

ISSUES AND ANSWERS WZFC (AM) WINCHESTER, VA

FOURTH QUARTER 2022

VARIOUS CATEGORIES

Public Affairs Program

WZFC aired "InfoTrak." This is a weekly half hour public affairs program that aired every Sunday morning between 5:00am and 5:30am. Three different issues are dealt with each week. Among the topics typically covered are: consumer matters, parenting issues, seniors and retirement, police and crime, women's issues, aging, poverty, and minority concerns. A complete listing of the topics covered in each InfoTrak program that aired during fourth quarter 2022 is included at the back of this report.

VARIOUS CATEGORIES

Public Affairs Program

WZFC aired "Radio Health Journal" every Sunday morning between 5:30am and 6:00am. Hosted by Reed Pence, Nancy Benson and Shel Lustig, Radio Health Journal is an award-winning, contemporary radio magazine focusing on the latest in health, science, and technology. RHJ, features interviews with renowned medical experts, doctors, scientists, and professors.

Public Affairs Program

WZFC aired "Frontlines of Freedom" every Saturday morning between 7:00am and 8:00am focusing on Military news and veterans affairs. The show is hosted by retired U.S. Army, Lt. Col. Denny Gillem. Denny graduated from the US Military Academy at West Point in June 1964 and was commissioned in the infantry. After military schooling he was assigned to Fort Carson, Colorado Springs, CO, where he served with the 5th Infantry Division, met and proposed to his wife, Marilyn, and volunteered for duty in Vietnam.

GOVERNMENT

PUBLIC SAFETY, HEALTH, AND WELFARE

Local Weather Coverage— Winchester's Official Forecast

WZFC aired a thirty second weather report twice hourly (24 hours a day) every day in fourth quarter 2022.

PUBLIC SAFETY, HEALTH, WELFARE AND RECREATION

Local News Coverage

WZFC aired a one-minute newscast twice an hour from 6 a.m. – 6 p.m. every weekday in during fourth quarter 2022. These local newscasts were written, produced, and anchored by the WZFC news staff covering news of interest to Winchester residents.

Public Service Announcements

WZFC provided numerous PSA's during fourth quarter 2022 to local non-profit organizations in the Winchester region.

Todd Bartley

January 27, 2022



Frontlines of Freedom
Military Talk Radio

P.O. Box 88272
Grand Rapids, MI 49518
(616) 813-8436

denny@frontlinesoffreedom.com

Frontlines of Freedom

Denny Gillem

HOST

Lt. Col., US Army, Ret.

Quarterly Show Report, 4th Quarter 2022

<u>Date</u>	<u>Guest</u>	The total content time is: 39:50 per show hour
1 Oct	Host comment: Women in close combat Congressman and Marine Gen Jack Bergman on military recruiting issues Ranger vet Mitch Monnin on supporting vets Army vet Mike Miller on his book on Gen MacArthru Quinton Roberts on last weekend's Service Academy football	
8 Oct	Host comment: Our need for energy and food independence Rancher Ron Pelton on raising food in America Ret Army Chaplain Scott McCrystal on returning to our founding values Quinton Roberts on last weekend's Service Academy football	
15 Oct	Host comment: Taiwan and China Congressman and ret General Scott Perry on our nation's challenges Navy vet Steve Underitter on jobs after military service Ret Gen Chris Petty on the Battle of the Month Quinton Roberts on last weekend's Service Academy football	
22 Oct	Host comment: Russia perhaps going nuc against Ukraine Ukrainian Army LTC George Kuparashvili & army wife Yulia Fedosyuk on life in Ukraine Clyde Prestowitz on China Quinton Roberts on last weekend's Service Academy football	
29 Oct	Host comment: Citizens need to get active Patrick Colbeck on getting active politically Skip Coryell on American heroes Diane Raver on the Movie of the Month Quinton Roberts on last weekend's Service Academy football	
5 Nov	Host comment: The war in Ukraine Ambassador Pete Hoekstra on China Ret Maj Gen Paul Vallely on our Service Academies Quinton Roberts on last weekend's Service Academy football	

- 12 Nov Host comment: the cause of the war in Ukraine & Veterans Day
 Vet Josh Stanwitz, Concerned Veterans for America, on election results
 Col Allen West on our nation's issues
 Quinton Roberts on last weekend's Service Academy football
- 19 Nov Host comment: Why the southern border is being left open
 Ret Gen Jerry Boykin, book, Strong and Courageous
 Army vet Jon Tellier on his service and his company, Jetco
 Quinton Roberts on last weekend's Service Academy football
 Ret Gen Chris Petty on the Battle of the Month
- 26 Nov Host comment: US and China talks
 AF vet & attorney Frank Spinner on Corey Clagett
 Farmer Adam Lalone on food independence
 Diane Raver on the Movie of the Month
 Quinton Roberts on last weekend's Service Academy football
- 3 Dec Host comment: Pearl Harbor and today
 Ret Gen Eric Wesley on planning for future wars.
 Army vet Steve Prince on Warriors Set Free – helping hurting vets
 Quinton Roberts on last weekend's Service Academy football
 Vet Mike Griffin on the National Military Fraternity
- 10 Dec Host comment: Our enemy, China
 Kurt Delia on Delia Tactical—breaking into things
 Author Ed Fuller, novel, Red Chaos
 Joe Girello, books go help boys want to read: Great Battles for Boys
 Vet Warren Hutchinson on his service.
- 17 Dec Host comment: Threats to our nation: Pearl Harbor and now
 Ret Col Chris Kolenda on how to treat veterans right
 Ret Gen Arnold Punaro on this year in review and next year
 Quinton Roberts on last weekend's Army-Navy football game
- 24 Dec Host comment: Our Constitution
 Christmas Ret Gen Eric Wesley on future wars
 Chaplain Scott McChrystal on the meaning of Christmas
 Ret LTC Mel Bauman as Santa Claus
 Quinton Roberts on last weekend's Air Force bowl game
- 31 Dec Host comment: The Southern Border
 New Years Vet and Dr. John Hughes on dealing with Covid
 Dr. Deb Korn on Trauma Therapy
 Diane Raver on the Movie of the Month
 Ret Gen Chris Petty with the Battle of the Month



Call Letters: WZFC

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2022

Show # 2022-40

Date aired: 10-2-22 Time Aired: 5AM

Ted Rossman, Senior Industry Analyst at CreditCards.com

Recent interest rate hikes by the Federal Reserve are leading to substantially higher costs for anyone with credit card debt. Mr. Rossman said roughly half of American consumers are carrying a credit card balance from month to month, and the numbers are increasing due to inflation. He offered suggestions to try to pay down debt and consolidate balances with low- or no-interest credit cards.

Issues covered:
Personal Finance
Inflation

Length: 7:58

Marisa G. Franco, PhD, Assistant Clinical Professor in the Department of Psychology at the University of Maryland, author of *"Platonic: How the Science of Attachment Can Help You Make - and Keep - Friends"*

Many people, particularly men, have few friends. Prof. Franco discussed the critical importance of friendship, and how to make and keep friends in an era of distraction, burnout, and chaos. She said making friends, like cultivating any relationship, requires effort, and the idea of "friendships happening organically" is generally a myth. She outlined several specific, research-based steps to improve the number and quality of friendships.

