

Quarterly Issues Programs List for Townsquare Media Utica

October 1, 2023 through December 31, 2023

Quarterly Issues Programs List for Stations

WFRG-FM, WLZW-FM, WODZ-FM, WOURL-FM, and WIBX-AM

Section I. Issues.

The stations have identified the following topics as significant issues facing our community in this quarter:

- A. **Public Health:** In New York State, currently over 18,400,000 people (or 95 percent of the state) have received at least one dose of the COVID-19 vaccine. Healthcare's hope is that COVID-19 soon becomes a seasonal sickness that we deal with using yearly vaccines like the flu. Dr. Kent Hall of MVHS was on our stations with weekly chats about COVID, as well as other respiratory illnesses including the flu and RSV. During this quarter, the new Wynn Hospital opened in downtown Utica.
- B. **At-Risk Children:** Dolly Parton's Imagination Library expanded farther into Central New York during Q4, which provides local children aged 5 and under a free book by mail every month. The Imagination Library partnered The Genesis Group of the Mohawk Valley and R4K, a Ready for Kindergarten "A Birth to School" program to help promote a culture of reading for all children across Oneida County. Data suggests children who read early are more successful in school and in their careers. The Imagination Library's partnership comes as data from the Program for International Student Assessment found reading scores nationwide have been negatively impacted by the pandemic.
- C. **Mental Health:** A survey from the Treatment Advocacy Center found people with untreated mental illnesses are 16 times more likely to be killed by law enforcement. In Oneida County, the numbers of teens being detained by police for mental health evaluations or for attempting suicide has climbed since 2020. The Oneida County Sheriff's Office took a proactive measure to deescalate future situations involving a mental health crisis by recruiting a new Emotional Support Animal, named Addie. The ESA will serve on the department's Domestic Violence Mental Health and Crisis Assessment Unit to comfort those in crisis.
- D. **Local Government:** Central New York saw the departure of two long-term city governors in Q4. Oneida County saw the departure of Mayor Jackie Izzo, the City of Rome's first female mayor, and Utica Mayor Rob Palmieri, who served in office for 12 years. Both came on the show to discuss the positive changes their administrations brought to their respective cities. The two also shared their hopes for how their successors will continue their legacy. Palmieri's successor, Mike Galime, also appeared on the show to discuss the plans his administration has for the City of Utica.
- E. **Driving Safety:** New York experienced a record number of holiday drivers in Q4. New Year's Eve and Thanksgiving are the holidays that see the highest number of impaired drivers on the road. During the Thanksgiving holiday, New York State police set up additional DWI patrols and arrested 178 impaired drivers. The Oneida County Sheriff's Department also participated in STOP-DWI programs over the holidays. Sheriff Robert Maciol spoke about how the increased patrols will enforce safety on the roads.

Section II. Responsive Programs

As part of our Responsive Programs, our brands air both “This Week in the Mohawk Valley” and the “Radio Health Journal” weekly.

This Week in the Mohawk Valley

“This Week in the Mohawk Valley”, a 28-minute program, airs every Sunday on each station at the following times:

WFRG- FM, WLZW-FM, WOUR-FM, and WODZ-FM at 6AM

WIBX-AM at 10AM.

Date(s) Aired	Issue(s) Discussed	Description of Program
10/01/2023	Celebrities, Children at Risk, COVID-19, Public Health, Social Support, Vulnerable Populations	<p>Seg 1- The Genesis Group Literary Education program spoke about their new partnership with Dolly Parton’s Imagination Library program, which allowed its expansion to Utica and Camden, NY.</p> <p>Seg 2- Doctor Kent Hall from MVHS provided updates on COVID and other medical issues impacting residents</p>
10/08/2023	COVID-19, RSV, Flu, Public Health, Vulnerable Populations	<p>Seg 1 – Wynn Hospital Senior VP Patty Charvat and MVHS VP of Marketing Caitlin McCann discussed Wynn Hospital’s slated opening for October 29, and plans to better serve the area’s health needs.</p> <p>Seg 2 - Doctor Kent Hall from MVHS provided updates on COVID and other medical issues impacting residents</p>
10/22/2023	Charity, Community, Flu, COVID-19, Respiratory Illness, Public Health, Viral Infections, Vulnerable Populations	<p>Seg 1 – Herkimer City Community Development Director Debbie Kessler discussed upcoming community events like the Holiday Craft Fair and job fair</p> <p>Seg 2 - Doctor Kent Hall from MVHS provided updates on COVID and other medical issues impacting residents. Discussion also included rising cases of the flu in Central New York.</p>
11/05/2023	Charity, Community, Lifestyle, Role Models, Social Support	<p>Seg 1 – Herkimer County College Foundation Executive Director Rob Fowler discussed the 45th annual Arts& Crafts Fair on Nov 11 and upcoming events from the Foundation.</p> <p>Seg 2 – Genesis Group Education Committee Co-Chair Maria Smith announced the winners for the Outstanding Educator Awards and upcoming celebratory dinner</p>
11/19/2023	Animals, Computer Science, Mental Health, Public Safety, Public Health, Science Fair	<p>Seg 1 – Regional Data Analytics Task Force co-chair Jake Childress discusses the upcoming data innovation summit, which is the region’s premiere event for data, analytics and AI practitioners</p> <p>Seg 2 – Oneida County Sheriff Robert Maciol introduced the department’s new emotional support animal. Addie, a golden retriever, joined the Domestic Violence Mental Health and Crisis Assessment Unit</p>
11/26/2023	Animals, Mental Health, Public Safety, Public Health, Social Support	<p>Seg 1 – Women business leaders Leigh Ann Dillon, of Hilltop Marketing, and Christine Spiak, a money coach from Compass Financial, promoted Small Business Saturday and holiday efforts to support local shops</p> <p>Seg 2 – Oneida County Sheriff Robert Maciol discussed ongoing training for the department’s new emotional support dog Addie, who serves on the Domestic Violence Mental Health and Crisis Assessment Unit</p>

