

ANNUAL ISSUES AND PROGRAMS LIST

First Quarter (1st) January – March 2024
WCEF Ripley, WV Coverage Area

Jan 1, 2024

1. Title: A Minute With The Mayor³ Date: 1/3/24 Time: 8:25am to 8:35am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Fair and Festivals 12 and 13 Jan in Charleston, WV. Ripley Middle and Ripley High School Social Studies Fair. City workers preparing for possible snow this weekend.
2. Title: "Infotrak" Date: 1/7/24 Time: 6:30am to 7:00am Topics / Electric Vehicles, Consumer Matters, Mental Health, Telehealth, Youth Issues, Aging, Social Media. (Additional Information Attached).
3. Title: "Radio Health Journal" Date: 1/7/24 Time: 6:00am to 6:30am Topics / (1). Being A Good Patient Takes Work: How To Feel Empowered At The Hospital. (2). Does A Good Bedside Manner Save Lives? (3) Is Your Brain Shrinking? Why Are Suicides At An All-time High? And Why Your Future Wristwatch May Be Prescribed By A Doctor. (Additional Information Attached).
4. Title: "Infotrak" Date: 1/14/24 Time: 6:30am to 7:00am Topics / Alcoholism, Personal Health, Environment, Consumer Matters, Blood Donations, Public Health (Additional Information Attached).
5. Title: "Radio Health Journal" Date: 1/14/24 Time: 6:00am to 6:30am Topics / (1). 3D Printing Organs And AI Surgeries: The Future Of Medicine (2). Nervous Nail Biter? It Harms More Than Just Aesthetics (3) How To Fix A Broken Heart, A New Hope For Amputee Victims, And How VR Can Help People With Autism Be Comfortable In The Real World (Additional Information Attached).
6. Title: A Minute With The Mayor³ Date: 1/17/24 Time: 8:27am to 8:35am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School March 23, 2024. Trash pickup on normal schedule.
7. Title: "Hospital Happenings" Date: 1/18/24 Time: 8:15am to 8:30am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, the construction of the new section of the hospital and the ribbon cutting will take place early summer. New podiatrist, Dr. Messenburg in Ortho. No referral needed. Annual Gala at the Armed Forces Center March 16, 2024.
8. Title: "Infotrak" Date: 1/21/24 Time: 6:30am to 7:00am Topics / Property Taxes, Inflation, Home Ownership, Personal Health, Nutrition, Homelessness,

Veterans Concerns, Domestic Violence. (Additional Information Attached).

9. Title: "Radio Health Journal" Date: 1/21/24 Time: 6:00am to 6:30am. Topics / (1). Mentally Ill Inmates: Safety And Justice Or Suffering And Vengeance (2). Do You Support Giving Children Mental Health Days Off Of School, (Additional Information Attached).
10. Title: "Hospital Happenings" Date: 1/24/24 Time: 8:15am to 8:30am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, the construction of the new section of the hospital and the ribbon cutting will take place early summer. New podiatrist, Dr. Messenburg in Ortho. No referral needed. Annual Gala at the Armed Forces Center March 16 2024.
11. Title: "Infotrak" Date: 1/28/24 Time: 6:30am to 7:00am Topics / Digital Currencies, Personal Finance, Substance Abuse, Parenting, Personal Health. (Additional Information Attached).
12. Title: "A Minute With The Mayor" Date: 1/31/24 Time: 8:20am to 8:32am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School March 23, 2024.
13. Title: "Hospital Happenings" Date: 2/1/24 Time: 8:15am to 8:30am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, the construction of the new section of the hospital and the ribbon cutting will take place early summer. New podiatrist, Dr. Messenburg in Ortho. No referral needed. Annual Gala at the Armed Forces Center March 16 2024.
14. Title: "Radio Health Journal" Date: 2/4/24 Time: 6:00am to 6:30am. Topics / (1). What Is A Woman Worth? Needless Deaths From A Preventable Cancer (2) Black Angels: The Black Nurses Involved In The Fight Against Tuberculosis Trauma Shrinks Your Brain, Restoring Movement To Paralyzed Limbs And Why Rates Of Poverty Have Declined (Additional Information Attached).
15. Title: "Infotrak" Date: 2/4/24 Time: 6:30am to 7:00am Topics / Manufacturing, Economy, Government, Personal Health, Science, Personal Finance, Artificial Intelligence. (Additional Information Attached).
16. Title: "A Minute With The Mayor" Date: 2/7/24 Time: 8:25am to 8:32am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School March 23, 2024, The Historic Alpine hosting comedian Lee Hardin February 24, 7pm. The Viking Dash 5k Run on March 2 at 9am.

