

➤ **Chris Fleming – Tennessee State Coordinator for Agriculture in the Classroom**

- Teacher Farm Tours
- Teacher Workshops and Grants
- Agriculture, Kids & Clays

Facebook: @TennesseeAITC  
Instagram: tnag\_classroom  
Website: [AgClassroom.org/tn](http://AgClassroom.org/tn)

➤ **Rokeisha Bryant, Executive Director – Café Momentum Nashville**

Café Momentum, founded in Dallas, Texas is an award-winning restaurant and culinary training facility for justice-involved youth, ages 15-19. We aim to transform young lives by equipping our youth with life skills, education, and employment opportunities to help them achieve their full potential.

- EIGHT WEEK PAID MINI INTERNSHIP PROGRAM
- GOAL: RAISE \$4MM TO BUILD A BRICK & MORTAR RESTAURANT AND PROGRAM IN NASHVILLE
- ANTICIPATED LOCATION
- THE MOMENTUM MODEL
- THE NASHVILLE RESTAURANT

Twitter: <https://twitter.com/cafemomentumnsh>  
Website: <https://cafemomentum.org/nashville/>  
Facebook: <https://www.facebook.com/cafemomentum.nsh>

➤ **Dr. Scott Morris, who highlights his latest book, “Care: How People of Faith Can Respond to Our Broken Health System,”**

Host Jeremy C. Park talks with **Dr. Scott Morris**, who highlights his latest book, “*Care: How People of Faith Can Respond to Our Broken Health System*,” which is now available at book retailers online and around the nation. Dr. Morris is a medical doctor, pastor, and founder and CEO of Church Health, which is based in Memphis, Tennessee and known as the nation’s largest charitably funded faith-based health-care center. During the interview, Dr. Morris shares some of his personal background and story in launching Church Health, what led him to write the book, examples of how the health system is broken and how we can take action in our own lives and live out a crucial aspect of discipleship by ministering to the vulnerable and underserved among us. Dr. Morris’ book calls readers to awareness, action, and advocacy in their local communities on behalf of those who have no one else to turn to for quality care.

Visit [www.churchhealth.org](http://www.churchhealth.org) to learn more about Church Health and Dr. Scott Morris.

➤ **Andrew Bartolotta, Director of Digital Media for cityCURRENT (part 1 & part 2)**

Host Jeremy C. Park talks with **Andrew Bartolotta**, Director of Digital Media for **cityCURRENT**, who discusses the different roles he plays and how digital media plays an integral role in all facets of cityCURRENT's efforts to power the GOOD through events, media and philanthropy. He then shares some of the lessons learned in 2022 and talks about 3 Social Media Trends we'll see in 2023: #1 Short Form Video is PARAMOUNT; #2 Social Selling is here to stay (and grow); and #3 Content Creators + Community Overcome Polished Advertising Campaigns. During the interview, Andrew dives into each of the three social media trends and shares some tips to help you leverage the opportunities.

Visit [www.cityCURRENT.com](http://www.cityCURRENT.com) to learn more.

Facebook: <https://www.facebook.com/cityCURRENT/>

Twitter: <https://twitter.com/citycurrent>

Instagram: <https://www.instagram.com/citycurrent/>

[Subscribe](#) to cityCURRENT Memphis Newsletter

[Subscribe](#) to cityCURRENT Nashville Newsletter

[Subscribe](#) to **GROWTHcurrent**: The e-learning and online personal development platform of cityCURRENT that is designed to help individuals grow personally and professionally.

➤ **Dr. Bradley Cook, founder of Career Up Now and Super Virtuals**

Host Jeremy C. Park talks with **Dr. Bradley Cook**, founder of **Career Up Now** and **Super Virtuals**, who shares some of his personal story in launching the nonprofit, Career Up Now, and how that led him to start the business, Super Virtuals, in order to help other nonprofits and businesses leverage the power of virtual assistants. Career Up Now engages emerging professionals (18-26 year olds) through their interests in career advancement, unique experiences, and social good by developing micro-communities that provide personal and professional coaching, access to top industry leaders, experiences to network and opportunities to make a difference. Super Virtuals allows you to leverage the power of virtual assistants by making it easy to hire and manage the right talent for your organization.

During the interview, Dr. Cook discusses some of the advantages in using virtual assistants, some of the tasks and types of projects you can delegate, how to decide what to delegate, things to consider and recommendations for success.

Visit [www.supervirtuals.com](http://www.supervirtuals.com) to learn more about Super Virtuals and [www.careerupnow.org](http://www.careerupnow.org) to learn more about Career Up Now.

➤ **Kristin Starling, Executive Director of SongwritingWith:Soldiers**

- Our Mission: We transform lives by using collaborative songwriting to expand creativity, connections, and strengths. Speak about signature retreats, workshops, and outreach concerts across the country all year long, reaching thousands of veterans and their families.
- SongwritingWith:Soldiers is celebrating its 10th anniversary, and this month we recorded the 1,000th song. Speak about professional songwriters, other creative professionals, partnerships, and collaborations. Sharing the songs, building community, staying connected, not catch and release. Give website info to listen to the songs and help others to understand.
- We know that hearing and sharing these songs has changed lives - increasing feelings of hope. Speak about research and outcomes - [Harvard study](#) and our own [long-term survey](#) results.
- Ways to help - on our website: [www.songwritingwithsoldiers.org](http://www.songwritingwithsoldiers.org)
  - Listen to and share the more than 600 songs and concerts for free streaming.
  - Donate to support the costs of the retreats

Facebook: SongwritingWith:Soldiers  
Website: [songwritingwithsoldiers.org](http://songwritingwithsoldiers.org)  
Instagram: [songwritingwithsoldiers](https://www.instagram.com/songwritingwithsoldiers)  
LinkedIn: Songwriting With: Soldiers

➤ **Derek Holloway, Co-Founder – This is Living Ministries & Business owner, One Son's Carpentry & Woodworking**

- Testimony- incarceration 6 yrs. lead to licensed minister and carpenter
- Got married 2016. started "One Son's Carpentry & Woodworking" in 2017 to provide for our family while my wife trained and built This is Living Ministries
- New Initiatives:  
Starting a new social enterprise to fund This is Living Ministries. The name is a mix between our nonprofit TILM and our business "One Son's Carpentry"  
Our new business will be named "The Living One's Woodshop"

Ways the community can help:

- Jabez Building fund for TILM
- Prison ministers needed for Men Of Valor in Morgan Co. & TILM in Nashville Women's Prison
- Love 360 Champions: \$30/month

Facebook: <https://www.facebook.com/ThisIsLivingMinistries> & [www.facebook.com/OneSonsCarpentry](https://www.facebook.com/OneSonsCarpentry)  
Website: <https://www.thisislivingministries.org/>  
Twitter: <https://twitter.com/ThisIsLivingOrg>  
LinkedIn: <https://www.linkedin.com/company/this-is-living-ministries/>

➤ **Sue Fort White, Executive Director for over 16 yrs – Our Kids Center**

**Mission:** Our Kids provides expert medical evaluations and crisis counseling for children and families in response to concerns of child sexual abuse. Our Kids publishes research and seeks to increase awareness about the epidemic prevalence of child sexual abuse.

**What we provide:**

- Expert medical evaluations and crisis counseling in response to concerns of child sexual abuse and over 30,000 children evaluated in 35 years from 47 counties in Middle Tennessee
- On call coverage 24 hours a day, 7 days a week
- Four satellite clinics co-located in child advocacy centers in Cookeville, Lawrenceburg, Clarksville and Manchester
- Specially trained Spanish interpreters on call 24/7
- Four research papers published in major professional journals
- Expert testimony in courts of law throughout Middle Tennessee

**What we know:**

- Child sexual abuse happens in every community, in every zip code. 1 in 4 girls and 1 in 7 boys will be sexually abused before age 18.
- Most children don't tell immediately because of fear and confusion. Only 15% of the children Our Kids evaluates are seen within 72 hours of the assault.
- Based on the Our Kids injury prevalence study published in 2016, we know that only 6% of children have genital injury.
- In 90% of the cases, the perpetrator is someone known and trusted by the family.
- When children are believed and protected, the child and family are much more likely to begin the healing process and develop resiliency.

Each of us can show courage by learning about child sexual abuse, understanding how to respond if a child tells us something has happened, and supporting agencies who provide essential services to our most vulnerable children. I invite all of you to visit our website — [ourkidscenter.com](http://ourkidscenter.com) — to learn more using our simple, straightforward resources. We offer guidance on everything from how to recognize abuse to how to keep kids safe online. And, if you have concerns about a child's safety or well-being, remember: you must call 1-877-237-0004 to report it.

It takes courage no matter who you are:

- It takes courage for the child to tell what has happened.
- It takes courage for caregivers to face their own guilt, shame, and confusion.
- It takes courage for adult survivors to get help.
- It takes courage to do this work.
- It takes courage to educate yourself and share this information with others.

Our Kids is deeply grateful to Nashville General Hospital and to the many contributors supporting these essential services. It takes all of us to protect children. We are courageous together!

Facebook: <https://www.facebook.com/OurKidsCenter>  
Instagram: <https://www.instagram.com/ourkidstn/>  
Website: <https://ourkidscenter.com/>  
Twitter: <https://twitter.com/OurKidsTN>  
LinkedIn: <https://www.linkedin.com/company/our-kids-center/>

➤ **Dean Wegner, Founder & CEO – Authentically American**

- Is the American made movement real?
- How are you serving charities and non-profits?
- Do you still have that cool ‘sweat’ activated print innovation you showed me last time?
- Did you have to make a pivot to survive during COVID?
- What are some of your best-selling products?
- What differentiates you and your brand?

Website: <https://www.authenticallyamerican.us>

Facebook: <https://www.facebook.com/AuthenticallyAmericanCo>

Instagram: [https://www.instagram.com/authentically\\_american/](https://www.instagram.com/authentically_american/)

YouTube: <https://www.youtube.com/channel/UC6jMed1mFeNLWaMXS5H6NBw?>

LinkedIn: <https://www.linkedin.com/company/authentically-american/>  
<https://www.linkedin.com/in/dean-wegner-9874065/>

➤ **Anita Shimirimana, Director managing two non-medical home care agencies in middle Tennessee – Christ Home Care**

- About you: I came here in 2007 from Tanzania refugee camp. In 2010 I started to work as a caregiver while I was working on my bachelor’s in healthcare administration. Knowing that someone ate, dressed, showered, and house is clean because of my help, caregiving become part of my life because I knew I was helping my community and put smiles on someone’s face.
- Business: In 2021, I finished my bachelor, but I didn’t want to change my career and That is when the idea of starting my own agency came. I started first agency Shine and Care at Home later changed it to Able Helpers Homecare. Able Helpers homecare is a non-medical home care focuses on serving people who are on Medicaid. Our services include Meal preparation, laundry, light housekeeping, medication reminder, assist with bath, dressing, toileting, transfer, and more activities of daily living. While I was trying to grow my business, I was also pursuing master’s in business administration (MBA). In 2020, I finished MBA and then started another non-medical home care business, Christ Home Care which is focused mainly on high end private pay clients and work comp clients.
- Currently we are serving all counties in middle Tennessee, East Tennessee, and Louisville, KY
- Our mission at both of our entities is to serve and make an impact on clients who need care in the comfort of their own home.
- We are looking for referrals from the community in regard to the clients as well as passionate caregivers.
- Current trend: Seniors are not feeling comfortable staying in nursing homes and long-term care facilities, and they are switching more towards having a caregiver come into their home. This helps them feel safe and not lonely especially seniors with dementia or with risk of falling.
  - We take extra measures by performing extensive background checks through national and county level database for past 7 years along with 7 panel drug screening
  - Our caregivers must undergo additional trainings every year regardless of their experience.
  - As agency, we do an assessment at client’s home before we agree to provide service. This gives us an idea to match a caregiver with client needs.
- What questions to ask when searching for a home care agency?
  - What type of services does the agency provide?
  - How fast can the home care agency provide care?

- How are our home care needs assessed?
- What kind of qualifications do the caregivers have?
- What kind of screening does the agency do before hiring caregivers?
- Can the home care agency provide references of families that have received care?
- Are the caregivers bonded and insured?
- Can the agency arrange a different caregiver in case I am dissatisfied with the quality of care?
- Does the agency provide 24/7 support in case of emergencies?
- Does the agency offer a wide variety of services in case my needs change?
- How does the agency conduct follow-ups and resolve problems?
- How can I contact the caregiver selected for my loved one?
- Does the agency offer any discounts for long-term care or extra hours?
- Can the agency meet my special needs (language and cultural preference)

Facebook: <https://www.facebook.com/christhomecare>

Website: <https://christhomecare.com/>

### ➤ Ken Rideout co-host of the popular podcast, *The Fight with Teddy Atlas*

Ken Rideout is a father, husband, and a great boxer, runner, and triathlete based in Boston. He is one of the fastest runners in the age group of 50+, and nothing less than a superhuman. Ken, at the age of 18 worked as a guard in the same prison where his stepfather and step-brother were inmates. He then discovered Ironman, made a goal, prepared for it, and achieved what a dream for many is.

