Quarterly Issues KUNK-FM

VIEWPOINTS AND RADIO HEALTH JOURNAL SUNDAYS 5A-6A

KTOX-AM

VIEWPOINTS AND RADIO HEALTH JOURNAL SUNDAYS 7A-8A

KRWI-FM

VIEWPOINTS AND RADIO HEALTH JOURNAL SUNDAYS 6A-7A

KCUP-AM VIEWPOINTS AND RADIO HEALTH JOURNAL SUNDAYS 6A-7A

Steve Rubin

Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Radio Health Journal

- * Accessibility * Addiction
- * Addictic
- * ADHD
- * Air Travel
- * Airline Passengers
- * Alcohol
- * Alcoholism
- * AlzheimerÕs Disease
- * Ancestry

- * Anesthesia
- * Antibodies
- * Anxiety
- * Apheresis
- * Art
- * Athletics
- * Biology
- * Birth Injuries
- * Cancer
- * Capitalism
- * Cardiology
- * Children and Youth at Risk
- * Cognitive Skills
- * Compulsive Drinking
- * Confidence
- * Conservation
- * Consumerism
- * Covid-19
- * Creativity
- * Crime
- * Cure
- * Data Integrity
- * Depression
- * Diet
- * Disabilities
- * Disability Advocate
- * Disabled Parents
- * Diseases
- * DNA
- * Doula
- * Dreams
- * Drug Abuse
- * Drug Overdose
- * Drugs
- * Early Intervention
- * Eating Disorders
- * Economy
- * Education
- * Emergency Use Authorization
- * Endangered Animals
- * Environmental Research
- * Epigenetics
- * Ethics
- * Evolution
- * Excessive Drinking
- * Exercise
- * Extinction
- * False Negatives
- * False Positives
- * Family Issues
- * Fear
- * Federal Funding
- * Federal Legislation
- * Federal Policy
- * Federal Regulations
- * Female Doctors
- * First Responders

* Full Disclosure * Gender Issues * Gene Editing * Gene Therapy * Genetic Counseling * Genetic Diseases * Genetic Genealogy * Genetic Testing * Genetics * Genomics * Gut Health * Health * Health Risks * Healthy Living * High Blood Pressure * Home Accessibility * Home Renovation * Home Safety * Home Testing * Hospital Staff * Hospitalizations * Immunity * Influenza * Invasive Species * Isolation * Kidney Disease * Law Enforcement * Learning * Long Covid * Lucid Dreaming * Lung Disease * Maternal Mortality * Medical History * Medical Malpractice * Mental Health * Microbiome * Mild Covid * Misdiagnosis * Mobility * Mobility Devices * Murder * Neurology * NIH * Nutrition * Omicron * Open Access Journals * Opioids * Organ Donors * Pain Management * Pain Medication

* Fishing

- * Pandemic
- * Patient Safety
- * Peer Pressure
- * Photoshop
- * Physical Health
- * Police and Law Enforcement

* Polio * Prebiotics * Pregnancy * Privacy * Probiotics * Psychiatry * Psychology * PTSD * Public Access * Public Health * Public Health Reporting * Public Policy * Public Safety * Quarantine * Racial Inequity * Rare Diseases * Research Misconduct * Risk Factors * Safety Techniques * Scientific Innovation * Scientific Publishing * Scientific Research * Senior Living * Standard of Care * Student Safety * Supplements * Surgery * Surgical Errors * Symptoms * Time Blindness * Time Management * Transportation * Trauma * Traumatic Experiences * Ultra-processed Food * Vaccine Fatigue * Vaccines * Veganism * Veterans * Virus * Virus Variants * Vulnerable Populations * Weight Gain * Women In Medicine * WomenÕs History Month Program 23-01 Air Week: 01/01/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey

SEGMENT 1: AGING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE Time: 1:49 Duration: 12:21

Synopsis: 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. Host: Reed Pence Producer: Kristen Farrah Guests: Ty Pennington, Home Renovation Expert; Amy Goyer, National Family and Caregiving expert Compliancy issues: Senior Living, Home Accessibility, Vulnerable Populations, mobility, Public Safety, Home Renovation, Disabilities, Home Safety SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES Time: 15:12 Duration: 7:48 Synopsis: Josue Cordova explains the struggles of traveling with a disability and how to fix these issues. Host: Nancy Benson Producer: Kristen Farrah Guests: Josue Cordova, National Vice President, Paralyzed Veterans of America, Air Force Veteran Compliancy issues: Transportation, Federal Legislation, Vulnerable Populations, Accessibility, Disabilities, Airline Passengers, Veterans, Air Travel, mobility devices Program 23-02 Air Week: 01/08/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT Time: 1:50 Duration: 11:23 Synopsis: ÔDrunkorexiaÕ is a habit thatÕs 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. Host: Reed Pence Producer: Kristen Farrah Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School William Mupo, Former Health Promotions Coordinator, University of Texas at Austin Compliancy issues: Compulsive Drinking, Vulnerable Populations, Excessive Drinking, Alcoholism, Peer Pressure, Public Safety, Alcohol, Weight Gain, Healthy Living, Student Safety, Eating Disorders SEGMENT 2: THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA Time: 14:14 Duration: 8:51 Synopsis: Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that Õs just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure youÕre getting the best anesthesia Đ and anesthesiologist -- for your needs. Host: Nancy Benson Producer: Kristen Farrah

