

Quarterly Report of Compliancy Issues & Programs List 2023-Q2 (April - June) Radio Health Journal

- Active Lifestyle
- Addiction
- Adrenal Dysfunction
- Adrenal Glands
- Aging
- Alcohol Consumption
- Ambulance
- Anxiety
- Artificial Flavors
- Artificial Intelligence
- Artificial Sweeteners
- Autoimmune Disease
- Beauty Industry
- Behavioral Science
- Bereaved Parents
- Bereavement
- Bereavement Support
- Biochemistry
- Bone Structure
- Brain Disease
- Brain Fog
- Brain Function
- Breast Cancer
- Burnout
- Caffeine
- Cancer
- Caregivers
- Chemistry
- Childhood Obesity
- Children and Youth at Risk
- Children's Hospital
- Chronic Conditions
- Chronic Disease
- Chronic Symptoms
- Chronic Tics
- Consumerism
- Cortisol
- Cosmetic Botox
- Covid-19
- Death
- Deformity
- Depression
- Diabetes
- Diagnoses
- Diet
- Donation
- Early Pregnancy Loss
- Economy
- Education
- Emergency Medicine
- Employment
- Environment
- Estrogen
- Evolution
- Exercise
- Explosion
- Father's Day
- FDA
- FDA Regulations
- Federal Law
- Female Athletes
- Fine Arts
- First Aid
- First Responders
- Flat Head Syndrome
- Flavor
- Food Marketing
- Functional Neurologic Disorder
- Gaslighting
- Gender Bias
- Gender Issues
- Gender Research Bias
- Governmental Organizations
- Grief
- Gun Violence
- Gut Health
- Health
- Health Insurance
- Healthcare
- Healthy Food
- Heart Disease
- Hobbies
- Hormone Therapy
- Hormones
- Hot Flashes
- Human Physiology
- Immunodeficiency
- Incest
- Incontinence
- Individuality
- Infant Health
- Inflammation
- Ingredients
- Loss of a Child
- Loss of a Parent
- Lupus
- Mass Murder
- Mass Shootings
- Mass Violence
- Medicaid
- Medical Myths
- Medical Records
- Medical Research
- Medical School
- Medical Student
- Medical Technology
- Medicare
- Men's Health
- Menopause
- Mental Health
- Mental Illness
- Minorities
- Miscarriage
- Motherhood
- Muscle Strength
- Music
- Natural Flavors
- Neurology
- Non-hormonal Therapy
- Non-profit
- Nutrition
- Nutrition Labels
- Obesity
- Older Populations
- Ophthalmology
- Overuse Injury
- Ozempic
- Pandemic
- Paramedics
- Parenting
- Patient Safety
- Pickleball
- Pre-hospital Care
- Pregnancy Loss
- Private Hospitals
- Protein
- Psychiatry
- Psychology
- Puberty
- Public Health
- Public Health System
- Rape
- Safety Net Hospitals
- Scientific Research
- Sexual Abuse
- Sexual Assault
- Sexual Trauma
- Snacks
- Social Media
- Socializing
- Sports Injuries
- Sports Science
- State and Federal Regulations
- State Government
- Stress
- Sugar
- Supplements
- Therapy
- Vitamins
- Vulnerable Populations
- Weight Gain
- Women's Health

Program 23-14

Air Week: 04/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SAVING YOURSELF: WHAT TO DO IN AN EMERGENCY SITUATION

Time: 1:50

Duration: 11:18

Synopsis: When Rebecca Fogg's toilet exploded, she knew she had to do two things: call 911 and stop the bleeding from her arm. But how would you react in her situation? An expert explains the most important steps to take when you're in a crisis that will give you the best chances of survival.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Rebecca Fogg, Author, Beautiful Trauma; Dr. Claire Park, Consultant in Pre-Hospital Emergency Medicine, London's Air Ambulance Charity

Compliance issues: Ambulance, Emergency Medicine, Explosion, First Aid, First Responders, Healthcare, Patient Safety, Public Health, Paramedics, Pre-hospital Care, Trauma Victims

Links for more info:

[LinkedIn: Dr. Claire Park](#)

[twitter: @RebFogg](#)

[Penguin Random House: Beautiful Trauma](#)

[London's Air Ambulance Charity](#)

SEGMENT 2: HAPPY ACCIDENTS IN SCIENCE THAT CREATED THE PRODUCTS WE USE EVERY DAY

Time: 14:10

Duration: 8:21

Synopsis: Not all scientific discovery is on purpose. In fact, many important breakthroughs were by accident, like insulin and X-rays. Our experts discuss why we should look at failures as a starting point rather than the end of the road.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Erin Heath, Director of Federal Relations, The American Association for the Advancement of Science; Dr. Jean Carruthers, Clinical Professor of Ophthalmology, University of British Columbia, Pioneer of Cosmetic Botox

Compliance issues: Beauty Industry, Consumerism, Cosmetic Botox, Patient Safety, Ophthalmology

Links for more info:

[The American Association for the Advancement of Science](#)

[Dr. Jean Carruthers Cosmetics](#)

[The Golden Goose Award](#)

[Instagram: @carrutherscosmetic](#)

[twitter: @PublicHeath](#)

[AAAS.org: Erin Heath](#)

[Jean Carruthers LinkedIn](#)

Program 23-15

Air Week: 04/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: TIKTOK TICS: CAN SOCIAL MEDIA CAUSE NEUROLOGIC DISORDERS?

Time: 1:50

Duration: 12:29

Synopsis: Cases of functional tic-like disorder skyrocketed during the pandemic across the world, and experts believe the culprit is social media. Though classic tic disorders are mostly diagnosed in boys, this condition mainly affects women aged 18 to 21. Our experts explain the cause and how to successfully recover from the disorder.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Danielle Larson, Movement Disorder Specialist, Northwestern Medicine; Dr. Nicole Zahka, Pediatric Psychologist, Cincinnati Children's Hospital Medical Center

Compliance issues: Anxiety, Chronic Tics, Covid-19, Depression, Pandemic, Psychology, Social Media, Therapy, Vulnerable Populations, Functional Neurologic Disorder, Modeling, Tourette Syndrome

Links for more info:

[Wiley Online Library: The spectrum of functional tic-like behaviours: Data from an international registry](#)

[Northwestern Medicine: Dr. Danielle Larson](#)

[Cincinnati Children's Hospital Medical Center: Dr. Nicole Zahka](#)

[twitter: @dLarsonMD4](#)

SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA

Time: 15:21

Duration: 7:04

Synopsis: Dr. Patti Feuereisen says incest is one of the most common forms of sexual assault, but is almost never talked about. For the survivors, this silence can lead to more events of trauma down the road. Feuereisen explains how to support victims of sexual abuse and why starting the conversation is necessary.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Patti Feuereisen, Psychotherapist, Author, Invisible Girls; Speaking the Truth about Sexual Abuse

Compliance issues: Incest, Psychology, Rape, Sexual Abuse, Sexual Assault, Therapy, Sexual Trauma

Links for more info:

[GirlThrive Inc.](#)

[Seal Press: Invisible Girls](#)

Program 23-16

Air Week: 04/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW SAFETY NET HOSPITALS INCREASE ACCESS TO HEALTH CARE

Time: 1:49

Duration: 10:46

Synopsis: Health insurance has long been connected with a person's employment – leaving many without coverage. Safety net hospitals help ensure that anyone who needs medical care can get access to it, no matter their insurance status. Dr. Ricardo Nuila discusses why this model may be more effective than the standard, privatized healthcare.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ricardo Nuila, Associate Professor of Medicine, Baylor College of Medicine, Author, The People's Hospital

Compliance issues: Emergency Medicine, Health Insurance, Healthcare, Patient Safety, Vulnerable Populations, Medicaid, Medicare, Private Hospitals, Public Health System, Safety Net Hospitals

Links for more info:

[Simon And Schuster: The People's Hospital](#)

[RicardoNuila.com](#)

[Baylor College of Medicine: Ricardo Nuila](#)

SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?