Things didn't always come easy for Ken as his life has been filled with many forms of adversity including battles with addiction, a difficult upbringing, becoming a prison guard right after graduating high school, and working on Wall Street with no formal experience. The remedy for his transformation has included an unshakable commitment to his health, recovery, and his family.

<https://thekenrideout.com>

<https://twitter.com/kenrideout?lang=en>

[https://www.instagram.com/ken\\_rideout/?hl=en](https://www.instagram.com/ken_rideout/?hl=en)

<https://www.facebook.com/people/Ken-Rideout/100009192265896/>

➤ **Jenny Matthews, Executive Director of A Step Ahead Foundation of Middle Tennessee**

- Our mission is to prevent unplanned pregnancies by providing education about and access to free long-acting reversible contraception (LARC). When people can plan their families, we know educational, economic, and health outcomes are improved for families. We remove barriers to LARC and have a call center that helps women navigate the process. We cover a well woman exam, STI testing, the cost of the device, removal at any time. The client never receives a bill. The only requirement to participate in our program is that the client be a resident or student in one of the 29 counties we serve.
- We have been doing this work for 7 years in middle TN. We have served more than 2,500 clients with these free healthcare services.
- We do this by partnering with organizations in the community who work with women who may want to know about our free resources. Community partners are key to our success. We provide education with their participants and are often in the community at health and community fairs.
- When we started this work, the rate of unplanned pregnancies in TN was 56% but most recent stats show a decline to 43%.
- Highlight our growth of 11 new counties and encourage people to connect us with potential community partners.

Facebook: [www.facebook.com/astepaheadmiddletn](http://www.facebook.com/astepaheadmiddletn)

Twitter: [twitter.com/astepaheadmidtn](https://twitter.com/astepaheadmidtn)

Website: [www.astepaheadmiddletn.org](http://www.astepaheadmiddletn.org)

Instagram: [astepaheadmiddletn](https://www.instagram.com/astepaheadmiddletn)

➤ **Sterling Hawkins, entrepreneur, investor, speaker, and author, Sterling Hawkins, who highlights some of his entrepreneurial story and what led him to write his bestselling book, "Hunting Discomfort: How to Get Breakthrough Results in Life and Business No Matter What."**

Host Jeremy C. Park talks with entrepreneur, investor, speaker, and author, Sterling Hawkins, who highlights some of his entrepreneurial story and what led him to write his bestselling book, "Hunting Discomfort: How to Get Breakthrough Results in Life and Business No Matter What." From a multi-billion-dollar startup to collapse and coming back to launch, invest in and grow over 50 companies, Sterling takes his experience to work with C-level teams and some of the largest organizations around the globe, and speaks on stages around the world. Sterling serves as CEO and founder of the Sterling Hawkins Group, a research, training and development company focused on human and organizational growth. During the interview, Sterling talks about his journey and lessons learned, discusses his book and some of the key takeaways, and shares how a [#NoMatterWhat](https://www.instagram.com/NoMatterWhat) mindset changed his life, and how it can change yours, as well.

Visit <http://www.sterlinghawkins.com> to learn more and to purchase the book.

**1. Tell us about ObjectiveHealth and its mission?**

- ObjectiveHealth is a leading integrated research provider partnering with physicians and health care organizations to establish advanced infrastructure for research programs.
- By utilizing proprietary technology, processes and trained on-site professionals, ObjectiveHealth delivers significant advances in the field of clinical research.
- Patients have unprecedented access to trials within their communities, leading to greater care options with improved disease management.
- We pride ourselves on staying ahead of the curve by advancing the newest therapies to the market.
- Through our physician partnerships across the country, we demonstrate our deep industry and clinical knowledge, directly impacting patients at their point of care.

**2. Who do you serve through your platform?**

- Our unique platform serves three groups: physicians, patients, and pharmaceutical sponsors.
- We support physicians through cutting-edge research, which allows for enhanced care for patients.
- Our proprietary processes and technology eliminate workflow disruptions and accelerate access, so providers and their patients can find the right trials.
- Our priority is assembling the right care team for patients; we work diligently with both physicians and pharmaceutical sponsors to conduct the necessary research that will lead us to new therapies to offer patients.
- We offer laboratory sciences, pharmaceutical and biotech sponsor partnerships with research centers of excellence, supported by our technology and embedded study teams.

**3. Tell us about the importance of diversity in clinical trials.**

- Clinical trials are important for determining whether a new treatment or intervention is more effective than existing therapeutics. Trials can also identify ways to prevent and detect health issues.
- Diverse representation in clinical trials can improve health equity and advance scientific discovery. In order to ensure that life-saving treatments reach most of the population, therapeutics methods must be tested on a broad range of people. Diversity in clinical trials promotes efficacy and safety across different racial and ethnic populations.
- Communities prosper when people of diverse groups can be in good health in the areas where they live and work.
- A multifaceted approach involving community-based awareness and education can bolster recruitment efforts in creating a diverse cross-section of people.

**4. How does your work differ from other clinical trial companies?**

- Our platform has a unique integrated electronic health record (EHR) approach, which eliminates workflow disruptions and accelerates access so providers and their patients can find the right trials.
- We apply proprietary technology and health algorithms to find the right patients for the right specific trials. This is our differentiating process, which leads to accelerated studies.
- Our software and processes, coupled with our relationships with providers, enable us to deliver a unique service that accelerates traditional trial execution while having the flexibility to support hybrid and virtual trial designs.

Website: <https://objective.health/>

LinkedIn: <https://www.linkedin.com/company/objective-gi/>



➤ **Meredith Montgomery – Executive Director – Walk Bike Nashville**

Walk Bike Nashville creates opportunities for people to learn, grow and feel safe to move through our city by foot, bicycle, and transit -- both those who currently do, and those who'd like to. We want to thrive even if we don't drive.

Since 1998, Walk Bike Nashville has sought to make our city more walkable, bikeable, and livable. We want our streets, sidewalks, and bikeways to support active living, additional commuting options, and recreational opportunities. We are a 501 c3, nonprofit organization that advocates for improved infrastructure and safer streets and works to support a culture of walking and bicycling through events and educational programs.

**MISSION**

Walk Bike Nashville is working to build a more walkable, bikeable, and livable Nashville.

**VISION**

We envision a Nashville in which:

- All people, regardless of race, class or income, have the freedom to move through a comprehensive network of safe and accessible sidewalks, bikeways and transit routes with dignity;
- Our transportation investments are co-created by those who have most at stake;
- There are zero transportation deaths and serious injuries;
- There is a culture of walking and bicycling;
- People are healthier and happier because of equitable transportation choices; and
- Our natural resources are protected by our transportation choices.

**Our Strategic Goals**

1. **Safer Streets:** No one should be killed or seriously injured by our transportation system. We will advocate for policies and infrastructure that reduce serious and fatal bicycle and pedestrian crashes.
2. **Dignified Infrastructure for all:** Nashville needs a safe and inviting network of bikeways and pedestrian infrastructure to ensure all Nashvillians are able to get around without a car, regardless of age, ability, culture, race or income.
3. **Build the Walking Biking Culture:** Build a culture where we accept and embrace many forms of transportation, where we celebrate active transportation trips. We will provide programs that help more Nashvillians use active transportation, and support those already doing so.
4. **Transportation Justice:** The history of our transportation system has harmed many including black, indigenous, communities of color, low-income communities and people with disabilities, and mobility continues to be a barrier for many. We will work to counter this systemic inequity within our transportation system and to make **Walk Bike Nashville into an anti-racist organization.**
5. **Strong Walk Bike Nashville:** Walk Bike Nashville will continue to be a stable, diverse, and successful organization so that we can achieve our goals.

Facebook: <https://www.facebook.com/walkbikenashville/>

Twitter: <https://twitter.com/walkbikenash>

Website: <https://www.walkbikenashville.org/>

Instagram: <https://www.instagram.com/walkbikenash/>

## ➤ Dr. Elaura Guttormson – Director of the Tennessee Agricultural Museum

The 207-acre Ellington Agricultural Center is headquarters for the Tennessee Department of Agriculture, the Tennessee Agricultural Museum, and the Tennessee Wildlife Resources Agency. It is also a branch location for various other agencies. Located 10 miles south of downtown Nashville, the center is the heart of the state's agricultural interests.

The Tennessee Agricultural Museum preserves Tennessee's rural history and encourage interest and understanding of agriculture through educational programs and exhibits, special events, and community outreach.

- Museum Mission
- Museum Visitation
  - Where we are, when we're open, what we exhibit
- Museum Educational Programs
- 2023 Events

Facebook: <https://www.facebook.com/TNAgMu>

Website: <https://www.tn.gov/agmuseum.html>

Instagram: <https://www.instagram.com/tennessee.agricultural.museum/>

## ➤ Katelyn McGuire, Director of Sales, Wil-Ro

## ➤ Hannah DeWeese, Brand Leader at Wil-Ro

- Discuss our history and current mission.
- Highlight innovation and some of our core values
- Community involvement and volunteer work with our team members
- Next year is our 50th anniversary, we can share our open house date, we do a water donation every year for this

Facebook: <https://www.facebook.com/wilroinc>

Instagram: <https://www.instagram.com/wilroinc/>

Website: <https://wil-ro.com/> <https://TerraRover.com/>

Other: <https://www.linkedin.com/company/wil-ro-inc/>

➤ **Dr. Deborah Driggs, Program Director – DePriest Center**

Intro- Clinical provider in Tennessee for over 15 years. She has a PhD and Masters in the Counseling field

➤ **Abby Driggs, Communications and Outreach Manager– DePriest Center**

Intro – Marketing professional in TN and surrounding states with over 9 years of experience. She has a bachelor’s in clinical psychology and is currently pursuing an MBA in marketing and strategic communications.

**Structure of DePriest Center**

- DePriest Center is a 501c3 non-profit.
- Tennessee Licensed Facility providing Mental Health Outpatient and Non-Residential Alcohol & Drug Services.
- Three levels of care provided: Outpatient, Intensive Outpatient, and Partial Hospitalization
- The heart of DePriest Center is to honor God by serving people with respect, integrity, and love. From a Christian service perspective, establishing in each client hope, healing, restoration, and life through evidence based clinical care is our ultimate goal.

**Mission**

Committed to integrated and comprehensive services, thoughtfully and nonjudgmentally meeting the specific needs of every client and their families regardless of ability to pay.

**Programs**

Restore Program- DC absorbs for qualifying individuals all out-of-pocket costs to receive needed clinical care.

Restore Scholarship- DC absorbs a portion of qualifying individuals’ out-of-pocket costs to receive needed clinical care.

**Trends**

- **2022** established additional levels of care IOP/PHP
- **2022** experienced exponential growth that continues into 2023. DC is in the planning phase now to open facilities in East and West Tennessee by 2024.

**How Community Can Play a Part?**

- Individuals are able to give to the mission of the DePriest Center by going to the website to donate or contacting the Administrative Director, Dr. Corey Driggs.

- Amazon Smiles (attached)

Help us through shopping on Amazon

- Kroger card Partner (attached)

Help us through shopping at Kroger

- Volunteer Opportunities

Fill out the volunteer form on our website and a member of the team will reach out

- We are in need of a larger space to accommodate our team and the community needs

**Upcoming Events:**

- Golf Scramble: 6/5 at Stones River Country Club in Murfreesboro
- Fireworks Tent: The week of July 4th at Centerpointe Apostolic Church in Murfreesboro, TN
- Skeet and Trap Shoot: Fall 2023
- Turkey Drive and Coat Giveaway: November 2023

Instagram: @depriestcenter

Facebook: @depriestcenter

Website: [www.depriestcenter.com](http://www.depriestcenter.com)

Other: Our individual providers can be found on Psychology Today

➤ **Sridhar Sunkara, CEO and Chief Strategist for eBiz Solutions**

Host Jeremy C. Park talks with **Sridhar Sunkara**, CEO and Chief Strategist for **eBiz Solutions**, who discusses the major shifts and trends in technology for 2023 and how some of those trends, including digitization and connected consumers, can play an integral role in both the challenges of disruption and the opportunities in creating a growth engine for your organization.

During the interview, Sridhar talks about their GUIDE process and how they look for opportunities to create growth engines with technology while automating processes to reduce errors and redundancy and to save time and money. He also talks about the different phases companies go through with digitization and the leadership and culture needed to make the transitions from Level 1 to Level 5.

Visit [www.thinkebiz.net](http://www.thinkebiz.net) to learn more.