12/03/2023	Computer Science, COVID-19, Public Health, Respiratory Illness, Science Fair	<p>Seg 1 – Regional Data Analytics Task Force co-chair Jake Childress discussed the upcoming data innovation summit, which is the region's premiere event for data, analytics and AI practitioners.</p> <p>Seg 2 - Doctor Kent Hall from MVHS provided updates on COVID-19 numbers and other medical issues impacting residents</p>
12/10/2023	Goals, Public Safety, Resilience, Local Government	Seg 1 – Outgoing Rome Mayor Jackie Izzo reflected on her 8-year tenure serving the city before her term ended. Izzo was the first female Mayor of Rome.
12/17/2023	Goals, Public Safety, Resilience, Local Government	Seg 1 – Outgoing Utica Mayor Rob Palmieri reflected on his 12 years of service to the city before his tenure ended. Palmieri was credited for helping the City of Utica undergo an economic and financial transformation.
12/24/2023	Community, Driving, Religion, Police Officers, Speeding,	<p>Seg 1 – Rev. Joseph Salerno held a special discussion about the meaning of Christmas and delivered a Christmas message.</p> <p>Seg 2 – Oneida County Sheriff Robert Maciol spoke about special patrols to ensure motorist safety around the holiday. Authorities were to increase their presence on the road to watch for suspected impaired drivers.</p>
12/31/2023	Goals, Public Safety, Resilience, Local Government	Seg 1 – Incoming Utica Mayor Mike Galime shared his vision for the City of Utica and the goals he has for the next four years.

In addition to the above programming, each station broadcasts Radio Health Journal for 30 minutes each week as follows:

WIBX: Saturdays at 6am and Sunday at 8am

WFRG-FM, WLZW-FM, WODZ-FM, WOUR-FM: Sundays at 6am

See attached program log for details.

Quarterly Report of Compliancy Issues & Programs List 2023-Q4 (October - December) Radio Health Journal

