

➤ **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

➤ **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 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
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 to register!

Additional ways people can support our Middle Tennessee youth is by visiting our website www.mentorakid.org and making

Website: 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](#)

➤ **Brittany Franklin, Founder and CEO of Sky High for Kids**

Host Jeremy C. Park talks with Brittany Franklin, Founder and CEO of Sky High for Kids, who shares the story of launching the nonprofit organization and highlights their mission and efforts to help end Childhood Cancer. Sky High for Kids is funding revolutionary research projects that will not only advance treatment worldwide but also move the survival rate needle forward.

During the interview, Brittany shares how Sky High for Kids is supporting the first immunotherapy center dedicated to pediatric oncology in the U.S. at Texas Children's Hospital, funding sub-Saharan doctors and health providers to train in pediatric oncology specifically to combat the low survival rates in that region with Texas Children's Hospital H.O.P.E. initiative, helping to fund the largest research facility for Pediatric Cancer research in the U.S. with St. Jude Children's Research Hospital, and supporting other projects that will have the largest impact on Childhood Cancer. Brittany also details their programs that provide comfort to children undergoing cancer treatment, including their Adventures Program, Tie for Sky High Program, Patient Carnivals Program, and Ponytail Donations Program. She wraps up talking about how the community and companies can get involved, using Higginbotham as an example, as their engagement opportunities span the nation.

Visit www.skyhighforkids.org to learn more and get involved.

➤ **Kathleen Celmins of The Well Paid Expert**

Host **Andrew Bartolotta** sits down with **Kathleen Celmins of The Well Paid Expert**, to discuss how what's sitting in your Google Drive or Dropbox can turn into a windfall of opportunity and income.

During the conversation, Kathleen discusses her approach at The Well Paid Expert, some of the most popular digital products and/or courses she sees in the marketplace today, and the power of content repurposing.

Learn more about Kathleen's efforts here: <https://thewellpaidexpert.com/>

➤ **William C. Koch, Jr., President & Dean, Nashville School of Law**

My surname is pronounced "Coke," and I answer to "Bill."

- The Nashville School of Law's history since our founding in 1911.
- Our mission to enable working women and men to earn a law degree.
- Our graduates' accomplishments
- Our curriculum
- Our value proposition.

Facebook: [Facebook.com/NashvilleSchoolOfLaw](https://www.facebook.com/NashvilleSchoolOfLaw)

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

Website: www.nsl.law

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

➤ **Bill Vaughan – Vice President of Resource Development – A-Z Office Resource**

Family run local business. Supporting jobs in the local community. Changing landscape of office supplies. Big opportunities in furniture. Owners are Butch and Julia West who are very involved with the Boys and Girls club in Columbia, TN. We have partnered with Men of Valor in the past. Shop local!

<https://shop.azorinc.com/>

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

<https://www.linkedin.com/company/a-z-office-resource-inc/>

➤ **Justin Bradford, Director of Marketing & Communications – Special Olympics Tennessee**

- Largest event of the year – State Summer Games – May 19 & 20 at Lipscomb University. 1,000 athletes from across the state will compete in 6 different sports. <https://link.edgepilot.com/s/d8a840f9/yUoLqsSC-U6F257eOPFGgw?u=https://www.specialolympicstn.org/sports/state-games/summer-games?locale=en>
- Summer Games will also include Unified Sports in volleyball. Unified Sports is a huge initiative that is spreading across the country where people without an intellectual disability compete alongside people with an intellectual disability. <https://link.edgepilot.com/s/38ae1456/bSkmPfsjE0iuv1T7bW6eXg?u=https://www.specialolympicstn.org/sports/unified-sports/about-unified-sports?locale=en>
- Special Olympics not only provides an opportunity to participate in sports, but also health screenings in multiple disciplines. Many of our athletes are underserved when it comes to their health, so we provide free screenings in dental health, optometry, hearing, podiatry, mental health and more. We also have programs that work with our athletes to teach them proper fitness and nutrition techniques. <https://link.edgepilot.com/s/a609d3d4/liTmd7MPmUG5azNbCMFv7Q?u=https://www.specialolympicstn.org/beyond-sports/healthy-athletes?locale=en>

Facebook: <https://link.edgepilot.com/s/6580a01e/XpFEgQ7IUESdFtcysLkM-A?u=https://www.facebook.com/specialolympicstn>