Issues covered:
Mental Health

Length: 9:23

Arpita Ghosh, PhD, Assistant Professor of Educational Psychology at the University of Kansas

When veterans leave the military, they face a multitude of major challenges, including a transition into higher education or a new career field. Prof. Ghosh led a recent study that found that assistance typically designed to help civilian students are also effective for veterans. She talked about the strengths that veterans can bring to a company and outlined the resources that are available to veterans to make the transition.

Issues covered:
Veterans' Concerns
Career
Mental Health

Length: 5:09

Show # 2022-41

Date aired: 10-9-22 Time Aired: 5AM

Sally Helgesen, women's leadership consultant and speaker, author of "*How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job*"

Ms. Helgesen believes that women face specific and different roadblocks from men as they seek to advance in the workplace. She discussed the most common errors made by women, and what they can do to get proper credit for their achievements at work. She also discussed how the #MeToo movement has affected job opportunities for women.

Issues covered:
Women's Issues
Career
Sexual Harassment

Length: 8:43

Sara Goldrick-Rab, PhD, Professor of Higher Education Policy and Sociology at Temple University

Prof. Goldrick-Rab was the lead author of study that found that 36 percent of students at 66 surveyed colleges and universities do not get enough to eat, and a similar number lack a secure place to live. She said skyrocketing college tuition and other fees, inadequate aid packages and growing enrollment among low-income students are some of the factors. She outlined several policy changes that could help.

Issues covered:
Poverty
Homelessness
Education

Length: 8:19

Anupam Jena, MD, PhD, Ruth L. Newhouse Associate Professor of Health Care Policy at Harvard Medical School, physician in the Department of Medicine at Massachusetts General Hospital, Faculty Research Fellow at the National Bureau of Economic Research Policy

It's an age-old axiom, but is joint pain, back pain or just a feeling in your bones a reliable predictor of rainy weather? Dr. Jena led a study that examined the question and he found no relationship between rainfall and aches or pains.

Issues covered:
Personal Health
Aging

Length: 4:39

Show # 2022-42

Date aired: 10-16-22 Time Aired: 5AM

Stephen Smagula, PhD, Assistant Professor of Psychiatry and Epidemiology at the University of Pittsburgh

Prof. Smagula led a recent study that found that older adults with regular activity routines are happier and do better on cognitive tests. He said that his findings suggest that staying active all day and following the same routine each day are important for healthy aging and mental health.

Issues covered:
Aging
Personal Health

Length: 8:12

Catherine Pearlman, PhD, Associate Professor of Social Work at the University of Massachusetts Global, licensed clinical social worker, author of *"First Phone: A Child's Guide to Digital Responsibility, Safety, and Etiquette"*

Dr. Pearlman shared advice for parents of eight- to twelve-year-old children about digital safety. She talked about the inability of kids to recognize dangers online, the pros and cons of social media and how to maintain parental limitations on smartphone use. She also explained how to impress on kids that anything posted online can potentially haunt them forever.

Issues covered:
Digital Safety for Children
Parenting

Length: 9:05

James S W Wolffsohn, PhD, Professor of Optometry at Aston University in Birmingham, England

Digital eye strain is a widespread and growing problem for people of all ages. Prof. Wolffsohn led a recent study that tested the 20-20-20 rule: taking a screen break of at least 20 seconds, every 20 minutes, to look at least 20 feet away. He found the practice does help ease some of the symptoms of prolonged computer use, and he suggested ways to take breaks frequently enough.

Issues covered:
Personal Health
Media

Length: 5:08

Show # 2022-43

Date aired: 10-23-22 **Time Aired:** 5AM

Caroline Tocci, President & Co-Founder/Director of The Vanessa T. Marcotte Foundation, which advocates for safety awareness to prevent violence, objectification and harassment against women

Ms. Tocci's cousin, Vanessa Marcotte, was a 27-year-old woman who, while running on a rural road in Princeton, Massachusetts, was assaulted and murdered in 2016. She offered safety tips for women to avoid violence or harassment, particularly when running. She said apps are available to track a runner's location and share it with emergency contacts. She also explained how a woman should choose routes or schedules for a run.

Issues covered:
Crime
Women's Issues

Length: 6:56

Marta L. Tellado, PhD, President and CEO of Consumer Reports, author of *"Buyer Aware: Harnessing Our Consumer Power for a Safe, Fair, and Transparent Marketplace"*

Ms. Tellado discussed the rampant abuse of online privacy and the misuse of consumer data. She said the virtual monopolies held by four online companies are a genuine problem for privacy and consumers' rights. She believes that online algorithms are often biased towards people of color. She also discussed common misconceptions about safety testing and the mission of Consumer Reports.

Issues covered:
Consumer Matters
Racial Bias
Online Privacy

Length: 10:08

Frieda Birnbaum, PhD, research psychologist and psychotherapist, author of *"Life Begins At 60: A New View of Motherhood, Marriage, and Reinventing Ourselves"*

Dr. Birnbaum is the oldest woman in America to give birth to twins, and she shared her perspective on how and why parenting has changed tremendously in recent years. She explained why she and her husband chose to have more kids later in life, and what the pluses and minuses are to older parenting.

Issues covered:

**Parenting
Aging**

Length: 5:10

Show # 2022-44

Date aired: 10-30-22 **Time Aired:** 5AM

Laura D. Quinby, PhD, Senior Research Economist at the Center for Retirement Research at Boston College

Dr. Quinby was a co-author of a Boston College brief that asked, "After 50 Years of Progress, How Prepared Are Women for Retirement?" She said that in the 50 years since Title IX's passage, women have made major economic progress in education, earnings, and wealth, and that today, women who spend most of their lives single are as well prepared for retirement as married couples.

Issues covered:

**Women's Issues
Retirement Planning**

Length: 6:56

Carl "Chip" Lavie, MD, Medical Director of Ochsner Health Cardiac Rehabilitation and Prevention in New Orleans

Cardiovascular disease is the leading cause of death in the U.S. across most races and ethnicities, and doctors routinely tell patients to change unhealthy lifestyles. However, Dr. Lavie's research found that doctors shouldn't take a one-size-fits-all approach to lifestyle counseling, especially for those within underserved or socioeconomically disadvantaged populations. He said customized counseling can achieve small but statistically meaningful improvements in blood pressure, cholesterol and body fat.

Issues covered:

**Personal Health
Minority Concerns**

Length: 10:08

Dana Thomson, PhD, Senior Research Scientist at Child Trends, a research organization focused on child poverty and public policy

With little public notice, child poverty in the U.S. fell by 59% between 1993 and 2019. She said lower unemployment rates, increases in single mothers' labor force participation, and increases in state minimum wages accounted for about a third of the improvement, but that taxpayer dollars spent on social programs were also a major factor. However, disparities by race and ethnicity, natural origin and family structure persisted. She explained what other changes she believes are needed to continue the trend.