- Accidents
- Achilles Heel
- Acupuncture
- Aggressive Cancer
- Air Pollution
- Animals
- Anxiety
- Arthritis
- Asherman's Syndrome
- Atomic Bomb
- Atrial Fibrillation
- Autopsy
- Bioaccumulates
- Biology
- Blood Test
- Blood Thinners
- Body Language
- Bone Defect
- Bone Health
- Bone Spurs
- Brain Bleed
- Brain Health
- Brain Surgery
- Breast Cancer
- Breast Density
- Breast Tissue
- Bullying
- Cancer
- Cannabinoids
- Cannabis
- Cardiac Health
- Cardiovascular Health
- Cataracts
- CBD
- Celebrities
- Cell Replacement
Therapy
- Charity
- Chemicals
- Childhood Trauma
- Children At Risk
- Chronic Conditions
- Chronic Disease
- Chronic Inflammation
- Cigarettes
- Cleaning
- Climate Change
- Clinical Trials
- Colorectal Cancer
- Community
- Computer Science
- Confession
- Conflict Resolution
- Consumerism
- Contamination
- COPD
- Covid-19
- Craniofacial Anomaly
- Crime
- Criminal Justice
- Criminology
- Death
- Deception
- Deep Brain Stimulation
- Deforestation
- Dentistry
- Depression
- Detergent
- Diabetes
- Diet
- Disability
- DNA
- Dopamine
- Driving
- Dust Mites
- Earthquake
- Efficient Travel
- Elderly Population
- Emergency Medicine
- Emotional Maturity
- Empathy
- Endangered Species
- Environment
- Exercise
- Facial Deformities
- Factory Workers
- False Confessions
- Family Relations
- FDA
- Fear Conditioning
- Fertility
- Fire
- Fire Safety
- Flat Foot
- Flooding
- Flu
- Foot Health
- Forensic Toxicology
- Forest Fires
- Genetics
- Goals
- Gun Violence
- Habitats
- Hazard Prevention
- Healthcare
- Healthy Lifestyle
- Heart Attack
- Heart Health
- Heart Surgery
- Heel Stability
- Herbal Remedies
- Holistic Healthcare
- Home Health
- Immortality
- Immune Disease
- Immune System
- Infectious diseases
- Infertility
- Inflammation
- Injectable Medication
- Integrative Health
- Integrative Medicine
- Intensive Care Unit
- International Issues
- Interrogation
- Invasive Species
- Invention
- Investigations
- Invisible Illness
- Ionizing Radiation
- IVF
- Judicial System
- Kidnapping
- Kitchen Safety
- Labor
- Law Enforcement
- Leadership Skills
- Lethal Injections
- Lifestyle
- Longevity
- Lung Disease
- Lying
- Mammograms
- Manhattan Project
- Medical Insurance
- Medicine
- Meditation
- Mental Health
- Miscarriage
- Mold
- Morgue
- Movement
- mRNA
- multiple sclerosis
- Murder
- Natural Disasters
- Nervous System
- Neurobiology
- Neurology
- Nuclear Industry
- Nuclear Workers
- Nursing Home
- Occupational Health
- Oncology
- Ophthalmology
- Optimism
- Overbite
- Parkinson's Disease
- Pathological Liars
- Patient Safety
- Patient Support
- Pets
- Pharmaceuticals
- Physical Therapy
- Placenta
- Plantar Fasciitis
- Podiatry
- Poisons
- Police Officers
- Political Espionage
- Pollution
- Population Control
- Pregnancy
- Preventative Testing
- Prison
- Protein
- Psychiatric Conditions
- Psychology
- PTSD
- Public Health
- Public Safety
- Radiation
- Radiology
- Recovery
- Relapsing Diseases
- Religion
- Resilience
- Respiratory Illness
- Reward System
- Rheumatoid Arthritis
- Road Safety
- Role Models
- RSV
- Rural Areas
- Scar Tissue
- Schizophrenia
- Science Fair
- Seizure
- Self-exams
- Smoke Detectors
- Social Support
- Speeding
- Stalking
- Stem Cell
- Stress
- Stroke
- Stroke Survivors
- Supplements
- Surgery
- THC
- Toxicology
- Traditional Medicine
- Trauma
- Trauma Surgery
- Vaccine Fatigue
- Vaccines
- Vapes
- Vehicle Crashes
- Vehicle Safety
- Victims
- Viral Infections
- Viral Mutations
- Virus
- Vision
- Vitamin D
- Vitamins
- Volatile Organic
Chemicals
- Vulnerable Population
- Vulnerable Populations
- Wildlife
- Women's Health
- World Population
- World War II
- Wrongful Convictions
- X-ray

Program 23-40

Air Week: 10/1/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “OWN YOUR CHOICES”: GETTING HEALTHY WITHOUT MEDICATION

Time: 1:50

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 dependence 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

Compliance issues: Chronic Conditions, Diabetes, Healthcare, Supplements, Acupuncture, Herbal Remedies, Holistic Healthcare, Integrative Medicine, Lifestyle, Meditation, Pharmaceuticals, Traditional Medicine, Vitamins

Links for more info:

[Diet ID](#)

[Dr. David Katz](#)

[X: @DrDavidKatz](#)

[LinkedIn: Dr. Tieraona Low Dog](#)

[Dr. Low Dog](#)

[Instagram: @lowdogmd](#)

SEGMENT 2: HOW TO GET A STEP AHEAD OF YOUR FOOT HEALTH

Time: 14:10

Duration: 8:52

Synopsis: Even though the APMA estimates that three out of four people will develop serious foot pain, foot health is often neglected until it's too late. Plantar fasciitis is one of the most common causes of foot discomfort – and it's preventable in many cases. Dr. Marlene Reid, a podiatric surgeon, explains proper foot care and how to mitigate any pain flare-ups

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Marlene Reid, Podiatric Surgeon, National Spokesperson, American Podiatric Medical Association

Compliance issues: Patient Safety, Public Health, Achilles Heel, Bone Spurs, Flat Foot, Foot Health, Foot Pain, Heel Stability, Plantar Fasciitis, Podiatry

Links for more info:

[Dr. Marlene Reid, DPM - Family Podiatry Center](#)

[American Podiatric Medical Association](#)

[LinkedIn: Dr. Marlene Reid](#)

Program 23-41

Air Week: 10/8/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: RHEUMATOID ARTHRITIS: LIVING WITH AN INVISIBLE ILLNESS

Time: 1:50

Duration: 13:18

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.

