

4th Quarter Report
October 1st – December 31st, 2022



WHKO-FM Dayton, Ohio
CMG Radio Operating Company, LLC

Prepared by:
Ksenia Mayakova
Community Relations Manager

Filed: January 23rd, 2023

Due to the known issues with the OPIF system, these entries were uploaded after the required timeframe.

WHKO-FM

This report contains information that was broadcasted on each of the following topics:

Public Health and Mental Health Issues

Consumer Benefits and Public Safety

Environment

Culture, Ethics, and Public Awareness

Politics, Economy, and Finance

Education, History, Science, and Tech

**WHKO-FM Shows Listed in Report
10/1/2022 – 12/31/2022
All durations listed within report are approximate.
Durations listed in Hours: Minutes: Seconds (i.e. 01:20:00)**

Viewpoints (Sunday).....	5:00 – 5:30 AM
Radio Health Journal (Sunday).....	5:30 – 6:00 AM

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
PUBLIC HEALTH AND MENTAL HEALTH ISSUES			
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "AN ILLNESS AFFECTING MILLIONS OF UNSUSPECTING PEOPLE – POSSIBLY YOU": Peripheral Artery Disease may not be a household name like stroke or heart attack, but it’s just as common. Unfortunately, the lack of awareness means that many patients with PAD catch it too late and end up needing an amputation. Dr. Nick West discusses why public awareness is crucial to saving lives and limbs. An episode relevant to any Daytonian.</p>	10/2/2022	5:30 AM	00:15:13
<p>RADIO HEALTH JOURNAL, SEGMENT 2, " A NEW HOPE FOR MEN WITH ADVANCED PROSTATE CANCER": Treatments for metastatic hormone-sensitive prostate cancer have remained the same for seventy years – until now. Scientists have created a medication, called Nubeqa, that pairs with the original treatments and helps lengthen the lifespan of patients. An expert discusses why this is an optimistic time for MHSPC patients.</p>	10/9/2022	5:30 AM	00:14:57
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "THE CONDITION THAT EXPERTS SAY IS SEVERELY UNDER-DIAGNOSED": Our upper and lower body movements are connected by two small joints called the sacroiliac joint. Any changes in this joint can cause severe pain and restricted mobility. Unfortunately, SI joint dysfunction is extremely hard to diagnose. An expert explains the difficulties in diagnosing and how the dysfunction can be fixed using regenerative medicine. This topic will be relevant for any Miami Valley resident.</p>	10/16/2022	5:30 AM	00:10:52

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
PUBLIC HEALTH AND MENTAL HEALTH ISSUES			
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "FIELD IN CRISIS": DOCTORS NEED 26.7 HOURS IN A DAY TO CARE FOR PATIENTS": Primary care physicians have been experiencing a shortage in recent years. Couple that with a demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts discuss the systemic changes needed to turn the field around. With Miami Valley not being an exception, this topic would be relevant for the local audience.</p>	10/23/2022	5:30 AM	00:11:12
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "CAN DREAMS DEEPEN OUR UNDERSTANDING OF MENTAL ILLNESS?": Even with a growing awareness of mental health, researchers say our compassion for those with mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams could help us better understand the daily lives of those with mental illnesses, such as schizophrenia.</p>	10/23/2022	5:30 AM	00:14:04
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "HAVE WE RELIED TOO MUCH ON HEALTHCARE?": Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur. A thought-provoking episode for the Dayton listeners.</p>	11/6/2022	5:30 AM	00:13:04

