



**Weekly Public Affairs Program**

**Date aired: 10-21-23 Time Aired: Saturday N Sunday  
8PM EST**

Show # 2023-43

Total running time: 29:30 (with optional exit at 24:00)

1. **Adia Harvey Wingfield, PhD**, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of *"Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It"*

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

**Issues covered:**

**Length: 8:33**

**Racism  
Workplace Matters**

2. **Lisa Damour, PhD**, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of *"The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents,"* co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

**Issues covered:**

**Length: 8:45**

**Adolescent Mental Health  
Parenting**

3. **Shahab Haghayegh, PhD**, Research Fellow at the Brigham and Harvard Medical School

Getting enough sleep has never been more difficult. Prod. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it's likely the findings apply to men, as well.

**Issues covered:**

**Length: 5:03**

**High Blood Pressure  
Personal Health**