Time: 13:38

Duration: 9:13

Synopsis: We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. David Andrews, Senior Scientist, Environmental Working Group

Compliance issues: Addiction, Artificial Flavors, Chemistry, Consumerism, Diet, FDA Regulations, Flavor, Ingredients, Natural Flavors, Nutrition Labels, Organic, Processed Foods

Links for more info:

[Environmental Working Group](#)

[EWG: Synthetic ingredients in Natural Flavors and Natural Flavors in Artificial flavors](#)

[EWG: Food Scores](#)

[twitter: @dqasci](#)

Program 23-17

Air Week: 04/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?

Time: 1:50

Duration: 10:38

Synopsis: Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joseph Parks, Medical Director, National Council for Mental Wellbeing; Dr. Jeffrey Lieberman, Professor of Psychiatry, Columbia University

Compliance issues: Education, Federal Law, Mass Shootings, Mental Health, Mental Illness, State and Federal Regulations, Gun Violence, Mass Murder, Mass Violence, State Government

Links for more info:

[National Council for Mental Wellbeing](#)

[Columbia University Department of Psychiatry](#)

[LinkedIn: Dr. Joseph Parks](#)

SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR

Time: 13:30

Duration: 8:44

Synopsis: Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins.
Host: Nancy Benson. **Producer:** Kristen Farrah.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jason Ryder, Adjunct Professor of Chemical and Biomolecular Engineering, University of California, Berkeley, Co-Founder, Oobli

Compliance issues: Artificial Sweeteners, Chemistry, Consumerism, Diet, Evolution, Health, Public Health, Protein, Snacks, Sugar, Sugar Alternatives

Links for more info:

[Berkeley College of Chemistry](#)

[Oobli.com](#)

[Sage Journals: Safety evaluation of oobli fruit sweet protein \(brazzein\) derived from Komagataella phaffii, intended for use as a sweetener in food and beverages](#)

[LinkedIn: Dr. Jason Ryder](#)

Program 23-18

Air Week: 04/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: "I'M NOT DYING, BUT IS THAT GOOD ENOUGH?": IMPROVING LUPUS RESEARCH

Time: 1:50

Duration: 10:31

Synopsis: Lupus ABC is the first of its kind public-private partnership with the FDA. It will allow researchers and patients to work together, hopefully leading to breakthroughs in lupus treatments. Experts explain why the patient perspective is so important for successful outcomes.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Teodora Staeva, Vice President of Research and Chief Scientific Officer, Lupus Research Alliance; Veronica Vargas Lupo, Co-Lead of the Lupus Voices Council, Lupus ABC

Compliance issues: Autoimmune Disease, FDA, Governmental Organizations, Non-profit, Patient Safety, Scientific Research, Lupus

Links for more info:

[Lupus Research Alliance](#)

[FDA launches Lupus Treatment Consortium in partnership with the Lupus Research Alliance | FDA](#)

[Veronica Vargas Lupo - Business Development Leader | Adobe Strategic Partnership - IBM | LinkedIn](#)

[Dr. Teodora Staeva](#)

SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS

Time: 13:22

Duration: 9:02

Synopsis: Dr. Greg Hammer believes our health is a big piece of overall happiness. Unfortunately, it can be hard to break bad habits and be motivated to create healthier ones. Hammer offers tips and tools that can help us be more intentional with our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Greg Hammer, Professor of Anesthesiology, Perioperative and Pain Medicine, and of Pediatrics, Stanford University

Compliance issues: Brain Function, Caffeine, Chronic Conditions, Diabetes, Diet, Exercise, Nutrition, Obesity, Public Health, Alcohol Consumption, Heart Disease, Sleep Health, Sugar, Whole Foods

Links for more info:

[GregHammerMD.com](#)

[Stanford University: Dr. Greg Hammer](#)

[Instagram: @greghammermd](#)

Program 23-19

Air Week: 05/07/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW AI IS THRUSTING US INTO THE FUTURE OF MEDICINE

Time: 1:50

Duration: 12:36

Synopsis: From improving the patient experience to speeding up protein evolution, artificial intelligence is rocketing the field of medicine into the future. Our experts discuss the many different applications of AI and how we can expect to interact with the technology in the years to come.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

Compliance issues: Artificial Intelligence, Biochemistry, Consumerism, Environment, Evolution, Medical Records, Medical Technology, Patient Safety, Public Health, Protein, Viruses

Links for more info:

[David M Liebovitz : Faculty Profile](#)

[David L. - Associate Vice-chair, Department of Medicine - Northwestern Medicine | LinkedIn](#)

[David Baker | UW Biochemistry](#)

[Baker Lab](#)

[Institute for Protein Design](#)

SEGMENT 2: WHAT YOU NEED TO KNOW ABOUT YOUR BABY'S FLAT HEAD

Time: 15:28

Duration: 6:56

Synopsis: Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Peter Taub, Professor of Pediatrics and Neurosurgery, Icahn School of Medicine at Mount Sinai, New York

Compliance issues: Bone Structure, Children and Youth at Risk, Consumerism, Deformity, Flat Head Syndrome, Neurology, Patient Safety, Infant Health

Links for more info:

[Peter Taub - Plastic and Reconstructive Surgery | Mount Sinai - New York](#)

[Peter J. Taub - Professor of Medical Education - Icahn School of Medicine at Mount Sinai | LinkedIn](#)
[Flat Head Syndrome \(Deformational Plagiocephaly\)](#)

Program 23-20

Air Week: 05/14/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HONORING THE MOTHERS WHO NEVER GOT TO MEET THEIR CHILDREN

Time: 1:49

Duration: 11:54

Synopsis: Miscarriage is the most common form of pregnancy loss – so why aren't we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jessica Zucker, Psychologist, Expert in Reproductive Health, author of *I Had A Miscarriage*; Wendy Dwyer, Mother

Compliance issues: Bereavement, Death, Depression, Healthcare, Parenting, Psychology, Early Pregnancy Loss, Miscarriage, Motherhood, Pregnancy Loss, Stigma

Links for more info:

[Dr. Jessica Zucker](#)

[Jessica Zucker, Ph.D. \(@ihadamiscarriage\) • Instagram photos and videos](#)

[Jessica Zucker, PhD \(@DrZucker\) / Twitter](#)

SEGMENT 2: HAS THE FOOD MARKETING INDUSTRY CONTRIBUTED TO CHILDHOOD OBESITY?