Twitter: https://link.edgepilot.com/s/549ded74/spL_0dXqh0_YVGYPN5r1BA?u=https://twitter.com/SOTennessee

Website: https://link.edgepilot.com/s/61d7c7bb/_ZPnjZclw0ykjzvKDkn5xg?u=https://www.specialolympicstn.org/

Other: More links here - <https://link.edgepilot.com/s/9408b7c0/YbDCXo5jEEKVrKDAf-hNOg?u=https://linktr.ee/specialolympicstn>

➤ **Jacqueline McDonald, President of the Board of Tennessee Action Council**

Tennessee Action Council has two divisions that minister to at risk children. I would like to focus on our ministry called Helping Hands. The mission of Helping Hands is to preserve the family unit by meeting the needs of families with children at risk of being removed from their homes. In the event that children must be removed from their homes, Helping Hands works to preserve the dignity of the children and respect for their personal belongs by providing new duffle bags to carry their belongs which demonstrates that they are valued. When a child is placed in foster care in TN, their personal belongings are often placed in plastic garbage bags. This sends the message to these vulnerable children that they are worthless...trash. Helping Hands desires to bring hope and love into a traumatic time in the life of a child.

- Statistics/Trends - Helping Hands views the statistics around foster children as alarming and aims to help keep the family unit intact to give those children the best chance to become a productive member of society. There is a well-documented correlation between foster care and crime. The transitional nature of foster care can lead to a troubled adult life. 80% of inmates on death row were once in foster care. 60% of those who are human trafficked were once in foster care. 97% of foster care youth never received a college degree. These numbers, though they are on a national scale can really hit

home when you know that 400,000 children are in foster care in the US with more than 9,000 of them in the state of TN. Interestingly, 50% of foster children live in just 5% of the US counties. Shelby and Davidson counties are among the small number of counties with high numbers of foster children. The needs are significant in the state of TN. And this is why in 2022 we expanded our distribution of duffle bags to DCS from the middle TN area to the entire state of TN. We started out supplying only 1,000 duffle bags to the Mid-Cumberland Region. Now we hope to continue to supply 5,000 bags to all counties in TN. This takes 6 months of planning and at \$12 per bag, we definitely need the support to fundraise for this purchase every year.

- Fundraising events - Golf Tournament & Silent Auction on 4/24, Several baby bottle drives at local churches and schools, Dinner event with music and a guest speaker 9/21
- Community involvement - we are going to start organizing workdays at Williamson County DCS office to help them organize donations and help the workers better serve the children coming into care. These workers do so much. So much is asked of them, and they give so much to the children. This is the least we can do to help make their jobs a little easier.
- Current efforts and initiatives - working to get the word out about care portal to churches and organizations who help at risk families and children. We need to come around these families that are struggling and be their support. Help where we need to help to keep the families together. When the family is strong, we are strong. The children are strong. And hopefully our future, which is these children, will be stronger.

website - <https://projectlife4tn.org/about-us/>

facebook - <https://www.facebook.com/projectlife4tn>

➤ **Demetrius Short, CEO/Founder – Transformation Life Center**

Our Mission: Ignite (purpose), Inspire (success) and Transform the lives of collegiate students and youth living in underserved communities to positively impact their community and the world!

- Upcoming events
- What’s been happening since a year ago we last talked.

Website: www.transformationlifecenter.org, | www.stepsofsuccess5k.org

Transformation Life Center - <https://www.facebook.com/Transformation-Life-Center-101602571394990>,

Steps of Success 5K - <https://www.facebook.com/StepsOfSuccess5K>

Instagram: @tlc_nash, @stepsofsuccess5k

Twitter: sos_5k

➤ **Eric M Twiggs, Procrastination Prevention**

Host **Andrew Bartolotta** sits down with Procrastination Prevention Partner, **Eric M. Twiggs** whose mission is to build high performing entrepreneurs, authors, and career professionals, who are prepared for life’s unexpected curve balls.

During the conversation, Eric talks about being the author of *The Discipline of Now: 12 Practical Principles to Overcome Procrastination*, being the host of a weekly inspirational podcast titled “The 30 Minute Hour,” and lessons learned and tips as a Certified Life & Business Coach; conducting over 28,000 coaching sessions, helping executive leaders and entrepreneurs who have moved from feeling frustrated, to finding fulfillment.

