



Quarterly Report of Compliancy Issues & Programs List

2021-Q2 (April - June) Viewpoints Radio

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|------------------------|---------------------------------|-----------------------|
| ▪ Acting | ▪ Fashion | ▪ Philanthropy |
| ▪ Aging | ▪ Film | ▪ Physician burnout |
| ▪ Agriculture | ▪ Financial independence | ▪ Politics |
| ▪ Banking | ▪ Food insecurity | ▪ Pollution |
| ▪ Biodiversity | ▪ Food production | ▪ Poverty |
| ▪ Business | ▪ Global warming | ▪ Public speaking |
| ▪ Career | ▪ Government | ▪ Race |
| ▪ Climate change | ▪ Health & medicine | ▪ Recycling |
| ▪ Comedy | ▪ Healthcare | ▪ Retirement |
| ▪ Comics | ▪ Higher education | ▪ Relationships |
| ▪ Communication | ▪ History | ▪ Research |
| ▪ Conservation | ▪ Incarceration | ▪ Science |
| ▪ Consumerism | ▪ Infrastructure | ▪ Social equity |
| ▪ Consumption | ▪ Inheritance law | ▪ Social psychology |
| ▪ COVID-19 Pandemic | ▪ International film | ▪ Space exploration |
| ▪ Culture | ▪ Invasive species | ▪ Sports |
| ▪ Currency | ▪ Invention & innovation | ▪ Sustainability |
| ▪ Cybersecurity | ▪ Investment | ▪ Sustainable farming |
| ▪ Death | ▪ Land development | ▪ Taxation |
| ▪ Deforestation | ▪ Language | ▪ Technology |
| ▪ Diet | ▪ Law | ▪ Tradition |
| ▪ Drug Use | ▪ Literature | ▪ Trash pollution |
| ▪ Ecology | ▪ Mental health | ▪ Wage gap |
| ▪ Economics | ▪ Military science | ▪ War |
| ▪ Ecosystem management | ▪ Movie business | ▪ Wealth inequality |
| ▪ Endangered species | ▪ Music | ▪ Wildlife migration |
| ▪ Engineering | ▪ Natural resources | ▪ Wildlife protection |
| ▪ Environment | ▪ Personal finance | ▪ Worker's rights |
| ▪ Exercise | ▪ Personal growth & development | |

Program 21-14 **Written & Produced:** Amirah Zaveri & Evan Rook

Air Week: **Studio Production:** Jason Dickey
4/4/21

SEGMENT 1: ENTREPRENEURSHIP IN THE ADULT-USE CANNABIS MARKET
Time Duration

Synopsis: New York is the latest to legalize recreational marijuana. This move will create thousands of new jobs and is expected to generate billions of dollars in revenue after a lackluster year in tourism, real estate and business. And New York isn't alone. Each year, more states are voting to allow both adult-use and medical marijuana sales. But, with this, comes challenges. In a fast-growing industry, how do you ensure that smaller entrepreneurs aren't left behind? Or those who've been systemically affected by the war on cannabis are given greater opportunity?

1:47 9:29

Host: Gary Price

Guests: David Wunderlich, senior attorney, Hoban Law Group; Demetri Downing, founder, executive director, Marijuana Industry Trade Association of Arizona

Issues Covered: law, business, social equity, career, drug use, government, incarceration

Links: MITA Webinar: Social Equity Mentorship: Marijuana, Wellness and Encouraging Responsible Use
David Wunderlich - Hoban Law Group
FlowHub: Cannabis Industry Statistics 2021
Intrado: U.S. Legal Cannabis Market Projected to Double to \$41.5B by 2025

SEGMENT 2: ALPHABETICAL ARRANGEMENT
Time Duration

Synopsis: Organizing people or items by A to Z is a common method all over the world. It's used in schools, businesses, libraries and more. But why is this the predominant method today? What are some other systems that people of the past used? Historian Judith Flanders joins us this week to shed some light on the fascinating study of alphabetization.

13:18 9:04

Host: Marty Peterson

Guests: Judith Flanders, historian, author, *A Place for Everything: The Curious History of Alphabetical Order*
Issues Covered: language, communication, research, history, literature

Links: A Place for Everything: The Curious History of Alphabetical Order
Judith Flanders - Twitter
World History Encyclopedia: What happened to the Great Library at Alexandria?

CULTURE CRASH: ZACK SNYDER'S "JUSTICE LEAGUE"
Time Duration

Synopsis: The new director's cut of "Justice League" is now out on HBO Max. The action movie clocks in at a whopping four hours. Is it just another overhyped streaming release or something more?

23:21 3:06

Host: Evan Rook

Issues Covered: culture, film, comics

Program 21-15 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
4/11/21

SEGMENT 1: MANAGING MENTAL HEALTH IN THE MEDICAL FIELD DURING A PANDEMIC

Time Duration

Synopsis: Physician burnout is still a very real problem in the U.S. – and the pandemic has only exacerbated these feelings in some of the hardest hit hospitals across the country. We speak with Dr. Greg Hammer at Stanford University about the pandemic's lasting effects on mental health and systems that have been created to better support people working in medicine or in medical school.

1:47 10:50

Host: Gary Price

Guests: Dr. Greg Hammer, pediatric intensive care physician, anesthesiologist, professor, Stanford University School of Medicine

Issues Covered: mental health, physician burnout, workplace, career, COVID-19 pandemic, health & medicine

Links: AMA: How the Last Year Has Forced Rethinking on Physician Burnout

Psychology Today: Find A Therapist

Medscape: Medscape National Physician Burnout & Suicide Report 2020: The Generational Divide

Dr. Greg Hammer – Stanford University

Gain Without Pain: The Happiness Handbook for Health Care Professionals by Dr. Greg Hammer

SEGMENT 2: END-OF-LIFE PLANNING: HAVE YOU GOTTEN YOUR AFFAIRS IN ORDER?

Time Duration

Synopsis: About 60 percent of Americans don't yet have a written will in place. People spend a lifetime working hard, saving money, building assets, but often never think about what would happen in case they suddenly passed away. Viewpoints speaks with life planning expert, Abby Schneiderman, about the importance of organizing your life both on paper and online.

12:37 8:10

Host: Marty Peterson

Guests: Abby Schneiderman, co-CEO, Everplans, co-author, *In Case You Get Hit By a Bus: How to Organize Your Life Now for When You're Not Around Later*

Issues Covered: death, law, personal finance, aging, personal affairs, relationships

Links: *In Case You Get Hit By a Bus: How to Organize Your Life Now for When You're Not Around Later*
everplans.com

Dave Ramsey: How to Make a Will

CULTURE CRASH: THE LATEST ALBUM BY BAND, AJR

Time Duration

Synopsis: The newest musical release by AJR is titled, "OK ORCHESTRA 5". It's an energetic, unique collection that you won't be able to get out of your head this spring.

23:48 2:37

Host: Evan Rook

Issues Covered: culture, music

Program 21-16 Written & Produced by: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
4/18/21

SEGMENT 1: THE ROLE WE EACH PLAY IN SLOWING CLIMATE CHANGE

Time **Duration**

Synopsis: Despite the pandemic, carbon emissions are at an all-time high, topping records over the past 3.6 million years. For years, scientists have warned of humans approaching a critical tipping point of global warming – and it's here. Sustainability scientist Dr. Kimberly Nicholas joins Viewpoints this week to break down the current climate landscape and explain why turning things around requires a collective effort.

1:48 9:34

Host: Gary Price

Guests: Dr. Kimberly Nicholas, associate professor, sustainability science, Lund University, author, *Under the Sky We Make: How to Be Human in a Warming World*

Issues Covered: climate change, global warming, politics, government, transportation, environment, industry, diet

Links: Lund University Profile: Dr. Kimberly Nicholas

twitter: @KA_Nicholas

Penguin Random House: Under the Sky We Make

USA Today: COVID-19 hasn't slowed global warming: Earth's carbon dioxide levels highest in over 3 million years, NOAA says

The Washington Post: As rainstorms grow more severe and frequent, communities fail to prepare for risks

SEGMENT 2: THE GROWING WEALTH OF THE BILLIONAIRE CLASS

Time **Duration**

Synopsis: Facebook founder and CEO, Mark Zuckerberg added 41 billion dollars to his wealth over the past year. And that's nothing compared to what Tesla CEO, Elon Musk raked in: 157 billion. The majority of humans on the planet can't even fathom earning that amount of money. Yet, for many in the top .01 percent, it's a never-ending cycle of holding onto and building their wealth for generations to come. As the rich get richer and take up a bigger piece of the pie, what's left for the rest of us? How can leaders and laws slow this extreme wealth inequality?

13:24 9:27

Host: Marty Peterson

Guests: Chuck Collins, director, Program on Inequality, Institute for Policy Studies, author, *The Wealth Hoarders: How Billionaires Pay Millions to Hide Trillions*

Issues Covered: wealth inequality, wage gap, income, poverty, personal finance, investment, economics

Links: Inequity.org: Updates: Billionaire Wealth, U.S. Job Losses and Pandemic Profiteers

Institute For Policy Studies: Chuck Collins

Powell's: Wealth Hoarders How Billionaires Pay Millions to Hide Trillions

Forbes: The World's Billionaires Have Gotten \$1.9 Trillion Richer In 2020

CULTURE CRASH: OSCAR-WORTHY FOREIGN LANGUAGE FILMS

Time **Duration**

Synopsis: In recent years, foreign language films have started to be taken more seriously in the top awards categories. Take Parasite winning Best Picture at the Oscars last year. We discuss some of the best international films released over the last twelve months and where to watch them.

23:51 2:36

Host: Evan Rook

Issues Covered: culture, international film

Program 21-17 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
4/25/21

SEGMENT 1: WHAT HAPPENS TO THE HUMAN BODY IN SPACE?

Time **Duration**

Synopsis: From abrupt changes in gravity to galactic cosmic radiation, astronauts face numerous challenges as they push to explore farther into the unknown. Dr. Emmanuel Urquieta, from the Center for Space Medicine at the Baylor College of Medicine, joins Viewpoints this week to help us understand some of the health impacts of spending time in space and the hurdles that come with longer missions like sending humans to Mars.

1:47 11:02

Host: Gary Price

Guests: Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine

Issues Covered: health & medicine, career, technology, innovation, science, space exploration

Links: NASA: The Human Body in Space: What Happens?

Duke Center of Applied Genomics & Precision Medicine: Houston, We Have an Eye Problem

Dr. Emmanuel Urquieta - Baylor College of Medicine

NASA: The Translational Research Institute for Space Health (TRISH)

NASA: Why Space Radiation Matters

SEGMENT 2: THE SKY-HIGH COST OF COLLEGE

Time **Duration**

Synopsis: Today, the average student graduating from a four-year, public university leaves with \$28,600 in student loans. On top of this, students owe interest once payments kick in, and this can range from 3 to 5 percent for federal loans and can go as high as 12 percent for private loans. For some, the large sum of these loans plus interest can take several years to pay off and has a big effect on life decisions like when to start a family or if they can afford to leave a toxic job. This week – we cover the student loan crisis in the U.S. and talk about alternative options and resources that can help lower the current cost of higher education.