Guests: Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author Compliancy issues: Anesthesia, Vulnerable Populations, Medical History, Patient Safety, Drugs Links for more info: James E. Cottrell | Board of Regents Anesthesia Without Fear Program 23-03 Air Week: 01/15/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH Time: 1:50 Duration: 11:19 Synopsis: 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. Host: Reed Pence Producer: Kristen Farrah Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine Compliancy issues: Open Access Journals, Public Access, Consumerism, Scientific Publishing, Scientific Research, Federal Policy, Federal Funding, Capitalism SEGMENT 2: IS COVID-19 THE NEW FLU? Time: 14:11 Duration: 8:24 Synopsis: HealthcareÕs 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 arenot following up with the recommended booster shots. An expert discusses why we canot become too lax with our treatment of this virus. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association Compliancy issues: Virus, Vaccine Fatigue, Vaccines, Omicron, Mild Covid, Virus Variants, Long Covid, Immunity, Covid-19 Program 23-04 Air Week: 01/22/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: ... MORE AND MORE MOTHERS ARE DYING EACH YEAR D WHY CANOT WE STOP TΨ? Time: 1:50 Duration: 11:34 Synopsis: 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 womenÕs 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. Host: Reed Pence Producer: Kristen Farrah Guests: Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School Compliancy issues: Doula, Vulnerable Populations, Racial Inequity, Gender Issues, Maternal Mortality, Children and Youth at Risk, Mental Health, Pregnancy, Consumerism, hospitalizations SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD Time: 14:26 Duration: 7:57 Synopsis: PTSD wasnÕt 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 D proving that a PTSD diagnosis is not the end of their careers. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author Compliancy issues: Depression, Anxiety, First Responders, Public Safety, Psychology, Public Health, PTSD, Police and Law Enforcement, Mental Health, Trauma, Consumerism, traumatic experiences Program 23-05 Air Week: 01/29/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: DOES YOUR CHILD KNOW HOW TO LEARN? Time: 1:50 Duration: 11:48 Synopsis: AmericaÕs education system has long been focused on teaching -- but does this strategy benefit students? This weekÕs show features education experts who say students need to be taught how to learn before they can be successful in the classroom. Host: Reed Pence Producer: Kristen Farrah Guests: Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University Compliancy issues: Consumerism, Public Policy, Learning, Psychology, Cognitive Skills, Education SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND Time: 14:39 Duration: 8:20 Synopsis: 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 Õs been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling.

Host: Nancy Benson Producer: Kristen Farrah Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist Compliancy issues: Psychology, Confidence, Vulnerable Populations, Fear, Public Health, Mental Health, Anxiety, Consumerism Program 23-06 Air Week: 02/05/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT Time: 1:50 Duration: 12:18 Synopsis: Move over, fingerprints, thereÕs 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 Đ and why your genetic privacy is still safe. Host: Reed Pence Producer: Kristen Farrah Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs Compliancy issues: Murder, Privacy, Genetic Genealogy, Law Enforcement, Public Safety, Federal Regulations, Crime, DNA, Consumerism, Ancestry, Genetics SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES Time: 15:10 Duration: 7:47 Synopsis: Eliza HullÕs doctor told her she couldnÕt be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. HullÕs new book ÔWeÕve Got Thisõ compiles stories from disabled parents around the world to prove that having a disability doesnOt equate to being a bad parent. Host: Nancy Benson Producer: Kristen Farrah Guests: Eliza Hull, Writer, Musician, Disability Advocate Compliancy issues: Vulnerable Populations, disabled parents, Family Issues, Disabilities, Mental Health, Consumerism, Neurology, Physical Health, disability advocate Program 23-07 Air Week: 02/12/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH Time: 1:50 Duration: 11:01 Synopsis: 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 ColetteÕs life. Host: Reed Pence Producer: Kristen Farrah Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies Compliancy issues: Surgery, Kidney Disease, high blood pressure, Organ Donors, Antibodies, Vulnerable Populations, Apheresis, Consumerism, Cardiology, hospital staff, lung disease SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS Time: 13:53 Duration: 8:47 Synopsis: Whether itÕs 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.Ê Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, The Committee of Sleep Compliancy issues: Learning, Psychology, Education, Dreams, Consumerism, Creativity, Athletics, Lucid Dreaming, Art Program 23-08 Air Week: 02/19/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING Time: 1:50 Duration: 11:06 Synopsis: 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. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics Compliancy issues: Genomics, Gene Editing, Evolution, Genetics, Patient Safety, DNA, Consumerism, Vaccines, Genetic Diseases SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DONÕT INVOLVE OPIOIDS Time: 13:57 Duration: 8:25 Synopsis: 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 donÕt involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses.

