

KKCY ISSUES & CONCERNS RESPONSIVE PROGRAMMING SUMMARY 1st QUARTER 2022

During the months of January, February, and March of 2022 station KKCY broadcast numerous programs that gave significant treatment to issues of concern and interest in the communities within our coverage area. Those issues and concerns included;

Drought

-Which overtook Covid this 1/4. After very encouraging 4th 1/4 2021 precipitation totals, our local official National Weather Service reporting station, the Yuba County airport recorded a record 54 straight days in January & February without measurable precipitation, the driest Jan/Feb in 152 years of official record-keeping. Even after the record dry stretch was broken, it wasn't with much precipitation. 1/100ths of an inch (the lowest amount considered "measurable" by NWS) on consecutive days, 3/5 & 6, with only another 1/2 inch through the end of March.

Other drought-related stories this 1/4;

-1/5 – Hyatt Power Plant back on-line

-1/12 – We remain in Extreme Drought category despite healthy rainfall

-2/1 – End of January Sierra snowpack survey not as encouraging as end-of-December

-2/15-3/28 – Weekly (every Monday except Presidents Day) Lake Oroville level updates. (ended 1/4 less than 1/2 capacity, 70% of the historical end-of-March avg)

-2/25 – U.S. Bureau of Reclamation announces initial 2022 water allocation for Central Valley Project contractors at 0%

-3/2 – March 1st Sierra snowpack survey falls to 63% of historic average

-3/21 – DWR announces another water allocation reduction, from 15% of contracted amount to 5%

-3/21 – Federal Govt "invites" Sites Project Authority to apply for \$2.2 billion in low interest loans

-3/23 – Spring heat wave breaks records

-3/28 – Yuba City awarded \$6.3 million DWR Urban Drought relief grant

-3/29 – DWR schedules State-wide groundwater survey to include the Sutter, South Yuba, & North Yuba basins

Covid (ended 1/4 w/Yuba-Sutter Covid death toll at 334 since tracking began)

-1/4 – Sutter County Covid deaths revise upward by 11

-1/5 – Another Yuba/Sutter Covid death reported; cases surging

-1/6 - " " " " " "

-1/11 - " " " " " " ; Omicron confirmed

-1/13 - " " " " " "

-1/14 - 2 more " " " "(s) "

-1/13 & 14 – Free at-home Covid test kit event scheduled in Colusa

-1/19 – Another Yuba/Sutter Covid death reported

-1/21 - 5 more " " " "(s) "

-1/22, 1/24-26 – Colusa County Covid Vaccination Clinic Weds

-1/25 - 3 more Yuba/Sutter Covid deaths reported

-1/26 - Another " " " death "

-1/27 – Sutter County Supervisors allocate \$10's of thousands for Covid tests

-2/2 – Another Yuba/Sutter Covid death reported

-2/4 - 2 more " " " "(s) "

-2/8 – New Covid testing site opening in Oroville

-2/9 – 4 more Yuba/Sutter Covid deaths reported

-2/10 – 2 " " " " " "

-2/15 - “ “ “ “ “ “ “
 -2/16 – Another “ “ “ “ “
 -2/22 - 6 more “ “ “ “ “
 -3/1 - 4 “ “ “ “ “ “
 -3/2 - 2 “ “ “ “ “ “
 -3/18 – Another “ “ “ “ “
 -3/24 - 3 more “ “ “ “ “

Economy

-Gas prices became a huge issue late in the quarter. We began providing daily (M-F) updates 3/4 when the State average rose from 4-86/gallon to 4-94, peaking at 5-91 on 3/28, ending the quarter down slightly at 5-89.

Other economy issues and concerns included;

-2/22 – Yuba/Sutter Economic Development Corporation awarded \$210,000 grant
 -3/8 - \$1 ½ million granted to the North Central Counties Consortium

Govt

-1/12 – New Yuba County Board of Supes Chair/Vice chair elected
 -1/18 – Yuba City Council denies Bonanza Inn homeless housing plan
 -1/20 – District 5 Yuba County Supervisor candidate announced
 -1/27 – Colusa County sues City of Colusa
 -1/27 – Colusa County Clerk-Recorder retiring
 -1/27 – Butte County's interim Health Officer's contract extended
 -2/1 – Sutter County Supervisor hired as Marysville Community Development Director
 -2/3 – Yuba City officially adopts District-based voting
 -2/4 – Marysville City Council approves Ellis Lake clean-up plan
 -2/9 – One of our area's best-known farmers announces Yuba Water Agency Director candidacy
 -2/9 – Our State Assembly person elected as Minority Leader
 -2/11 – Sutter County Board of Supervisors delays re-zoning decision
 -2/25 – Colusa County loses 1st round in legal battle with the City of Colusa
 -3/1 – Special meeting called by Yuba County Board of Supervisors to consider Arts Council issue
 -3/2 – Yuba County Supes give Arts Council approval
 -3/9 – Challenger announced in Sutter County Supervisor race
 -3/10 – Hastey announces YWA re-election bid
 -3/15 - 2nd candidate announced for Yuba County Supervisor Dist 5
 -3/16 – Yuba City receives over \$2 ¼ million in Clean California funds
 -3/17 – Yuba City Council delays Tourism Improvement District action due to written protests

Education

-1/11 – Yuba/Sutter Covid cases rising exponentially in schools
 --1/12 – Judge dismisses Yuba City School District suit against Sutter County Superintendent of Schools
 -1/13 – Emergency Yuba City Unified meeting results in temporary District-wide closure
 -1/14 – YCUSD investigating breach of Covid sports rules
 -1/14 – Yuba City School District approves Covid specialist position
 1/17 – Yuba/Sutter Schools Covid cases continue to surge
 -1/19 – River Valley High School Covid safety measure violation being investigated
 -1/27 – Yuba College enacts plan to get students back
 -1/28 – 3 Yuba County schools earn State Awards

- 2/3 – Shady Creek Outdoor school officially re-opens
- 2/24 – The Marysville softball Dad & suspended Yuba City School District counselor included in suicide lawsuit
- 3/1 – Yuba City School District updates mask policy

Fentanyl/Meth

- 1/7 – Potential fentanyl overdose at Butte County jail under investigation
- 1/10 – Butte County inmate arrested for smuggling in fentanyl resulting in overdoses
- 1/20 – Fentanyl/meth arrests in Yuba City
- 2/4 – Secret compartment in impounded Yuba City vehicle contains massive amount of fentanyl & meth
- 2/10 – 2 arrests; fentanyl, meth, & heroin seized after multiple search warrants served in Oroville
- 2/16 – Man arrested, fentanyl & weapons seized in Yuba City
- 2/22 – 4 inmate fentanyl overdoses at Butte County jail

Traffic

- 1/7 – Hwy 70 Feather River Canyon slide update
- 1/12 - “ “ “ “ “ “ “ “
- 1/26 – Marysville City Council approves 5th St rehab contract
- 1/27 – Pass Rd contract awarded
- 2/2 – CalTRANS opens public comment period on 99/70 corridor proposal through Sutter, Yuba, & Butte Counties
- 2/14 - 5th St rehab project begins today
- 2/16 – Clean California funds coming to Marysville/Oroville
- 3/2 - 5th St rehab project ceremonial ground-breaking today
- 3/3 – Yuba City Council approves final Bridge St widening project

Law Enforcement

- 1/4 – Yuba County Sheriff confirms ICE detainee
- 1/17 – High speed chase from Butte to Yuba County ends in officer-involved shooting
- 1/19 – Identity of Oroville man in Yuba County officer-involved shooting released
- 2/7 – Yuba County inmate commits suicide
- 2/11 – Sutter County Peace Officers' Association contract approved
- 3/16 – Marysville PD announces crackdown on traffic violations that cause collisions

Wildfire

- 1/5 – Cal-Fire completes Dixie Fire investigation
- 2/2 – PG&E wildfire victims payouts increased
- 2/2 – Yuba Water Agency approves almost \$1/4 million in fire & public safety grants
- 3/7 – New Cal-Fire bosses hired
- 3/9 – Paradise Town Council approves defensible space measure

We covered these issues and concerns in the following ways:

-Locally produced newscasts, including weather and sports, are broadcast each Monday through Friday (except January 3rd & President's Day) at 5a, 5:30a, 6a, 6:30a, 7a, 7:30a, 8a, and 8:30a.

