer: Reed Pence

Guests: Dr. Deborah Padgett, Professor of Social Work and Global Public Health, Silver School of Social Work, New York University

Compliance issues: Mental Illness, Affordable Housing, Economics, Employment and Unemployment, Crime, Addiction and Substance Abuse, Homelessness, Poverty

Links: [Deborah K. Padgett, PhD - Fellow at the American Academy of Social Work & Social Welfare](#)

SEGMENT 2: OLDER DADS, YOUNGER KIDS	Time	Duration
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Synopsis: A National Book Award-winning author discusses his experience as a first-time dad at 56, and now as a 73-year old father with teenagers. **Time:** 14:25 **Duration:** 8:00

Host: Nancy Benson

Producer: Polly Hansen

Guests: Tim O'Brien, author of Dad's Maybe Book

Compliance issues: Generational Issues, Parenting, Parenting Issues

Links: [Tim O'Brien | Biography, Books and Facts - famousauthors.com](#)

Program 21-48	Executive Producer:	Reed Pence
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Air Week: 11/28/21 **Studio Production:** Jason Dickey

SEGMENT 1: KIDS' COVID VACCINES: FACT AND FICTION

Time **Duration**

Synopsis: Covid-19 vaccines are now approved for children as young as 5, but while people are afraid of getting the vaccine themselves, they're even more nervous about getting it for their children. Misinformation is accelerating against use of the vaccine in kids. Experts discuss and correct the most prevalent myths. 1:50 12:51

Host & Producer: Reed Pence

Guests: Dr. Nirav Shah, Director of the Maine Center for Disease Control and President of the Association of State & Territorial Health Officials (ASTHO); Dr. Stan Spinner, Chief Medical Officer & Vice President, Texas Children's Pediatrics & Texas Children's Urgent Care; Dr. Anne Zink, Chief Medical Officer for the Alaska Department of Health & Social Services and the President-Elect of ASTHO; Dr. Jose Romero, Secretary of the Arkansas Department of Health; Dr. LaQuandra Nesbitt, Director of the District of Columbia Department of Health

Compliance issues: Consumerism, Health Care, Prevention, Children and Youth at Risk, Public Health

- Links:** [Dr. Nirav D. Shah | 2021 Mainers of the Year](#)
[Stanley W. Spinner, MD - Texas Children's Hospital](#)
[Anne Zink, MD, FACEP - ASTHO Member Directory](#)
[Secretary's Message - Arkansas Department of Health](#)
[LaQuandra S. Nesbitt MD, MPH - Washington D.C. Department of Health](#)

SEGMENT 2: IMPROVING VACCINE COMMUNICATION

Time **Duration**

Synopsis: The White House and many health officials have taken an aggressive approach to communicating the need for Covid-19 vaccines. Most people are prompted to get vaccinated by mandates and words that generate fear, but it's clear that they backfire with a sizable minority of others. A communications expert discusses how certain words motivate some groups and repel others. 15:43 7:18

Host: Nancy Benson

Producer: Libby Foster

Guests: Professor S. Shyam Sundar, Co-Director of the Media Effects Research Laboratory at Penn State University

Compliance issues: Education, Consumerism, Federal Government, Politics, Communication

- Links:** [S. Shyam Sundar - Donald P. Bellisario College of Communications at Penn State](#)

Program 21-49		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	12/5/21		
SEGMENT 1: WHEN TBI'S CHANGE PERSONALITY		Time	Duration
Synopsis:	Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and cognitively. Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of a TBI victim discuss the many ways life changes after an injury and what can help to get them through the ordeal.	1:47	12:28
Host:	Reed Pence		
Producer:	Morgan Kelly		
Guests:	Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotherapist and educator specializing in traumatic brain injuries; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University (VCU) School of Medicine, and Director of VCU Traumatic Brain Injury Model System of Care		
Compliance issues:	Family Issues, Public Safety, Public Health, Health Care, Rehabilitation, International Relations		
Links:	'Are You My Husband?' - New York Times Lori Weisman, MA, LMHC Individual & Couples Therapist Specializing in Brain Injury Jeffrey Kreutzer, Ph.D. - VCU Profile		
SEGMENT 2: ADDRESSING POST INTENSIVE CARE SYNDROME - HUMANIZING THE ICU		Time	Duration
Synopsis:	Medicine in intensive care units has become so technically focused that many doctors believe they've lost their connection with the humanity of patients, and a high degree of patients are experiencing post intensive care syndrome.	15:17	7:35
Host:	Nancy Benson		
Producer:	Polly Hansen		
Guests:	Dr. Wes Ely, Professor of Medicine and Critical Care at Vanderbilt University, Grant W. Liddle Chair in Medicine, Associate Director of Critical Illness, Brain Dysfunction and Survivorship (CIBS), and author of the book Every Deep-Drawn Breath		
Compliance issues:	Consumerism, Health Care, Medicine, Education, Communication, Technology		
Links:	Vanderbilt University School of Medicine - Faculty Profile for Dr. Ely Dr. Ely's book Every Deep-Drawn Breath 'A stay in the ICU can be terrifying. It might not get better after release.' - The Washington Post		