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

Compliance issues: Public Health, Rheumatoid Arthritis, Arthritis, Cardiovascular Health, Chronic Inflammation, Community, Heart Conditions, Inflammation, Invisible Illness, Patient Support, Physical Therapy

Links for more info:

[Arthritis Foundation](#)

[Talisa King | LinkedIn](#)

[Linda Li | Department of Physical Therapy](#)

[Linda Li | VCH Research Institute](#)

[An Interview with Dr. Linda Li - Featured Researcher](#)

SEGMENT 2: WHAT TO DO WHEN ANIMALS INVADE OUR HABITAT

Time: 16:10

Duration: 6:19

Synopsis: In a world where deforestation and environmental pollution runs rampant, it's no surprise that wild animals have started to creep into our backyards and – in some cases – inside our homes. Mary Roach, a science author, dives into the reasons behind this steady rise of wildlife lawbreakers.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Mary Roach, Science Author, Fuzz

Compliance issues: Invasive Species, Public Safety, Wildlife, Animals, Deforestation, Endangered Species, Habitats

Links for more info:

[Mary Roach](#)

[Fuzz: When Nature Breaks the Law: Roach, Mary: Amazon.com: Books](#)

[Mary Roach \(@mary_roach\) / X](#)

Program 23-42

Air Week: 10/15/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHAT CRIME SHOWS WON'T TELL YOU ABOUT HOW TO SPOT A LIAR

Time: 1:51

Duration: 11:28

Synopsis: Many of us think that we can spot a liar by their eye movements or facial expressions, but for true deception artists those methods won't work. Our experts explain the psychology behind why people lie and how you can avoid being duped.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, The Curtis Deception Lab, Co-Author, Big Liars

Compliance issues: Psychology, Public Health, Public Safety, Vulnerable Populations, Children At Risk, Deception, Lying, Pathological Liars

Links for more info:

[Christian Hart](#)

[Big Liars](#)

[Chris Hart \(@chrishartpsych\) / X](#)

[Drew A. Curtis, Ph.D.](#)

[Dr.Curtis \(@Dr_CurtisPhD\) / X](#)

[Curtis Deception Lab](#)

SEGMENT 2: HOW THE MRNA VACCINE HAS REVOLUTIONIZED INFECTIOUS DISEASE PREVENTION

Time: 14:21

Duration: 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: Greg Johnson

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

Compliance issues: Clinical Trials, Covid-19, DNA, FDA, Vaccine Fatigue, Vaccines, Vulnerable Populations, Flu, Infectious diseases, mRNA, RSV, Viral Infections, Viral Mutations

Links for more info:

[William Schaffner, M.D. | Department of Health Policy](#)

[William Schaffner, MD – NFID](#)

[The new COVID boosters: What doctors and patients need to know | AAMC](#)

Program 23-43

Air Week: 10/22/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CURING CANCER WITH VACCINES OF THE FUTURE

Time: 1:50

Duration: 12:18

Synopsis: The pandemic introduced many of us to mRNA vaccines. Now, researchers are hard at work figuring out how to use this technology to fight cancer. This delivery method would not only stop cancer from growing, but also allow our immune system to eradicate the disease. An expert explains the science behind how we may soon be able to cure cancer.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jordan Green, Professor, Vice Chair of Biomedical Engineering, Johns Hopkins University School of Medicine

Compliance issues: Breast Cancer, Cancer, Colorectal Cancer, Diabetes, Immune System, Oncology, Patient Safety, Public Health, Vaccines, Virus, Vulnerable Populations, mRNA, multiple sclerosis, protein

Links for more info:

[Jordan J. Green, Ph.D., Professor of Biomedical Engineering | Johns Hopkins Medicine](#)

[Jordan Green Lab](#)

[Biodegradable lipophilic polymeric mRNA nanoparticles for ligand-free targeting of splenic dendritic cells for cancer vaccination | PNAS](#)

[Green Group \(@JGreenGroup\) / X](#)

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

Time: 15:10

Duration: 7:49

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

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

Compliance issues: Anxiety, Depression, Environment, Genetics, Neurology, Resilience, Community, Fear Conditioning, Goals, Gun Violence, Optimism, Religion, Role Models, Social Support, Stalking

Links for more info:

[Dennis S. Charney | Mount Sinai - New York](#)

[Icahn School of Medicine at Mount Sinai \(@IcahnMountSinai\) / X](#)

[Dennis S. Charney, MD - President for Academic Affairs - Mount Sinai Health System | LinkedIn](#)

[Resilience: The Science of Mastering Life's Greatest Challenges](#)

Program 23-44

Air Week: 10/29/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DOPAMINE AND PARKINSON'S: CHALLENGING OVER 100 YEARS OF RESEARCH