Issues covered:

**Child Poverty
Government
Minority Concerns**

Length: 5:10

Show # 2022-45

Date aired: 11-6-22 Time Aired: 5AM

Annie Duke, co-founder of the non-profit student advocacy organization called The Alliance for Decision Education, author of *Quit: The Power of Knowing When to Walk Away*

Ms. Duke outlined behavioral science research that shows that we are psychologically biased to grit things out for too long, even when there are clear signs that we should quit. She offered examples of how a decision to quit is affected by whether someone is winning or losing, and why we tend to increase our commitment to a losing cause.

Issues covered:

Length: 9:29

Career

Personal Finance

Government Policies

Andrew King, Research Analyst for the Owner-Operator Independent Drivers Association Foundation

Federal regulators appear to be taking steps toward a speed limiter mandate for commercial motor vehicles in 2023. Mr. King discussed the potential safety concerns if trucks are forced to drive slower than other traffic, including a lack of passing speed, increased congestion, and being rear-ended. He said that a nationwide 60 or 65 mph limit for trucks would create even greater safety issues in the handful of states with speed limits as high as 85 mph for cars.

Issues covered:

Length: 7:52

Traffic Safety

Supply Chain

Annalise LaPlume Cognitive Neuroscience Postdoctoral fellow, Senior Research Scientist at Child Trends, a research organization focused on child poverty and public policy

Dr. LaPlume was the lead author of a study that found that lifestyle may be more important than age in determining dementia risk, no matter how old we are. She outlined the eight major lifestyle choices that influence brain health. She said just one of those factors could reduce cognition by the equivalent of up to three years of aging.

Issues covered:

Length: 5:10

Alzheimer's Disease

Personal Health

Show # 2022-46

Date aired: 11-13-22 Time Aired: 5AM

Odin Johnson, Jr, PhD, Bloomberg Distinguished Professor of Social Policy and STEM Equity at Johns Hopkins University,

Dr. Johnson led a study that found that students at high schools with prominent security measures, such as metal detectors, contraband sweeps, drug testing and security cameras, have lower math scores, are less likely to attend college and are suspended more frequently compared to students in schools with less surveillance. He said the policies even affect the academic performance of students who haven't exhibited behavioral problems.

Issues covered:

Length: 9:41

Education

Minority Concerns

Government Policies

Nikita Shah, MD, Medical Oncology Team Leader for the Breast Care Center at the Orlando Health Cancer Institute

About 42,000 women die of breast cancer each year in the US. Dr. Shah shared the findings of a recent survey by her organization that found that 22% of women ages 35 to 44 have never gotten a mammogram and have no plans of getting one. She outlined the potential reasons behind this trend and why this is of such great concern. She also explained why African American women often face a more aggressive disease course when faced with a breast cancer diagnosis.

Issues covered:

Length: 7:42

**Personal Health
Women's Concerns
Minority Concerns**

Lewie Pugh, Executive Vice President of the Owner-Operator Independent Drivers Association, an advocacy organization for 150,000 independent truck drivers

Mr. Pugh talked about private and governmental efforts to recruit military veterans into the trucking industry. He said a lack of training often results in high turnover in trucking jobs. He also discussed his organization's "Truckers for Troops" fundraising program, which raises funds for care packages sent to military members serving in combat zones, as well as the Veterans Community Project to assist homeless veterans.

Issues covered:

Length: 5:05

**Veterans' Concerns
Transportation**

Show # 2022-47

Date aired: 11-20-22 Time Aired: 5AM

Lizzy Pope, PhD, RDN, Associate Professor, Director - Didactic Program in Dietetics, University of Vermont

Prof. Pope led a recent study of the most viewed content on TikTok relating to food, nutrition and weight. She said the videos perpetuate a toxic diet culture among teens and young adults and that expert voices are largely missing from the conversation. She suggested resources for parents who are concerned about their child's weight and overall health.

Issues covered:

Length: 9:29

**Weight Loss
Social Media
Mental Health**

Patric Richardson, clothing and laundry expert, author of "*Laundry Love: Finding Joy in a Common Chore*," host of the Discovery+ Series "The Laundry Guy "

Mr. Richardson offered essential tips for getting laundry clean and making the experience more enjoyable. He talked about the environmental and health impacts of well-known laundry detergents and fabric softeners. He also offered suggestions of how to keep white clothes looking bright and how/when to remove stains.

Issues covered:

Length: 7:52

**Consumer Matters
Environment**

Karri Carlson, Vice President of Operations for Leadtail, a B2B social media services agency

LinkedIn scams and fake Instagram accounts targeting businesses and executives are growing rapidly. Ms. Carlson discussed the most common scams, how they can dramatically affect businesses and what managers and small business owners can do to protect their companies.

Issues covered:
Online Scams
Business

Length: 5:10

Disc # 2022-48

Date aired: 11-27-22 **Time Aired:** 5AM

Philip Pauli, Policy and Practice Director of RespectAbility, a nonprofit organization dedicated to empowerment and self-advocacy for individuals with disabilities

Mr. Pauli said nearly 1 in 5 Americans live with some form of disability. He discussed some of the challenges they face, and explained how the Americans with Disabilities Act has improved many aspects of their lives. He also talked about the role that the media plays in perceptions of the disabled, and how technology improvements have improved mobility for many disabled people.

Issues covered:
Disabilities
Government Regulation

Length: 7:42

Natasha Ravinand, author of "*Girls With Dreams: Inspiring Girls to Code and Create in the New Generation*"

Only 29% of all science and engineering workers are female, and far fewer are minorities. Natasha Ravinand is a high school junior with a passion for STEM (Science, Technology, Engineering, and Math), who is striving to close the gender gap in tech. She talked about the reasons that girls lose interest in STEM subjects, and why the inclusion of women and minorities in technical workplaces is so important.

Issues covered:
Women's Issues
Minority Concerns
Education/STEM

Length: 9:23

John Schwartz, reporter at The New York Times, author of "*This is the Year I Put My Financial Life in Order*"

Mr. Schwartz talked about the reasons that Americans tend to procrastinate when it comes to their finances. He outlined simple changes consumers can make to simplify their financial accounts, particularly retirement savings. He also explained how to do a self-checkup of health insurance coverage.

Issues covered:
Retirement Planning
Senior Citizens

Length: 5:01

Show # 2022-49

Date aired: 12-4-22 Time Aired: 5AM

Nate Brown, PhD, Professor of Mathematics, Penn State University

Prof. Brown led a study that found that that black and Hispanic students who earn low grades in introductory science, technology, engineering, and math classes are less likely to earn degrees in these subjects than similar white or Asian students. He talked about the changes that could improve the problem. He said professors who teach introductory STEM courses need much more training in better teaching methods, in order to reach minority students.

Issues covered:

Length: 8:39

**Equity
Minority Concerns
Higher Education**

Michael F. Roizen, MD, Chief Wellness Officer and Chair of the Wellness Institute at the Cleveland Clinic, Professor of Medicine at the Cleveland Clinic Lerner College of Medicine, author of "*The Great Age Reboot: Cracking the Longevity Code for a Younger Tomorrow*"

Dr. Roizen believes that living to age 110 or 120 is within reach. He discussed the future of longevity, and how new scientific and medical advances are unlocking the ability for us to live younger, longer, and better. He said, in addition to a healthy diet and exercise, having social relationships is one of the biggest keys to slowing the aging process.