-Employment;

Weekly, a representative from The Sutter County One-Stop (a government-funded employment and career center) provides, remotely for the time being, a 35 second “Job Hotline” Community Reminder. This airs, at no charge to the One-Stop, throughout all day-parts 7 days a week in equal rotation with all other Community Reminders (see details below) (Audio available through the calendar year on the KKCY newsroom computer desktop in the folder labeled, “Job Hotline”).

Local non-profit fundraiser and awareness events:

These are covered in several formats;

1) Occasionally in news casts (particularly health events such as blood drives).

2)Public Service Announcements (now called “Community Reminders per Corporate Director of Programming Dave Shakes reachable by e-mail at “dshakes@resultsradio.com”) recorded by someone involved with the group or event in question. There are generally no fewer than 4 and no more than 10 of these 35 second free spots running in equal rotation 7 days/week for a total of 147 plays a week all tolled. (Audio of all PSA’s (Community Reminders) is available on the KKCY newsroom computer desktop in the folder labeled, “2022 CR’s”).

3)Special Broadcast events.

These take the form primarily of live remote broadcasts and in-studio guests during Dave & Briggs In The Morning. Due to Covid-19 pandemic restrictions, all live in-show guests were by phone only.

Our live over the phone guests this quarter were;

- 1/12 – Ryan McNally, Yuba Water Agency
- 1/26 – Yuba County Sheriff Wendell Anderson
- 2/1 – Larry Stewart, Restless Heart frontman
- 2/17 – Jen Cates, Yuba City Education Foundation
- 2/24 – Steph Mackenzie, SayLove
- 3/3 – Courtney Payne, Threads To Thrive
- 3/7 – Amy Nore, Yuba County Office of Education
- 3/10 – Blaine Williams, Spring Extreme Destruction Derby & Tuff Trucks show
- 3/16, 3/23 – David Read, Yuba/Sutter Arts & Culture
- 3/16 – Dave & Briggs live broadcast from Sutter County 1-Stop Spring Job Fair (9:30a-11:30a)
- 3/17 – Judy B4rogden, Yuba City Total Home, Garden, & Recreation Show
- 3/24 – Kary Hauck, “ “ “ “ “ “ “ “

Weather:

We receive our forecasts from the National Weather Service, and deliver it in summarized form with station announcers at least twice an hour, **M-F 5a-9am, once an hour Monday-Friday 9a- 12 midnight. Forecasts run on the weekends from 7a-4pm. Weathers do no air on holidays.**

Traffic;

Monday-Friday **from 5a-9am** we provide in-house-produced updates prior to each newscast through reports from local law enforcement, and from listeners verified through local law enforcement.

Animal Welfare;

Weekly, a representative from Sutter Buttes Canine Rescue (a local non-profit, no-kill animal shelter) records, remotely for the time being, a 35 second feature called "Pet of the Week". This airs, at no cost to the shelter, throughout all day-parts Monday through Thursday for a total of 26 plays. (Audio available on the KKCY newsroom computer desktop in the folder labeled, "Pet o Week".)

Sports;

We provide daily sports reports after the bottom of the hour newscasts **that airs Monday-Friday 5a- 9am**. Also, every other Tuesday, KKCY designates a local Athlete of the week. A 35 second recorded feature airs honoring the athlete throughout the 2 week period for a total of 15 plays per week. (Audio available on the KKCY newsroom computer desktop in the folder labeled, "AoW".)

Community Involvement;

Every other Wednesday, KKCY designates a local Community Hero. A recorded 35 second feature airs honoring the hero for a total of 23 plays per week. (Audio available on the KKCY newsroom computer desktop in the folder labeled, "Community Hero".)

Public Affairs Broadcasts:

We broadcast 2, 30 minute programs from Media Tracks Communications of Des Plains, Illinois; "Viewpoints", which airs every Sunday Morning at 6, and "Radio Health Journal" which follows at 6:30. Programming logs for these are included with the 1/4ly I&CRPR..

Quarterly Report of Compliancy Issues & Programs List 2022-Q1 (January - March) Radio Health Journal

- 911
- Agriculture
- Air Pollution
- Animal Health
- Auto/Traffic Safety
- Automated Vehicles
- Charitable Organizations
- Child Development
- Children & Youth at Risk
- Climate Change
- Clinical Research
- Consumerism
- Covid-19 Pandemic
- Criminal Justice System
- Depression
- Diamond Industry
- Diversity
- Eating Disorders
- Economic Sanctions
- Economics
- Education
- Emergency & First Responders
- Environment & Environmental Impact
- Ethics
- Family & Parenting
- Federal Government, Policy & Regulations
- Fitness Apps
- Fitness Industry
- Food, Diet & Nutrition
- Free Speech
- Global Politics
- Gun Legislation
- Gun Violence
- Hazardous Materials
- Health & Fitness
- Health & Wellness
- Health Care
- Human Rights
- Infectious Disease
- Invasive Species
- Jails & Prisons
- Kidney Disease
- Local Government
- Manufacturing & Industry
- Mass Shooting
- Mental Health
- Mental Illness
- Military & War
- National Security
- Natural Disasters
- Organ Donors & Transplants
- Organ Shortage Crisis
- Patient Safety
- Pets & People
- Physical Health
- Police & Law Enforcement
- Political Strategy
- Pollution
- Ponds & Lakes
- Pregnancy & Expecting Mothers
- Prevention
- Prosecution
- Public Health
- Public Safety
- Recycling
- Rehabilitation
- Research & Research Funding
- School Shooting
- Social Media
- Sociology
- Sports & Safety
- State Government
- Technology
- Vaccination
- Vulnerable Populations
- Waste Disposal & Landfills
- Xenotransplantation

Program 22-01

Air Week: 1/2/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: HOARDING DISORDER: MORE THAN JUST TOO MUCH JUNK

Time: 1:50

Duration: 12:20

Synopsis: Hoarding disorder affects at least five percent of Americans, and despite TV programs showing its effects, it is still widely misunderstood. Experts discuss the danger hoarding poses to others, including neighbors, children, and first responders; why those with the disorder are so attached to things; and the right and wrong ways to address the problem.

Host & Producer: Reed Pence

Guests: Dr. Carolyn Rodriguez, Associate Professor of Psychiatry and Behavioral Sciences, and Associate Dean for Academic Affairs, Stanford University School of Medicine; Elaine Birchall, social worker specializing in hoarding disorder and co-author of *Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding*

Compliance issues: Children and Youth at Risk, Mental Health, First Responders, Family Issues, Public Safety

Links for more info:

[Carolyn Rodriguez – Stanford University profile](#)

[Birchall Consulting](#)

SEGMENT 2: DEALING WITH LIFELONG DISEASE

Time: 15:12

Duration: 7:43

Synopsis: Life-threatening, lifelong chronic diseases from infancy are at the top of the list of medical challenges. A woman who has dealt with cystic fibrosis her entire life discusses how mindset is often the biggest factor in living a full life with such a disease, and sets out her recipe for shoring up one's approach. Developing a chronic disease in your 30s or 40s strikes a lot of people as unfair. The deck seems stacked against someone like that. But what happens when you're diagnosed with a lifelong chronic disease almost at birth? That's what happened to Mary Elizabeth Peters, a theater artist and patient advocate in Boston.

Host: Nancy Benson

Producer: Reed Pence

Guests: Mary Elizabeth Peters, author of *Don't Let Them Kill You: 10 Rules for Navigating Chronic Illness In the Age of Infinite Intervention*

Compliance issues: Mental Health, Consumerism, Health Care, Children and Youth at Risk, Public Health

Links for more info:

maryelizabethpeters.com

Program 22-02

Air Week: 1/9/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: CAN 911 RESPOND TO MENTAL HEALTH CRISES?

Time: 1:50

Duration: 12:15

Synopsis: Up to 15% of calls to 911 involve people having a mental health breakdown, yet many call centers, especially in rural areas, have no one with any training on what to do or who to dispatch in those cases. Typically they send police, who may also have no training on how to handle mental health crises and may inflame the situation. Experts discuss why this happens and how communities can respond better.