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
PUBLIC HEALTH AND MENTAL HEALTH ISSUES			
<p>RADIO HEALTH JOURNAL, SEGMENT 1, ": ANTIBIOTICS: THE GROWING HEALTH CRISIS WE'RE NOT TALKING ABOUT, PART 1": People around the world have heavily relied on antibiotics to fight off infections for decades. Unfortunately, this dependency has created a global resistance to some of the drugs, leading to the deaths of more than one million people in 2019. Dr. John McKillip discusses the overuse, overprescribed, and misprescribed issues that, if left unchecked, could result in up to ten million deaths each year due to antibiotic resistance.</p>	11/13/2022	5:30 AM	00:11:01
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "ANTIBIOTICS PART 2: WE ARE WHAT WE EAT": In this continuation of last week's antibiotic segment, we explore the prevalence of drug use within animal agriculture. Two-thirds of the yearly antibiotic supply are consumed by this industry. What's the impact to people who ultimately eat these antibiotic-ridden meat, dairy, and produce products? A deeper look into the problem for the Dayton, OH listeners.</p>	11/20/2022	5:30 AM	00:08:53
<p>VIEWPOINTS, SEGMENT 1, ": IN PURSUIT OF BETTER SLEEP": About 70 million people in the U.S. struggle with sleep. We speak with sleep expert and psychologist Aric Prather about how to fix your sleep problems without relying on sleep aids.</p>	11/20/2022	5:00 AM	00:09:21

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
PUBLIC HEALTH AND MENTAL HEALTH ISSUES			
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "GUT FEELING: THE TRILLIONS OF BACTERIA IN CHARGE OF OUR IMMUNE SYSTEM": Trillions of bacteria live in our gut, creating an intricate system called the ‘gut microbiome.’ Dr. Robynne Chutkan, a gastroenterologist, explains how this network is a crucial component to our immune system. She also offers step-by-step guidance on how to strengthen your own microbiome.</p>	11/27/2022	5:30 AM	00:11:53
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "LOVE THE PERSON, HATE THEIR BEHAVIOR: SUPPORTING AN ADDICT": Addiction doesn’t just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction. With Dayton having a history of a deep opioid crisis, this topic would be relevant for the local audience.</p>	11/27/2022	5:30 AM	00:08:11
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "HOW ‘LONG COVID’ HAS BROUGHT ATTENTION TO A NEGLECTED ILLNESS": Myalgic encephalomyelitis/chronic fatigue syndrome has long been a condition surrounded by doubt in the medical community. How could someone be completely exhausted from doing a crossword puzzle? Dr. Lucinda Bateman, an ME/CFS expert, explains the mental and physical toll that plagues the people who suffer from this condition.</p>	12/4/2022	5:30 AM	00:10:33

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
PUBLIC HEALTH AND MENTAL HEALTH ISSUES			
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "CHRONIC HEARTBURN ISN'T NORMAL – IT CAN CAUSE MORE HARM THAN SMOKING": Acid reflux may seem like just an annoying condition, but when it becomes extreme, developing into GERD, it can create permanent damage. In fact, ignoring your acid reflux can lead to esophageal cancer. Dr. Samir Patel details how to properly treat your heartburn before it becomes a serious issue.</p>	12/4/2022	5:30 AM	00:08:50
<p>VIEWPOINTS, SEGMENT 2, "GRIEVING AMIDST THE HOLIDAYS": Just because it's the holidays doesn't mean it's a time of joy and happiness for everyone. Millions of Americans during this period struggle to just make it through the commitments, pressure, and difficult memories that these months bring. We speak with psychologist Mary Lamia about how to sit with your emotions, communicate with loved ones and set realistic expectations this month.</p>	12/11/2022	5:00 AM	00:08:07
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "ENDING OVERDOSE: MAKING THE ANTIDOTE MORE ACCESSIBLE THAN THE DRUG": The National Safety Council reports that opioid overdoses have become the number one cause of death for people aged 18 to 45. In an effort to save lives, Theo Krzywicki created the non-profit End Overdose. The organization informs and arms the public with the tools to prevent and reverse opioid overdoses. He explains the signs of an overdose and how to use life-saving devices like Naloxone. With Dayton having a history of a deep opioid crisis, this topic would be relevant for the local audience.</p>	12/18/2022	5:30 AM	00:07:09