Learn more: <https://www.ericmtwiggs.com/>

➤ **Kim Halyak, Memphis Gardens**

Host Andrew Bartolotta sits down with Kim Halyak to talk about garden tourism, the Cooper Young Garden Walk, and Experience Memphis Gardens.

During the conversation, Kim discusses the impact garden tourism makes on beautifying a community, how over 20 million Americans got into gardening during the pandemic, and how you don’t need a green thumb to make an impact and contribute to saving our planet.

Kim believes that beautiful spaces have the power to catalyze a city and her mission is blooming – to showcase gardeners and gardens in every neighborhood.

Experience Memphis Gardens will feature 24 days of garden events (various dates between May 20 – July 2, 2023) around Memphis from Germantown to Downtown; immersing gardeners, farmers, and lovers of green in a feast of botanical brilliance.

Learn more about Experience Memphis Gardens here: <https://experiencememphisgardens.org/>

➤ **Eric Jackson, Founder & CEO – Element 47**

Our guest today, Eric Jackson, is a serial entrepreneur who has founded and sold companies in several industries including printing, managed services, and website development. During that time, Eric has served as President of the Hendersonville Rotary Club, Hendersonville Chamber of Commerce, and EO Nashville, the local chapter of Entrepreneurs' Organization. Eric remains active in EO as co-host of the podcast "The Decision by EO Nashville" which interviews business leaders about why and how they make difficult decisions in business and life.

Today, Eric is the founder and CEO of Element 47, a strategic branding and marketing agency. Element 47 helps companies unlock their potential with powerful and authentic branding optimally leveraged through digital marketing assets that enable companies to grow and prosper.

Artificial Intelligence (AI) –

- It's been in use for years. Gmail, iPhone, Grammarly
- Machine learning. It's generative – looks smart, but is dumb
- ChatGPT – It's a great tool...however, the data set on which it is based encompasses information gathered through 2021, therefore there is a gap in usefulness. (ChatGPT DISCLAIMER: ChatGPT may produce inaccurate information about people, places, or what we consider "facts.")
- Sign up for more at element47.co
- Marketing AI Institute – Paul Roetzer – <https://www.marketinginstitute.com/> Culture - Core Values – the key to getting employees to think and act like you do!

Learn more: <https://element47.co/>

➤ **Lonnie Mayne**

Lonnie Mayne is an internationally recognized high performance consultant, #1 rated keynote speaker, and published author. He's the founder and pioneer of Red Shoes Living – an award-winning philosophy and five-step framework that leadership teams are deploying organization-wide to engage employees, win the battle for top talent, create standout customer experiences, and build meaningful cultures that people get inspired to be a part of. Red Shoes Living is a call to stand out for the positive in all that you do. It is a way of life that elevates all of the things we care about most: work, play, family, friends, and community.

Learn more: <https://lonniemayne.com/about-lonnie-mayne/>

➤ **Jim Gitney, CEO of Group50 Consulting and author of *Strategy Realized – The Business Hierarchy of Needs***

With the recent downturn in productivity across corporate America and the significant increase in remote work, Host **Andrew Bartolotta** sits down with **Jim Gitney**, CEO of **Group50 Consulting** and author of *Strategy Realized – The Business Hierarchy of Needs*, where Jim discusses ways to significantly increase employee engagement in the development and implementation of business strategy through his patented framework.

Jim has over 45 years' experience in world class companies ranging from start-ups to Fortune 50 companies including various senior level assignments at GE, Black & Decker, Sunbeam, Rain Bird and Pankl Aerospace. He has extensive experience in running large global operations and working with boards, business owners and executives on developing and implementing transformative strategic initiatives including Mergers and Acquisitions, integration, and lean management which encompasses business process engineering and sustainable continuous improvement initiatives.

Find out how to successfully create and implement strategy and turn Strategy Into Results in today's business climate by visiting Jim's website at <https://strategyrealized.com/>

➤ **Dale Enderlin, Executive Director, and Morgan Sierra, Director of Operations, with Operation Red Wings Foundation**

Host Jeremy C. Park talks with **Dale Enderlin**, Executive Director, and **Morgan Sierra**, Director of Operations, with **Operation Red Wings Foundation** who highlight the nonprofit organization that specializes in helping Veterans and their families heal from invisible wounds.