Host & Producer: Reed Pence

Guests: Dr. Adam Vaughan, Assistant Professor of Criminal Justice and Criminology at Texas State University; Tracy Velazquez, Manager, Public Safety Research, Pew Charitable Trusts

Compliance issues: Police, Criminal Justice System, Mental Illness, Emergency and First Responders, Economics, 911, Mental Health, Local Government, Public Safety, Jails and Prisons

Links for more info:

[Dr. Adam David Vaughan – Texas State University Faculty Profile](#)

[Dr. Vaughan on Twitter](#)

[Tracy Velazquez, MS, MPA – Women's Media Center](#)

SEGMENT 2: CHILDREN'S "PSYCHOTIC-LIKE EXPERIENCES"

Time: 15:07

Duration: 7:53

Synopsis: Children and young adolescents may experience perceptual distortions or strange thoughts, but if they become frequent and disruptive, they can be an early tip-off to serious future mental health distress. An expert discusses this new field of mental health research in adolescents.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. Nicole Karcher, Instructor, Department of Psychology, Washington University, St. Louis

Compliance issues: Education, Public Health, Mental Health, Children and Youth at Risk

Links for more info:

[Nicole Karcher – Psychiatry](#)

Program 22-03

Air Week: 1/16/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: WEATHER DISASTER CLEANUP: COSTLY & INEFFICIENT, BUT NECESSARY

Time: 1:50

Duration: 12:05

Synopsis: Severe life-threatening weather, such as the rare December tornadoes that tore through Kentucky and other states in December 2021, will likely become more frequent with climate change. Experts discuss the difficulties in cleaning up large scale disasters and how planning could improve the results cheaply.

Host & Producer: Reed Pence

Guests: Dr. Sybil Derrible, Professor of Urban Engineering, University of Illinois at Chicago; Dr. Nazli Yesiller, Director, Global Waste Research Institute, California Polytechnic State University

Compliance issues: Waste Disposal and Landfills, Natural Disasters, Pollution, Hazardous Materials, Climate Change, Local and State Government, Environment, Recycling

Links for more info:

[Sybil Derrible](#)

[Director - Global Waste Research Institute - Cal Poly, San Luis Obispo](#)

SEGMENT 2: THE LINK BETWEEN OBESITY AND CANCER

Time: 14:55

Duration: 7:26

Synopsis: Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America

Compliance issues: Health Care, Public Health, Consumerism

Links for more info:

[Anthony Perre, MD | Internal Medicine | Atlanta, Ga | CTCA](#)

Program 22-04

Air Week: 1/23/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: THE SLEEPIEST WORKERS? YOUR LOCAL POLICE

Time: 1:50

Duration: 12:54

Synopsis: Studies show that law enforcement is the most sleep deprived of all professions, with potentially damaging and even fatal consequences for decision-making and reaction time, as well as long-term health damage. Experts discuss the unique challenges in having a poorly rested police force and in fixing it.

Host & Producer: Reed Pence

Guests: Dr. Jagdish Khubchandani, Professor of Health Science, Ball State University; Dr. John Violanti, Research Professor Of Epidemiology and Environmental Health, University at Buffalo

Compliance issues: Police and Law Enforcement, Local Government, Public Safety, Police, Public Health

Links for more info:

[Dr. Jagdish Khubchandani | New Mexico State University](#)

[John Violanti: Faculty Expert on Police Stress - University at Buffalo](#)

SEGMENT 2: PET FOOD: NOT AS SIMPLE AS MOST PEOPLE THINK

Time: 15:46

Duration: 6:28

Synopsis: A growing number of pet owners are tempted to put their dog or cat on vegan, gluten-free or raw diets. An expert pet nutritionist and veterinarian discusses what pets should and shouldn't eat to be healthy.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Valerie Parker, Associate Professor of Veterinary Clinical Sciences, The Ohio State University Veterinary Medical Center

Compliance issues: Diet and Nutrition, Pets and People, Food and Nutrition

Links for more info:

[Valerie Parker | College of Veterinary Medicine](#)

Program 22-05

Air Week: 1/30/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: KIDS WHO'VE LOST PARENTS TO COVID

Time: 1:50

Duration: 11:23

Synopsis: New estimates show that more than 167,000 children under 18 (a number growing rapidly) have lost a parent or major caregiver to Covid-19. Psychologists say deaths under such circumstances are also much more difficult for survivors to adjust to and will have a major impact on the US. Experts discuss how these “forgotten grievers” are coping and what actions might help ease the impact on them and to the nation.

Host & Producer: Reed Pence

Guests: John Bridgeland, co-founder and CEO, Covid Collaborative; Dr. Dan Treglia, Associate Professor of Practice, University of Pennsylvania School of Social Policy and Practice

Compliance issues: Charitable Organizations, Health Care, Diversity, Federal Government, Children and Youth at Risk, Federal Government and Policy, Education, Family and Parenting, Economics

Links for more info:

[Dan Treglia, PhD, MPP - School of Social Policy & Practice](#)

[Our Staff | Civic](#)

SEGMENT 2: HOW WARFARE DESTROYS HEALTHCARE

Time: 14:15

Duration: 8:12

Synopsis: According to the Geneva Convention and other agreements, health facilities and workers are supposed to be protected from the violence of war. However, they're targeted much more often than most people know. A noted expert in the field discusses how this violence happens, its consequences, and how international organizations may be able to turn this trend around.

Host: Nancy Benson

Producer: Reed Pence

Guests: Leonard Rubenstein, Professor of the Practice, Johns Hopkins Bloomberg School of Public Health and author of *Perilous Medicine: The Struggle to Protect Health Care From the Violence of War*

Compliance issues: Charitable Organizations, Military and War, Health Care

Links for more info:

[Perilous Medicine](#)

[Leonard Rubenstein, JD, LLM - Johns Hopkins Berman Institute of Bioethics](#)

Program 22-06

Air Week: 2/6/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: PUNISHING COVID-LYING DOCTORS

Time: 1:50

Duration: 13:17

Synopsis: There's a growing number of complaints to state medical boards regarding doctors lying about Covid-19 and vaccines. The doctors spreading misinformation are not always reprimanded by state medical boards and are allowed to continue voicing the misinformation. They cite freedom of speech as a defense, but other doctors say licensed professionals have an obligation to the truth. Experts explain the controversy.

Host & Producer: Reed Pence

Guests: Dr. Brian Castrucci, President and CEO, De Beaumont Foundation; Dr. Humayun Chaudhry, President and CEO, Federation of State Medical Boards

Compliance issues: Charitable Organizations, Children and Youth at Risk, Education, Public Health, Free Speech, Health Care, Federal Government and Policy

Links for more info:

[Brian C. Castrucci - de Beaumont Foundation](#)

[Humayun J. Chaudhry | DO, MACP, President and Chief Executive Officer
Federation of State Medical Boards](#)

SEGMENT 2: NEEDLE PHOBIA

Time: 16:08

Duration: 6:47

Synopsis: Some people who have not yet gotten the Covid vaccine are simply afraid of the needle. Bad childhood experience can keep people from receiving necessary medical treatments. A needle-phobic and a physician explain how parents should discuss injections with their children from a young age.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Gary LeRoy, family physician and former president of the American Academy of Family Physicians; Laura Munoz, needle phobic

Compliance issues: Public Health, Mental Health, Consumerism, Health Care, Children and Youth at Risk, Family and Parenting

Links for more info:

[Gary LeRoy, M.D. - Community Health Centers of Greater Dayton profile](#)

Program 22-07

Air Week: 2/13/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1: CLIMATE CHANGE & NATIONAL SECURITY

Time: 1:51

Duration: 13:26

Synopsis: The future of climate change impacts a lot more than our crops. Natural disasters and mass migrations of people threaten the health and safety of populations and governments around the world. Experts discuss how climate change creates economic, sociological, political, and military issues.

