

1<sup>st</sup> Quarter Report  
January 1<sup>st</sup> – March 31<sup>st</sup>, 2023



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

Prepared by:  
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Community Relations Manager

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**WHKO-FM**

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

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**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**

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**WHKO-FM Shows Listed in Report**

**1/1/2023 – 3/31/2023**

**All durations listed within report are approximate.  
Durations listed in Hours: Minutes: Seconds (i.e. 01:20:00)**

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

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ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>PUBLIC HEALTH AND MENTAL HEALTH ISSUES</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT":</b> ‘Drunkorexia’ is a habit that’s popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks. With at least two big universities in our area, this episode would be relevant to the Dayton listeners.</p>	1/8/2023	5:30 AM	00:11:23
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA":</b> Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that’s just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you’re getting the best anesthesia – and anesthesiologist -- for your needs.</p>	1/8/2023	5:30 AM	00:08:51
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "IS COVID-19 THE NEW FLU?":</b> Healthcare’s hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren’t following up with the recommended booster shots. An expert discusses why we can’t become too lax with our treatment of this virus. A critical topic for the Miami Valley listeners.</p>	1/15/2023	5:30 AM	00:08:24

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>PUBLIC HEALTH AND MENTAL HEALTH ISSUES</b>			
<p><b>VIEWPOITNS, SEGMENT 1, HOW TO BETTER DEAL WITH STRESS THIS YEAR":</b> We speak with University of California – San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits.</p>	1/15/2023	5:00 AM	00:08:47
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "...MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY CAN'T WE STOP IT?":</b> America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women’s health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates. Can Miami Valley mothers benefit from it?</p>	1/22/2023	5:30 AM	00:11:34
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD":</b> PTSD wasn’t an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers. With Dayton being home for many veterans, this episode would be relevant for the local audience.</p>	1/22/2023	5:30 AM	00:07:57

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>PUBLIC HEALTH AND MENTAL HEALTH ISSUES</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND":</b> Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that’s been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling.</p>	1/29/2023	5:30 AM	00:08:20
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "FINDING PAIN MANAGEMENT STRATEGIES THAT DON’T INVOLVE OPIOIDS":</b> We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don’t involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses. With Dayton being known for its opioid crisis, this is a relevant topic for the local audience.</p>	2/19/2023	5:30 AM	00:08:25
<p><b>VIEWPOINTS, SEGMENT 1, "IN AWE: A RENEWED LENS ON LIFE":</b> It can be hard to explain what it’s like to feel in awe. For me, I can remember feeling this way after reaching the top of a mountain after an hours-long climb and looking onto the vast horizon, or after watching the film Inception in theatres for the first time and being blown away by the soundtrack. We speak with renowned social psychologist Dacher Keltner about awe and what experiences elicit this emotion.</p>	2/19/2023	5:00 AM	00:09:24

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>PUBLIC HEALTH AND MENTAL HEALTH ISSUES</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES":</b> Our personal health may be determined before even our parents are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents’ habits and behaviors have a direct influence on our DNA.</p>	2/26/2023	5:30 AM	00:12:25
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "IS YOUR DIET SLOWLY KILLING YOU?":</b> Ultra-processed foods first appeared in the 1950s and have since taken over much of what’s on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track. A great episodes for the Miami Valley listeners interested in nutrition science.</p>	3/12/2023	5:30 AM	00:09:07
<p><b>VIEWPOINTS, SEGMENT 1, "REAL SELF-CARE IS SETTING BOUNDARIES":</b> Acclaimed therapist and social worker Nedra Glover Tawaab joins us this week to talk about boundaries. We often don’t think about our own boundaries and the boundaries we need in our relationships – whether it be with friends, colleagues, family, or romantic relationships. Tawaab breaks down how to set these boundaries and approach difficult conversations.</p>	3/12/2023	5:00 AM	00:07:37