Issues covered:

Length: 8:45

**Personal Health
Aging
Science**

Eric Dahlin, PhD, Associate Professor in the Sociology department at Brigham Young University

It's easy to believe that robots are stealing jobs from human workers and drastically disrupting the labor market. However, Prof. Dahlin led a recent study that found that robots aren't replacing humans at the rate most people think. He noted that workplaces are integrating both employees and robots in ways that generate more value for human labor.

Issues covered:

Length: 5:01

**Workplace Matters
Productivity
Technology**

Disc # 2022-50

Date aired: 12-11-22 Time Aired: 5AM

Lorenzo Cohen, PhD, Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and Director of the Integrative Medicine Program at the University of Texas MD Anderson Cancer Center in Houston, co-author of "*Anti Cancer Living*"

Cancer remains one of the leading causes of death worldwide, and within the next 20 years, the number of new cancer cases is expected to increase by 70 percent. Dr. Cohen believes that if Americans focused on social and emotional support, stress management, sleep, exercise, diet, and minimizing exposure to environmental toxins, 50 to 70 percent of cancers could be prevented.

Issues covered:
Cancer Prevention
Personal Health

Length: 8:51

András Tilcsik, PhD, Canada Research Chair in Strategy, Organizations, and Society, and Associate Professor of Strategic Management at the University of Toronto's Rotman School of Management, author of "*Meltdown: Why Our Systems Fail and What We Can Do About It*"

From train derailments and massive oil spills to bankruptcies and medical errors, system failures are all too common -- and they're becoming more frequent. Dr. Tilcsik explained the common denominator in these system meltdowns. He believes that the increasing complexity and lack of slack in our systems create conditions ripe for failure and corruption. He also explained why diversity in design teams is crucial in preventing serious failures.

Issues covered:
Disaster Preparedness
Diversity
Government Regulation
Transportation

Length: 8:17

Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness

Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

Issues covered:
Homelessness
Veterans' Concerns
Domestic Violence

Length: 5:02

Disc # 2022-51

Date aired: 12-18-22 **Time Aired:** 5AM

Daniel Romer, PhD, Research Director of the Annenberg Public Policy Center, part of the Annenberg School for Communication at the University of Pennsylvania

Dr. Romer discussed annual media claims that the nation's suicide rate rises during the year-end holiday season. He has studied suicide trends for more than 20 years and has found that the average daily suicide rate during the holiday months is among the lowest of the year. He said slightly more than half of news stories that directly discussed the holidays and the suicide rate supported the myth. He explained why it is important to dispel the misinformation.

Issues covered:
Suicide
Media
Mental Health

Length: 8:35

Shawn P. McElmurry, PhD, PE, Professor and CEE Graduate Program Director in the Department of Civil and Environmental Engineering at Wayne State University in Detroit

About 30% of community water systems have some service lines that contain lead. Prof. McElmurry recently co-authored a study intended to assist state and local water authorities in making decisions

about where to prioritize funding for infrastructure improvements on drinking water lead service line replacement programs. He outlined other environmental risks related to the lead exposure issue, and steps consumers can take to protect themselves.

Issues covered:

Length: 8:48

**Water Quality
Infrastructure
Public Health**

Elise Allen, graduate student in educational studies at Ohio State University

Ms. Allen led a study of extracurricular activities for kindergarten students. She found that children of highly educated mothers were about twice as likely to take part in sports or other after-school activities as those of less educated moms. She also found that white kindergarteners were 2.6 times more likely to participate than children of other races. She explained the learning, achievement and social development benefits of these activities.

Issues covered:

Length: 5:09

**Early Childhood Education
Parenting
Minority Concerns**

Disc # 2022-52

Date aired: 12-25-22 **Time Aired:** 5AM

Erin E. Murphy, expert on DNA and forensic evidence, Professor of Law at New York University

Prof. Murphy discussed the privacy and legal concerns raised by the Golden State Killer case, in which a notorious serial killer was captured 30 years after the crimes via DNA submitted to a publicly available genealogy website. She noted that that the type of DNA testing used by genealogy sites is a much broader and more powerful tool than the version permitted in criminal justice databases. She also discussed recent advances that will make DNA testing much faster and even more useful to law enforcement.

Issues covered:

Length: 8:31

**Privacy Concerns
Criminal Justice
Legal**

David Ballard, PhD, Director of the American Psychological Association's Center for Organizational Excellence

The #MeToo movement gripped the nation and toppled major figures throughout society, but a study from the American Psychological Association found that in its aftermath, corporations took weak steps, at best, to prevent sexual harassment and inappropriate conduct. Mr. Ballard said most policy and training changes were aimed at limiting the liability of the company, rather than to effect real change. He found that organizations with women in senior leadership roles were much more likely to have taken new steps to prevent harassment and to encourage employees to report it.

Issues covered:

Length: 8:46

**Sexual Harassment
Women's Concerns
Workplace Matters**

Julie Jason, award-winning financial columnist, author of “*Retire Securely*”

Ms. Jason talked about the best ways to start to save for retirement, even for those struggling with student debt. She said it is critical to start young, because of the power of compounding. She also discussed common financial scams that consumers should be alert to.

Issues covered:

Retirement Planning
Personal Finance

Length: 5:04

Quarterly Report of Compliancy Issues & Programs List 2022-Q4 (October - December) Radio Health Journal