14:51 8:11

Host: Marty Peterson

Guests: James Lewis, president, National Society of High School Scholars

Issues Covered: higher education, personal finance, student loan debt, career, networking

Links: National Society of High School Scholars

US News: 10 Reasons to Attend a Community College

Federal Student Aid: Find and apply for as many scholarships as you can—It's free money for college or career school

Clark.com: 12 Best College Scholarships Websites Plus Other Resources

CULTURE CRASH: THE SECOND DEBUT OF TAYLOR SWIFT'S "FEARLESS"

Time **Duration**

Synopsis: Taylor Swift recently re-recorded and released her hit 2008 album "Fearless". We discuss the nostalgic vibes we felt while listening to these old Taylor tracks.

24:03 2:24

Host: Evan Rook

Issues Covered: culture, music

Program 21-18 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
5/2/21

SEGMENT 1: JIMMY STEWART: THE HOLLYWOOD ACTOR & FIGHTER PILOT

Time Duration

Synopsis: The late actor, Jimmy Stewart, gave us some very memorable characters during his time in Hollywood – many very funny; others endearing; and some dark and villainous. Perhaps Stewart's most dramatic role was the one that not many people know about, but that molded his life and his psyche – not to mention his acting – for most of his career: serving as a fighter pilot in World War II. We talk to an author who delved into Stewart's war service about how flying missions over Europe and seeing his comrades die affected the actor and the types of roles he chose to play post-war.

1:47 10:37

Host: Gary Price

Guests: Robert Matzen, author, *Mission: Jimmy Stewart and the Fight for Europe*

Issues Covered: history, war, military science, acting, career, mental health, film

Links: Chicago Tribune: How Jimmy Stewart's War Service Affected "It's A Wonderful Life"
Amazon: Mission: Jimmy Stewart and the Fight for Europe
RobertMatzen.com

SEGMENT 2: EASY SWITCHES FOR A MORE EARTH-FRIENDLY DIET

Time Duration

Synopsis: As more Americans look to decrease their carbon footprints, what's one way to make a big difference? Flipping the narrative on the traditional American diet. Beef is more carbon-intensive to produce than chicken, but did you know that cheese is also worse than chicken? It's this knowledge that can change people's dietary decisions and decrease greenhouse gas emissions, slowing global warming. Paul Greenberg, a food and science writer, joins Viewpoints this week to share how people can adjust their daily eating habits to make a difference.

14:26 8:43

Host: Marty Peterson

Guests: Paul Greenberg, food & science writer, author, *The Climate Diet: 50 Simple Ways to Trim Your Carbon Footprint*

Issues Covered: food production, climate change, sustainability, global warming, diet

Links: The New York Times: A New Year's Climate Diet
twitter: @4fishgreenberg
Amazon: The Climate Diet: 50 Simple Ways to Trim Your Carbon Footprint

CULTURE CRASH: LITERATURE TACKLING RACE & INEQUALITY

Time Duration

Synopsis: The perspectives of black authors are vital in understanding why racial bias still plagues our country. We offer up some timely recommendations to add to your 2021 reading list.

24:09 2:19

Host: Evan Rook

Issues Covered: culture, literature, race

Program 21-19 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
5/9/21

SEGMENT 1: THE REDUCE, REUSE, RECYCLE CONUNDRUM
Time Duration

Synopsis: How often do you buy an item from the store that's packaged in a plastic container or wrapped in plastic? Daily decisions like these add up and are feeding into the global plastic crisis. Scientists estimate that there's anywhere between nine to 16 million tons of plastic on the sea floor, polluting the environment, harming species and releasing harmful microplastics into every corner of the planet. Two experts on plastic join us this week to shed some light on the problem and how we can each make a difference by changing our consumption habits and calling on leaders to craft stricter laws on waste management and manufacturing.

1:46 12:05

Host: Gary Price

Guests: Jennie Romer, attorney, author, *Can I Recycle This? A Guide to Better Recycling and How to Reduce Single-Use Plastics*; Kate Melges, plastics project leader, Greenpeace USA

Issues Covered: trash pollution, health & medicine, recycling, consumption, waste management

Links: GreenPeace.org: Kate Melges

Congress.gov: H.R. 5845

EPA: How Do I Recycle?: Common Recyclables

Harvard University: 14 Million Tons of Microplastic are on the Ocean Floor

NOAA: What are microplastics?

SEGMENT 2: THE MIND-BENDING MIGRATION OF THE MONARCH BUTTERFLY
Time Duration

Synopsis: In 2017, Sara Dykman biked more than 10,000 miles, following the path of the annual Monarch migration. Along her route, she stopped to educate and raise awareness about the beauty and fragility of the butterfly. Dykman joins us this week to teach us about the insect's unique migration patterns across North America and how individuals can help this dwindling species.

15:48 6:51

Host: Marty Peterson

Guests: Sara Dykman, writer, author, *Bicycling with Butterflies: My 10,201-Mile Journey Following the Monarch Migration*
Issues Covered: endangered species, wildlife migration, environment, land development

Links: Workman: Bicycling with Butterflies

Beyond A Book

The National Wildlife Federation: Monarch Butterfly

Monarch Joint Venture: Monarch Migration

GardenGuide.com: How to Grow Milkweed for Monarch Butterflies

CULTURE CRASH: BACK TO THE THEATER
Time Duration

Synopsis: As more Americans get vaccinated, the light at the end of the tunnel shines a little bit brighter each day. We discuss the slow return of theater-released movies and some of the future films we're most excited for.

23:39 2:50

Host: Evan Rook

Issues Covered: culture, film, movie business

Program 21-20 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
5/16/21

SEGMENT 1: THE RISE OF CRYPTOCURRENCY

Time Duration

Synopsis: The cryptocurrency that started it all, Bitcoin, is now valued at around 1.6 trillion dollars. And in just the last month, another, newer form of crypto, Dogecoin has skyrocketed in popularity across the Internet, sharply driving up the price per token. We explore the fascinating and fast-evolving world of cryptocurrency and the future of traditional financial systems as digital currency gains ground across the globe.

1:47 9:32

Host: Gary Price

Guests: Dr. David Yermack, professor, finance, NYU Stern School of Business

Issues Covered: currency, technology, banking, investment, cybersecurity, finance, investment

Links: NYU Stern: Dr. David L. Yermack

Harvard Business Review: How Much Energy Does Bitcoin Actually Consume?

Buy And Sell Crypto: Coinbase

CNN Business: Want to invest in crypto? Here's what you need to know

Market Watch: Why is dogecoin's price spiking—again? The crypto has surged 14,000% in 2021

SEGMENT 2: WHY AREN'T MORE WOMEN FINANCIALLY INDEPENDENT?

Time Duration

Synopsis: The U.S. workforce is now more than 50 percent female, yet many women today still have little knowledge on financial planning and how to make their income work for them rather than the other way around. Executive and financial expert Jennifer Barrett joins us this week to shed some light on the importance of becoming financially autonomous and advocating for yourself in your career, relationships and beyond.

13:21 9:33

Host: Marty Peterson

Guests: Jennifer Barrett, financial expert, Chief Education Officer, Acorns, author, *Think Like a Breadwinner*

Issues Covered: personal finance, financial independence, retirement, relationships, career, personal growth

Links: Penguin Random House: Jennifer Barrett

McKinsey.com: Women in the Workplace 2020

TIME: Women Are Now the Majority of the U.S. Workforce — But Working Women Still Face Serious Challenges

Savvy Ladies

Women Employed: 45+ Years of Leading Change for Working Women

CULTURE CRASH: REVIEWING HBO'S "MARE OF EASTTOWN"

Time Duration

Synopsis: A modern take on the classic detective/thriller genre is exactly what we need right now and the "Mare of Easttown" does not disappoint. We explore this new series starring Kate Winslet.

23:54 2:32

Host: Evan Rook

Issues Covered: culture, film, movie business

Program 21-21 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
5/23/21

SEGMENT 1: THE CYCLE OF FOOD WASTE

Time **Duration**

Synopsis: The average person ends up trashing 25 percent of the food they buy from the grocery store. This can mean fresh produce, expired dairy, stale bread – the list goes on and on. This cycle of food waste across households, grocery stores and restaurants adds up, resulting in more than 81 billion pounds of fresh, edible food being thrown away each year. What's the solution? Two food experts join us this week to offer some answers.

1:47 9:24

Host: Gary Price

Guests: Dr. Elena Belavina, associate professor, operations management, Cornell University; Jenna Harris, senior manager, donor relations & supply chain, City Harvest

Issues Covered: food production, waste management, climate change, food insecurity, business, pollution

Links: City Harvest – Share Lunch, Fight Hunger Initiative

USDA Food Waste Breakdown

SEGMENT 2: THE 40TH ANNIVERSARY OF THE NASA SPACE SHUTTLE

Time **Duration**

Synopsis: The birth of the space shuttle in 1981 marked a new era of space travel. For the first time ever, NASA had a spacecraft that could launch into space and come back to earth and land like an airplane. While the shuttle had many successful flights, there were also some big catastrophes that ultimately led the program to cease operations in 2011. Former chief historian of NASA Roger Launius joins Viewpoints this week to tell the story of this era of American space history.

13:12 9:54

Host: Marty Peterson

Guests: Roger Launius, space historian, former chief historian, NASA, author, *NASA Space Shuttle: 40th Anniversary*

Issues Covered: government, history, space exploration, invention, technology, engineering

Links: NASA: Space Shuttle

Space.com: The Space Shuttle: The First Reusable Spacecraft

Space X: Dragon

CULTURE CRASH: THE LOVE STORY OF "LITTLE FISH"

Time **Duration**

Synopsis: The movie, "Little Fish" is an intriguing story of a world ravaged by a virus that erases people's memories. It's a gripping film that hooks your attention from the get-go and is worth the watch.

24:06 2:21

Host: Evan Rook

Issues Covered: culture, film

Program 21-22 Written & Produced: Amirah Zaveri, Pat Reuter & Evan Rook

Air Week: Studio Production: Jason Dickey
5/30/21

SEGMENT 1: THE DEBATE ON INVASIVE SPECIES

Time Duration

Synopsis: Many people are worried that non-native plants and animals are invading the U.S. and preventing native species from thriving. Each year, a lot of money and time is spent trying to rid the land of these aliens - often to no avail. But, are these species present because they're the only ones that can exist in that environment? Are some plants and animals actually helping to create a more diverse and robust ecosystem? And are some native species really native to the U.S.? Our guests offer up a different perspective on the invasive species debate.

