

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

- Accessibility
- Addiction
- ADHD
- Air Travel
- Airline Passengers
- Alcohol
- Alcoholism
- Alzheimer's 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
- Fishing
- 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
- 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
- Women's 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

**Compliance issues:** Senior Living, Home Accessibility, Vulnerable Populations, mobility, Public Safety, Home Renovation, Disabilities, Home Safety

**Links for more info:**

[AARP Resources for Caregivers and their Families](#)

[Amy Goyer: AARP's Caregiving Expert and Columnist](#)

[Amy Goyer](#)

[Ty Pennington](#)

[Amy Goyer \(@AmyGoyer\) / Twitter](#)

[Ty Pennington \(@thetypennington\) • Instagram photos and videos](#)

[Ty Pennington \(@typennington\) / Twitter](#)

**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

**Compliance issues:** Transportation, Federal Legislation, Vulnerable Populations, Accessibility, Disabilities, Airline Passengers, Veterans, Air Travel, mobility devices

**Links for more info:**

[PVA.org - Josue Cordova](#)

[Air carrier access act: Protecting passengers with disabilities](#)

[Air Carrier Access Act \(ACAA\)](#)

**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:** 'Drunkorexia' is a habit that's popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks.

**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

**Compliance issues:** Compulsive Drinking, Vulnerable Populations, Excessive Drinking, Alcoholism, Peer Pressure, Public Safety, Alcohol, Weight Gain, Healthy Living, Student Safety, Eating Disorders

**Links for more info:**

[University of Houston: Dr. Dipali Rinker](#)

[Proactive Health Labs](#)

[Rutgers New Jersey Medical School](#)

[Linked In: Joy Stephenson-Laws](#)

**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's just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you're getting the best anesthesia – and anesthesiologist -- for your needs.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author

**Compliance 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

**Compliance issues:** Open Access Journals, Public Access, Consumerism, Scientific Publishing, Scientific Research, Federal Policy, Federal Funding, Capitalism

**Links for more info:**

[Yale School of Medicine: Dr. Walter Mathis](#)

[OSP Senior Leadership Team](#)

[OSTP Issues Guidance to Make Federally Funded Research Freely Available Without Delay](#)

[Ensuring Free, Immediate, and Equitable Access to Federally Funded Research](#)

**SEGMENT 2: IS COVID-19 THE NEW FLU?**

**Time:** 14:11

**Duration:** 8:24

**Synopsis:** Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus.

**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

**Compliance issues:** Virus, Vaccine Fatigue, Vaccines, Omicron, Mild Covid, Virus Variants, Long Covid, Immunity, Covid-19

**Links for more info:**

[American Lung Association: Dr. Sumita Khatri](#)

[CDC: Variants of the Virus](#)

[CDC: Stay Up to Date with COVID-19 Vaccines Including Boosters](#)

**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 – WHY CAN'T WE STOP IT?**

**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 women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates.

**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

**Compliance issues:** Doula, Vulnerable Populations, Racial Inequity, Gender Issues, Maternal Mortality, Children and Youth at Risk, Mental Health, Pregnancy, Consumerism, hospitalizations

**Links for more info:**

[JAMA Network: Trends and Distribution of In-Hospital Mortality Among Pregnant and Postpartum Individuals by Pregnancy Period](#)

[NBER Working Paper Series – Maternal And Infant Health Inequality: New Evidence From Linked Administrative Data](#)

[University of Michigan Medical School Dr. Lindsay Admon](#)

[Instagram @thankyounicky](#)

[Werk it Moms](#)

[Twitter @lindsayadmon](#)

**SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD**

**Time:** 14:26

**Duration:** 7:57

**Synopsis:** PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author

**Compliance issues:** Depression, Anxiety, First Responders, Public Safety, Psychology, Public Health, PTSD, Police and Law Enforcement, Mental Health, Trauma, Consumerism, traumatic experiences

**Links for more info:**

[Science Direct: Posttraumatic stress disorder in police, firefighters, and emergency dispatchers](#)

[LinkedIn: Dr. Marilyn Wooley](#)

[The Authors Guild](#)

[Amazon: How Heroes Heal: Stories of First Responders and the Journey from Posttraumatic Stress Injury to Posttraumatic Growth](#)

**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:** America's education system has long been focused on teaching -- but does this strategy benefit students? This week's show features education experts who say students need to be taught how to learn before they can be successful in the classroom.

