# Quarterly Issues Programs List for the4th Quarter of 2023

# KVPM(FM)

# Arvin, California

# October 1, 2023 - December 31, 2023

The Following is a list of some of the significant issues responded to by the station along with the most significant programming treatment of those issues for the quarter. The listing is by no means exhaustive. The order in which issues appear does not reflect a priority or significance.

# HEALTH

Air Date: 10/01/2023 Air Time: 7:01 AM

### SEGMENT 1: "OWN YOUR CHOICES": GETTING HEALTHY WITHOUT MEDICATION DURATION: 11:18

Synopsis: Modern medicine has found incredible solutions for acute illnesses, but have we become too reliant on drugs to fix our problems? Integrative medicine approaches medical issues by treating the body as a whole instead of just cherry-picking symptoms. Our experts explain some of the lifestyle changes we can make to decrease our dependance on medication.

Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Tieraona Low Dog, Globally-Recognized Expert in Integrative Medicine, Founding Director, Medicine Lodge Ranch; Dr. David Katz, Specialist in Preventive Medicine and Public Health, Founder of Yale-Griffin Prevention Research Center, Yale University, Chief Executive Officer. Diet ID

Compliancy issues covered: integrative medicine; traditional medicine; pharmaceuticals; diabetes; chronic conditions; lifestyle; holistic healthcare; healthcare; meditation; vitamins; supplements; herbal remedies; acupuncture

Links for information: https://davidkatzmd.com/ https://www.dietid.com/ https://twitter.com/ DrDavidKatz https://www.linkedin.com/in/drlowodog/ https://www.drlowdog.com/ https://www.instagram.com/lowdogmd/?hl=en

# **EDUCATION**

Air Date10/1/2023 Air Time: 7:40 AM

# **SEGMENT 1: FAILING AMERICA'S TEACHERS**

Synopsis: Millions of kids are failing to meet reading comprehension standards. With so many young people falling through the cracks, we look at what's broken within the current curriculum and how new research on reading education can lead to some improvements. Education expert Natalie Wexler joins us to share important insights and what parents can also do at home to bolster these skills.

DURATION: 10:31

Host: Marty Peterson. Producer: Amirah Zaveri. Guest: Natalie Wexler, education expert, author, The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It.

 $Links\ for\ more\ info:\ https://www.the 74 million.org/article/9-things-science-tells-us-about-how-kids-learn-to-read-and-think-critically/$ 

https://www.kqed.org/mindshift/54470/why-content-knowledge-is-crucial-to-effective-critical-thinking ttps://knowledgematterscampaign.org/podcast/

 $https://www.amazon.com/Knowledge-Gap-Americas-education-system/dp/0735213550\ https://twitter.com/natwexler?ref\_src=twsrc\%5Egoogle\%7Ctwcamp\%5Eserp\%7Ctwgr\%5Eauthor$ 

Compliancy Issues: Education, Reading Comprehension, Literacy, Parenting, Child Development, Education Policy

# Health

Air Date: 10/8/2023 Air Time: 7:02 AM

## SEGMENT 1: RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS

Synopsis: Rheumatoid arthritis is a life-changing condition but can also be invisible to everyone around you. Between finding the right medication and managing the illness, it's often a long and frustrating process for many patients. Our experts explain the importance of community support and how to cope with an inflammatory arthritis diagnosis.