17. Title: "Hospital Happenings" Date: 2/8/24 Time: 8:25am to 8:32am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included the construction of the new section of the hospital and the ribbon cutting will take place early summer. New podiatrist, Dr. Messenburg in Ortho. No referral needed. Annual Gala at the Armed Forces Center March 16' 2024.
18. Title: "Infotrak" Date: 2/11/24 Time: 6:30am to 7:00am Topics Mental Health. Child Abuse, Personal Health, Longevity, Taxes, Transportation Infrastructure. (Additional Information Attached).
19. Title: "Radio Health Journal" Date: 2/11/24 Time: 6:00am to 6:30am. Topics / (1). Big Liars: Is Honesty Always The Best Policy (2) Not So Rare: What's Causing The Rise In Pediatric Kidney Stones? Why Grocery Taxes May Be Good For Us, The World's First Partial Heart Transplant, And A New Treatment For Cancer (Additional Information Attached).
20. Title: "Hospital Happenings" Date: 2/15/24 Time: 8:22am to 8:32am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, Annual Gala at the Armed Forces Center March 16' 2024. Raffle for the chance to name a room on the new building.
21. Title: "Radio Health Journal" Date: 2/18/24 Time: 6:00am to 6:30am. Topics / (1). Eat To Survive: Why Americans Lack Proper Education About Nutrition (2) Service Dogs Are In High Demand- Here's How You Can 2024 Is The Year Of Cancer, IBS May Be A Symptom Of Something Worse, And Parkinson's Disease Is Getting A Market Makeover (Additional Information Attached).
22. Title: "Infotrak" Date: 2/18/24 Time: 6:30am to 7:00am Topics Alcohol Abuse, Child Abuse and Neglect, Foster Care, Government Assistance, Disabilities, Rural Concerns, Aging, Personal Health, Education (Additional Information Attached).
23. Title: "A Minute With The Mayor" Date: 2/21/24 Time: 8:22am to 8:30am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School March 23, 2024, The Historic Alpine hosting comedian Lee Hardin February 24, 7pm. The Viking Dash 5k Run on March 2 at 9am.
24. Title: "Hospital Happenings" Date: 2/22/24 Time: 8:25am to 8:35am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, Annual Gala at the Armed Forces Center March 16' 2024. Raffle for the chance to name a room on the new building. Dr Meisenburg in the studio discussing his new Orthopedic office, hours and plans of action.

25. Title: "Radio Health Journal" Date: 2/25/24 Time: 6:00am to 6:30am. Topics / (1). Therapy For Twins: The Myth Of The Perfect Twin Connection (2) Why Science Says Kids Should Still Learn To Write In Cursive (3) Your Ancestors Are Making You Sick, Drinking Water May Be Causing Early Menopause, And How Movement Improves Memory (Additional Information Attached).
26. Title: "Infotrak" Date: 2/25/24 Time: 6:30am to 7:00am Topics / Mental Health, Personal Health, Women's Health, Domestic Abuse, Mental Health, Home Safety, Government Regulation, Consumers Matters. (Additional Information Attached).
27. Title: "A Minute With The Mayor" Date: 2/28/24 Time: 8:24am to 8:33am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School March 23, 2024, The Historic Alpine hosting the movie, Willy Wonka. RHS High School Wrestling Team headed to the WV State Tournament February 29th.
28. Title: "Hospital Happenings" Date: 2/29/24 Time: 8:25am to 8:35am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, Annual Gala at the Armed Forces Center March 16 2024. Raffle for the chance to name a room on the new building.
29. Title: "Radio Health Journal" Date: 3/3/24 Time: 6:00am to 6:30am. Topics / (1). How To Combat Medical Ignorance of Rare Diseases (2) The Female Geniuses Throughout History You Need To Know About How Viagra Can Help Newborns, A Future Pill For Stress, And The Risks Of Getting Too Much Sleep (Additional Information Attached).
30. Title: "Infotrak" Date: 3/3/24 Time: 6:30am to 7:00am Topics / Food Safety, Personal Health, Consumer Matters, Traffic Fatalities, Government, Scams/Crime, Senior Citizens. (Additional Information Attached).
31. Title: "Radio Health Journal" Date: 3/10/24 Time: 6:00am to 6:30am. Topics / (1). Cultural Competence Addressing Racial Disparities In Healthcare (2) Got Foot Problems? It May Be A Rare Blood Cancer Medical Notes How Social Media Is Giving You Inflammation, Gender Differences In Stroke Risk, And Eyeglasses Of The Future (Additional Information Attached).
32. Title: "Infotrak" Date: 3/10/24 Time: 6:30am to 7:00am Topics / Food Safety, Personal Health, Sexual Abuse, Parenting, Mental Health, Parenting, Obesity, Consumer Matters (Additional Information Attached).
33. Title: "Hospital Happenings" Date: 3/14/24 Time: 8:25am to 8:35am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, Annual Gala at the Armed Forces Center March 16 2024. Raffle for the chance to name a room on the new building.

