



WALNUT RADIO IL LLC
ISSUES AND PROGRAMMING REPORT
FOR
STATION WRXQ (FM)
QUARTERLY ISSUES AND PROGRAMS REPORT
1ST QUARTER, 2024
JANUARY 1ST- MARCH 31ST
SUBMITTED BY : MARK MAILER

[WRXQ-FM]

[COAL CITY,IL]

Quarterly Issues/Programming Report for [1st QUARTER/2024]

During this quarter, this station gave particular attention to the issues listed in the following report. These issues are not listed in order of importance and it should be noted that the station may have also aired other programming that was responsive to the community's informational needs.

ISSUE: Homelessness/Food/Charity

Program Name	Date	Time and Duration	Description
Food Pantry	Every Friday each month <u>1/5/2024-</u> <u>3/29/2024</u>	3:30pm-5:30pm	Every Friday we host and promote Food Drive for homeless and all residents. Promote on air and on site

ISSUE: Childhood Cancer/St Baldricks / First Responders/Police

Program Name	Date	Time and Duration	Description
St Baldricks Day Event	03/23/24	11a-9p	LIVE Broadcast to raise funds for St Baldricks at local WERK FORCE Brewing and in collaboration with Local Police

ISSUE: Special Olympics Benefit

Program Name	Date	Time and Duration	Description
Special Olympics Polar Plunge Benefit	02/24/24	4p-10p	Promoted ON Air/Online/Recorded Spots to help Fund Raising for Special Olympics

Additionally, WRXQ airs a weekly program called viewpoints that addresses a variety of health, education, military, and more issues of relevance to our community. Some of the topics are listed below. Specifics about the topics covered this quarter are also described below.

Infotrak – Every Sunday 6:00AM
PUBLIC AFFAIRS PROGRAMMING

Viewpoints – Every Sunday 6:30AM
PUBLIC AFFAIRS PROGRAMMING



Quarterly Report of Compliancy Issues & Programs List

2024-Q1 (January – March) Viewpoints Radio

- Activism
- Adolescent Health
- Advertising
- Aerospace Engineering
- Affordable Housing
- African American History
- American History
- Art
- Artificial Intelligence
- Astronomy
- Astrophysics
- Athletics
- Auto Manufacturing
- Aviation
- Beekeeping
- Biodiversity
- Business
- Cancer
- Cardiovascular Disease
- Career
- Child Development
- Child Safety
- Civil Rights
- Climate
- Climate Change
- Climate Policy
- Communication
- Community
- Consumer Goods
- Consumer Habits
- Consumer Safety
- Consumerism
- Creative Arts
- Crime
- Criminal Justice
- Criminal Justice History
- Culture
- Democracy
- Developing Economies
- Diversity
- Drug Abuse
- Drug Policy
- Drug Use
- Economy
- Education
- Education Policy
- Election
- Elections
- Emergency Response
- Emerging Industries
- Emerging Research
- Emotion
- Engineering
- English Language
- Entertainment
- Environment
- Equality
- Ethics
- Exploration
- Extreme Weather
- Family Relationships
- Fashion
- Film
- Fitness
- Foreign Policy
- Free Expression
- Gender
- Gender Equality
- Gender Equity
- Gender Issues
- Generalized Anxiety
- Government
- Government Funding
- Health
- Health Policy
- Higher Education
- History
- Housing Market
- Human Development
- Human Rights
- Incarceration
- Inflation
- Influencer Marketing
- Intercommunication
- International Competition
- International Law
- International Policy
- International Relations
- Labor
- Labor Unions
- Language
- Law
- Law Enforcement
- Learning
- Legislation
- Liberal Arts
- Life Skills
- Linguistics
- Literacy
- Literature
- Marketing
- Mass Incarceration
- Materialism
- Media
- Medicine
- Mental Health
- Motherhood
- Music
- National Holidays
- Natural Resources
- News
- Ocean Pollution
- Organization
- Parenting
- Personal Development
- Personal Finance
- Personality
- Philosophy
- Politics
- Pollution
- Pop Culture
- Professional Sport
- Professional Sports
- Psychiatry
- Psychology
- Public Elections
- Public Funding
- Public Health
- Public Policy
- Public Safety
- Public Speaking
- Race
- Reading Comprehension
- Relationships
- Salary
- Science
- Science Fiction
- Scientific Research
- Self-Growth
- Sexual Education
- Small Business
- Social Anxiety
- Social Media
- Societal Norms
- Societal Stereotypes
- Society
- Space
- Space Exploration
- Sporting Event
- Sports
- Technology
- Teen Development
- Trauma
- Travel
- Trends
- TV
- Video Games
- Violence
- Voting Rights
- War
- Wildlife Species
- Women's History
- Workers' Rights
- Workplace Safety
- Youth Issues