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>PUBLIC HEALTH AND MENTAL HEALTH ISSUES</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU":</b> The FDA has granted emergency use authorization to Lucira Health’s combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you’re positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test. Will the tests be available in the Miami Valley?</p>	3/19/2023	5:30 AM	00:08:24
<p><b>VIEWPOINTS, SEGMENT 1, "FOOD’S CONNECTION TO OUR MENTAL HEALTH":</b> You’re probably familiar with the saying: ‘You are what you eat.’ It’s no secret that the foods we consume directly correlate to how we feel, look and more. But there’s more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food’s intimate connection to how we feel. An interesting episode for the Miami Valley listeners seeking healthier lifestyles.</p>	3/19/2023	5:00 AM	00:10:47



ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>CONSUMER BENEFITS AND PUBLIC SAFETY</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "GING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE":</b> As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference. With Dayton being a beloved home for many retirees, this would be a great episode for the local audience.</p>	1/1/2023	5:30 AM	00:12:21
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES":</b> Josue Cordova explains the struggles of traveling with a disability and how to fix these issues. Can our Miami Valley listeners relate?</p>	1/1/2023	5:30 AM	00:07:78
<p><b>VIEWPOINTS, SEGMENT 2, "A DISTENGRATING FRAMEWORK":</b> Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries.</p>	2/12/2023	5:00 AM	00:09:11

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>CONSUMER BENEFITS AND PUBLIC SAFETY</b>			
<p><b>VIEWPOINTS, SEGMENT 2, "ONLINE SPORTS BETTING: A LUCRATIVE NEW INDUSTRY OR A GATEWAY TO GAMBLING ADDICTION?":</b> Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population. Ever since online gambling became legal in Ohio, are local listeners at risk?</p>	3/5/2023	5:00 AM	00:09:11
<p><b>VIEWPOINTS, SEGMENT 2, "A WITHHOLDING OF PUBLIC INFORMATION":</b> Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that's aiming to make this process more efficient and speedier.</p>	3/26/2023	5:00 AM	00:07:02

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>ENVIRONMENT</b>			
<b>RADIO HEALTH JOURNAL, SEGMENT 1, "EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT":</b> Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet. A different outlook on the problem for our Dayton listeners.	3/12/2023	5:30 AM	00:11:09

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>CULTURE, ETHICS, AND PUBLIC AWARENESS</b>			
<p><b>VIEWPOINTS, SEGMENT 2, "WHO IS GEN-Z?":</b> There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they’re extremely tech-savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z and what impact they’ll have on the future world.</p>	1/1/2023	5:00 AM	00:07:56
<p><b>VIEWPOINTS, SEGMENT 2, "A PATHWAY TO EXONERATION":</b> Experts estimate that between 4-6 percent of prisoners behind bars are innocent. We explore what factors feed into these wrongful convictions and how advocates in the arena are fighting for justice. Can this be applied to the Miami Valley residents?</p>	1/8/2023	5:00 AM	00:08:47
<p><b>VIEWPOINTS, SEGMENT 1, "THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING":</b> Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women’s track and field. Early on in her career, she was a prized hopeful for bringing home the Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us this week to talk about the toxic culture present in many elite running organizations and what needs to change to better support these young, vulnerable athletes.</p>	1/22/2023	5:00 AM	00:08:37

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>CULTURE, ETHICS, AND PUBLIC AWARENESS</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT":</b> Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe. A great episode for the Miami Valley listeners interested in forensic science.</p>	2/5/2023	5:30 AM	00:12:18
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES":</b> Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent. A relevant topic for the Daytonians interested in this ethical and cultural issue.</p>	2/5/2023	5:30 AM	00:07:47
<p><b>VIEWPOINTS, SEGMENT 2, "THE UNSEEN FACES OF HOMELESSNESS":</b> At the beginning of 2020, there were about 580,000 Americans homeless on a given night, according to the National Alliance to End Homelessness. Fast forward almost three years and this number has stayed about the same. With basic living prices and rent still high, we share the many faces of homelessness and one inspiring story about resilience in the face of several challenges.</p>	2/19/2023	5:00 AM	00:09:05