Time: 14:46

Duration: 7:38

Synopsis: Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Frances Fleming-Milici, Director of Marketing Initiatives, Rudd Center for Food Policy and Health, University of Connecticut; Dr. Ashley Gearhardt, Associate Professor of Psychology, Director of the Food and Addiction Science and Treatment Lab, University of Michigan

Compliance issues: Addiction, Childhood Obesity, Children and Youth at Risk, Chronic Conditions, Consumerism, Diabetes, Diet, Food Marketing, Obesity, Heart Disease, Ultra-processed Food

Links for more info:

[Frances Fleming-Milici | UConn Rudd Center for Food Policy and Health](#)

[Fran Fleming-Milici \(@franflamingPhD\) / Twitter](#)

[Ashley Gearhardt | U-M LSA Department of Psychology](#)

Program 23-21

Air Week: 05/21/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IT'S JUST EASIER TO NOT INCLUDE WOMEN': THE GENDER BIAS IN HEALTH CARE

Time: 1:50

Duration: 12:15

Synopsis: Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Nieca Goldberg, Cardiologist, Clinical Associate Professor of Medicine, New York University School of Medicine, Medical Director, Atria New York City; Christine Yu, Award-Winning Journalist, Author, "Up To Speed"

Compliance issues: Gender Bias, Healthcare, Vulnerable Populations, Female Athletes, Heart Disease, Medical Research, Men's Health, Puberty, Sports Science, Women's Health

Links for more info:

[Nieca Goldberg, MD | NYU Langone Health](#)

[Dr. Nieca Goldberg](#)

[Christine Yu](#)

[Christine Yu \(@cyu888\) • Instagram photos and videos](#)

[Christine Yu \(@cyu888\) / Twitter](#)

SEGMENT 2: FOOD MARKETING TO CHILDREN PART 2: HOW TO MAKE HEALTHIER CHOICES

Time: 15:07

Duration: 7:18

Synopsis: Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Meryl Fury, Registered Nurse, President and CEO, Plant Based Nutrition Movement; Sheriza Hernandez, Student; Dr. Ashley Gearhardt, Associate Professor of Psychology, University of Michigan, Director, Food and Addiction Science and Treatment Lab

Compliance issues: Addiction, Childhood Obesity, Children and Youth at Risk, Diet, Food Marketing, Gut Health, Obesity, Vulnerable Populations, Healthy Food, Heart Disease, Ultra Processed Food

Links for more info:

[Meryl Fury - President, CEO - Plant Based Nutrition Movement | LinkedIn](#)

[Meryl Fury](#)

[Ashley Gearhardt | U-M LSA Department of Psychology](#)

Program 23-22

Air Week: 05/28/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ADRENAL DYSFUNCTION MAY BE CAUSING YOUR BRAIN FOG AND WEIGHT GAIN

Time: 1:50

Duration: 11:49

Synopsis: Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Izabella Wentz, Thyroid Specialist, author, Adrenal Transformation Protocol

Compliance issues: Depression, Weight Gain, Adrenal Dysfunction, Adrenal Glands, Brain Fog, Cortisol, Heart Disease, Hormones, Inflammation, Stress, Survival, Undiagnosed Diseases

Links for more info:

[Thyroid Pharmacist](#)

[Dr. Izabella Wentz- Thyroid Pharmacist \(@izabellawentzpharmd\) • Instagram photos and videos](#)

SEGMENT 2: OZEMPIC: A LOOK INTO HOLLYWOOD'S MAGIC WEIGHT LOSS PILL

Time: 14:41

Duration: 7:57

Synopsis: Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, Dr. Disha Narang explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Disha Narang, Endocrinologist and Director of Obesity Medicine, Northwestern Medicine Lake Forest Hospital

Compliance issues: Consumerism, Diet, Exercise, Mental Health, Obesity, Ozempic, Patient Safety, Public Health, Social Media, Weight Gain, Heart Health, Medical Weight Loss

Links for more info:

[Disha Narang, MD | Northwestern Medicine](#)

[Twitter: @DishaKumarMD](#)

[Instagram: @dishanarangmd](#)

Program 23-23

Air Week: 06/04/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HELPING PATIENTS FEEL LIKE KIDS AGAIN: THE MAGIC OF CHILDREN'S HOSPITALS

Time: 1:50

Duration: 12:26

Synopsis: Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Amar Bryant, Lead Inpatient Social Worker, Boston Children's Hospital; Marie Osmond, Co-Founder, Children's Miracle Network Hospitals; Camryn Kellam, Ambassador, Maria Fareri Children's Hospital; April Kellam, Mother

Compliance issues: Consumerism, Healthcare, Non-profit, Patient Safety, Vulnerable Populations, Caregivers, Children's Hospital, Chronic Disease, Donation, Immunodeficiency, Rare Disease, Sickle Cell

Links for more info:

[Children's Miracle Network Hospitals](#)

[Marie Osmond](#)

[After Undergoing Stem Cell Transplant to Combat Sickle Cell Disease Girl, 7, Named Maria Fareri](#)

[Children's Hospital Ambassador | News and Announcements](#)

[Amar Khalsa, MSW, LICSW | Boston Children's Hospital](#)

SEGMENT 2: DON'T LET AN INJURY KEEP YOU FROM PLAYING THE GAME

Time: 15:19

Duration: 7:04

Synopsis: Pickleball is quickly becoming America's favorite pastime. It's a low-impact sport that's great for people of all ages, but like any activity, it comes with its own injury risks. Dr. Fotios Tjournakaris has some tips to keep you healthy on and off the court.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Fotios Tjournakaris, Associate Professor of Orthopedic Surgery, Rothman Orthopedics at AtlantiCare

Compliance issues: Patient Safety, Public Health, Active Lifestyle, Aging, Muscle Strength, Older Populations, Overuse Injury, Pickleball, Socializing, Sports Injuries, Sports Medicine

Links for more info:

[Fotios P. Tjournakaris, M.D. | Rothman Orthopaedic Institute](#)

[Fotios Tjournakaris | LinkedIn](#)

Program 23-24

Air Week: 06/11/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY DOCTORS SHOULD HAVE CREATIVE PASSIONS OUTSIDE OF MEDICINE

Time: 1:50

Duration: 11:32

Synopsis: Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Barton Thiessen, Associate Professor of Anesthesiology & Assistant Dean of Admissions for the Faculty of Medicine; Memorial University of Newfoundland; Dr. Danielle Ofri, Primary Care Physician & Clinical Professor of Medicine, New York University, Editor, Bellevue Literary Review; Hannah Boone, Senior Medical Student, Memorial University of Newfoundland

Compliance issues: Healthcare, Music, Burnout, Fine Arts, Hobbies, Medical School, Medical Student

Links for more info:

[Dr. Danielle Ofri](#)

[Danielle Ofri | NYU](#)

[Dr. Barton Thiessen](#)

[Hannah BOONE | Memorial University of Newfoundland, St. John's | Discipline of Medicine | Research profile](#)

SEGMENT 2: MEDICAL GASLIGHTING: WHAT TO DO WHEN DOCTORS STOP LISTENING TO YOU

Time: 14:24

Duration: 8:00

Synopsis: Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen or take her seriously.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Karen DeBonis, Author, Growth; Dr. Stacey Rosen, Senior Vice President, The Katz Institute of Women's Health, Partners Council Professor of Cardiology and Women's Health, Donald and Barbara Zucker School of Medicine

Compliance issues: Cancer, Healthcare, Patient Safety, Public Health, Brain Disease, Chronic Symptoms, Gaslighting, Minorities

Links for more info:

[Karen DeBonis](#)

[Stacey Rosen Profile | Zucker School of Medicine](#)

[twitter: @KarenDeBonis](#)

[Stacey E. Rosen, MD, FACC, FACP, FAHA - Partners Council Professor of Women's Health - Hofstra North Shore-LIJ School of Medicine at Hofstra University | LinkedIn](#)

[Stacey Rosen, M.D. \(@drstaceyrosen\) / Twitter](#)

Program 23-25

Air Week: 06/18/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE PSYCHOLOGICAL TRENDS OF THE EVER-GROWING GIG ECONOMY

Time: 1:49

Duration: 12:14

Synopsis: The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

Guests: Dr. David Liebovitz, Co-Director, Institute for Augmented Intelligence in Medicine, Associate Professor of Medicine, Northwestern University; Dr. David Baker, Professor, University of Washington, Director, Institute for Protein Design