Program 24-01**Air Week:** 1/7/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ARE HUMANS BUILDING OUR END? THE DEBATE AROUND ARTIFICIAL INTELLIGENCE & ITS CONSCIOUS STATE****Time:** 1:48**Duration:** 10:07**Synopsis:** Would you consider complex, artificial intelligence systems like Open AI's, Chat GPT-4 or Google's newest release, Gemini, conscious minds? What exactly even constitutes as consciousness? We speak with two experts about this ongoing debate and what challenges lie ahead for these quickly evolving systems.**Host:** Gary Price**Producer:** Tabor Brewster**Guests:** Susan Schneider, philosopher, director, Center for the Future Mind, Florida Atlantic University; Kristian Hammond, AI scientist, professor, director, Masters of Science Dept., Artificial Intelligence, Northwestern University**Compliance issues:** Artificial Intelligence, Emotion, Engineering, Ethics, Personality, Philosophy, Psychology, Technology**Links for more info:**[AI consciousness: scientists say we urgently need answers](#)[Faculty Directory Kristian J. Hammond](#)[Kristian Hammond \(@KJ_Hammond\) / X](#)[Susan Schneider \(@DrSueSchneider\) / X](#)[Kristian Hammond Elected 2023 AAAI Fellow | News | Northwestern Engineering](#)[Dr. Susan Schneider](#)[Artificial Intelligence Needs Guardrails and Global Cooperation - WSJ](#)**SEGMENT 2: SPEAKING WITH THE ARTIST BEHIND SOME OF THE MOST ICONIC ILLUSTRATIONS****Time:** 13:58**Duration:** 7:27**Synopsis:** We speak with illustrator and artist Tim O'Brien who's illustrated countless magazine covers over the decades. O'Brien speaks with us about his long career, the history of illustration, its evolution and how the art form is used to convey a deeper meaning or take on a singular moment in time.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Tim O'Brien, illustrator, artist**Compliance issues:** Art, Creative Arts, Culture, Fashion, History, Liberal Arts, Literature, Media, News, Politics**Links for more info:**[Tim O'Brien illustration](#)[Tim O'Brien \(@obrienillustration\) • Instagram photos and videos](#)[Tim O'Brien \(@TonkaOBrien\) / X](#)[Tim O'Brien | TIME](#)**VIEWPOINTS EXPLAINED: WHAT WORD BEST SUMMED UP 2023?****Time:** 22:25**Duration:** 1:40**Synopsis:** We cover what word best encapsulated 2023, according to dictionary giant Merriam Webster. Any guesses?**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Artificial Intelligence, English Language, Language, Pop Culture, Social Media, Technology, Trends**CULTURE CRASH: A MASTER OF THRILLERS: A LOOK AT FILMMAKER EMERALD FENNEL****Time:** 24:05**Duration:** 2:18**Synopsis:** Love a good, jumpy scare? Us too. We cover some old and new releases from acclaimed filmmaker Emerald Fennell.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

Program 24-02**Air Week:** 1/14/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A PIONEER IN PAVING GREATER DIVERSITY IN SCI-FI****Time:** 1:47**Duration:** 7:21**Synopsis:** For decades, science fiction was a genre written almost exclusively by white males. Now, the genre is flourishing with diverse voices, thanks in part to the trailblazing writer Octavia E. Butler. Historian Gerry Canavan discusses the obstacles Butler faced and her legacy on one of the most popular genres in American literature.**Host:** Gary Price**Producer:** Polly Hansen**Guests:** Gerry Canavan, professor at Marquette University and author, Octavia E. Butler (Modern Masters of Science Fiction)**Compliance issues:** Culture, Diversity, Gender Equality, Gender Issues, History, Literature, Race, Science Fiction**Links for more info:**[UI Press | Gerry Canavan | Octavia E. Butler](#)[Amazon: Octavia E. Butler](#)**SEGMENT 2: THE SECRETS LEARNED FROM A FIFTH-GENERATION BEEKEEPER****Time:** 11:10**Duration:** 10:15**Synopsis:** In Meredith May's book, she examines the parallels between the inner workings of beehives and our society, and how beekeeping taught her numerous life lessons as a child. She also discusses the threat to bees with commercialized beekeeping and what we can do to protect these insects that are vital to our ecosystem.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Meredith May, author, *The Honey Bus: A Memoir of Loss, Courage and a Girl Saved by Bees***Compliance issues:** Beekeeping, Biodiversity, Environment, Family Relationships, Literature, Mental Health**Links for more info:**[The Honey Bus – Meredith May](#)[Why are bees making less honey? Study reveals clues from five decades of data](#)[Swarm Intelligence: How Bees Work Together To Become A Superorganism In High Winds](#)**VIEWPOINTS EXPLAINED: DO YOU HAVE RIZZ?****Time:** 22:25**Duration:** 1:37**Synopsis:** We cover the Oxford English dictionary's word of the year: rizz. What does it mean, and why has it become a mainstay in the Gen-Z vernacular?**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Culture, English Language, Language, Social Media, Trends, Youth Issues**CULTURE CRASH: THE STRUGGLES OF STREAMING GIANTS****Time:** 24:02**Duration:** 2:22**Synopsis:** We talk about why most streaming platforms are struggling to make a profit at year's end.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture, Technology, Film

Program 24-03**Air Week:** 1/21/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE RISE OF THE CORPORATE DISPENSARY****Time:** 1:47**Duration:** 8:41

Synopsis: Cannabis has grown to become a multi-billion-dollar industry in the U.S. But how much of this revenue is going to small businesses rather than large chains controlling every part of production? We discuss the current inequities and the failure to maintain a model that helps populations who've been disproportionately affected by the war on cannabis get a seat at the table.

Host: Gary Price**Producer:** Grace Galante**Guests:** Sarah Woodson, Executive Director, Founder, The Color of Cannabis; Aaron Smith, Co-Founder & CEO, The National Cannabis Industry Association**Compliance issues:** Criminal Justice, Drug Policy, Emerging Industries, Equality, Government, Incarceration, Law, Race, Small Business**Links for more info:**[Broken promises: How marijuana legalization failed communities hit hardest by the drug war](#)[Aaron Smith - Executive Director | National Cannabis Industry Association](#)[Team & Partners — The Color of Cannabis](#)[Social Justice & Equity in the Cannabis Industry](#)[The Color of Cannabis](#)**SEGMENT 2: WHY ARE WE BANNING MORE BOOKS THAN EVER BEFORE?****Time:** 12:30**Duration:** 9:23

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 and are being removed from schools and local libraries. We cover the controversy by highlighting two differing perspectives on the debate.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty**Compliance issues:** Education, Free Expression, Gender, Government, Law, Literature, Politics, Public Policy, Race, Sexual Education**Links for more info:**[Jonathan Friedman - PEN America](#)[Jonathan Friedman \(@jonfreadom\) / X](#)[Banned & Challenged Books | Advocacy, Legislation & Issues](#)[The 50 most banned books in America](#)[Moms for Liberty](#)**VIEWPOINTS EXPLAINED: WHY DID IT TAKE DECADES TO MAKE MARTIN LUTHER KING JR. DAY A HOLIDAY?****Time:** 22:53**Duration:** 1:26

Synopsis: We highlight the decades-long political fight to pass state and federal legislation that officially made the third Monday of January Dr. Martin Luther King Jr. Day.

