

**Sarah Elliston**, professional workshop leader and trainer, author of *"Lessons from a Difficult Person: How to Deal with People Like Us"*

Nearly everyone has had to deal with a difficult person, either at work or at home. Ms. Elliston said many people don't even recognize that they are difficult to deal with. She explained the reasons behind this character trait and how others can help the difficult person understand the consequences of their behavior.

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

Length: 8:33

**Melody M. Bomgardner**, Senior Business Editor of *Chemical & Engineering News*, the weekly newsmagazine of the American Chemical Society

Fleece is a wintertime staple but Ms. Bomgardner said it could be contributing to the next big ocean plastics problem: lint. The lightweight material sheds some of its synthetic microfibers each time it's washed, and this lint ultimately ends up in surface waters and in fish and other wildlife. She explained why this is such a concern and what consumers can do to help.

Issues covered:  
**Environment**  
**Consumer Matters**

Length: 4:48

Show # 2017-04

Date aired: 1-22 Time Aired: 6:00

**Tony Lee**, employment expert, publisher of CareerCast.com

CareerCast recently completed a study to determine the 10 most and least stressful careers. Mr. Lee explained the factors that his organization used to measure the stress in various jobs. He also discussed the growth potential of careers on the list and why stressful jobs can still be desirable for some people.

Issues covered:  
**Career**  
**Mental Health**

Length: 7:22

**Kevin Shird**, former drug dealer and convict, President and Co-Founder of the Mario Do Right Foundation, author of *"Lessons of Redemption"*

Mr. Shird shared his story of spending years as young drug-trafficker on the streets of Baltimore, and his eventual arrest and incarceration. He explained how he turned his life around, now working as a community leader, speaking to students about substance abuse prevention and helping children of addicted parents.

Issues covered:  
**Substance Abuse**  
**Crime**  
**Minority Concerns**

Length: 7:44

**Sean Burch**, multiple world record holder in extreme sports events, fitness and motivational expert, author of *"Hyperfitness: 12 Weeks to Conquering Your Inner Everest and Getting Into the Best Shape of Your Life"*