34. Title: "Radio Health Journal" Date: 3/17/24 Time: 6:00am to 6:30am. Topics / (1) This Is Medieval, The 24 Year Old Who's Reinventing Medical Devices (2) Knocking On Death's Door The At Home Medical Device That Could Save Lives Medical Notes Diagnosing Cancer On The Go, Brain Waves Can Predict A Stutter, And The Scientific Way To Feel Less Stressed (Additional Information Attached).
35. Title: "Infotrak" Date: 3/17/24 Time: 6:30am to 7:00am Topics / Personal Health, Aging, Education, Parenting, Child Safety, Parenting (Additional Information Attached).
36. Title: "A Minute With The Mayor" Date: 3/20/24 Time: 8:23am to 8:35am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School March 23, 2024, The Historic Alpine hosting the movie Willy Wonka following the Chocolate Festival.
37. Title: "Radio Health Journal" Date: 3/24/24 Time: 6:00am to 6:30am. Topics / (1) Pain Is Not Womanhood: Earlier Diagnosing For Endometriosis (2) Public Health And Politics: A Look At The Mistakes Made During The Pandemic. Medical Notes Birth Control Can Worsen Your Infection, You Don't Need 10K Steps Each Day, And Is Sugar Free Making You Sick (Additional Information Attached).
38. Title: "Infotrak" Date: : 3/24/24 Time: 6:30am to 7:00am Topics / Emergency Services, Public Health, Government, Teenager Concerns, Parenting, Mental Health, Home Ownership, Consumer Matters, Legal Issues (Additional Information Attached).
39. Title: "A Minute With The Mayor" Date: 3/27/24 Time: 8:38am to 8:46am. WCEF interviewed Ripley, WV Mayor Carolyn Rader. Topics included: WV Chocolate Festival at the Ripley Elementary School Follow Up, Upcoming events at the Alpine Theater, City Hall will be closed on Good Friday, Spring Break.
40. Title: "Hospital Happenings" Date: 3/28/24 Time: 8:28am to 8:33am. WCEF interviewed Denise Toler of WVU/Jackson General Hospital. Topics included, Thanking sponsors of the Gala, Ribbon Cutting of new portion will happen last week of June. Golf Tournament in August.
41. Title: "Radio Health Journal" Date: 3/31/24 Time: 6:00am to 6:30am. Topics / (1) Cancer Drug Shortage Deciding Who Lives And Who Dies (2) Ketamine Regulations – We Don't Want To Reproduce This Opioid Problem Medical Notes Revering Blindness, How Bills Are Helping Male Infertility Research And Why Headphones May Pose A Danger To Kids (Additional Information Attached).
42. Title: "Infotrak" Date: 3/31/24 Time: 6:30am to 7:00am Topics / Housing, Community Development, Government, Personal Health, Education (Additional Information Attached).

Quarterly Report of Compliancy Issues & Programs List 2024-Q1 (January - March) Radio Health Journal

- 3D Printing
- Addiction
- African American Issues
- Aging
- Agriculture
- Alzheimer's Disease
- Amputations
- Anatomy
- Anxiety
- Artificial Intelligence
- Bacteria
- Bacterial Infection
- Bedside Manner
- Black History Month
- Blood
- Brain Imaging
- Breast Cancer
- Burnout
- Cancer
- Cancer Prevention
- Cervical Cancer
- Chemotherapy
- Childhood Cancers
- Children At Risk
- Chronic Conditions
- Chronic Disease
- Colon Cancer
- Community Care
- Compulsions
- Confirmation Bias
- Consumerism
- Coping Strategies
- Covid-19
- Cranial Drill
- Criminals
- Cuticles
- Deception
- Dementia
- Depression
- Diabetes
- Diagnostic Tools
- Diet
- Discrimination
- Disease
- Disease Progression
- Drill
- Drug Shortages
- Economics
- Ecosystems
- Education
- Elementary School
- Emergency Medicine
- Emotions
- Empathy
- Endometriosis
- Environment
- Equality
- Evolution
- Family Issues
- Family Medicine
- Farming
- FDA
- Federal Drug Regulations
- Female
- Entrepreneurship
- Female Issues
- Fiber
- Foot Health
- Gender Issues
- Generic Drugs
- Genetics
- Genius
- Geriatrics
- Gut Microbes
- Gut Microbiome
- Gynecology
- Habitats
- Habits
- Hallucinations
- Handwriting
- Health Care
- Health Policy
- Healthcare
- Healthy Lifestyle
- Heart Disease
- Hemorrhage
- Hiking
- History
- HIV
- Hospitalization
- Housing
- Illness
- Immunity
- Incarceration
- Individuality
- Infection
- Infectious Disease
- Infrastructure
- Intensive Care Unit
- Invasive Species
- Jail
- Ketamine
- Kidney
- Kidney Stones
- Learning
- Lying
- Manufacturing and Industry
- Medical Applications
- Medical Device
- Medical Devices
- Medical History
- Medical Imaging
- Medical Intervention
- Medical Knowledge
- Medical Technology
- Medicine
- Mental Health
- Mental Illness
- Mental Institutions
- Military
- Military Families
- Minority Populations
- Motor Movement
- Nails
- Native Animals
- Neurology
- Neurosurgery
- Nightmares
- Nutrition
- Obesity
- Offspring
- Opioid Crisis
- Opioids
- Oral Health
- Organ Failure
- Organ Transplant
- Pain
- Pain Management
- Pancreatitis
- Pandemic
- Pathological Liars
- Patient Safety
- Patriarchy
- Pediatric Care
- Pediatric Illness
- Politics
- Population Control
- Pre-cancer
- Pregnancy
- Prevention
- Preventive Medicine
- Prison
- Productivity
- Psychedelics
- Psychology
- Psychosis
- PTSD
- Public Health
- Public Health Organizations
- Public Policy
- Public Safety
- Racial Disparities
- Rare Disease
- Raw Materials
- Relationships
- Reproductive System
- Science Policy
- Scientific Terminology
- Self-esteem
- Septic Shock
- Service Animals
- Service Dogs
- Sexually Transmitted Infections
- Siblings
- Sick Days
- Skin Condition
- Skull
- Social Anxiety
- Social Media
- Stethoscope
- Stigma
- Stress
- Student Safety
- Supplements
- Supply Chain Issues
- Surgery
- Technology
- Telehealth
- Testicular Cancer
- Therapy
- Trauma
- Twins
- Ultrasound
- Vaccination
- Vaccine
- Veteran Issues
- Veterans
- Virus
- Visual Stimuli
- Volunteering
- Vulnerable Populations
- Women's Health
- Women's History
- Women's Issues

Program 24-01

Air Week: 1/7/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL

Time: 1:50

Duration: 12:59

Synopsis: We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor's appointment.