Host: Nancy Benson Producer: Kristen Farrah Guests: Cammie Wolf Rice, Author, The Flight, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital Compliancy issues: Drug Overdose, Drug Abuse, Vulnerable Populations, Addiction, Consumerism, Opioids, Pain Management, Pain Medication Program 23-09 Air Week: 02/26/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES Time: 1:49 Duration: 12:25 Synopsis: 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? Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; ÊDr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University Compliancy issues: Genomics, Evolution, Gene Editing, Genetics, Patient Safety, Dna, Ethics, Federal Regulations, Consumerism, Genetic Diseases, Scientific Innovation SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES Time: 15:16 Duration: 7:34 Synopsis: 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 grandparentsÕ habits and behaviors have a direct influence on our DNA. Host: Nancy Benson Producer: Kristen Farrah Guests: Judith Finlayson, author of You Are What Your Grandparents Ate Compliancy issues: Genetics, Epigenetics, Vulnerable Populations, Diet, Ancestry, Public Health, Nutrition, Consumerism, Exercise Program 23-10 Air Week: 03/05/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING Time: 1:50 Duration: 11:08 Synopsis: 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 patientÕs 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. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases Compliancy issues: Genetic Testing, Consumerism, Medical History, Health Risks, Pregnancy, Risk Factors, Cancer, Genetic Counseling, Rare Diseases, Gene Therapy, Early Intervention, Patient Safety SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE' Time: 14:00 Duration: 8:52 Synopsis: All hospitals in the US operate under a standard of care that changes based on the clinicÕs size and abilities. But what happens when that care isnÕt upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University Compliancy issues: Standard of Care, Medical Malpractice, Safety Techniques, Full Disclosure, Birth Injuries, Surgical Errors, Patient Safety, Misdiagnosis Program 23-11 Air Week: 03/12/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT Time: 1:50 Duration: 11:09 Synopsis: 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. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Joe Roman, Author, Conservation Biologist, Research Affiliate, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, U.S. Geological Survey Compliancy issues: Conservation, Biology, Endangered Animals, Fishing, Invasive Species, Veganism, Diet, Diseases, Consumerism, Economy, Extinction, Federal Regulations, Environmental Research SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU? Time: 14:00 Duration: 9:07 Synopsis: Ultra-processed foods first appeared in the 1950s and have since taken over much of whatOs 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 Đ with less pills and more natural ingredients Đ to get your health back on track. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut Compliancy issues: Microbiome, Prebiotics, Probiotics, Diet, Gut Health, Public Health, Health, Supplements, Ultra-processed Food, Federal Regulations Program 23-12 Air Week: 03/19/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF ÔTIME BLINDNESSÕ Time: 1:50 Duration: 11:34 Synopsis: People with ADHD often have a weaker perception of time, called Ôtime blindness.Õ Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply donOt have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, Treating ADHD in Children and Adolescents Compliancy issues: Vulnerable Populations, Consumerism, Psychiatry, Symptoms, Time Blindness, ADHD, Psychology, Time Management SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU Time: 14:26 Duration: 8:24 Synopsis: The FDA has granted emergency use authorization to Lucira Healthos combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether youÕre 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. Host: Nancy Benson Producer: Kristen Farrah Guests: Dr. Emily Volk, President, College of American Pathologists Compliancy issues: Public Health, Vaccine, Consumerism, Influenza, Emergency Use Authorization, Public Health Reporting, Covid-19, False Positives, False Negatives, Home Testing Program 23-13 Air Week: 03/26/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE Time: 1:51