Host: Ebony McMorris**Producer:** Amirah Zaveri, Aunna Beranek**Compliance issues:** Civil Rights, Equality, Government, History, Law, National Holidays, Politics, Race**CULTURE CRASH: LOOKING FOR SOMETHING NEW TO WATCH? DIVE INTO THIS FIVE-PART SERIES****Time:** 24:19**Duration:** 2:05

Synopsis: Critics can't decide whether Steve McQueen's five-part series, "Small Axe" is a TV show or if it's a series of short films. Either way, the release is a hit and will keep you hooked the entire way. Stream it now in full on Amazon Prime.

Host & Producer: Evan Rook**Compliance issues:** Culture, Film, TV

Program 24-04**Air Week:** 1/28/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: NEW YEAR, SAME CHALLENGES: WHY THE AMERICAN EDUCATION SYSTEM IS AT A CROSSROADS?****Time:** 1:47**Duration:** 7:26

Synopsis: For years, the media has covered teacher burnout and how more and more teachers are resigning. Yet, despite this increased coverage, little has been done to improve pay, working conditions and autonomy on a large-scale for educators. Now, many schools across the country are reaching a breaking point and lower-than-average student scores are reflecting this systemic breakdown. We speak with two education experts about what needs to change and how listeners can get involved

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Becky Pringle, president, National Education Association; Lori Cash, retired first grade teacher, Columbus, Ind.**Compliance issues:** Career, Economy, Education, Education Policy, Government Funding, Higher Education, Inflation, Labor Unions, Law, Learning, Personal Finance, Politics, Salary**Links for more info:**[Opinion | Why K-12 education's alarming decline could be a dominant 2024 issue - The Washington Post](#)[Teacher shortages continue to plague US: 86% of public schools struggle to hire educators](#)[How Much Do Teachers Get Paid? See New State-by-State Data](#)[About School Boards | IASB](#)[Our President | NEA](#)[Becky Pringle \(@BeckyPringle\) / X](#)['That's my calling': CSA Lincoln teacher honored with Folger Award - The Republic News](#)**SEGMENT 2: WHY MEXICO IS AT A CRITICAL POLITICAL JUNCTION****Time:** 11:15**Duration:** 10:03

Synopsis: It's not just a heated election year for Americans. Millions of Mexicans are also gearing up for a contentious election cycle to elect their next President and Congress. We cover Mexico's ongoing struggle to maintain a fair and equal democracy and what's at stake within the country and U.S.-Mexico relations.

Host: Marty Peterson**Producer:** Tabor Brewster**Guests:** Tamara Taraciuk Broner, director, Peter D. Bell Rule of Law Program, Inter-American Dialogue; Abraham Lowenthal, Professor Emeritus, International Relations, University Of Southern California, founder, Latin America Program, Woodrow Wilson Center**Compliance issues:** Crime, Democracy, Foreign Policy, International Relations, Public Elections, Voting Rights**Links for more info:**[Why are Mexico's Elections Important? | Wilson Center](#)[Tamara Taraciuk Broner \(@TamaraTaraciuk\) / X](#)[A Chance To Support Mexico's Resistance To Democratic Decline – Before It's Too Late](#)[Latin America's Election Super-Cycle Will Turn on One Key Factor](#)[Latin America Program | Wilson Center](#)[Abraham F. Lowenthal | Brookings Institution](#)**VIEWPOINTS EXPLAINED: THINKING OF BUYING AN ELECTRIC CAR SOON? KEEP THIS IN MIND****Time:** 22:18**Duration:** 1:54

Synopsis: Frigid temperatures across the U.S. have been wreaking havoc for millions of drivers, especially electric car owners. We cover this unfolding crisis and how auto manufacturers are responding.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Auto Manufacturing, Climate, Engineering, Extreme Weather, Public Safety, Technology

CULTURE CRASH: LOVE JEREMY ALLEN WHITE FROM "THE BEAR"? PUT THIS TITLE ON YOUR LIST OF NEW MOVIES TO WATCH**Time:** 24:12**Duration:** 2:15**Synopsis:** We cover the new drama "The Iron Claw" featuring Jeremy Allen White, Zac Efron and other leading names.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, TV

Program 24-05**Air Week:** 2/4/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: WHY DIVORCE RATES ARE CLIMBING RIGHT NOW & WHAT TO KNOW IF YOU'RE EVER IN THIS SITUATION****Time:** 1:47**Duration:** 7:48

Synopsis: For many divorce attorneys, the beginning of the year is typically peak season for obtaining new clients. After the holiday season is over, struggling couples reassess their marriage in the new year and then, if they choose to move forward, start the process of divorce in February. We speak with prominent New York City divorce attorney Jacqueline Newman about the biggest misconceptions people have when it comes to divorce and why everyone – single or married – should keep these tips in mind.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Jacqueline Newman, divorce attorney, managing partner, Berkman, Bottger, Newman & Schein**Compliance issues:** Communication, Government, Law, Parenting, Personal Finance, Psychology, Relationships**Links for more info:**[The New Rules of Divorce | Book by Jacqueline Newman | Official Publisher Page | Simon & Schuster](#)[Jacqueline Newman \(@NYCDivorce Atty\) / X](#)[Meet Our Attorneys | Berkman Bottger Newman & Schein LLP](#)[Healthy divorce: How to make your split as smooth as possible](#)**SEGMENT 2: WE ALL EXPERIENCE TRAUMA: HOW TO BEST WORK THROUGH IT****Time:** 11:37**Duration:** 9:21