1:47 8:11

Host: Gary Price

Guests: Fred Pearce, science journalist, researcher, author of *The New Wild: Why Invasive Species Will Be Nature's Salvation*; Tao Orion, permaculture educator, author of *Beyond the War on Invasive Species: A Permaculture Approach to Ecosystem Restoration*

Issues Covered: Invasive species, biodiversity, ecosystem management, ecology, science

Links: New York Times: Invasive Species Aren't Always Unwanted
PBS: Native or Invasive species? The distinction blurs as the world warms
Resilience Permaculture Design LLC
Beacon Press: Why Invasive Species Will Be Nature's Salvation

SEGMENT 2: SWEATY PALMS, RACING HEART: FACING THE FEAR OF PUBLIC SPEAKING

Time Duration

Synopsis: Why are people so afraid to give speeches in public? For many, it can be the cause of much anxiety and dread. We speak with a psychologist and a speech educator about why this anxiety builds and how we can use this adrenaline to our benefit when putting ourselves out there.

11:58 10:13

Host: Marty Peterson

Guests: Jeremy Jamleson, Associate Professor of Social Psychology, University of Rochester; Philip Dalton Associate Professor of Rhetoric, Department Chair, Hofstra University

Issues Covered: communication, public speaking, personal growth & development, social psychology

Links: Mayo Clinic: Fear of public speaking: How can I overcome it?
Toastmasters International: Public Speaking Tips
Inc.com: 20 Tips for Mastering the Art of Public Speaking

CULTURE CRASH: THE BEAUTY OF HBO MAX

Time Duration

Synopsis: The streaming platform, HBO Max has gained a lot of ground since its launch in May of last year. We dive into the wide variety of shows and films available and why it's become our favorite place to search for something to watch.

23:11 3:14

Host: Evan Rook

Issues Covered: culture, film, technology

Program 21-23 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
6/6/21

SEGMENT 1: BACK TO THE BALLPARK

Time **Duration**

Synopsis: Baseball is back, and fans can once again revel in the experience of heading to a ballpark, grabbing some peanuts and cheering on their team as they score a homerun. Longtime baseball writer and faithful Phillies fan Timothy Malcolm joins Viewpoints this week to break down some of his favorite stadiums in the U.S. and some tips you should keep in mind before buying a ticket.

1:48 10:37

Host: Gary Price

Guests: Timothy Malcolm, baseball writer, author, *Baseball Road Trips: The Complete Guide to All the Ballparks, With Beer, Bites, and Sites Nearby*

Issues Covered: sports, history, culture, literature, cuisine, health & medicine, personal finance

Links: twitter: @timothymalcolm

Amazon: Moon Baseball Road Trips: The Complete Guide to All the Ballparks, with Beer, Bites, and Sights Nearby (Travel Guide)

Bleacher Report: Power Ranking Wrigley, Fenway and All 30 MLB Ballparks Ahead of 2020 Season

SEGMENT 2: THE WEDDING PAGES

Time **Duration**

Synopsis: The first New York Times wedding announcement was published in 1851. It was one sentence long and covered a young, white couple who had just married in New York. Today, the wedding and engagements section at the paper and other media outlets across the country look a lot different. We explore how this unique page has evolved over the years and the rat race some couples go through to get an announcement published at a prominent paper like The New York Times.

14:27 8:40

Host: Marty Peterson

Guests: Cate Doty, former journalist, engagements and wedding section at *The New York Times*, author, *Mergers and Acquisitions: Or Everything I Know About Love I Learned on the Wedding Pages*

Issues Covered: relationships, communication, tradition, history, culture

Links: Cate Doty's Website

Page 158 Books: Mergers and Acquisitions: Or, Everything I Know About Love I Learned on the Wedding Pages

New York Times: Weddings and Engagements

New York Times: They Were The First

CULTURE CRASH: THE LATEST RELEASE BY ACCLAIMED AUTHOR JOHN GREEN

Time **Duration**

Synopsis: Author John Green is best known for young adult novels like *The Fault in Our Stars*, but his latest release heads in a completely different direction. It's called *The Anthropocene Reviewed* and it's hooked our attention.

24:07 2:20

Host: Evan Rook

Issues Covered: culture, film

Program 21-24 Written & Produced: Amirah Zaveri, Pat Reuter & Evan Rook

Air Week: Studio Production: Jason Dickey
6/13/21

SEGMENT 1: THE ENVIRONMENTAL EFFECTS OF STAGGERING PALM OIL PRODUCTION

Time Duration

Synopsis: In the U.S., most Americans commonly use vegetable or olive oil when cooking. While we don't often hear about palm oil, it's in many of the products that we buy at the grocery store, including everything from food to personal care products. And abroad, palm oil is widely used in cooking and frying. Last year, global consumption reached 72 million tons. However, this ingredient is not being produced sustainably and has led to widespread deforestation in Southeast Asian countries. What's being done to curb the palm oil crisis?

1:48 9:59

Host: Gary Price

Guests: Jocelyn Zuckerman, journalist, author, *Planet Palm: How Palm Oil Ended Up In Everything and Endangered the World*; Dr. Patricio Grassini, associate professor, agronomy & horticulture, University of Nebraska-Lincoln

Issues Covered: business, environment, pollution, deforestation, wildlife protection, food production, agriculture, sustainable farming

Links: The New Press: Palm Planet

WWF: 8 Things To Know About Palm Oil

Nebraska Today: Husker research shows palm oil production can grow while protecting ecosystems

SEGMENT 2: THE HIGHS OF RUNNING

Time Duration

Synopsis: Life has many challenges – but it's how you respond to these obstacles that truly matter. Characteristics like passion, perseverance and grit can all factor into the end result and can make all the difference rather than focusing on pure talent or intelligence.

13:49 8:24

Host: Marty Peterson

Guests: Dean Karnazes, ultra-marathon runner, author, *A Runner's High: My Life in Motion*

Issues Covered: exercise, sports, health & medicine, mental health, literature

Links: Wikipedia: Dean Karnazes

Amazon: A Runner's High: My Life in Motion

CNN: Extreme weather kills 21 ultra-marathon runners in China

SELF: Runners Share 23 Small Training Tips That Changed Everything for Them

CULTURE CRASH: THE PERFECT ALBUM

Time Duration

Synopsis: This week, we discuss the importance of an album's length. All too often it can feel like some of the songs on the album are just there to fill time, so people feel like they're getting more music for their money.

23:12 3:14

Host: Evan Rook

Issues Covered: culture, music

Program 21-25 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
6/20/21

SEGMENT 1: THE ENDLESS DROUGHT: DWINDLING WATER IN THE WEST

Time **Duration**

Synopsis: Lake Mead, the reservoir created by the Hoover Dam, is at its lowest levels ever recorded. Drought is not a new problem in the West, but it is getting worse as the years go by. What's being done to curb water consumption and increase supply so people's taps don't run dry?

1:48 11:15

Host: Gary Price

Guests: Dr. Robert Glennon, regents professor, law and public policy, University of Arizona College of Law

Issues Covered: infrastructure, conservation, natural resources, business, environment, technology, sustainability

Links: The New York Times: California Western Drought Map

Robert Glennon Website

IslandPress: Unquenchable

SEGMENT 2: THE TOLL OF EXCESS CLOTHES PRODUCTION

Time **Duration**

Synopsis: On average, it's estimated that the typical worker receives one email every six minutes. This constant stream of emails and instant messages throughout the day continuously pulls people away from their main tasks and leads to workout burnout. And the pandemic – with more people working from home – has only made this worse. Computer science and communication expert, Cal Newport joins us this week to break down the main issues and possible solutions.

14:59 7:47

Host: Marty Peterson

Guests: Maxine Bedat, founder, nonprofit, New Standard Institute, author, *Unraveled: The Life and Death of a Garment*

Issues Covered: environment, worker's rights, business, fashion, consumerism

Links: Amazon: *Unraveled: The Life and Death of a Garment*

New Standard Institute

The Wall Street Journal: The Hidden Cost of Cheap Fashion Could Catch Up to Investors

Cause Artist: These 6 Ethical Fashion and Lifestyle Brands Are the Future of Style and Luxury

CULTURE CRASH: STEPHEN KING: THE MASTER OF STORYTELLING

Time **Duration**

Synopsis: Stephen King is globally recognized as the master of horror – but how does he create each masterpiece? We break down what sets his works of literature apart from all of the other authors across several genres.

23:45 2:41

Host: Evan Rook

Issues Covered: culture, storytelling, literature

Program 21-26 Written & Produced: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
6/27/21

SEGMENT 1: THE TOP ONE PERCENT & THE ACCRUAL OF BILLIONS IN WEALTH
Time Duration

Synopsis: The 50 richest families in the world have a combined net worth of \$1.2 trillion dollars. The Koch family, the second richest name on the list, is worth a staggering \$100 billion dollars. Could you imagine having that amount of money? It's definitely enough to sustain several generations to come. How does one accumulate so much wealth? For many families, it isn't just about success and business growth, but the business of building wealth through loopholes like philanthropy and loose taxation laws.

1:47 9:10

Host: Gary Price

Guests: Chuck Collins, director, program on inequality, Institute for Policy Studies; Dr. Ray Madoff, professor, Boston College Law School

Issues Covered: wealth inequality, politics, government, taxation, inheritance law, philanthropy

Links: Institute for Policy Studies: Chuck Collins Profile

IPS: Silver Spoon Oligarchs: How America's 50 Largest Inherited-Wealth Dynasties Accelerate Inequality

Forbes: Billion-Dollar Dynasties: These Are The Richest Families In America

twitter: @raymadoff

Boston College Law School Profile: Dr. Ray Madoff

SEGMENT 2: THE CAREGIVER CRISIS
Time Duration

Synopsis: The Bureau of Labor Statistics reports that employee turnover at nursing homes in an average year is 74 percent. With high rates of turnover and not enough new workers entering the caregiving field, the U.S. is deep in a senior care crisis that's only set to get worse. This week – two senior care experts join Viewpoints to discuss why no one wants these jobs and how this lack of infrastructure and funding in certain areas is creating chaos amongst seniors and their families who need help.

12:57 9:56

Host: Marty Peterson

Guests: Amy O' Rourke, senior healthcare expert, professional care manager, author, *The Fragile Years*; Susan Chapman, professor, social & behavioral sciences, University of California San Francisco School of Nursing

Issues Covered: aging, healthcare, infrastructure, government, senior care, health & medicine

Links: Amazon: The Fragile Years: Proven Strategies for the Care of Aging Loved Ones

UCSF Profiles: Susan Chapman, RN, PhD, FAAN

honor – "A new way to deliver home care"

Fast Company: We're in the midst of a caregiving crisis. Here's how Biden may address it

The Guardian: The future of elder care is here – and it's artificial intelligence

CULTURE CRASH: THE EVOLUTION OF COMEDIAN BO BURNHAM
Time Duration

Synopsis: Bo Burnham has taken on many roles throughout his career. We discuss his latest project, *Inside*, now streaming on Netflix.

