



**QUARTERLY REPORT**  
**JANUARY-MARCH 2021**

**Program # 2021-1**

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Unconscious Bias	16:00

Summary: Our guest discusses recognizing and addressing the biases that wall us off from each other.

Guest: Howard Ross is a social justice advocate, seminal thought leader on unconscious bias and author of "Everyday Bias: Identifying and Navigating Unconscious Judgments in Our Daily Lives."  
[www.howardjross.com](http://www.howardjross.com)

**Issues Covered: disparity, patterns, dominant groups**

19:00	SPOT BREAK #2	3:00
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22:00	Segment #2- Same as Segment #1	
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Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: Gender equality, ethnic diversity, media**

29:00	Conclusion of Program	:30
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## Program # 2021-2

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Arts/STEM	16:00

Summary: Our guest discusses the role of literary arts in encouraging students to pursue innovative and altruistic goals in the arts and STEM.

Guest: K.J. Kruk is an award winning visual artist and is both author and illustrator of the multi-award winning middle school grade novel "Leo Gray And The Lunar Escape".

**Issues Covered: creative thinking, science, math**

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: scholarships, artificial intelligence, goals**

29:00	Conclusion of Program	:30
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## Program # 2021-3

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Arts/Gender Bias	16:00

Summary: Our guest discusses his book on songwriter-businesswomen Ruth Lowe and how she was able to find success in the male dominated world of show business in the mid-20<sup>th</sup> Century.

Guest: Peter Jennings is an award winning best selling author and television host known for his extensive research. He is the author of "Until I Smile at You: How One Girl's Heartbreak Electrified Frank Sinatra".

**Issues Covered: perseverance, gender discrimination**

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: pay bias, resilience, dealing with tragedy**

29:00 Conclusion of Program :30

**Program # 2021-4**

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60

1:00	SPOT BREAK #1	2:00
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3:00	Segment #1- Employment/Job Search	16:00
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Summary: Our guest discusses his book on how your golf experiences can help your job search.

Guest: Chuck McConnell is an amateur golfer with twenty years in career services and job transition. He is the Principal and Executive Director of his firm SCC Williamsburg and the author of "Conquer Your Yips: Win The Employment You Target".

**Issues Covered: job search, transition, preparation**

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: web portfolios, social media, stress**

29:00 Conclusion of Program :30

## Program # 2021-5

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Workplace/Psychology	16:00

Summary: Our guest discusses the small cues that make a surprising difference in our success at work.

Guest: Thalma Lobel is an internationally recognized psychologist and expert on human behavior. She's the author of "Whatever Works: The Small Cues That Make A Surprising Difference in Our Success at Work – And How to Create a Happier Office".

**Issues Covered: environment, working from home, dress**

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: technology, creativity, diversity**

29:00	Conclusion of Program	:30
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## Program # 2021-6

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Overcoming Grief	16:00

Summary: Our guest discusses her book on dealing with loss and hopelessness.

Guest: Ellen Fitzkee is a licensed clinical therapist, professional school counselor, former Division 1 basketball coach and author

of "Conversations With My Soul".

**Issues Covered: mortality, life after loss, loneliness**

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: integrate loss into your life, present moment**

29:00 Conclusion of Program :30

**Program # 2021-7**

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60

1:00	SPOT BREAK #1	2:00
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3:00	Segment #1- Success/Motivation	16:00
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Summary: Our guest discusses how to achieve more success with zero stress.

Guest: Janet McKee is a speaker, bestselling author, wellness expert, high performance consultant and CEO of SanaView. She is the author of "Stressless Success: The Surprising Secrets to a Life of Passion, Purpose and Prosperity".

**Issues Covered: stress, negativity, pandemic**

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: goals, beliefs, wellness**

29:00 Conclusion of Program :30

## Program # 2021-8

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Nutritional Assistance Programs	16:00

Summary: Our guest discusses the WIC Program that safeguards the health of low income women, infants and children.