Time: 1:49

Duration: 12:15

Synopsis: Emerging research is changing everything we thought we knew about dopamine. The connection between Parkinson's Disease and dopamine has been documented in the past, but a new study uncovers mechanisms of the chemical that were previously thought to be impossible. Our experts dive into the research and explain how this affects the future of Parkinson's treatment.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Zachary Gaertner, Neuroscientist, Northwestern University Feinberg School of Medicine; Dr. Raj Awatramani, Sir John Eccles Professor of Neurology, Northwestern University; Dr. Daniel Dombeck, Professor of Neurobiology, Northwestern University

Compliance issues: Parkinson's Disease, Patient Safety, Cell Replacement Therapy, Dopamine, Movement, Neurobiology, Neurons, Reward System, Schizophrenia, Stem Cell

Links for more info:

[Unique functional responses differentially map onto genetic subtypes of dopamine neurons | Nature Neuroscience](#)

[Zachary Gaertner \(@Z_Gaertner\) / X](#)

[Rajeshwar Awatramani: Faculty Profiles](#)

[raj_awatramani \(@AwatramaniRaj\) / X](#)

[Daniel A Dombeck: Faculty Profiles](#)

[Daniel A Dombeck \(@DanielDombeck\) / X](#)

SEGMENT 2: HOW TO PROTECT YOUR HOME FROM TOXIC MOLD AND BAD AIR QUALITY

Time: 15:06

Duration: 7:54

Synopsis: As the temperature drops and we're spending more time inside, it's important to keep our homes disease-free. Things like mold and dust mites can compromise your health. Our experts explain how to properly clean your space and give easy steps you can take to keep your family safe.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Caroline Blazovsky, Home Inspector, Founder, My Healthy Home; Dr. Gregory Charlop, Anesthesiologist, Author, Dr. Greg's Green Home Makeover

Compliance issues: Public Health, Virus, Vulnerable Populations, Chemicals, Cleaning, Detergent, Disease, Dust Mites, Home Health, Mold, Pets, Volatile Organic Chemicals

Links for more info:

[My Healthy Home](#)

[Caroline Blazovsky - Healthy Home Expert \(@healthyhomeexp\) / X](#)

[Caroline Blazovsky \(@healthyhomeexpert\) • Instagram photos and videos](#)

[Dr. Gregory Charlop](#)

[Gregory Charlop, Wellness MD \(@gregorycharlopmd\) • Instagram photos and videos](#)

[Gregory Charlop Wellness MD](#)

Program 23-45

Air Week: 11/5/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SHOULD BUSY CITIES START BANNING LEFT-HAND TURNS?

Time: 1:51

Duration: 11:53

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: Kristen Farrah

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

Compliance issues: Psychology, Public Safety, Speeding, Driving, Efficient Travel, Road Safety, Traffic, Vehicle Crashes, Vehicle Safety

Links for more info:

[Pennsylvania State University College of Engineering](#)

[LinkedIn: Dan McMackin](#)

[LinkedIn: Dr. Vikash Gayah](#)

[LinkedIn: Patrick Browne](#)

SEGMENT 2: BRACE FACE: AUTHOR WHO WAS BULLIED FOR HER OVERBITE OFFERS

GUIDANCE

Time: 14:46

Duration: 7:49

Synopsis: Christina Wyman was born with a craniofacial deformity and spent her childhood dodging bullies -- at school and at home. After two jaw surgeries as an adult, her extreme overbite is fixed, but the trauma lives on. She offers guidance on how parents can successfully support their kids through these tough times.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Christina Wyman, author, Jawbreaker

Compliance issues: Bone Health, Empathy, Bone Defect, Bullying, Childhood Trauma, Children At Risk, Conflict Resolution, Craniofacial Anomaly, Dentistry, Emotional Maturity, Facial Deformities, Family Relations, Overbite

Links for more info:

[Christina Wyman Books](#)

[Instagram: @christina.wyman.books](#)

[X: @cwymanbooks](#)

[Facebook: christinawymanbooks](#)

Program 23-46

Air Week: 11/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: OPPENHEIMER'S LEGACY: RISING CANCER RISKS DUE TO IONIZING RADIATION

Time: 1:51

Duration: 11:54

Synopsis: Researchers have been studying the lasting health effects of the atomic bomb for decades – but there's a new type of radiation scientists are worried about. Nuclear workers, medical physicians, and the public are all being exposed to low-dose, long-term ionizing radiation. It causes cancer, radiation cataracts, and impaired cognition. Experts explain how we can protect ourselves from these dangerous rays.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. David Richardson, Professor of Environmental and Occupational Health, University of California, Irvine, Internationally Recognized Expert in Occupational Health; Dr. Mina Makary, Interventional Radiologist, The Ohio State University Wexner Medical Center

Compliance issues: Cancer, Manhattan Project, Radiation, World War II, Atomic Bomb, Cataracts, Ionizing Radiation, Nuclear Industry, Nuclear Workers, Occupational Health, Radiology, X-ray