**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

**Compliance issues:** Consumerism, Public Policy, Learning, Psychology, Cognitive Skills, Education

**Links for more info:**

[LinkedIn: Betsy Hill](#)

[Amazon: Your Child Learns Differently, Now What?: The Truth for Parents](#)

[Harvard University: Dr. Stephen Kosslyn](#)

[LinkedIn: Dr. Stephen Kosslyn](#)

[Active Learning Sciences](#)

**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's 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

**Compliance issues:** Psychology, Confidence, Vulnerable Populations, Fear, Public Health, Mental Health, Anxiety, Consumerism

**Links for more info:**

[Natalie Kohlhaas](#)

[Natalie Kohlhaas Books](#)

**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, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs

**Compliance issues:** Murder, Privacy, Genetic Genealogy, Law Enforcement, Public Safety, Federal Regulations, Crime, DNA, Consumerism, Ancestry, Genetics

**Links for more info:**

[About PNL — Parabon NanoLabs](#)

[CeCe Moore](#)

[CeCe Moore \(@CeCeLMoore\) / Twitter](#)

[About The DNA Detectives](#)

[Edward Humes](#)

[The Forever Witness by Edward Humes | PenguinRandomHouse.com](#)

[Edward Humes \(@edward\\_humes\) • Instagram photos and videos](#)

[\(@edwardhumes\) / Twitter](#)

**SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES**

**Time:** 15:10

**Duration:** 7:47

**Synopsis:** Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Eliza Hull, Writer, Musician, Disability Advocate

**Compliance issues:** Vulnerable Populations, disabled parents, Family Issues, Disabilities, Mental Health, Consumerism, Neurology, Physical Health, disability advocate

**Links for more info:**

[We've Got This — ELIZA HULL](#)

[Eliza Hull \(@elizahull\) • Instagram photos and videos](#)

[Eliza Hull \(@MusicElizaHull\) / Twitter](#)

[We've Got This: Essays by Disabled Parents: Hull, Eliza: Amazon.com](#)

**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 Colette's 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

**Compliance issues:** Surgery, Kidney Disease, high blood pressure, Organ Donors, Antibodies, Vulnerable Populations, Apheresis, Consumerism, Cardiology, hospital staff, lung disease

**Links for more info:**

[LinkedIn: Lori Harada](#)

[The American Society for Apheresis \(ASFA\)](#)

[U.S. Department of Health & Human Services](#)

[Northwestern Medicine Newsroom: Chicago woman "opens the door" for other transplant patients after receiving the first positive crossmatch lung and kidney transplant at Northwestern Medicine](#)

**SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS**

**Time:** 13:53

**Duration:** 8:47

**Synopsis:** Whether it's a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, The Committee of Sleep

**Compliance issues:** Learning, Psychology, Education, Dreams, Consumerism, Creativity, Athletics, Lucid Dreaming, Art

**Links for more info:**

[Harvard Catalyst Profile: Dr. Deirdre Barrett](#)

[Books by Deirdre Barrett](#)



**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

**Compliance issues:** Genomics, Gene Editing, Evolution, Genetics, Patient Safety, DNA, Consumerism, Vaccines, Genetic Diseases

**Links for more info:**

[WYSS Institute: Dr. George Church](#)

[twitter: @geochurch](#)

[Northwestern University Medicine: Dr. Raj Awatramani](#)

[NIH: What is genome editing?](#)

**SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON'T 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 don't 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

**Compliance issues:** Drug Overdose, Drug Abuse, Vulnerable Populations, Addiction, Consumerism, Opioids, Pain Management, Pain Medication

**Links for more info:**

[Grady Memorial Hospital: Dr. Mara Schenker](#)

[twitter: @maraschenker](#)

[Instagram: cammierice](#)

[Instagram: @christopherwolfcrusade](#)

**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; Dr. 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

**Compliance issues:** Genomics, Evolution, Gene Editing, Genetics, Patient Safety, Dna, Ethics, Federal Regulations, Consumerism, Genetic Diseases, Scientific Innovation