Host: Elizabeth Westfield

Producer: Libby Foster

Guests: Dr. Talya Miron-Shatz, Visiting Researcher, University of Cambridge, Author, Your Life Depends On It

Compliance issues: Health Care, Medicine, Patient Safety, Social Media, Vulnerable Populations, Confirmation Bias, Medical Knowledge, Scientific Terminology, Telehealth

Links for more info:

[Talya Miron-Shatz](#)

[Talya Miron-Shatz, PhD. Medical decision making \(@TalyaMironShatz\) / X](#)

[Talya Miron-Shatz, PhD - Visiting Researcher - University of Cambridge | LinkedIn](#)

SEGMENT 2: DOES A GOOD BEDSIDE MANNER SAVE LIVES?

Time: 15:50

Duration: 7:02

Synopsis: Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Dr. Wes Ely, Professor of Medicine, Associate Director of Aging Research, Vanderbilt University, Author, Every Deep-Drawn Breath

Compliance issues: Burnout, Consumerism, Covid-19, Empathy, Health Care, Healthcare, Pandemic, Patient Safety, Public Health, Vaccination, Bedside Manner, Intensive Care Unit

Links for more info:

[E. Wesley Ely, MD, MPH](#)

[X: @WesElyMD](#)

[E. Wesley Ely, MD, MPH | Vanderbilt Scholars in HIV and Heart, Lung, Blood and Sleep Research](#)

[LinkedIn: Dr. Wes Ely](#)

Program 24-02

Air Week: 1/14/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: 3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE

Time: 1:48

Duration: 11:52

Synopsis: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. George Haidukewych, Director of Orthopedic Trauma & Chief of Complex Joint Replacement, Orlando Health Jewett Orthopedic Institute; Dr. Thomas Kolon, Expert in Pediatric Disorders, Chief of Urology, Children's Hospital of Philadelphia

Compliance issues: 3D Printing, Artificial Intelligence, Cancer, Children At Risk, Consumerism, Medical Technology, Vulnerable Populations, Cancer Prevention, Childhood Cancers, Kidney

Links for more info:

[George Haidukewych - Orlando Health - One of Central Florida's Most Comprehensive Healthcare Networks](#)

[Thomas F. Kolon, MD | Children's Hospital of Philadelphia](#)

[Thomas F. Kolon \(@ThomasKolon\) / X](#)

[LinkedIn: Dr. Thomas Kolon](#)

SEGMENT 2: NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS

Time: 14:42

Duration: 7:50

Synopsis: So many of us have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health.

Host: Greg Johnson

Producer: Morgan Kelly

Guests: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mount Sinai Medical Center; Dr. Fred Penzel, Psychologist & Executive Director of Western Suffolk Psychological Services

Compliance issues: Bacteria, Consumerism, Evolution, Genetics, Public Health, Trauma, Bacterial Infection, Compulsions, Cuticles, Ecosystems, Habits, Hemorrhage, Nails, Oral Health

Links for more info:

[Dana K Stern - Dermatology | Mount Sinai - New York](#)

[Dr. Dana Stern](#)

[Dr. Dana Stern \(@hamptonderm\) • Instagram photos and videos](#)

[LinkedIn: Dr. Dana Stern](#)

[Fred Penzel, Ph.D.](#)

[Fred Penzel \(@DrFredPenzel\) / X](#)

Program 24-03

Air Week: 1/21/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE?

Time: 1:47

Duration: 12:28

Synopsis: American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis.

Host: Elizabeth Westfield

Producer: Reed Pence

Guests: Christine Montross, Associate Professor of Psychiatry and Human Behavior, Brown University

Compliance issues: Consumerism, Health Care, Healthcare, Incarceration, Mental Illness, Public Health, Public Policy, Public Safety, Community Care, Criminals, Health Policy, Jail, Mental Institutions, Prison, Psychosis

Links for more info:

[Montross, Christine | Brown University](#)

[Waiting for an Echo by Christine Montross | PenguinRandomHouse.com: Books](#)

[Christine Montross - Bio](#)

SEGMENT 2: DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL?

Time: 15:17

Duration: 7:43

Synopsis: We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Dr. Andrea Bonior explains the benefits of giving your children mental health days and how to prepare them for future obstacles.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Andrea Bonior, Licensed Clinical Psychologist, Author

Compliance issues: Anxiety, Children At Risk, Consumerism, Coping Strategies, Depression, Mental Health, Public Health, Vulnerable Populations, Emotions, Sick Days, Stress

Links for more info:

[Dr. Andrea Bonior](#)

[Andrea Bonior, Ph.D. \(@drandreabonior\) • Instagram photos and videos](#)

[Professional Speaker - Andrea Bonior, Ph.D. | LinkedIn](#)

[Youth Risk Behavior Surveillance System \(YRBSS\) | CDC](#)

Program 24-04

Air Week: 1/28/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT?