Compliance issues: Consumerism, Economy, Mental Health, Psychology, Public Health, Behavioral Science, Employment, Individuality

Links for more info:

[Jeff Kreisler](#)

[Twitter: @jeffkreisler](#)

[Jeff Kreisler - Managing Director, Head of Behavioral Science - JPMorgan Chase & Co. | LinkedIn](#)

[Caza, Brianna | Bryan School of Business and Economics](#)

[Brianna Caza](#)

[Brianna Caza | LinkedIn](#)

SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY

Time: 15:05

Duration: 7:52

Synopsis: Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. Dr. Sanam Hafeez offers advice on how to turn this time of year into an experience of healing and growth.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Sanam Hafeez, Clinical Neuropsychologist, Founder, Comprehensive Consultation Psychology, Professor, Teachers College Columbia University

Compliance issues: Mental Health, Psychology, Public Health, Bereaved Parents, Bereavement Support, Father's Day, Grief, Loss of a Child, Loss of a Parent

Links for more info:

[Dr. Sanam Hafeez - Comprehensive Consultation Psychological Services](#)

[Sanam Hafeez - Faculty, Ph.D program - Teachers College, Columbia University | LinkedIn](#)

[Sanam Hafeez \(@drsanamhafeez\) | Instagram](#)

[Sanam Hafeez \(@ComprehendMind\) / Twitter](#)

Program 23-26

Air Week: 06/25/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MENOPAUSE: WHAT TO EXPECT WHEN YOU'RE FINISHED EXPECTING

Time: 1:51

Duration: 12:51

Synopsis: Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Mary Jane Minkin, Clinical Professor, Yale School of Medicine, Podcast Host, Madame Ovary; Jancee Dunn, Author, Hot and Bothered

Compliance issues: Diagnoses, Neurology, Patient Safety, Psychiatry, Psychology, Public Health, Supplements, Human Physiology, Medical Myths, Vitamins

Links for more info:

[Mary Jane Minkin, MD](#)

[Madame Ovary About Dr. Minkin](#)

[Jancee Dunn](#)

[Jancee Dunn \(@janceedunn\) • Instagram photos and videos](#)

SEGMENT 2: HAVE YOU BEEN FOOLED BY THESE COMMON MEDICAL MYTHS?

Time: 15:44

Duration: 6:46

Synopsis: Can you take too many vitamins? Does everyone need eight hours of sleep? Dr. James Hamblin answers these common questions and many more on this week's segment. He explains how to tell if a persistent itch or bothersome joint pain has a simple fix or needs to be checked by a professional.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Dr. James Hamblin, Lecturer in Public Health, Yale School of Public Health, Author, If Our Bodies Could Talk

Compliance issues: Breast Cancer, Gender Issues, Patient Safety, Estrogen, Gender Research Bias, Hormone Therapy, Hot Flashes, Incontinence, Menopause, Non-hormonal Therapy, Perimenopause, Progestin, Vaginal Dryness

Links for more info:

[James Hamblin, MD, MPH](#)

[James Hamblin \(@jameshamblin\) • Instagram photos and videos](#)

[James Hamblin \(@jameshamblin\) / Twitter](#)

[If Our Bodies Could Talk: A Guide to Operating and Maintaining a Human Body: Hamblin, James](#)



Quarterly Report of Compliancy Issues & Programs List 2023-Q2 (April – June) Viewpoints Radio

- Adolescent Health
- Adoption
- Affordable Housing
- African American History
- Aging
- Agriculture
- Agriculture Industry
- American History
- Animal Domestication
- Animal Migration
- Animal Science
- Animation
- Astronomy
- Auto Industry
- Business
- Career
- Chemistry
- Child Development
- Civil Rights
- Civilizations
- Climate Change
- Community Investment
- Consumer Privacy
- Consumer Rights
- Consumerism
- Crime
- Criminal Justice
- Culture
- Diet
- Disease
- Diversity
- Drug Legalization
- Economy
- Education
- Education Funding
- Education Policy
- Education Reform
- Endangered Species
- Engineering
- Entertainment
- Entertainment Industry
- Entrepreneurship
- Environment
- Equal Compensation
- Equality
- Equity
- Evolution
- Fair Representation
- Fashion
- Fertility
- Film
- Financial Hardship
- Financial Independence
- Food Production
- Food Science
- Gaming
- Gender
- Generational Poverty
- Genetics
- Geography
- Government
- Government Assistance
- Government Regulation
- Gun Control
- Health
- Healthcare
- History
- Human Resources
- Industrial Revolution
- Inequality
- Inflation
- Innovation
- Intercommunication
- International Affairs
- Job Market
- Labor
- Labor Issues
- Labor Rights
- Labor Trends
- Language
- Learning Disorders
- Linguistics
- Local Government
- Local Revenue
- Low-Income Populations
- Manufacturing
- Marketing
- Mass Shootings
- Mental Disorder
- Mental Health
- Meteorology
- Migration
- Motherhood
- National Security
- Nonprofit Organization
- Nutrition
- Obesity
- Pandemic
- Parenting
- Patient Care
- Pay Equity
- Pediatrics
- Personal Development
- Personal Finance
- Personal Growth
- Physics
- Politics
- Population Trends
- Psychology
- Public Assistance
- Public Education
- Public Health
- Public Policy
- Public Resources
- Public Speaking
- Public Transportation
- Race
- Real Estate
- Recreation
- Relationships
- Religion
- Research
- Retirement
- Revenue
- School Funding
- Science
- Social Media
- Social Work
- Space
- Space Exploration
- Space Research
- Sports History
- Sustainability
- Technology
- Television
- Theology
- Tourism
- Travel
- TV
- Urban Design
- Urban Planning
- Virus
- War
- Weather Patterns
- Wildlife
- Wildlife Conservation
- Wildlife Species
- Workers' Rights
- Workforce

Program 23-14**Air Week:** 4/2/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FAILING AMERICA'S TEACHERS****Time:** 1:47**Duration:** 7:36

Synopsis: Between February 2020 and May 2022, around 300,000 teachers left teaching to pursue another profession. While the COVID-19 pandemic is no longer a front and center issue, millions of public-school educators are still struggling to keep going in positions that mean long hours, low pay and a growing number of curriculum mandates. In part one of this story, first grade teacher Lori Cash - who's taught for more than 30 years - shares the challenges teachers are facing and touches on a few points that need to change.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Lori Cash, 1st Grade Teacher, Columbus Signature Academy Lincoln Elementary.**Compliance issues:** Career, Education, Personal Finance, Politics, Public Policy, School Funding**Links for more info:**[In Support of Educators: Strategies That Work](#)[The Republic: 'That's my calling': CSA Lincoln teacher honored with Folger Award](#)**SEGMENT 2: IS HOLLYWOOD REALLY CHANGING? THE DIVERSITY DEBACLE****Time:** 11:25**Duration:** 9:08

Synopsis: Asian American actress, Michelle Yeoh won her first Oscar at this year's Academy Awards for her performance in Everything Everywhere All At Once. We speak with media expert April Reign about the continued push to improve diversity & equity in all aspects of Hollywood.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** April Reign, senior adviser, Media & Entertainment, Gauge, creator, #OscarssoWhite.**Compliance issues:** Career, Diversity, Entertainment Industry, Equality, Equity, Fair Representation**Links for more info:**[April \(@ReignOfApril\) / Twitter](#)[Oscars diversity: USC study shows change after #OscarsSoWhite - Los Angeles Times](#)[Academy Establishes Representation And Inclusion Standards For Oscars® Eligibility](#)**VIEWPOINTS EXPLAINED: IS THE 4-DAY WORK WEEK FEASIBLE?****Time:** 21:33**Duration:** 2:01

Synopsis: We discuss a highly publicized study touting the benefits of a 4-day workweek. While it may seem like a logical step in the right direction, there are many parts to factor into the long-term success of this condensed work model.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Career, Human Resources, Workforce, Labor Issues**CULTURE CRASH: REVISITING THE CLASSICS****Time:** 23:34**Duration:** 2:53

Synopsis: We explore some of the older, classic TV series that are now available on streaming platforms and the dilemma of cropping full screen shows and films to fit our modern, widescreen TV's.