**Links for more info:**

[WYSS Institute: Dr. George Church](#)

[twitter: @geochurch](#)

[Northwestern University Medicine: Dr. Raj Awatramani](#)

[NIH: What is genome editing?](#)

**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 grandparents' 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

**Compliance issues:** Genetics, Epigenetics, Vulnerable Populations, Diet, Ancestry, Public Health, Nutrition, Consumerism, Exercise

**Links for more info:**

[JudithFinlayson.com](#)

[instagram: @Judith.Finlayson](#)

**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 patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor.

**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

**Compliance issues:** Genetic Testing, Consumerism, Medical History, Health Risks, Pregnancy, Risk Factors, Cancer, Genetic Counseling, Rare Diseases, Gene Therapy, Early Intervention, Patient Safety

**Links for more info:**

[The Ohio State College of Medicine: Kevin Sweet](#)

[twitter: @KevinS\\_GC](#)

[LinkedIn: Kevin Sweet](#)

[NIH: Correction to: Understanding the phenotypic spectrum and family experiences of XYY syndrome:](#)

[Important considerations for genetic counseling](#)

[LinkedIn: Colleen Jodarski](#)

**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 clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University

**Compliance issues:** Standard of Care, Medical Malpractice, Safety Techniques, Full Disclosure, Birth Injuries, Surgical Errors, Patient Safety, Misdiagnosis

**Links for more info:**

[Wayne State University: Dr. Stanley Berry](#)

[StanleyMBerry.com](#)

**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

**Compliance issues:** Conservation, Biology, Endangered Animals, Fishing, Invasive Species, Veganism, Diet, Diseases, Consumerism, Economy, Extinction, Federal Regulations, Environmental Research

**Links for more info:**

[Eat The Invaders](#)

[JoeRoman.com](#)

[University of Vermont](#)

[U.S Geological Survey](#)

**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 what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track.

**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

**Compliance issues:** Microbiome, Prebiotics, Probiotics, Diet, Gut Health, Public Health, Health, Supplements, Ultra-processed Food, Federal Regulations

**Links for more info:**

[The American Journal of Clinical Nutrition: Ultra-processed food consumption among US adults from 2001 to 2018](#)

[University of Washington Division of Gastroenterology](#)

[twitter: @GutbitesMD](#)

**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 'TIME BLINDNESS'**

**Time:** 1:50

**Duration:** 11:34

**Synopsis:** People with ADHD often have a weaker perception of time, called 'time blindness.' Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don't have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills.

**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

**Compliance issues:** Vulnerable Populations, Consumerism, Psychiatry, Symptoms, Time Blindness, ADHD, Psychology, Time Management

**Links for more info:**

[RussellBarkley.org](http://RussellBarkley.org)

[TuckmanPsych.com](http://TuckmanPsych.com)

[More Attention, Less Deficit](#)

**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 Health's combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you're positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Emily Volk, President, College of American Pathologists

**Compliance issues:** Public Health, Vaccine, Consumerism, Influenza, Emergency Use Authorization, Public Health Reporting, Covid-19, False Positives, False Negatives, Home Testing

**Links for more info:**

[Lucira COVID-19 & Flu Test](#)

[U.S. Food & Drug Administration: FDA Authorizes First Over-the-Counter At-Home Test to Detect Both Influenza and COVID-19 Viruses](#)

[Dr. Emily Volk](#)

**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 Alzheimer's research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University

**Compliance issues:** Consumerism, Patient Safety, Scientific Research, Alzheimer's Disease, Data Integrity, Photoshop, Research Misconduct, NIH

**Links for more info:**

[Vanderbilt University & Alzheimer's Center](#)

[Schrag Laboratory](#)

[twitter: @schrag\\_matthew](#)

**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 you've probably never heard of. In honor of Women's History Month, Author Lynn Cullen explains Horstmann's crucial role in the fight against polio.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Lynn Cullen, author, The Woman With the Cure

**Compliance issues:** Public Safety, Polio, Vaccine, Quarantine, Isolation, Pandemic, Cure, Women In Medicine, Female Doctors, Women's History Month

**Links for more info:**

[LynnCullen.com](#)

[instagram: @lynncullenauthor](#)



Call Letters: WCEF

**Weekly Public Affairs Program**

**QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2023**

Show # 2023-01

Date aired: 1/1/23 Time Aired: 6:30 AM

**Jacquelyn C. Campbell, PHD, RN, FAAN**, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program

Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.