Host & Producer: Reed Pence

Guests: Sherri Goodman, Senior Strategist, Center for Climate and Security and former First Deputy Undersecretary of Defense for Environmental Security; Dr. Teevrat Garg, Assistant Professor of Economics, School of Global Policy and Strategy, University of California, San Diego

Compliance issues: Children and Youth at Risk, Political Strategy, Public Health, Sociology, Economics, National Security, Federal Government and Policy, Military, Climate Change

Links for more info:

[Sherri Goodman](#)

[Teevrat Garg](#)

SEGMENT 2: THE VEGAN FUTURE

Time: 16:19

Duration: 6:09

Synopsis: Some experts believe that the future of food is vegan. With the increasing effects of global warming, changes to farms are inevitable. Experts talk about why eating animals is inefficient, and why our planet won't be able to support it in the future.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Roanne van Voorst, President, Dutch Futures Society and author of *Once Upon A Time We Ate Animals*

Compliance issues: Agriculture, Climate Change, Children and Youth at Risk, Public Health, Health and Wellness, Consumerism, Environmental Impact

Links for more info:

[Roanne van Voorst](#)

[Once Upon a Time We Ate Animals: The Future of Food Hardcover](#)

[Shifting Diets for a Sustainable Food Future | World Resources Institute](#)

Program 22-08

Air Week: 2/20/22

Executive Producer: Reed Pence

Production Manager: Jason Dickey

SEGMENT 1 CHILD DEVELOPMENT IN PANDEMIC

Time: 1:50

Duration: 12:07

Synopsis: New research suggests the pandemic negatively affects child development. Many children born after the start of the pandemic score lower in child development than children born before. Researchers explain possible theories for these children's slower development scores.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Rebecca Jackson, Vice President of Programs and Outcomes for Brain Balance, Board Certified Cognitive Specialist; Dr. Morgan Firestein, Postdoctoral Research Fellow, Department of Psychology at Columbia University Medical Center; Kasey Baiter, mother

Compliance issues: Public Health, Pregnancy and Expecting Mothers, Health Care, Family and Parenting, Charitable Organizations, Children and Youth at Risk, Education, Child Development

Links for more info:

[Morgan Firestein | Department of Psychology](#)

[About Dr. Rebecca Jackson | Brain Balance Achievement Centers](#)

SEGMENT 2: SEASONAL AFFECTIVE DISORDER

Time: 14:59

Duration: 8:06

Synopsis: Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Elias Shaya, Regional Medical Director for Behavioral Health Services, MedStar Health Kaelyn Adams, suffers with Seasonal Affective Disorder, Owner, Barre Evolution Fitness

Compliance issues: Public Health, Mental Health, Depression, Consumerism, Physical Health, Health Care, Health and Fitness, Children and Youth at Risk

Links for more info:

[Implementing prevention of seasonal affective disorder from patients' and physicians' perspectives | BMC Psychiatry](#)

[Elias K. Shaya, MD | Psychiatry | MedStar Health](#)

[Barre Evolution Fitness](#)

Program 22-09

Air Week: 2/27/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY OMICRON COULD END THE PANDEMIC

Time: 1:50

Duration: 13:55

Synopsis: Although the Omicron variant accounts for 99% of Covid cases in the U.S., it's far less lethal. Experts say this is the perfect combination that could bring us back to normalcy. It's likely that life with Covid will start to resemble how we handle the flu.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. William Schaffner, Professor of Infectious Diseases and Preventative Medicine, Vanderbilt University Medical School; Dr. Iahn Gonsenhausner, Chief Quality and Patient Safety Officer, Ohio State University Wexner Medical Center

Compliance issues: Covid-19 Pandemic, Children and Youth at Risk, Public Health, Infectious Disease, Consumerism, Vaccination, Patient Safety, Prevention

Links for more info:

[William Schaffner, MD | Department of Health Policy](#)

[William Schaffner, M.D. - vanderbilt.edu](#)

[Iahn Gonsenhausner | The Ohio State University Wexner Medical Center](#)

[Dr Iahn Gonsenhausner \(@DrGTheMD\) / Twitter](#)

SEGMENT 2: HOW LATER SCHOOL START TIMES AFFECT PARENTS AND STUDENTS

Time: 16:47

Duration: 6:23

Synopsis: Sleep deprivation affects about three out of four teenagers in America. Inadequate sleep has been linked to depression, anxiety, weight gain, and worsened heart functioning. An expert shows through a case study how implementing later school start times allows students and parents to get more sleep.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Lisa Meltzer, Pediatric Psychologist, National Jewish Health

Compliance issues: Family Issues, Prevention, Children and Youth at Risk, Public Health, Mental Health, Physical Health, Schools and Education

Links for more info:

[Lisa J. Meltzer, PhD](#)

[Amazon.com: Lisa J. Meltzer: Books, Biography, Blog, Audiobooks, Kindle](#)

[Impact of changing school start times on parent sleep - ScienceDirect](#)

Program 22-10

Air Week: 3/6/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: PIG ORGANS COULD SOLVE THE ORGAN SHORTAGE CRISIS

Time: 1:50

Duration: 13:03

Synopsis: Thousands of people die each year due to the organ shortage crisis. Recently, doctors successfully transplanted pig kidneys into a brain-dead human for the first time in history. An expert discusses how pigs could be the future of human organ transplants.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jayme Locke, Abdominal Transplant Surgeon and Director of the Comprehensive Transplant Institute, University of Alabama at Birmingham

Compliance issues: Organ Transplants, Organ Donors, Vulnerable populations, Kidney Disease, Patient Safety, Xenotransplantation, Public Health, Ethics, Organ Shortage Crisis, Consumerism

Links for more info:

[Jayme Locke - UAB Professor](#)

[Dr. Jayme Locke, MD, MPH - UAB Medicine - Kidney Transplant Surgery](#)

[UAB TEAM \(@UAB_TEAM\) on Twitter](#)

[UAB announces first clinical-grade transplant of gene-edited pig kidneys into brain-dead human - UAB News](#)

SEGMENT 2: CAN WE TRUST COMPUTERS TO DRIVE OUR CARS?

Time: 15:56

Duration: 7:04

Synopsis: Self-driving cars seem to be our future, but how safe are they? Researchers have identified 32 major impacts automated cars could have on public health, and 17 of them are negative. Experts discuss what a possible future of self-driving cars will look like.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Soheil Sohrabi, Post-Doctoral Researcher, Texas A&M Transportation Institute; Dr. Dominique Lord, Professor of Civil and Environmental Engineering, Texas A&M

Compliance issues: Automated Vehicles, Public Health, Physical Health, Traffic Safety, Air Pollution, Auto Safety, Public Safety

Links for more info:

[Soheil Sohrabi - personal website](#)

[Soheil Sohrabi on Twitter \(@sohrabisoheil\)](#)

[Soheil Sohrabi, Ph.D. - Texas A&M Transportation Institute resume](#)

[Dominique Lord - Texas A&M Engineering biography](#)

[Soheil Sohrabi's Google Scholar page](#)

[Dominique Lord's Google Scholar page](#)

Program 22-11

Air Week: 3/13/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW FITNESS APPS CONTRIBUTE TO EATING DISORDERS

Time: 1:50

Duration: 12:12

Synopsis: Fitness apps can be helpful, but for some people, obsessive meal tracking helped them develop an eating disorder. Experts talk about the slippery slope of the fitness industry, and discuss proper recovery methods.

Host: Reed Pence

Producer: Kristin Farrah

Guests: Dr. Kimberly O'Brien, Licensed Independent Clinical Social Worker, Boston Children's Hospital Female Athlete Program, Assistant Professor, Harvard Medical School; Dr. Miriam Rowan, Clinical Psychologist, Boston Children's Hospital Female Athlete Program, Instructor in Psychology, Harvard Medical School; Julia Maple, Fitness Influencer

Compliance issues: Mental Health, Social Media, Consumerism, Rehabilitation, Sports and Safety, Patient Safety, Fitness Industry, Diet and Nutrition, Fitness Apps, Public Health, Technology, Eating Disorders

Links for more info:

[Kimberly O'Brien, PhD, LICSW | Researcher | Boston Children's Hospital](#)

[Kimberly O'Brien \(@khmobrien\) on Twitter](#)

[About Dr. Rowan](#)

[Miriam Rowan, PsyD | Boston Children's Hospital](#)

[@drmiriamrowan | Instagram photos and videos](#)

[Watch juliam_fit's Newest TikTok Videos](#)

[@juliam_fit on Instagram](#)

SEGMENT 2: WHY YOU SHOULD FLUSH YOUR GOLDFISH DOWN THE TOILET

Time: 15:04

Duration: 7:27

Synopsis: Spring is a popular time for fish owners to get rid of their goldfish. Most people think that letting them loose in a pond is the best option, but you may want to rethink that. Experts discuss why goldfish should be flushed down the toilet instead of thrown into a neighborhood pond.