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
PUBLIC HEALTH AND MENTAL HEALTH ISSUES			
<p>VIEWPOINTS, SEGMENT 1, "HOW TO SKIP THE SUGAR WITHOUT GIVING UP DESSERT": Many people think leading a healthy lifestyle means giving up sweets, but our two guests today prove them wrong. They explain how you can make easy substitutes when baking that produce decadent desserts without all the calories and sugar.</p>	12/18/2022	5:00 AM	00:08:49

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
CONSUMER BENEFITS AND PUBLIC SAFETY			
<p>VIEWPOINTS, SEGMENT 2, "PHONE GUIDELINES FOR KIDS": It seems like every preteen has their own cell phone these days. Just last week, I saw a kid (possibly 9 or 10 years old) walking down the street talking to someone through their smartwatch. Who would've thought? With more young people owning tech at an earlier age, it's important for both parents and kids to sit down from the get-go and talk about how to stay safe online, minimize social media use and more.</p>	10/9/2022	5:00 AM	00:08:22
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "WHY GETTING STUCK IN A CROWD IS MORE DANGEROUS THAN YOU THINK": The recent tragedy in South Korea during Halloween seemed to have come out of nowhere. However, crowd dynamic experts say it was actually the perfect storm for catastrophe. Crowd surges occur when too many people are packed into one place and often results in the death of those unlucky enough to be stuck in the middle. An expert explains what happens during a crowd surge and how to stay safe in the middle of large gatherings. A deeper look into the topic for the Dayton, OH listeners.</p>	12/11/2022	5:30 AM	00:08:09
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "HOME FOR THE HOLIDAYS: WHY ER VISITS SPIKE AROUND CHRISTMAS": The holidays are full of traveling, seeing our family, and visits to the emergency room. Whether you live in snowy Colorado or sunny LA, accidents increase during winter. Experts discuss this phenomenon and share tips on how to safely make it through the holidays. A topic worth looking into for the Miami Valley listeners.</p>	12/18/2022	5:30 AM	00:12:12

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
CONSUMER BENEFITS AND PUBLIC SAFETY			
<p>VIEWPOINTS, SEGMENT 2, "IS LIVING IN THE AGE OF THE INTERNET A RIGHT OR PRIVILEGE?": Internet has become a necessity in our lives, but not everyone has access. With serious issues, like politics and education, being discussed almost exclusively online, more and more people are wondering if internet should be free. An expert explains the pros and cons of government-subsidized internet.</p>	12/18/2022	5:00 AM	00:08:29

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
ENVIRONMENT			
<p>VIEWPOINTS, SEGMENT 1, "ELECTRIC VEHICLES: REDUCING SKY HIGH COSTS & A LACK OF ACCESSIBILITY": The electric vehicle market is booming. Nearly every automaker is pledging to invest in this technology and is rolling out sleek new models with all the bells and whistles. While electric is seen as the future, for many Americans these newer cars are often out of reach because of the hefty price tag. We speak with two experts about this current market and what progress is being made to make EV's more available to all. A great episode for the Daytonians interested in the EV technology and how it might shape the future of the auto industry.</p>	10/16/2022	5:00 AM	00:07:05
<p>VIEWPOINTS, SEGMENT 1, "THE EFFECTS OF EXTREME WEATHER FELT ACROSS THE GLOBE": From the Mississippi River's historic low water levels to Pakistan's non-stop flooding, the effects of extreme weather are being felt across the globe. Experts explain the common denominator between these seemingly opposite weather events, and the health and financial toll of natural disasters. Deeper look into the underlying causes for severe weather outbreaks for the Dayton listeners.</p>	12/11/2022	5:00 AM	00:09:45