**Issues covered:**  
**Domestic Violence**  
**Women's Concerns**

**Length: 9:21**

**Bryan Caplan, PhD**, Professor of Economics at George Mason University, blogger for EconLog, author of *"The Case against Education: Why the Education System Is a Waste of Time and Money"*

Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.

**Issues covered:**  
**Education**  
**Career**  
**Government Spending**

**Length: 8:01**

**Cyrus Farivar**, Senior Business Editor at Ars Technica, author of *"Habeas Data: Privacy vs. the Rise of Surveillance Tech"*

Mr. Farivar discussed how judges and activists have thought about privacy and surveillance in America in recent decades. He believes that laws need to be updated to address advances in surveillance technology, such as the mass use of license plate readers and facial recognition software.

**Issues covered:**  
**Constitutional Rights**  
**Privacy**

**Length: 5:04**

Show # 2023-02

Date aired: 1/8/23 Time Aired: 6:30 AM

**Todd Spencer**, President of the Owner-Operator Independent Drivers Association

Trucking is critical to virtually every aspect of the US economy. Mr. Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation's highway system to better accommodate trucks.

**Issues covered:**

**Length: 8:39**

**Transportation**  
**Supply Chain Issues**  
**Employment**

**Natasha Slesnick, PhD**, Professor of Human Development and Family Science in the Department of Human Sciences, and EHE Associate Dean for Research and Administration at Ohio State University

Prof. Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children, and the most effective forms of support.

**Issues covered:**

**Length: 8:45**

**Homelessness**  
**Government Programs**  
**Drug Abuse**

**Donna Thompson, PhD, MBA**, retired college educator, an advocate for children's literacy and creator of The Adventures of Carly and Charly, a book series "written" by cats for kids

Ms. Thompson discussed the importance of encouraging reading in young children, and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading, and why it is so important for parents to set a good example in reading habits.

**Issues covered:**

**Length: 5:01**

**Literacy**  
**Parenting**

Show # 2023-03

Date aired: 1/15/23 Time Aired: 6:30 AM

**Nora Volkow, MD**, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.



**Issues covered:**

**Substance Abuse and Treatment  
Government Policies**

**Length: 17:52**

**Sam Quinones**, author of *"The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth"*

The opioid crisis' damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

**Issues covered:**

**Substance Abuse and Treatment  
Community Rehabilitation  
Law Enforcement  
Homelessness**

**Length: 5:08**

Show # 2023-04

**Date aired:** 1/22/23 **Time Aired:** 6:30AM

**Lauren Fleshman**, one of the most decorated American distance runners of all time, winner of five NCAA championships at Stanford University and two national championships as a professional, author of *"Good for A Girl: A Woman Running in a Man's World"*

Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Ms. Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.

**Issues covered:**

**Women's Concerns  
Youth Sports**

**Length: 9:21**

**Chris Bailey**, productivity expert, author of *"How to Calm Your Mind: Finding Presence and Productivity in Anxious Times"*

Mr. Bailey shared the inspiration to write his book—a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.

**Issues covered:**

**Mental Health  
Personal Productivity  
Career**

**Length: 8:01**

**Tim Lohrentz**, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

**Issues covered:**

**Payday Loans  
Poverty  
Government Regulations**

**Length: 5:10**

Show # 2023-05

**Date aired:** 1/29/23 **Time Aired:** 6:30AM

**Alvin E. Roth, PhD**, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of *"Who Gets What — and Why: The New Economics of Matchmaking and Market Design"*

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

**Issues covered:**

**Economics  
Career  
Education**

**Length: 9:17**

**Joel Kahn, MD**, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of *"The Whole Heart Solution"*

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

**Issues covered:**

**Personal Health**

**Length: 8:01**

**Paul Tough**, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

**Issues covered:**

**Poverty  
Education  
Minority Concerns  
Parenting**

**Length: 5:00**

Show # 2023-06

Date aired: 2/5/23 Time Aired: 6:30 AM

**Ismail Karabas, PhD**, Marketing Professor at Murray State University

Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.