23:52 2:34

Host: Evan Rook

Issues Covered: culture, film, comedy, COVID-19 pandemic, mental health



Quarterly Report of Compliancy Issues & Programs List 2021-Q2 (April - June) Radio Health Journal

- | | |
|-------------------------------------|------------------------------|
| ▪ Air pollution | ▪ Infrastructure |
| ▪ Alcohol abuse | ▪ Insurance |
| ▪ Charities | ▪ Local government |
| ▪ Childcare | ▪ Manufacturing and industry |
| ▪ Child safety | ▪ Mass shootings |
| ▪ Consumerism | ▪ Mental health |
| ▪ Contraception | ▪ Minority issues |
| ▪ COVID-19 Pandemic | ▪ Parenting |
| ▪ Diet and nutrition | ▪ Patient Safety |
| ▪ Disabilities | ▪ Pets and people |
| ▪ Discrimination | ▪ Police and law enforcement |
| ▪ Drinking water safety | ▪ Politics |
| ▪ Economics | ▪ Poverty |
| ▪ Education | ▪ Prevention |
| ▪ Employment and workforce issues | ▪ Public health |
| ▪ EMS and emergency response | ▪ Public safety |
| ▪ Environmental science | ▪ Rehabilitation |
| ▪ Ethics | ▪ Research ethics |
| ▪ Family issues | ▪ Self-help |
| ▪ Federal government and regulation | ▪ Sexual abuse |
| ▪ Fraud | ▪ Unemployment |
| ▪ Guns and gun violence | ▪ Vaccination |
| ▪ Healthcare | ▪ Vulnerable populations |
| ▪ Homelessness | ▪ Women's issues |
| ▪ Housing | |
| ▪ Informed consent | |

Program 21-14	Writers/Producers:	Reed Pence
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Air Week:

4/4/21

Studio Production: Jason Dickey

SEGMENT 1: ASSESSING THE PSYCHOLOGICAL WRECKAGE OF THE PANDEMIC

Time Duration

Synopsis: Many people are relieved that, thanks to vaccines, the COVID-19 pandemic seems to be waning. But the mental health wreckage of the last year will take longer to overcome. Experts discuss how it's showing up and what people can do to get back on track. 1:50 12:14

Host & Producer: Reed Pence

Guests: Dr. Anna Glassman-Pines, Associate Professor of Public Policy, Psychology and Neuroscience, Duke University; Dr. Robin Gurwitch, Professor of Psychiatry and Behavioral Sciences, Duke University; Dr. Jennifer Plumb-Villardaga, clinical psychologist, Duke University School of Medicine; Dr. Judith Orloff, Los Angeles psychiatrist and author, *The Empath Survival Guide*

Compliance issues: healthcare; public health; mental health; consumerism; self-help; youth at risk; COVID-19 Pandemic

Links: [Duke University Faculty Profile: Dr. Anna Glassman-Pines](#)

[Duke University School of Psychiatry and Behavioral Sciences profile: Dr. Robin Gurwitch](#)

[Health Care 6: Dr. Jennifer Carolyn Plumb Villardaga](#)

[Judith Orloff M.D. Website](#)

SEGMENT 2: THE BENEFITS OF WRITING BY HAND

Time Duration

Synopsis: Today's students often type their assignments, no matter the grade level. Writing by hand is done less frequently, and some students are barely able to produce cursive writing. However, studies show that writing by hand creates a better connection to the brain for learning content. Experts discuss how we might tap this connection in an increasingly tech world. 15:06 7:42

Host: Nancy Benson

Producer: Libby Foster

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

Compliance issues: healthcare; prevention; consumerism; education; technology; neuroscience

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

[Pearson Assessments: Dr. Virginia Wise Berninger](#)

Program 21-15

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

4/11/21

SEGMENT 1: SURVIVING AN ACTIVE SHOOTER

Time Duration

Synopsis: With the recent active shooter incidents in Atlanta and Boulder, Colorado, experts are concerned about a return of mass shootings that had disappeared during the pandemic. Two experts discuss the changing theory of how to survive an active shooter incident through what's called "run, hide, and fight."

1:50 12:24

Host & Producer: Reed Pence

Guests: Dr. Cheryl Lero Jonson, Associate Professor of Criminal Justice, Xavier University; Dr. Park Dietz, founder and President, Threat Assessment Group

Compliance Issues: mass shootings; public health; public safety; guns and gun violence; police and law enforcement; youth at risk; education

Links: [Google Scholar Profile for Dr. Cheryl Lero Jonson](#)
[Threat Assessment Group \(TAG\) profile for Dr. Park Dietz](#)

SEGMENT 2: THE PANDEMIC IN HISTORICAL PERSPECTIVE

Time Duration

Synopsis: Plagues such as COVID-19 are nothing new, and this pandemic is far from the worst the world has ever faced. A physician and historian examines COVID in comparison to other pandemics and discusses the lessons that will serve us well in the future.

15:16 7:21

Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. Richard Gunderman, John. A. Campbell Professor of Radiology, Indiana University and author, *Contagion: Plagues, Pandemics, and Cures From the Black Death to COVID-19 and Beyond*

Compliance issues: history, COVID-19 Pandemic; public health

Links: [Allen & Unwin Book Publishers: Contagion](#)

Program 21-16	Writers/Producers:	Reed Pence
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Air Week:

4/18/21

Studio Production:

Jason Dickey

SEGMENT 1: GIVING CASH TO THE HOMELESS

Time Duration

Synopsis: Homelessness continues to be a stubborn problem despite many well-intentioned programs. A new experimental study finds that giving homeless people thousands of dollars in cash helps get many of them off the streets for good, calling into question many assumptions about the homeless and how they got that way. Experts discuss the new program and its implications for ending homelessness.

1:50 12:56

Host & Producer: Reed Pence

Guests: Nan Roman, President, National Alliance to End Homelessness; Dr. Jiaying Zhou, Canada Research Chair and Associate Professor of Psychology and Institute for Resources, Environment and Sustainability, University of British Columbia; Rutger Bregman, historian and author, *Human Kind: A Hopeful History*

Compliance issues: homelessness; economics; poverty; charities; unemployment; alcohol abuse; government; housing

Links: [National Alliance to End Homelessness: Our People](#)

[Rutger Bregman Books](#)

[University of British Columbia Profile: Dr. Jiaying Zhou](#)

SEGMENT 2: TRACING COVID IN ANIMALS & WATER

Time Duration

Synopsis: Scientists are testing hundreds of different kinds of animals as well as waste and storm water for COVID-19, looking for reservoirs for possible mutation. They've learned even pets can possibly harbor the virus but probably aren't a threat. An expert discusses how the knowledge will combat COVID variants.

15:48 7:06

Host: Nancy Benson

Writer: Libby Foster

Guests: Dr. Vanessa Hale, Assistant Professor of Veterinary Preventive Medicine, The Ohio State University

Compliance issues: prevention; public health; pets and people; environmental science; COVID-19 pandemic

Links: [The Ohio State University Profile: Dr. Vanessa Hale](#)

Program 21-17

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

4/25/21

SEGMENT 1: HOW HIGH DRUG PRICES LEAD TO DRUG MISUSE

Time Duration

Synopsis: Millions of Americans cannot afford the medications they've been prescribed. Many skip doses, split pills or don't fill prescriptions at all as a result, with sometimes even fatal consequences. But doctors are often unable to consider cost very well in prescribing, as the same drug often costs patients vastly different amounts due to insurance differences. Experts discuss the problem and what patients can do to save.

1:50 12:51

Host & Producer: Reed Pence

Guests: David Mitchell, cancer patient, founder and President, Patients for Affordable Drugs; Dr. Stacie Dusetzina, Associate Professor of Health Policy, Vanderbilt University

Compliance issues: healthcare; economics; insurance; federal government and regulation

Links: [Patients for Affordable Drugs - Our Team](#)

[Stacie B. Dusetzina, Ph.D. - Vanderbilt University Medical Center](#)

SEGMENT 2: BRAIN ANEURYSM THROUGH THE EYES OF A SURVIVOR

Time Duration

Synopsis: Brain aneurysms—bulging in a brain blood vessel, like an inflated balloon—affect 1 in 50 people and are generally without symptoms until they burst. This occurs in about 30,000 people per year in the US, accounting for 3-5 percent of all new strokes. Here is the story of one survivor in her own words.

15:43 7:08

Host: Nancy Benson

Producer: Reed Pence.

Guests: Janet Sutherland-Madden, brain aneurysm rupture survivor and author, *Nose Over Toes*

Compliance issues: healthcare; public health; EMS and emergency response; rehabilitation

Links: [Eckhartz Press - Janet Sutherland-Madden](#)

[Brain Aneurysm Foundation](#)

Program 21-18

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

5/2/21

SEGMENT 1: BOTTLED WATER AND TRUST IN OUR INSTITUTIONS

Time Duration

Synopsis: Bottled water sales have skyrocketed, in part because many people believe it is safer than tap water. Actually, bottled water faces few of the safety regulations that tap water does. The disconnect, according to a new study, comes from society's pervasive distrust in all governmental institutions. The lead researcher discusses how restoring faith in water could begin to restore faith in all American institutions.

1:49 13:17

Host & Producer: Reed Pence

Guests: Dr. Manny Teodoro, Associate Professor of Public Affairs, University of Wisconsin, Madison

Compliance issues: public health; local government; infrastructure; drinking water safety; federal government and regulation; politics; environmental science

Links: [Manny Teodoro's Website](#)

SEGMENT 2: COVID AND PTSD

Time Duration

Synopsis: Studies show that as many as a third of people who were very ill with COVID-19 later develop PTSD. Caregivers and healthcare workers may be afflicted as well. An expert discusses how this develops and what people can do to get better.

16:08 6:45

Host: Nancy Benson

Producer: Libby Foster

Guests: Dr. Sanam Hafeez, clinical psychologist, Columbia University

Compliance issues: healthcare; public health; mental health; consumerism; COVID-19 pandemic

Links: [Comprehend the Mind: Sanam Hafeez, Psy.D](#)

Program 21-19

Writers/Producers: Reed Pence

Studio Production: Jason Dickey

Air Week:

5/9/21

SEGMENT 1: THE DISTORTED SMELL OF COVID-19

Time Duration

Synopsis: Many of those who've had COVID-19 have suffered from a temporary loss of their sense of smell, but some have had what seems to be an even worse symptom weeks or months later—a distorted sense of smell, where everything, from coffee to flowers, smells sickeningly awful. An expert and a former sufferer discuss how disruptive to life this can be and what people can do to make it through to recovery.

1:52 12:40

Host & Producer: Reed Pence

Guests: Duika Burges-Watson, researcher and Lecturer in Medical Sciences, Newcastle University; Chrissi Kelly, founder, Abscent.org

Compliance issues: public health; consumerism, mental health; family issues; COVID-19 pandemic

Links: [Newcastle University Staff Profile: Dr Duika Burges Watson](#)

[Life Kitchen: Taste & Flavour Book](#)

[Abscent.org](#)

SEGMENT 2: RESEARCH ETHICS NOW VS. THEN: A CASE STUDY

Time Duration

Synopsis: In the mid-1960's, many Ivy League and Seven Sister colleges as well as prestigious prep schools allowed researchers to photograph incoming students naked as part of work on a now-discredited theory linking physical characteristics to leadership potential. A former student who went through it, now a physician and writer, discusses how research ethics have changed in the last 50 years.

