

Quarterly Issues Programs List for the 3rd Quarter of 2023

KVPM(FM)

Arvin, California

July 1, 2023 – September 30, 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: 07/02/2023

Air Time: 7:02 AM

SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?	DURATION: 12:47
Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk. Host: Nancy Benson. Producer: Reed Pence. Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida Compliance issues covered: employee; infectious diseases; public health; patient safety; office culture; flu; vaccine; vulnerable populations Links for information: https://www.linkedin.com/in/richard-deosingh-56246813/ https://twitter.com/FLSurgeonGen https://www.floridahealth.gov/about/ssg/index.html	

SCIENCE

Air Date: 7/2/2023

Air Time: 7:32 AM

SEG. 1: "95 PERCENT LEFT TO DISCOVER": THE PEOPLE TASKED WITH UNCOVERING THE MANY MYSTERIES OF OUR UNIVERSE	DURATION: 7:53
Synopsis: We speak with Egyptian-American astrophysicist Sarafina El-Badry Nance about her experience earning a PhD in astrophysics. Before specializing in this field, she had to gain a good understanding of math, physics, and astronomy. She openly shares that these subjects never came naturally to her and it took a lot of hard work to get where she is today. Now, she's speaking out about the barrier to entry in these fields and the importance of greater inclusion and opportunities for those who've been historically excluded. Host: Gary Price. Guest: Sarafina El-Badry Nance, astrophysicist, PhD Candidate, University of California-Berkeley, author, Starstruck: A Memoir of Astrophysics and Finding Light in the Dark. Links for more info: https://www.instagram.com/starstrickensf/?hl=en https://twitter.com/starstrickensf?lang=en https://bookshop.org/p/books/starstruck-a-memoir-of-astrophysics-and-finding-light-in-the-dark-sarafina-el-badry-nance/19082331?ean=9780593186794 Compliance Issues: Career, Science, Astrophysics, STEM, Space Exploration, Astronomy, Diversity in Science	

ADDICTION

Air Date: 7/09/2023

Air Time: 7:02 AM

SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION? DURATION 10:08
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Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child Health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development; NIH Compliance issues covered: opioid use disorder; drug use; drug addiction; neonatal opioid withdrawal syndrome; infant safety; vulnerable populations; standard care; neonatal intensive care; public health; opioid crisis Links for information: <https://www.vumc.org/health-policy/person/stephen-w-patrick-md-mph-ms-faap> <https://twitter.com/stephenwpatrick?lang=en> <https://irp.nih.gov/pi/diana-bianchi> <https://www.genome.gov/staff/Diana-W-Bianchi-MD> [https://www.nejm.org/doi/full/10.1056/NEJMoa2214470#:~:text=The%20Eat%2C%20Sleep%2C%20Console%20Care%20Tool%20relies%20on%20a%20function,and%20breast%2Dfeeding\)%20as%20the](https://www.nejm.org/doi/full/10.1056/NEJMoa2214470#:~:text=The%20Eat%2C%20Sleep%2C%20Console%20Care%20Tool%20relies%20on%20a%20function,and%20breast%2Dfeeding)%20as%20the)

Cuisine

Air Date: 7/09/2023

Air Time: 7:43 AM

SEG. 2: WOULD YOU EVER SPEND \$63,000 ON A POUND OF RARE MUSHROOMS? SOME CHEFS SAY YES	DURATION: 7:36
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Synopsis: Purveying for the top chefs across America is an ever-changing series of requests dependent on food trends and tastes. While some chefs are seeking out rare microgreens, others are looking for the finest cuts of beef. And these small quantities of in-demand ingredients come at a hefty price. We highlight the many niche aspects of fine dining and how we can all takeaway some learning points to infuse it into our own cooking at home. Host: Marty Peterson. Guests: Carrie Nahabedian, co-owner, executive chef, Brindille, Kostali by Naha; Susan Spungen, food stylist, cookbook author, Open Kitchen: Inspired Food for Casual Gatherings. Links for more info: <https://www.instagram.com/susanspungen/?hl=en> <https://www.epicurious.com/contributors/susan-spungen> <https://www.instagram.com/carrienaha/?hl=en> <https://twitter.com/cnaha?lang=en> <https://www.jamesbeard.org/chef/carrie-nahabedian> Compliance Issues: Innovation, Cooking, Cuisine, Food Trends, Fine Dining, Culture, Agriculture, Global Trade, Touris