Synopsis: Trauma comes in many shapes and forms – and nearly everyone experiences trauma at some point in their life. Viewpoints speaks with psychiatrist, Dr. James S. Gordon to better understand a person's reaction to trauma and the body's resilience in dealing with these stressful events and situations.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. James S. Gordon, psychiatrist, clinical professor, Georgetown Medical School, author, Transformation: Discovering Wholeness and Healing After Trauma**Compliance issues:** Communication, Health, Mental Health, Psychiatry, Psychology, Public Health, Self-Growth, Trauma**Links for more info:**[The Transformation: Discovering Wholeness and Healing After Trauma: Gordon M.D., James S.: Amazon.com: Books](#)[James Gordon, MD \(@drjamesgordon\) / X](#)[Coping Tips for Traumatic Events and Disasters | SAMHSA](#)[Coping With Traumatic Events - National Institute of Mental Health \(NIMH\)](#)**VIEWPOINTS EXPLAINED: STANLEY RAKES IN \$750 MILLION IN SALES IN 2023: WHY EVERYONE SEEMS TO BE PERPETUALLY OBSESSED WITH ITS BEVERAGE TUMBLERS****Time:** 21:58**Duration:** 1:57

Synopsis: We cover the viral hype behind Stanley tumblers that just seems to keep growing year after year.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Business, Consumer Habits, Consumerism, Influencer Marketing, Personal Finance, Social Media**CULTURE CRASH: WHAT'S SO SPECIAL ABOUT GRAND THEFT AUTO VI?****Time:** 23:55**Duration:** 2:31

Synopsis: We discuss what gamers can expect from the latest release of Grand Theft Auto VI that's set to drop next year.

Host & Producer: Tabor Brewster**Compliance issues:** Crime, Culture, Entertainment, Media, News, Social Media, Video Games, Violence

Program 24-06**Air Week:** 2/11/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: YOU'RE NOT ALONE: WHY THE AVERAGE AMERICAN CAN NO LONGER AFFORD THE AVERAGE HOME****Time:** 1:47**Duration:** 7:25

Synopsis: Just 15.5 percent of homes on the market last year were within budget for the average American. That's the lowest percent for housing affordability ever recorded in U.S. history, according to a new report from the real estate firm Redfin. We speak with two real estate and housing experts about the large-scale increase in housing prices and mortgage loans and if there's any relief in sight this year.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Daryl Fairweather, Chief Economist, Redfin; Freddie Smith, realtor, social media producer**Compliance issues:** Affordable Housing, Economy, Housing Market, Inflation, Personal Finance**Links for more info:**[Freddie Smith \(@fmsmith319\) • Instagram photos and videos](#)[Freddie Smith \(@freddiemsmith\) / X](#)[Freddie & Alyssa - YouTube](#)[Freddie Smith \(@fmsmith319\) Official | TikTok](#)**SEGMENT 2: UNDER THE RADAR PT 1: AN ALTERNATE PERSPECTIVE ON THE FAMED SPACE SHUTTLE PROGRAM****Time:** 11:14**Duration:** 9:25

Synopsis: The space shuttle is seen as an engineering marvel and a symbol of human innovation, ingenuity, and collaboration. However, there's a darker side to the space shuttle program that's often been excluded from the mainstream narrative. This week, we uncover this story with the help of Harvard professor Matthew H. Hersch who's the author of *Dark Star: A New History of the Space Shuttle*.

Host: Marty Peterson**Producer:** Polly Hansen**Guests:** Matthew H. Hersch, associate professor, history of science, Harvard University, author, *Dark Star: A New History of the Space Shuttle***Compliance issues:** Aerospace Engineering, Engineering, Exploration, Government, History, Politics, Public Funding, Space, Workplace Safety**Links for more info:**[Matthew Hersch | Department of the History of Science, Harvard University](#)[Dark Star](#)[Harvard, Department of the History of Science \(@HarvardHistSci\) / X](#)[Columbia Disaster: What happened, what NASA learned | Space](#)**VIEWPOINTS EXPLAINED: A RUSSIAN FIGURE SKATER DISQUALIFIED & A NEW PRECEDENT SET****Time:** 21:39**Duration:** 2:20

Synopsis: Russian figure skater Kamila Valieva wowed us all at the 2022 Winter Olympics. At just 15 years old, she jumped onto the international stage, earning first place in her Olympic routines. However, this success was embroiled by controversy after she failed a drug test weeks before the competition. She was still allowed to compete as officials investigated, but now, these achievements have been wiped from record books. We cover her disqualification & why this sentence sends a message to all countries competing in this year's Olympics.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Crime, Drug Use, Government, Health, International Competition, International Law, International Relations, Professional Sport, Sporting Event

CULTURE CRASH: THE FILMS WE WISH THE OSCARS NOMINATED**Time:** 23:59**Duration:** 2:29**Synopsis:** There's no shortage of anger and frustration over the Oscars snub around Barbie. And while we agree, we feel like this has already been well-covered elsewhere. Instead, this week on Culture Crash we highlight some other films that we feel have not gotten the attention or the nominations they deserved.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

Program 24-07**Air Week:** 2/18/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: CELEBRATING BLACK HISTORY MONTH: THE DAREDEVIL STUNT PILOT YOU'VE NEVER HEARD OF****Time:** 1:48**Duration:** 8:46

Synopsis: Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the name, Bessie Coleman. This fearless legend earned her pilot's license two years before Earhart became certified. This week, as we commemorate Black History Month, we cover the story of Coleman and the countless barriers she faced as an African American woman in the early 1900's set on making a name for herself in performance stunt flying.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Tanya Hart, host & producer, Hollywood Live with Tanya Hart, co-producer, Flying Free Films**Compliance issues:** African American History, Aviation, Civil Rights, Gender Equity, Women's History**Links for more info:**[INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP on Apple Podcasts](#)[INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP | Podcast on Spotify](#)[Bessie Coleman | National Air and Space Museum](#)[Tanya Hart \(@tanyahollywood\) • Instagram photos and videos](#)[Tanya Hart \(@TanyaHollywood\) / X](#)**SEGMENT 2: UNDER THE RADAR PT 2: A LOVE-HATE RELATIONSHIP WITH AMERICA'S SPACE SHUTTLE****Time:** 12:36**Duration:** 8:34

Synopsis: In total, the NASA space shuttle program had 135 missions. You can't argue that the birth of this shuttle launched us into a new era of space exploration and innovation. But – what's not often mentioned are the controversies, setbacks, and disputes behind the scenes. Former NASA flight director and program manager Wayne Hale speaks candidly with us about the myths and facts of the NASA Space Shuttle Program.