**Issues covered:**

**Consumer Matters  
Employment  
Economy**

**Length: 8:58**

**Dan Martell**, entrepreneur, productivity expert, author of "*Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire*"

Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.

**Issues covered:**

**Entrepreneurism  
Personal Productivity  
Career**

**Length: 8:18**

**Les Bernal**, Executive Director of Stop Predatory Gambling, a national grassroots citizen's movement

Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.

**Issues covered:**

**Gambling Addiction  
Government Policies**

**Length: 5:07**

Show # 2023-07

Date aired: 2/12/23 Time Aired: 6:30 AM

**Andrew Smith, PhD**, cognitive psychologist and Assistant Professor at Iowa State University

Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.

**Issues covered:**

**Criminal Justice  
Legal Reform**

**Length: 9:12**

**Andrew McDiarmid**, Senior Fellow at the Discovery Institute, a non-profit, non-partisan organization focused on research, education, action, and cultural renewal

A recent study reported in the Journal of Experimental Psychology suggests that the act of "just thinking" can be more rewarding than we might realize. Mr. McDiarmid outlined the study's findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking, instead.

**Issues covered:**

**Length: 8:10**

**Mental Health**

**Personal Productivity**

**Tom Appel**, Publisher of Consumer Guide Automotive

Mr. Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.

**Issues covered:**

**Length: 4:53**

**Electric Vehicles**

**Consumer Matters**

**Environment**

Show # 2023-08

**Date aired:** 2/19/23 **Time Aired:** 6:30AM

**Shevaun Neupert, PhD**, Professor of Psychology at North Carolina State University

Prof. Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress.

**Issues covered:**

**Length: 9:12**

**Mental Health**

**Stress**

**Angie Morgan Witkowski**, Leadership and Career Coach, author of "*Bet on You: How to Win with Risk*"

Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.

**Issues covered:**

**Length: 8:10**

**Career**

**Personal Productivity**

**Mental Health**

**Lindsey Parnarouskis, MS**, doctoral candidate, Department of Psychology, University of Michigan

Ms. Parnarouskis was the first author of a study that examined the connection between food insecurity and the overconsumption of processed foods. She found that that women experiencing food insecurity more frequently report symptoms of food addiction, such as compulsive eating of certain types of food, unsuccessful attempts to cut down and withdrawal symptoms.

**Issues covered:**

**Nutrition  
Hunger  
Women's Issues**

**Length: 4:53**

Show # 2023-09

**Date aired:** 2/26/23 **Time Aired:** 6:30AM

**Lauryn Williams**, Certified Financial Planner, founder of Worth Winning, a company that helps young professionals organize their finances

A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She said many Gen Zers are choosing to invest in themselves and their professional growth, such as starting their own businesses or furthering their education. She explained why it is critical to start early to build retirement savings.

**Issues covered:**

**Consumer Matters  
Economy  
Employment**

**Length: 9:12**

**Elisa Villanueva Beard**, CEO of Teach For America, a nonprofit organization dedicated to improving educational outcomes for low-income students

Ms. Villanueva Beard outlined the mission of her organization, and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply to be a part of Teach For America.

**Issues covered:**

**Education  
Poverty**

**Length: 8:10**

**Matthew A. Miller, PhD, MPH**, Executive Director for VA Suicide Prevention for the U.S. Department of Veterans Affairs

Dr. Miller shared VA's latest data that showed meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He also outlined the potential warning signs and what family members or friends can do to help.

**Issues covered:**

**Veterans' Concerns  
Suicide  
Mental Health**

**Length: 4:53**

Show # 2023-10

**Date aired:** 3/5/23 **Time Aired:** 6:30AM

**Yvette M. Miller, MD**, Executive Medical Officer for the American Red Cross Donor and Client Support Center, helping to lead the Red Cross' national Sickle Cell Initiative

Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.

**Issues covered:**  
**Sickle Cell Disease**  
**Blood Donations**  
**Diversity**

**Length: 8:32**

**Candy Valentino**, finance and wealth advisor, author of *"Wealth Habits: Six Ordinary Steps to Achieve Extraordinary Financial Freedom"*

Ms. Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.