Host & Producer: Evan Rook**Compliance issues:** Culture, TV

Program 23-15**Air Week:** 4/9/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: UNDERSTANDING THE UNKNOWN: PSYCHOPATHIC TENDENCIES****Time:** 1:47**Duration:** 9:22**Synopsis:** Who do you think of when you read or hear the word, psychopath? Rarely does anyone think of the neuroscientist next door. We speak to two experts about what the term means in the medical world and why many people who have psychopathic tendencies can function in a non-violent, productive manner.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Stephanie Hoopes, national director, United for ALICE; Cherry, New Jersey resident.**Compliance issues:** Mental Disorder, Psychology**Links for more info:**[NIH: Psychopathy: cognitive and neural dysfunction](#)[Psychology Today: What Gender Does—and Doesn't—Tell Us About Psychopathy](#)[Forbes: New Research Tells Us Why Psychopaths Are Sometimes Able To Succeed In Society](#)**SEGMENT 2: A HISTORY: THE BEGINNINGS OF MASS TRANSIT IN AMERICA****Time:** 13:11**Duration:** 8:33**Synopsis:** Millions of Americans rely on mass transit each day to get to where they need to be. While mass transit has had its up and downs in recent decades - and especially during the COVID-19 pandemic - there will always be a need for this public resource. We speak with mass transit expert Steven Beaucher about the the state of mass transportation agencies today and the first subway system built in Boston.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Steven Beaucher, mass transit expert, author of Boston in Transit: Mapping the History of Public Transportation in the Hub.**Compliance issues:** Engineering, History, Industrial Revolution, Public Resources, Public Transportation, Urban Planning**Links for more info:**[Boston in Transit](#)**VIEWPOINTS EXPLAINED: EASIER CANCELLATIONS****Time:** 22:34**Duration:** 1:59**Synopsis:** We talk about the recent move by the Federal Trade Commission that makes it easier for consumers to cancel unused subscriptions.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Consumer Rights, Government Regulation, Personal Finance**CULTURE CRASH: THE NEW SHOW, "SHRINKING"****Time:** 24:33**Duration:** 1:55**Synopsis:** We discuss the new Apple TV+ series, "Shrinking" featuring Jason Segel and Christa Miller.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

Program 23-16**Air Week:** 4/16/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: SPRING: A TIME OF FLIGHT FOR BIRDS****Time:** 1:47**Duration:** 8:44

Synopsis: As the weather warms up, you may be hearing and seeing more birds in your backyard. Spring is peak migration for this species, but in recent decades, there's been a 30 percent decline in North American bird varieties. We speak with one expert about the challenges facing these animals and how listeners can make a difference.

Host: Gary Price**Producer:** Amirah Zaveri

Guests: Rebecca Heisman, science writer, author of *Flight Paths: How a Passionate and Quirky Group of Pioneering Scientists Solved the Mystery of Bird Migration*.

Compliance issues: Animal Migration, Animal Science, Climate Change, Endangered Species, Wildlife Conservation

Links for more info:[The Cornell Lab: Great Backyard Bird Count](#)[National Audubon Society](#)[Birds.Cornell.edu](#)[Amazon: Flight Paths: How a Passionate and Quirky Group of Pioneering Scientists Solved the Mystery of Bird Migration](#)**SEGMENT 2: A DIFFERENT VIEWPOINT: SPEAKING WITH ACTRESS, DREW BARRYMORE****Time:** 12:33**Duration:** 9:01

Synopsis: The Barrymore family has a long and storied history in Hollywood. For actress, Drew Barrymore, she grew up surrounded by the ups and downs of being in a very public family and acting in TV and films as a child. Today, she looks back on her life and shares what she's learned along the way.

Host: Marty Peterson**Producer:** Amirah Zaveri

Guests: Drew Barrymore, actress, producer, host, entrepreneur

Compliance issues: Career, Entertainment Industry, Film, Parenting, Personal Development, Psychology, Television

Links for more info:[InStyle: Drew Barrymore Is Breaking Menopause Taboos](#)[twitter: @DrewBarrymore](#)**VIEWPOINTS EXPLAINED: A BIG QUARTER OF LAYOFFS****Time:** 22:34**Duration:** 1:29

Synopsis: Why are so many big companies recently announcing layoffs? What's driving these early year cutbacks? We answer these questions this week on Viewpoints Explained

Host: Ebony McMorris**Producer:** Amirah Zaveri

Compliance issues: Economy, Job Market, Workforce, Career

CULTURE CRASH: THE FINAL SEASON**Time:** 24:03**Duration:** 2:24

Synopsis: We highlight the last season of the hit HBO series *Succession* and why other shows that have outlasted their prime should take note of the upsides of ending on a high note.

Host & Producer: Evan Rook

Compliance issues: Culture, TV

Program 23-17**Air Week:** 4/23/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: PART 2: HELPING AMERICA'S EDUCATORS****Time:** 1:47**Duration:** 8:03**Synopsis:** More than a third of educators in America are considering leaving their positions, according to recent research from consulting firm, McKinsey. We speak with two education experts about the mounting challenges both new and veteran teachers are facing and how average Americans can better advocate for the teachers in their communities.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Megan Franke, professor, education, University of California-Los Angeles; Alexandra Robbins, education expert, author of *The Teachers: A Year Inside America's Most Vulnerable, Important Profession***Compliance issues:** Career, Education Funding, Education Policy, Education Reform, Public Education**Links for more info:**[DREME: Development and Research in Early Math Education](#)[Penguin Random House: The Teachers: A Year Inside America's Most Vulnerable, Important Profession.](#)[twitter: @AlexandraRobbins](#)**SEGMENT 2: TIKTOK ISN'T THE ONLY APP WITH A DATA PRIVACY PROBLEM****Time:** 11:52**Duration:** 9:58**Synopsis:** While TikTok has been getting a lot of heat lately for its connections to China, there's also a larger privacy and data problem across all social media platforms. We speak with two experts about the fast-evolving social media landscape and how consumers can better protect themselves from data mining.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Lindsay Gorman, senior fellow, emerging technologies, German Marshall Fund's Alliance for Securing Democracy; Timothy Edgar, professor, practice of computer science, Brown University.**Compliance issues:** Consumer Privacy, Government, National Security, Social Media, Technology**Links for more info:**[German Marshall Fund's Alliance for Securing Democracy](#)[Brown University: Timothy Edgar](#)**VIEWPOINTS EXPLAINED: AN UNUSUAL SPRING****Time:** 22:50**Duration:** 1:42**Synopsis:** April has been an odd month weather wise. The West saw colder-than-average temperatures while the Midwest and East saw several days of record highs. While this change may be a nice surprise, these shifting weather patterns throw off natural cycles for countless species.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Climate Change, Meteorology, Agriculture Industry**CULTURE CRASH: A REVIEW OF "BEEF"****Time:** 24:32**Duration:** 1:54**Synopsis:** We discuss the popular new Netflix series, "BEEF," starring Steven Yeun and Ali Wong, that's become a Top 10 watch on the platform.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