Host: Marty Peterson**Producer:** Polly Hansen**Guests:** Wayne Hale, former program manager, flight director, NASA Space Shuttle Program**Compliance issues:** Engineering, Legislation, Politics, Public Funding, Public Safety, Space Exploration**Links for more info:**[N. Wayne Hale - NASA](#)[The Space Shuttle - NASA](#)[Wayne Hale \(@waynehale\) / X](#)[Wayne Hale and the incredible legacy of the Space Shuttle - Mechanical Engineering - Purdue University](#)[How The Columbia Shuttle Disaster Changed Space Travel - Texas A&M Today](#)**VIEWPOINTS EXPLAINED: HEADING TO THE NAIL SALON SOON? THINK AGAIN****Time:** 22:10**Duration:** 1:52

Synopsis: A new study published in the scientific journal, Nature Communications, has found a potential link between gel nail treatments and skin cancer. We cover the latest research and how to advocate for your health when at the nail salon.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Cancer, Consumer Safety, Emerging Research, Medicine, Public Health, Science**CULTURE CRASH: WHETHER YOU'RE A SWIFTIE OR NOT, HERE'S WHAT WE CAN ALL AGREE ON****Time:** 24:02**Duration:** 2:24

Synopsis: We cover the one and only pop sensation: Taylor Swift. You can love her. You can hate her. But you can't argue that's she this.

Host & Producer: Evan Rook**Compliance issues:** Culture, Film, Music

Program 24-08**Air Week:** 2/25/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: SCHOOL, SPORTS, STANDARDIZED TESTS: WHEN IS THERE TIME TO BUILD LIFE SKILLS?****Time:** 1:47**Duration:** 7:38

Synopsis: As an academic advisor, Ana Homayoun has had many conversations with students, parents, and administrators. With so much competition and so many pressures, what's always top-of-mind is grades, college admissions and how to stand out from everyone else. But what often falls by the wayside are the fundamentals of how to create a healthy and successful life. We speak with Homayoun about why so many teens (especially in the last 10 years) seem to really struggle post-high school and how parents can better prepare their kids before they hit this breaking point.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Ana Homayoun, academic advisor, early career development expert, author, *Erasing the Finish Line: The New Blueprint for Success***Compliance issues:** Career, Child Development, Communication, Life Skills, Mental Health, Organization, Psychology, Teen Development**Links for more info:**[Erasing the Finish Line: The New Blueprint for Success Beyond Grades and College Admission](#)[Why Are Academics So Burnt Out? | Psychology Today](#)[Ana Homayoun \(@anahomayoun\) / X](#)**SEGMENT 2: PERFORMANCE ANXIETY: WE ALL STRUGGLE WITH IT. HOW DO YOU RISE ABOVE?****Time:** 11:27**Duration:** 9:56

Synopsis: Before a big presentation or test or job interview, most of us struggle with different levels of anxiety, nerves, and self-doubt. Dr. Dana Sinclair has worked with Olympic athletes, A-list actors and actresses, and even surgeons on how to overcome this performance anxiety and get back in control in a matter of minutes. We speak with her to learn how everyone can utilize these same strategies in their daily lives.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Dana Sinclair, psychologist, author, *Dialed In: Do Your Best When It Matters Most***Compliance issues:** Career, Communication, Generalized Anxiety, Mental Health, Psychology, Public Speaking, Social Anxiety, Societal Stereotypes**Links for more info:**[Dr. Dana Sinclair \(@drdanasinclair\) • Instagram photos and videos](#)[Need a Breather? Try These 9 Breathing Exercises to Relieve Anxiety](#)[Dr. Dana Sinclair - National Speakers Bureau](#)[4-7-8 breathing: How it works, benefits, and uses](#)[Dialed In: Do Your Best When It Matters Most: Sinclair, Dr. Dana](#)[Deep Breathing & Guided Relaxation | Student Wellness Center](#)**VIEWPOINTS EXPLAINED: WHAT IS TEMU – AND IS IT WORTH IT?****Time:** 22:23**Duration:** 1:58

Synopsis: Have you shopped at Temu before? The Chinese-owned e-commerce company has seen a meteoric rise in sales since it entered the U.S. market in September 2022. It's known for its extremely low prices on all kinds of goods (think Amazon) but is there a deeper explanation behind these bare bone prices?

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Advertising, Business, Consumer Goods, Consumer Safety, Marketing, Public Health**CULTURE CRASH: THE HIGHLY ANTICIPATED PART 2 WE'VE ALL BEEN WAITING FOR****Time:** 24:21**Duration:** 2:06

Synopsis: We review the upcoming release of *Dune: Part Two* featuring Timothee Chalamet, Zendaya, Florence Pugh and other big names.