**DURATION: 13:18** 

Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Linda Li, Professor of Physical Therapy, University of British Columbia, Leading Scientist in Arthritis Research; Talisa King, Co-Lead of the National African Americans Connect Group, Arthritis Foundation

Compliancy issues covered: arthritis; rheumatoid arthritis; inflammation; chronic inflammation; patient support; community; public health; invisible illness; physical therapy; heart conditions; cardiovascular health Links for information: <a href="https://www.arthritis.org/https://www.linkedin.com/in/talisa-king-87849b86/https://physicaltherapy.med.ubc.ca/2022/10/11/linda-li/https://www.vchri.ca/researchers/linda-li https://www.arthritisresearch.ca/an-interview-with-dr-linda-li-featured-researcher/">https://www.arthritisresearch.ca/an-interview-with-dr-linda-li-featured-researcher/</a>

## MENTAL HEALTH

Air Date: 10/08/2023 Air Time: 7:31 AM

# SEG. 1: A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA DURATION: 7:00

Synopsis: Deborah Kasdan's sister, Rachel, had a bright future ahead of her. She was a natural creative, a talented student and loved to travel and meet new people. However, this future dimmed when Rachel was diagnosed with schizophrenia during her mid-twenties. The diagnosis forever impacted both Rachel and the family. She sadly passed away at age 59, but Deborah Kasdan joins us this week to share her sister's story and the wide-ranging toll of mental illness.

Host: Gary Price. Producer: Amirah Zaveri. Guest: Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir.

Links for more info: https://www.nami.org/Home https://findtreatment.gov/

https://www.samhsa.gov/mental-health

https://www.zocdoc.com/ https://www.psychologytoday.com/us/therapists

https://www.barnesandnoble.com/w/roll-back-the-world-deborah-kasdan/1142853512?ean=9781647425715

https://twitter.com/debkasdan https://www.instagram.com/debkasdan/ http://deborahkasdan.com/

Compliancy Issues: Mental Health, Mental Illness, Rehabilitation, Public Health, Mental Health Treatment, Arts, Psychology,

Communication, Government, Nonprofit Organization, History

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## **HEALTHCARE**

Air Date:10/15/2023 Air Time: 7:14 AM

#### SEGMENT 2: HOW THE mRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION 8:01

Synopsis: The FDA recently approved a new booster shot for COVID-19 and many people are still wondering what exactly we're injecting into our bodies. Dr. William Schaffner, an infectious disease expert, breaks down the revolutionary technology and why we should feel safe going into this winter season.

Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. William Schaffner, Professor of Preventive Medicine and Health Policy, Vanderbilt University, Spokesperson and Past President, National Foundation for Infectious Diseases

Compliancy issues covered: mRNA, covid-19, vaccines; vaccine fatigue; fda; viral infections; infectious diseases; vulnerable populations; dna; viral mutations; clinical trials; flu; rsv

Links for information: https://www.vumc.org/health-policy/person/william-schaffner-md https://www.nfid.org/person/william-schaffner-md/https://www.aamc.org/news/new-covid-boosters-what-doctors-and-patients-need-know

# **SOCIETY**

Air Date: 10/23/2023 Air Time: 7:01 AM

# SEG. 1: A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE? DURATION 9:12

Synopsis: Even before the pandemic hit, more than half of U.S. adults responded that they struggle with feelings of loneliness and isolation. Fast forward four years and this problem has only grown worse. Millions of children, teens and adults feel completely disconnected from their neighbors, towns, and local organizations. We talk about what's fueled this decline in recent decades and how listeners can take steps to start forming new connections where they live.

Host: Gary Price. Producer: Amirah Zaveri. Guest: Seth D. Kaplan, lecturer, Johns Hopkins University, senior advisor, Institute for Integrated Transitions, author, Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time.

Links for more: https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html

https://sais.jhu.edu/users/skapla13

https://www.amazon.com/Fragile-Neighborhoods-Repairing-American-Society/dp/0316521396/ref=sr\_1\_1?

# **MENTAL HEALTH**

Air Date: 10/23/2023 Air Time: 7:01 AM

# SEGMENT 2: DO IT SCARED: HOW TO BECOME A MORE RESILIENT PERSON

Synopsis: Are resilient people born or built? Dr. Dennis Charney, an expert in neurobiology, says it's a little of both. He breaks down what common characteristics resilient people share and how you can overcome hardships in your own life.