BIOETHICS

Air Date: 7/16/2023

Air Time: 7:02 AM

SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?	DURATION: 10:49
<p>Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways Compliancy issues covered: disability rights; bioethics; medical ethics; research ethics; consumerism; public safety; end of life care; healthcare; ethics; accessibility; medical technology; communication technology; mobility; quadriplegia Links for information: https://www.stonybrook.edu/commcms/bioethics/people/ellison.php https://www.brookeellison.com/about https://www.linkedin.com/in/brookemellison/ https://www.slu.edu/arts-and-sciences/bioethics/faculty/bishop-jeffrey.php https://www.linkedin.com/in/jeffrey-bishop-4a9b1126/</p>	

PERSONAL FINANCE

Air Date: 7/16/2023

Air Time: 7:32 AM

SEG. 1: AVOIDING CONVERSATIONS AROUND MONEY? HERE'S HOW TO GET STARTED	DURATION 8:53
<p>Synopsis: Only 1 in 4 Americans feels financially secure, according to a recent survey by consumer financial services firm, Bankrate. We speak with two financial experts about how more Americans can have productive conversations about their spending and come up with a plan to save and invest more for the future. Host: Gary Price. Guests: Lori Sackler, certified financial planner, financial wealth advisor, author, The M Word: The Money Talk Every Family Needs to Have About Wealth and Their Financial Future; Emily Guy Birken, financial expert, financial writer, author, Stacked: Your Super Serious Guide to Modern Money Management. Links for more info: http://www.themword.com/about-the-author/ https://advisor.morganstanley.com/evergreen-lane-wealth-management-group https://twitter.com/EmilyGuyBirken?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.forbes.com/advisor/author/egbirken/ Compliancy Issues: Personal Finance, Retirement, Aging, Relationships, Parenting, Economy, Consumerism, Wealth</p>	

HEALTH

Air Date: 7/23/2023

Air Time: 7:15 AM

SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?	DURATION: 7:03
<p>Synopsis: Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Our expert explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases. Host: Nancy Benson. Producer: Tabor Brewster. Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic Compliancy issues covered: parasites; infection; pathology; public safety; autoimmune disease; tick-borne disease; deet; bug repellant; vector-borne disease; mosquitoes; picaridin; lyme disease Links for information: https://www.mayo.edu/research/faculty/pritt-bobbi-s-m-d/bio-00093461 https://twitter.com/ParasiteGal?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://parasitewonders.blogspot.com/ https://www.linkedin.com/in/bobbipritt/</p>	

HEALTH

Air Date: 7/23/2023

Air Time: 7:42 AM

SEG. 1: MARY LASKER: A PUBLIC HEALTH PIONEER	DURATION: 7:36
<p>Synopsis: The National Institute of Health. National Cancer Institute. These are just some of the research foundations that are thriving today thanks to the work of health activist Mary Lasker. We speak with biographer, Judith L. Pearson about the many big contributions Lasker made to cancer & heart disease research throughout the twentieth century. Host: Gary Price. Guests: Judith L. Pearson, biographer, author, Crusade to Heal America: The Remarkable Life of Mary Lasker. Links for more info: https://profiles.nlm.nih.gov/spotlight/tl/feature/cancer https://www.amazon.com/Crusade-Heal-America-Remarkable-Lasker/dp/BOBRQTJRNR/ref=sr_1_1?crid=3II1GHB9C1AH&keywords=Crusade+to+heal+america&qid=1684423209&prefix=crusade+to+heal+america%2Caps%2C115&sr=8-1 https://judithlpearson.com/ Compliancy Issues: Medicine, Medical Research, Public Health, Government Funding, Politics, Science, History</p>	