Host & Producer: Evan Rook**Compliance issues:** Culture, Film

Program 24-09**Air Week:** 3/3/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: WHAT LIES AHEAD: A CLIMATE CALAMITY FOR DEVELOPING COUNTRIES****Time:** 1:47**Duration:** 9:24

Synopsis: 2023 was the hottest year on record since global records began in 1850. We're also currently far from being on track to hit The Paris Climate Agreement – a landmark international treaty adopted in 2015 to reduce greenhouse gas emissions and limit global warming to below 2 degrees Celsius this century. We speak with anthropologist and climate policy expert Naveeda Khan about the U.N. Climate Change Conference that took place this year and how smaller, developing countries are stepping up and demanding change.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Naveeda Khan, associate professor, chair, anthropology, Johns Hopkins University, author, *In Quest of a Shared Planet: Negotiating Climate from the Global South***Compliance issues:** Climate Change, Climate Policy, Developing Economies, International Relations, Natural Resources, Politics**Links for more info:**[Naveeda Khan | Anthropology | Johns Hopkins University](#)[In Quest of a Shared Planet: Negotiating Climate from the Global South on JSTOR](#)[COP28 Agreement Signals "Beginning of the End" of the Fossil Fuel Era | UNFCCC](#)[Disasters Forced 2.5 Million Americans From Their Homes Last Year - The New York Times](#)**SEGMENT 2: THE RISE OF SOUL MUSIC: STAX, MOTOWN & THE GENRE TODAY****Time:** 13:13**Duration:** 8:09

Synopsis: Marvin Gaye, Stevie Wonder, Aretha Franklin. These are just some of the iconic soul artists that shaped the genre. We speak with two experts about the cultural relevance of soul music today and how current artists and organizations are carrying on the legacy of this music.

Host: Marty Peterson**Producer:** Tabor Brewster**Guests:** Mark Anthony Neal, James B. Duke Distinguished Professor, African American Studies, Duke University; Isaac Daniel Executive Director, Stax Music Academy**Compliance issues:** American History, Civil Rights, Culture, Diversity, Equality, History, Music, Race**Links for more info:**[Mark Anthony Neal | Office of the Provost](#)[Our Faculty - Stax Music Academy](#)[History of Soul Music](#)[Soul - Music Rising ~ The Musical Cultures of the Gulf South](#)**VIEWPOINTS EXPLAINED: A DEADLY BEACH DEATH – AND NO, IT DIDN'T HAPPEN IN THE WATER****Time:** 21:22**Duration:** 1:30

Synopsis: We cover the unexpected death of a 7-year-old girl late last month at a beach in Fort Lauderdale. What all parents should know about this deadly phenomenon.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Child Safety, Emergency Response, Public Health, Public Safety**CULTURE CRASH: WHY WE LOVE GOING BACK TO WHAT WE KNOW****Time:** 23:52**Duration:** 2:31

Synopsis: We discuss why older, nostalgic TV shows often seem to outperform newer releases.

Host & Producer: Evan Rook**Compliance issues:** Culture, History, TV

Program 24-10**Air Week:** 3/10/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: CAN YOU JUGGLE IT ALL? NPR'S MARY LOUISE KELLY OPENS UP ABOUT HER STRUGGLES****Time:** 1:47**Duration:** 8:36**Synopsis:** NPR journalist and co-host of "All Things Considered" Mary Louise Kelly joins us to share her story of balancing motherhood with a long-spanning, demanding career in journalism. She – like many mothers – has struggled to have it all and recounts the many tradeoffs over the years.**Host:** Gary Price**Producer:** Polly Hansen**Guests:** Mary Louise Kelly, co-host, "All Things Considered", National Public Radio**Compliance issues:** Career, Media, Mental Health, Motherhood, Parenting, Psychology, Relationships**Links for more info:**[Mary Louise Kelly \(@NPRKelly\) / X](#)[Mary Louise Kelly \(@marylouisekelly1\) • Instagram photos and videos](#)[About 'All Things Considered': NPR](#)**SEGMENT 2: FIGHTING FOR YOUR LIFE IN FRONT OF A PRISON PAROLE BOARD: THE ROAD TO REHABILITATION****Time:** 12:25**Duration:** 8:25**Synopsis:** Parole from prison is one of the key aspects of the criminal justice system. The program incentivizes good behavior, promotes rehabilitation and a successful reintegration into society. But as rates of parole have plummeted in recent years in the U.S., experts are raising doubts about the subjective nature of the process and if prisoners have the adequate tools and resources to get parole.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Ben Austen, Journalist, Author of "Correction, Parole, Prison, and the Possibility of Change"**Compliance issues:** Civil Rights, Criminal Justice, Criminal Justice History, Culture, Law Enforcement, Mass Incarceration, Society**Links for more info:**[Correction: Parole, Prison, and the Possibility of Change: Austen, Ben: Amazon.com: Books](#)[Ben Austen \(@ben_austen\) / X](#)[Ben Austen | Creative Writing](#)**VIEWPOINTS EXPLAINED: WHY TENS OF THOUSANDS OF VOTERS ARE CHECKING THIS BOX****Time:** 21:50**Duration:** 2:00**Synopsis:** We cover this growing movement at the polls this year as several states hold election year primaries and caucuses.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Activism, Democracy, Elections, Government, Human Rights, International Policy, Politics, War**CULTURE CRASH: CAN "VANDERPUMP RULES" REBOUND FROM A WILD SEASON 10?****Time:** 23:50**Duration:** 2:37**Synopsis:** We review Season 11 of the reality TV series, "Vanderpump Rules".**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