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>CULTURE, ETHICS, AND PUBLIC AWARENESS</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES":</b> Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it?</p>	2/26/2023	5:30 AM	00:12:25
<p><b>VIEWPOINTS, SEGMENT 2, "GREEN BURIALS":</b> Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that’s shied away from, it’s something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes. An interesting topic to look into for our Miami Valley listeners.</p>	2/26/2023	5:00 AM	00:08:12
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE":</b> All hospitals in the US operate under a standard of care that changes based on the clinic’s size and abilities. But what happens when that care isn’t upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians. A relevant topic for the local Dayton audience.</p>	3/5/2023	5:30 AM	00:08:52

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>CULTURE, ETHICS, AND PUBLIC AWARENESS</b>			
<p><b>VIEWPOINTS, SEGMENT 2, "ANIMAL CONTROL AND RESCUE":</b> More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.</p>	3/12/2023	5:00 AM	00:09:31
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE":</b> Thousands of Alzheimer's research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research.</p>	3/26/2023	5:30 AM	00:11:15

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>POLITICS, ECONOMY, AND FINANCE</b>			
<p><b>VIEWPOINTS, SEGMENT 1, "THE FALLOUT FROM INDUSTRY MONOPOLIES":</b> This past November, thousands of Taylor Swift fans were left frustrated and disappointed after Ticketmaster’s platform failed to deliver on general sale tickets for her upcoming tour. We discuss how this recent failure has stirred a larger conversation about the consequences &amp; long-term effects of monopolies. Were our Miami Valley Taylor Swift fans a part of this story?</p>	1/1/2023	5:00 AM	00:10:27
<p><b>VIEWPOINTS, SEGMENT 2, "A KEY VULNERABILITY: U.S. POWER GRIDS":</b> In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what’s driving this uptick, how power companies and government organizations are responding and what you should know as a consumer. Great episodes for the local listeners with Ohio not being an exception for the power grid attacks.</p>	1/15/2023	5:00 AM	00:08:47
<p><b>VIEWPOINTS, SEGMENT 1, "THE MANY CAUSES OF SUPPLY CHAIN &amp; INFLATION WOES":</b> Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes. A further look into the topic for our Miami Valley listeners.</p>	2/5/2023	5:00 AM	00:07:22



ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>POLITICS, ECONOMY, AND FINANCE</b>			
<p><b>VIEWPOINTS, SEGMENT 2, "A CHANGING PALATE ACROSS PERIODS OF ECONOMIC UNCERTAINTY":</b> Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, and economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted recipes and food trends. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.</p>	2/5/2023	5:00 AM	00:10:37
<p><b>VIEWPOINTS, SEGMENT 1, "LOOKING UP: THE PATH TO FINANCIAL WEALTH":</b> For Scarlett Cochran, money management wasn't a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It wasn't until she was in her early twenties and struggling with money that she realized the importance of budgeting and accruing savings. We sit down and speak with Cochran to learn about her inspiring journey and path to financial wealth. Can our Miami Valley listeners benefit from this knowledge?</p>	2/26/2023	5:00 AM	00:08:12

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>EDUCATION, HISTORY, SCIENCE, AND TECH</b>			
<p><b>VIEWPOINTS, SEGMENT 1, "FALLING ASLEEP IN SPACE":</b> Do you have trouble falling or staying asleep? If so, you'll know that not getting good rest can take a big toll on how you feel both physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body. With Dayton being home of the Wright Patterson Air Force Base and Space Force, this would definitely be a captivating episode for our local listeners.</p>	1/8/2023	5:00 AM	00:08:47
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH":</b> By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry.</p>	1/15/2023	5:30 AM	00:11:19
<p><b>VIEWPOINTS, SEGMENT 2, "HOW DID PAST CIVILIZATIONS KEEP TIME?":</b> <b>From</b> sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.</p>	1/22/2023	5:00 AM	00:09:16