Links for more info:

[Mina Makary MD | Ohio State University Wexner Medical Center](#)

[Mina S. Makary, MD \(@MinaMakaryMD\) / X](#)

[David Richardson, PhD](#)

[Cancer mortality after low dose exposure to ionising radiation in workers in France, the United Kingdom, and the United States \(INWORKS\): cohort study | The BMJ](#)

SEGMENT 2: EVERYONE HAS LUMPS AND BUMPS – MAKE SURE YOURS AREN'T DEADLY

Time: 14:47

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

Compliance issues: Breast Cancer, Aggressive Cancer, Breast Density, Breast Tissue, Mammograms, Medical Insurance, Preventative Testing, Self-exams

Links for more info:

[NAPBC Board | ACS](#)

[Katharine Yao | Profiles RNS](#)

[Professor Peter Schmid - Barts Cancer Institute](#)

[Pembrolizumab for Early Triple-Negative Breast Cancer](#)

[Peter Schmid](#)

Program 23-47

Air Week: 11/19/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FROM HOLLYWOOD TO THE HOSPITAL: JAMIE-LYNN SIGLER'S BATTLE WITH MS

Time: 1:51

Duration: 11:39

Synopsis: Jamie-Lynn Sigler was cast in *The Sopranos* as a teenager, but was soon fighting for more than just her spot in Hollywood. After being diagnosed with multiple sclerosis, Sigler found herself on a long journey of figuring out how to manage her disease while living a fulfilling life. She explains the steps she took in hopes of helping others in similar situations.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Jamie-Lynn Sigler, Actress; Dr. Sharon Stoll, Neuroimmunologist, Assistant Professor in the Department of Neurology, Yale School of Medicine

Compliance issues: Genetics, Immune System, Neurology, Public Health, Vulnerable Populations, Immune Disease, Multiple Sclerosis, Ophthalmology, Relapsing Diseases, Vision, Vitamin D

Links for more info:

[Jamie Lynn Sigler \(@jamielynnsigler\) • Instagram photos and videos](#)

[Jamie-Lynn Sigler \(@JamieLSigler\) / X](#)

[Jamie-Lynn Sigler's Relapsing MS Treatment Journey](#)

[Sharon Stoll \(@drsharonstoll\) • Instagram photos and videos](#)

[Dr. Sharon S Stoll](#)

[Sharon S Stoll \(@DrSharonStoll\) / X](#)

SEGMENT 2: MODERN DAY WITCH HUNTS: THE PSYCHOLOGY OF FALSE CONFESSIONS

Time: 14:32

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

Compliance issues: Crime, Law Enforcement, Murder, Psychology, Public Health, Public Safety, Body Language, Confession, Criminal Justice, Criminology, False Confessions, Interrogations, Kidnapping, Lying, Wrongful Convictions

Links for more info:

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

Program 23-48

Air Week: 11/26/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

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

Compliance issues: Fertility, IVF, Pregnancy, Surgery, Vulnerable Populations, Asherman's Syndrome, Infertility, Labor, Miscarriage, Placenta, Scar Tissue, Women's Health

Links for more info:

[LinkedIn: Lisa McCarty](#)

[LinkedIn: Dr. Sigal Klipstein](#)

[Dr. Sigal Klipstein, M.D., F.A.C.O.G. | InVia Fertility](#)

[Asherman's syndrome | Fertility & Reproductive Medicine Center](#)

SEGMENT 2: FALSE CONFESSIONS PT.2: USING SCIENCE TO CATCH THE REAL CRIMINALS

Time: 13:31

Duration: 8:59

Synopsis: Last week our experts broke down the psychology of false confessions, and today we're discussing the aftermath of wrongful convictions. Why do people who've been wrongly convicted die earlier? How can law enforcement make sure they're catching the real criminals? Our experts explain it all.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Allison Redlich, Distinguished University Professor in the Department of Criminology, Law, and Society, George Mason University; Mary Catlin, Doctoral Student & Graduate Research Assistant in Criminology, Law and Society, George Mason University

Compliance issues: Crime, Law Enforcement, Public Safety, Criminology, False Confessions, Interrogation, Judicial System, Police Officers, Prison, Victims, Wrongful Convictions

Links for more info:

[Allison D. Redlich – Innocence Research](#)

[Allison D. Redlich](#)

[PROTOCOL: Interview and interrogation methods and their effects on true and false confessions: An update and extension - PMC](#)

[Mary Catlin](#)

[Mary CATLIN | Research Assistant | Master of Science | George Mason University, VA | GMU | Department of Criminology, Law and Society | Research profile](#)

Program 23-49

Air Week: 12/3/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CAN ACUPUNCTURE HELP PATIENTS RECOVER FROM OPEN HEART SURGERY?