Host: Nancy Benson

Producer: Kristin Farrah

Guests: Randy Anhorn, District Administrator for the Nine Mile Creek Watershed District, Minnesota; Jordan Wein, Environmental Scientist, WSB; Julie, former goldfish owner

Compliance issues: Environment, Consumerism, Ponds and Lakes, Invasive Species, Animal Health, Ethics

Links for more info:

[Our Staff - Nine Mile Creek Watershed District](#)

[Randy Anhorn on LinkedIn](#)

[Jordan Wein on LinkedIn](#)

Program 22-12

Air Week: 3/20/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: A LOOK AT THE BLOOD DIAMONDS HELPING FUND RUSSIA'S INVASION OF UKRAINE

Time: 1:50

Duration: 11:05

Synopsis: Russia produces one-third of the world's rough diamonds. The Russian government owns 33% of Alrosa, a Russian company that owns 90% of Russia's diamonds. An expert discusses how a global embargo of Russian diamonds would send a strong economic message to its leaders.

Host: Reed Pence

Producer: Kristin Farrah

Guests: Ian Smillie, Conflict Diamonds Expert, International Development Consultant, and author

Compliance issues: Political Strategy, Manufacturing and Industry, Human Rights, Federal Government and Regulation, Global Politics, Children and Youth at Risk, Economic Sanction, Consumerism, Diamond Industry

Links for more info:

[Ian Smillie | OpenGlobalRights](#)

[Ian Smillie books and biography | Waterstones](#)

[Kimberley Process](#)

SEGMENT 2: WHY ASPD IS STILL A MYSTERY: THE DISORDER FORMERLY KNOWN AS SOCIOPATHY

Time: 13:56

Duration: 9:15

Synopsis: Antisocial personality disorder (ASPD) is a disorder where those affected don't feel empathy. Many serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research.

Host: Nancy Benson

Producer: Kristin Farrah

Guests: Dr. Donald W. Black, Associate Chief of Staff for Mental Health, Iowa City Veterans Hospital, Professor Emeritus of Psychiatry, University of Iowa, and author; Sarah Morris, Director of Adult Psychopathology and Psychosocial Treatment Development Research, National Institute of Mental Health (NIMH)

Compliance issues: Public Health, Clinical Research, Mental Health, Research, Public Safety, Children and Youth at Risk, Mental Illness, Research Funding

Links for more info:

[Donald W. Black, MD | CP/AACP Psychiatry Update | Global Academy for Medical Education](#)

[Amazon.com: Donald W. Black: Books, Biography, Blog, Audiobooks, Kindle](#)

[Donald W. Black - Wikipedia](#)

[NIMH » Adult Psychopathology and Psychosocial Interventions Research Branch](#)

Program 22-13

Air Week: 3/27/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHO'S RESPONSIBLE FOR A MASS SHOOTING?

Time: 1:50

Duration: 12:18

Synopsis: Even as many students switched to virtual learning, school shootings didn't stop. One recent school shooter used his parents' gun, and now they are facing charges for their role in the incident. Experts discuss how the accountability of mass shootings doesn't always just fall on the shooter.

Host: Reed Pence

Producer: Kristin Farrah

Guests: Shavaun Scott, psychotherapist, author; Dr. Joyce White Vance, Professor, University of Alabama School of Law, Former U.S. Attorney, Northern District of Alabama

Compliance issues: Ethics, Gun Legislation, Mass Shooting, Gun Violence, Criminal Justice System, Children & Youth at Risk, Prosecution, Prevention, Public Safety

Links for more info:

[Joyce Vance | University of Alabama School of Law](#)

[Joyce Alene \(@JoyceWhiteVance\) / Twitter](#)

[#SistersInLaw](#)

[P. Shavaun Scott](#)

[Shavaun Scott \(@shavaunscott\) / Twitter](#)

[P. Shavaun Scott - Home | Facebook](#)

SEGMENT 2: THE PROBLEM WITH A NEW ROAD PHENOMENON CALLED 'SUPER SPEEDING'

Time: 15:10

Duration: 7:55

Synopsis: Less congested roads during the pandemic gave room for drivers to increase their speed, creating a whole new type of driving called 'super speeding'. The issue is that there's also been the largest number of car crash deaths since 2006. Experts talk about the dangers of speeding and how we can slow drivers down.

Host: Nancy Benson

Producer: Kristin Farrah

Guests: Dr. Nichole Morris, Director, Human-First Research Lab, University of Minnesota; Dr. Colleen Peterson, Assistant Research Scientist, University of Michigan Transportation Research Institute

Compliance issues: Public Safety, Speeding, Consumerism, Auto Safety and Highways, Prevention, Road Design, Public Health, Car Crash, Traffic Safety

Links for more info:

[Nichole Morris, PhD \(@NicholeLMorris\) / Twitter](#)

[HumanFIRST Laboratory](#)

[Colleen M. Peterson](#)



Quarterly Report of Compliancy Issues & Programs List 2022-Q1 (January - March) Viewpoints Radio

- Addiction
- Aging
- Agriculture
- American History
- Ancient Civilization
- Archaeology
- Arts
- Astronomy
- Business
- Career
- Child Development
- Comedy
- Comics
- Communication
- Community
- Consumerism
- Cooking
- Criminal Justice
- Culture
- Diet
- Disease
- Diversity
- Domestic Policy
- Ecology
- Economics
- Education
- Emotional Wellness
- Employment Issues
- Entertainment
- Environment
- Exercise
- Feminism
- Film
- Financial Technology
- Fitness
- Food Production
- Food Shortages
- Global Affairs
- Government
- Health
- Health Policy
- Healthcare
- History
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- Inflation
- Infrastructure
- Innovation
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- Invention
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- Light Pollution
- Literature
- Manufacturing
- Mass Incarceration
- Media
- Medicine
- Mental Health
- Mobility
- Money Management
- Music
- Nonprofit Organizations
- Parenting
- Personal Finance
- Personal Growth & Development
- Personal Interest
- Policy
- Politics
- Pop Culture
- Poverty
- Psychiatry
- Psychology
- Public Health
- Recidivism
- Retirement
- Science
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- Sleep
- Social Equity
- Space Exploration
- Sports & Sports History
- Substance Abuse
- Supply Chain
- Sustainability
- Technology
- Transportation
- TV
- Urban Design & Development
- Waste Management
- Wildlife

Program 22-01**Air Week:** 1/2/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: FINDING EMPLOYMENT AFTER INCARCERATION****Time:** 1:48**Duration:** 11:11

Synopsis: In the U.S., there are roughly 19 million people with felony convictions. For this population, finding stable work can be a tumultuous and draining process. Without a job, it can be all too easy to slide back into a past life and end up behind bars once again.

Host: Gary Price

Guests: Beth Schwartzapfel, staff writer, The Marshall Project; Jeffrey Korzenik, economic researcher, author, *Untapped Talent: How Second Chance Hiring Works for Your Business and the Community*.

Issues Covered: Human Resources, Mass Incarceration, Business, Criminal Justice, Inequality, Recidivism, Education, Poverty, Employment Issues

Links for more info:[Putting Humanity into HR Compliance: Try Second-Chance Employment](#)[US Department of Education Announces It Will Expand the Second Chance Pell Experiment for the 2022-2023 Award Year GettingTalentBackToWork.org](#)[Second Chance Employment — Dave's Killer Bread](#)[DKBF](#)[Untapped Talent: How Second Chance Hiring Works for Your Business and the Community](#)**SEGMENT 2: A SEASON OF SADNESS****Time:** 15:01**Duration:** 7:21

Synopsis: Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support.

Host: Marty Peterson

Guests: Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health.

Issues Covered: Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health

Links for more info:[NIMH » Seasonal Affective Disorder](#)[Baker Street Behavioral Health | About](#)[Find a Therapist, Psychologist, Counselor - Psychology Today](#)[SAMHSA Behavioral Health Treatment Services Locator](#)[National Suicide Prevention Lifeline](#)**CULTURE CRASH: SPIDER-MAN'S BACK ONCE AGAIN****Time:** 23:22**Duration:** 3:04

Synopsis: The new film release, "Spider-Man: No Way Home" is a massive blockbuster hit. We discuss what makes these crossover movies such a success and what's coming up next in the Marvel universe.

Host: Evan Rook

Issues Covered: Film

Program 22-02**Air Week:** 1/9/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: OUR RESILIENT FOOD SYSTEM & SUPPLY CHAIN****Time:** 1:47**Duration:** 9:09

Synopsis: 20 million people work within the food production industry in the U.S. The pandemic has altered this sector and resulted in many pressures placed on this population. This week – we highlight the people behind these various roles and the changing landscape of this 24/7 food supply chain.

Host: Gary Price

Guests: Dr. Robyn Metcalfe, lecturer, College of Natural Sciences at the University of Texas at Austin and author, *Humans in Our Food*.