Program 23-18**Air Week:** 4/30/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: WHY IS THE GENDER PAY GAP IN AMERICA STILL SO WIDE?****Time:** 1:47**Duration:** 10:13

Synopsis: As of 2022, the average American woman earned 82 cents for every dollar earned by a man. While it may not seem like much of a pay difference, this disparity adds up over time. And it's been this way for decades with little progress happening in America to lessen this wage gap in America. We speak with two experts about this issue and how workers – in various industries and at different levels – can better advocate for more equal pay across the board.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Rakesh Kochhar, senior researcher, Pew Research Center; Ariane Hegewisch, senior research fellow, Institute for Women's Policy Research.**Compliance issues:** Equal Compensation, Gender, Labor, Pay Equity, Personal Finance, Workers' Rights**Links for more info:**[Gender pay gap remained stable over past 20 years in US | Pew Research Center](#)[The Enduring Grip of the Gender Pay Gap](#)[Ariane Hegewisch, M.Phil. - IWPR](#)[Rakesh Kochhar \(@RakeshKochhar\) / Twitter](#)**SEGMENT 2: THE SECRETS FOUND THROUGH DNA TESTING****Time:** 14:02**Duration:** 7:06

Synopsis: What would you do if you suddenly found out you weren't related to the parent that raised you? This is exactly what happened to author Dani Shapiro after she took an at-home DNA test. We speak with her about this life-changing surprise and why there are thousands more with similar secrets across America.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dani Shapiro, author, *Inheritance: A Memoir of Genealogy, Paternity & Love*.**Compliance issues:** Adoption, Fertility, Genetics, Parenting, Psychology, Relationships, Science**Links for more info:**[Dani Shapiro \(@danijs Shapiro\) / Twitter](#)[Inheritance: A Memoir of Genealogy, Paternity, and Love: Shapiro, Dani: Amazon.com](#)**VIEWPOINTS EXPLAINED: TACKLING ADOLESCENT OBESITY****Time:** 22:08**Duration:** 2:12

Synopsis: The American Academy of Pediatrics has just released a new set of guidelines urging pediatricians to take a more proactive and stringent approach for young patients struggling with obesity. We highlight some of these updated recommendations and the lasting effects of being obese early in life.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Obesity, Adolescent Health, Disease, Pediatrics

CULTURE CRASH: THE SEQUELS AND SPIN-OFFS THAT KEEP ON COMING**Time:** 24:20**Duration:** 2:06**Synopsis:** We discuss how sequels and new adaptations of films and TV shows have become more of the norm in Hollywood.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Entertainment, Film, TV

Program 23-19**Air Week:** 5/7/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE IMPORTANCE OF AMERICA'S SOCIAL WORKERS****Time:** 1:47**Duration:** 7:30**Synopsis:** There are more than 700,000 social workers across America. We speak with longtime social worker and professor, Dr. Anthony Estreet about the vital role these professionals play in countless different sectors and why there needs to be more support and incentives for people working in this difficult role.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Anthony Estreet, CEO, National Association of Social Workers, professor, social work, Morgan State University.**Compliance issues:** Career, Government Assistance, Healthcare, Mental Health, Psychology, Social Work**Links for more info:**[Social Workers : Occupational Outlook Handbook.](#)[The Guardian: Making a difference: social workers share their career highlights](#)[Morgan State University Professor Anthony Estreet Named CEO of the National Association of Social Workers](#)[NASW](#)**SEGMENT 2: RV LIFE: THE CLASSIC AMERICAN WAY OF ROADTRIPPING****Time:** 11:19**Duration:** 9:02**Synopsis:** Thinking of getting away this summer? With flight and hotel prices skyrocketing, we speak with travel expert Bonnie Sinclair about the many benefits of road tripping via RV. Sinclair has traveled across the U.S. with her husband and highlights a few of her top destinations.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Bonnie Sinclair, travel expert, co-author, U.S.A RV Adventures.**Compliance issues:** Geography, Parenting, Personal Finance, Recreation, Tourism, Travel, Wildlife**Links for more info:**[Our Wander-Filled Life](#)[RV Share RV Rental](#)**VIEWPOINTS EXPLAINED: A NEW ERA OF ELECTRIC****Time:** 21:21**Duration:** 2:25**Synopsis:** We cover the newly proposed EPA guidelines for auto manufacturers and how this will impact the car market and consumers.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Auto Industry, Manufacturing, Government, Climate Change

CULTURE CRASH: THE COACHELLA LET DOWN**Time:** 23:46**Duration:** 2:40**Synopsis:** We discuss musician, Frank Ocean's recent performances - or lack thereof.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Entertainment, Film, TV

Program 23-20**Air Week:** 5/14/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: UNDERSTANDING LAB-CREATED INGREDIENTS****Time:** 1:47**Duration:** 8:49**Synopsis:** Monosodium glutamate. Niacin. Riboflavin. We've all seen these labels at the end of ingredient lists on our favorite chips or frozen meals – but what role do they play? Are these substances harmful? We highlight the prevalence of processed and ultra-processed foods in the U.S., the ingredients in them and the importance of moderation.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** George Zaidan, food chemist, author, *Ingredients: The Strange Chemistry of What We Put In Us & On Us*.**Compliance issues:** Chemistry, Diet, Food Production, Food Science, Health, History, Nutrition**Links for more info:**[Ingredients by George Zaidan | PenguinRandomHouse.com: Books](#)
[electronics and stuff](#)  ([@georgezaidan](#)) / [Twitter](#)**SEGMENT 2: THE TRIALS & TRIBULATIONS OF BALANCING MOTHERHOOD & CAREER****Time:** 12:38**Duration:** 8:49**Synopsis:** NPR journalist and co-host of "All Things Considered" Mary Louise Kelly joins us this Mother's Day to share her story of balancing motherhood with a long-spanning, successful career in journalism. She - like many mothers - has struggled to have it all and recounts the many tradeoffs over the years.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Mary Louise Kelly, co-host, "All Things Considered", National Public Radio, author, *It.Goes.So.Fast.: The Year of No Do-Overs*.**Compliance issues:** Career, Child Development, Mental Health, Motherhood, Parenting, Personal Growth**Links for more info:**[It. Goes. So. Fast.: The Year of No Do-Overs: Kelly, Mary Louise: 9781250859853](#)
[The Hardest Decisions Mothers Make - The Atlantic](#)
[Mary Louise Kelly \(@NPRKelly\) / Twitter](#)
[Mary Louise Kelly \(@marylouisekelly1\) • Instagram photos and videos](#)
[Mary Louise Kelly : NPR](#)**VIEWPOINTS EXPLAINED: THE CORONATION OF KING CHARLES III****Time:** 22:27**Duration:** 1:29**Synopsis:** King Charles III is now officially Great Britain's reigning King. We discuss his coronation and the long history of the lavish ceremony.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** History, Government, Culture, International Affairs**CULTURE CRASH: OUR FAVORITE FILMS TO WATCH WITH OUR MOM'S****Time:** 23:56**Duration:** 2:31**Synopsis:** We touch on a few recent movie releases that are perfect picks to watch with your mom this Mother's Day.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Parenting, TV