Program 21-50		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	12/12/21		
SEGMENT 1: THE DAMAGE OF TOO LITTLE SLEEP		Time	Duration
Synopsis:	Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechanisms behind those hazards is leading scientists to strengthen their warnings.	1:50	11:12
Host & Producer:	Reed Pence		
Guests:	Dr. Chris DeSouza, Professor of Integrative Physiology at the University of Colorado; Dr. Ehsan Shokri-Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging		
Compliance issues:	Public Health, Consumerism, Health Care		
Links:	Dr. Chris DeSouza Bio NIH Laboratory of Neuroimaging		
SEGMENT 2: BUILDING THE COVID VACCINE		Time	Duration
Synopsis:	The vaccine for Covid-19 was developed with record speed while still following required safety protocols. A noted investigative reporter discusses the development process he uncovered for his exhaustive book and explains why the hundreds of interviews he did have reassured him that the vaccine is safe.	14:04	8:14
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Gregory Zuckerman, Special Writer at The Wall Street Journal, and author of A Shot to Save the World: The Inside Story of the Life-or-Death Race for a Covid-19 Vaccine		
Compliance issues:	Health Care, Medicine, Vaccination, Communication, Education, Technology, Consumerism		
Links:	A Shot to Save the World by Gregory Zuckerman: 9780593420393 PenguinRandomHouse.com gregoryzuckerman.com Gregory Zuckerman - News, Articles, Biography, Photos - WSJ.com		

Program 21-51		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	12/19/21		
SEGMENT 1: EASING THE OPIOID EPIDEMIC		Time	Duration
Synopsis:	Drug overdoses killed more than 100,000 Americans in the first year of the Covid-19 pandemic, as pressures built and users sometimes had to get their fix from unfamiliar sources. Experts discuss how the pandemic cost lives beyond Covid, and how surgical painkiller drug substitutions are beginning to keep some people from going down the opioid path.	1:50	13:00
Host & Producer:	Reed Pence		
Guests:	Dr. Thomas Stopka, Associate Professor of Public Health and Community Medicine, Tufts University; Dr. Luke Elms, general surgeon, Orlando Health Dr. P. Phillips Hospital		
Compliance issues:	Substance and Drug Abuse, opioids, heroin & fentanyl, Drug Overdoses and Opioids, Public Health, Addiction and Substance Abuse, Consumerism, Federal Government, Health Care, Opioid Epidemic, Substance Abuse Treatment, State Government and Legislation		
Links:	Thomas Stopka, Ph.D., MHS – Tufts University profile Survey: Most willing to forgo opioids after surgery if pain can be effectively managed without them		
SEGMENT 2: NEW OVER-THE-COUNTER HEARING AID CATEGORY		Time	Duration
Synopsis:	Many people who need hearing aids never get them, in part because they currently require a prescription and expensive treatment. An expert discusses the FDA's new proposed category of over-the-counter hearing aids.	15:52	7:15
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Barbara Kelley, Executive Director of the Hearing Loss Association of America		
Compliance issues:	Education, Public Health, Technology, Consumerism, Health Care		
Links:	Barbara Kelley Bio - hearingloss.org		

Program 21-52	Executive Producer:	Reed Pence
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Air Week: 12/26/21 **Studio Production:** Jason Dickey

SEGMENT 1: SAVING PRESCHOOL EDUCATION

Time Duration

Synopsis: Preschool teachers have left the profession in huge numbers, closing some schools and threatening others. With nowhere to safely leave their children, millions of people are unable to return to work, sabotaging economic recovery. An expert discusses the low wages behind the 10% (or more) drop in early educators and how current legislation may finally turn the industry around. **1:50 11:32**

Host & Producer: Reed Pence

Guests: Lauren Hogan, Managing Director for Policy and Professional Advancement, National Association for the Education of Young Children

Compliance issues: Pandemic Policy, Economics, Public Health, Education, Children and Youth at Risk, Legislation and Policy, Federal Government, Employment and Unemployment

Links: [Lauren Hogan | NAEYC](#)

SEGMENT 2: ADVANCES THAT MAY ELIMINATE SCARRING

Time Duration

Synopsis: Scars are a public health as well as aesthetic threat, as internal scars can compromise the function of organs and tissues. Scientists are now devising medications that promote healing without producing scars. One of the scientists on the front lines discusses how these medicines work and their possible uses. **14:24 8:33**

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. Michael Longaker, Professor of Surgery and Director, Institute of Stem Cell Biology and Regenerative Medicine, Stanford University

Compliance issues: Health Care, Consumerism, Technology, Public Health, Education

Links: [Michael Longaker - Stanford Profile](#)

[Longaker Laboratory](#)