Time: 1:49

Duration: 10:53

Synopsis: Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joe Roman, Conservation Biologist, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, US Geological Survey

Compliance issues: Agriculture, Consumerism, Diet, Disease, Environment, Infrastructure, Invasive Species, Public Health, Public Safety, Virus, Farming, Habitats, Native Animals, Population Control

Links for more info:

[Joe Roman | Rubenstein School of Environment and Natural Resources | The University of Vermont](#)

[Joe Roman](#)

[Eat The Invaders](#)

[US Geological Survey: Dr. Cindy Tam](#)

[LinkedIn: Dr. Cindy Tam](#)

SEGMENT 2: MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS

Time: 13:44

Duration: 8:39

Synopsis: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Chuck Weber, Psychologist, Chief Medical Officer and Founder, Family Care Center

Compliance issues: Health Care, Healthcare, Mental Health, Military, PTSD, Psychology, Public Health, Public Safety, Veterans, Vulnerable Populations, Family Medicine, Military Families

Links for more info:

[Charles Weber | LinkedIn](#)

[Family Care Center](#)

Program 24-05

Air Week: 2/4/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

**SEGMENT 1: WHAT IS A WOMAN WORTH? NEEDLESS DEATHS FROM A PREVENTABLE
CANCER**

Time: 1:48

Duration: 12:10

Synopsis: Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Linda Eckert, Professor of Obstetrics and Gynecology, University of Washington Department of Obstetrics and Gynecology and Global Health, Author, Enough

Compliance issues: Cancer, Consumerism, Gender Issues, Prevention, Vaccination, Vulnerable Populations, Cervical Cancer, Pre-cancer, Sexually Transmitted Infections, Women's Issues

Links for more info:

[Linda Eckert | University of Washington - Department of Global Health](#)

[Dr. Linda Eckert](#)

[Linda Eckert MD \(@drlindaeckert\) • Instagram photos and videos](#)

[Linda Eckert, MD \(@drlindaeckert\) / X](#)

**SEGMENT 2: BLACK ANGELS: THE BLACK NURSES INVOLVED IN THE FIGHT AGAINST
TUBERCULOSIS**

Time: 15:00

Duration: 7:59

Synopsis: Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's gone largely unrecognized in society.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Maria Smilios, Author, The Black Angels

Compliance issues: African American Issues, Consumerism, Health Care, Healthcare, Infectious Disease, Medical History, Mental Health, Patient Safety, Public Health, Black History Month, Vaccine

Links for more info:

[Maria Smilios](#)

[Maria Smilios \(@mariamsmilios\) • Instagram photos and videos](#)

[X: @MariaSmilios](#)

Program 24-06

Air Week: 2/11/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BIG LIARS: IS HONESTY ALWAYS THE BEST POLICY?

Time: 1:48

Duration: 10:38

Synopsis: Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, Our experts explain the psychology behind why people lie and how you can avoid being duped.

Host: Elizabeth Westfield

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

Links for more info:

[Christian L. Hart, Ph.D.](#)

[Big Liars](#)

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

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

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

[Curtis Deception Lab](#)

SEGMENT 2: NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES?

Time: 13:28

Duration: 9:34

Synopsis: While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Greg Tasian, Attending Pediatric Urologist, Children's Hospital of Philadelphia

Compliance issues: Chronic Disease, Infection, Patient Safety, Public Health, Surgery, Vulnerable Populations, Disease Progression, Gut Microbes, Kidney Stones, Organ Transplant, Pediatric Care

Links for more info:

[Gregory E. Tasian, MD, MSc, MSCE | Children's Hospital of Philadelphia](#)

[Gregory Tasian, MD, MSc, MSCE \(@GregoryTasian\) / X](#)

[ClinicalTrials.gov: Pediatric KIDney Stone \(PKIDS\) Care Improvement Network \(PKIDS\)](#)

Program 24-07

Air Week: 2/18/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: "EAT TO SURVIVE": WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION

Time: 1:48

Duration: 10:35

Synopsis: Many children in America are taught about nutrition through the USDA's balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she's faced during her journey towards a healthier lifestyle.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Loni Love, Comedian, Television Host, Spokesperson, Metamucil; Dr. Christopher Gardner, Rehnberg Farquhar Professor of Medicine, Stanford University

Compliance issues: Cancer, Chronic Disease, Diabetes, Diet, Gut Microbiome, Immunity, Nutrition, Obesity, Public Health, Supplements, Fiber, Healthy Lifestyle, Heart Disease, Illness

Links for more info:

[Loni Love \(@comiconilove\) • Instagram photos and videos](#)

[Loni Love \(@LoniLove\) / X](#)

[Loni Love - Facebook](#)

[Christopher Gardner | Stanford Medicine](#)

[Christopher Gardner \(@GardnerPhD\) / X](#)

SEGMENT 2: SERVICE DOGS ARE IN HIGH DEMAND – HERE'S HOW YOU CAN HELP

Time: 13:25

Duration: 9:30

Synopsis: Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: James Schenck, CEO, PenFed Foundation; Kirsten Holley, US Army Veteran