**DURATION: 7:49** 

Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Dennis Charney, Dean of the Icahn School of Medicine, Mount Sinai, Expert in Neurobiology and Mood & Anxiety Disorders, Author, Resilience

Compliancy issues covered: resilience; gun violence; stalking; religion; neurology; anxiety; depression; genetics; fear conditioning; social support; goals; role models; optimism; community; environment

 $\label{links} \begin{tabular}{ll} Links for information: https://www.mountsinai.org/about/leadership/dennis-s-charney https://twitter.com/leahnMountSinai https://www.linkedin.com/in/dennischarney/https://www.amazon.com/Resilience-Science-Mastering-Greatest-Challenges-ebook/dp/BOCCJWYY1Q/ref=sr_1_?qid=1697132113&refinements=p_27%3ADennis+Charney&s=books&sr=1-1\\ \end{tabular}$ 

# **PARENTING**

Air Date: 10/29/23 Air Time: 7:31 AM

# SEG. 1: \$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS DURATION: 9:24

Synopsis: Americans are struggling to bear the extremely large price tag of early childhood care. In some big cities, parents are paying upwards of \$30,000 per year, per child, for this service. We speak with mother, Christina Kuhn, who lives in Michigan about how high childcare costs are impacting her day-to-day and talk to childcare policy expert, Patricia Cole, about what needs to change to better support families and create an environment that encourages raising healthy children.

 $Host: Gary\ Price.\ Producer:\ Amirah\ Zaveri.\ Guests:\ Patricia\ Cole,\ Senior\ Director\ of\ Federal\ Policy,\ Zero\ to\ Three;\ Christina\ Kuhn,\ mother.$ 

 $Links \ for \ more: \underline{https://www.zerotothree.org/team/patricia-a-cole/}$ 

https://blog.dol.gov/2023/01/24/new-childcare-data-shows-prices-are-untenable-for-families

 $\frac{\text{https://www.hamiltonproject.org/publication/policy-proposal/increasing-federal-investment-in-childrens-early-care-and-education-to-raise-quality-access-and-affordability/https://twitter.com/pattycole123?lang=en$ 

Compliancy Issues: Personal Finance, Parenting, Childcare, Child Development, Government Assistance, Mental Health, Politics

## **SLEEP HEALTH**

Air Date 11/05/2023 Air Time: 7:01 AM

#### SEG. 1: TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP DURATION: 7:16

Synopsis: If you're waiting at a streetlight to turn left, you'll probably never be joined by a UPS truck. The company's computer routing system has shown that left-hand turns waste time and fuel – but Dr. Vikash Gayah says they could also be dangerous to our health. Experts dive into these road rules and offer solutions to simplify your daily errands.

Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Dr. Vikash Gayah, Professor of Civil Engineering, Interim Director of the Larson Transportation Institute, Pennsylvania State University; Patrick Browne, Retired Vice President of Sustainability, UPS; Dan McMackin, Public Relations Manager, UPS

Compliancy issues covered: driving; public safety; traffic; vehicle crashes; vehicle safety; efficient travel; speeding; psychology; road safety Links for information: https://www.cee.psu.edu/department/directory-detail-g.aspx?q=vvg104 https://www.linkedin.com/in/dan-mcmackin-39b65811/ https://www.linkedin.com/in/vikash-gayah-352a2b3b/ https://www.linkedin.com/in/patrick-browne-04916314/

# **HEALTH**

Air Date: 11/12/23 Air Time: 7:15 AM

## SEGMENT 2: EVERYONE HAS LUMPS AND BUMPS - MAKE SURE YOURS AREN'T DEADLY DURATION: 7:40

Synopsis: The US Preventive Services Task Force has recently updated its guidelines for breast cancer screenings to help curb the 42,000 yearly deaths. Our experts explain these changes, how to perform at-home exams, and why aggressive breast cancer may no longer be a death sentence.

Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Katharine Yao, Chair of the National Accreditation Program, Breast Centers of the American College of Surgeons; Dr. Peter Schmid, Medical Oncologist & Director of the Breast Cancer Center, St. Bartholomew's Hospital

Compliancy issues covered: breast cancer; aggressive cancer; medical insurance; preventative testing; mammograms; breast density; self-exams: breast tissue

Links for information: https://www.facs.org/quality-programs/cancer-programs/national-accreditation-program-for-breast-centers/about/leadership/ https://profiles.uchicago.edu/profiles/display/39339 https://www.bartscancer.london/staff/professor-peter-schmid/ https://pubmed.ncbi.nlm.nih.gov/32101663/ https://www.esmo.org/about-esmo/biographies/peter-schmid

# MENTAL HEALTH

Air Date: 11/12/2023 Air Time: 7:42 AM

#### SEG. 2: DO YOU FEEL SAD? US TOO.

**DURATION: 8:34** 

Synopsis: Experts estimate that about 10 million Americans deal with seasonal affective disorder, or SAD, each year. Interestingly, women are four times more likely to be diagnosed than men. And this number is also thought to be higher than reported since many adults go undiagnosed. We cover just how much SAD (and lesser variations like the winter blues) can affect your life during the colder, gloomier winter months and how some easy lifestyle changes can help ease symptoms each year.

Host: Marty Peterson. Producer: Amirah Zaveri. Guests: Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health. Links for more info: https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression

https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder/treatment/art-20048298

https://psychcentral.com/depression/treatment-for-seasonal-affective-disorder#eat-well

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7438823/

Compliancy Issues: Mental Health, Psychology, Health, Sleep Disorders, Lifestyle, Climate, Technology

# **CRIMINAL JUSTICE**

Air Date: 11/19/23 Air Time: 7:14 AM

#### SEGMENT 2: MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS DURATION: 7:56

Synopsis: False confessions seem far and few between, but our experts say they're more common than most of us think. In this first installment of the two-part series, we explain the different types of false confessions and what drives people to confess to a crime they didn't commit.

Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University

Compliancy issues covered: criminology; psychology; criminal justice; confession; false confessions;

interrogations; lying; public health; body language; law enforcement; crime; kidnapping; murder; public safety; wrongful convictions

Links for information: <a href="https://innocenceresearch.org/allison-d-redlich/">https://innocenceresearch.org/allison-d-redlich/</a> <a href="https://cls.gmu.edu/people/aredlich">https://cls.gmu.edu/people/aredlich</a> <a href="https://cl

# **FITNESS**

Air Date:11/19/2023 Air Time: 7:31 AM

# SEG. 1: STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE DURATION: 8:26

Synopsis: Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.

Host: Gary Price. Producer: Polly Hansen. Guests: Beth McHugh, runner, member, 261 New England Run Club; Billy Heatherly, runner, member, Fleet Feet Club, Asheville, North Carolina.

Links for more: https://www.fleetfeet.com/s/asheville/training/saturday-morning-run

 $https://www.261 fearless.org/261 clubnewengland/ \ https://www.rrca.org/https://www.261 fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/?gad=1&gclid=CjwKCAjw1t2pBhAFEiwA\_-A-fearless.org/clubs/clu$ 

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Compliancy Issues: Exercise, Community, Recreation, Entertainment, Mental Health, Public Safety, Health, Relationships

#### **FERTILITY**

Air Date: 11/26/2023 Air Time: 7:01 AM

#### SEGMENT 1: THE INFERTILITY-CAUSING DISEASE THAT MAY NOT BE AS RARE AS WE THOUGHT

**DURATION 10:39** 

Synopsis: Lisa McCarty experienced four miscarriages before finally being diagnosed with Asherman's Syndrome, a condition where scar tissue forms in the uterus or cervix. She and Dr. Sigal Klipstein, a reproductive endocrinologist, explain the signs of Asherman's – and when you should see a specialist.