Program 23-21**Air Week:** 5/21/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: WHY DON'T MORE SCHOOLS TEACH FINANCIAL LITERACY?****Time:** 1:47**Duration:** 8:26**Synopsis:** Currently, only about 40 percent of students in the U.S. take a personal finance course before graduation. This means that most teenagers leave high school knowing little about saving, spending, student loans and how to do basic adult tasks like filing taxes. This week, we cover the push to change education legislation so more school curriculums incorporate a standalone financial literacy class.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Tim Ranzetta, co-founder, Next Gen Personal Finance.**Compliance issues:** Education, Education Policy, Financial Independence, Personal Finance, Retirement**Links for more info:**[Next Gen Personal Finance](#)[Next Gen Personal Finance \(@NextGenPF\) / Twitter](#)**SEGMENT 2: THE ALLURE OF THE FOUR-DAY WORKWEEK****Time:** 12:14**Duration:** 8:37**Synopsis:** There's been a lot of media coverage this year around the 4-day workweek, but does it really make sense long-term? We discuss the pros, cons and if this shift is feasible for America's complex and varied workforce.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Lindsay Cameron, assistant professor, management, Wharton School of Business, University of Pennsylvania; Charlotte Lockhart, managing director, co-founder, Four Day Week Global.**Compliance issues:** Career, Economy, Human Resources, Labor Trends, Mental Health, Parenting**Links for more info:**[Lindsey Cameron – Management Department](#)[4 Day Week Global](#)**VIEWPOINTS EXPLAINED: ANOTHER WEEK, ANOTHER MASS SHOOTING****Time:** 21:51**Duration:** 2:15**Synopsis:** 2023 is on pace to be the deadliest year on record for mass killings in America. Even as shootings continue and public outrage grows, little has been done to curb these horrific events.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Gun Control, Mass Shootings, Politics**CULTURE CRASH: ONE OF OUR FAVORITE SCI-FI READS****Time:** 24:06**Duration:** 2:18**Synopsis:** This week on Culture Crash, we highlight the six-part series "The Forward" – a riveting sci-fi read that's full of twists and turns.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Science, TV

Program 23-22**Air Week:** 5/28/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE TOLL OF EXCESS CLOTHES PRODUCTION****Time:** 1:47**Duration:** 8:16**Synopsis:** Despite increased media coverage on fast fashion, the industry continues to thrive and expand. We speak with fashion activist and expert Maxine Bedat (who we've previously had on as a guest on Viewpoints) about the recent changes in the fast fashion landscape and why there's a greater focus now on legislation rather than consumers.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Maxine Bedat, founder, director, New Standard Institute.**Compliance issues:** Climate Change, Consumerism, Fashion, Labor Rights, Marketing, Sustainability**Links for more info:**[Unraveled: The Life and Death of a Garment: Bedat, Maxine: Books](#)[Guide to shopping long-lasting sustainable, ethical clothes](#)[New York Is Exposing the Fashion Industry for What It Is: a Climate Nightmare](#)[Fast Fashion Giant H&M Wins Lawsuit Accusing it of Greenwashing](#)**SEGMENT 2: "UM, WHAT?": THE HIDDEN PURPOSE BEHIND FILLER WORDS****Time:** 12:05**Duration:** 9:17**Synopsis:** We've all been there. You've given a presentation or had a conversation with someone and realized after-the-fact that you could've added in fewer words like "um", "you know" or "like". While these fillers are distracting if overused, when added in moderation, they play a very specific purpose.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Valerie Fridland, sociolinguist, professor, linguistics, English Department, University of Nevada-Reno, author, Like Literally Dude: Arguing for the Good in Bad English.**Compliance issues:** Culture, History, Intercommunication, Language, Linguistics, Personal Development, Public Speaking**Links for more info:**[Valerie Fridland](#)[Like, Literally, Dude by Valerie Fridland | PenguinRandomHouse.com: Books](#)[Why Filler Words Like "Um" and "Ah" Are Actually Useful](#)[We, um, have, like, a problem: excessive use of fillers in scientific speech | Advances in Physiology Education](#)**VIEWPOINTS EXPLAINED: THE DECLINE OF RELIGION****Time:** 22:22**Duration:** 2:10**Synopsis:** We discuss what's driving more Americans to identify as non-religious in recent years.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Religion, Theology, Culture, Politics**CULTURE CRASH: A NEW SEASON OF SUMMER BLOCKBUSTERS****Time:** 24:32**Duration:** 1:52**Synopsis:** We highlight a few of the blockbuster films that we're most looking forward to during the upcoming summer of 2023.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

Program 23-23**Air Week:** 6/4/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: BRIDGING THE GAP FOR LOW-INCOME FAMILIES****Time:** 1:47**Duration:** 8:56

Synopsis: Over 40% of U.S. households struggle to afford necessities like groceries, gas, rent, Internet and healthcare. With rising costs, stagnating wages, and minimal federal assistance, it's become all too common to feel overwhelmed and stuck in a perpetual cycle of barely scraping by. We cover this growing crisis and how individuals and families can get help through their community network.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Stephanie Hoopes, national director, United for ALICE; Cherry, New Jersey resident.**Compliance issues:** Career, Financial Hardship, Generational Poverty, Inflation, Low-Income Populations, Nonprofit Organization, Parenting, Public Assistance**Links for more info:**[United For ALICE](#)[United Way Worldwide](#)[United for ALICE: National Overview](#)[211 for Central Community Services](#)**SEGMENT 2: CLIMATE CHANGE IN FULL BLOOM: THE IMPACT OF AN EARLIER SPRING & SUMMER****Time:** 12:44**Duration:** 8:12

Synopsis: If you live in the Midwest or Northeast, you probably enjoyed that brief stretch of 80-degree days this past April. While the warmer weather can be a nice change, this unusual and sudden shift has countless consequences on wildlife, plant species and the many industries that rely on predictable cycles. We speak with environmental expert Theresa Crimmins about the causes and effects of changing weather patterns.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Theresa Crimmins, director, USA National Phenology Network, research professor, School of Natural Resources and the Environment, University of Arizona.**Compliance issues:** Agriculture, Climate Change, Economy, Migration, Weather Patterns, Wildlife Species**Links for more info:**[National Phenology Network](#)[Growing Seasons in a Changing Climate](#)[Welcome to Nature's Notebook! | USA National Phenology Network](#)[Are Summers Getting Longer, or Are the Seasons Shifting?](#)**VIEWPOINTS EXPLAINED: A NEW WARNING BY THE U.S. SURGEON GENERAL****Time:** 21:57**Duration:** 2:30

Synopsis: The U.S. Surgeon General recently issued an advisory on the dangers of heavy social media use early in life. We discuss why experts are urging parents, politicians, and companies to act now.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Social Media, Child Development, Mental Health, Public Health

CULTURE CRASH: A REVIEW OF THE THRILLER, "MISSING"**Time:** 24:27**Duration:** 2:00**Synopsis:** We talk about the new-to-Netflix movie, "Missing" – a thriller that follows one daughter's quest to find her missing loved ones who vanish while on a trip to Colombia.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