Compliance issues: Anxiety, Depression, Family Issues, Mental Health, Neurology, PTSD, Therapy, Veterans, Nightmares, Service Animals, Service Dogs, Social Anxiety, Veteran Issues, Volunteering

Links for more info:

[James Schenck - PenFed Foundation](#)

[James Schenck - Pentagon Federal Credit Union | LinkedIn](#)

[Canine Companions](#)

Program 24-08

Air Week: 2/25/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THERAPY FOR TWINS: THE MYTH OF THE 'PERFECT' TWIN CONNECTION

Time: 1:48

Duration: 11:28

Synopsis: Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joan A. Friedman, Psychotherapist & Twin Expert

Compliance issues: Education, Family Issues, Housing, Pregnancy, Psychology, Public Health, Public Safety, Relationships, Therapy, Individuality, Offspring, Self-esteem, Siblings, Twins

Links for more info:

[Joan A. Friedman](#)

[Joan A. Friedman \(@Joanafriedman\) / X](#)

[Dr. Joan Friedman \(@dr.joanfriedmantwinexpert\) • Instagram photos and videos](#)

SEGMENT 2: WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE

Time: 14:18

Duration: 7:59

Synopsis: In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there's still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils.

Host: Greg Johnson

Producer: Libby Foster

Guests: Dr. Danny Oppenheimer, Professor of Decision Sciences, Carnegie Mellon University; Dr. Virginia Wise Berninger, Professor Emerita, University of Washington

Compliance issues: Education, Learning, Psychology, Public Health, Student Safety, Brain Imaging, Elementary School, Handwriting, Motor Movement, Productivity, Visual Stimuli

Links for more info:

[Virginia Wise Berninger, PhD., - Handwriting Collaborative Conference](#)

[Carnegie Mellon University: Dr. Danny Oppenheimer](#)

[Psychology: The Comic Book Introduction](#)

Program 24-09

Air Week: 3/3/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES

Time: 1:48

Duration: 11:12

Synopsis: Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor's daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn't believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Christyn Taylor, CEO, Rebecca's Wish; Lisa Morgan, Parent of Patient

Compliance issues: Chronic Conditions, Education, Healthcare, Patient Safety, Surgery, Vulnerable Populations, Hospitalization, Pain, Pancreatitis, Pediatric Illness, Rare Disease

Links for more info:

[Pediatric Pancreatitis Patient Passport](#)

[Rebecca's Wish](#)

[Rebecca's Wish - Facebook](#)

[Rebecca's Wish \(@rebeccaswishus\) • Instagram photos and videos](#)

SEGMENT 2: THE FEMALE GENIUSES THROUGHOUT HISTORY YOU NEED TO KNOW ABOUT

Time: 14:02

Duration: 9:04

Synopsis: If you're asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there's a good chance you're forgetting the brilliant women who deserve a spot at this table. In honor of Women's History Month this March, our expert tells the stories of a few female geniuses whose accomplishments deserve greater recognition.

Host: Greg Johnson

Producer: Polly Hansen

Guests: Janice Kaplan, Author, *The Genius of Women*; Catherine Whitlock, Author, *Ten Women Who Changed Science and the World*

Compliance issues: Consumerism, Education, Gender Issues, History, Medical History, Politics, Public Health, Vulnerable Populations, Equality, Genius, Patriarchy, Women's History

Links for more info:

[Janice Kaplan](#)

[Janice Kaplan \(@janice.kaplan\) • Instagram photos and videos](#)

[Janice Kaplan \(@JaniceKaplan2\) / X](#)

[Catherine Whitlock](#)

Program 24-10

Air Week: 3/10/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CULTURAL COMPETENCE: ADDRESSING RACIAL DISPARITIES IN HEALTHCARE

Time: 1:48

Duration: 13:01

Synopsis: Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ladson Hinton, Professor and Director of Geriatric Psychiatry, University of California Davis School of Medicine; Dr. Toyin Nwafor, Infectious Disease Physician, Senior Medical Director for HIV Prevention, ViV Healthcare

Compliance issues: Alzheimer's Disease, Discrimination, HIV, Infectious Disease, Patient Safety, Psychology, Public Health, Dementia, Minority Populations, Racial Disparities, Stigma

Links for more info:

[Ladson Hinton, M.D. for UC Davis Health](#)

[LinkedIn: Dr. Ladson Hinton](#)

[Toyin Falusi Nwafor \(she/her\) \(@TfalNwaforMD\) / X](#)

[Mapping racial and ethnic healthcare disparities for persons living with dementia: A scoping review](#)

[Toyin Falusi Nwafor, MD - ViV Healthcare | LinkedIn](#)

[Medical Experts - ViV Healthcare](#)

SEGMENT 2: GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER

Time: 15:51

Duration: 7:04

Synopsis: Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Brandi Reeves, Hematologist, Assistant Professor of Medicine, University of North Carolina, Chapel Hill; Gary Lenahan, Patient

Compliance issues: Aging, Cancer, Chemotherapy, Consumerism, Geriatrics, Patient Safety, Public Health, Blood, Foot Health, Hiking, Medical Intervention, Skin Condition

Links for more info:

[Brandi Reeves, MD - Division of Hematology](#)