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
CULTURE, ETHICS, AND PUBLIC AWARENESS			
<p>VIEWPOINTS, SEGMENT 2, "THE POWER OF PHOTOGRAPHY": The beauty of a photo is that it freezes a specific moment in history forever. A single snapshot has the power to convey a scene better than words ever could. We speak with author and activist Philip Allen about the role photography and videography played during the Civil Rights Movement and the role it still plays today in capturing racial bias & inequality.</p>	10/2/2022	5:00 AM	00:08:10
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "DISSECTING THE EMERGENCY ROOM: EVERY PATIENT HAS A STORY": As an ER doctor, Jay Baruch wears many hats. He’s a healer, listener, traffic director, and so much more during each shift. But in such a chaotic space, how can doctors maximize their time with patients? Baruch explains his beliefs on medicine’s moral center and changes that need to be implemented to give patients the best outcomes. A deeper look into this ethical dilemma for the Miami Valley listeners.</p>	10/9/2022	5:30 AM	00:12:05
<p>VIEWPOINTS, SEGMENT 1, "THE STATE OF JOURNALISM: A NEW, EXPANDING FORMAT": Americans are increasingly busy, and there’s more content than ever before vying for a piece of their time. In this new landscape, many media are outlets shifting their formats to better compete with social media and Americans’ reduced attention spans. Co-founder of Axios, Roy Schwartz joins us this week to talk about how everyone, and not just journalists, can use this stylistic change to improve both their writing and presenting. A great topic to follow for the Dayton listeners.</p>	10/9/2022	5:00 AM	00:08:38

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
CULTURE, ETHICS, AND PUBLIC AWARENESS			
<p>RADIO HELATH JOURNAL, SEGMENT 2, "WHY WE NEED TO HAVE BETTER DISCUSSIONS AROUND MALE INFERTILITY": Did you know that men are just as affected by infertility as women? Yet, society tends to focus on female infertility more commonly. Because of the lack of discussion, many men wait too long to seek help for fertility issues. Dr. Scott Lundy, a urologist at the Cleveland Clinic, discusses different causes of male infertility and common treatment options men may not know about.</p>	10/16/2022	5:30 AM	00:13:43
<p>VIEWPOINTS, SEGMENT 2, "DISCOVERING DEATH: ANSWERS FROM A MORTICIAN": What happens if you pass away in the Arctic, or in outer space? How do people in Thailand or India mourn their dead differently than people in the U.S.? We answer these questions and more with the help of mortician Caitlin Doughty.</p>	10/16/2022	5:00 AM	00:10:54
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "THE CONVERSATION AROUND STILLBIRTH THAT'S LONG OVERDUE": Elizabeth O'Donnell experienced a stillbirth in 2020. Through her grief, she created Aaliyah in Action, a non-profit that helps women in similar situations, in honor of her daughter. She believes stillbirth prevention needs to be a public conversation – one that can save thousands of babies.</p>	10/30/2022	5:30 AM	00:12:22

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
CULTURE, ETHICS, AND PUBLIC AWARENESS			
<p>VIEWPOINTS, SEGMENT 2, "THE FUTURE OF REMOTE WORK": Of all job holders in America, 58 percent – or 92 million people – say they have the option to work their positions remotely at least part of the week, according to a recent nationwide survey conducted by consulting firm, McKinsey & Co. Will this way of working continue long term? What are some of the challenges that companies are facing in this still relatively new landscape? We answer these questions and more this week on Viewpoints.</p>	10/30/2022	5:00 AM	00:08:55
<p>VIEWPOINTS, SEGMENT 2, "EXPLORING THE QUESTIONS THAT HAVE NO RIGHT ANSWER": Dr. Gregory Stock who’s made a living asking questions that sometimes have no hard and fast answers. In all reality, sometimes the process of coming to an answer is often more important than any one answer itself.</p>	11/13/2022	5:00 AM	00:08:53
<p>VIEWPOINTS, SEGMENT 2, "CELEBRITY GOSSIP: ITS EVOLUTION INTO A MULTI-BILLION DOLLAR INDUSTRY": Millions of people follow celebrity culture sites, social accounts, and outlets. How did this industry of celebrity news become the billion-dollar machine it is today? We speak with two media experts about its evolution and pros and cons to this form of entertainment.</p>	11/20/2022	5:00 AM	00:08:30