➤ **Kelly Meyers, is competing in the 11th Annual Dancing With The Nashville Stars benefiting Feed America First**

Our own cityCURRENT Nashville Market President, **Kelly Meyers**, is competing in the **11th Annual Dancing With The Nashville Stars** benefiting **Feed America First**.

Feed America First is a faith-based hunger relief organization based in Murfreesboro, Tennessee. Their mission is to provide food to those who feed the hungry and every month they rescue up to four million pounds of fresh food from ending up in a landfill.

On February 23rd, she'll be among the five local celebrities competing for the chance to win the coveted mirrored ball trophy!

Kelly's dance partner is Professional Dancer and Director of the **National Dance Clubs of Franklin's Chris Rose**. Support #TeamKelly by voting through donations at [www.feedamericafirst.com/kelly](http://www.feedamericafirst.com/kelly)

➤ **Johari Matthews, Director of Programs – Tennessee Titans Foundation**

- ONE Community - newly announced community benefits platform to support the ongoing efforts of community impact through an intentional list of programs that provide resources, access, and generational change in the following areas of Opportunity, Neighborhoods, and Education.
- Upcoming events –
- Mill Ridge Park Volunteer event with Hands on Nashville 9a-12p on 2/18 ----- Registration: <https://www.hon.org/tennesseetitans>
- Nashville Chamber Small Business & Diverse Business Forum 2/8
- Center for Nonprofit Meet the Funders Info Session 2/16
- All Staff Serve – an initiative that the Titans have implemented to connect staff and players to the nonprofit community through volunteerism and service. Invitation to partner with nonprofits and community led volunteer events.

Facebook: Tennessee Titans

Twitter: @titanscommunity

Website: <https://www.tennesseetitans.com/new-stadium/community/>

LinkedIn: Tennessee Titans

➤ **Dr. Patrick Bentley, Headmaster and Board Member, Chesterton Academy of the Incarnation**

In 2007, Tom Bengtson and Dale Ahlquist co-founded the first Chesterton Academy high school in Minneapolis, Minnesota. Each had young families and were seeking an alternative to the existing high school options available to them. The two men had a simple mission: to offer a classical, integrated high school education that was faithful to the Catholic Church and affordable for families of average means. Looking to G.K. Chesterton as the model for a complete thinker and modern defender of the faith, they named the school Chesterton Academy.

Today there are currently 44 schools operating as part of the Network in the U.S. and Canada, with several additional schools slated to open in 2023. There is also a sister school in Italy.

- About Chesterton Academy
  - brief founders' profile
  - how we decided to start a Chesterton Academy
- What is Chesterton Academy?
  - Classical approach to education
  - The Six Hallmarks:
    - Incarnational environment
    - Joyful love of learning
    - Focus on Truth, Goodness, and Beauty
    - Rediscovering the Lost Tools of Learning
    - Socratic Seminar
    - Wit and Wisdom of GK Chesterton
  - Building a community
- Chesterton Academy of the Incarnation, the first year
  - where we are located
  - our faculty
  - our students

- how to find out more
- upcoming open house
- upcoming Gala (May 20, 2023)
- how to partner with us

Facebook: <https://www.facebook.com/people/Chesterton-Academy-of-the-Incarnation/100072697521600/>

Website: <https://chestertontn.com/>

### ➤ **Donny Granger, Founder and CEO of Creation Studios**

Host Jeremy C. Park talks with **Donny Granger**, Founder and CEO of **Creation Studios**, who discusses the Art of Caring and importance of knowing your audience so you can connect in a meaningful and impactful way. Donny talks about some of the major disconnects with traditional marketing and the power of making your customer and team the “hero” of the story. He shares tips on how and where to start and how becoming more interested will lead you to become more interesting.

Visit [www.creationstudios.io](http://www.creationstudios.io) to learn more.

Facebook: <https://www.facebook.com/creationstudios>

LinkedIn: <https://www.linkedin.com/company/creation-studios/>

Instagram: <https://www.instagram.com/creationstudios.io/>

➤ **Brent Allred, Transportation Practice Leader and Managing Director with Higginbotham**

Host Jeremy C. Park talks with **Brent Allred**, Transportation Practice Leader and Managing Director with **Higginbotham**, who discusses the importance of the transportation and trucking industry and why specialization is needed for insurance services. Higginbotham is an employee-owned and customer-inspired insurance and financial services broker that specializes in business insurance, employee benefits, personal insurance, life insurance, risk management and more.

During the interview, Brent talks about some of the major transportation and trucking trends with technology, self-driving and electric vehicles, along with some of the challenges, like parking and power supply for charging stations. He discusses the importance of the industry, how many businesses are family-owned and operated, and how he is taking an active role in serving on a research committee within the industry to help solve challenges and create new opportunities for the future.

Visit [www.higginbotham.com](http://www.higginbotham.com) or [www.higginbotham.net](http://www.higginbotham.net) to learn more or email Brent Allred at [ballred@higginbotham.net](mailto:ballred@higginbotham.net).

➤ **cityCURRENT Nashville Market President, Kelly Meyers, is competing in the 11th Annual Dancing With The Nashville Stars benefiting Feed America First**

Our own cityCURRENT Nashville Market President, **Kelly Meyers**, is competing in the **11th Annual Dancing With The Nashville Stars** benefiting **Feed America First**. Feed America First is a faith-based hunger relief organization based in Murfreesboro, Tennessee. Their mission is to provide food to those who feed the hungry and every month they rescue up to four million pounds of fresh food from ending up in a landfill.

On February 23rd, she'll be among the five local celebrities competing for the chance to win the coveted mirrored ball trophy! Kelly's dance partner is Professional Dancer and Director of the **National Dance Clubs of Franklin's Chris Rose**. Support #TeamKelly by voting through donations at [www.feedamericafirst.com/kelly](http://www.feedamericafirst.com/kelly)

➤ **Steven Camp, Executive Producer of "Tenacious" – The Jeremy Williams Film**

Host Jeremy C. Park talks with **Steven Camp**, Executive Producer of **"Tenacious" – The Jeremy Williams Film**, who highlights the feature film project that is based on the book, "Tenacious" written by Jennifer and Jeremy Williams, and a documentary sharing some of Jeremy's inspiring story as a high school football coach who lead his team to an undefeated season in 2009, while suffering from the onset of ALS. Jeremy Williams played football at the University of Memphis and became a high school football coach who was honored as "Coach of the Year" by the National High School Coaches Association in 2009. He was diagnosed with ALS in 2008, and throughout the 2009 season suffered from the onset of ALS, slurring his words, moving around practice in a golf cart, and leaning on players and other coaches while he called the plays in games. The Williams family episode on Extreme Makeover Home Edition was viewed by more than 10 million people across the U.S., who learned more about his family and story, and Jeremy and Jennifer's son who was born with Spina Bifida and is confined to a wheelchair. Jeremy Williams passed away in March of 2022.

During the interview, Steven talks about the importance of sharing the story of Jeremy and Jennifer Williams, the importance faith plays in their family and in the film, how the script and production pieces are all coming together, and how the community can both support the project and invest in the production.

Visit [www.coachjeremywilliams.com](http://www.coachjeremywilliams.com) to learn more or [www.facebook.com/coachjeremywilliams](https://www.facebook.com/coachjeremywilliams). To inquire about financially supporting and investing in the film, please reach out to [steven@nicemediastudios.com](mailto:steven@nicemediastudios.com).

➤ **D'Juan Epps (*duh-WAWN*) Executive Director - Anchor Impact Fund**

Impact-driven organization developing and educating Vanderbilt student-athletes as community leaders. Uniting student-athletes, charities, and donors.

- What is name, image, and likeness?
- How has name, image and likeness impacted college athletics, and more specifically, Vanderbilt?
- Is the Anchor Impact Fund considered to be a collective? How is it different from similar organizations and businesses within this space?
- What advantages does being a 501(c)(3) provide for an organization like the Anchor Impact Fund within this space?
- How did the Anchor Impact Fund begin and who was the driving force behind it?
- Are any Vanderbilt student-athletes currently involved with the Anchor Impact Fund?
- What is the key mission of the Anchor Impact Fund, and what is some of the work your organization does within the Middle Tennessee community?
- Tell us about your career path and what led you to become executive director of the Anchor Impact Fund.
- How can our audience get involved or contribute to these efforts?

Twitter: <https://twitter.com/anchorimpact>

Website: <https://anchorimpactfund.org/>

Instagram: <https://www.instagram.com/anchorimpact/>

➤ **Jerry Carleton, Principal - Immix Law Group.**

As an industry change agent, Immix Law serves as a catalyst for innovation by representing diverse, international, and trailblazing clientele at every stage of the business lifecycle. Representative areas of practice include:

- Corporate Transactions
- Mergers & Acquisitions
- Securities
- Interactive Media & Entertainment
- Intellectual Property
- IP Litigation
- Corporate Litigation
- Employment
- Why did you go to law school?
- What does Immix mean?

Website: <https://immixlaw.com/>

Facebook: <https://www.facebook.com/ImmixLaw/>

Twitter: <https://twitter.com/immixlaw>

LinkedIn: <https://www.linkedin.com/company/immixlaw/>

➤ **Jay Harvill, Managing Partner with Lipscomb & Pitts Insurance, a Higginbotham partner**

Host Jeremy C. Park talks with **Jay Harvill**, Managing Partner with **Lipscomb & Pitts Insurance**, a **Higginbotham partner**, who highlights the merger with Higginbotham and talks about his area of specialization within commercial property and casualty



insurance. Higginbotham is an employee-owned and customer-inspired insurance and financial services broker that specializes in business insurance, employee benefits, personal insurance, life insurance, risk management and more. During the interview, Jay discusses the state of the property and casualty insurance industry in 2023 and shares some ideas for alternative risk transfer due to the rising costs in the insurance marketplace. He talks about some of the key coverages for business owners, including Cyber and Employment Practices Liability, and some of the other trends taking place in the industry. Jay also shares why community engagement is so important for him and his family, and for Lipscomb & Pitts Insurance and Higginbotham, as well.

Visit [www.lpinsurance.com](http://www.lpinsurance.com) or [www.higginbotham.com](http://www.higginbotham.com) to learn more or connect directly with Jay Harvill at [jayh@lpinsurance.com](mailto:jayh@lpinsurance.com).

➤ **Allen Bolden, Alumnus & Board Member – Boys & Girls Club Middle TN**

➤ **Jeff Darnell, Club Director**

- BGCMT celebrates its 120th Anniversary on March 17 this year. We'll be reflecting on the impact made over the past 120 years, our current strategic goals, and the Great Futures to come
- Allen was a Thompson Lane Club member and Mr. Jeff was one of his Club leaders
- On March 17, while it is St Patrick's Day, we are encouraging all Club members, staff, alumni and supporters to wear all BLUE. Here's why: 120 years! With all the changes in Middle Tennessee, very few things can say they've stood the test of time as our Boys & Girls Clubs. We want to celebrate our reach & impact in a way that is familiar to our community – like sporting Predators gold or Titans' Code Blue.
- We're inviting the community to help us raise \$1.2 Million of new investments this year, in honor of this milestone and to support our growth to reach 10,000 youth by 2026. Even \$10 a month for 12 months (\$120) makes a big impact!
- We estimate there are 40,000 youth in Middle Tennessee who can benefit from safe, structured afterschool and summer programming that enriches their lives; alongside other youth-serving partners, we are working to ensure all youth have food security, connectivity and devices, work-based learning, coding, and more afterschool and in the summer

Twitter: <https://twitter.com/BGCMidTN>

Website: <https://bgcmt.org/>

Facebook: <https://www.facebook.com/BGCMidTN>

LinkedIn: <https://www.linkedin.com/company/bgcmidtn/>

➤ **Alden Mills – Goal Bud App**

Host Jeremy C. Park talks with **Alden Mills**, who has been a featured cityCURRENT guest speaker, three-time Navy SEAL platoon commander and Division One athlete, Inc. 500 CEO of Perfect Fitness, and bestselling author of "Be Unstoppable" and "Unstoppable Teams," who talks about his latest efforts and new app coming out in March 2023, GoalBud. Co-Founded by CEO Alden Mills, GoalBud allows you to harness the power of social networking to help you achieve your goals. The concept was inspired by the support Commander Mills gave to Co-Founder John Keagy while climbing Mt. Everest. Alden was John's "Swimbuddy". The first GoalBud prototype was built in a tent in a blizzard at Everest Base Camp, and now soon everyone will be able to benefit from the power of having a "Goalbuddy." GoalBud is a Public Benefit Corporation, with a legal requirement to help people achieve goals.

During the interview, Alden shares some of his story and talks about launching the app, the importance and power of having "Goalbuddies" and how individuals can start taking advantage of the app to set, track and accomplish their goals.

Visit [www.goalbud.org](http://www.goalbud.org) to learn more.