Operation Red Wings Foundation provides relief, direction, and hope to military families with tools that provide relief from the symptoms of PTSD, mTBI and chronic pain. We offer in-person and virtual programs, all at no cost.

During the interview, Dale and Morgan share more about how they help Veterans, active service members and their families through 6-day therapeutic retreats that focus on wellness and trauma recovery, the impact of those retreats and importance of their efforts for the individuals, their families, and our communities. They also talk about how Veterans and active service members can sign up for a retreat from anywhere and how the community can support their efforts.

Visit www.orwfoundation.org to learn more.

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

https://twitter.com/ORW_Foundation

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

➤ **Dr. Peter Buckley, Chancellor of the University of Tennessee Health Science Center**

Host Jeremy C. Park talks with **Dr. Peter Buckley**, Chancellor of the **University of Tennessee Health Science Center**, who highlights the new \$45 million **Delta Dental of Tennessee** building on the Memphis campus of UTHSC and how the state-of-the-art facility will benefit The College of Dentistry and the community at large. As Tennessee's only public, statewide, academic health system, the mission of UTHSC is to bring the benefits of the health sciences to the achievement and maintenance of human health through education, research, scientific discovery, clinical care, and public service, with a focus on the citizens of Tennessee and the region.

During the interview, Chancellor Buckley talks about UTHSC's important role in the community and how The College of Dentistry at UTHSC, in collaboration with the Tennessee Department of Health, is undertaking a \$53 million project over the next five years to increase access to dentists and dental care across Tennessee, with a focus on the rural areas with the most need. Funded by the state and called the Healthy Smiles Initiative, the project is a multi-pronged approach to tackling the current shortage of dentists in Tennessee and improving health across the state by making dental care more readily available. Chancellor Buckley discusses the Healthy Smiles Initiative and how partners like Delta Dental of Tennessee are helping to power the GOOD. He also highlights the personal efforts of Dr. Phil Wenk, CEO of Delta Dental of Tennessee, who is chair of the UTHSC Advisory Board and an alumnus of the UTHSC College of Dentistry, for his leadership, mentorship and commitment to improving the health of our community.

Visit <http://www.uthsc.edu> to learn more.

➤ **Lori-Ann Duguay, HR Strategist and Workplace Culture Catalyst**

Host **Andrew Bartolotta** sits down with HR Strategist and Workplace Culture Catalyst, **Lori-Ann Duguay** as she talks about how to help leaders pivot from command and control to a more people-centered approach to leadership through 10 Employee Engagement Drivers. During the conversation Lori-Ann Duguay discusses all things workplace culture, leadership and employee engagement through her work with The People Person – HR.

Learn more about Lori-Ann and her business, The People Person here: <https://thepeopleperson.ca/>

Download the 10 Employee Engagement Drivers here: <https://thepeopleperson.ca/employee-engagement-drivers-the-secret-ingredients/>

➤ **Sherry Deutschmann, Founder and CEO of BrainTrust, and Morgan Stanley, Vice President of Business Development**

Host Jeremy C. Park talks with Sherry Deutschmann, Founder and CEO of BrainTrust, and Morgan Stanley, Vice President of Business Development, who both highlight the membership organization for ambitious women entrepreneurs. BrainTrust members use their Vaults to champion and challenge one another to grow their companies to their fullest potential. Women share experiences in a respectful, open, and confidential space, and the organization celebrates the many aspects of diversity in each of their members, staff, and partners.

During the interview, Sherry shares some of her entrepreneurial story and why she created BrainTrust. She and Morgan talk about the process and membership, how the program is effective, and recent success stories. They also talk about expanding from the Nashville, Tennessee area to Memphis and how women entrepreneurs and business owners can learn more and start to get involved.

Visit www.ourbraintrust.org to learn more.

➤ **Elizabeth Cawein, a music advocate and strategist who founded Signal Flow Public Relations and launched Music Export Memphis**

Host **Andrew Bartolotta** chats with **Elizabeth Cawein**, a music advocate and strategist who founded Signal Flow Public Relations and launched **Music Export Memphis** in 2015.