Program 24-11**Air Week:** 3/17/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: WHY YOU SHOULD DROP WHAT YOU'RE DOING ON APRIL 8 & SEE THIS RARE EVENT****Time:** 1:47**Duration:** 9:03**Synopsis:** On Monday, April 8, a total solar eclipse will hit a large diagonal stretch of the U.S. The next event of this magnitude isn't set to happen again until 2044. We speak with eclipse expert and journalist David Baron about why a total solar eclipse is a can't-miss event worth the travel and traffic.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** David Baron, former science correspondent, NPR, author, *American Eclipse: A Nation's Epic Race to Catch the Shadow of the Moon and Win the Glory of the World***Compliance issues:** Astronomy, Astrophysics, Culture, History, Literature, Science, Space, Travel**Links for more info:**[2024 Total Solar Eclipse](#)[Great American Eclipse](#)[Eclipse Safety](#)[David Baron \(@dhbaron\) / X](#)[American Eclipse: A Nation's Epic Race to Catch the Shadow of the Moon and Win the Glory of the World: Baron, David](#)[David Baron: You owe it to yourself to experience a total solar eclipse | TED Talk](#)**SEGMENT 2: WHY DOES RUSSIA CONTINUE TO GET AWAY WITH THE WIDE-SCALE DOPING OF ITS ATHLETES?****Time:** 12:52**Duration:** 8:38**Synopsis:** The 2024 Paris Olympics is set to start in just four months. While Russian athletes have been barred from representing their country, they'll still be able to compete on a neutral, no-representation status. However, there are still many lingering questions about the efficacy of anti-doping tests and if the Olympics will once again be plagued by athletes who are retroactively banned.**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Travis Tygart, CEO, U.S. Anti-Doping Agency; April Henning, assistant professor, International Sports Management, Edinburgh Business School, Heriot-Watt University**Compliance issues:** Adolescent Health, Athletics, Career, Drug Abuse, Government, Health Policy, International Relations, Politics, Professional Sports, Sports, War**Links for more info:**[Global study of doping cases involving minors points to Russia, India and China | AP News](#)[The International Testing Agency and WADA ensure athletes are well prepared for Paris 2024](#)[Paris 2024 Olympics - Latest News, Schedules & Results](#)[The World Anti-Doping Code](#)[April Henning](#)[April Henning \(@aprildhenning\) / X](#)**VIEWPOINTS EXPLAINED: WHAT'S HAPPENING IN HAITI?****Time:** 22:30**Duration:** 1:57**Synopsis:** Close to 4,000 prisoners escaped from two of the biggest jails in Haiti after local gangs unleashed a massive jailbreak. We cover the unfolding chaos in the capital city and why the future looks uncertain for this Caribbean country.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Election, Government, History, Human Rights, International Policy, Politics, Violence, War**CULTURE CRASH: OUR LOVE FOR SCI-FI****Time:** 24:27**Duration:** 2:00**Synopsis:** From "Interstellar" to "Solaris", we love a good sci-fi movie that transports us to a new dimension and time. We highlight some of our favorites and why the genre continues to grow.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, Science, Technology

Program 24-12**Air Week:** 3/24/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: EXPANDING INTO AGING: HOW TO OVERCOME OUR FEAR OF THE UNKNOWN****Time:** 1:47**Duration:** 9:03**Synopsis:** Why do we fear the process of getting older so much? We speak with author Caroline Paul about gaining a new perspective on aging – one that embraces adventure, new relationships and keeps us curious and growing as we age.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Caroline Paul, author, Tough Broad: From Boogie Boarding to Wing Walking – How Outdoor Adventure Improves Our Lives as We Age**Compliance issues:** Community, Health, Public Health, Relationships, Travel**Links for more info:**[Caroline Paul \(@carolinembpaul\)](#) • Instagram photos and videos[caroline paul \(@carowriter\)](#) / X[Amazon.com: Tough Broad: From Boogie Boarding to Wing Walking—How Outdoor Adventure Improves Our Lives as We Age](#)**SEGMENT 2: AMERICANS LOVE-HATE RELATIONSHIP WITH THIS FURRY ANIMAL****Time:** 12:52**Duration:** 8:34**Synopsis:** In the early 1900's, deer almost went extinct after they were over-hunted for their meat, hides and antlers. Today, most parts of the country have a very different problem. We speak with wildlife expert Erika Howsare about our long and tangled relationship with the white-tailed deer.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Erika Howsare, author, The Age of Deer, Trouble and Kinship with Our Wild Neighbors**Compliance issues:** Biodiversity, Culture, Human Development, Pop Culture, Societal Norms, Society, Wildlife Species**Links for more info:**[United For Deer](#)[White-tailed Deer Monitoring \(U.S. National Park Service\)](#)[Hunters and the conservation and management of white-tailed deer | Caesar Kleberg Wildlife Research Institute](#)[The Age of Deer: Trouble and Kinship with Our Wild Neighbors a book by Erika Howsare](#)**VIEWPOINTS EXPLAINED: WHY DO WE SUCK AT RECYCLING?****Time:** 22:26**Duration:** 1:47**Synopsis:** If we spend effort recycling items, it's logical to assume that most of these bottles, cartons and boxes will be recycled and reused. However, for plastic, this is rarely the case. We talk about the plastic crisis and why it's important to cut down on the plastic you use in your daily life.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Climate Change, Consumerism, Environment, Materialism, Ocean Pollution, Pollution, Public Health**CULTURE CRASH: EMMA STONE & HER METEORIC RISE IN HOLLYWOOD****Time:** 24:13**Duration:** 2:14**Synopsis:** Emma Stone just added another Oscar win to her resume. We discuss her evolution as an actress and what's next for this A-list star.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