Website: <https://www.alden-mills.com/>

Facebook: <https://www.facebook.com/UnstoppableAldenMills/>

Twitter: <https://twitter.com/aldenmills>

LinkedIn: <https://www.linkedin.com/in/aldenmills/>

➤ **Gray Holden, Managing Director, and Specialty Lines National Practice Leader with Higginbotham**

Host Jeremy C. Park talks with **Gray Holden**, Managing Director and Specialty Lines National Practice Leader with **Higginbotham**, who provides an overview of the company and its growth, along with his specialized areas of focus. Higginbotham is a single source solution for insurance, financial and HR services, ranked in the top 20 largest independent

insurance brokerages in the U.S. The employee-owned firm, based in Fort Worth, Texas, opened in 1948 and today serves businesses and individuals through locations across the nation.

During the interview, Gray talks about the overall market conditions and touches on D&O, EPL, Cyber and Professional Liability. He discusses Cyber Risk and some of the internal control requirements for underwriting, and how to respond if something happens to your company. He shares some recommendations and touches on Excess layer capacity and creative ways companies can look at managing risk in the future ahead.

Visit [www.higginbotham.com](http://www.higginbotham.com) to learn more or email Gray at [gholden@higginbotham.com](mailto:gholden@higginbotham.com) to connect directly with Gray Holden.

➤ **Jerry Carleton, Principa with Immix Law Group**

Host Jeremy C. Park talks with **Jerry Carleton**, Principal with **Immix Law Group**, who shares the story of what led him to switch from running a durable medical equipment business to practicing law and then starting the industry change agent that serves as a catalyst for innovation by representing diverse, international, and trailblazing clientele at every stage of the business lifecycle.

During the interview, Jerry shares his story and talks about the origins of Immix Law Group, then highlights some of their different practice areas, including Corporate Transactions, Mergers & Acquisitions, Securities, Interactive Media & Entertainment, Intellectual Property, IP Litigation, Corporate Litigation, and Employment. He talks about the importance of understanding a client's "Why," discusses some of the legal trends, like with Mergers & Acquisitions, and also describes how faith plays an integral role in his personal and professional walk.

Visit [www.immixlaw.com](http://www.immixlaw.com) to learn more.

➤ **CJ Kirkland: new book "SELF MADE: Boley, Oklahoma"**

Host Jeremy C. Park talks with author and storyteller, **CJ Kirkland**, who highlights her new book, *SELF MADE: Boley, Oklahoma*, which is a collaborative effort with the nonprofit, Project 2020, focused on rebuilding and the revitalization of Boley, Oklahoma. Founded in 1903 on land gifted to its first settlers by Creek Freedwoman Abigail Barnett McCormick, Boley was the largest of more than fifty all-Black towns established in Oklahoma. Against overwhelming odds, it remains today one of only thirteen all-Black towns still existent in the state. Since its inception, this town of less than two square miles has been home to some of the world's most imaginative and ambitious entrepreneurs, civic leaders, educators, athletes, and agricultural innovators, whose efforts have been internationally recognized.

During the interview, CJ shares the story of how she was introduced to Boley and where the idea for the book began, she spotlights some of the individuals featured in the book, and talks about some of the important takeaways and lessons learned. She also discusses the importance of Boley in Black History today and how Project 2020 is helping to rebuild and revitalize the community for the future ahead. CJ also notes that 100% of the profits from the book support [Project 2020](http://Project2020.org) and the Boley, Oklahoma community.

Visit [www.thetownofboley.org](http://www.thetownofboley.org) to learn more and purchase the book.

Visit [www.cjkirkland.com](http://www.cjkirkland.com) or [www.GRANDchildProductions.com](http://www.GRANDchildProductions.com) to learn more about CJ Kirkland and to follow her efforts.

➤ **Jessica Van Dyke, Executive Director and Lead Counsel with the Tennessee Innocence Project**

Host Jeremy C. Park talks with **Jessica Van Dyke**, Executive Director and Lead Counsel with the **Tennessee Innocence Project**, who highlights the nonprofit organization working across the State of Tennessee that is dedicated to investigating and litigating claims of actual innocence.

During the interview, Jessica talks about why their work is so important, how they determine what cases to take on as an organization, where they receive the most applications for help, recent success stories, and the vision for the future. She also discusses how they collaborate with Justice Review Units and the District Attorney, and why they soon will be opening an office in Memphis. She also talks about some of the ways the community can support their efforts.

Visit [www.tninnocence.org](http://www.tninnocence.org) to learn more.

Facebook: <https://www.facebook.com/TNInnocenceProject>

➤ **Dr. Steve Joiner – Dean of the College of Leadership and Public Service at Lipscomb University. Also, serves as the Executive Director of the Institute for Conflict Management at Lipscomb**

- Mission of the College
- Degrees
- Special impact on the state – Regional Scholars, TN Guard cohort, Rule 31 training,
- Special events: Elliott Lectures, Fred Gray Institute for Law, Justice and Society
- Partnerships around the state
- Training people to manage conflict

<https://twitter.com/LipscombCLPS>

<https://www.linkedin.com/company/lipscombcpls/>

<https://www.facebook.com/LipscombCLPS>

<https://www.instagram.com/lipscombcpls/>

**Angie Cornwell - Major Gifts Officer – Barefoot Republic Camp**

- Who is Barefoot and where did it begin? Tommy's Story
- Barefoot's Mission/Vision
- Barefoot – Our Name – What does it mean?
- Barefoot – History and stats
- Our unique overnight camp and Retreat Center and Day Camp model
- Ways to get involved with Barefoot
  - o Share our stories (7 free ways to help)
  - o Come to Camp – Family Camp/Retreats/ONC/DC as a Camper or Volunteer – Camp Tours
  - o Attend an event – BBC – Clay Shoot – Fall Banquet and more
  - o Become a navigator – share your skills
  - o Summer staff and volunteer positions
  - o Volunteer on a committee
  - o Barefoot in Motion afterschool program
  - o Give to the mission via Sponsorship of Events/Meal Train/Supplies/Donations

Facebook: <https://www.facebook.com/BarefootRepublicCamp>

Website: <https://www.barefootrepublic.org>

Instagram: <https://www.instagram.com/barefootrepubliccamp/>

➤ **Ross Carmichael, Managing Director of Compliance with Higginbotham**

Host Jeremy C. Park talks with Ross Carmichael, Managing Director of Compliance with Higginbotham, who provides an overview of the company and his role in Compliance, and then discusses some of the important legal updates that took place in 2022 and some of the major compliance trends in employee benefit plans for 2023. Higginbotham is a single source solution for insurance, financial and HR services, ranked in the top 20 largest independent insurance brokerages in the U.S. The employee-owned firm, based in Fort Worth, Texas, opened in 1948 and today serves businesses and individuals through locations across the nation.

During the interview, Ross also talks about why providing “Day 2” services and partnering with clients to provide compliance support is necessary in today’s complex and rapidly evolving environment with legal changes taking place locally, regionally, and nationally.

Learn more by visiting [www.higginbotham.com](http://www.higginbotham.com)

➤ **Valerie Wakefield, Marketing Director – Intercept Roofing**

- Motivation behind creation of Intercept Roofing
- About Intercept Roofing
- Intercept Roofing's involvement with veteran community
- How is Intercept Roofing different
- What services Intercept Roofing offers
- Outlook for Intercept Roofing for this year

<https://www.interceptroofing.com/>

<https://www.facebook.com/interceptroofingllc>

<https://www.linkedin.com/company/intercept-roofing/>

<https://twitter.com/interceptroofin>

➤ **Mridu Parikh (Mri-thu Par-eeek), Productivity Coach and Speaker at Life Is Organized**

- my story of how I became an entrepreneur and a Productivity Coach (I think people will resonate with this journey)
- Life Is Organized's mission: to provide simple productivity solutions to everyday challenges that make business and life easier, less overwhelming, and more rewarding.
- Programs: individual coaching and group training -- integrating personal and professional goals
- What does productivity really mean?
- Trends: overwhelm/stress is an epidemic. I can share thoughts on how to reduce anxiety.
- Lessons learned and key takeaways from constant reactivity to planning proactively.
- Upcoming events: Consistent LinkedIn lives with mini lessons on time management and productivity.

Facebook: <https://www.facebook.com/LifelsOrganized>

Website: <http://lifeisorganized.com/>

Other: LinkedIn: <https://www.linkedin.com/in/mridu-parikh/>

➤ **Kim Sorrelle, director of a humanitarian organization, speaker, and author**

Host Andrew Bartolotta sits down with Kim Sorrelle, director of a humanitarian organization, speaker, and author of two books to discuss the meaning of love.

During the conversation, Kim talks about her first book, Cry Until You Laugh, about her and her husband's battle with cancer after being diagnosed just four months apart. She also dives in to her second book, Love Is, which chronicles her year long quest to figure out the true meaning of love — a sometimes funny, sometimes scary, always enlightening journey that led to life-changing discoveries found mostly on the streets of Haiti.

Learn more about Kim at: <https://www.kimsorrelle.com>

<https://www.facebook.com/Kim-Sorrelle-392015434145527>

<https://www.linkedin.com/in/kim-langlois-sorrelle-11079523/>

<https://www.instagram.com/kimsorrelle/?hl=en>

[https://twitter.com/Kim\\_Sorrelle](https://twitter.com/Kim_Sorrelle)

➤ **Lucas Jadin, CoFounder – Jadin | Jones Coaching Assessment**

➤ **Steve Jones – CoFounder – Jadin | Jones**

Lucas Jadin is a best-selling author, speaker, and mindset coach. He works with world-class business leaders, educators, and elite athletes to help them be their best under stress and pressure. Lucas has trained people from leading organizations like the Los Angeles Dodgers, Facebook, Sherwin-Williams, and Stryker Medical. Lucas is the co-author of two books, *Win in the Dark* and *The Twin Thieves*. His work has been featured on ESPN, CNN, and *Sports Illustrated*.

A quote from the LA Dodgers manager Dave Roberts about Lucas, "When it comes to leadership, culture, and mental training, Lucas is the guy I go to and who I trust the most. I've worked with him for over 3 years now. His work has helped take me and many of our people to another level."

Lucas lives in Wisconsin with his wife Katie, 3 kids, and fourth and final baby on the way.

Steve Jones is a professional leadership coach, keynote speaker, and best-selling author who teaches leaders to empower themselves and others, and create cultures of strength, unity, and resiliency. Steve's positive impact developed as a teacher and head football coach at Kimberly High School, where throughout 11 seasons he led his teams to a record of 129-9 (including 70 consecutive wins) and five state championships. Steve's winning formula is now captivating Fortune 500 companies, professional sports organizations, and competitive leaders looking to inspire successful teams.

Steve is the Co-founder of Jadin-Jones Coaching and Consulting, focusing on leadership, culture, and mindset. He has been commissioned by numerous leading organizations including the Green Bay Packers, Verizon, Kimberly-Clark, and Stryker Medical. Steve is the co-author of best-selling book *The Twin Thieves* and is currently a facilitator at the Center of Exceptional Leadership at St. Norbert College.

At Jadin Jones, we provide genuine, impactful presentations, keynote speeches, and coaching to help strengthen leaders of all backgrounds and organizations of all sizes, from high school athletes to professional sports teams, and from small businesses to Fortune 500 companies.

- The Why Behind Our Work - "How much of your performance and your team's performance is mental?"
- The challenge we help people overcome - "The Twin Thieves" The Fear of Failure and the Fear of Judgment
- Three specific ways we help people rise above the Twin Thieves...share so audience can apply asap with themselves or their teams
- Tools/Ways we can support - Free Email List, Book, Coaching Program

<https://jadin-jones.com/>

Twitter/Instagram: @Lucas\_Jadin

Twitter/Instagram: @SteveJonesSPK

LinkedIn: Jadin Jones

➤ **Beth English, Keynote Speaker and Founder, Nashville Creative Group**

Beth English is a celebrated visual artist and leader in Nashville, TN. She is a survivor of childhood trauma who learned to manage her PTSD like a boss using the power of creativity to heal. Founder of a 10,000-member artist community, she leads creatives to let go of fear and create with joy. Her artwork has appeared on nationally syndicated television shows, public art murals, in the homes and offices of private collectors around the world, and even on the outside of a city bus. After starting

stand-up comedy at age 37, Beth speaks to global organizations about the power of our imagination and how it can help us discover our potential.

- My story and mission
- My services
- Trends/Why is this important now

**Social Media:**

<http://bethinglish.com>

<https://www.facebook.com/bethinglish>

<https://www.instagram.com/bethinglish/>

<https://www.linkedin.com/in/bethinglish/>

<https://youtube.com/bethinglish>

<https://twitter.com/bethinglish>

➤ **with Chris Reynolds, volunteer and Executive Committee Chair for the 2023 Nashville Walk to End Alzheimer's**

Host Jeremy C. Park talks with Chris Reynolds, volunteer, and Executive Committee Chair for the 2023 Nashville Walk to End Alzheimer's, who highlights the Tennessee Chapter of the Alzheimer's Association and the organization's efforts, overall, to provide Alzheimer's care, support and research.