Issues Covered: Agriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance

Links for more info:

[Metcalfe, Robyn - Human Ecology - CNS Directory](#)

[Humans In Our Food by Robyn Metcalfe](#)

[Food prices are reportedly expected to rise again in January](#)

[Food Supply Chain | USDA](#)

[The Great Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater](#)

SEGMENT 2: STARRY NIGHT: THE EFFECTS OF LIGHT POLLUTION**Time:** 12:55**Duration:** 9:10

Synopsis: More than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, and the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all around us. We discuss the issue of light pollution and how stargazers can bring about change in their local communities.

Host: Marty Peterson

Guests: Paul Bogard, author, *To Know a Starry Night*; Bettymaya Foote, director, engagement, International Dark Sky Association.

Issues Covered: Light Pollution, Environment, Astronomy, Education, Culture, History

Links for more info:

[International Dark-Sky Association](#)

[Light pollution map](#)

[Flipping the switch on light pollution – POLITICO](#)

[To Know A Starry Night — Paul Bogard](#)

CULTURE CRASH: "SPIDER-MAN" NOSTALGIA**Time:** 23:05**Duration:** 3:23

Synopsis: We rewind back to 2002 to the very first "Spider-Man" movie starring a young Tobey Maguire and Kirsten Dunst. The iconic film started it all and led to decades of spin-offs.

Host: Evan Rook

Issues Covered: Film, Culture

Program 22-03**Air Week:** 1/16/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: GET YOUR \$\$\$ IN ORDER****Time:** 1:47**Duration:** 10:35

Synopsis: If an unexpected \$400 charge came up, it's estimated that 40% of Americans would struggle to pay this amount, according to data published in 2019 by the Federal Reserve. Life happens. Circumstances change. And that's why it is so important to be financially secure with savings, an emergency fund, investments and more. We speak with financial expert, Emily Guy Birken this week about how to start budgeting and saving.

Host: Gary Price**Guests:** Emily Guy Birken, financial expert, author of *Stacked: Your Super Serious Guide to Money Management*.**Issues Covered:** Money Management, Economics, Personal Finance, Labor, Financial Technology**Links for more info:**[Emily Guy Birken \(@EmilyGuyBirken\) / Twitter](#)emilyguybirken.com[Qube Money](#)[Your Guide to How to Budget Money - NerdWallet](#)**SEGMENT 2: AN ILLUSTRATOR'S ART****Time:** 14:24**Duration:** 7:40

Synopsis: We speak with Tim O'Brien who has illustrated numerous magazine covers throughout the years. O'Brien discusses his career, the history of illustration and how the art form is used to convey a specific, singular moment or feeling that other mediums may not be able to capture.

Host: Marty Peterson**Guests:** Tim O'Brien, illustrator.**Issues Covered:** Culture, Media, Career, Illustration, Arts, History, Comedy, Politics, Government**Links for more info:**[Catalog of Portraits and Illustrations by Tim O'Brien for various magazines and publications](#)["The Story Behind TIME's Trump Chaos Cover" - TIME Magazine](#)[@obrienillustration on Instagram](#)**CULTURE CRASH: CATCHING UP ON RECENT RELEASES****Time:** 23:04**Duration:** 3:23

Synopsis: We binge and review some of the new movies we've missed in recent months, including a critique of "The Novice" and "Mass".

Host: Evan Rook**Issues Covered:** Culture, Film

Program 22-04**Air Week:** 1/23/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: ADVANCEMENTS IN ANTI-AGING****Time:** 1:48**Duration:** 10:24

Synopsis: By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field.

Host: Gary Price

Guests: Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute.

Issues Covered: Technology, Health, Retirement, Aging, Medicine, Disease, Science**Links for more info:**[Potocsnak Longevity Institute: Feinberg School of Medicine](#)[Douglas E Vaughan : Faculty Profile](#)[Frank J Palella : Faculty Profile](#)[Resources Near You | HHS.gov](#)[Why these Amish live longer and healthier: an internal 'fountain of youth' - Northwestern Now](#)[Metformin: A Potential Candidate for Targeting Aging Mechanisms](#)**SEGMENT 2: A NEW PERSPECTIVE ON COOKING AT HOME****Time:** 14:14**Duration:** 8:24

Synopsis: Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations.

Host: Marty Peterson

Guests: Leanne Brown, expert, food studies, cookbook author, *Good Enough: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen*.

Issues Covered: Mental Health, Health, Organization, Cooking, Diet, Literature**Links for more info:**[Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen](#)[Budget Bytes](#)[Good and Cheap \(PDF\)](#)**CULTURE CRASH: BINGING THE ROM-COM SERIES "LOVE LIFE"****Time:** 23:38**Duration:** 2:48

Synopsis: The series, "Love Life" is a whimsical ride through the ups and downs of modern dating, relationships and finding love. Seasons 1 and 2 are now out on HBO Max.

Host: Evan Rook**Issues Covered:** Culture, TV

Program 22-05**Air Week:** 1/30/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: LIVING LIFE IN A 24/7 SOCIETY****Time:** 1:48**Duration:** 9:08

Synopsis: We play many roles in life: coworker, manager, partner, parent, caregiver. The list is seemingly endless. It can be all too easy to get wrapped in these many roles and forget altogether about spending time on yourself as an individual. We speak with acclaimed writer and author, Eve Rodsky about the mental toll of our daily lives and how to get back to finding a balance.

Host: Gary Price**Guests:** Eve Rodsky, writer, author of *Find Your Unicorn Space: Reclaim Your Creative Life in a Too Busy World*.**Issues Covered:** Mental Health, Self-Identity, Literature, Psychology, Parenting, Education**Links for more info:**[Eve Rodsky \(@eve_rodsky\) / Twitter](#)[Amazon.com: Find Your Unicorn Space: Reclaim Your Creative Life in a Too-Busy World: 9780593328019: Rodsky, Eve: Books](#)
[Work and Well-being 2021 Survey report](#)**SEGMENT 2: A COMPREHENSIVE GUIDE TO FANDOM****Time:** 12:58**Duration:** 9:27

Synopsis: What was your favorite comic book series, video game or card game growing up? Depending on your age, it could have been Magic: The Gathering, Batman or Minecraft. In fact, you still could be a fan of these no matter what your age is. This week – we discuss the vast world of fandom and just what it means to be a part of this community.

Host: Marty Peterson**Guests:** Amy Ratcliffe, managing editor, Nerdist, author of *A Kids Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting and More in the Geek World!*; Liana, high school senior, Chicago.**Issues Covered:** Community, Parenting, Personal Interest, Technology, Hobby, Arts, Entertainment, Comics**Links for more info:**[Amy Ratcliffe \(@amy_geek\) / Twitter](#)[A Kid's Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting, and More in the Geek World!](#)
[Fandom](#)**CULTURE CRASH: THE DEBUT OF "SHIVA BABY"****Time:** 23:25**Duration:** 3:05

Synopsis: New writer & director Emma Seligman is generating a lot of buzz across Hollywood. This week, we discuss her debut film, "Shiva Baby" that's now streaming on HBO Max.

Host: Evan Rook**Issues Covered:** Culture, TV

Program 22-06**Air Week:** 2/6/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: SPIN, SWEAT, REPEAT: THE EVER-EVOLVING FITNESS INDUSTRY****Time:** 1:47**Duration:** 9:39

Synopsis: It feels like the fitness market has more options than ever before. Between the rise of at-home fitness, traditional gyms and focused classes, consumers can pick and choose to workout whichever way they like. This week – we speak with two fitness experts about evolving trends in exercise and what’s next.

Host: Gary Price

Guests: Dr. David J. Miller, faculty member, School of Business, George Mason University; Dr. Glenn Gaesser, professor, exercise physiology, School of Health Solutions, Arizona State University.

Issues Covered: Business, Technology, Health, Fitness, Industry, Exercise, Community

Links for more info:

[At-Home Fitness Poised to Grow Despite Peloton Slide, Analysts Say - Article published in Business Insider](#)

[Sweating Together Hardcover – May 24, 2022 | Amazon.com Books](#)

[Miller, David J. - GMU School of Business](#)

[Glenn Gaesser - ASU College of Health Solutions](#)

SEGMENT 2: THE HISTORY OF TIMEKEEPING**Time:** 13:28**Duration:** 9:59

Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.