15:34 7:12

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. David Sklar, Emeritus Professor of Emergency Medicine, University of New Mexico, and author, *Atlas of Men*

Compliance issues: education; research ethics; sexual abuse; informed consent

Links: [David Sklar's website](#)

Program 21-20

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

5/16/21

SEGMENT 1: THE COVID BABY BUST

Time Duration

Synopsis: The US birth rate has been declining since the Crash of 2008, but it took an even larger decline during the pandemic to levels unseen since the Great Depression. Today fertility rates are below replacement levels, which could have big impacts on education, employment, and the tax base years down the road. Experts discuss how people make fertility decisions and the impacts they can have on the nation.

1:50 12:26

Host & Producer: Reed Pence

Guests: Nell Frizzell, author, *The Panic Years: Dates, Doubts, and the Mother of All Decisions*; Dr. Philip Cohen, Professor of Sociology, University of Maryland; Dr. Laura Lindberg, Principal Research Scientist, Guttmacher Institute

Compliance Issues: women's issues; family issues; contraception; economics; poverty; education; public health; employment and workforce issues; taxes; federal government; parenting government; childcare; COVID-19 pandemic

Links: [Nell Frizzell's Website](#)

[University of Maryland Profile: Dr. Philip Cohen](#)

[Guttmacher Institute: Laura D. Lindberg](#)

SEGMENT 2: THE CHANGING FACE OF COLON CANCER

Time Duration

Synopsis: Colon cancer is striking much younger people than it used to, leading experts to lower the age on screening recommendations. A noted colon surgeon discusses screening and treatment options, and the way Covid-19 has changed patients' approach to getting screened.

15:18 7:35

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. James McClane, Chief of Colorectal Surgery, Norwalk Hospital, Norwalk, CT

Compliance issues: healthcare; public health; education

Links: [Castle Connolly Top Doctors: Dr. James M. McClane, MD](#)

Program 21-21

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

5/23/21

SEGMENT 1: KEEPING GENERIC DRUGS SAFE

Time Duration

Synopsis:

Since the 1980's, almost all production of generic drugs has moved overseas, where FDA inspectors have a much tougher time making sure they're following rules for safety. An investigative journalist describes the ways she's found that many drugmakers cut corners, putting safety at risk, and details what consumers can do to protect themselves.

1:50

12:49

Host & Producer: Reed Pence

Guests: Katherine Eban, author, *Bottle of Lies: The Inside Story of the Generic Drug Boom*

Compliance issues: healthcare; public health; fraud; federal government and regulation; patient safety; consumerism; consumer safety

Links: [Katherine Eban's Website](#)

SEGMENT 2: COVID AND KIDNEY DISEASE

Time Duration

Synopsis:

Covid-19 is usually a respiratory disease, but it can affect virtually any organ in the body. The nation's top kidney disease expert discusses how Covid can prompt life-threatening kidney effects in the previously healthy, and how those with kidney disease are more susceptible to severe Covid infection.

15:11

6:25

Host: Nancy Benson

Producer: Libby Foster

Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases.

Compliance issues: healthcare; public health; education; COVID-19 pandemic

Links: [Dr. Griffin Rodgers - Staff Profile](#)

Program 21-22

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

5/30/21

SEGMENT 1: MISSING THE GOAL OF HERD IMMUNITY

Time Duration

Synopsis: Since the Covid-19 pandemic began, public health experts have looked to vaccines with the goal of creating "herd immunity," where so many people are vaccinated that the virus stalls out. Now it is clear we will not reach that goal, meaning the threat of the pandemic may drag on for years. One of the nation's leading infectious disease experts discusses how we are missing the target and what it means.

1:49 12:21

Host & Producer: Reed Pence

Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical School

Compliance issues: healthcare; public health; ethics; consumerism; vulnerable populations; COVID-19 pandemic

Links: [Vanderbilt University Medical School profile: Dr. William Schaffner](#)

SEGMENT 2: CLINICAL TRIALS AND TRUST IN UNDERSERVED COMMUNITIES

Time Duration

Synopsis: People of color are less likely than others to receive timely treatment for medical issues. This is reflected in Covid-19 vaccination numbers, in cancer treatment, and in clinical trial participation. Experts discuss ways to increase participation, especially in clinical trials that might ultimately raise trust in medicine.

15:12 7:36

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Lance Okeke, Assistant Professor of Medicine and Infectious Diseases, Duke University; Dana Dornsife, founder and CEO, Lazarex Cancer Foundation; Mike McDaniel, participant in ACTIV-2 clinical trial

Compliance issues: healthcare; public health; education; discrimination; minority issues; vaccination; COVID-19 pandemic

Links: [Department of Medicine, Duke University School of Medicine: Dr Lance Okeke](#)

[Lazarex Cancer Foundation](#)

[riseabovecovid.org](#)

Program 21-23

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

6/6/21

SEGMENT 1: UNDIAGNOSED MYSTERY DISEASES

Time Duration

Synopsis: Hundreds of patients nationally have diseases that have confounded doctors and yielded no diagnosis and no reliable treatment. Today the Undiagnosed Diseases Network, founded and funded by the NIH, helps these patients, but its funding is uncertain beyond 2022. Patients and a physician leader of the UDN discuss the lonely plight of these patients and the hope UDN provides.

1:50 12:32

Host: Reed Pence

Producer: Polly Hansen

Guests: Meghan Halley, mother of child with unidentified illness; Troy Evans, patient with unidentified illness; Kimberly LeBlanc, genetic counselor and Associate Dir. of Research Operations, Undiagnosed Diseases Coordinating Center, Harvard Medical School

Compliance issues: healthcare; public health; ethics; consumerism; federal government and regulation

Links: [Undiagnosed Disease Network - Harvard University](#)

[UDN Peer](#)

SEGMENT 2: TASTY FOOD VS. HEALTHY FOOD: FINDING A BALANCE

Time Duration

Synopsis: Many Americans believe that healthy food doesn't taste good, and tasty food isn't healthy. A chef who is also a cardiologist discusses how to find a balance by seeking out healthy ingredients rather than whole categories of foods.

15:24 6:57

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Michael Fenster, Professor of Health Professions and Biomedical Sciences, University of Montana and author, *Food Shaman: The Art of Quantum Food*

Compliance Issues: healthcare; public health; consumerism; diet and nutrition

Links: [Chef Dr. Mike - website](#)

Program 21-24

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

6/13/21

SEGMENT 1: HOW COVID MASKS HAVE AFFECTED CHILDREN'S LANGUAGE DEVELOPMENT

Time Duration

Synopsis: Infants, toddlers, and grade school children use many cues to learn language. Some of them are visual, involving seeing the mouth move. Some depend on clearly hearing speech. Both have been impacted by mask wearing during the pandemic. Experts now studying how far behind children are as a result discuss how language develops in children and how it's been affected in the pandemic.

1:50 12:31

Host: Reed Pence

Producer: Libby Foster

Guests: Dr. Stephen Camarata, Professor of Hearing and Speech Sciences, Psychiatry, Psychology, Human Development and Special Education, Vanderbilt University and author, *The Intuitive Parent: Why the Best Thing For Your Child Is You*; Sara Charney, speech pathologist, Mayo Clinic Arizona

Compliance issues: education; public health; consumerism; youth at risk; disabilities

Links: [Stephen Camarata Vanderbilt Profile](#)

[Health Care For People: Sara Charney](#)

SEGMENT 2: REFINERIES AND THEIR NEIGHBORS: HOW SAFE IS THE AIR?

Time Duration

Synopsis: A recent report shows that more than a dozen refineries around the US are emitting benzene pollution into the air at higher levels than allowed by the EPA. An activist discusses this newly labeled problem and what the agency can do to curb it.

15:23 7:06

Host: Nancy Benson

Producer: Reed Pence

Guests: Eric Schaeffer, Exec. Director, Environmental Integrity Project

Compliance issues: air pollution; environmental science; federal government and regulation; public health; manufacturing and industry; minority issues

Links: [Environmental Integrity Project](#)

Program 21-25	Writers/Producers:	Reed Pence
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Air Week:

6/20/21

Studio Production: Jason Dickey

SEGMENT 1: SUDC—SUDDEN UNEXPLAINED DEATH OF A CHILD

Time Duration

Synopsis: Each year, some 400 US children over age 1, most of them toddlers, die overnight for no known reason. Families, longing for answers, often find that their families, friends, and even pediatricians are unfamiliar with this classification of death, or that they even occur. Family members who have lost a child, a medical examiner, and a research expert who has lost a child discuss SUDC. 2:01 12:23

Host: Reed Pence

Producer: Regan Huston

Guests: Estuardo Torres, father of SUDC victim; Dr. Eric Eason, Assistant Medical Examiner, Cook County, IL; Laura Gould Crandall, research scientist, Dept. of Neurology, NYU Langone Comprehensive Epilepsy Center and mother of SUDC victim; Ron and Jordana Zachara, parents of SUDC victim

Compliance issues: youth at risk; public health; parenting; healthcare; child safety

Links: [SUDC Foundation](#)

[Cook County Medical Examiner Website](#)

[Laura Gould Crandall profile at sudc.org](#)

SEGMENT 2: "TONSIL STONES"

Time Duration

Synopsis: Some people find that small "stones" are growing on their tonsils. They're an accumulation of skin cells, food, and other debris. While they are not medically dangerous or painful, they often produce bad breath or sometimes pain. Two expert physicians discuss tonsil stones' formation and treatment. 15:26 6:31

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Dr. Alter Peerless, otolaryngologist, Mercy Health, Cincinnati; Dr. Lauren Bohm, Assistant Professor of Otolaryngology, University of Michigan

Compliance issues: healthcare

Links: [Dr. Alter Peerless profile at Mercy Health](#)

[Dr. Lauren Bohm info at Michigan Medicine](#)

Program 21-26

Writers/Producers: Reed Pence

Air Week:

Studio Production: Jason Dickey

6/27/21

SEGMENT 1: GROWTH HORMONE FOR SHORT KIDS

Time Duration

Synopsis: Thousands of parents take their children to doctors each year seeking synthetic growth hormone to cure their relatively short stature, even though most of these children are merely late bloomers and have nothing wrong with them. Growth hormone also makes less difference in height than parents often imagine. Studies show that short stature generally does not create psychological damage. Experts discuss the issue. 1:50 12:23

Host: Reed Pence

Guests: Dr. Laurie Cohen, Director Growth and Neuroendocrine Programs, Boston Children's Hospital and Associate Professor of Pediatrics, Harvard Medical School; Dr. David Sandberg, Professor of Pediatrics, University of Michigan Medical School and C.S. Mott Children's Hospital

Compliance issues: youth at risk; parenting; healthcare; consumerism; child safety; education

Links: [Boston Children's Hospital - Dr. Laurie Cohen](#)

[Mott Children's Hospital - Dr. David Sandberg](#)

SEGMENT 2: MARFAN SYNDROME

Time Duration

Synopsis: Marfan syndrome produces obvious physical symptoms such as extreme height, but its hidden symptoms, especially in the heart and eyes, can be much more serious. Experts discuss its diagnosis and treatment. 15:26 6:31

Host: Nancy Benson

Producer: Scarlett O'Hara

Guests: Dr. Gregory Perens, Professor of Pediatrics, UCLA Mattel Children's Hospital; Dr. Simon Fung, Assistant Professor of Ophthalmology, UCLA Medical Center

Compliance issues: healthcare; consumerism; youth at risk

Links: [UCLA Health: Gregory Perens, MD](#)

[UCLA Health: Simon Fung, MD](#)



Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2021

Show # 2021-14

Date aired: _____ **Time Aired:** _____

Eric Sussman, PhD, adjunct real estate professor at the University of California Los Angeles

Prof. Sussman explained the recent trend of "We buy houses" and "Cash for homes" signs on roadsides and other forms of advertising. He explained what types of real estate investors are behind the signs and how the transactions typically are structured. He also outlined the pluses and minuses for home sellers.