During the interview, Chris shares his personal experiences in losing his mother and other loved ones to the disease, how the organization provides an opportunity to fight back and make advances against the disease, hope for the future and how the community can both access valuable support services and resources and also get involved with special events, including the Walk to End Alzheimer's, which takes place in the major cities across Tennessee and the nation. He also shares helpful advice for anyone with a loved one who might be facing early onset or battling Alzheimer's disease.

Visit [www.alz.org](http://www.alz.org) to learn more.

Facebook: <https://www.facebook.com/actionalz>

Twitter: <https://twitter.com/alzassociation>



➤ **Martha Silva- Co-executive director of Conexion Americas**

- Latino non-profit organization that celebrated last year 20 years of service of the Latino community in Nashville and middle TN. Founder of Casa Azafran- Social Services and community support HUB for the city
- What we do, what are the main programs and initiatives of Conexion Americas and Casa Azafran
- Cafecito 2023. Online fundraising event that already took off until May 5th.

Facebook: <https://www.facebook.com/ConexionAmericas/>

Twitter: [https://twitter.com/conexion\\_tn](https://twitter.com/conexion_tn)

Website: <https://www.conexionamericas.org/>

Other: <https://www.linkedin.com/company/4525798/admin/>

➤ **Melissa Hudson-Gant, CEO**

Mission: Create and support one-to-one mentoring relationships that ignite the power and promise of youth.

- 1000 Strong Initiative- how BBBSMT is on a mission to recruit 1000 Bigs across Middle TN to support even more kids in several Middle Tennessee counties.
- Moosic City Dairy Dash- how this annual fundraising race created by Purity Dairy is helping BBBSMT advance their mission and support positive programs that will impact young people. The race is on April 8th. We need every runner/walker in the area to visit <https://moosiccitydairydash.com> to register and invite a group of friends to join you!
- NFL Big Draft- Big Brothers Big Sisters of America has teamed up with the NFL to draft Bigs (mentors) in major cities across the United States. BBBSMT is joining hands with the Titans and hosting the Big Draft event at Nissan Stadium for those who are interested in becoming a mentor on April 27th! Those who decide to take the next step in becoming a mentor will be invited to a special meet and greet opportunity. You never know who will be there! Visit [www.mentorakid.org](http://www.mentorakid.org) to register!

Additional ways people can support our Middle Tennessee youth is by visiting our website [www.mentorakid.org](http://www.mentorakid.org) and making

Website: [www.mentorakid.org](http://www.mentorakid.org)

Instagram: @mentorakid

Facebook: <https://www.facebook.com/mentorakid?mibextid=LQQJ4d>

➤ **Dr. Roseann Capanna-Hodge, a mental health trailblazer, founder of The Global Institute of Children's Mental Health**

Host Andrew Bartolotta sits down with Dr. Roseann Capanna-Hodge, a mental health trailblazer, founder of The Global Institute of Children's Mental Health who is, what Forbes called her, "A thought leader in children's mental health".

With her trademarked method, BrainBehaviorReset™, Dr. Roseann has helped thousands address the most challenging conditions such as ADHD, executive functioning, anxiety, OCD, mood, Lyme, and PANS/PANDAS using science-backed holistic therapies.

During the conversation, Dr. Roseann addresses natural therapies to help kids and teens reduce and reverse ADHD symptoms, how to spot and treat brain fog in children, what you should do if you're worried about your children's mental health, the importance of Magnesium to balance your wellness and nutrition, and her new podcast — "It's Gonna Be Ok!"

Learn more about solutions for your kid's focus, anxiety and behavioral issues by visiting her website and listening to her podcast at <https://drroseann.com/podcast/>

➤ **Felicia Peat WKNO / Channel 10's Education & Outreach Manager**

Host Andrew Bartolotta sits down with WKNO / Channel 10's Education & Outreach Manager, Felicia Peat, to discuss her whimsical character, Teacher Teacher who produces and develops outreach programming for Mid-South youth through her early literacy platform.

During the conversation, Felicia talks about their Excellent Effort Awards from the SEED office of Memphis-Shelby County Schools and the International Paper Foundation supported programming including Math Minutes, Silly Science, and Book Adventures.

Learn more about Teacher Teacher here: <https://www.wkno.org/wknokids/wknos-teacher-teacher/>

➤ **Kristen Davis, CEO and Melanie Scott, Chief Development Officer - Nurture the Next**

- Parenting matters. Nurtured Children grow into resilient, capable adults and nurturing homes are built by parents who have the knowledge and a positive support system to help them.
- Nurture the Next provides **free** and **confidential services** to parents build stable, nurturing homes for their children by providing support for parents, crisis support, and advocacy and education (I will plan to discuss these more in depth)
- It takes more than parents to raise healthy, happy children. It takes communities committed to supporting families, especially those who are most vulnerable. We will discuss ways to get involved through volunteering and contributing to our mission.
- Our annual fundraiser, Night with Nurture the Next is coming up on April 27 at Riverside Revival. We will share more about this event and how to get involved.

Facebook: <https://www.facebook.com/NurturetheNext>

Twitter: <https://twitter.com/NurtureTheNext>

Website: <https://www.nurturethenext.org/>

➤ **Angie Brantley - Founder and Director - TenThirtyFive**

- Mission- We are providing at risk youth and women with confidence building resources through fashion and mentorship. We do this through our upscale thrift store where our program is facilitated. Recipients receive a wardrobe voucher to shop free. Along with 21 programs that we partner with and serve, we provide clothing to several resource centers within Metro Nashville Public Schools.
- Upcoming events- Fashion Show in June.
- How can the community play a part? Through donating your gently used items, shopping our upscale thrift store and hosting a donation drive.

Facebook: @tenthirtyfivenashville - [Tenthirtyfive | Nashville TN | Facebook](#)

Website: [Home | TenThirtyFive](#)

## Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Radio Health Journal

- Accessibility
- Addiction
- ADHD
- Air Travel
- Airline Passengers
- Alcohol
- Alcoholism
- Alzheimer's Disease
- Ancestry
- Anesthesia
- Antibodies
- Anxiety
- Apheresis
- Art
- Athletics
- Biology
- Birth Injuries
- Cancer
- Capitalism
- Cardiology
- Children and Youth at Risk
- Cognitive Skills
- Compulsive Drinking
- Confidence
- Conservation
- Consumerism
- Covid-19
- Creativity
- Crime
- Cure
- Data Integrity
- Depression
- Diet
- Disabilities
- Disability Advocate
- Disabled Parents
- Diseases
- DNA
- Doula
- Dreams
- Drug Abuse
- Drug Overdose
- Drugs
- Early Intervention
- Eating Disorders
- Economy
- Education
- Emergency Use Authorization
- Endangered Animals
- Environmental Research
- Epigenetics
- Ethics
- Evolution
- Excessive Drinking
- Exercise
- Extinction
- False Negatives
- False Positives
- Family Issues
- Fear
- Federal Funding
- Federal Legislation
- Federal Policy
- Federal Regulations
- Female Doctors
- First Responders
- Fishing
- Full Disclosure
- Gender Issues
- Gene Editing
- Gene Therapy
- Genetic Counseling
- Genetic Diseases
- Genetic Genealogy
- Genetic Testing
- Genetics
- Genomics
- Gut Health
- Health
- Health Risks
- Healthy Living
- High Blood Pressure
- Home Accessibility
- Home Renovation
- Home Safety
- Home Testing
- Hospital Staff
- Hospitalizations
- Immunity
- Influenza
- Invasive Species
- Isolation
- Kidney Disease
- Law Enforcement
- Learning
- Long Covid
- Lucid Dreaming
- Lung Disease
- Maternal Mortality
- Medical History
- Medical Malpractice
- Mental Health
- Microbiome
- Mild Covid
- Misdiagnosis
- Mobility
- Mobility Devices
- Murder
- Neurology
- NIH
- Nutrition
- Omicron
- Open Access Journals
- Opioids
- Organ Donors
- Pain Management
- Pain Medication
- Pandemic
- Patient Safety
- Peer Pressure
- Photoshop
- Physical Health
- Police and Law Enforcement
- Polio
- Prebiotics
- Pregnancy
- Privacy
- Probiotics
- Psychiatry
- Psychology
- PTSD
- Public Access
- Public Health
- Public Health Reporting
- Public Policy
- Public Safety
- Quarantine
- Racial Inequity
- Rare Diseases
- Research Misconduct
- Risk Factors
- Safety Techniques
- Scientific Innovation
- Scientific Publishing
- Scientific Research
- Senior Living
- Standard of Care
- Student Safety
- Supplements
- Surgery
- Surgical Errors
- Symptoms
- Time Blindness
- Time Management
- Transportation
- Trauma
- Traumatic Experiences
- Ultra-processed Food
- Vaccine Fatigue
- Vaccines
- Veganism
- Veterans
- Virus
- Virus Variants
- Vulnerable Populations
- Weight Gain
- Women In Medicine
- Women's History Month

**Program 23-01**

**Air Week:** 01/01/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: AGING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE**

**Time:** 1:49

**Duration:** 12:21

**Synopsis:** As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Ty Pennington, Home Renovation Expert; Amy Goyer, National Family and Caregiving expert

**Compliance issues:** Senior Living, Home Accessibility, Vulnerable Populations, mobility, Public Safety, Home Renovation, Disabilities, Home Safety

**Links for more info:**

[AARP Resources for Caregivers and their Families](#)

[Amy Goyer: AARP's Caregiving Expert and Columnist](#)

[Amy Goyer](#)

[Ty Pennington](#)

[Amy Goyer \(@AmyGoyer\) / Twitter](#)

[Ty Pennington \(@thetypennington\) • Instagram photos and videos](#)

[Ty Pennington \(@typennington\) / Twitter](#)

**SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES**

**Time:** 15:12

**Duration:** 7:48

**Synopsis:** Josue Cordova explains the struggles of traveling with a disability and how to fix these issues.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Josue Cordova, National Vice President, Paralyzed Veterans of America, Air Force Veteran

**Compliance issues:** Transportation, Federal Legislation, Vulnerable Populations, Accessibility, Disabilities, Airline Passengers, Veterans, Air Travel, mobility devices

**Links for more info:**

[PVA.org - Josue Cordova](#)

[Air carrier access act: Protecting passengers with disabilities](#)

[Air Carrier Access Act \(ACAA\)](#)

**Program 23-02**

**Air Week:** 01/08/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT**

**Time:** 1:50

**Duration:** 11:23

**Synopsis:** ‘Drunkorexia’ is a habit that’s popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School William Mupo, Former Health Promotions Coordinator, University of Texas at Austin

**Compliance issues:** Compulsive Drinking, Vulnerable Populations, Excessive Drinking, Alcoholism, Peer Pressure, Public Safety, Alcohol, Weight Gain, Healthy Living, Student Safety, Eating Disorders

**Links for more info:**

[University of Houston: Dr. Dipali Rinker](#)

[Proactive Health Labs](#)

[Rutgers New Jersey Medical School](#)

[Linked In: Joy Stephenson-Laws](#)

**SEGMENT 2: THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA**

**Time:** 14:14

**Duration:** 8:51

**Synopsis:** Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that’s just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you’re getting the best anesthesia – and anesthesiologist -- for your needs.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author

**Compliance issues:** Anesthesia, Vulnerable Populations, Medical History, Patient Safety, Drugs

**Links for more info:**

[James E. Cottrell | Board of Regents](#)

[Anesthesia Without Fear](#)

**Program 23-03**

**Air Week:** 01/15/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH**

**Time:** 1:50

**Duration:** 11:19

**Synopsis:** By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine

**Compliance issues:** Open Access Journals, Public Access, Consumerism, Scientific Publishing, Scientific Research, Federal Policy, Federal Funding, Capitalism

**Links for more info:**

[Yale School of Medicine: Dr. Walter Mathis](#)

[OSP Senior Leadership Team](#)

[OSTP Issues Guidance to Make Federally Funded Research Freely Available Without Delay](#)

[Ensuring Free, Immediate, and Equitable Access to Federally Funded Research](#)

**SEGMENT 2: IS COVID-19 THE NEW FLU?**

**Time:** 14:11

**Duration:** 8:24

**Synopsis:** Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association

**Compliance issues:** Virus, Vaccine Fatigue, Vaccines, Omicron, Mild Covid, Virus Variants, Long Covid, Immunity, Covid-19

**Links for more info:**

[American Lung Association: Dr. Sumita Khatri](#)

[CDC: Variants of the Virus](#)

[CDC: Stay Up to Date with COVID-19 Vaccines Including Boosters](#)

**Program 23-04**

**Air Week:** 01/22/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: ...MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY CAN'T WE STOP IT?**