[Brandi Reeves \(@BrandiReeves1\) / X](#)

[Polycythemia vera - Symptoms & causes - Mayo Clinic](#)

Program 24-11

Air Week: 3/17/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: "THIS IS MEDIEVAL" – THE 24-YEAR-OLD WHO'S REINVENTING MEDICAL DEVICES

Time: 1:48

Duration: 11:12

Synopsis: During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient's skull. It's been the standard for years – but it's not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Matthew Potts, Neurosurgeon & Associate Professor of Neurological Surgery, Northwestern Feinberg School of Medicine; Casey Qadir, Co-Founder & CEO, Hubly Surgical

Compliance issues: Consumerism, Emergency Medicine, Medical Technology, Neurology, Patient Safety, Surgery, Anatomy, Cranial Drill, Drill, Female Entrepreneurship, Medical Device, Neurosurgery, Skull

Links for more info:

[Matthew B Potts: Faculty Profiles](#)

[Matthew Potts \(@matthewpottsmd\) • Instagram photos and videos](#)

[Matthew Potts - Program Director - Neurological Surgery Residency](#)

[Matthew Potts \(@MatthewPottsMD\) / X](#)

[Hubly Surgical](#)

[Hubly Surgical \(@hublysurgical\) • Instagram photos and videos](#)

[Casey Qadir 🍷 \(@BrainDrillGirl\) / X](#)

[LinkedIn: Casey Qadir](#)

SEGMENT 2: KNOCKING ON DEATH'S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES

Time: 14:02

Duration: 8:23

Synopsis: Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Mark Opauszky, CEO, Sparrow BioAcoustics

Compliance issues: Amputations, Infection, Medical Technology, Patient Safety, Preventive Medicine, Public Health, Technology, Trauma, Medical Applications, Medical Devices, Organ Failure, Septic Shock, Stethoscope

Links for more info:

[Mark Attila Opauszky | LinkedIn](#)

[Sparrow BioAcoustics](#)

[OBSTACLEs on startups, struggles and stoicism](#)

[X: @Opauszky](#)

Program 24-12

Air Week: 3/24/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS

Time: 1:49

Duration: 11:37

Synopsis: Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process isn't aiding women with this disorder.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jodie Avery, Epidemiologist, Senior Research Fellow, University of Adelaide Medical School; Asha Dickens, patient

Compliance issues: Consumerism, Patient Safety, Public Health, Surgery, Diagnostic Tools, Endometriosis, Female Issues, Gynecology, Medical Imaging, Reproductive System, Ultrasound, Women's Health

Links for more info:

[Uterine Health Guide](#)

[LinkedIn: Asha Dickens](#)

[Endo Black](#)

[Dr Jodie Avery | Researcher Profiles](#)

[Noninvasive diagnostic imaging for endometriosis part 1 - Fertility and Sterility](#)

[LinkedIn: Dr. Jodie Avery](#)

[Dr Jodie Avery \(@Jodie_Avery\) / X](#)

SEGMENT 2: PUBLIC HEALTH AND POLITICS: A LOOK AT THE MISTAKES MADE DURING THE PANDEMIC

Time: 14:28

Duration: 8:31

Synopsis: Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of *Within Reason*, dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health?

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Sandro Galea, Dean & Robert A. Knox Professor, Boston University School of Public Health, Author, *Within Reason*

Compliance issues: Covid-19, Medicine, Pandemic, Patient Safety, Politics, Public Health, Public Safety, Social Media, Virus, Vulnerable Populations, Public Health Organizations, Science Policy

Links for more info:

[Sandro Galea | SPH](#)

[Sandro Galea](#)

[Within Reason: A Liberal Public Health for an Illiberal Time, Galea](#)

[Sandro Galea - Dean - Boston University School of Public Health | LinkedIn](#)

[Sandro Galea \(@sandrogalea\) / X](#)

[Sandro Galea \(@sandro_galea\) • Instagram photos and videos](#)

Program 24-13

Air Week: 3/31/2024

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES

Time: 1:49

Duration: 11:08

Synopsis: When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Barbara Barnett, Cancer Patient; Dr. Julie Gralow, Chief Medical Officer & Executive Vice President, American Society of Clinical Oncology; Mark Fleury, Policy Principal, American Cancer Society Cancer Action Network

Compliance issues: Cancer, Manufacturing and Industry, Generic Drugs, FDA, Chemotherapy, Drug Shortages, Economics, Consumerism, Raw Materials, Breast Cancer, Supply Chain Issues, Testicular Cancer, Colon Cancer, Patient Safety

Links for more info:

[Julie R. Gralow, MD, FACP, FASCO | ASCO](#)

[Julie Gralow - Chief Medical Officer - American Society of Clinical Oncology \(ASCO\) | LinkedIn](#)

[Mark Fleury - Principal, Policy Development, Emerging Science - American Cancer Society Cancer Action Network \(ACS CAN\) | LinkedIn](#)

[Mark Fleury \(@ME_Fleury\) / X](#)

[Julie Gralow \(@jrgalow\) / X](#)

[ASCO \(@ascocancer\) • Instagram photos and videos](#)

[The American Cancer Society \(@americancancersociety\) • Instagram photos and videos](#)

SEGMENT 2: KETAMINE REGULATIONS -- "WE DON'T WANT TO REPRODUCE THIS OPIOID PROBLEM"

Time: 13:59

Duration: 8:32

Synopsis: Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it should be regulated to lessen the risk of addiction.