Issues covered:
Consumer Matters
Real Estate

Length: 7:16

Shanna H. Swan, PhD, Professor of Environmental Medicine and Public Health at the Icahn School of Medicine at Mount Sinai in New York City, author of *"Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race"*

Prof. Swan's research has found that sperm counts among men in the industrialized world fell nearly 60 percent from 1973 to 2011, in part because of the hormonal effects of chemicals widely used in consumer products. She said if trends continue at the current rate, most couples may have to seek assisted reproduction by the year 2045. She believes that the chemical industry urgently needs to develop chemicals that can be used in everyday products that are non-hormonally active.

Issues covered:
Personal Health
Reproduction
Consumer Matters
Environment

Length: 9:55

Show # 2021-15

Date aired: _____ **Time Aired:** _____

Richard Watts, personal advisor and legal counsel to the super wealthy, author of *"Entitlement: How Not to Spoil Your Kids, and What to Do if You Have"*

Mr. Watts said well-intentioned parents are creating a "me" generation of children who lack the wisdom and satisfaction of accomplishment that can only be learned through struggle and adversity. He offered examples of parental decisions that create a sense of entitlement in children in families of all income levels. He also outlined simple ways for parents to be a good example for children.

Issues covered:
Parenting
Education

Length: 9:53

Matt Schulz, Senior Industry Analyst at CreditCards.com

It pays for consumers to reach out to a credit card provider when faced with unwanted fees and high interest rates. Mr. Schulz said 87% of credit cardholders who asked for a late fee waiver were successful and 69% who requested a lower interest rate received one. His organization's study found that only about half of consumers have made any request at all for credit card leniency.

Issues covered:
Personal Finance

Length: 7:22

Show # 2021-16

Date aired: _____ **Time Aired:** _____

Ravi Hutheesing, Founder of Ravi Unites Schools, a school network that enables teachers to have groups of students participate in online real-time audio-video interactions with peers around the world, author of *"Pivot: Empowering Students Today to Succeed in an Unpredictable Tomorrow"*

Mr. Hutheesing outlined the ways that the COVID-19 lockdowns exposed the strengths and weaknesses of America's education system. He explained how cultural connections with other students around the world can be a great tool to help a student reach his learning potential. He also discussed the best ways to address the high dropout rate among minority students.

Issues covered:
Education
Technology
Minority Concerns

Length: 8:50

Francisco Lopez-Jimenez, MD, Preventive Cardiologist at the Mayo Clinic

People with coronary artery disease are often prescribed a statin, the cholesterol-lowering drug that reduces the risk of a heart attack or stroke. Dr. Francisco Lopez-Jimenez, discussed whether are statins used enough, who should be taking them, and why some patients refuse to take them.

Issues covered:
Personal Health

Length: 8:31

Show # 2021-17

Date aired: _____ **Time Aired:** _____

Chris Carosa, Certified Trust & Fiduciary Advisor, author of *"The Parent's Guide to Turning Your Teen into A Millionaire"*

Less than 15 years from now, the Social Security program will only be able to pay 77% of its obligations to retirees. Mr. Carosa explained how parents can help their children retire with a sizable nest egg, through what he calls a "Child IRA." He said teenagers and parents can contribute to Roth IRA accounts to take advantage of decades that could accrue to \$2 million or more.

Issues covered:
Retirement Planning
Parenting

Length: 9:24

Paul Greenberg, James Beard Award-winning author

Mr. Greenberg discussed a "Climate Diet," a list of steps anyone can take to shrink their carbon footprint. He outlined changes in travel, commuting, diet, investing, and other ways to reduce the use of energy and resources.

Issues covered:
Environment
Consumer Matters

Length: 7:58

Show # 2021-18

Date aired: _____ **Time Aired:** _____

Reynold Henry, MD, MPH, General Surgery Chief Resident at Los Angeles County and USC Medical Center

Uncontrolled bleeding continues to be one of the most common causes of preventable death from a traumatic injury. Dr. Henry led a recent study that found that the use of tourniquets before patients arrive at a hospital has increased significantly in recent years. He said the trend has improved survival rates and decreased the need for blood transfusions. He explained the basic steps for applying a tourniquet.

Issues covered:
Personal Health
Emergency Preparedness

Length: 9:24

Katherine May, author of *"Wintering: The Power of Rest and Retreat in Difficult Times"*

Ms. May discussed how to deal with difficult times of life when unforeseen circumstances derail a person, such as an abrupt illness, the death of a loved one, a job loss, or a divorce. She calls these periods of dislocation "wintering." She explained what nature can teach us about slowing down, and how to use rest and retreat to cope with life's darkest moments

Issues covered:
Mental Health

Length: 7:58

Show # 2021-19

Date aired: _____ **Time Aired:** _____

Christy Kane, PhD, Trauma Psychologist, Licensed Mental Health Counselor, CEO of 360 Focus Mental Health, author of *"Fractured Souls and Splintered Memories: Unlocking the 'Boxes' of Trauma"*

Dr. Kane said America suffered from a mental illness pandemic even before COVID-19 appeared, but the problem greatly accelerated from 2019 to 2020. She said data indicates that the need for mental health services for children increased by 98% in the past year. She also estimated that 90% of the overall population is struggling mentally to deal with changes related to COVID-19.

Issues covered:
Mental Illness
Pandemic

Length: 8:53

Jennie Romer, Recycling Expert, author of *"Can I Recycle This? A Guide to Better Recycling and How to Reduce Single-Use Plastics"*

Americans love to recycle but Ms. Romer said many are misinformed when it comes to what items are recyclable and what are not. She outlined the most common items that consumers incorrectly believe can be recycled and why. She explained why only 9% of the plastic ever produced has been recycled.

Issues covered:

Length: 8:22

Recycling

Environment

Government Policies

Show # 2021-20

Date aired: _____ **Time Aired:** _____

Jeff Korzenik, Chief Investment Strategist for Fifth Third Bank, author of *"Untapped Talent: How Second Chance Hiring Works for Your Business and the Community"*

Mr. Korzeniak believes that businesses have overlooked a historically untapped talent pool: former convicts. He explained why recruiting ex-cons, also known as "second chance hiring," will be a crucial part of successful leadership in coming decades, and why it is crucial to overcoming racial inequality, injustice, family dysfunction, and intergenerational poverty.

Issues covered:

Length: 8:39

Employment

Prison Reform

Racism

Dima Mazen Qato, PharmD, MPH, PhD, Hygeia Centennial Chair and Director for the Program on Medicines and Public Health at the USC School of Pharmacy, Senior Fellow at the USC Schaeffer Center for Health Policy & Economics

33% of neighborhoods in the nation's largest cities are "pharmacy deserts," according to a study led by Prof. Qato. She explained why the problem is a greater concern than similar shortages of pharmacies in rural areas. She suggested that taxpayers should pay pharmacies more for Medicare and Medicaid prescription reimbursements and that pharmacies should be placed in community health centers in low-income areas.

Issues covered:

Length: 8:36

Minority Concerns

Personal Health

Government Policies

Poverty

Show # 2021-21

Date aired: _____ **Time Aired:** _____

Julie Broderick, BSc, MSc, PhD, Assistant Professor of Physiotherapy, Trinity College Dublin, the University of Dublin

Dr. Broderick led a study that found that the physical condition of homeless people in their twenties, thirties and forties is similar to 70 and 80-year-olds in the general population. She found that only 31% could attempt to climb one flight of stairs, and only 38% could walk for 6 minutes. She discussed the possible reasons behind this finding, and potential solutions to address it.

Issues covered:
Homelessness
Substance Abuse
Government

Length: 8:39

Jeffrey Michael, EdD, Distinguished Scholar in the Department of Health Policy and Management and the Leon S. Robertson Faculty Development Chair in Injury Prevention at the Johns Hopkins University Bloomberg School of Public Health, former senior official at the National Highway Traffic Safety Administration

There's been little change in the number of traffic deaths in the United States for many years. Dr. Michael was the co-author of a report that recommends the adoption of the "Safe System" approach to road design. The "Safe System" utilizes things like roundabouts and lane designs intended to slow traffic near pedestrians, to significantly reduce the chances for mistakes by drivers, pedestrians, and bicyclists, and reduce the intensity of crashes when they do occur.

Issues covered:
Traffic Safety
Government

Length: 8:36

Show # 2021-22

Date aired: _____ **Time Aired:** _____

Robert T. Kiyosaki, investor, entrepreneur, author of *"Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not"*

Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle- and lower-income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

Issues covered:
Personal Finance
Parenting
Education

Length: 10:03

Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:
Personal Health

Length: 7:03

Show # 2021-23

Date aired: _____ Time Aired: _____

Irwin Redlener, PhD, Director of Columbia University's National Center for Disaster Preparedness

Dr. Redlener said that a limited nuclear attack can be survivable. He said sheltering in place is the best way to avoid the radiation that would follow a nuclear detonation. He outlined emergency supplies that every household should have on hand, and he discussed the reasons that public officials are reluctant to discuss the topic.

Issues covered:

Disaster Preparedness

Length: 8:41

Olympia LePoint, mathematician, rocket scientist, author of *"Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist"*

Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

Issues covered:

Women's Issues

Education

Career

Length: 8:36

Show # 2021-24

Date aired: _____ Time Aired: _____

Kimberly Mehlman-Orozco, PhD, human trafficking expert, author of *"Hidden in Plain Sight: America's Slaves of the New Millennium"*

Dr. Mehlman-Orozco discussed the most common scenarios in human trafficking cases and why the pandemic lockdowns made the problem worse. She said jurors and judges often are unaware that human trafficking victims are typically controlled by coercion and mental manipulation, rather than via physical kidnapping or other means of force. She explained what to do if someone suspects they know a person who is a victim of human trafficking.

Issues covered:

Human Trafficking

Crime

Length: 8:59

Wayne Applewhite, business leadership expert, author of *"You Know it's a Verb, Right?"*

Mr. Applewhite explained how someone can avoid career burn-out and find a balance between work and life. He talked about the importance of notetaking, schedules and lists in maintaining a productive work environment. He said clear communication from bosses is the key for organizations transitioning back to work in the aftermath of the pandemic.