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
CULTURE, ETHICS, AND PUBLIC AWARENESS			
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "HAS HEALTHCARE LET DOWN THE MEN AND WOMEN WHO SERVED OUR COUNTRY?": Suzanne Gordon’s new book “Our Veterans” explores the question: have we failed our service members? Though the VA Healthcare system is a great resource, too many veterans are unable to access it. Gordon exposes our society’s insufficient care for the men and women who’ve served our country and offers solutions to help right these wrongs. With Dayton being home for WPAFB, one of the largest Air Force Bases in the nation, and having many veterans living in the area, this is a relevant topic for the local area.</p>	11/20/2022	5:30 AM	00:11:44
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "BEING SELFISH IS SOMETIMES THE HEALTHIEST OPTION": We’re taught from a young age to always share and be kind, but Dr. Scott Kaufman thinks that’s not always the right thing to do. His new research looks at the idea of ‘healthy selfishness’ – taking care of yourself before focusing on helping others. He discusses the different forms of selfishness and why setting boundaries can be the best way to grow a relationship.</p>	12/11/2022	5:30 AM	00:11:29

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
POLITICS, ECONOMY, AND FINANCE			
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "PHARMACY DESERTS: THE SHRINKING ACCESS TO HEALTHCARE": Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue. Is Dayton, OH a part of this statistics?</p>	10/2/2022	5:30 AM	00:12:21
<p>VIEWPOINTS, SEGMENT 1, "WORKERS ARE FED UP: THE CONTINUING STRIKES & UNIONIZATIONS IN THE U.S.": Just last month, the railway industry narrowly averted a strike that would've resulted in more than 100,000 railway workers walking off the job. This dispute over pay, hours and working conditions would've shut down the U.S. railway system, costing billions of dollars in lost revenue from commuter travel and a stall in commodities and goods shipments. Over the past year, headlines covering workers striking or pushing to unionize have become commonplace. What's driving this labor revolt? Stay tuned this week.</p>	10/2/2022	5:00 AM	00:09:37
<p>VIEWPOINTS, SEGMENT 1, "THE HIGHER EDUCATION COST CRISIS: PART 1": Student loan debt in the U.S. has burgeoned to 1.7 trillion dollars. And over the past two years, many borrowers have paused on paying these loans because the government paused on payment deadlines due to the COVID-19 pandemic. Last month, Biden's administration vowed to cancel \$10,000 of student loan debt for the average borrower and up to \$20,000 for Pell Grant recipients. We highlight what this move achieves (and doesn't) and what solutions are needed to solve this problem long-term. Can Miami Valley residents benefit from this move?</p>	11/6/2022	5:00 AM	00:08:23

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
POLITICS, ECONOMY, AND FINANCE			
<p>VIEWPOINTS, SEGMENT 1, "THE HIGHER EDUCATION COST CRISIS: PART 2": The average cost of attending a four-year, public college has ballooned to \$27,800 per year. This equates to more than \$110,000 spent to have an undergraduate degree. Even with current financial aid, for millions of students, it’s not feasible to dig themselves into lifelong debt. We speak with two higher education experts about what needs to change with financial aid in America. Are Miami Valley residents a part of this statistics?</p>	11/13/2022	5:00 AM	00:08:14
<p>VIEWPOINTS, SEGMENT 1, "THE 2024 PRESIDENTIAL ELECTION": With this news making headlines, we go back in American history to uncover some of the stories of previous one-term presidents that preceded Trump.</p>	11/27/2022	5:00 AM	00:06:57
<p>VIEWPOINTS, SEGMENT 2, "THE MILITARY’S MOST CHALLENGING RECRUITING YEAR YET": We speak with military expert Katherine Kuzminski about what’s feeding into less Americans signing up and how the government aims to kickstart interest.</p>	11/27/2022	5:00 AM	00:10:46