Duration: 11:15 Synopsis: Thousands of AlzheimerÕs 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. Host: Elizabeth Westfield Producer: Kristen Farrah Guests: Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University Compliancy issues: Consumerism, Patient Safety, Scientific Research, AlzheimerÕs Disease, Data Integrity, Photoshop, Research Misconduct, NIH SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE Time: 14:08 Duration: 8:44 Synopsis: 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 youÕve probably never heard of. In honor of WomenÕs History Month, Author Lynn Cullen explains HorstmannÕs crucial role in the fight against polio. Host: Nancy Benson Producer: Kristen Farrah Guests: Lynn Cullen, author, The Woman With the Cure Compliancy issues: Public Safety, Polio, Vaccine, Quarantine, Isolation, Pandemic, Cure, Women In Medicine, Female Doctors, WomenÕs History Month Radio Health Journal is a registered trademark of American Urban Radio Networks Contents Copyright 2023 by AURN. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018 / 312-900-0219 Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Viewpoints Radio * Accounting * Aging * American Diet * American Expansion * American History * Animal Welfare * Archaeology * Artificial Intelligence * Arts * Biology * Business * Career * Child Development * Climate * Climate Change * Communication * Companionship * Conscious Gifting * Consumer Protection * Cooking Science * Corruption

- * Creative Arts
- * Creativity
- * Criminal Justice
- * Cultural Trends
- * Culture
- * Customs
- * Death
- * Debt
- * Democracy
- * Diet
- * Disease
- * Disease Prevention
- * Domestic Terrorism
- * Drug Policy
- * Economy
- * Education
- * Electricity
- * Emotional Development
- * Emotional Well-being
- * End-of-life Planning
- * Engineering
- * Entertainment Regulation
- * Entrepreneurship
- * Environment
- * Film
- * Film Industry
- * Food History
- * Food Policy
- * Food Systems
- * Forensic Science
- * Free Expression
- * Gambling Addiction
- * Gender Equality
- * Gendered Norms
- * Global Culture
- * Global News
- * Global Train
- * Government
- * Government Regulation
- * Health
- * Healthcare Policy
- * Higher Education
- * History
- * Hobby
- * Homelessness
- * Incarceration
- * Industry Regulation
- * Inequality
- * Inflation
- * Information Technology
- * Infrastructure
- * Innovation
- * Invention
- * Labor Rights
- * Language
- * Law
- * Law Enforcement

* Literature * Living Costs * Local Business * Medicine * Mental Health * Music * National Security * Natural Disaster * Natural Resources * Nutrition * Parenthood * Parenting * Personal Development * Personal Finance * Personal Wealth * Pet Adoption * Pet Ownership * Police Reform * Politics * Poverty * Power Generation * Private Security * Psychology * Public Health * Public Housing * Public Policy * Public Resources * Public Safety * Relationships * Research * Retirement * Science * Self-care * Sexism * Small Business * Social Media * Society * Software Engineering * Space Travel * Sports * Sports Culture * Stress Management * Supply Chain Management * Technology * Timekeeping * Traditions * Travel * TV * U.S. Economy * Utilities * Veterinary Care * Wage Inequity * War

* Lifestyle

- * WomenÕs Rights
- * WomenÕs History
- * WomenÕs Issues

* WorkersÕ Rights * Writing * Youth Development Program 23-01 Air Week: 1/1/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: THE FALLOUT FROM INDUSTRY MONOPOLIES Time: 1:47 Duration: 10:27 Synopsis: This past November, thousands of Taylor Swift fans were left frustrated and disappointed after TicketmasterÕs 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 & long-term effects of monopolies.Ê Host: Gary Price Producer: Amirah Zaveri Guests: Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project. Compliancy issues: Government Regulation, Economy, Small Business, Politics, Consumer Protection SEGMENT 2: WHO IS GEN-Z? Time: 14:16 Duration: 7:56 Synopsis: There are more than 68 million young people in the U.S. who make up Generation Z Đ 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, theyÕre 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 is and what impact theyÕll have on the future world. Host: Marty Peterson Producer: Amirah Zaveri, Grace Galante Guests: John Schlimm, researcher, professor, author, What Would Gen-Z Do? Everything You DonÕt Know About Gen-Z But Should. Compliancy issues: Social Media, Psychology, Technology, Culture, Mental Health, Cultural Trends VIEWPOINTS EXPLAINED: NYE TRADITIONS AROUND THE WORLD Time: 21:12 Duration: 1:10 Synopsis: We explore how different cultures and countries ring in the New Year. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Global Culture, Traditions, Customs, Diet CULTURE CRASH: 2023 FILM RELEASES Time: 24:22 Duration: 2:05 Synopsis: We highlight some of the movies weore looking forward to in 2023. Host & Producer: Evan Rook Compliancy issues: Film, Culture