Issues covered:

Employment

Career

Length: 8:12

Show # 2021-25

Date aired: _____ Time Aired: _____

Ira D. Glick, MD, Professor of Psychiatry and Behavioral Sciences at the Stanford University Medical Center, Emeritus

Most mass shooters die during the crime, but Prof. Glick led the first study that closely examined medical and court records of the perpetrators who survived. He found that a large majority of perpetrators had psychiatric disorders for which they had received no medication or other treatment. He believes that mental health providers, lawyers, and the public should be made aware that some unmedicated patients do pose an increased risk of violence and should receive treatment, whether they want it or not.

Issues covered:

Mental Health
Crime

Length: 8:02

Michael J. Barry, M.D., Professor of Medicine at Harvard Medical School, Director of the Informed Medical Decisions Program within the Health Decision Sciences Center at Massachusetts General Hospital, Vice Chair of the U.S. Preventive Services Task Force

An alarming rise in colorectal cancer cases among young people has led the US Preventive Services Task Force to establish new guidelines. Dr. Barry co-wrote the revised standards and explained why screenings for colorectal cancer should begin at age 45 — five years earlier than was previously recommended. He also discussed the importance of screening for African Americans, who have the highest rates of colorectal cancer incidence and deaths.

Issues covered:

Cancer
Personal Health
Minority Concerns

Length: 9:07

Show # 2021-26

Date aired: _____ Time Aired: _____

Melvin J. Gravely, II. PhD, civic leader, President and CEO of TriVersity Construction Company, author of *"Dear White Friend: The Realities of Race, the Power of Relationships and Our Path to Equity"*

The racial divide in America appears to have expanded significantly in the past year or so. Mr. Gravely said the great majority of white Americans are not racists, but they are "benefiting bystanders." He believes that Americans can solve racial problems together. He explained how he defines equality versus equity, and suggested that people should expose themselves to new friends and ideas to expand their understanding of why others feel as they do.

Issues covered:

Racism
Minority Concerns

Length: 9:50

David E. Fisher, MD, PhD, Director of the Mass General Cancer Center's Melanoma Program,
Director of Massachusetts General Hospital's Cutaneous Biology Research Center

Dr. Fisher led a recent study that found that vitamin D deficiency strongly exaggerates the craving for and effects of opioids, potentially increasing the risk for dependence and addiction. He said that his findings suggest that addressing the common problem of vitamin D deficiency with inexpensive supplements could play a part in combating the ongoing scourge of opioid addiction.

Issues covered:

Opioid Addiction
Nutrition

Length: 7:27



Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2021

Show # 2021-14

Date aired: _____ Time Aired: _____

Eric Sussman, PhD, adjunct real estate professor at the University of California Los Angeles

Prof. Sussman explained the recent trend of "We buy houses" and "Cash for homes" signs on roadsides and other forms of advertising. He explained what types of real estate investors are behind the signs and how the transactions typically are structured. He also outlined the pluses and minuses for home sellers.

Issues covered:
Consumer Matters
Real Estate

Length: 7:16

Shanna H. Swan, PhD, Professor of Environmental Medicine and Public Health at the Icahn School of Medicine at Mount Sinai in New York City, author of *"Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Development, and Imperiling the Future of the Human Race"*

Prof. Swan's research has found that sperm counts among men in the industrialized world fell nearly 60 percent from 1973 to 2011, in part because of the hormonal effects of chemicals widely used in consumer products. She said if trends continue at the current rate, most couples may have to seek assisted reproduction by the year 2045. She believes that the chemical industry urgently needs to develop chemicals that can be used in everyday products that are non-hormonally active.

Issues covered:
Personal Health
Reproduction
Consumer Matters
Environment

Length: 9:55

Matthew E. Rossheim, PhD, MPH, CPH, Assistant Professor in the Department of Global and Community Health at George Mason University

Supersized alcopops are ready-to-drink flavored beverages that taste like energy drinks, but contain up to five standard alcohol drinks in a single serving. Prof. Rossheim led a recent study that found that 46% of all calls to U.S. poison control centers involving supersized alcopop consumption were made for consumers below the legal drinking age. He explained what regulatory and policy changes might help to address the problem.

Issues covered:
Underage Drinking
Youth at Risk

Length: 5:11

Show # 2021-15

Date aired: _____ Time Aired: _____

Richard Watts, personal advisor and legal counsel to the super wealthy, author of *"Entitlement: How Not to Spoil Your Kids, and What to Do if You Have"*

Mr. Watts said well-intentioned parents are creating a "me" generation of children who lack the wisdom and satisfaction of accomplishment that can only be learned through struggle and adversity. He offered examples of parental decisions that create a sense of entitlement in children in families of all income levels. He also outlined simple ways for parents to be a good example for children.

Issues covered:

Length: 9:53

Parenting
Education

Matt Schulz, Senior Industry Analyst at CreditCards.com

It pays for consumers to reach out to a credit card provider when faced with unwanted fees and high interest rates. Mr. Schulz said 87% of credit cardholders who asked for a late fee waiver were successful and 69% who requested a lower interest rate received one. His organization's study found that only about half of consumers have made any request at all for credit card leniency.

Issues covered:
Personal Finance

Length: 7:22

Dana King, MD, MS, Professor and Chair of the Department of Family Medicine at the West Virginia University School of Medicine

Dr. King led a study that examined whether retired, late middle-aged adults led a healthier lifestyle than those who were still in the workforce. He found that the spare time found in retirement did not translate to healthier lifestyle choices. He said that 90% of Americans of any age are not making healthy choices. He explained discussed the possible reasons why.

Issues covered:
Senior Citizens
Personal Health
Retirement Planning

Length: 4:38

Show # 2021-16

Date aired: _____ Time Aired: _____

Ravi Hutheesing, Founder of Ravi Unites Schools, a school network that enables teachers to have groups of students participate in online real-time audio-video interactions with peers around the world, author of *"Pivot: Empowering Students Today to Succeed in an Unpredictable Tomorrow"*

Mr. Hutheesing outlined the ways that the COVID-19 lockdowns exposed the strengths and weaknesses of America's education system. He explained how cultural connections with other students around the world can be a great tool to help a student reach his learning potential. He also discussed the best ways to address the high dropout rate among minority students.

Issues covered:
Education
Technology
Minority Concerns

Length: 8:50

Francisco Lopez-Jimenez, MD, Preventive Cardiologist at the Mayo Clinic

People with coronary artery disease are often prescribed a statin, the cholesterol-lowering drug that reduces the risk of a heart attack or stroke. Dr. Francisco Lopez-Jimenez, discussed whether are statins used enough, who should be taking them, and why some patients refuse to take them.

Issues covered:
Personal Health

Length: 8:31

Holly Wade, Executive Director of the National Federation of Independent Business Research Center

Data from the U.S. Bureau of Labor Statistics shows that over 100 million Americans are out of the labor force and a record 94 million are not looking for a job. Ms. Wade said that 91% of small businesses said they had few or no qualified applicants for job openings in the past three months. She discussed the reasons behind this trend and what it will take for it to reverse.

Issues covered:
Employment
Economy
Government

Length: 5:02

Show # 2021-17

Date aired: _____ **Time Aired:** _____

Chris Carosa, Certified Trust & Fiduciary Advisor, author of *"The Parent's Guide to Turning Your Teen into A Millionaire"*

Less than 15 years from now, the Social Security program will only be able to pay 77% of its obligations to retirees. Mr. Carosa explained how parents can help their children retire with a sizable nest egg, through what he calls a "Child IRA." He said teenagers and parents can contribute to Roth IRA accounts to take advantage of decades that could accrue to \$2 million or more.

Issues covered:
Retirement Planning
Parenting

Length: 9:24

Paul Greenberg, James Beard Award-winning author

Mr. Greenberg discussed a "Climate Diet," a list of steps anyone can take to shrink their carbon footprint. He outlined changes in travel, commuting, diet, investing, and other ways to reduce the use of energy and resources.

Issues covered:
Environment
Consumer Matters

Length: 7:58

Steve G. Jones, EdD, clinical hypnotherapist, President of the American Alliance of Hypnotists, author of 22 books on hypnotherapy

Dr. Jones discussed the most common misconceptions about clinical hypnotherapy. He outlined the problems that hypnotherapy can solve, and he explained why self-hypnosis may be useful. He said everyone can be hypnotized, although some are more suggestible than others.

Issues covered:
Hypnosis
Mental Health

Length: 4:54

Show # 2021-18

Date aired: _____ **Time Aired:** _____

Reynold Henry, MD, MPH, General Surgery Chief Resident at Los Angeles County and USC Medical Center

Uncontrolled bleeding continues to be one of the most common causes of preventable death from a traumatic injury. Dr. Henry led a recent study that found that the use of tourniquets before patients arrive at a hospital has increased significantly in recent years. He said the trend has improved survival rates and decreased the need for blood transfusions. He explained the basic steps for applying a tourniquet.

Issues covered:
Personal Health
Emergency Preparedness

Length: 9:24

Katherine May, author of *"Wintering: The Power of Rest and Retreat in Difficult Times"*

Ms. May discussed how to deal with difficult times of life when unforeseen circumstances derail a person, such as an abrupt illness, the death of a loved one, a job loss, or a divorce. She calls these periods of dislocation "wintering." She explained what nature can teach us about slowing down, and how to use rest and retreat to cope with life's darkest moments

Issues covered:
Mental Health

Length: 7:58

Daniel Hartung, Pharm.D., M.P.H., Professor in the Oregon State University College of Pharmacy

More than 70,000 American lives were lost to drug overdoses in 2019, according to the National Institute on Drug Abuse, and the problem grew even worse during the pandemic. Prof. Hartung led a study that found that 20% of pharmacies refuse to dispense a key medication, buprenorphine, to treat the addiction. He explained possible reasons behind the problem, and why the availability of this drug is so important in the battle against the opioid epidemic.

Issues covered:
Substance Addiction
Government Policies

Length: 4:54

Show # 2021-19

Date aired: _____ Time Aired: _____

Christy Kane, PhD, Trauma Psychologist, Licensed Mental Health Counselor, CEO of 360 Focus Mental Health, author of *"Fractured Souls and Splintered Memories: Unlocking the 'Boxes' of Trauma"*

Dr. Kane said America suffered from a mental illness pandemic even before COVID-19 appeared, but the problem greatly accelerated from 2019 to 2020. She said data indicates that the need for mental health services for children increased by 98% in the past year. She also estimated that 90% of the overall population is struggling mentally to deal with changes related to COVID-19.

Issues covered:

Mental Illness
Pandemic

Length: 8:53

Jennie Romer, Recycling Expert, author of *"Can I Recycle This? A Guide to Better Recycling and How to Reduce Single-Use Plastics"*

Americans love to recycle but Ms. Romer said many are misinformed when it comes to what items are recyclable and what are not. She outlined the most common items that consumers incorrectly believe can be recycled and why. She explained why only 9% of the plastic ever produced has been recycled.