**Issues covered:**  
**Personal Finance**  
**Entrepreneurism**

**Length: 8:51**

**Samuel West, PhD**, Assistant Professor of Psychology at Virginia State University

Dr. West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He believes that social isolation is an ideal target for intervention because it can be addressed both at the individual level and the societal level.

**Issues covered:**  
**Mass Shootings**  
**Mental Health**

**Length: 5:07**

Disc # 2023-11

**Date aired:** 3/12/23 **Time Aired:** 6:30AM

**Pamela Gockley**, Certified Bullying Prevention Specialist, Founder and Executive Director of The Camel Project, a non-profit organization focused on deconstructing the culture of bullying in America

1 in 5 students report being bullied at school. However, Ms. Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how to parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it.

**Issues covered:**  
**Bullying**  
**Parenting**  
**Youth at Risk**

**Length: 8:44**

**Brock L. Eide M.D., M.A.**, learning disabilities expert, co-author of *"The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain"*

Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Eide said recent research has proven that these challenges are not dyslexia's main features. He explained how these

characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.

**Issues covered:**  
**Learning Disabilities**

**Length: 8:41**

**Samuel Zahinoor Ismail, MD FRCPC**, Professor of Psychiatry, Neurology, Epidemiology, and Pathology at the Hotchkiss Brain Institute and O'Brien Institute for Public Health at the University of Calgary

Dr. Ismail was the lead author of a large 10-year study that found 40 percent fewer dementia diagnoses in people who took vitamin D supplements. The study also found that those who take vitamin D are more likely to have more years of dementia-free life. In addition, he found that vitamin D had a significantly greater effect on women, than men.

**Issues covered:**  
**Alzheimer's disease**  
**Nutrition**  
**Aging**

**Length: 5:05**

Show # 2023-12

Date aired: 3/19/23 Time Aired: 6:30PM

**Juliet B. Schor, PhD**, Professor of Sociology, Boston College

The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.

**Issues covered:**  
**Workplace Matters**  
**Mental Health**  
**Productivity**

**Length: 8:40**

**Deepa L. Sekhar, MD**, Associate Professor of Pediatrics at the Penn State College of Medicine, Executive Director of Penn State PRO Wellness

Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services. She explained how the screening works and the reasons some schools or parents may be reluctant to give it a chance.

**Issues covered:**  
**Youth Suicide**  
**Mental Health Services**  
**Parenting**

**Length: 8:43**

**John P. Thyfault, PhD**, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may

also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

**Issues covered:**  
**Personal Health**

**Length: 5:09**

Show # 2023-13

**Date aired:** 3/26/23 **Time Aired:** 6:30 AM

**Elizabeth Wallace**, co-author of "*The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life*"

Over the last sixty years, women's roles at home and on the job have radically changed, and the question of whether they can really "have it all" is still debated. Ms. Wallace outlined three distinct paths where a woman's life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today's complex career choices.

**Issues covered:**  
**Women's Concerns**  
**Career**  
**Marriage**

**Length: 9:22**

**Thomas Lickona, PhD**, Developmental Psychologist, Professor of Education Emeritus at the State University of New York at Cortland, author of "*How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain*"

Dr. Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.

**Issues covered:**  
**Parenting**  
**Children's Issues**

**Length: 7:52**

**Irwin Reyes**, Researcher in the Usable Security and Privacy Group at the International Computer Science Institute, a laboratory affiliated with the University of California at Berkeley

Mr. Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple's closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children's privacy.