**Time:** 1:50

**Duration:** 11:34

**Synopsis:** America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School

**Compliance issues:** Doula, Vulnerable Populations, Racial Inequity, Gender Issues, Maternal Mortality, Children and Youth at Risk, Mental Health, Pregnancy, Consumerism, hospitalizations

**Links for more info:**

[JAMA Network: Trends and Distribution of In-Hospital Mortality Among Pregnant and Postpartum Individuals by Pregnancy Period](#)

[NBER Working Paper Series – Maternal And Infant Health Inequality: New Evidence From Linked Administrative Data](#)

[University of Michigan Medical School Dr. Lindsay Admon](#)

[Instagram @thankyounicky](#)

[Werk it Moms](#)

[Twitter @lindsayadmon](#)

**SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD**

**Time:** 14:26

**Duration:** 7:57

**Synopsis:** PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author

**Compliance issues:** Depression, Anxiety, First Responders, Public Safety, Psychology, Public Health, PTSD, Police and Law Enforcement, Mental Health, Trauma, Consumerism, traumatic experiences

**Links for more info:**

[Science Direct: Posttraumatic stress disorder in police, firefighters, and emergency dispatchers](#)

[LinkedIn: Dr. Marilyn Wooley](#)

[The Authors Guild](#)

[Amazon: How Heroes Heal: Stories of First Responders and the Journey from Posttraumatic Stress Injury to Posttraumatic Growth](#)

**Program 23-05**

**Air Week:** 01/29/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: DOES YOUR CHILD KNOW HOW TO LEARN?**

**Time:** 1:50

**Duration:** 11:48

**Synopsis:** America's education system has long been focused on teaching -- but does this strategy benefit students? This week's show features education experts who say students need to be taught how to learn before they can be successful in the classroom.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University

**Compliance issues:** Consumerism, Public Policy, Learning, Psychology, Cognitive Skills, Education

**Links for more info:**

[LinkedIn: Betsy Hill](#)

[Amazon: Your Child Learns Differently, Now What?: The Truth for Parents](#)

[Harvard University: Dr. Stephen Kosslyn](#)

[LinkedIn: Dr. Stephen Kosslyn](#)

[Active Learning Sciences](#)

**SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND**

**Time:** 14:39

**Duration:** 8:20

**Synopsis:** Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist

**Compliance issues:** Psychology, Confidence, Vulnerable Populations, Fear, Public Health, Mental Health, Anxiety, Consumerism

**Links for more info:**

[Natalie Kohlhaas](#)

[Natalie Kohlhaas Books](#)



**Program 23-06**

**Air Week:** 02/05/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT**

**Time:** 1:50

**Duration:** 12:18

**Synopsis:** Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs

**Compliance issues:** Murder, Privacy, Genetic Genealogy, Law Enforcement, Public Safety, Federal Regulations, Crime, DNA, Consumerism, Ancestry, Genetics

**Links for more info:**

[About PNL — Parabon NanoLabs](#)

[CeCe Moore](#)

[CeCe Moore \(@CeCeLMoore\) / Twitter](#)

[About The DNA Detectives](#)

[Edward Humes](#)

[The Forever Witness by Edward Humes | PenguinRandomHouse.com](#)

[Edward Humes \(@edward\\_humes\) • Instagram photos and videos](#)

[\(@edwardhumes\) / Twitter](#)

**SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES**

**Time:** 15:10

**Duration:** 7:47

**Synopsis:** Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Eliza Hull, Writer, Musician, Disability Advocate

**Compliance issues:** Vulnerable Populations, disabled parents, Family Issues, Disabilities, Mental Health, Consumerism, Neurology, Physical Health, disability advocate

**Links for more info:**

[We've Got This — ELIZA HULL](#)

[Eliza Hull \(@elizahull\) • Instagram photos and videos](#)

[Eliza Hull \(@MusicElizaHull\) / Twitter](#)

[We've Got This: Essays by Disabled Parents: Hull, Eliza: Amazon.com](#)

**Program 23-07**

**Air Week:** 02/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH**

**Time:** 1:50

**Duration:** 11:01

**Synopsis:** Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, We discuss how creative thinking and plasma exchange technology helped save Colette’s life.

**Host:** Reed Pence

**Producer:** Kristen Farrah

**Guests:** Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies

**Compliance issues:** Surgery, Kidney Disease, high blood pressure, Organ Donors, Antibodies, Vulnerable Populations, Apheresis, Consumerism, Cardiology, hospital staff, lung disease

**Links for more info:**

[LinkedIn: Lori Harada](#)

[The American Society for Apheresis \(ASFA\)](#)

[U.S. Department of Health & Human Services](#)

[Northwestern Medicine Newsroom: Chicago woman “opens the door” for other transplant patients after receiving the first positive crossmatch lung and kidney transplant at Northwestern Medicine](#)

**SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS**

**Time:** 13:53

**Duration:** 8:47

**Synopsis:** Whether it’s a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, The Committee of Sleep

**Compliance issues:** Learning, Psychology, Education, Dreams, Consumerism, Creativity, Athletics, Lucid Dreaming, Art

**Links for more info:**

[Harvard Catalyst Profile: Dr. Deirdre Barrett](#)

[Books by Deirdre Barrett](#)

**Program 23-08**

**Air Week:** 02/19/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING**

**Time:** 1:50

**Duration:** 11:06

**Synopsis:** The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics

**Compliance issues:** Genomics, Gene Editing, Evolution, Genetics, Patient Safety, DNA, Consumerism, Vaccines, Genetic Diseases

**Links for more info:**

[WYSS Institute: Dr. George Church](#)

[twitter: @geochurch](#)

[Northwestern University Medicine: Dr. Raj Awatramani](#)

[NIH: What is genome editing?](#)

**SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON'T INVOLVE OPIOIDS**

**Time:** 13:57

**Duration:** 8:25

**Synopsis:** We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don't involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Cammie Wolf Rice, Author, The Flight, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital

**Compliance issues:** Drug Overdose, Drug Abuse, Vulnerable Populations, Addiction, Consumerism, Opioids, Pain Management, Pain Medication

**Links for more info:**

[Grady Memorial Hospital: Dr. Mara Schenker](#)

[twitter: @maraschenker](#)

[Instagram: cammierice](#)

[Instagram: @christopherwolfcrusade](#)

**Program 23-09**

**Air Week:** 02/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES**

**Time:** 1:49

**Duration:** 12:25

**Synopsis:** Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it?

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University

**Compliance issues:** Genomics, Evolution, Gene Editing, Genetics, Patient Safety, Dna, Ethics, Federal Regulations, Consumerism, Genetic Diseases, Scientific Innovation

**Links for more info:**

[WYSS Institute: Dr. George Church](#)

[twitter: @geochurch](#)

[Northwestern University Medicine: Dr. Raj Awatramani](#)

[NIH: What is genome editing?](#)

**SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES**

**Time:** 15:16

**Duration:** 7:34

**Synopsis:** Our personal health may be determined before even our parents are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents' habits and behaviors have a direct influence on our DNA.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Judith Finlayson, author of You Are What Your Grandparents Ate

**Compliance issues:** Genetics, Epigenetics, Vulnerable Populations, Diet, Ancestry, Public Health, Nutrition, Consumerism, Exercise

**Links for more info:**

[JudithFinlayson.com](#)

[instagram: @Judith.Finlayson](#)

**Program 23-10**

**Air Week:** 03/05/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING**

**Time:** 1:50

**Duration:** 11:08

**Synopsis:** Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases

**Compliance issues:** Genetic Testing, Consumerism, Medical History, Health Risks, Pregnancy, Risk Factors, Cancer, Genetic Counseling, Rare Diseases, Gene Therapy, Early Intervention, Patient Safety

**Links for more info:**

[The Ohio State College of Medicine: Kevin Sweet](#)

[twitter: @KevinS\\_GC](#)

[LinkedIn: Kevin Sweet](#)

[NIH: Correction to: Understanding the phenotypic spectrum and family experiences of XYY syndrome: Important considerations for genetic counseling](#)

[LinkedIn: Colleen Jodarski](#)

**SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE'**

**Time:** 14:00

**Duration:** 8:52

**Synopsis:** All hospitals in the US operate under a standard of care that changes based on the clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University

**Compliance issues:** Standard of Care, Medical Malpractice, Safety Techniques, Full Disclosure, Birth Injuries, Surgical Errors, Patient Safety, Misdiagnosis

**Links for more info:**

[Wayne State University: Dr. Stanley Berry](#)

[StanleyMBerry.com](#)

**Program 23-11**

**Air Week:** 03/12/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT**

**Time:** 1:50

**Duration:** 11:09

**Synopsis:** Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

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

**Compliance issues:** Conservation, Biology, Endangered Animals, Fishing, Invasive Species, Veganism, Diet, Diseases, Consumerism, Economy, Extinction, Federal Regulations, Environmental Research

**Links for more info:**

[Eat The Invaders](#)

[JoeRoman.com](#)

[University of Vermont](#)

[U.S Geological Survey](#)

**SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU?**

**Time:** 14:00

**Duration:** 9:07

**Synopsis:** Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut

**Compliance issues:** Microbiome, Prebiotics, Probiotics, Diet, Gut Health, Public Health, Health, Supplements, Ultra-processed Food, Federal Regulations

**Links for more info:**

[The American Journal of Clinical Nutrition: Ultra-processed food consumption among US adults from 2001 to 2018](#)

[University of Washington Division of Gastroenterology](#)

[twitter: @GutbitesMD](#)

**Program 23-12**

**Air Week:** 03/19/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF ‘TIME BLINDNESS’**

**Time:** 1:50

**Duration:** 11:34

**Synopsis:** People with ADHD often have a weaker perception of time, called ‘time blindness.’ Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don’t have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, Treating ADHD in Children and Adolescents

**Compliance issues:** Vulnerable Populations, Consumerism, Psychiatry, Symptoms, Time Blindness, ADHD, Psychology, Time Management

**Links for more info:**

[RussellBarkley.org](http://RussellBarkley.org)

[TuckmanPsych.com](http://TuckmanPsych.com)

[More Attention, Less Deficit](#)

**SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU**

**Time:** 14:26

**Duration:** 8:24

**Synopsis:** The FDA has granted emergency use authorization to Lucira Health’s combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you’re positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Dr. Emily Volk, President, College of American Pathologists

**Compliance issues:** Public Health, Vaccine, Consumerism, Influenza, Emergency Use Authorization, Public Health Reporting, Covid-19, False Positives, False Negatives, Home Testing

**Links for more info:**

[Lucira COVID-19 & Flu Test](#)

[U.S. Food & Drug Administration: FDA Authorizes First Over-the-Counter At-Home Test to Detect Both Influenza and COVID-19 Viruses](#)

[Dr. Emily Volk](#)

**Program 23-13**

**Air Week:** 03/26/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE**

**Time:** 1:51

**Duration:** 11:15

**Synopsis:** Thousands of Alzheimer’s research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research.

**Host:** Elizabeth Westfield

**Producer:** Kristen Farrah

**Guests:** Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University

**Compliance issues:** Consumerism, Patient Safety, Scientific Research, Alzheimer’s Disease, Data Integrity, Photoshop, Research Misconduct, NIH

**Links for more info:**

[Vanderbilt University & Alzheimer’s Center](#)

[Schrag Laboratory](#)

[twitter: @schrag\\_matthew](#)

**SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE**

**Time:** 14:08

**Duration:** 8:44

**Synopsis:** The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you’ve probably never heard of. In honor of Women’s History Month, Author Lynn Cullen explains Horstmann’s crucial role in the fight against polio.

**Host:** Nancy Benson

**Producer:** Kristen Farrah

**Guests:** Lynn Cullen, author, The Woman With the Cure

**Compliance issues:** Public Safety, Polio, Vaccine, Quarantine, Isolation, Pandemic, Cure, Women In Medicine, Female Doctors, Women’s History Month

**Links for more info:**

[LynnCullen.com](#)

[instagram: @lynncullenauthor](#)





## Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Viewpoints Radio

- Accounting
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- Forensic Science
- Free Expression
- Gambling Addiction
- Gender Equality
- Gendered Norms
- Global Culture
- Global News
- Global Train
- Government
- Government Regulation
- Health
- Healthcare Policy
- Higher Education
- History
- Hobby
- Homelessness
- Incarceration
- Industry Regulation
- Inequality
- Inflation
- Information Technology
- Infrastructure
- Innovation
- Invention
- Labor Rights
- Language
- Law
- Law Enforcement
- Lifestyle
- Literature
- Living Costs
- Local Business
- Medicine
- Mental Health
- Music
- National Security
- Natural Disaster
- Natural Resources
- Nutrition
- Parenthood
- Parenting
- Personal Development
- Personal Finance
- Personal Wealth
- Pet Adoption
- Pet Ownership
- Police Reform
- Politics
- Poverty
- Power Generation
- Private Security
- Psychology
- Public Health
- Public Housing
- Public Policy
- Public Resources
- Public Safety
- Relationships
- Research
- Retirement
- Science
- Self-care
- Sexism
- Small Business
- Social Media
- Society
- Software Engineering
- Space Travel
- Sports
- Sports Culture
- Stress Management
- Supply Chain Management
- Technology
- Timekeeping
- Traditions
- Travel
- TV
- U.S. Economy
- Utilities
- Veterinary Care
- Wage Inequity
- War
- Women's Rights
- Women's History
- Women's Issues
- Workers' Rights
- Writing
- Youth Development

**Program 23-01****Air Week:** 1/1/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE FALLOUT FROM INDUSTRY MONOPOLIES****Time:** 1:47**Duration:** 10:27

**Synopsis:** This past November, thousands of Taylor Swift fans were left frustrated and disappointed after Ticketmaster's platform failed to deliver on general sale tickets for her upcoming tour. We discuss how this recent failure has stirred a larger conversation about the consequences & long-term effects of monopolies.