Program 23-02 Air Week: 1/8/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: FALLING ASLEEP IN SPACE Time: 1:47 Duration: 8:47 Synopsis: Do you have trouble falling or staying asleep? If so, youÕll 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. Host: Gary Price Producer: Amirah Zaveri Guests: Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine. Compliancy issues: Health, Medicine, Disease, Biology, Science, Innovation, Space Travel, Technology SEGMENT 2: A PATHWAY TO EXONERATION Time: 12:36 Duration: 8:37 Synopsis: 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. Host: Marty Peterson Producer: Amirah Zaveri| Polly Hansen Guests: Isaac Wright Jr., practicing attorney, author, Marked for Life: One ManÕs Fight for Justice From the Inside; Samuel Gross, Thomas and Mabel Long Professor Emeritus of Law at the University of Michigan Đ Ann Arbor, founder, senior editor, The National Registry of Exonerations. Compliancy issues: Law, Law Enforcement, Forensic Science, Criminal Justice VIEWPOINTS EXPLAINED: AN INADEQUATE DIET Time: 22:13 Duration: 1:42 Synopsis: We discuss the sad state of prison meals in the U.S. All too often, these dishes are spoiled, full of preservatives and donÕt have enough calories. If the end goal of incarceration is rehabilitation, shouldnot these meals adequately feed and nourish prisoners? Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Diet, Nutrition, Incarceration CULTURE CRASH: THE CAREER OF AARON SORKIN Time: 23:55 Duration: 2:32 Synopsis: Aaron SorkinÕs screenplays have been praised for their pace and structure. We look into why the Oscar winnerÕs writing style is so effective in film and on TV.

Host & Producer: Evan Rook Compliancy issues: Writing, Film, Culture Program 23-03 Air Week: 1/15/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: HOW TO BETTER DEAL WITH STRESS THIS YEAR Time: 1:47 Duration: 8:47 Synopsis: We speak with University of California Đ San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits. \hat{E} Host: Gary Price Producer: Amirah Zaveri Guests: Dr. Elissa Epel, health psychologist, professor, vice chair, Department of Psychiatry and Behavioral Sciences, University of California Đ San Francisco, author, The Stress Prescription: Seven Days to More Joy and Ease.Ê Compliancy issues: Lifestyle, Stress Management, Literature, Psychology, Mental Health, Health SEGMENT 2: A KEY VULNERABILITY: U.S. POWER GRIDS Time: 12:36 Duration: 8:37 Synopsis: In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what Õs driving this uptick, how power companies and government organizations are responding and what you should know as a consumer. Host: Marty Peterson Producer: Grace Galante Guests: Adrienne Lotto, senior vice president, Grid Security, Technical, and Operations at the American Public Power Association. Compliancy issues: Infrastructure, Domestic Terrorism, Public Health, Private Security, Utilities, Power Generation, Electricity VIEWPOINTS EXPLAINED: WINTER IN UKRAINE Time: 23:09 Duration: 1:15 Synopsis: As winter takes hold on Europe, Ukrainian soldiers defending their country face subzero temperatures, power outages and increasing challenges. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: War, Climate, Health, Global News CULTURE CRASH: A REVIEW OF "GLASS ONION" Time: 23:55 Duration: 2:32 Synopsis: We discuss the new film, "Glass Onion: A Knives Out Mystery" now streaming on Netflix. Host & Producer: Evan Rook Compliancy issues: Film, Culture

Program 23-04

Air Week: 1/22/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING Time: 1:48 Duration: 8:37 Synopsis: Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in womenÕs 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. Host: Gary Price Producer: Amirah Zaveri Guests: Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a ManÕs World. Compliancy issues: Health, WomenÕs Issues, Sports Culture, Youth Development, Parenting, Mental Health SEGMENT 2: HOW DID PAST CIVILIZATIONS KEEP TIME? Time: 12:27 Duration: 9:16 Synopsis: From sundials to mechanical clocks to atomic clocks, humans Đ throughout the centuries D 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. Host: Marty Peterson Producer: Grace Galante Guests: Chad Orzel, associate professor, physics, astronomy, Union College. Compliancy issues: Innovation, Timekeeping, Culture, History, Engineering, Invention, Archaeology VIEWPOINTS EXPLAINED: ALCOHOLÕS CONNECTION TO CANCER Time: 22:43 Duration: 1:42 Synopsis: The World Health Organization recently reported that no amount of alcohol is healthy to consume. In fact, the agency says even light or moderate alcohol intake has been linked to cause seven different types of cancer. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Health, Disease Prevention, Research, Science CULTURE CRASH: A TOUGH MONTH FOR THE NFL AHEAD OF THE SUPER BOWL Time: 24:25 Duration: 2:02 Synopsis: Ahead of the yearOs biggest game, we discuss the state of the NFL following the serious injury suffered by Bills player Damar Hamlin. Host & Producer: Evan Rook Compliancy issues: Sports, Culture Program 23-05