Program 23-24**Air Week:** 6/11/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE 10,000 YEAR RELATIONSHIP: OUR LONG-HELD FASCINATION & LOVE FOR CATS****Time:** 1:47**Duration:** 7:55**Synopsis:** Cats get a lot of hate across the world for being un-trainable, moody, and, at times, hard to figure out. This week – we cover all things cats and why these furry felines (who've long been human companions) are unique.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Jonathon Losos, evolutionary biologist, associate professor, biology, Washington University in St. Louis, author, *The Cat's Meow: How Cats Evolved From the Savanna to Your Sofa*.**Compliance issues:** Animal Domestication, Civilizations, Culture, Evolution, History, Science, Wildlife**Links for more info:**[Jonathan Losos | Department of Biology](#)[The Cat's Meow by Jonathan B. Losos: | PenguinRandomHouse.com: Books](#)[twitter: @JLosos](#)[The Source: A cat's-eye view of one of the most beloved pets](#)[National Academy of Sciences: Jonathon Losos](#)**SEGMENT 2: DE-BUNKING THE MISCONCEPTIONS & STIGMAS OF ADHD****Time:** 11:44**Duration:** 9:50**Synopsis:** Nearly 10% of American children have ADHD. We speak with a clinical child psychologist at Harvard Medical School, Dr. Ellen Braaten, about the different types & presentations of this disorder, how it affects children and common challenges for diagnoses, acceptance, and treatment.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Ellen Braaten, clinical child psychologist, associate professor, psychology, Harvard Medical School, Director, Learning and Emotional Assessment Program, Massachusetts General Hospital, author, *Bright Kids Who Couldn't Care Less*.**Compliance issues:** Child Development, Education, Learning Disorders, Mental Health, Parenting**Links for more info:**[CHADD](#)[Find Psychiatrists, Psychiatric Nurses - Psychology Today](#)[Ellen Braaten, PhD](#)[Ellen Braaten, PhD - Harvard Health](#)[Bright Kids Who Couldn't Care Less: How to Rekindle Your Child's Motivation](#)**VIEWPOINTS EXPLAINED: THE UNCERTAINTIES OF LONG COVID****Time:** 22:34**Duration:** 1:42**Synopsis:** More than 1.1 million Americans have died from Covid-19. Now, three years after the onset of the pandemic, millions are still struggling with the side effects and long-term damage of the disease.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Health, Research, Virus, Pandemic, Patient Care, Aging

CULTURE CRASH: A TRIUMPHANT END TO A BRILLIANT SHOW**Time:** 24:16**Duration:** 2:11**Synopsis:** "Succession" has all the elements of a prime family drama. An ultra-rich, very public family that has no shortage of drama, conflict, and greed. We discuss the show's final season on HBO.**Host & Producer:** Evan Rook**Compliance issues:** Culture, TV

Program 23-25**Air Week:** 6/18/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: CITIES LEFT BEHIND: THE REALITY OF POPULATION DECLINE****Time:** 1:47**Duration:** 8:07

Synopsis: The COVID-19 pandemic shook up how Americans work, where they live and what they value in life. But, as people move past the pandemic, demographers wonder if certain migration trends are here to stay or will eventually shift back. This week – we talk about population trends over the last few years and how this is impacting cities that were once bustling and booming.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Hans Johnson, demographer, senior fellow, Public Policy Institute of California.**Compliance issues:** Crime, Culture, Education, Environment, Local Revenue, Population Trends, Urban Design**Links for more info:**[Hans Johnson - Public Policy Institute of California](#)[Zumper National Rent Report](#)[As Major Cities Struggle to Rebound, Remote Work Continues to Shift Population Growth - Economic Innovation Group](#)[Big Population Shifts in Cities and Towns One Year Into Pandemic](#)**SEGMENT 2: CANNABIS & PROFIT: A NEED TO MAKE REPARATIONS****Time:** 11:56**Duration:** 9:53

Synopsis: It's expected that the U.S. cannabis industry will surpass 50 billion dollars in revenue by 2028, according to top cannabis research firm, Brightfield Group. Each year, new states are legalizing recreational marijuana, building new opportunities for entrepreneurs. But who gets a piece of this pie? How's the industry building a more equitable space that people at all socioeconomic levels can enter? We talk about the current landscape and the changes that need to be made to include communities and populations who've been historically targeted during the War on Cannabis.

Host: Marty Peterson**Producer:** Amirah Zaveri | Grace Galante**Guests:** Akwasi Owusu-Bempah, professor, sociology, University of Toronto, director, research, Campaign for Cannabis Amnesty, co-author, *Waiting to Inhale: Cannabis Legalization and the Fight for Justice*.**Compliance issues:** Business, Community Investment, Criminal Justice, Drug Legalization, Entrepreneurship, History, Politics, Revenue**Links for more info:**[Last Prisoner Project – Our Team](#)[Minority Cannabis Business Association](#)[Drug Policy Alliance](#)[Marijuana Arrests by the Numbers | American Civil Liberties Union](#)**VIEWPOINTS EXPLAINED: HONORING JUNETEENTH****Time:** 22:49**Duration:** 1:37

Synopsis: Millions of Americans now get Juneteenth off each year because of its classification as a federal holiday. But what does Juneteenth really signify? When did it begin? We highlight the importance of this historic day.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** History, African American History, Culture, Race, Equality, War, Government

CULTURE CRASH: OUR LOVE FOR "SPIDER-MAN"**Time:** 24:26**Duration:** 2:01**Synopsis:** We discuss the recent release of "Spider-Man: Across the Spider-Verse" now in theatres.**Host & Producer:** Evan Rook**Compliance issues:** Animation, Culture, Film

Program 23-26**Air Week:** 6/25/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ISAAC MURPHY: A FORGOTTEN SPORTS LEGEND****Time:** 1:47**Duration:** 8:34

Synopsis: A couple months back, millions of Americans dressed up, donned their hats and blazers, and went to the racetrack for the biggest horse racing event of the year: The Kentucky Derby. This week – we discuss the early history of horse racing in America and one African American jockey who made a lasting impact on the sport.

Host: Gary Price**Producer:** Amirah Zaveri | Grace Galante**Guests:** Katherine Mooney, associate professor, history, Florida State University, author, Isaac Murphy: The Rise and Fall of a Black Jockey.**Compliance issues:** American History, Career, Civil Rights, Culture, Diversity, Inequality, Race, Sports History**Links for more info:**[Katherine Mooney | Department of History](#)[Title Detail: Isaac Murphy by Katherine C. Mooney](#)[Isaac Burns Murphy | Kentucky Horse Park](#)**SEGMENT 2: WHAT WE DO & STILL DON'T KNOW ABOUT BLACK HOLES****Time:** 12:23**Duration:** 8:30

Synopsis: Black holes have always intrigued and captured the imagination of millions since they were first theorized and coined by German physicist Karl Schwarzschild in 1916. For decades, scientists have worked to learn more about these mysterious objects in space. However, even today, there's still much we don't entirely understand about these mysterious phenomena. Janna Levin, an astronomy & physics professor at Columbia University, joins us to discuss the most intriguing aspects of these space giants.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Janna Levin, professor, physics & astronomy, Barnard College, Columbia University, author, Black Hole Survival Guide.**Compliance issues:** Astronomy, Engineering, Innovation, Physics, Science, Space, Space Exploration, Space Research**Links for more info:**[Janna Levin | Barnard College](#)[Janna Levin \(@JannaLevin\) / Twitter](#)[Black Holes | Science Mission Directorate](#)[Black Holes, explained](#)**VIEWPOINTS EXPLAINED: THE FUTURE OF SAN FRANCISCO****Time:** 21:53**Duration:** 2:14

Synopsis: High real estate prices. Rampant crime. A mass exodus. We discuss the sharp decline of this once-golden city by the bay.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Tourism, Crime, Local Government, Affordable Housing, Real Estate



CULTURE CRASH: A FORAY BACK INTO ZELDA

Time: 24:07

Duration: 2:20

Synopsis: We dive into the popularity of the newest addition to the Zelda franchise, now available on Nintendo Switch, "Zelda: Tears of the Kingdom."

Host & Producer: Evan Rook

Compliance issues: Culture, Gaming