Issues covered:

Recycling
Environment
Government Policies

Length: 8:22

Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:

Personal Health

Length: 4:58

Show # 2021-20

Date aired: _____ Time Aired: _____

Jeff Korzenik, Chief Investment Strategist for Fifth Third Bank, author of *"Untapped Talent: How Second Chance Hiring Works for Your Business and the Community"*

Mr. Korzeniak believes that businesses have overlooked a historically untapped talent pool: former convicts. He explained why recruiting ex-cons, also known as "second chance hiring," will be a crucial part of successful leadership in coming decades, and why it is crucial to overcoming racial inequality, injustice, family dysfunction, and intergenerational poverty.

Issues covered:

Employment
Prison Reform
Racism

Length: 8:39

Dima Mazen Qato, PharmD, MPH, PhD, Hygeia Centennial Chair and Director for the Program on Medicines and Public Health at the USC School of Pharmacy, Senior Fellow at the USC Schaeffer Center for Health Policy & Economics

33% of neighborhoods in the nation's largest cities are "pharmacy deserts," according to a study led by Prof. Qato. She explained why the problem is a greater concern than similar shortages of pharmacies in rural areas. She suggested that taxpayers should pay pharmacies more for Medicare and Medicaid prescription reimbursements and that pharmacies should be placed in community health centers in low-income areas.

Issues covered:

Length: 8:36

**Minority Concerns
Personal Health
Government Policies
Poverty**

Bill Westrom, consumer finance expert, co-author of *"Master Your Debt: Slash Your Monthly Payments and Become Debt Free"*

The typical American carries thousands of dollars of credit card debt, personal loans, car loans and student loans. Mr. Westrom outlined several easy strategies to save money and retire debt as quickly as possible.

Issues covered:

Length: 4:54

Personal Finance

Show # 2021-21

Date aired: _____ **Time Aired:** _____

Julie Broderick, BSc, MSc, PhD, Assistant Professor of Physiotherapy, Trinity College Dublin, the University of Dublin

Dr. Broderick led a study that found that the physical condition of homeless people in their twenties, thirties and forties is similar to 70 and 80-year-olds in the general population. She found that only 31% could attempt to climb one flight of stairs, and only 38% could walk for 6 minutes. She discussed the possible reasons behind this finding, and potential solutions to address it.

Issues covered:

Length: 8:39

**Homelessness
Substance Abuse
Government**

Jeffrey Michael, EdD, Distinguished Scholar in the Department of Health Policy and Management and the Leon S. Robertson Faculty Development Chair in Injury Prevention at the Johns Hopkins University Bloomberg School of Public Health, former senior official at the National Highway Traffic Safety Administration

There's been little change in the number of traffic deaths in the United States for many years. Dr. Michael was the co-author of a report that recommends the adoption of the "Safe System" approach to road design. The "Safe System" utilizes things like roundabouts and lane designs intended to slow traffic near pedestrians, to significantly reduce the chances for mistakes by drivers, pedestrians, and bicyclists, and reduce the intensity of crashes when they do occur.

Issues covered:

Length: 8:36

**Traffic Safety
Government**

Roy Remme, Ph.D., postdoctoral scholar with the Natural Capital Project at Stanford University at the time of the research

Dr. Remme led a Stanford study that demonstrated that city parks and green spaces lead to measurable improvements in health. He said the study offers proof for city planners and other officials of the importance of green spaces for promoting physical activities, particularly for elderly, minority and low-income populations.

Issues covered:

Urban Planning
Personal Health
Minority Concerns

Length: 4:54

Show # 2021-22

Date aired: _____ **Time Aired:** _____

Robert T. Kiyosaki, investor, entrepreneur, author of *"Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not"*

Mr. Kiyosaki discussed the difference in how wealthy people view and use money, compared to middle- and lower-income Americans. He said it is not necessary to earn a high income to become rich. He explained why he thinks it is such a problem that few students receive any financial education in school. He also discussed the best job categories for young people who are ready to choose a career.

Issues covered:

Personal Finance
Parenting
Education

Length: 10:03

Thomas Beckman, MD, Fellow in Advanced General Internal Medicine at the Mayo Clinic

Many patients seek a second opinion before treatment for a complex medical condition. Dr. Beckman led a study at Mayo that found that only 12 percent of second opinions confirm that the original diagnosis was complete and correct. He explained what illnesses should merit the pursuit of a second opinion.

Issues covered:

Personal Health

Length: 7:03

Dennis C. Miller, businessman, former CEO of a New Jersey hospital, author of *"Moppin' Floors to CEO"*

Mentors often make a huge difference in a young person's career. Mr. Miller explained why older generations may be key to enhancing the career prospects of Millennials. He offered ideas for how to locate a mentor. He also explained why volunteering may be a wise career move for older members of the workforce.

Issues covered:

Career
Senior Citizens
Volunteering

Length: 4:40

Show # 2021-23

Date aired: _____ Time Aired: _____

Irwin Redlener, PhD, Director of Columbia University's National Center for Disaster Preparedness

Dr. Redlener said that a limited nuclear attack can be survivable. He said sheltering in place is the best way to avoid the radiation that would follow a nuclear detonation. He outlined emergency supplies that every household should have on hand, and he discussed the reasons that public officials are reluctant to discuss the topic.

Issues covered:

Disaster Preparedness

Length: 8:41

Olympia LePoint, mathematician, rocket scientist, author of *"Mathaphobia: How You Can Overcome Your Math Fears and Become a Rocket Scientist"*

Ms. LePoint was a professional rocket scientist for NASA programs from 1998 to 2007, and was involved in 28 successful shuttle launches. She discussed the shortage of females in STEM (Science, Technology, Engineering & Math) careers and why it is important to encourage young women to enter these fields.

Issues covered:

Women's Issues

Education

Career

Length: 8:36

David M. Neyens, PhD, Assistant Professor in the Department of Industrial Engineering at Clemson University

In a future filled with self-driving cars, how quickly will human drivers be able to regain control in the event of a system failure or sudden emergency? Dr. Neyens led a study that found that driver reaction times were poor. He said car designers will need to find ways to give drivers much earlier warnings. He added that driver education programs will also need to change significantly, once driverless cars hit the mass market.

Issues covered:

Automotive Safety

Driver Education

Length: 5:08

Show # 2021-24

Date aired: _____ Time Aired: _____

Kimberly Mehlman-Orozco, PhD, human trafficking expert, author of *"Hidden in Plain Sight: America's Slaves of the New Millennium"*

Dr. Mehlman-Orozco discussed the most common scenarios in human trafficking cases and why the pandemic lockdowns made the problem worse. She said jurors and judges often are unaware that human trafficking victims are typically controlled by coercion and mental manipulation, rather than via physical kidnapping or other means of force. She explained what to do if someone suspects they know a person who is a victim of human trafficking.

Issues covered:

Human Trafficking

Crime

Length: 8:59

Wayne Applewhite, business leadership expert, author of "You Know it's a Verb, Right?"

Mr. Applewhite explained how someone can avoid career burn-out and find a balance between work and life. He talked about the importance of notetaking, schedules and lists in maintaining a productive work environment. He said clear communication from bosses is the key for organizations transitioning back to work in the aftermath of the pandemic.

Issues covered:

**Employment
Career**

Length: 8:12

Mike Kucharski, Co-Owner and Vice President of JKC Trucking, one of America's largest refrigerated trucking companies

Mr. Kucharski said 25% of needed truck drivers are no longer on the nation's highways. He explained how such a severe shortage affects consumers. He also outlined the attractive aspects of a career in truck driving, and how much training and time is required to become licensed.

Issues covered:

**Consumer Matters
Employment
Supply Chain**

Length: 4:58

Show # 2021-25

Date aired: _____ **Time Aired:** _____

Ira D. Glick, MD, Professor of Psychiatry and Behavioral Sciences at the Stanford University Medical Center, Emeritus

Most mass shooters die during the crime, but Prof. Glick led the first study that closely examined medical and court records of the perpetrators who survived. He found that a large majority of perpetrators had psychiatric disorders for which they had received no medication or other treatment. He believes that mental health providers, lawyers, and the public should be made aware that some unmedicated patients do pose an increased risk of violence and should receive treatment, whether they want it or not.

Issues covered:

**Mental Health
Crime**

Length: 8:02

Michael J. Barry, M.D., Professor of Medicine at Harvard Medical School, Director of the Informed Medical Decisions Program within the Health Decision Sciences Center at Massachusetts General Hospital, Vice Chair of the U.S. Preventive Services Task Force

An alarming rise in colorectal cancer cases among young people has led the US Preventive Services Task Force to establish new guidelines. Dr. Barry co-wrote the revised standards and explained why screenings for colorectal cancer should begin at age 45 — five years earlier than was previously recommended. He also discussed the importance of screening for African Americans, who have the highest rates of colorectal cancer incidence and deaths.

Issues covered:

**Cancer
Personal Health
Minority Concerns**

Length: 9:07

Daniela Viana Costa, PhD, Public Policy Economist at the Penn Wharton Public Policy Initiative

Dr. Viana Costa was the co-author of a study that examined the long-term economic effects of school closures/remote learning during the pandemic lockdowns. She found that the reduced education will create productivity losses, leading to a 3.6% decrease in GDP and a 3.5% decrease in hourly wages by 2050. She explained why younger students were hit hardest by the lack of learning, and possible steps that schools may take to reduce the decline.

Issues covered:
Education
Economy

Length: 5:04

Show # 2021-26

Date aired: _____ **Time Aired:** _____

Melvin J. Gravely, II, PhD, civic leader, President and CEO of TriVersity Construction Company, author of *"Dear White Friend: The Realities of Race, the Power of Relationships and Our Path to Equity"*

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Issues covered:
Racism
Minority Concerns

Length: 9:50

David E. Fisher, MD, PhD, Director of the Mass General Cancer Center's Melanoma Program, Director of Massachusetts General Hospital's Cutaneous Biology Research Center

Dr. Fisher led a recent study that found that vitamin D deficiency strongly exaggerates the craving for and effects of opioids, potentially increasing the risk for dependence and addiction. He said that his findings suggest that addressing the common problem of vitamin D deficiency with inexpensive supplements could play a part in combating the ongoing scourge of opioid addiction.

Issues covered:
Opioid Addiction
Nutrition

Length: 7:27

M. Granger Morgan, PhD, Hamerschlag University Professor of Engineering at Carnegie Mellon University and co-director of the National Science Foundation's Center for Climate and Energy Decision Making

Prof. Morgan discussed his recent study that compared strategies for providing emergency power to residents during a large, long-duration power outage, particularly in rural and suburban communities. He said cooperative strategies such as sharing a higher capacity generator among multiple homes cost 10 to 40 times less than if each household used its own generator. He discussed the regulatory hurdles that currently block these solutions.

Issues covered:
Disaster Preparedness
Infrastructure

Length: 5:06