Time: 1:49

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

Compliance issues: Anxiety, Patient Safety, Public Health, Acupuncture, Atrial Fibrillation, Cardiac Health, Heart Attack, Heart Surgery, Integrative Health, Intensive Care Unit, Recovery, Stress, Stroke

Links for more info:

[Kim L Feingold: Faculty Profiles](#)

[LinkedIn: Dr. Kim Feingold](#)

[Ania Grimone, LAc | Northwestern Medicine](#)

[Ania Grimone M.S., L.Ac., C.H., CPCC - Owner and CEO - Venus Core Leadership | LinkedIn](#)

SEGMENT 2: 'EVERYONE CAN BE MADE PSYCHOTIC' – THE TRUTH BEHIND SCHIZOPHRENIA

Time: 13:44

Duration: 8:42

Synopsis: Hollywood often portrays schizophrenia in its most extreme form, but the disorder's progression is much more complicated. Dr. Christoph Correll, a schizophrenia expert, pulls back the curtain on this condition. Dr. Christoph Correll explains why it's often misdiagnosed, left untreated, and can affect anyone – including you.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Christoph Correll, Professor of Psychiatry, Zucker School of Medicine, Medical Director of the Recognition and Prevention Program, Zucker Hillside Hospital

Compliance issues: Anxiety, Depression, Mental Health, Public Health, Vulnerable Populations, Injectable Medication, Psychiatric Conditions, Schizophrenia

Links for more info:

[Christoph Correll Profile | Zucker School of Medicine](#)

[Interplay between negative symptoms, time spent doing nothing, and negative emotions in patients with schizophrenia spectrum disorders: results from a 37-site study](#)

[NIMH » Schizophrenia](#)

Program 23-50

Air Week: 12/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: NATURAL DISASTERS ARE ONLY GETTING WORSE – HOW CAN YOU HELP?

Time: 1:51

Duration: 10:08

Synopsis: Natural disasters are often devastating to the surrounding communities and environment. And since they're becoming more frequent – and occurring in places they've never been before – it's more important than ever to know how to support the victims and prepare yourself for these catastrophes.

Host: Elizabeth Westfield

Producer: Amirah Zaveri

Guests: Dr. Vickie Mays, Clinical Psychologist, Professor, Department of Psychology at University of California Los Angeles

Compliance issues: Anxiety, Climate Change, Depression, Flooding, Mental Health, Natural Disasters, PTSD, Psychology, Trauma, Vulnerable Populations, Charity, Earthquake, Forest Fires, International Issues

Links for more info:

[Vickie M. Mays](#)

[Dr. Vickie Mays \(@drvickiemays\) / X](#)

[Vickie M. Mays, PhD, MSPH](#)

[Vickie M. Mays, Ph.D., MSPH - Distinguished Professor of Psychology and Distinguished Professor of Health Policy and Management - University of California, Los Angeles | LinkedIn](#)

SEGMENT 2: “IT’S A CRITICAL AGE”: WHY YOUNG KIDS SHOULD BE INVOLVED IN STEM

Time: 12:59

Duration: 9:19

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

Compliance issues: Consumerism, Public Safety, Vulnerable Populations, Computer Science, Fire, Fire Safety, Hazard Prevention, Invention, Kitchen Safety, Leadership Skills, Science Fair, Smoke Detectors

Links for more info:

[Society For Science: Raeva Ramadorai](#)

[LinkedIn: Raeva Ramadorai](#)

[Thermo Fisher Scientific Junior Innovators Challenge](#)

[Society For Science: Shanya Gill](#)

[LinkedIn: Shanya Gill](#)

Program 23-51

Air Week: 12/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CELEBRITY DEATHS & POLITICAL POISONINGS: INSIDE FORENSIC TOXICOLOGY

Time: 1:51

Duration: 12:22

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. Barbarajeon 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

Compliance issues: Autopsy, Death, Law Enforcement, Blood Test, Celebrities, Forensic Toxicology, Investigations, Lethal Injections, Morgue, Poisons, Political Espionage, Toxicology

Links for more info:

[Barbarajeon Magnani PhD, MD - Professor, Anatomic and Clinical Pathology, and Medicine - Tufts Medical Center | LinkedIn](#)
[BJ Magnani](#)

SEGMENT 2: IS SCIENCE CLOSE TO CREATING IMMORTAL HUMANS?

Time: 15:15

Duration: 7:05

Synopsis: The key to living a long life? Chip Walter says it's more about having less 'bad' genes rather than having more 'good' ones. But as we inch closer to finding immortality, there are some questions to be answered, such as "should we even be able to live hundreds of years?"

Host: Greg Johnson

Producer: Polly Hansen

Guests: Chip Walter, Explorer, National Geographic, Author, Immortality, Inc.