HEALTH ETHICS

Air Date: 7/30/23

Air Time: 7:02 AM

SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYM DURATION: 10:31

Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, our experts explain how eponyms can go awry and place honor on criminals or even the wrong person. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic
Compliance issues covered: eponyms; nazi party; medical culture; ethics; gynecology; vasculitis; history; medical history; women in medicine; people of color in medicine; vulnerable populations
Links for information: <https://ghsm.hms.harvard.edu/faculty-staff/sabine-hildebrandt>
<https://www.mayoclinicproceedings.org/content/matteson>

SCIENCE

Air Date: 7/30/2023

Air Time: 7:32 AM

SEG. 1: LOOKING THROUGH A NEW LENS: THE LARGEST & MOST POWERFUL TELESCOPE EVER BUILT DURATION: 8:25

Synopsis: The James Webb telescope is the largest and most powerful space telescope ever built. A year and a half ago hundreds of thousands of people cheered after the telescope successfully launched and opened to begin capturing the universe in more detail than ever before. We speak with one astronomer about how this telescope will lead to greater discoveries - including the hunt for extraterrestrial life. Host: Gary Price. Guest: Jacob Bean, astronomer, professor, Department of Astronomy & Astrophysics, University of Chicago. Links for more info: <https://webb.nasa.gov/> <https://astro.uchicago.edu/people/jacob-l-bean.php> <https://www.space.com/james-webb-space-telescope-1-year-images> <https://www.space.com/21925-james-webb-space-telescope-jwst.html>
Compliance Issues: Space Exploration, Astronomy, Physics, Technology, Innovation, Culture, International Relation.

HEALTH

Air Date: 8/06/23

Air Time: 7:02 AM

SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE? DURATION: 10:48

Synopsis: Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient
Compliance issues covered: cardiac surgery; congenital heart disease; genetic conditions; patient safety; open heart surgery; vulnerable populations; rare disease; stroke; stress; mental health; heart health
Links for information: <https://www.nm.org/doctors/1801904008/s-christopher-malaisrie-md> <https://twitter.com/ChrisMalaisrie> <https://www.linkedin.com/in/alexander-c-mckeown/>

SOCIAL WORK

Air Date: 8/06/2023

Air Time: 7:40 AM

SEG. 2: WHAT'S HAPPENING IN HOLLYWOOD? THE STRIKE, EXPLAINED	DURATION: 10:13
<p>Synopsis: The screenwriters strike in Hollywood is now in its third month. Last month, the Screen Actors Guild joined forces with the Writers Guild of America and called a strike. We speak with two active voices in the industry about what's driving this strike and why these asks are so important to current and future professionals in this landscape. Host: Marty Peterson. Guests: Sofya Levitsky-Weitz, playwright, screenwriter, "The Bear"; Irving Belateche, screenwriting professor, School of Cinematic Arts, University of Southern California. Links for more info: https://www.instagram.com/sofyalilyana/?hl=en https://deadline.com/2023/07/writers-strike-wga-exec-video-studios-in-mutual-suicide-pact-1235448778/ https://www.sofyalevitskyweitz.com/ https://cinema.usc.edu/directories/profile.cfm?id=27064&first=&last=&title=&did=19&referer=%2Fwriting%2Ffaculty%2Ecfm&startpage=1&startrow=1 https://twitter.com/WGAWest?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor Compliance Issues: Labor Rights, Labor Issues, Career, Personal Finance, Pay Equity, Entertainment, Creative Arts, Technology, Artificial Intelligence, Inflation, Economy</p>	

EVOLUTION

Air Date: 8/13/23

Air Time: 7:02 AM

SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?	DURATION: 11:38
<p>Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine Compliance issues covered: natural selection; evolution; humanity; survival; biology; DNA; genomics; genealogy; mammals; neurology; neurons; public health; genetic sequences; stem cells Links for information: https://medicine.yale.edu/profile/steven-k-reilly/ https://www.linkedin.com/in/steven-reilly-1b005490/ https://www.reilly-lab.com/ https://pubmed.ncbi.nlm.nih.gov/37104592/</p>	