Air Week: 1/29/2023

Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: FOR THE LOVE OF CROSSWORDS Time: 1:47 Duration: 7:34 Synopsis: The first crossword was published in 1913 byÊjournalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from theÊNew York TimesÊtoÊUSA Today.ÊSelf-acclaimed lovers of crosswords are known as ÔcruciverbalistsÕ 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. Host: Gary Price Producer: Amirah Zaveri Guests: Adrienne Raphel, author, Thinking Inside the Box. Compliancy issues: History, Hobby, Language, Literature, Education SEGMENT 2: BANNED BOOKS: TWO SIDES TO THE STORY Time: 11:23 Duration: 11:37 Synopsis: 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. Host: Marty Peterson Producer: Grace Galante Guests: Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty Compliancy issues: Education, Free Expression, Public Policy, Literature, Government CULTURE CRASH: HOW CHATGTP IS CHANGING THE ARTS SCENE Time: 24:00 Duration: 2:27 Synopsis: We discuss how new AI technology platforms like DALL-E and ChatGPT are making waves in the creative landscape. Host & Producer: Evan Rook Compliancy issues: Culture, Arts Program 23-06 Air Week: 2/5/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: THE MANY CAUSES OF SUPPLY CHAIN & INFLATION WOES Time: 1:50 Duration: 7:22 Synopsis: 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. Host: Gary Price Producer: Amirah Zaveri Guests: James Rickards, economist, former Wall Street banker, author, Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy

Compliancy issues: Inflation, Personal Finance, Supply Chain Management, Global Train, U.S. Economy SEGMENT 2: A CHANGING PALATE ACROSS PERIODS OF ECONOMIC UNCERTAINTY Time: 11:14 Duration: 10:37 Synopsis: Higher prices at the grocery store D from eggs to meat to specialty items Đ 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 Đ 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. Host: Marty Peterson Producer: Amirah Zaveri Guests: Jane Ziegelman, food historian, author, A Square Meal: A Culinary History of the Great Depression. Compliancy issues: American History, Nutrition, Poverty, Food History, Culture, American Diet, Economy VIEWPOINTS EXPLAINED: STRIVING FOR A POLICE FORCE THAT BETTER REPRESENTS SOCIETY Time: 22:51 Duration: 1:37 Synopsis: Just 12 percent of police officers are women and only 3 percent are in leadership positions. We cover one initiative thatÕs dead set on getting more women into this sector." Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Law Enforcement, Gender Equality, Police Reform CULTURE CRASH: GETTING BACK IN THE GAME Time: 24:28 Duration: 1:56 Synopsis: Some of our favorite throwback bands are back together in 2023. From Blink 182 to Fall Out Boy, big names are putting out new music after years away from the limelight. Host & Producer: Evan Rook Compliancy issues: Music, Culture Program 23-07 Air Week: 2/12/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST Time: 1:47 Duration: 9:07 Synopsis: The Wild, Wild West: cowboys, shootouts, open prairies & gold mines galore. While this is a common stereotype surrounding the colonial West, thereOs 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. Host: Gary Price Producer: Amirah Zaveri Guests: Winifred Gallagher, historian, author, New Women in the Old West. Compliancy issues: Society, Women's Rights, American Expansion, Politics, Gendered Norms, Culture, Gender Equality, History, Sexism SEGMENT 2: A DISTENGRATING FRAMEWORK Time: 12:57 Duration: 9:11 Synopsis: 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. Host: Marty Peterson Producer: Amirah Zaveri Guests: Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology; Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University. Compliancy issues: Software Engineering, Industry Regulation, Consumer Protection, Information Technology, Travel, Government VIEWPOINTS EXPLAINED: BRADY BOWS OUT Time: 23:08 Duration: 1:08 Synopsis: Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Sports, Aging, Culture, Retirement, Health CULTURE CRASH: ACADEMY AWARD NODS Time: 24:16 Duration: 2:11 Synopsis: The Oscars are right around the corner. Here are some of our favs thatÕve received an Oscar nod. Host & Producer: Evan Rook Compliancy issues: Film, Culture Program 23-08 Air Week: 2/19/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: IN AWE: A RENEWED LENS ON LIFE Time: 1:47 Duration: 9:24

Synopsis: It can be hard to explain what it õs 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 theaters 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. Host: Gary Price Producer: Amirah Zaveri Guests: Dacher Keltner, professor, psychology, University of California-Berkeley, author, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life. Compliancy issues: Science, Creativity, Psychology, Mental Health, Emotional Well-being SEGMENT 2: THE UNSEEN FACES OF HOMELESSNESS Time: 13:13 Duration: 9:05 Synopsis: 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. Host: Marty Peterson Producer: Amirah Zaveri Guests: Nikita Stewart, reporter, The New York Times, author, Troop 6000: The Girl Scout Troop That Began in a Shelter and Inspired the World. Compliancy issues: Public Resources, Homelessness, Wage Inequity, Child Development, Poverty, Public Housing VIEWPOINTS EXPLAINED: TIME FOR TAXES Time: 23:18 Duration: 1:12 Synopsis: The most dreaded time of year is soon upon us: tax season. We talk about tax help resources and what to expect once you file. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Personal Finance, Accounting, Government CULTURE CRASH: A NEW MURDER MYSTERY Time: 24:30 Duration: 1:57 Synopsis: We talk about the new murder mystery TV show, OPoker FaceÓ thatOs now streaming on Peacock. Host & Producer: Evan Rook Compliancy issues: TV, Culture Program 23-09 Air Week: 2/26/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: LOOKING UP: THE PATH TO FINANCIAL WEALTH Time: 1:47 Duration: 8:12