Compliance issues: Biology, Consumerism, Diet, Exercise, Genetics, Patient Safety, Public Health, Public Safety, Elderly Population, Immortality, Longevity, Population Control, World Population

Links for more info:

[Chip Walter - National Geographic Society](#)
[Chip Walter - Author - The Human Light and Power Co. | LinkedIn](#)

Program 23-52

Air Week: 12/24/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MINUTE BY MINUTE: EVERYTHING YOU NEED TO KNOW ABOUT STROKE PREVENTION

Time: 1:51

Duration: 11:03

Synopsis: Nearly 800,000 Americans have a stroke each year, so make sure you know how to help if your loved one has a sudden attack. Our experts give you the tools to know the signs, symptoms, and actions you can take to save a life. Remember to BE FAST, every minute matters.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sheryl Martin-Schild, Vascular Neurologist, Stroke Medical Director, Louisiana Emergency Response Network; Meghan McKee, Stroke Survivor

Compliance issues: Emergency Medicine, Neurology, Vulnerable Populations, Blood Thinners, Brain Bleed, Brain Health, Disability, Healthy Lifestyle, Heart Health, Stroke, Stroke Survivors

Links for more info:

[Sheryl Martin-Schild, MD | LCMC Health](#)

[Dr. Sheryl Martin-Schild, MD, PhD, FANA, FAHA](#)

[Sheryl Martin-Schild, M.D., Ph.D., FANA, FAHA](#)

SEGMENT 2: “NO SMOKE IS GOOD SMOKE” HOW VAPING IS INCREASING CASES OF COPD

Time: 13:54

Duration: 8:30

Synopsis: COPD is a silent killer – but it doesn’t have to be. Smoking cigarettes and vaping are among the main causes of the lung disease, but manufacturing plants and air pollution can make even the healthiest person sick. Our experts explain ways to reduce your risk and how to manage COPD once you’re diagnosed.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Tony Punturieri, Program Officer in the Division of Lung Disease, National Heart, Lung, and Blood Institute; Dr. Siva Sivaraman, Pulmonologist, Director of the Respiratory Therapy Department, AtlantiCare Regional Medical Center

Compliance issues: Air Pollution, COPD, Chronic Disease, Consumerism, Lung Disease, Pollution, Cigarettes, Factory Workers, Respiratory Illness, Rural Areas, Vapes, Vulnerable Population

Links for more info:

[Dr. Sivashankar Sivaraman, MD - Galloway, NJ - Pulmonary Critical Care - Book Appointment](#)

[Chronic Obstructive Pulmonary Disease \(COPD\)/Environment | NHLBI, NIH](#)

[Punturieri, Antonello | Pri-Med](#)

[Learn More Breathe Better® | NHLBI, NIH](#)

Program 23-53

Air Week: 12/31/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IF YOU HAVE A BRAIN, YOU'RE AT RISK FOR A SEIZURE - LET'S TALK ABOUT IT

Time: 1:49

Duration: 10:51

Synopsis: While seizures are more common in very young and old age groups, they can happen to anyone. Our experts break down what causes seizures, who is a candidate for brain surgery, and why cannabis is becoming a popular treatment option.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Dipali Nemade, Epileptologist and Neurologist, Orlando Health Neuroscience Institute; Dr. Barry Gidal, Professor of Pharmacy and Neurology, University of Wisconsin-Madison, Medications Co-Editor, Epilepsy.com

Compliance issues: Consumerism, FDA, Neurology, Vulnerable Populations, Bioaccumulates, Brain Surgery, Cannabinoids, Cannabis, CBD, Contamination, Deep Brain Stimulation, Nervous System, Seizure, THC

Links for more info:

[Barry E Gidal, PharmD, RPh](#)

[LinkedIn: Dr. Barry Gidal](#)

[Barry Gidal, PharmD | Epilepsy Foundation](#)

[Dipali Nemade, MD](#)

[Dipali Nemade, MD MPH \(@drdips23\) / X](#)

SEGMENT 2: "THEY'RE ACTIVELY TRYING TO DIE": INSIDE THE MIND OF A TRAUMA SURGEON

Time: 13:42

Duration: 9:16

Synopsis: With the constant stress and chaos of emergency rooms, how do doctors keep a clear head to make life or death decisions? Dr. Stephen Cohn has been a trauma surgeon for more than 40 years. He takes us through a day-in-the-life, giving us an inside look at the hectic lives of emergency medicine physicians.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Stephen Cohn, Trauma Surgeon, Hackensack Meridian Health, Author, All Bleeding Stops

Compliance issues: Consumerism, Death, Emergency Medicine, Medicine, Patient Safety, Public Health, Trauma, Vulnerable Populations, Accidents, Nursing Home, Stroke, Trauma Surgery

Links for more info:

[Dr. Stephen Cohn, MD - Hackensack, NJ - Surgical Critical Care](#)

[All Bleeding Stops: Life and Death in the Trauma Unit by Stephen M. Cohn M.D. | Barnes & Noble®](#)