MENTAL HEALTH

Air Date: 8/13/2023

Air Time: 7:42 AM

SEG. 2: FEELING DISTRACTED & DISCONNECTED? HERE'S HOW TO SLOW DOWN	DURATION: 8:29
<p>Synopsis: In 2012, researchers at the University of California-Irvine estimated that the average human's attention span was around seventy-five seconds. In recent years, this number has dropped to forty-seven seconds. What's leading to this continuing decline in our attention spans? We speak with one mindfulness expert to get some tips on how people can slow down, increase their focus, and feel less chronically stressed. Host: Marty Peterson. Guest: Christian Madsbjerg, professor, applied humanities, New School, author, Look: How to Pay Attention in a Distracted World. Links for more info: https://www.amazon.com/Look-How-Attention-Distracted-World/dp/0593542215 https://www.cnet.com/health/mental/unplug-from-social-media/ https://www.psychologytoday.com/intl/blog/the-savvy-psychologist/202305/6-skills-to-help-you-be-mindful https://www.newsweek.com/14-strategies-leaders-adopt-practice-mindfulness-1779990 Compliance Issues: Mental Health, Psychology, Career, Social Media, Technology, Self-Development, Chronic Stress, Health</p>	

BRAIN INJURIES

Air Date: 8/20/2023

Air Time: 7:02 AM

SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES DURATION: 11:58

Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain
Compliance issues covered: traumatic brain injury; neuroscience; frontal lobe; hallucinations; delusions; concussions; vulnerable populations; patient safety; mental health; depression; anxiety; cognitive behavioral therapy; neuroplasticity
Links for information: <https://medicine.duke.edu/profile/sandeep-vaishnavi> [https://www.press.jhu.edu/books/title/12359/healing-traumatized-brain?](https://www.press.jhu.edu/books/title/12359/healing-traumatized-brain?utm_source=google&utm_medium=shopping_ads&utm_campaign=f23_vaishnavi_google_shopping&gclid=Cj0KCQjwldKmBhCCARIsAP-0rffx9fWQ0qQ7NVrJLAN8wmWuJpdH5bff8gHHBe7h_lbP5bSK2H6AFTgaAi4tEALw_wcB)
[utm_source=google&utm_medium=shopping_ads&utm_campaign=f23_vaishnavi_google_shopping&gclid=Cj0KCQjwldKmBhCCARIsAP-0rffx9fWQ0qQ7NVrJLAN8wmWuJpdH5bff8gHHBe7h_lbP5bSK2H6AFTgaAi4tEALw_wcB](https://www.press.jhu.edu/books/title/12359/healing-traumatized-brain?utm_source=google&utm_medium=shopping_ads&utm_campaign=f23_vaishnavi_google_shopping&gclid=Cj0KCQjwldKmBhCCARIsAP-0rffx9fWQ0qQ7NVrJLAN8wmWuJpdH5bff8gHHBe7h_lbP5bSK2H6AFTgaAi4tEALw_wcB)

TECH

Air Date: 8/20/2023

Air Time: 7:41 AM

SEG. 2: SEPARATING FACT FROM FICTION: ARE YOU A VICTIM OF MISINFORMATION? DURATION: 9:58

Synopsis: Conspiracy theories have been around for hundreds of years. From secret projects to secret government societies, these theories are prevalent across society. We speak with two conspiracy experts about how these stories arise, why they're so pervasive online and why artificial intelligence may make these narratives more difficult to detect. Host: Marty Peterson. Guests: Colin Dickey, writer, author, Under the Eye of Power: How Fear of Secret Societies Shapes American Democracy; Dr. Erik Nisbet, Owen L. Coon Professor of Policy Analysis & Communication, Northwestern University. Links for more info: <https://communication.northwestern.edu/faculty/erik-nisbet.html> <https://www.ipr.northwestern.edu/news/2022/fake-news-big-lies.html> <https://twitter.com/colindickey?lang=en> <https://www.penguinrandomhouse.com/books/677202/under-the-eye-of-power-by-colin-dickey/> <https://www.nytimes.com/2023/02/08/technology/ai-chatbots-disinformation.html>
Compliance Issues: Technology, Politics, Presidential Election, Social Media, News, Artificial Intelligence, History, Journalism, Media, Culture