**Issues covered:**  
**Privacy**  
**Children's Issues**  
**Parenting**

**Length: 4:56**



## **ANNUAL ISSUES AND PROGRAMS LIST**

First Quarter (1st) January - March 2023

WCEF Ripley, WV Coverage Area

April 2, 2023

- 1. Title: "Radio Health Journal" Date: 1/1/23 Time: 6:00am to 6:30am. Topics (1). Aging With Your Home: Renovations To Make Your Space More Accessible (2). How Air Travel Becomes A Nightmare For People With Disabilities. (Additional Information Attached).
  2. Title: "Infotrak" Date: 1/1/23 Time: 6:30am to 7:00am Topics / Domestic Violence, Womens Concerns, Education, Career, Government Spending, Constitutional Rights, Privacy. (Additional Information Attached).
  3. Title: "A Minute With The Mayor" Date: 1/4/23 Time: 8:10am to 8:40am. WCEF interviewed Ripley, WV Mayor Carolyn Radar. Topics included the Community Band Meeting and Fibernet Construction.
  4. Title: "Radio Health Journal" Date: 1/8/23 Time: 6:00am to 6:30am Topics / (1). Drunkorexia: A Popular Practice That Leads To Malnourishment. (2). The Most Powerful Drugs Known To Man: A Guide To Anesthesia. (Additional Information Attached).
  5. Title: "Infotrak" Date: 1/8/23 Time: 6:30am to 7:00am. Topics / Transportation, Supply Chain Issues, Employment, Homelessness, Government Programs, Substance Abuse, Literacy, Parenting. (Additional Information Attached).
  6. Title: "Radio Health Journal" Date: 1/15/23 Time: 6:00am to 6:30am. Topics / (1). Dropping The Paywalls To Scientific Research (2). Is Covid-19 The New Flu? (Additional Information Attached).
  7. Title: "Infotrak" Date: 1/15/23 Time: 6:30am to 7:00am Topics / Substance Abuse And Treatment, Government Policies, Substance Abuse And Treatment, Community Rehabilitation, Law Enforcement, Homelessness. (Additional Information Attached).
  8. Title: "Hospital Happenings" Date: 1/19/23 Time: 8:15am to 8:35am. WCEF interviewed Denise Toler, Director of Marketing for WVU Medicine/Jackson General Hospital. Topics included The Hospital Gala and Hospital Construction.
  9. Title: "Radio Health Journal" Date: 1/22/23 Time: 6:00am to 6:30am.

Topics / (1). More And More Mothers Are Dying Each Year - Why Can't We Stop It? (2). Saving Our Heroes: Helping First Responders Heal Their PTSD. (Additional Information Attached).

10. Title: "Infotrak" Date: 1/22/23 Time: 6:30am to 7:00am Topics / Women's Concerns, Youth Sports, Mental Health, Personal Productivity, Career, Payday Loans, Poverty, Government Regulations. (Additional Information Attached).

11. Title: "Radio Health Journal" Date: 1/29/23 Time: 6:00am to 6:30am Topics / (1). Does Your Child Know How To Learn? (2). How You Can Make Anxiety Your Best Friend. (Additional Information Attached).

12. Title: "Infotrak" Date: 1/29/23 Time: 6:30am to 7:00am. Topics / Economics, Career, Education, Personal Health, Poverty, Education, Minority Concerns, Parenting. (Additional Information Attached).

13. Title: "A Minute With The Mayor" Date: 2/1/23 Time: 8:15am to 8:45am. WCEF interviewed Ripley, WV Mayor Carolyn Radar. Topics included The Polar Plunge to benefit WV Special Olympics and The Chocolate Festival.

14. Title: "Radio Health Journal" Date: 2/5/23 Time: 6:00am to 6:30am. Topics / (1). Genetic Genealogy: Identifying Both The Guilty And Innocent (2). Correcting The Misinformation Surrounding Parents With Disabilities. (Additional Information Attached).

15. Title: "Infotrak" Date: 2/5/23 Time: 6:30am to 7:00am. Topics / Consumer Matters, Employment, Economy, Entrepreneurism, Personal Productivity, Career, Gambling Addiction, Government Policies. (Additional Information Attached).

16. Title: "Hospital Happenings" Date: 2/9/23 Time: 8:20am to 8:50am. WCEF interviewed Denise Toler, Director of Marketing for WVU Medicine/Jackson General Hospital. Topics included The Hospital Gala, Covid and Cold Symptoms and Hospital Construction.

17. Title: "Radio Health Journal" Date: 2/12/23 Time: 6:00am to 6:30am. Topics / (1). How Doctors Can Transplant Organs Without A Donor Match (2). Ways You Can Increase Productivity Using Your Dreams. (Additional Information Attached).