Host: Greg Johnson

Producer: Kristen Farrah

Guests: Dr. Howard Kornfeld, Pain Management & Addiction Specialist, Founder & Medical Director, Recovery Without Walls

Compliance issues: Ketamine, Opioids, Addiction, Patient Safety, Public Safety, Pain Management, Opioid Crisis, Psychedelics, Therapy, Hallucinations, Consumerism, Federal Drug Regulations

Links for more info:

[Dr. Howard Kornfeld | Pain Management & Addiction Specialist](#)

[LinkedIn: Dr. Howard Kornfeld](#)

[Recovery Without Walls \(@recoverywowalls\) • Instagram photos and videos](#)



Call Letters: WCEF-FM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024

Show # 2024-01

Date aired: 1-7-24 Time Aired: 630 AM

Steve Elek, Senior Automotive Data Analyst at Consumer Reports

Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

Issues covered:
Electric Vehicles
Consumer Matters

Length: 8:44

Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization

Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.

Issues covered:
Mental Health
Telehealth
Youth Issues

Length: 8:41

Show # 2024-02

Date aired: 1-14-24 Time Aired: 630 AM

Annie Grace, recovering alcoholic, author of "This Naked Mind," founder of the This Naked Mind community

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

Issues covered:
Alcoholism

Length: 8:48

Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University

Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

Issues covered:
Personal Health
Environment
Consumer Matters

Length: 8:39

Show # 2024-03

Date aired: 1-21-24 **Time Aired:** 6:30 AM

Jared Walczak, Vice President of State Projects, Tax Foundation

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

Issues covered:
Property Taxes
Inflation
Home Ownership

Length: 8:54

Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

Issues covered:
Personal Health
Nutrition

Length: 8:29

Show # 2024-04

Date aired: 1-28-24 **Time Aired:** 6:30 AM

Vijay Boyapati, Bitcoin expert, author of "The Bullish Case for Bitcoin"

Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

Issues covered:
Digital Currencies
Personal Finance

Length: 8:58

Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana

Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

Issues covered:
Substance Abuse
Parenting

Length: 8:15

Show # 2024-05

Date aired: 2-4-24 Time Aired: 6:30 AM

Rachel Slade, author of *"Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)"*

The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

Issues covered:
Manufacturing
Economy
Government

Length: 8:43

Gary Taubes, journalist, author of *"Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments"*

Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

Issues covered:
Personal Health
Science

Length: 8:37

Show # 2024-06

Date aired: 2-11-24 Time Aired: 6:30 AM

Mariel Buqué, PhD, psychologist, author of *"Break the Cycle: A Guide to Healing Intergenerational Trauma"*

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle.

Issues covered:
Mental Health
Child Abuse

Length: 8:41

Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "GAIN Without Pain"

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

Issues covered:
Personal Health
Longevity

Length: 8:35

Show # 2024-07

Date aired: 2-18-24 Time Aired: 6:30

Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University

Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

Issues covered:
Child Abuse & Neglect
Alcohol Abuse
Foster Care

Length: 9:27

Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire

Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

Issues covered:
Government Assistance
Disabilities
Rural Concerns
Aging

Length: 7:46

Show # 2024-08

Date aired: 2-25-24 Time Aired: 4:30 AM

Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of "Project UnLonely: Healing Our Crisis of Disconnection"

Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

Issues covered:
Mental Health
Personal Health

Length: 9:33

Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of *"All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today"*

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

Issues covered:
Women's Health
Domestic Abuse
Mental Health

Length: 7:47

Show # 2024-09

Date aired: 3-3-24 Time Aired: 6:30 AM

James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports

Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

Issues covered:
Food Safety
Personal Health
Consumer Matters

Length: 8:14

Harvey Miller, PhD, Professor of Geography at Ohio State University

Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

Issues covered:
Traffic Fatalities
Government

Length: 8:54

Show # 2024-10

Date aired: 3-10-24 Time Aired: 6:30 AM

Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered:
Personal Health

Length: 7:29

Teresa Gil, PhD, psychotherapist, author of *"Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation"*

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

Show # 2024-11

Date aired: 3-17-24 Time Aired: 6:30 AM

David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago

Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprisingly large impact. He found that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

Issues covered:
Personal Health
Aging

Length: 8:50

Christy Faith, author of *"Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System"*

Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

Issues covered:
Education
Parenting

Length: 8:31

Show # 2024-12

Date aired: 3-21-24 Time Aired: 630 AM

Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai

Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

Issues covered:

**Emergency Services
Public Health**

Length: 8:12

Chelsey Goodan, academic tutor and mentor, author of "*Underestimated: The Wisdom and Power of Teenage Girls*"

Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices.

Issues covered:

**Teenager Concerns
Parenting
Mental Health**

Length: 9:12

Show # 2024-13

Date aired: 3-31-24 Time Aired: 630 AM

Charles L. Marohn Jr, land-use planner, municipal engineer, author of "*Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis*"

Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal.

Issues covered:

**Housing
Community Development
Government**

Length: 8:53

Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons

Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average.

Issues covered:

Personal Health

Length: 8:30

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