HEALTH

Air Date: 8/27/2023

Air Time: 7:02 AM

SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY DURATION: 11:49

Synopsis: Sickle cell disease is the most common genetic diseases in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association
Compliance issues covered: sickle cell disease; sickle cell anemia; sickle cell trait; evolution; public health; sub-Saharan Africa; pharmaceuticals; vulnerable populations; infants; India; southeast Asia; genetic disorders; blood disorder
Links for information: <https://www.linkedin.com/in/onimoe-grace-257722107/> <https://ascaa.org/> <https://www.sicklecelldisease.org/> <https://www.cincinnatichildrens.org/bio/w/russell-ware>

MENTAL HEALTH

Air Date: 8/27/2023

Air Date: 7:32 AM

SEG. 1: 'NEVER GOOD ENOUGH': A RISE IN MENTAL HEALTH ISSUES AMONG ADOLESCENTS DURATION: 7:31

Synopsis: With summer break over and millions of students back in school, it's a good time to talk about the importance of mental health. After all, adolescents today face an excessive number of demands both in and outside of the classroom. This week on Viewpoints - we speak with author Jennifer Breheny Wallace about the importance of sharing how a person's value should never be linked to their performance. Host: Gary Price. Guest: Jennifer Breheny Wallace, journalist, writer, author, Never Enough: When Achievement Culture Becomes Toxic – And What We Can Do About It. Links for more info: <https://www.authconn.com/> <https://www.amazon.com/dp/0593191862> <https://challengesuccess.org/join-the-program/> https://www.education.nh.gov/sites/g/files/ehbemt326/files/inline-documents/mental_health_and_academic_achievement.pdf <https://www.theatlantic.com/newsletters/archive/2023/03/teen-anxiety-elite-schools-sat-act-paradox-wealthy-nations/673307/>
Compliance Issues: Mental Health, Adolescent Development, Parenting, Self-Growth, Education, Psychology

CAFFEINE ADDICTION

Air Date: 9/03/2023

Air Time: 7:14 AM

SEGMENT 2: IS THERE SUCH THING AS A 'SAFE' AMOUNT OF CAFFEINE FOR TEENS?	DURATION: 8:36
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Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like 'tropical punch' or 'blue raspberry' that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine. Host: Nancy Benson. Producer: Tabor Brewster. Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago Compliance issues covered: caffeine; addiction; overdose; vulnerable populations; adolescents; diet; sugar; stimulants; mental health; public safety; patient safety; energy drinks Links for information: <https://ortho.uchicago.edu/faculty/holly-j-benjamin-md> <https://www.linkedin.com/in/holly-benjamin-0b58b3a/> <https://publications.aap.org/pediatrics/article/127/6/1182/30098/Sports-Drinks-and-Energy-Drinks-for-Children-and?autologincheck=redirected> https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Caffeine_and_Children-131.aspx

PERSONAL FINANCE

Air Date: 9/03/2023

Air Time: 7:42 AM

SEG. 1: DROWNING IN DEBT? YOU'RE NOT ALONE: A NEW WAVE OF CREDIT CARD DEBT IN AMERICA DURATION: 7:32

Synopsis: Credit card debt in the U.S. just surpassed one trillion dollars and payment delinquency rates are also on the rise. One factor that's feeding into these increases are a growing amount of credit card accounts. The Federal Reserve Bank of New York reports that there are 70 million new accounts since 2019. This week - we discuss the effects of escalating debt and how listeners can start taking back control. Host: Gary Price. Guest: Chloe Elise, certified financial coach, author, Deeper Than Money. Links for more info: https://www.marketwatch.com/story/americans-credit-card-debt-just-hit-1-trillion-7eae6765#:~:text=Adding%20to%20the%20problem%20of,student%2Dloan%20payments%20will%20resume.&text=Credit%2Dcard%20debt%20surpassed%20the,order%20to%20meet%20rising%20prices.?mod=article_inline <https://www.amazon.com/Deeper-Than-Money-Wealth-Confident-ebook/dp/B0BN5NGVQH> <https://www.cnbc.com/select/how-much-money-to-put-towards-debt/> <https://www.consumerfinance.gov/ask-cfpb/what-do-i-need-to-know-if-im-thinking-about-consolidating-my-credit-card-debt-en-1861/> Compliance Issues: Personal Finance, Consumerism, Psychology, Economy, Banking, National Debt, Self-Development