Music Export Memphis functions as an export office for Memphis music, creating opportunities for musicians to showcase their music outside of the city and drive tourism, talent attraction, and economic development.

During the conversation, Elizabeth shares her experiences as a changemaker in Memphis' music industry, the impact of Music Export Memphis in creating opportunities for musicians, and the importance of music in building smart cities.

Join us for an inspiring conversation on the power of music in driving economic development and building communities.

Learn more and support their efforts: <https://musicexportmemphis.org/>

➤ **William A. Adams, award-winning D&I innovator, engineering trailblazer, and philanthropist**

Host **Andrew Bartolotta** sits down with **William A. Adams**, award-winning D&I innovator, engineering trailblazer, and philanthropist. As co-founder of the LEAP apprenticeship program and the Technical Advisor to Microsoft's CTO, William has helped launch the training of more than 26 engineering cohorts around the world. He has also collaborated with the leadership of the U.S. Virgin Islands to establish and train a technical talent pool and build critical technology infrastructure. William is also the philanthropic founder of **The EV3NT**, a collaborative, community-based hackathon designed to use technology to address critical real-world needs.

Join us as we discuss William's journey as an intrapreneur, his experiences in Silicon Valley, and the importance of diversity and inclusion in the tech industry.

Learn more: <https://www.william-a-adams.com/about>

➤ **Aly Sterling, President and Founder of Aly Sterling Philanthropy**

Host Jeremy C. Park talks with **Aly Sterling**, President and Founder of **Aly Sterling Philanthropy**, who highlights her partnership-driven consulting firm and their efforts to help nonprofits, individuals and families, foundations and corporations meet their philanthropic goals and make a bigger impact.

During the interview, Aly talks about some of the current trends in philanthropy, how philanthropy can be a catalyst for a community, the importance of nonprofit board governance and engagement, how and why a company should define its purpose, and how this work has changed her personal philanthropic efforts. She also shares helpful tips for both nonprofits and businesses to increase their philanthropic efforts and impact.

Visit www.alysterling.com to learn more.

➤ **Dr. Justin Dodson, Owner and Primary Therapist of Navigating Courage Counseling and Consultation**

Host Jeremy C. Park talks with Dr. Justin Dodson, Owner and Primary Therapist of Navigating Courage Counseling and Consultation, who shares some of his personal story of getting into the profession as a licensed therapist and how his company provides Psychotherapy for adult men and educates organizations on suicide prevention, employee wellness and brain health. Dr. Dodson is a published author, speaker, counselor educator and therapist who earned his B.S. in Psychology from the University of Tennessee Chattanooga, then became the first African American male to earn a Masters in Counseling from Lipscomb University, and the first African American male to earn a PhD in Counselor Education and Supervision from the University of Memphis.

During the interview, Dr. Dodson talks about some of the common challenges men are faced with and how they can identify the root causes and create positive habits and outcomes, how ego and community service play a role in mental health, and the importance of equipping our community with the skills to properly address and prevent suicide.

Visit <https://www.navigatingcouragecac.com/> to learn more.

➤ **Amy Thomas, Diversity, Equity and Inclusion Program Manager, Customer Satisfaction with AutoZone and Team Captain for the AutoZone Striders, along with Elizabeth Ennis, Senior Development Manager with the American Cancer Society**

Host Jeremy C. Park talks with **Amy Thomas**, Diversity, Equity and Inclusion Program Manager, Customer Satisfaction with **AutoZone** and Team Captain for the AutoZone Striders, along with **Elizabeth Ennis**, Senior Development Manager with the **American Cancer Society**, who both celebrate the AutoZone Striders being recently honored as the top national fundraiser for Making Strides Against Breast Cancer (MSABC), raising \$202,222 for breast cancer research. In addition, the team was able to name an existing post-doctoral fellowship research grant in honor of their team. Named to honor all AutoZoners and their families touched by cancer, the AutoZone Breast Cancer Research Grant was awarded to Baylor College of Medicine in Houston, Texas. The project is led by researcher Diego A. Pedroza, PHD, and is titled Treatment of Breast Cancer Metastasis by Therapeutic Manipulation of Macrophages with Combined Chemotherapy. The grant will be active until 2025.