Host: Marty Peterson

Guests: Chad Orzel, associate professor, physics and astronomy, Union College, author of *A Brief History of Timekeeping: The Science of Marking Time, From Stonehenge to Atomic Clocks*.

Issues Covered: Archaeology, Innovation, Culture, History, Ancient Civilization, Invention

Links for more info:

[A Brief History of Timekeeping - BenBella Books](#)

[No. 120: Su-Sung's Clock](#)

[Chad Orzel \(@orzelt\) / Twitter](#)

[Chad Orzel | Physics and Astronomy | Union College](#)

CULTURE CRASH: A NEW TAKE ON A POPULAR SERIES**Time:** 24:27**Duration:** 1:59

Synopsis: The hit sitcom, “How I Met Your Mother” ran for nine seasons between 2005 and 2014. Now, producers are creating a new take on the original show with the launch of the series, “How I Met Your Father”. We discuss if the new release is worth the hype.

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-07**Air Week:** 2/13/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: THE JOURNEY OF ADDICTION****Time:** 1:47**Duration:** 9:36

Synopsis: Substance abuse, or addiction, is a national crisis that's only continuing to worsen as new drugs enter the market and treatment has been disrupted due to the pandemic. Recovering addict Dr. Carl Erik Fisher joins us to share his own story with addiction and what can be done to improve treatment.

Host: Gary Price**Guests:** Dr. Carl Erik Fisher, psychiatrist, assistant professor, Columbia University, author, *The Urge: Our History of Addiction*.**Issues Covered:** Addiction, History, Mental Health, Substance Abuse, Medicine, Healthcare**Links for more info:**[The Urge: Our History of Addiction Hardcover – January 25, 2022](#)[Carl Erik Fisher, MD \(@DrCarlErik\) / Twitter](#)[Carl E. Fisher, MD | Columbia University Department of Psychiatry](#)[FindTreatment.gov](#)[SAMHSA's National Helpline](#)**SEGMENT 2: THE MANY MODES OF TRANSPORTATION****Time:** 13:25**Duration:** 9:59

Synopsis: Dr. Susan Shaheen, a professor of civil and environmental engineering at the University of California-Berkeley, joins us this week to highlight the country's current infrastructure and what more needs to be done to promote greater citizen mobility with bikes, scooters and other non-motor modes of transportation.

Host: Marty Peterson**Guests:** Dr. Susan Shaheen, professor, civil and environmental engineering at the University of California-Berkeley and co-director of Transportation Sustainability Research Center at the University of California-Berkeley.**Issues Covered:** Infrastructure, Urban Design, Aging, Sustainability, Mobility, Environment, Transportation**Links for more info:**[Susan Shaheen | Civil and Environmental Engineering](#)[The Best Cities for Cyclists - The New York Times](#)[Susan Shaheen \(@SusanShaheen1\) / Twitter](#)**CULTURE CRASH: A FRESH TAKE ON "NIGHTMARE ALLEY"****Time:** 23:55**Duration:** 2:31

Synopsis: We discuss the new film, "Nightmare Alley" which is a remake of the 1947 film of the same title. It's filled with a star-studded cast and does not disappoint. Hear why this movie makes our 'Best of 2021 Films' list.

Host: Evan Rook**Issues Covered:** Culture, Film

Program 22-08**Air Week:** 2/20/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: FOSTERING CURIOSITY AND A GREATER PASSION FOR LEARNING EARLY ON****Time:** 1:47**Duration:** 9:23

Synopsis: To fully understand many topics, experiences and encounters help to fully engrain what's being taught. We speak with an education expert and clinical psychologist this week about how to bring more curiosity, creativity and critical thinking to learning.

Host: Gary Price

Guests: Dr. Joe Galasso, clinical psychologist, Baker Street Behavioral Health; Julie Bogart, home educator, mother, author, *Raising Critical Thinkers: A Parent's Guide to Growing Wise Kids in the Digital Age*.

Issues Covered: Parenting, Communication, Education, Technology, Child Development, Mental Health, Psychology

Links for more info:

[Julie Bogart | Author \(@juliebravewriter\) • Instagram photos and videos](#)

[Julie Bogart \(@BraveWriter\) / Twitter](#)

[Raising Critical Thinkers](#)

[Baker Street Behavioral Health | About](#)

SEGMENT 2: THE INTERESTING LEGACIES OF PAST U.S. PRESIDENTS**Time:** 13:12**Duration:** 10:17

Synopsis: Ahead of Presidents Day on Monday, February 21, we highlight some of our past presidents and their accomplishments and failures. Ronald Gruner joins us this week to answer these questions and more.

Host: Marty Peterson

Guests: Ronald Gruner, author, *We the Presidents: How American Presidents Shaped the Last Century*.

Issues Covered: American History, Literature, Politics, Government, Leadership, Culture, Domestic Policy

Links for more info:

[We The Presidents](#)

[Amazon.com: We the Presidents: How American Presidents Shaped the Last Century](#)

[Presidents' Day 2022 - History, Date & Holiday](#)

CULTURE CRASH: THIS YEAR'S BEST PICTURE NOMINEES**Time:** 24:29**Duration:** 1:57

Synopsis: From Belfast to King Richard, we break down this year's highly anticipated list of Academy Award 'Best Picture' nominees. The Oscars will be held on March 27, 2022.

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-09**Air Week:** 2/27/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: THE COACHES THAT CHANGED THE GAME****Time:** 1:47**Duration:** 10:15

Synopsis: Bowman was Phelps' longtime swimming coach who mentored Phelps since he was 11 years old. He was there every step of the way in Phelps' athletic career, crafting him into the Olympic swimming superstar he is today. It makes you wonder – where would many of the top athletes be today without the coaches who guided, motivated and supported them?

Host: Gary Price**Guests:** Justin Spizman, sportswriter, author of *Coach: The Greatest Teachers in Sports and Their Lessons for Us All*.**Issues Covered:** Leadership, Sports, Culture, Career, Global Affairs, Sports History**Links for more info:**[Coach by Justin Spizman | Abbeville Press](#)[4 Quotes From Olympic Coaches That Can Make You a Better Leader | Inc.com](#)[Vince Lombardi](#)**SEGMENT 2: THE LARGER APPEAL OF "HARRY POTTER"****Time:** 14:04**Duration:** 9:22

Synopsis: The Harry Potter series is one of the most beloved stories of all time, unlocking a world of wizarding magic, adventure and intrigue to millions of young readers. We discuss how its unconventional storyline and character development can shift thinking and teach real life lessons to young and old readers alike.

Host: Marty Peterson**Guests:** Amy Hogan, media manager, MuggleNet.com; Mimi Gladstein, English & Literature professor at University of Texas at El Paso, and author of the essay, *Feminism and Equal Opportunity: Hermione and the Women of Hogwarts*.**Issues Covered:** Pop Culture, Literature, Child Development, Education, Feminism**Links for more info:**[MuggleNet](#)[1 Wizarding World Resource Since 1999 \(@MuggleNet\) / Twitter](#)[Mimi Gladstein - UTEP Faculty Profile](#)[How Harry Potter changed the world - Vox](#)[What we can learn from Hermione Granger, the smartest witch of her age](#)**CULTURE CRASH: NOSTALGIA OF MUSIC IN SUPER BOWL HALFTIME SHOW****Time:** 24:26**Duration:** 2:00

Synopsis: This year's Super Bowl halftime show featuring Eminem, Dr. Dre, Snoop Dogg and Mary J. Blige was an instant hit. It was a blast to the past and reinvigorated that the nostalgic music of our younger years will always hold a special place in our hearts.

Host: Evan Rook**Issues Covered:** Culture, Music, Sports

Program 22-10**Air Week:** 3/6/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: URBAN WILDLIFE: AN INFLUX OF NEW NEIGHBORS****Time:** 1:47**Duration:** 10:49

Synopsis: Countless different species of wildlife were driven out of cities centuries ago, but in recent decades have begun returning in greater numbers and adapting to the human-centric infrastructure. Two wildlife experts join us this week to highlight how we can both coexist in these settings.

Host: Gary Price

Guests: Dr. Peter Alagona, associate professor, environmental studies, University of California – Santa Barbara, author of *The Accidental Ecosystem: People and Wildlife in American Cities*; Dr. Stanley Gehrt, professor, wildlife ecology, The Ohio State University.