- Acid Reflux
- Addiction
- Addiction Resources
- Agriculture
- Alcohol
- Allergies
- Ambulance
- Amputations
- Animal Agriculture
- Antibiotic Resistance
- Antibiotics
- Army
- Assisted Reproduction
- Athletics
- Autoimmune Diseases
- Back Pain
- Bacteria
- Biomedical Technology
- Boundaries
- Cancer
- Chemotherapy
- Children and Youth at Risk
- Chronic Conditions
- Chronic Pain
- Combat
- Communication
- Consumerism
- Corporatization
- Covid-19 Pandemic
- Creativity
- Crowd Crush
- Crowd Dynamics
- Crowd Safety
- Crowd Surges
- Dairy Industry
- Death
- Delusions
- Diet and Exercise
- Digestion
- Disabilities
- Disease Awareness
- Dreams
- Drug Abuse
- Drug Epidemic
- Drug Overdoses and Opioids
- Education
- Emergency Department
- Emergency Medicine
- Empathy
- Exhaustion
- Family Issues
- Federal Regulations
- Fee For Service
- Fertility
- First Responders
- Food Deserts
- Gastroenterology
- Gender Issues
- Genetics
- GERD
- Global Crisis
- Global Health Emergency
- Goal Setting
- Government
- Gut Microbiome
- Health
- Healthcare
- Healthy Selfishness
- Heartburn
- Holidays
- Homelessness
- Housing Crisis
- Hunger Crisis
- Immune System
- Infectious Disease
- Insurance
- Intervention and Harm Reduction
- Joint Dysfunction
- Kidney Disease
- Kindness
- Lab Testing
- Legislation
- Life Expectancy
- Lifestyle Changes
- Long Covid
- Male Infertility
- Mass Death
- Meat Industry
- Medical Access
- Medical Records
- Medicine
- Memory
- Men's Health
- Mental Health
- Mental Health Awareness
- Mental Illness
- Mental Toughness
- Military
- Mindset
- Multidisciplinary Care
- Naloxone
- Narcissism
- Nature
- Neurology
- Neuroscience
- New Years
- Non-profit
- Novel Treatments
- Nutrition
- Obesity
- Oncology
- Opioids Overdose Prevention
- Paramedics
- Pathological Altruism
- Patient Health
- Patient Safety
- Pharmaceutical Industry
- Pharmacy Deserts
- Physical Health
- Physically Disabled
- Physician Shortage
- Plant Fiber
- Politics
- Pollution
- Pregnancy
- Preventive Medicine
- Primary Care
- Prostate Cancer
- Psychology
- PTSD
- Public Awareness
- Public Health
- Public Health Crisis
- Public Policy
- Public Safety
- Public Transportation
- Race
- Racial Inequality
- Radiation
- Regenerative Medicine
- Relationships
- Reproduction
- Reproductive Technology
- Selfishness
- Sensory Issues
- Sexual Assault
- Sleep
- Stampedes
- Stem Cell Therapy
- Stillbirth
- Stomach Issues
- Strength
- Substance Use Disorder
- Suicide
- Supplements
- Synesthesia
- Technology
- Therapy
- Trauma
- Vaccinations
- Value-based Care
- Veteran's Issues
- Veterans & Veterans Affairs
- Veterinary Medicine
- Vietnam War
- Virtual Reality
- Vulnerable Populations

Program 22-40

Air Week: 10/2/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: PHARMACY DESERTS: THE SHRINKING ACCESS TO HEALTHCARE

Time: 1:50

Duration: 12:21

Synopsis: Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine; Justin Macy, PharmD, Digital Health Senior Manager, National Association of Boards of Pharmacy

Compliance issues: Public Health, Public Transportation, Consumerism, Corporatization, Food Deserts, Public Policy, Medical Access, Vulnerable Populations, Pharmacy, Healthcare, Pharmacy Deserts

Links for more info:

[Walter S. Mathis, MD](#)

[Pharmacy deserts: More than where pharmacies are](#)

[Justin Macy - Digital Health Senior Manager - National Association of Boards of Pharmacy | LinkedIn](#)

[Safe.Pharmacy](#)

SEGMENT 2: AN ILLNESS AFFECTING MILLIONS OF UNSUSPECTING PEOPLE – POSSIBLY YOU

Time: 15:13

Duration: 7:51

Synopsis: Peripheral Artery Disease may not be a household name like stroke or heart attack, but it's just as common. Unfortunately, the lack of awareness means that many patients with PAD catch it too late and end up needing an amputation. Dr. Nick West discusses why public awareness is crucial to saving lives and limbs.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nick West, Chief Medical Officer, Abbott Laboratories

Compliance issues: Disease Awareness, Physical Health, Public Awareness, Diet and Exercise, Amputations, Patient Safety, Global Health Emergency, Public Safety

Links for more info:

[Nick West - LinkedIn](#)

[Peripheral Artery Disease \(PAD\)](#)

[Clear Program | Abbott](#)

Program 22-41

Air Week: 10/9/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DISSECTING THE EMERGENCY ROOM: EVERY PATIENT HAS A STORY

Time: 1:50

Duration: 12:05

Synopsis: As an ER doctor, Jay Baruch wears many hats. He's a healer, listener, traffic director, and so much more during each shift. But in such a chaotic space, how can doctors maximize their time with patients? Baruch explains his beliefs on medicine's moral center and changes that need to be implemented to give patients the best outcomes.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jay Baruch, Emergency Physician, Professor of Emergency Medicine, Warren Alpert Medical School at Brown University, Author

Compliance issues: Public Health, Consumerism, Medicine, Creativity, Patient Safety, Medical Records, Healthcare, Emergency Medicine, Insurance, Covid-19 Pandemic

Links for more info:

[JBaruchM / Twitter](#)

[Jay Baruch, MD](#)

[Baruch, Jay](#)

SEGMENT 2: A NEW HOPE FOR MEN WITH ADVANCED PROSTATE CANCER

Time: 14:57

Duration: 7:28

Synopsis: Treatments for metastatic hormone-sensitive prostate cancer have remained the same for seventy years – until now. Scientists have created a medication, called Nubeqa, that pairs with the original treatments and helps lengthen the lifespan of patients. An expert discusses why this is an optimistic time for MHSPC patients.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Neal Shore, Medical Director, Carolina Urologic Research Center, Chief Medical Officer of Urology and Surgical Oncology, GenesisCare US

Compliance issues: Radiation, Novel Treatments, Chemotherapy, Prostate Cancer, Vulnerable Populations, Oncology, Patient Safety, Cancer, Gender Issues

Links for more info:

[Dr. Neal D. Shore, CMO of Urology and Surgery | GenesisCare US](#)

[Neal Shore, MD, FACS | Atlantic Urology Clinics](#)

[NUBEQA® \(darolutamide\)](#)

Program 22-42

Air Week: 10/16/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE CONDITION THAT EXPERTS SAY IS SEVERELY UNDER-DIAGNOSED

Time: 1:49

Duration: 10:52

Synopsis: Our upper and lower body movements are connected by two small joints called the sacroiliac joint. Any changes in this joint can cause severe pain and restricted mobility. Unfortunately, SI joint dysfunction is extremely hard to diagnose. An expert explains the difficulties in diagnosing and how the dysfunction can be fixed using regenerative medicine.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Niteesh Bharara, Director of Regenerative Medicine, Virginia Spine Institute; Kathryn Butterfield, diagnosed with SI joint dysfunction

Compliance issues: Regenerative Medicine, Public Health, Consumerism, Joint Dysfunction, Chronic Pain, Stem Cell Therapy, Chronic Conditions, Vulnerable Populations, Back Pain, Patient Safety

Links for more info:

[Dr. Niteesh Bharara | Spine Doctor](#)

[Dr. Niteesh Bharara \(@doctor_bharara\) • Instagram photos and videos](#)

SEGMENT 2: WHY WE NEED TO HAVE BETTER DISCUSSIONS AROUND MALE INFERTILITY

Time: 13:43

Duration: 9:14

Synopsis: Did you know that men are just as affected by infertility as women? Yet, society tends to focus on female infertility more commonly. Because of the lack of discussion, many men wait too long to seek help for fertility issues. Dr. Scott Lundy, a urologist at the Cleveland Clinic, discusses different causes of male infertility and common treatment options men may not know about.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Scott Lundy, Urologist, Glickman Urological and Kidney Institute at the Cleveland Clinic

Compliance issues: Male Infertility, Public Policy, Fertility, Reproductive Technology, Public Awareness, Lifestyle Changes, Assisted Reproduction, Men's Health, Reproduction

Links for more info:

[Scott Lundy, MD | Cleveland Clinic](#)

[RESOLVE: The National Infertility Association](#)

[Scott Lundy MD PhD \(@ScottLundyMDPhD\) / Twitter](#)

[Male Infertility: Symptoms, Diagnosis & Treatment - Urology Care Foundation](#)

Program 22-43

Air Week: 10/23/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: "FIELD IN CRISIS": DOCTORS NEED 26.7 HOURS IN A DAY TO CARE FOR PATIENTS

Time: 1:50

Duration: 11:12

Synopsis: Primary care physicians have been experiencing a shortage in recent years. Couple that with a demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts discuss the systemic changes needed to turn the field around.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Russ Phillips, Primary Care Physician, Director, Harvard Medical School Center for Primary Care; Dr. Justin Porter, Primary Care Physician, Assistant Professor of Medicine, University of Chicago

Compliance issues: Fee For Service, Education, Physician Shortage, Consumerism, Primary Care, Multidisciplinary Care, Patient Health, Value-based Care

Links for more info:

[Justin Porter, MD - UChicago Medicine](#)

[Revisiting the Time Needed to Provide Adult Primary Care | SpringerLink](#)

[Russ Phillips, MD](#)

SEGMENT 2: CAN DREAMS DEEPEN OUR UNDERSTANDING OF MENTAL ILLNESS?

Time: 14:04

Duration: 8:28

Synopsis: Even with a growing awareness of mental health, researchers say our compassion for those with mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams could help us better understand the daily lives of those with mental illnesses, such as schizophrenia.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Melanie Rosen, Assistant Professor of Philosophy, Trent University

Compliance issues: Mental Illness, Empathy, Public Health, Mental Health Awareness, Mental Health, Virtual Reality, Delusions, Sleep, Dreams, Neuroscience

Links for more info:

[Melanie Rosen - Philosophy - Trent University](#)

[The understanding we gain whilst we sleep | Melanie Rosen | TEDxAarhus](#)

[Dreaming as a virtual reality delusion simulator: Gaining empathy whilst we sleep](#)

Program 22-44

Air Week: 10/30/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE CONVERSATION AROUND STILLBIRTH THAT'S LONG OVERDUE

Time: 1:49

Duration: 12:22

Synopsis: Elizabeth O'Donnell experienced a stillbirth in 2020. Through her grief, she created Aaliyah in Action, a non-profit that helps women in similar situations, in honor of her daughter. She believes stillbirth prevention needs to be a public conversation – one that can save thousands of babies.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Elizabeth O'Donnell, Founder, Aaliyah in Action; Dr. Neil Mandsager, Maternal Fetal Medicine Physician, Director of Obstetrician, MercyOne Des Moines Medical Center, Medical Adviser, Count the Kicks

Compliance issues: Stillbirth Prevention, Public Policy, Stillbirth, Pregnancy, Children and Youth at Risk, Legislation, Consumerism, Non-profit, Vulnerable Populations

Links for more info:

[Meet the Founder | Aaliyah in Action](#)

[Neil Mandsager \(@NeilMandsager\) / Twitter](#)

[Aaliyah In Action \(@aaliyahinaction\) • Instagram photos and videos](#)

[Count the KicksNeil Mandsager MD, MercyOne Des Moines](#)

[@aaliyahinaction / Twitter](#)

SEGMENT 2: HOW SLEEP RESEARCH IS IMPROVING COMMUNICATION TECHNOLOGY

Time: 15:13

Duration: 7:35

Synopsis: Even after decades of research, much of the human brain remains a mystery. In an effort to progress communication technology for the physically disabled, Dr. Daniel Rubin, a neurologist, is working to uncover some of the questions around sleep. He explains his groundbreaking findings and sheds light on the future of bridging our brains with technology for instantaneous communication.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Daniel Rubin, Neurologist, Massachusetts General Hospital, Instructor, Harvard Medical School

Compliance issues: Sleep, Neuroscience, Memory, Communication, Public Health, Physically Disabled, Technology, Neurology

Links for more info:

[Daniel Rubin, MD, PhD](#)

[Dan Rubin \(@DBRubin\) / Twitter](#)

[Dan Rubin, MD, PhD - BrainGate](#)

[Learned Motor Patterns Are Replayed in Human Motor Cortex during Sleep | Journal of Neuroscience](#)

Program 22-45

Air Week: 11/6/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE WE RELIED TOO MUCH ON HEALTHCARE?

Time: 1:50

Duration: 13:04

Synopsis: Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Michael Stein, Primary Care Physician, Professor, Boston University School of Public Health; Dr. Franchell Hamilton, Bariatric Surgeon, Obesity Weight loss Specialist, Founder, NeuroSwitch Weight Loss

Compliance issues: Nutrition, Housing Crisis, Public Policy, Politics, Pollution, Hunger Crisis, Public Health, Preventive Medicine, Consumerism, Health, Vulnerable Populations, Healthcare

Links for more info:

[Michael Stein | SPH](#)

[Michael Stein \(@mdsteinmd\) / Twitter](#)

[Michael Stein, MD](#)

[NeuroSwitch Weight Loss](#)

[Dr. Franchell Hamilton](#)

[Dr. Franchell Hamilton \(@dr.fhamilton\) • Instagram photos and videos](#)

[Dr. Franchell Hamilton \(@DrFHamilton\) / Twitter](#)

[White House Conference on Hunger, Nutrition, and Health | health.gov](#)

SEGMENT 2: HOW ORDINARY PEOPLE BECAME AMERICA'S FIRST PARAMEDICS

Time: 15:56

Duration: 7:10

Synopsis: In 1966, Americans were more likely to die from a car crash than soldiers in the Vietnam War. Most people needing emergency assistance were carried to the hospital in the back of a police car. In his new book, Kevin Hazzard uncovers how our modern-day paramedics came to be.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Kevin Hazzard, Paramedic, author of American Sirens: The Incredible Story of The Black Men Who Became America's First Paramedics

Compliance issues: Healthcare, Race, Public Health, Ambulance, Consumerism, Paramedic, Vulnerable Populations, Patient Safety, Life Expectancy

Links for more info:

[Kevin Hazzard](#)

[@goes by hazzard / Twitter](#)

Program 22-46

Air Week: 11/13/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ANTIBIOTICS: THE GROWING HEALTH CRISIS WE'RE NOT TALKING ABOUT, PART 1

Time: 1:50

Duration: 11:01

Synopsis: People around the world have heavily relied on antibiotics to fight off infections for decades. Unfortunately, this dependency has created a global resistance to some of the drugs, leading to the deaths of more than one million people in 2019. Dr. John McKillip discusses the overuse, overprescribed, and misprescribed issues that, if left unchecked, could result in up to ten million deaths each year due to antibiotic resistance.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. John McKillip, Professor of Microbiology, Ball State University; Milan Patel, CEO and Co-Founder, PathogenDx

Compliance issues: Pharmaceutical Industry, Antibiotics, Genetics, Biomedical Technology, Patient Safety, Bacteria, Public Health Crisis, Global Health Emergency, Public Health, Antibiotic Resistance

Links for more info:

[John McKillip | Ball State University](#)

[PathogenDX](#)

[Antibiotic resistance crisis: challenges and imperatives | SpringerLink](#)

[Executive Team | PathogenDx](#)

SEGMENT 2: HOW TO OVERCOME YOUR MENTAL BLOCKS TO REACH SUCCESS

Time: 13:53

Duration: 8:36

Synopsis: Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why it's so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Haley Perlus; Author, Public Speaker, Doctor of Sport and Performance Psychology

Compliance issues: Strength, Goal Setting, Neuroscience, Mental Toughness, Public Safety, Mental Health, Athletics, Relationships, Mindset

Links for more info:

[Dr. Haley Perlus](#)

[Dr. Haley Perlus: Speaker, Consultant, Author \(@sportpsychology\) / Twitter](#)

[Dr. Haley Perlus on Peak Performance - YouTube](#)

Program 22-47

Air Week: 11/20/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAS HEALTHCARE LET DOWN THE MEN AND WOMEN WHO SERVED OUR COUNTRY?