HEALTHCARE

Air Date: 9/10/2023

Air Time: 7:02 AM

SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?	DURATION: 10:05
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Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide. Host: Elizabeth Westfield. Producer: Tabor Brewster. Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, We've Got You Covered; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine Compliance issues covered: medicare, universal healthcare; medicaid; public health; patient safety; public policy; health insurance; politics; consumerism; economics; deductible Links for information: <https://economics.mit.edu/people/faculty/amy-finkelstein> <https://www.penguinrandomhouse.com/books/690632/weve-got-you-covered-by-liran-einav-and-amy-finkelstein/> <https://www.med.unc.edu/socialmed/directory/jonathan-oberlander/> <https://twitter.com/OberlanderUNC>

MENTAL HEALTH

Air Date: 9/10/2023

Air Time: 7:42 AM

SEG. 1: WHY DOES EVERYONE, INCLUDING PARENTS, WANT TO BE INFLUENCERS?	DURATION: 7:16
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Synopsis: Two out of three people on Earth are on social media. With so many eyeballs online, it's big business to have a large social media following and work as an influencer. We highlight this ever-evolving lucrative industry and how new laws are better protecting those who've been previously taken advantage of. Host: Gary Price. Guest: Stephanie McNeal, senior editor, Glamour, author, Swipe Up for More: Inside the Unfiltered Lives of Influencers. Links for more info: <https://www.instagram.com/stephemcneal/?hl=en> <https://twitter.com/stephemcneal?lang=en> <https://www.amazon.com/gp/product/0593418603?ots=1&slotNum=0&imprToken=78c52930-3d42-5dd9-bd5&tag=glamour0d7-20&linkCode=w50> Compliance Issues: Technology, Career, Social Media, Psychology, Wealth, Law, Politics, Ethics, Parenting, Mental Health

PUBLIC HEALTH

Air Date: 9/17/2023

Air Time: 7:14 AM

SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION	DURATION: 8:04
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Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Bars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Nikki Bars McCullough, Respiratory protection Expert, 3M Company Compliance issues covered: air quality; air pollution; mask; public health; natural disasters; wildfire; smoke; lung health; vulnerable populations; stroke Links for information: <https://www.linkedin.com/in/nicole-mccullough-a442b317/> https://www.who.int/health-topics/air-pollution#tab=tab_1 <https://www.nfpa.org/News-and-Research/Publications-and-media/Blogs-Landing-Page/NFPA-Today/Blog-Posts/2023/08/12/Maui-wildfire-one-of-deadliest-in-US-history>

EDUCATION

Air Date: 9/17/2023

Air Time: 7:42 AM

SEG. 2: SCHOOL, SPORTS, STANDARDIZED TESTS: WHEN IS THERE TIME TO BUILD LIFE SKILLS?	DURATION: 9:20
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Synopsis: As an academic advisor, Ana Homayoun has had thousands of conversations with students, parents, and administrators. Many of these talks typically center around grades, college admissions, career paths and other key academic to-dos. Yet, what's not as commonly talked about is the importance of life skills. This means cultivating independence, setting good habits and more. We speak with Homayoun about why so many teens seem to struggle post-high school and how adults can better prepare their kids in the long-term rather than focusing solely on short-term academic markers. Host: Marty Peterson. Guest: Ana Homayoun, academic advisor, early career development expert, author, Erasing the Finish Line: The New Blueprint for Success. Links for more info: <https://www.cdc.gov/healthyyouth/mental-health/index.htm> <https://www.amazon.com/Erasing-Finish-Line-Blueprint-Admission/dp/0306830698> <https://www.cnn.com/2023/06/05/opinions/youtube-instagram-kids-parents-social-media-homayoun/index.html> Compliance Issues: Education, Mental Health, Parenting, Creativity, Life Skills, Adolescent Development, Self Help