Issues Covered: Environment, Urban Development, Wildlife, Ecology, American History

Links for more info:

[The Accidental Ecosystem by Peter S. Alagona - Hardcover - University of California Press](#)

[DNA Shows At Least Three Large Black Bears Are Breaking Into Tahoe Homes, Not Just 'Hank the Tank' | Smart News |](#)

[Smithsonian Magazine](#)

[Peter Alagona | Environmental Studies Program](#)

[Stanley D. Gehrt | SENR](#)

[Urban Coyote Research Project](#)

SEGMENT 2: THE PANG OF REGRET**Time:** 14:36**Duration:** 8:41

Synopsis: Regret is an all-too-common feeling that's simply part of life, but it's what we learn from our mistakes that matters. Writer Daniel Pink joins us this week to break down the intricacies of this emotion and share how people can avoid self-pity and constructively move forward.

Host: Marty Peterson

Guests: Daniel Pink, writer, author, *The Power of Regret: How Looking Backward Moves Us Forward*.

Issues Covered: Career, Mental Health, Emotional Wellness, Personal Growth and Development, Psychology, Communication

Links for more info:

[Regret | Psychology Today](#)

[The Power of Regret: How Looking Backward Moves Us Forward: Pink, Daniel H.: 9780735210653: Amazon.com: Books](#)

[Daniel Pink: Great Leaders Share Their Failures With Their Teams](#)

CULTURE CRASH: NEVER GETTING TIRED OF THE FILM, "THE PRESTIGE"**Time:** 24:17**Duration:** 2:09

Synopsis: The Prestige was released in 2006 and features some of Hollywood's biggest names, including Christian Bale, Hugh Jackman and Michael Caine. We discuss why it's a remarkable movie that never gets old watch after watch.

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-11**Air Week:** 3/13/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: A MORE SUPPORTIVE MENTAL HEALTH SYSTEM****Time:** 1:47**Duration:** 9:43

Synopsis: The isolation of the pandemic has taken a big toll on young people as rates of depression, anxiety and other mental disorders have sharply risen in children and adolescents. What are the key areas that need to be fixed? Why is mental health just as important as physical health? We answer these questions and more this week on Viewpoints.

Host: Gary Price

Guests: Dr. Thomas Insel, psychiatrist, neuroscientist, former head, National Institute of Mental Health (NIMH), author of *Healing: Our Path From Mental Illness to Mental Health*; Dr. Vaile Wright, psychologist, senior director, Health Care Innovation, American Psychological Association.

Issues Covered: Psychology, Innovation, Health Policy, Technology, Public Health, Mental Health, Insurance, Policy, Science

Links for more info:

[Learn more about mental health | NAMI: National Alliance on Mental Illness](#)

[SAMHSA's National Helpline](#)

[BetterHelp](#)

[What American Mental Health Care Is Missing - The Atlantic](#)

[Healing: Our Path from Mental Illness to Mental Health Hardcover](#)

SEGMENT 2: THE ECONOMIC SQUEEZE OF INFLATION**Time:** 13:22**Duration:** 9:56

Synopsis: 'Between January 2021 and January 2022, prices across the board went up by 7.5%. What's next? Economics professor Dr. Christian Vom Lehn joins us to break down what's fueling these continued price hikes and how the invasion of Ukraine by Russia may make certain goods and services pricier.

Host: Marty Peterson

Guests: Dr. Christian Vom Lehn, assistant professor, economics, Brigham Young University; Carrie Leonard, suburban Chicago resident.

Issues Covered: Inflation, Economics, Consumerism, Personal Finance, Labor, Manufacturing

Links for more info:

[Christian vom Lehn](#)

[Consumer prices up 7.5 percent over year ended January 2022](#)

[Federal Reserve Chair Pledges to Bring Inflation Under Control - The New York Times](#)

CULTURE CRASH: GETTING BACK TO THE 90S**Time:** 24:18**Duration:** 2:10

Synopsis: We travel back in time to the 1990's as author Chuck Klosterman joins Culture Crash to highlight the iconic culture, media and politics of this infamous decade.

Host: Evan Rook

Issues Covered: Culture, History

Program 22-12**Air Week:** 3/20/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: THE EXPANDING LANDFILL IN SPACE****Time:** 1:47**Duration:** 8:43

Synopsis: From weather forecasting to cellular coverage to global imaging, we heavily rely on space satellites in our day to day lives. We discuss the serious issue of human-created space debris and what's being done to curb this problem before it reaches catastrophic levels.

Host: Gary Price

Guests: Dr. Jonathon McDowell, astronomer, astrophysicist, Center for Astrophysics at Harvard and the Smithsonian; Dr. Moriba Jah, associate professor, aerospace engineering, engineering mechanics, University of Texas – Austin, co-founder, chief scientist, Privateer Space.

Compliance issues: Environment, Waste Management, Space Exploration, Science, Technology**Links for more info:**[Center for Astrophysics \(Harvard & Smithsonian\) - Jonathan McDowell](#)[Jonathan McDowell \(@planet4589\) / Twitter](#)[Moriba K. Jah](#)[mission.privateer.com](#)[ClearSpace](#)**SEGMENT 2: PAVING A NEW FUTURE FOR CLASSICAL MUSIC****Time:** 12:33**Duration:** 10:57

Synopsis: Less than 2% of all classical musicians are African American. Two classical music experts join us this week to help us understand the barriers for entry into classical music and how those in the field are helping younger populations gain exposure and greater access to the genre.

Host: Marty Peterson

Guests: Brendan Slocumb, professional violinist, music educator, author of *The Violin Conspiracy*; Afa S. Dworkin, president, artistic director, Sphinx.

Issues Covered: Education, Career, Arts, Diversity, Music, Social Equity, Nonprofit, Literature**Links for more info:**[Sphinx Organization](#)[About Me — Brendan Slocumb](#)[Classical Music Had A Race Problem 20 Years Ago. It Still Does | Cognoscenti](#)**CULTURE CRASH: THE DARKER "BATMAN"****Time:** 24:30**Duration:** 1:57

Synopsis: "The Batman" starring Robert Pattinson has dominated box office charts the last couple of weeks. We discuss if the new take on the classic franchise is worth the hype.

Host: Evan Rook**Issues Covered:** Culture, Film

Program 22-13**Air Week:** 3/27/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: CARING FOR AN AGING POPULATION****Time:** 1:47**Duration:** 9:33

Synopsis: More than 54 million Americans ages 65 or older are living in the U.S. today. This accounts for almost 17 percent of the total population. This number is only set to rise over the next two decades as millions more baby boomers transition into this next phase of life. As this population further ages, many will require care. So often we talk about the healthcare system and the patients themselves, but what about the caregivers who provide these services? In many cases, this role falls on family members' shoulders, and for this group, it can be all too easy to quickly lose sight of personal health, wellness and relationships. We discuss the ups and downs of caregiving in a world that can feel isolating and hard to navigate.

Host: Gary Price

Guests: Dr. Santo D. Marabella, author, *Lessons of Caring: Inspiration and Support for Caregivers*; Erik Stoll, co-director, America (film).

Compliance issues: Senior Care, Aging, Healthcare, Relationships, Health**Links for more info:**[Family Caregiver Alliance](#)[América – Documentary Film](#)[AARP Resources for Caregivers and their Families](#)[Caregiver Support | USAGov](#)**SEGMENT 2: WHEN THE GUILTY ARE MARKED AS INNOCENT****Time:** 13:22**Duration:** 9:58

Synopsis: Why do we believe one person but believe another is lying? This week, author Sarah Weinman joins us as we discuss the story of one American man in the 1950's who was able to dupe millions and get released from prison.

Host: Marty Peterson

Guests: Sarah Weinman, writer, author, *Scoundrel: How a Convicted Murderer Persuaded the Women Who Loved Him, the Conservative Establishment, and the Courts to Set Him Free*.

Issues Covered: Crime, History, Criminal Justice, Law, Psychology, Media**Links for more info:**[Edgar Smith, Killer Who Duped William F. Buckley, Dies at 83 - The New York Times](#)[Scoundrel – HarperCollins](#)[Crime - The New York Times](#)**CULTURE CRASH: "HEAT WAVES": A SONG THAT SEEMS TO NEVER GO OUT OF STYLE****Time:** 24:20**Duration:** 2:07

Synopsis: The song, "Heat Waves" by the British indie pop rock band, Glass Animals continues to be a hit track almost two years after its release. We discuss its continued popularity and what else is worth a listen from Glass Animals.

Host: Evan Rook**Issues Covered:** Culture, Music