Synopsis: For Scarlett Cochran, money management wasnOt a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It wasnot 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. Host: Garv Price Producer: Amirah Zaveri Guests: Scarlett Cochran, attorney, financial expert, author, ItÕs Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve. Compliancy issues: Personal Finance, Poverty, Personal Wealth, Personal Development, Parenthood SEGMENT 2: GREEN BURIALS Time: 12:01 Duration: 9:10 Synopsis: Have you thought about end-of-life planning? Would you like to be buried or cremated Đ or possibly have a green burial? While death may be a topic that Õs shied away from, it Õs something that each one of us eventually confronts head on. This week Đ 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. Host: Marty Peterson Producer: Amirah Zaveri Guests: Hayley Campbell, journalist, author, All the Living and the Dead; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary. Compliancy issues: Environment, Climate Change, Health, Culture, End-of-life Planning, Death VIEWPOINTS EXPLAINED: A FAULTY DESIGN Time: 22:11 Duration: 2:05 Synopsis: The massive earthquake earlier this month in the Middle East is nearing 50,000 lives lost. ItÕs been discovered that more than 75,000 buildings within the earthquake zone in Turkey were improperly constructed and did not meet earthquake resistant regulations. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Natural Disaster, Public Safety, Government, Corruption CULTURE CRASH: A RETURN TO PARAMORE Time: 24:16 Duration: 2:11 Synopsis: We discuss ParamoreÕs latest album release after a long hiatus. Host & Producer: Evan Rook Compliancy issues: Culture, Music Program 23-10 Air Week: 3/5/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: A NEW VIEWPOINT: SPEAKING WITH ACCLAIMED PASTRY CHEF JOANNE CHANG Time: 1:47 Duration: 8:32

Synopsis: 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. Host: Gary Price Producer: Amirah Zaveri Guests: Joanne Chang, pastry chef, owner, Flour Bakery, Myers + Chang. Compliancy issues: Entrepreneurship, Business, Cooking Science, Career, Creative Arts, Personal Development, Relationships SEGMENT 2: ONLINE SPORTS BETTING: A LUCRATIVE NEW INDUSTRY OR A GATEWAY TO GAMBLING ADDICTION? Time: 12:19 Duration: 9:11 Synopsis: 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. Host: Marty Peterson Producer: Amirah Zaveri Guests: Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, codirector, UCLA Gambling Studies Program.Ê Compliancy issues: Public Health, Youth Development, Social Media, Psychology, Entertainment Regulation, Parenting, Gambling Addiction, Technology, Mental Health VIEWPOINTS EXPLAINED: A BETTER-BALANCED MEAL Time: 22:30 Duration: 1:43 Synopsis: We cover the ongoing push to improve inmatesÕ meals in prison systems across the country. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Incarceration, Criminal Justice, Diet, Nutrition CULTURE CRASH: HOW WE FEEL ABOUT ÒYOUÓ SEASON 3 Time: 24:12 Duration: 2:15 Synopsis: "You" is so good at providing the audience with the unexpected, and it does it largely by completely changing the characters' setting and circumstances every season. Host & Producer: Evan Rook Compliancy issues: TV, Culture Program 23-11 Air Week: 3/12/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: REAL SELF-CARE IS SETTING BOUNDARIES Time: 1:47 Duration: 7:37