Time: 1:50

Duration: 11:44

Synopsis: Suzanne Gordon's new book "Our Veterans" explores the question: have we failed our service members? Though the VA Healthcare system is a great resource, too many veterans are unable to access it. Gordon exposes our society's insufficient care for the men and women who've served our country and offers solutions to help right these wrongs.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Suzanne Gordon, Journalist, Senior Policy Analyst, Veterans Healthcare Policy Institute, Author, Our Veterans: Winners, Losers, Friends, and Enemies on the New Terrain of Veterans Affairs; Dr. Edgardo Padin-Rivera, Retired Clinical Psychologist, Vietnam War Veteran

Compliance issues: Suicide, Healthcare, Vulnerable Populations, Government, Veteran's Issues, Military, Sexual Assault, Trauma, Army, Combat, PTSD, Veterans, Vietnam War, Chronic Conditions, Veterans Affairs

Links for more info:

[Suzanne Gordon](#)

[Our Veterans](#)

[VA Health Care | Veterans Affairs](#)

[Veterans Health Administration](#)

[SAPR.mil](#)

[Hospice of the Western Reserve - Post-Traumatic Stress at the End of Life](#)

SEGMENT 2: ANTIBIOTICS PART 2: WE ARE WHAT WE EAT

Time: 13:36

Duration: 8:53

Synopsis: In this continuation of last week's antibiotic segment, we explore the prevalence of drug use within animal agriculture. Two-thirds of the yearly antibiotic supply are consumed by this industry. What's the impact to people who ultimately eat these antibiotic-ridden meat, dairy, and produce products?

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Laurel Redding, Assistant Professor of Epidemiology, University of Pennsylvania School of Veterinary Medicine

Compliance issues: Public Health, Agriculture, Federal Regulations, Antibiotics, Antibiotic Resistance, Veterinary Medicine, Global Crisis, Animal Agriculture, Meat Industry, Dairy Industry

Links for more info:

[Laurel E Redding | Institute for Translational Medicine and Therapeutics](#)

[Laurel Redding - Assistant Professor - University of Pennsylvania | LinkedIn](#)

[Environmental Health Perspectives | Vol. 129, No. 5](#)

Program 22-48

Air Week: 11/27/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: GUT FEELING: THE TRILLIONS OF BACTERIA IN CHARGE OF OUR IMMUNE SYSTEM

Time: 1:50

Duration: 11:53

Synopsis: Trillions of bacteria live in our gut, creating an intricate system called the ‘gut microbiome.’ Dr. Robynne Chutkan, a gastroenterologist, explains how this network is a crucial component to our immune system. She also offers step-by-step guidance on how to strengthen your own microbiome.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Robynne Chutkan, Gastroenterologist, Digestive Center for Wellness, Author, *The Anti-Viral Gut: Tackling Pathogens From The Inside Out*

Compliance issues: Cancer, Consumerism, Supplements, Nature, Gastroenterology, Public Health, Autoimmune Diseases, Immune System, Diet, Antibiotics, Gut Microbiome, Allergies, Bacteria, Digestion, Plant Fiber

Links for more info:

[Dr. Robynne Chutkan](#)

[Free Anti-Viral Gut Master Class - Robynne Chutkan](#)

[Dr Robynne Chutkan \(@gutbliss\) • Instagram photos and videos](#)

[Dr. Robynne Chutkan - YouTube](#)

[Dr. Robynne Chutkan \(@DrChutkan\) / Twitter](#)

SEGMENT 2: LOVE THE PERSON, HATE THEIR BEHAVIOR: SUPPORTING AN ADDICT

Time: 14:45

Duration: 8:11

Synopsis: Addiction doesn’t just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Judy Mandel, Author, *White Flag*; Mike Gimbel, Drug Abuse Expert, Host, *Straight Talk*

Compliance issues: Drug Abuse, Addiction, Homelessness, Consumerism, Drug Epidemic, Vulnerable Populations, Intervention and Harm Reduction, Family Issues, Addiction Resources, Substance Use Disorder

Links for more info:

[Judy Mandel](#)

[White Flag - Judy L. Mandel - new book by NYT Bestselling Author](#)

[Judy L. Mandel \(@judymandel\) / Twitter](#)

[Judy Mandel \(@mandeljudy\) • Instagram photos and videos](#)

[Host & Producer - Straight Talk with Mike Gimbel | LinkedIn](#)

[mike gimbel \(@gimbel_mike\) / Twitter](#)

[Straight Talk – HarfordTV](#)

Program 22-49

Air Week: 12/4/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW 'LONG COVID' HAS BROUGHT ATTENTION TO A NEGLECTED ILLNESS

Time: 1:50

Duration: 10:33

Synopsis: Myalgic encephalomyelitis/chronic fatigue syndrome has long been a condition surrounded by doubt in the medical community. How could someone be completely exhausted from doing a crossword puzzle? Dr. Lucinda Bateman, an ME/CFS expert, explains the mental and physical toll that plagues the people who suffer from this condition.

Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Lucinda Bateman, Founder and Medical Director, Bateman Horne Center, ME/CFS Expert; Dr. Walter Koroshetz, Director of the National Institute of Neurological Disorders and Stroke; Ann McDonald, Diagnosed with ME/CFS

Compliance issues: Infectious Disease, Disabilities, Covid-19, Public Health, Chronic Conditions, Health Care, Exhaustion, Vaccinations, Long Covid

Links for more info:

[Ann McDonald \(@oncnursestl\) / Twitter](#)

[Bateman Horne Center](#)

[Lucinda Bateman, MD](#)

[Lucinda Bateman \(@LBatemanMD\) / Twitter](#)

[Walter Koroshetz | National Institute of Neurological Disorders and Stroke](#)

[Walter J. Koroshetz \(@NINDSdirector\) / Twitter](#)

SEGMENT 2: CHRONIC HEARTBURN ISN'T NORMAL – IT CAN CAUSE MORE HARM THAN SMOKING

Time: 13:25

Duration: 8:50

Synopsis: Acid reflux may seem like just an annoying condition, but when it becomes extreme, developing into GERD, it can create permanent damage. In fact, ignoring your acid reflux can lead to esophageal cancer. Dr. Samir Patel details how to properly treat your heartburn before it becomes a serious issue.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Samir Patel, Surgeon, AtlantiCare University