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
EDUCATION, HISTORY, SCIENCE, AND TECH			
<p>VIEWPOINTS, SEGMENT 1, "FEEDING MORE MOUTHS MORE SUSTAINABLY": Scientists are thinking big to voyage to Mars and one day possibly inhabit the far away planet. One big challenge is building a food production model from the ground up. We speak with one food scientist about how these food systems and people’s diets on Mars may look one day and what we can learn from these advancements to improve our current food systems on Earth. A captivating episode for the Daytonians interested in science and space exploration.</p>	10/23/2022	5:00 AM	00:08:13
<p>VIEWPOINTS, SEGMENT 2, "GETTING ORGANIZED: FINDING THE TIME": Constantly crossing off items from your daily or weekly ‘To-Do List’ but feel like you never actually have time to do the things you really want to do? Acclaimed time management expert Laura Vanderkam joins us this week to share some unique tips on how to get through your mundane tasks quicker and regain more of your time.</p>	10/23/2022	5:00 AM	00:09:04
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "HOW SLEEP RESEARCH IS IMPROVING COMMUNICATION TECHNOLOGY": Even after decades of research, much of the human brain remains a mystery. In an effort to progress communication technology for the physically disabled, Dr. Daniel Rubin, a neurologist, is working to uncover some of the questions around sleep. He explains his groundbreaking findings and sheds light on the future of bridging our brains with technology for instantaneous communication. A captivating episode for the Dayton listeners interested in science.</p>	10/30/2022	5:30 AM	00:15:13

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
EDUCATION, HISTORY, SCIENCE, AND TECH			
<p>VIEWPOINTS, SEGMENT 1, "AFRICAN AMERICANS IN WWII": More than 1.3 million African Americans served as part of the U.S. military and helped with war efforts during WWII. Yet rarely is this population ever fairly represented in blockbuster movies or TV shows about this era. Matthew Delmont, a history professor at Dartmouth College, joins us this week to shed some light on the contributions of African Americans who stepped up and served despite the discrimination, bias and violence they faced.</p>	10/30/2022	5:00 AM	00:08:29
<p>RADIO HEALTH JOURNAL, SEGMENT 1, "HOW ORDINARY PEOPLE BECAME AMERICA'S FIRST PARAMEDICS": In 1966, Americans were more likely to die from a car crash than soldiers in the Vietnam War. Most people needing emergency assistance were carried to the hospital in the back of a police car. In his new book, Kevin Hazzard uncovers how our modern-day paramedics came to be. A great episode for the Miami Valley listeners interested in the history of medicine.</p>	11/6/2022	5:30 AM	00:15:56
<p>VIEWPOINTS, SEGMENT 2, "NEW YORK: A PEOPLE'S HISTORY": New York is America's largest metropolis with a population of more than eight million people. Longtime resident and New York Times journalist, Sam Roberts joins us this week to highlight the stories behind some of the remarkable people who made the Big Apple the innovative and bustling city it is today.</p>	11/6/2022	5:00 AM	00:09:15

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
EDUCATION, HISTORY, SCIENCE, AND TECH			
<p>RADIO HEALTH JOURNAL, SEGMENT 2, "HOW TO OVERCOME YOUR MENTAL BLOCKS TO REACH SUCCESS": Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why it’s so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals.</p>	11/13/2022	5:30 AM	00:13:53
<p>VIEWPOINTS, SEGMENT 1, "THE RISE & FALL OF GENERAL ELECTRIC": General Electric was once valued at 650 billion dollars. For decades, it was globally recognized for its innovation in electric, aviation, healthcare, and financial services. Today, it’s a much different story. The company is preparing to split into three separate entities to increase its value and is in the process of downsizing from its large headquarters in Boston. Business expert and author William D. Cohan joins us this week to share the story of General Electric. With GE branches being largely represented in the Dayton area, this would be an interesting episode to follow for the local audience.</p>	12/4/2022	5:00 AM	00:10:36
<p>VIEWPOINTS, SEGMENT 2, "LEARNING TO BAKE FOR THE HOLIDAYS": Boozy Pecan, French Silk, Key Lime Pie. The many pie flavors out there are endless – and just because Thanksgiving and all-things pumpkin have passed, doesn’t mean an end to holiday sweets. Viewpoints speaks with cookbook author Ken Haedrich about the prevalence of pie in American culture and how anyone – at any skill level – can learn to bake this dish.</p>	12/4/2022	5:00 AM	00:07:05