18. Title: "Infotrak" Date: 2/12/23 Time: 6:30am to 7:00am Topics / Consumer Matters, Employment, Economy, Mental Health, Personal Productivity, Electric Vehicles, Consumer Matters, Environment. (Additional Information Attached).

19. Title: "Radio Health Journal" Date: 2/19/23 Time: 6:00am to 6:30am Topics / (1).

How Scientists Are Speeding Up Evolution Using Genome Editing. (2). Finding Pain Management Strategies That Don't Involve Opioids. (Additional Information Attached).

20. Title: "Infotrak" Date: 2/19/23 Time: 6:30am to 7:00am. Topics / Mental Health, Stress, Career, Personal Productivity, Mental Health, Nutrition, Hunger, Women's Issues. (Additional Information Attached).

21. Title: "A Minute With The Mayor" Date: 2/22/23 Time: 8:10am to 8:40am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included the county Social Studies Fair, Tower to Tunnel Run and the Chocolate Festival.

22. Title: "Radio Health Journal" Date: 2/26/23 Time: 6:00am to 6:30am. Topics / (1). Genomics Part 2: Designer Babies, Illegal Experiments, and Moral Issues. (2). Blame Your Grandparents For Your Health Issues. (Additional Information Attached).

23. Title: "Infotrak" Date: 2/26/23 Time: 6:30am to 7:00am. Topics / Consumer Matters, Economy, Employment, Education, Poverty, Veteran's Concerns, Suicide, Mental Health. (Additional Information Attached).

24. Title: "Hospital Happenings" Date: 3/2/23 Time: 8:20am to 8:50am. WCEF interviewed Denise Toler, Marketing Director for WVU Medicine/Jackson General Hospital. Topics included the hospital Gala and construction update.

25. Title: "Radio Health Journal" Date: 3/5/23 Time: 6:00am to 6:30am. Topics / (1). Look At The Rising Field Of Genetic Counseling. (2). Medical Malpractice: I'm Privy To Information That Would Shock People. (Additional Information Attached).

26. Title: "Infotrak" Date: 3/5/23 Time: 6:30am to 7:00am. Topics / Sickle Cell Disease, Blood Donations, Diversity, Personal Finance, Entrepreneurism, Mass Shootings, Mental Health. (Additional Information Attached).

27. Title: "A Minute With The Mayor" Date: 3/8/23 Time: 8:15am to 8:45am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included The Chocolate Festival, Ripley Viking Boys and Girls Basketball Tournament and Debate Championship in Morgantown, WV

28. Title: "Radio Health Journal" Date: 3/12/23 Time: 6:00am to 6:30am. Topics / (1). Eat The Invaders: How You Can Help Your Local Environment. (2). Is Your Diet Slowly Killing You/ (Additional Information Attached).

29. Title: "Infotrak" Date: 3/12/23 Time: 6:30am to 7:00am. Topics / Bullying, Parenting, Youth At Risk, Learning Disabilities, Alzheimer's Disease, Nutrition, Aging. (Additional Information Attached).

30. Title: "Radio Health Journal" Date: 3/19/23 Time: 6:00am to 6:30am.  
Topics / (1). Always Running Late? You May Be The Victim Of "Time Blindness"  
(2). New Test Can Detect Both Covid 19 And The Flu. (Additional Information Attached).

31. Title: "Infotrak" Date: 3/19/23 Time: 6:30am to 7:00am Topics / Workplace Matters, Mental Health, Productivity, Youth Suicide, Mental Health Services, Parenting, Personal Health. (Additional Information Attached).

32. Title: "A Minute With The Mayor" Date: 3/26/23 Time: 8:10am to 8:40am.  
WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included The Chocolate Festival, Tunnel to Tower Run, Easter Egg Hunt, Honoring the Archery Teams.

33. Title: "Radio Health Journal" Date: 3/26/23 Time: 6:00am to 6:30am.  
Topics / (1). Research Misconduct: The Growing Issue Of Data Integrity In Sceince. (2). The Woman Behind The Polio Vaccine. (Additional Information Attached).

34. Title: "Infotrak" Date: 3/26/23 Time: 6:30am to 7:00am. Topics / Women's Concerns, Career, Marriage, Parenting, Children's Issues, Privacy, Children's Issues, Parenting. (Additional Information Attached).