Compliance issues: Stomach Issues, Heartburn, Acid Reflux, Obesity, GERD, Vulnerable Populations, Chronic Conditions, Diet, Gastroenterology, Pregnancy, Cancer

Links for more info:

[Dr. Samir M Patel, MD - Egg Harbor Township, NJ - Bariatric Surgery - Request Appointment](#)

[Gastroesophageal reflux disease \(GERD\) - Symptoms and causes - Mayo Clinic](#)

Program 22-50

Air Week: 12/11/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BEING SELFISH IS SOMETIMES THE HEALTHIEST OPTION

Time: 1:50

Duration: 11:29

Synopsis: We're taught from a young age to always share and be kind, but Dr. Scott Kaufman thinks that's not always the right thing to do. His new research looks at the idea of 'healthy selfishness' – taking care of yourself before focusing on helping others. He discusses the different forms of selfishness and why setting boundaries can be the best way to grow a relationship.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Scott Kaufman, Cognitive Scientist, Humanistic Psychologist, Associate Professor, Columbia University, Host, The Psychology Podcast; Dr. Peter Loper, Assistant Professor of Pediatrics and Psychology, University of South Carolina School of Medicine

Compliance issues: Selfishness, Psychology, Kindness, Pathological Altruism, Relationships, Narcissism, Therapy, Healthy Selfishness, Boundaries

Links for more info:

[Scott Barry Kaufman](#)

[Dr. Scott Barry Kaufman \(@scottbarrykaufman\) • Instagram photos and videos](#)

[Dr. Scott Barry Kaufman 📍 📷 \(@sbkaufman\) / Twitter](#)

[About | peteloper.com](#)

[Peter L. Loper - School of Medicine Columbia | University of South Carolina](#)

SEGMENT 2: WHY GETTING STUCK IN A CROWD IS MORE DANGEROUS THAN YOU THINK

Time: 14:21

Duration: 8:09

Synopsis: The recent tragedy in South Korea during Halloween seemed to have come out of nowhere. However, crowd dynamic experts say it was actually the perfect storm for catastrophe. Crowd surges occur when too many people are packed into one place and often results in the death of those unlucky enough to be stuck in the middle. An expert explains what happens during a crowd surge and how to stay safe in the middle of large gatherings.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. William H Warren, Chancellor's Professor of Cognitive, Linguistic, and Psychological Sciences, Brown University

Compliance issues: Crowd Surges, Crowd Crush, Crowd Safety, Mass Death, Public Safety, Crowd Dynamics, Stampedes

Links for more info:

[William H Warren](#)

Program 22-51

Air Week: 12/18/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOME FOR THE HOLIDAYS: WHY ER VISITS SPIKE AROUND CHRISTMAS

Time: 1:50

Duration: 12:12

Synopsis: The holidays are full of traveling, seeing our family, and visits to the emergency room. Whether you live in snowy Colorado or sunny LA, accidents increase during winter. Experts discuss this phenomenon and share tips on how to safely make it through the holidays.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Christopher Michos, Emergency Medicine Physician, Norwalk Hospital; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institute, Professor of Medicine, University of Southern California; Dr. David Phillips, Professor Emeritus of Sociology, University of California at San Diego

Compliance issues: Death, Emergency Department, New Years, Holidays, First Responders, Patient Safety, Chronic Conditions, Consumerism, Public Health, Emergency Medicine

Links for more info:

[Christopher Michos, MD - Emergency Medicine Physician - Norwalk Hospital | LinkedIn](#) [Dr. Christopher J. Michos, MD - Norwalk, CT - Emergency Medicine](#)

[Robert A. Kloner, MD, PhD](#)

[Robert Alan Kloner, MD, PhD | Keck School of Medicine of USC](#)

[David Phillips](#)

SEGMENT 2: ENDING OVERDOSE: MAKING THE ANTIDOTE MORE ACCESSIBLE THAN THE DRUG

Time: 15:04

Duration: 7:49

Synopsis: The National Safety Council reports that opioid overdoses have become the number one cause of death for people age 18 to 45. In an effort to save lives, Theo Krzywicki created the non-profit End Overdose. The organization informs and arms the public with the tools to prevent and reverse opioid overdoses. He explains the signs of an overdose and how to use life-saving devices like Naloxone.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Theo Krzywicki, Founder and CEO, End Overdose

Compliance issues: Overdose Prevention, Drug Overdoses and Opioids, Harm Reduction, Alcohol, Consumerism, Drug Abuse, Addiction, Opioids, Drug Overdose, Paramedics, First Responders, Naloxone

Links for more info:

[Our Team – End Overdose](#)

[End Overdose](#)

[END OVERDOSE \(@end.overdose\) • Instagram photos and videos](#)

[Fentanyl Test Strips: A Harm Reduction Strategy](#)

Program 22-52

Air Week: 12/25/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: TRYING TO FIX THE BIASED LAB TESTING THAT'S COST COUNTLESS LIVES

Time: 1:49

Duration: 12:05

Synopsis: If left untreated, kidney disease can eventually lead to death -- which is why early testing is so important. However, the main test has historically had different threshold requirements based on race, which has led to lower diagnosing rates and higher death rates from the condition in people of color. Experts dissect how a new testing equation will help even the scales and give accurate results for all patients.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. La'Tonzia Adams, MS, FCAP, Pathologist, VA Portland Health Care System; Dr. Jonathan Genzen, FCAP, Chief Medical Officer, ARUP Laboratories, Professor of Clinical Pathology, University of Utah

Compliance issues: Kidney Disease, Lab Testing, Vulnerable Populations, Racial Inequality, Public Health, Consumerism, Race

Links for more info:

[La'Tonzia L. Adams, MD, MS \(@DrPathAdams\) / Twitter](#)

[The Doctor's Doctor](#)

[Jonathan R. Genzen, MD, PhD | ARUP Laboratories](#)

[Jonathan Robert Genzen, MD, PhD](#)

SEGMENT 2: THE DOCTOR THAT CAN ACTUALLY FEEL HIS PATIENTS' PAIN

Time: 14:56

Duration: 7:34

Synopsis: Mirror-touch synesthesia is a sensory processing disorder where a person can feel the sensations of another. As you can imagine, this condition can be an asset for certain people, like Dr. Joel Salinas. He's a neurologist who can diagnose patients just by being able to feel their symptoms in his own body. He explains the condition and what it's like living with his empathy on overdrive.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Joel Salinas, Neurologist, Harvard Medical School and Massachusetts General Hospital Department of Neurology

Compliance issues: Patient Safety, Empathy, Neurology, Sensory Issues, Vulnerable Populations, Synesthesia

Links for more info:

[Joel Salinas, M.D.](#)

[Joel Salinas, MD \(@joelsalinasmd\) • Instagram photos and videos](#)

[Salinas Lab: Joel Salinas MD](#)

[Joel Salinas, MD](#)