Synopsis: Acclaimed therapist and social worker Nedra Glover Tawaab joins us this week to talk about boundaries. We often donÕt think about our own boundaries and the boundaries we need in our relationships D whether it be with friends, colleagues, family, or romantic relationships. Tawaab breaks down how to set these boundaries and approach difficult conversations. Host: Gary Price Producer: Amirah Zaveri Guests: Nedra Glover Tawaab, licensed therapist, social worker, relationship expert, author, Drama Free: A Guide to Managing Unhealthy Family Relationships. Compliancy issues: Psychology, Communication, Mental Health, Self-care, Emotional Development, Relationships SEGMENT 2: ANIMAL CONTROL AND RESCUE Time: 11:26 Duration: 9:31 Synopsis: 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 lifeÕs 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. Host: Marty Peterson Producer: Amirah Zaveri Guests: Laurie Zaleski, author, Funny Farm: My Unexpected Life with 600 Rescue Animals; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina. Compliancy issues: Pet Ownership, Pet Adoption, Animal Welfare, Conscious Gifting, Veterinary Care, Companionship VIEWPOINTS EXPLAINED: THE STATE OF STUDENT LOAN CANCELLATIONS Duration: 2:11 Synopsis: We discuss the future of the student loan cancellation program that was heavily touted by the Biden administration last year. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Personal Finance, Debt, Politics, Government, Higher Education CULTURE CRASH: THE RELEASE OF CREED III Time: 24:08 Duration: 2:20 Synopsis: ThatÕs right D Creed III is the newest installment in the boxing drama. We cover whether this early 2023 blockbuster is worth the watch. Host & Producer: Evan Rook Compliancy issues: Culture, History, Film Program 23-12 Air Week: 3/19/2023 Executive Producer: Amirah Zaveri Production Manager: Jason Dickey SEGMENT 1: FOODÕS CONNECTION TO OUR MENTAL HEALTH Time: 1:47

Duration: 10:47 Synopsis: YouÕre probably familiar with the saying: ÔYou are what you eat.Õ ItÕs no secret that the foods we consume directly correlate to how we feel, look and more. But thereÕs 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 foodÕs intimate connection to how we feel. Host: Gary Price Producer: Amirah Zaveri Guests: Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, Eat & Flourish: How Food Supports Emotional Well-Being. Compliancy issues: Diet, Education, Culture, Food Policy, Mental Health, Food Systems, Health, Nutrition SEGMENT 2: WHAT LED TO THE LARGEST HIGHER EDUCATION STRIKE IN U.S. HISTORY? Time: 14:37 Duration: 7:21 Synopsis: 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 masterÕs student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward. Host: Marty Peterson Producer: Amirah Zaveri Guests: Kelsey Wardlaw, masters candidate, Latin American Studies, University of California-San Diego. Compliancy issues: Inflation, Higher Education, Labor Rights, Inequality, WorkersÕ Rights, Poverty, Living Costs VIEWPOINTS EXPLAINED: ELI LILLYÕS COMMITMENT ON INSULIN Time: 22:58 Duration: 1:24 Synopsis: Pharmaceutical giant, Eli Lilly, has decided to cap their monthly insulin costs at \$35/month. For millions who rely on insulin to treat Type I Diabetes, this high price tag was something theyÕve long been fighting to change. Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Personal Finance, Drug Policy, Healthcare Policy, Public Health CULTURE CRASH: THE POPULARITY OF THE NETFLIX SERIES, ÒWEDNESDAYÓ Time: 24:22 Duration: 2:05 Synopsis: We discuss why OThe Addams FamilyÓ spinoff, OWednesdayÓ is faring so well with younger audiences. Host & Producer: Evan Rook Compliancy issues: TV, Culture Program 23-13 Air Week: 3/26/2023 Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey SEGMENT 1: THE UNTOLD STORY OF EDITH WILSON Time: 1:47 Duration: 10:18 Synopsis: WomenÕs History Month is a time to look back and honor the women of the past whoõve made a difference. One of these stories is that of Edith Wilson. On paper, sheÕs known as Woodrow WilsonÕs 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. Host: Gary Price Producer: Amirah Zaveri Guests: Rebecca Roberts, author, Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson. Compliancy issues: WomenÕs History, Entrepreneurship, WomenÕs Rights, American History, Politics SEGMENT 2: A WITHHOLDING OF PUBLIC INFORMATION Time: 14:07 Duration: 7:02 Synopsis: 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 thatÕs aiming to make this process more efficient and speedier. Host: Marty Peterson Producer: Amirah Zaveri Guests: Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, The Declassification Engine: What History Reveals About AmericaÕs Top Secrets. Compliancy issues: Democracy, Artificial Intelligence, Government, National Security, Technology VIEWPOINTS EXPLAINED: A NEW CLEAN WATER INITIATIVE Time: 22:10 Duration: 2:00 Synopsis: The Environmental Protection Agency recently announced a new initiative aimed at removing some of the most toxic forever chemicals from Americansõ water supply Host: Ebony McMorris Producer: Amirah Zaveri Compliancy issues: Public Health, Government, Natural Resources CULTURE CRASH: BACK TO THE THEATRE Time: 24:10 Duration: 2:14 Synopsis: The box office is on a hot streak. We highlight some of our favorites so far this year. Host & Producer: Evan Rook Compliancy issues: Film Industry, Local Business, Culture Viewpoints Radio is a registered trademark of American Urban Radio Networks Contents Copyright 2022 by AURN. 2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018 / 847-299-9500