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

**Guests:** Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project.

**Compliance issues:** Government Regulation, Economy, Small Business, Politics, Consumer Protection

**Links for more info:**

[Taylor Swift Fans Are Suing Ticketmaster Again Over 'Eras' Tour Controversy | HuffPost Entertainment](#)  
[Contacting U.S. Senators](#)

[Find Your Representative | house.gov](#)

**SEGMENT 2: WHO IS GEN-Z?****Time:** 14:16**Duration:** 7:56

**Synopsis:** There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they're extremely tech-savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z is and what impact they'll have on the future world.

**Host:** Marty Peterson**Producer:** Amirah Zaveri, Grace Galante

**Guests:** John Schlimm, researcher, professor, author, *What Would Gen-Z Do? Everything You Don't Know About Gen-Z But Should*.

**Compliance issues:** Social Media, Psychology, Technology, Culture, Mental Health, Cultural Trends

**Links for more info:**

[Where Millennials end and Generation Z begins | Pew Research Center](#)

[What Would Gen-Z Do?: Everything You Don't Know About Gen-Z but Should by John Schlimm, Hardcover | Barnes & Noble®](#)

[How Gen Z Could Transform American Politics | FiveThirtyEight](#)

**VIEWPOINTS EXPLAINED: NYE TRADITIONS AROUND THE WORLD****Time:** 21:12**Duration:** 1:10**Synopsis:** We explore how different cultures and countries ring in the New Year.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Culture, Traditions, Customs, Diet**CULTURE CRASH: 2023 FILM RELEASES****Time:** 24:22**Duration:** 2:05**Synopsis:** We highlight some of the movies we're looking forward to in 2023.**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture

**Program 23-02****Air Week:** 1/8/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FALLING ASLEEP IN SPACE****Time:** 1:47**Duration:** 8:47

**Synopsis:** Do you have trouble falling or staying asleep? If so, you'll know that not getting good rest can take a big toll on how you feel both physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body.

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

**Guests:** Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine.

**Compliance issues:** Health, Medicine, Disease, Biology, Science, Innovation, Space Travel, Technology

**Links for more info:**[Center for Circadian & Sleep Medicine](#)[NASA: Sleeping In Space](#)**SEGMENT 2: A PATHWAY TO EXONERATION****Time:** 12:36**Duration:** 8:37

**Synopsis:** Experts estimate that between 4-6 percent of prisoners behind bars are innocent. We explore what factors feed into these wrongful convictions and how advocates in the arena are fighting for justice.

**Host:** Marty Peterson**Producer:** Amirah Zaveri | Polly Hansen

**Guests:** Isaac Wright Jr., practicing attorney, author, *Marked for Life: One Man's Fight for Justice From the Inside*; Samuel Gross, Thomas and Mabel Long Professor Emeritus of Law at the University of Michigan – Ann Arbor, founder, senior editor, *The National Registry of Exonerations*.

**Compliance issues:** Law, Law Enforcement, Forensic Science, Criminal Justice

**Links for more info:**[The National Registry of Exonerations](#)[Amazon: Marked for Life: One Man's Fight for Justice from the Inside](#)**VIEWPOINTS EXPLAINED: AN INADEQUATE DIET****Time:** 22:13**Duration:** 1:42

**Synopsis:** We discuss the sad state of prison meals in the U.S. All too often, these dishes are spoiled, full of preservatives and don't have enough calories. If the end goal of incarceration is rehabilitation, shouldn't these meals adequately feed and nourish prisoners?

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

**Compliance issues:** Diet, Nutrition, Incarceration

**CULTURE CRASH: THE CAREER OF AARON SORKIN****Time:** 23:55**Duration:** 2:32**Synopsis:** Aaron Sorkin's screenplays have been praised for their pace and structure. We look into why the Oscar winner's writing style is so effective in film and on TV.**Host & Producer:** Evan Rook**Compliance issues:** Writing, Film, Culture

**Program 23-03****Air Week:** 1/15/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: HOW TO BETTER DEAL WITH STRESS THIS YEAR****Time:** 1:47**Duration:** 8:47**Synopsis:** We speak with University of California – San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Elissa Epel, health psychologist, professor, vice chair, Department of Psychiatry and Behavioral Sciences, University of California – San Francisco, author, *The Stress Prescription: Seven Days to More Joy and Ease*.**Compliance issues:** Lifestyle, Stress Management, Literature, Psychology, Mental Health, Health**Links for more info:**[Dr. Elissa Epel](#)[UCSF Profiles: Dr. Elissa Epel](#)[Amazon: The Stress Prescription: Seven Days to More Joy and Ease \(The Seven Days Series\)](#)**SEGMENT 2: A KEY VULNERABILITY: U.S. POWER GRIDS****Time:** 12:36**Duration:** 8:37**Synopsis:** In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what's driving this uptick, how power companies and government organizations are responding and what you should know as a consumer.**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Adrienne Lotto, senior vice president, Grid Security, Technical, and Operations at the American Public Power Association.**Compliance issues:** Infrastructure, Domestic Terrorism, Public Health, Private Security, Utilities, Power Generation, Electricity**Links for more info:**[American Public Power Association](#)[Ready.gov](#)**VIEWPOINTS EXPLAINED: WINTER IN UKRAINE****Time:** 23:09**Duration:** 1:15**Synopsis:** As winter takes hold on Europe, Ukrainian soldiers defending their country face subzero temperatures, power outages and increasing challenges.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** War, Climate, Health, Global News

**CULTURE CRASH: A REVIEW OF "GLASS ONION"****Time:** 23:55**Duration:** 2:32**Synopsis:** We discuss the new film, "Glass Onion: A Knives Out Mystery" now streaming on Netflix.**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture

**Program 23-04****Air Week:** 1/22/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING****Time:** 1:48**Duration:** 8:37

**Synopsis:** Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women's track and field. Early on in her career, she was a prized hopeful for bringing home the Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us this week to talk about the toxic culture present in many elite running organizations and what needs to change to better support these young, vulnerable athletes.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a Man's World.**Compliance issues:** Health, Women's Issues, Sports Culture, Youth Development, Parenting, Mental Health**Links for more info:**[Instagram @fleshmanflyer](#)[LauraFleshman.com](http://LauraFleshman.com)[twitter @laurenfleshman](#)**SEGMENT 2: HOW DID PAST CIVILIZATIONS KEEP TIME?****Time:** 12:27**Duration:** 9:16

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

**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Chad Orzel, associate professor, physics, astronomy, Union College.**Compliance issues:** Innovation, Timekeeping, Culture, History, Engineering, Invention, Archaeology**Links for more info:**[Union College: Chad Orzel](#)[twitter @orzelt](#)**VIEWPOINTS EXPLAINED: ALCOHOL'S CONNECTION TO CANCER****Time:** 22:43**Duration:** 1:42

**Synopsis:** The World Health Organization recently reported that no amount of alcohol is healthy to consume. In fact, the agency says even light or moderate alcohol intake has been linked to cause seven different types of cancer.

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Health, Disease Prevention, Research, Science



**CULTURE CRASH: A TOUGH MONTH FOR THE NFL AHEAD OF THE SUPER BOWL****Time:** 24:25**Duration:** 2:02**Synopsis:** Ahead of the year's biggest game, we discuss the state of the NFL following the serious injury suffered by Bills player Damar Hamlin.**Host & Producer:** Evan Rook**Compliance issues:** Sports, Culture

**Program 23-05****Air Week:** 1/29/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FOR THE LOVE OF CROSSWORDS****Time:** 1:47**Duration:** 7:34

**Synopsis:** The first crossword was published in 1913 by journalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from the New York Times to USA Today. Self-acclaimed lovers of crosswords are known as ‘cruciverbalists’ and compete online as well as create these puzzles for publishing. We speak with crossword expert Adrienne Raphel to find out more about this beloved word game.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Adrienne Raphel, author, Thinking Inside the Box.**Compliance issues:** History, Hobby, Language, Literature, Education**Links for more info:**[Crossword Puzzles Online – Play Daily for Free | Arkadium](#)[USA Today: Crossword Puzzles](#)[The New York Times Crossword](#)**SEGMENT 2: BANNED BOOKS: TWO SIDES TO THE STORY****Time:** 11:23**Duration:** 11:37

**Synopsis:** Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers. We discuss the controversy by highlighting two differing perspectives on the debate.

**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty**Compliance issues:** Education, Free Expression, Public Policy, Literature, Government**Links for more info:**[ALA.org: Banned & Challenged Books](#)[CBS News: The 50 most banned books in America](#)[twitter @jonfreadom](#)[Moms For Liberty](#)**CULTURE CRASH: HOW CHATGTP IS CHANGING THE ARTS SCENE****Time:** 24:00**Duration:** 2:27

**Synopsis:** We discuss how new AI technology platforms like DALL-E and ChatGPT are making waves in the creative landscape.

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

**Program 23-06****Air Week:** 2/5/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE MANY CAUSES OF SUPPLY CHAIN & INFLATION WOES****Time:** 1:50**Duration:** 7:22

**Synopsis:** Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** James Rickards, economist, former Wall Street banker, author, *Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy***Compliance issues:** Inflation, Personal Finance, Supply Chain Management, Global Train, U.S. Economy**Links for more info:**

[Amazon: Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy](#)

twitter: [@JamesGRickards](#)

**SEGMENT 2: A CHANGING PALATE ACROSS PERIODS OF ECONOMIC UNCERTAINTY****Time:** 11:14**Duration:** 10:37

**Synopsis:** Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, and economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted recipes and food trends. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Jane Ziegelman, food historian, author, *A Square Meal: A Culinary History of the Great Depression*.**Compliance issues:** American History, Nutrition, Poverty, Food History, Culture, American Diet, Economy**Links for more info:**

[Amazon: 97 Orchard: An Edible History of Five Immigrant Families in One New York Tenement](#)  
[Culinary Historians: "A Square Meal: A Culinary History of the Great Depression"](#)

**VIEWPOINTS EXPLAINED: STRIVING FOR A POLICE FORCE THAT BETTER REPRESENTS SOCIETY****Time:** 22:51**Duration:** 1:37

**Synopsis:** Just 12 percent of police officers are women and only 3 percent are in leadership positions. We cover one initiative that's dead set on getting more women into this sector."

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Law Enforcement, Gender Equality, Police Reform

**CULTURE CRASH: GETTING BACK IN THE GAME****Time:** 24:28**Duration:** 1:56**Synopsis:** Some of our favorite throwback bands are back together in 2023. From Blink 182 to Fall Out Boy, big names are putting out new music after years away from the limelight.**Host & Producer:** Evan Rook**Compliance issues:** Music, Culture

**Program 23-07****Air Week:** 2/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST****Time:** 1:47**Duration:** 9:07

**Synopsis:** The Wild, Wild West: cowboys, shootouts, open prairies & gold mines galore. While this is a common stereotype surrounding the colonial West, there's much more about this region and period than meets the eye. For thousands of women, living out West meant greater independence, and an opportunity to start anew. Historian and author Winifred Gallagher joins us to share how the women of the Old West paved the way for women across the U.S.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Winifred Gallagher, historian, author, *New Women in the Old West*.**Compliance issues:** Society, Women's Rights, American Expansion, Politics, Gendered Norms, Culture, Gender Equality, History, Sexism**Links for more info:**[Penguin Random House: \*New Women in the Old West\*](#)**SEGMENT 2: A DISTINGUISHING FRAMEWORK****Time:** 12:57**Duration:** 9:11

**Synopsis:** Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology; Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University.**Compliance issues:** Software Engineering, Industry Regulation, Consumer Protection, Information Technology, Travel, Government**Links for more info:**[Federal Aviation Administration: FAA NOTAM Statement](#)[Reuters: U.S. FAA adopts new safeguards after computer outage halted flights](#)[USA Today: Southwest Airlines executive to testify before Senate panel following flight cancellation 'meltdown'](#)

**VIEWPOINTS EXPLAINED: BRADY BOWS OUT****Time:** 23:08**Duration:** 1:08**Synopsis:** Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Sports, Aging, Culture, Retirement, Health**CULTURE CRASH: ACADEMY AWARD NODS****Time:** 24:16**Duration:** 2:11**Synopsis:** The Oscars are right around the corner. Here are some of our favs that've received an Oscar nod.**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture

**Program 23-08****Air Week:** 2/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: IN AWE: A RENEWED LENS ON LIFE****Time:** 1:47**Duration:** 9:24

**Synopsis:** It can be hard to explain what it's like to feel in awe. For me, I can remember feeling this way after reaching the top of a mountain after an hours-long climb and looking onto the vast horizon, or after watching the film Inception in theaters for the first time and being blown away by the soundtrack. We speak with renowned social psychologist Dacher Keltner about awe and what experiences elicit this emotion.