Guest: Anna Kianthra was Program Manager for the Fairfax County, Virginia WIC Program, considered one of the state's top social service agencies. She's the author of "Recipe For Success In WIC: Based on a Thirty-Five Year Life Story".

### Issues Covered: nutrition, diets, education

19:00	SPOT BREAK #2	3:00
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22:00	Segment #2- Same as Segment #1	
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Summary: Same as Segment #1

Guest: Same as Segment #1

### Issues Covered: budgeting, immunization, safety net

29:00	Conclusion of Program	:30
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## Program # 2021-9

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Media/Emerging Tech	16:00

Summary: Our guest discusses her book series exploring forensic science and space age technology.

Guest: Patricia Cornwell is an international best selling author with over 120 million books sold. She's credited with launching

the boom of forensic tv programs. Her new novel "Spin" features a former NASA investigator and scientist turned Space Force Pilot.

**Issues Covered: cybertechnology, robotics, space exploration**

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Inspiration/Coping	7:00

Summary: Our guest discusses his inspiring poem in response to the Covid 19 pandemic with its message of hope and resilience.

Guest: Tomas Roberts is a spoken word performer and filmmaker. His poem that he wrote for his younger brother and sister "The Great Realization" about life in a post-pandemic world is a new children's book.

**Issues Covered: anxiety, adversity, hope, better world**

29:00	Conclusion of Program	:30
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**Program # 2021-10**

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Personal Finance	16:00

Summary: Our guest discusses how to get out debt when you are on a limited income.

Guest: Danielle Copeland is a Life Strategist and Founder and CEO of LIT Strategy. She's the author of "How To Clear Debt Making Less Than \$40K: As A Single Parent With No Side Hustle."

**Issues Covered: budgeting, goals, clean up credit**

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: patience, refinance loans, mistakes**

29:00 Conclusion of Program :30

**Program # 2021-11**

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

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<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1- Unity for a divided nation	16:00

Summary: Our guest discusses his documentary on bridging our political and racial divides.

Guest: Award winning narrative and documentary filmmaker, producer and screenwriter Ben Rekhi is director of the documentary "The Reunited States:."

**Issues Covered: reuniting country, race, politics, solutions**

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Racial Injustice	7:00

Summary: Our guests discuss their novel dealing with the the wrongful conviction of a Black Muslim teen. Based on a true story.

Guest: Dr. Yusef Salaam is an acclaimed poet and activist who was wrongly convicted in the "Central Park" jogger case. Ibi Zoboi is an award winning author. They are authors of the YA novel "Punching The Air".

**Issues Covered: racism, mass incarceration, activism**

29:00 Conclusion of Program :30

**Program # 2021-12**

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00



3:00 Segment #1- Leadership/Motivation 16:00

Summary: Our guest discusses how to apply the risk-taker's mindset for extreme adventurers to real life business situations for ultimate success.

Guest: Amy Posey is a leadership facilitator, keynote speaker and founder of Super Mega Boss. She's the author of "Wild Success: 7 Lessons Business Leaders Can Learn From Extreme Adventurers".

**Issues Covered: passion, purpose, neuroscience**

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: innovation, resilience, sustainability**

29:00 Conclusion of Program :30

### Program # 2021-13

Airdate: \_\_\_\_\_ Time of Broadcast \_\_\_\_\_

Producer: Sean Bratton Host: Ric Bratton ([www.thisweekinamerica.us](http://www.thisweekinamerica.us))

Time	Segment	Segment Length
:00	Intro	:60

1:00	SPOT BREAK #1	2:00
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3:00	Segment #1 – Health Benefits of Kindness	16:00
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Summary: Our guest discusses the power of random acts of kindness.

Guest: Dr Susan Smith Jones is a leader in the fields of holistic health, anti-aging, optimum nutrition and balanced living. She's the author of 30 wellness related books.

[www.SusanSmithJones.com](http://www.SusanSmithJones.com)

**Issues Covered: depression, inspiration, friendliness**

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

**Issues Covered: attitude, self-kindness, volunteering**

29:00

Conclusion of Program

:30