Host: Elizabeth Westfield. Producer: Polly Hansen. Guests: Dr. Sigal Klipstein, Reproductive Endocrinologist and Infertility Specialist, Invia Fertility; Lisa McCarty, Asherman's Syndrome Patient

Compliancy issues covered: pregnancy; infertility; fertility; placenta; women's health; miscarriage; vulnerable populations; asherman's syndrome; IVF; labor; scar tissue; surgery

 $\underline{Links \ for \ information: https://www.linkedin.com/in/lisa-mccarty-8905513/https://www.inviafertility.com/aboutus/dr-klipstein/https://www.linkedin.com/in/sigal-klipstein-a382018/https://fertility.wustl.edu/learn/infertility-factors/ashermans-syndrome/$ 

# PET HEALTH

Air Date: 11/26/2023 Air Time: 7:31 AM

#### SEG. 1: IS YOUR PET THE HEALTHIEST THEY CAN BE?

**DURATION: 7:31** 

Synopsis: As pet owners, many of us are guilty of sometimes treating our furry friends with too many treats - especially during the holidays. We speak with Dr. Carol Osborne, an integrative veterinarian, to get some insightful tips on what foods owners should avoid feeding their pets this holiday season and how you can maintain and best care for the health of your pet.

Host: Gary Price. Producer: Amirah Zaveri. Guest: Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic.

Links for more: https://www.chagrinfallspetclinic.com/

https://twitter.com/carolonpets https://www.instagram.com/drcaroldvm/

th, Pet Care, Veterinary Health, Relationships, Parenting, Communication

# **HEALTHCARE**

Air Date: 12/03/2023 Air Time: 7:01 AM

# SEGMENT 1: CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY? DURATION: 10:53

Synopsis: Since the heart is part of a larger system in our body, treating cardiac conditions means healing the full person instead of just the one organ. Dr. Kim Feingold, a cardiac psychologist, has researched the use of acupuncture therapy as an integrative approach to treating cardiac patients. She explains her findings and how this needle stimulation may aid in recovery from open heart surgery.

Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Kim Feingold, Assistant Professor of Surgery and Psychiatry, Northwestern University Feinberg School of Medicine, Founder & Director of Cardiac Behavioral Medicine, Bluhm Cardiovascular Institute; Ania Grimone, Acupuncturist & Chinese Medicine Clinician, Northwestern Medicine

Compliancy issues covered: acupuncture; cardiac health; atrial fibrillation; stroke; heart surgery; heart attack; integrative health; stress; anxiety; patient safety; recovery; intensive care unit; public health

Links for information: https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=17689 https://www.linkedin.com/in/kim-feingold-phd-44855253/https://www.nm.org/doctors/1275720195/ania-grimone-lac https://www.linkedin.com/in/ania-grimone-ms-l-ac-c-h-cpcc-1216175/

# **HEALTH**

Air Date: 12/3/2023 Air Date: 7:41 AM

# SEG. 2: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE? DURATION: 10:00

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.

Host: Marty Peterson. Producer: Reed Pence. Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

Links for more: https://medschool.cuanschutz.edu/rheumatology/faculty2/m-kristen-demoruelle-md-phd https://www.linkedin.com/in/kristen-demoruelle-1b62bb192/ https://vivo.weill.cornell.edu/display/cwid-lis2002 Compliancy Issues: Health, Chronic Disease, Research, Medicine, Contraception, Family Planning, Science

# **EDUCATION**

Air Date: 12/10/2023 Air Time: 7:13 AM

# SEGMENT 2: "IT'S A CRITICAL AGE": WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM DURATION: 12:26

Synopsis: Research shows that children involved in STEM courses, like engineering and science, have better reading comprehension and are more likely to be successful later in life. One national science fair is helping to keep kids, like award-winner Shanya Gill, interested in these industries and foster their passion for science. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Raeva Ramadorai, Director, Thermo Fisher Scientific Junior Innovators Challenge; Shanya Gill, Ascend Award Winner