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>EDUCATION, HISTORY, SCIENCE, AND TECH</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "DOES YOUR CHILD KNOW HOW TO LEARN?":</b> America’s education system has long been focused on teaching -- but does this strategy benefit students? This week’s show features education experts who say students need to be taught how to learn before they can be successful in the classroom. A relevant topic for the Miami Valley parents of young kids.</p>	1/29/2023	5:30 AM	00:11:48
<p><b>VIEWPOINTS, SEGMENT 1, "FOR THE LOVE OF CROSSWORDS":</b> The first crossword was published in 1913 by journalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from the New York Times to USA Today. Self-acclaimed lovers of crosswords are known as ‘cruciverbalists’ and compete online as well as create these puzzles for publishing. We speak with crossword expert Adrienne Raphel to find out more about this beloved word game.</p>	1/29/2023	5:00 AM	00:07:24
<p><b>VIEWPOINTS, SEGMENT 2, "BANNED BOOKS: TWO SIDES TO THE STORY":</b> Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers. We discuss the controversy by highlighting two differing perspectives on the debate.</p>	1/29/2023	5:00 AM	00:11:37

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>EDUCATION, HISTORY, SCIENCE, AND TECH</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH":</b> Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, We discuss how creative thinking and plasma exchange technology helped save Colette’s life.</p>	2/12/2023	5:30 AM	00:11:01
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS":</b> Whether it’s a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber. Great episode for the Dayton listeners interested in phycology.</p>	2/12/2023	5:30 AM	00:08:47
<p><b>VIEWPOINTS, SEGMENT 1, "FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST":</b> The Wild, Wild West: cowboys, shootouts, open prairies &amp; gold mines galore. While this is a common stereotype surrounding the colonial West, there’s much more about this region and period than meets the eye. For thousands of women, living out West meant greater independence, and an opportunity to start anew. Historian and author Winifred Gallagher joins us to share how the women of the Old West paved the way for women across the U.S.</p>	2/12/2023	5:00 AM	00:09:11

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>EDUCATION, HISTORY, SCIENCE, AND TECH</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING":</b> The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months.</p>	2/19/2023	5:30 AM	00:11:06
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "A LOOK AT THE RISING FIELD OF GENETIC COUNSELING":</b> Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient’s family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor.</p>	3/5/2023	5:30 AM	00:11:08
<p><b>VIEWPOINTS, SEGMENT 1, "A NEW VIEWPOINT: SPEAKING WITH ACCLAIMED PASTRY CHEF JOANNE CHANG":</b> A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat.</p>	3/5/2023	5:00 AM	00:08:32

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>EDUCATION, HISTORY, SCIENCE, AND TECH</b>			
<p><b>RADIO HEALTH JOURNAL, SEGMENT 1, "ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF ‘TIME BLINDNESS’":</b> People with ADHD often have a weaker perception of time, called ‘time blindness.’ Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don’t have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills. Can any of our Dayton listeners relate to this problem?</p>	3/19/2023	5:30 AM	00:11:34
<p><b>VIEWPOINTS, SEGMENT 2, "WHAT LED TO THE LARGEST HIGHER EDUCATION STRIKE IN U.S. HISTORY?":</b> Late last year, more than 48,000 graduate students, researchers and teaching assistants unionized and went on strike against the University of California system, encompassing nine college campuses. Across the state, schools like Berkeley, UCLA and University of California-San Diego to name a few came to a standstill as thousands demanded higher pay, better healthcare and other improved benefits. We speak with master’s student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward.</p>	3/19/2023	5:00 AM	00:10:47
<p><b>RADIO HEALTH JOURNAL, SEGMENT 2, "THE WOMAN BEHIND THE POLIO VACCINE":</b> The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you’ve probably never heard of. In honor of Women’s History Month, Author Lynn Cullen explains Horstmann’s crucial role in the fight against polio.</p>	3/26/2023	5:30 AM	00:08:44

ISSUE & DESCRIPTION	DATE	TIME	LENGTH
<b>EDUCATION, HISTORY, SCIENCE, AND TECH</b>			

<p><b>VIEWPOINTS, SEGMENT 1, "THE UNTOLD STORY OF EDITH WILSON":</b>                      Women’s History Month is a time to look back and honor the women of the past who’ve made a difference. One of these stories is that of Edith Wilson. On paper, she’s known as Woodrow Wilson’s second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent woman. A great episode for the Miami Valley listeners interested in history.</p>	3/26/2023	5:00 AM	00:10:18
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