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

**Guests:** Dacher Keltner, professor, psychology, University of California-Berkeley, author, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life.

**Compliance issues:** Science, Creativity, Psychology, Mental Health, Emotional Well-being

**Links for more info:**

[Amazon: Awe: The New Science of Everyday Wonder and How It Can Transform Your Life Hardcover](#)

[University of California-Berkeley Psychology: Dacher Keltner](#)

[New York Times: An 'Awe Walk' Might Do Wonders for Your Well-Being](#)

**SEGMENT 2: THE UNSEEN FACES OF HOMELESSNESS****Time:** 13:13**Duration:** 9:05

**Synopsis:** At the beginning of 2020, there were about 580,000 Americans homeless on a given night, according to the National Alliance to End Homelessness. Fast forward almost three years and this number has stayed about the same. With basic living prices and rent still high, we share the many faces of homelessness and one inspiring story about resilience in the face of several challenges.

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

**Guests:** Nikita Stewart, reporter, The New York Times, author, Troop 6000: The Girl Scout Troop That Began in a Shelter and Inspired the World.

**Compliance issues:** Public Resources, Homelessness, Wage Inequity, Child Development, Poverty, Public Housing

**Links for more info:**

[National Alliance To End Homelessness: State of Homelessness: 2022 Edition](#)

[U.S. Department of Housing and Urban Development: Rental Assistance](#)

**VIEWPOINTS EXPLAINED: TIME FOR TAXES****Time:** 23:18**Duration:** 1:12

**Synopsis:** The most dreaded time of year is soon upon us: tax season. We talk about tax help resources and what to expect once you file.

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

**Compliance issues:** Personal Finance, Accounting, Government

**CULTURE CRASH: A NEW MURDER MYSTERY****Time:** 24:30**Duration:** 1:57**Synopsis:** We talk about the new murder mystery TV show, “Poker Face” that’s now streaming on Peacock.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture



**Program 23-09****Air Week:** 2/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: LOOKING UP: THE PATH TO FINANCIAL WEALTH****Time:** 1:47**Duration:** 8:12

**Synopsis:** For Scarlett Cochran, money management wasn't a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It wasn't until she was in her early twenties and struggling with money that she realized the importance of budgeting and accruing savings. We sit down and speak with Cochran to learn about her inspiring journey and path to financial wealth.

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

**Guests:** Scarlett Cochran, attorney, financial expert, author, *It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve*.

**Compliance issues:** Personal Finance, Poverty, Personal Wealth, Personal Development, Parenthood

**Links for more info:**

[Penguin Random House: It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve.](#)

[Instagram: @onebighappyife](#)

**SEGMENT 2: GREEN BURIALS****Time:** 12:01**Duration:** 9:10

**Synopsis:** Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that's shied away from, it's something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes.

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

**Guests:** Hayley Campbell, journalist, author, *All the Living and the Dead*; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary.

**Compliance issues:** Environment, Climate Change, Health, Culture, End-of-life Planning, Death

**Links for more info:**

[All the Living and the Dead](#)

[CarolinaMemorialSanctuary.org](#)

**VIEWPOINTS EXPLAINED: A FAULTY DESIGN****Time:** 22:11**Duration:** 2:05**Synopsis:** The massive earthquake earlier this month in the Middle East is nearing 50,000 lives lost. It's been discovered that more than 75,000 buildings within the earthquake zone in Turkey were improperly constructed and did not meet earthquake resistant regulations.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Natural Disaster, Public Safety, Government, Corruption**CULTURE CRASH: A RETURN TO PARAMORE****Time:** 24:16**Duration:** 2:11**Synopsis:** We discuss Paramore's latest album release after a long hiatus.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Music

**Program 23-10****Air Week:** 3/5/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A NEW VIEWPOINT: SPEAKING WITH ACCLAIMED PASTRY CHEF JOANNE CHANG****Time:** 1:47**Duration:** 8:32

**Synopsis:** A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat.

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Joanne Chang, pastry chef, owner, Flour Bakery, Myers + Chang.**Compliance issues:** Entrepreneurship, Business, Cooking Science, Career, Creative Arts, Personal Development, Relationships**Links for more info:**[BostonChefs.com: Joanne Chang](https://bostonchefs.com/joanne-chang)[Instagram – @joannebchang](https://www.instagram.com/joannebchang)[Twitter – @jbchang](https://twitter.com/jbchang)**SEGMENT 2: ONLINE SPORTS BETTING: A LUCRATIVE NEW INDUSTRY OR A GATEWAY TO GAMBLING ADDICTION?****Time:** 12:19**Duration:** 9:11

**Synopsis:** Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population.

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program.**Compliance issues:** Public Health, Youth Development, Social Media, Psychology, Entertainment Regulation, Parenting, Gambling Addiction, Technology, Mental Health**Links for more info:**[Mayo Clinic: Compulsive Gambling](https://www.mayoclinic.org/healthy-lifestyle/gambling-addiction/expert-answers/compulsive-gambling/faq-2020)[GamTalk.org](https://www.gamtalk.org/)[National Problem Gambling](https://www.nationalproblemgambling.com/)National Problem Gambling Helpline: [1-800-522-4700](tel:1-800-522-4700)

**VIEWPOINTS EXPLAINED: A BETTER-BALANCED MEAL****Time:** 22:30**Duration:** 1:43**Synopsis:** We cover the ongoing push to improve inmates' meals in prison systems across the country.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Incarceration, Criminal Justice, Diet, Nutrition**CULTURE CRASH: HOW WE FEEL ABOUT "YOU" SEASON 3****Time:** 24:12**Duration:** 2:15**Synopsis:** "You" is so good at providing the audience with the unexpected, and it does it largely by completely changing the characters' setting and circumstances every season.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture

**Program 23-11****Air Week:** 3/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: REAL SELF-CARE IS SETTING BOUNDARIES****Time:** 1:47**Duration:** 7:37

**Synopsis:** Acclaimed therapist and social worker Nedra Glover Tawaab joins us this week to talk about boundaries. We often don't think about our own boundaries and the boundaries we need in our relationships – whether it be with friends, colleagues, family, or romantic relationships. Tawaab breaks down how to set these boundaries and approach difficult conversations.

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

**Guests:** Nedra Glover Tawaab, licensed therapist, social worker, relationship expert, author, Drama Free: A Guide to Managing Unhealthy Family Relationships.

**Compliance issues:** Psychology, Communication, Mental Health, Self-care, Emotional Development, Relationships

**Links for more info:**

[Amazon: Drama Free: A Guide to Managing Unhealthy Family Relationships](#)

[Instagram: @nedratawwab](#)

[Psychology Today](#)

[Positive Psychology: How to Set Healthy Boundaries & Build Positive Relationships](#)

**SEGMENT 2: ANIMAL CONTROL AND RESCUE****Time:** 11:26**Duration:** 9:31

**Synopsis:** More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.

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

**Guests:** Laurie Zaleski, author, Funny Farm: My Unexpected Life with 600 Rescue Animals; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina.

**Compliance issues:** Pet Ownership, Pet Adoption, Animal Welfare, Conscious Gifting, Veterinary Care, Companionship

**Links for more info:**

[Funny Farm Rescue](#)

[ASPCA: How to Avoid Cruelty](#)

[Amazon: Funny Farm: My Unexpected Life with 600 Rescue Animals](#)

**VIEWPOINTS EXPLAINED: THE STATE OF STUDENT LOAN CANCELLATIONS****Duration:** 2:11**Synopsis:** We discuss the future of the student loan cancellation program that was heavily touted by the Biden administration last year.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Personal Finance, Debt, Politics, Government, Higher Education**CULTURE CRASH: THE RELEASE OF CREED III****Time:** 24:08**Duration:** 2:20**Synopsis:** That's right – Creed III is the newest installment in the boxing drama. We cover whether this early 2023 blockbuster is worth the watch.**Host & Producer:** Evan Rook**Compliance issues:** Culture, History, Film

**Program 23-12****Air Week:** 3/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FOOD'S CONNECTION TO OUR MENTAL HEALTH****Time:** 1:47**Duration:** 10:47

**Synopsis:** You're probably familiar with the saying: 'You are what you eat.' It's no secret that the foods we consume directly correlate to how we feel, look and more. But there's more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

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

**Guests:** Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, *Eat & Flourish: How Food Supports Emotional Well-Being*.

**Compliance issues:** Diet, Education, Culture, Food Policy, Mental Health, Food Systems, Health, Nutrition

**Links for more info:**[The Washington Post – Mary Beth Albright](#)[twitter @MaryBeth](#)[Eat & Flourish: How Food Supports Emotional Well-Being](#)**SEGMENT 2: WHAT LED TO THE LARGEST HIGHER EDUCATION STRIKE IN U.S. HISTORY?****Time:** 14:37**Duration:** 7:21

**Synopsis:** Late last year, more than 48,000 graduate students, researchers and teaching assistants unionized and went on strike against the University of California system, encompassing nine college campuses. Across the state, schools like Berkeley, UCLA and University of California-San Diego to name a few came to a standstill as thousands demanded higher pay, better healthcare and other improved benefits. We speak with master's student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward.

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

**Guests:** Kelsey Wardlaw, masters candidate, Latin American Studies, University of California-San Diego.

**Compliance issues:** Inflation, Higher Education, Labor Rights, Inequality, Workers' Rights, Poverty, Living Costs

**Links for more info:**[Cal Matters: Six takeaways for Californians after the UC graduate student worker strike](#)[Office of Labor-Management Standards: Union Resources](#)

**VIEWPOINTS EXPLAINED: ELI LILLY'S COMMITMENT ON INSULIN****Time:** 22:58**Duration:** 1:24**Synopsis:** Pharmaceutical giant, Eli Lilly, has decided to cap their monthly insulin costs at \$35/month. For millions who rely on insulin to treat Type I Diabetes, this high price tag was something they've long been fighting to change.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Personal Finance, Drug Policy, Healthcare Policy, Public Health**CULTURE CRASH: THE POPULARITY OF THE NETFLIX SERIES, "WEDNESDAY"****Time:** 24:22**Duration:** 2:05**Synopsis:** We discuss why "The Addams Family" spinoff, "Wednesday" is faring so well with younger audiences.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture



**Program 23-13****Air Week:** 3/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE UNTOLD STORY OF EDITH WILSON****Time:** 1:47**Duration:** 10:18

**Synopsis:** Women's History Month is a time to look back and honor the women of the past who've made a difference. One of these stories is that of Edith Wilson. On paper, she's known as Woodrow Wilson's second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent woman.

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

**Guests:** Rebecca Roberts, author, *Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson*.

**Compliance issues:** Women's History, Entrepreneurship, Women's Rights, American History, Politics

**Links for more info:**

[Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson](#)

[Edith Bolling Galt Wilson | The White House](#)

[Biography of first lady Edith Wilson examines the complexities of women and power](#)

**SEGMENT 2: A WITHHOLDING OF PUBLIC INFORMATION****Time:** 14:07**Duration:** 7:02

**Synopsis:** Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that's aiming to make this process more efficient and speedier.

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

**Guests:** Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, *The Declassification Engine: What History Reveals About America's Top Secrets*.

**Compliance issues:** Democracy, Artificial Intelligence, Government, National Security, Technology

**Links for more info:**

[Columbia University: Matthew Connelly](#)

[twitter: @mattspast](#)

[Amazon: The Declassification Engine: What History Reveals About America's Top Secrets](#)

**VIEWPOINTS EXPLAINED: A NEW CLEAN WATER INITIATIVE****Time:** 22:10**Duration:** 2:00

**Synopsis:** The Environmental Protection Agency recently announced a new initiative aimed at removing some of the most toxic forever chemicals from Americans' water supply

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

**Compliance issues:** Public Health, Government, Natural Resources

**CULTURE CRASH: BACK TO THE THEATRE****Time:** 24:10**Duration:** 2:14**Synopsis:** The box office is on a hot streak. We highlight some of our favorites so far this year.**Host & Producer:** Evan Rook**Compliance issues:** Film Industry, Local Business, Culture