Compliancy issues covered: fire safety; invention; public safety; fire; smoke detectors; vulnerable populations; hazard prevention; science fair; computer science; kitchen safety; leadership skills; consumerism

Links for information: https://www.societyforscience.org/people/raeva-ramadorai/ https://www.linkedin.com/in/raevathi-ramadorai-292a13a2/ https://www.societyforscience.org/jic/ https://www.societyforscience.org/jic/2023-student-finalists/shanya-gill/ https://www.linkedin.com/in/shanya-gill/

# **PSYCHOLOGY**

Air Date: 12/10/2023 Air Time: 7:42 AM

#### SEG. 2: WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS

Synopsis: People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous "New Year's Resolution." Maybe you've set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.

**DURATION: 8:55** 

Host: Marty Peterson. Producer: Pat Reuter. Guest: M.J. Ryan, expert, change & human fulfillment, author, Habit Changers: 81 Game Changing Mantras to Mindfully Realize Your Goals.

Links for more: https://time.com/6243642/how-to-keep-new-years-resolutions-2/

 $https://www.barnesandnoble.com/w/habit-changers-mj-ryan/1123480395?ean=9780451495402\&st=AFF\&2sid=Random\%20House\%20Inc\_8373827\_NA\&sourceId=AFFRandom\%20House\%20Inc$ 

https://www.forbes.com/sites/kathycaprino/2019/12/21/the-top-3-reasons-new-years-resolutions-fail-and-how-yours-can-succeed/

Compliancy Issues: Psychology, Self-Development, Communication, Mental Health, Self-Fulfillment, Relationships

# TOXICOLOGY

Air Date: 12/17/2023 Air Time: 7:01 AM

# SEGMENT 1:CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY DURATION: 8:00

Synopsis: Why do autopsy reports take so long to come back? While TV shows can make it seem like a two-step process, forensic toxicology can take weeks or months to figure out a person's cause of death. Our expert takes us through this process and how it's used in everyday life.

Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Barbarajean Magnani, Professor of Anatomic and Clinical Pathology Emerita, Tufts University School of Medicine, Spokesperson, College of American Pathologist, Former Chair of the Toxicology Committee, College of American Pathologists, Author, Dr. Lily Robinson Thriller Series

Compliancy issues covered: toxicology; death; celebrities; political espionage; poisons; morgue; autopsy; blood test; law enforcement; investigations; lethal injections; forensic toxicology

Links for information: <a href="https://www.linkedin.com/in/barbarajean-magnani-phd-md-26659778/">https://www.linkedin.com/in/barbarajean-magnani-phd-md-26659778/</a> https://www.bjmagnani.com/

# **POLITICS**

Air Date: 12/17/2023 Air Time: 7:41 AM

# **SEG. 2: SHOULD CONGRESS ENACT TERM LIMITS?**

Synopsis: With the 2024 presidential election right around the corner, it's a good time to discuss a growing and debated trend in America: increasingly older politicians. Two former opponents - President Joe Biden, age 81, and Former President Trump, age 77 - are again throwing their hat into the 2024 race, but many Americans have concerns about the competency of these older candidates and other members of the Senate and Congress. We speak with two experts about both sides of the argument and how the political landscape would change if stricter term limits were put in place.

**DURATION: 9:58** 

Host: Marty Peterson. Producer: Grace Galante Guests: Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University.

Links for more info: https://ballotpedia.org/Term\_limits\_in\_the\_United\_States https://www.termlimits.com/

https://twitter.com/caseyburgat?lang=en https://gspm.gwu.edu/casey-burgat

 $https://twitter.com/Tomboulides?ref\_src=twsrc\%5Egoogle\%7Ctwcamp\%5Eserp\%7Ctwgr\%5Eauthor_started from the complex of the compl$ 

Compliancy Issues: Politics, Aging, Government, International Relations, Elections, Democracy, Government Policy, Health