Program 24-13**Air Week:** 3/31/2024**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY WE'RE FAILING THE NEXT GENERATION****Time:** 1:47**Duration:** 8:50**Synopsis:** Millions of kids aren't meeting current reading comprehension guidelines. With so many young people falling through the cracks, what's broken within the current curriculum? What's the best way to actually teach reading? Education expert Natalie Wexler joins us to share important insights on emerging research and what parents should know.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Natalie Wexler, education expert, author, *The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It***Compliance issues:** Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension**Links for more info:**[9 Things Science Tells Us About How Kids Learn to Read and Think Critically – The 74](#)[Why Content Knowledge is Crucial to Effective Critical Thinking | KQED](#)[Podcast - Knowledge Matters Campaign](#)[The Knowledge Gap: The Hidden Cause of America's Broken Education System-and How to Fix it: Wexler, Natalie](#)
[Natalie Wexler \(@natwexler\) / X](#)**SEGMENT 2: "UM, WHAT?": THE HIDDEN PURPOSE BEHIND FILLER WORDS****Time:** 12:39**Duration:** 8:34**Synopsis:** We've all been there. You've given a presentation or had a job interview and realized afterwards that you may have used too many words like "um", "you know" or "like". While these fillers are distracting if overused, when added in moderation, they do play a very specific purpose.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Valerie Fridland, sociolinguist, professor, linguistics, English Department, University of Nevada-Reno, author, *Like Literally Dude: Arguing for the Good in Bad English***Compliance issues:** Culture, History, Intercommunication, Language, Linguistics, Personal Development, Public Speaking**Links for more info:**[Valerie Fridland](#)[We, um, have, like, a problem: excessive use of fillers in scientific speech | Advances in Physiology Education](#)[Like, Literally, Dude by Valerie Fridland | PenguinRandomHouse.com: Books](#)[Why Filler Words Like "Um" and "Ah" Are Actually Useful](#)**VIEWPOINTS EXPLAINED: SICK OF CARDIO? NEW RESEARCH SUGGESTS THIS SHIFT IN EXERCISE****Time:** 22:14**Duration:** 1:41**Synopsis:** Current exercise recommendations in the U.S. are the same for both men and women. New research published earlier this month in the "Journal of the American College of Cardiology" uncovers evidence that women may benefit much more from this type of exercise.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Public Health, Scientific Research, Fitness, Cardiovascular Disease, Gender, Health Policy**CULTURE CRASH: WILL 2024 BE A SLEEPER YEAR FOR MOVIES?****Time:** 23:55**Duration:** 2:33**Synopsis:** The Writer's Guild of America strike halted production in Hollywood for five months last year, creating a ripple effect into this year's film and TV lineup. Will 2024 be a bust for movie lovers?**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture, Labor, Workers' Rights, Media



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Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024

Show # 2024-01

Date aired: 1/7/24 Time Aired: 6am

Steve Elek, Senior Automotive Data Analyst at Consumer Reports

Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

Issues covered:

Length: 8:44

**Electric Vehicles
Consumer Matters**

Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization

Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.

Issues covered:

Length: 8:41

**Mental Health
Telehealth
Youth Issues**

Show # 2024-02

Date aired: 1/14/24 Time Aired: 6am

Annie Grace, recovering alcoholic, author of "This Naked Mind," founder of the This Naked Mind community

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

Issues covered:

Length: 8:48

Alcoholism

Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University

Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

Issues covered:
Personal Health
Environment
Consumer Matters

Length: 8:39

Show # 2024-03

Date aired: 1/24/24 Time Aired: 6am

Jared Walczak, Vice President of State Projects, Tax Foundation

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

Issues covered:
Property Taxes
Inflation
Home Ownership

Length: 8:54

Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

Issues covered:
Personal Health
Nutrition

Length: 8:29

Show # 2024-04

Date aired: 1/28/24 Time Aired: 6am

Vijay Boyapati, Bitcoin expert, author of "*The Bullish Case for Bitcoin*"

Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

Issues covered:
Digital Currencies
Personal Finance

Length: 8:58

Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana

Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

Issues covered:
Substance Abuse
Parenting

Length: 8:15

Show # 2024-05

Date aired: 2/4/24 Time Aired: 6am

Rachel Slade, author of "*Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)*"

The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

Issues covered:
Manufacturing
Economy
Government

Length: 8:43

Gary Taubes, journalist, author of "*Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments*"

Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

Issues covered:
Personal Health
Science

Length: 8:37

Show # 2024-06

Date aired: 2/11/24 Time Aired: 6am

Mariel Buqué, PhD, psychologist, author of "*Break the Cycle: A Guide to Healing Intergenerational Trauma*"

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle.

Issues covered:

Length: 8:41

**Mental Health
Child Abuse**

Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "GAIN Without Pain"

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

Issues covered:

Length: 8:35

**Personal Health
Longevity**

Show # 2024-07

Date aired: 2/18/24 **Time Aired:** 6am

Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University

Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

Issues covered:

Length: 9:27

**Child Abuse & Neglect
Alcohol Abuse
Foster Care**

Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire

Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

Issues covered:

Length: 7:46

**Government Assistance
Disabilities
Rural Concerns
Aging**

Show # 2024-08

Date aired: 2/25/24 **Time Aired:** 6am

Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of "Project UnLonely: Healing Our Crisis of Disconnection"

Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

Issues covered:

Length: 9:33

**Mental Health
Personal Health**

Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of "*All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today*"

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

Issues covered:

Length: 7:47

**Women's Health
Domestic Abuse
Mental Health**

Show # 2024-09

Date aired: 3/3/24 Time Aired: 6am

James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports

Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

Issues covered:

Length: 8:14

**Food Safety
Personal Health
Consumer Matters**

Harvey Miller, PhD, Professor of Geography at Ohio State University

Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

Issues covered:

Length: 8:54

**Traffic Fatalities
Government**

Show # 2024-10

Date aired: 3/10/24 Time Aired: 6am

Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered:
Personal Health

Length: 7:29

Teresa Gil, PhD, psychotherapist, author of "*Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation*"

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

Show # 2024-11

Date aired: 3/7/24 Time Aired: 6am

David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago

Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprisingly large impact. He found that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

Issues covered:
Personal Health
Aging

Length: 8:50

Christy Faith, author of "*Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System*"

Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

Issues covered:
Education

Length: 8:31

Parenting

Show # 2024-12

Date aired: 3/24/24 Time Aired: 6am

Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai

Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

Issues covered:

Length: 8:12

**Emergency Services
Public Health**

Chelsey Goodan, academic tutor and mentor, author of "*Underestimated: The Wisdom and Power of Teenage Girls*"

Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices.

Issues covered:

Length: 9:12

**Teenager Concerns
Parenting
Mental Health**

Show # 2024-13

Date aired: 3/31/24 Time Aired: 6am

Charles L. Marohn Jr, land-use planner, municipal engineer, author of "*Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis*"

Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal.

Issues covered:

Length: 8:53

**Housing
Community Development
Government**

Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons

Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average.

Issues covered:

Length: 8:30

Personal Health