During the interview, Elizabeth talks about the American Cancer Society and their national and local efforts and impact. Amy talks about her personal passion for supporting the American Cancer Society with her mother, and how supporting the organization helps strengthen AutoZone's team culture and commitment to making an impact in the community. Both share encouragement for how other companies can get involved and support the effort.

Visit www.cancer.org to learn more about the American Cancer Society and www.AutoZone.com to learn more about AutoZone.

➤ Sashank Purighalla, Founder & CEO - BOS Frame Work

Please do introduction like " BOS Framework has lately been creating a lot of buzz around how it is transforming and bridging the journey to the Cloud for growing business and enterprises."

- We will focus the discussion on BOS and how it simplifies the Cloud journey for Businesses.
- A couple of short sentences about me:
 - I am a Product CEO that has spent the past 24 years building several startups and has worked in senior leadership roles in enterprises across the Globe.
- What is the simplest way to explain BOS:
 - When you look for the most in-demand jobs today, you will find two types of jobs:
 - Cloud & DevOps Engineers
 - Security & Compliance Experts
 - This is because tech leaders are being challenged to move their organizations to the Cloud - This is called Cloud Modernization, Digital Transformation, etc. And they must do this with Security and Compliance - HIPAA, PCI, ISO, FedRAMP, etc
 - BOS is a Cloud Platform that simplifies this and helps them get it done in half the time and at a fraction of the cost without having to hire additional DevOps, Cloud, Security engineers.
- Additional notes:
 - Building a Application vs Building a Secure, Compliant, Scalable, Cloud application are two completely different things
 - There has been an over 1100% increase in Cyber Breaches in the past 3 years.
 - Most developers are not natively trained in Security and Compliance
 - So they somehow get things to work - There is a lot of technical debt that nobody is aware of
 - Businesses end up paying for this and sometime get into the news for all the wrong reasons.
- BOS Mission
 - We want to every company on Earth to Start with BOS and move to the Cloud with BOS
- How can the community help?
 - We are a growing company that is maniacally focused on building a Platform that can help companies save a lot of time, cost, and heartache when it comes to Cloud initiatives. And we are obsessed about serving our customers and helping them accomplish their outcomes effectively and efficiently.
 - The Community can help spread the word.
 - If anyone is looking for Cloud help including hiring DevOps/Cloud/Security engineers, they should first talk to BOS. We can save them a lot of headaches and money.
- We are growing our team. We are one of the very few true tech-based companies in all of TN. If anyone wants to be a part of our amazing team, get in touch with us. Look for our current opening positions on the careers section of our website.

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

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

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

➤ **Better Business Bureau Serving Middle Tennessee**

Host Jeremy C. Park talks with Robyn Householder, CEO of the Better Business Bureau Serving Middle Tennessee and Southern Kentucky, who highlights the organization's mission and efforts to build a marketplace on trust and to point people to where they will have the best experience and improve trust between businesses and consumers.

During the interview, Robyn talks about their inaugural Big Blue Bash event being held Tuesday, June 27, 2023 from 10a-1p, and then discusses the "Top 5 Riskiest Scams," which were taken from the BBB Scam Tracker Report for 2022 and what to watch out for in 2023. She covers 1) Online purchases, 2) Employment, 3) Cryptocurrency, 4) Home improvement, and 5) Advance fee loan scams. For each, Robyn provides detail around the scams and then tips to avoid them.

Visit www.bbb.org or www.bbbmarketplacetrust.org/RiskReport to learn more.

➤ **Best-Selling Author and Musician, Amy Scruggs**

Host Andrew Bartolotta sits down with Amy Scruggs as she delves into her inspiring journey of media maven and country music artist. Known for her powerful presence on national TV shows like 'The American Dream TV', 'Retiring Right TV', and 'Veterans One TV', Amy shares insights from her diverse and successful career.

From her early days in country music to becoming a best-selling author with her book 'Lights Camera Action', Amy reveals how she navigated the complex world of media and the music industry. We discuss her recent hit single 'What if it All Goes Right', which is charting worldwide and reached #66 on the Music Row Charts. She also shares her experiences working with veterans and the impact of her involvement.

As a renowned media coach, Amy offers invaluable tips for professionals looking to improve their virtual communication skills. Her unique perspective comes from her extensive experience as a TV host, recording artist, public speaker, corporate spokesperson, and sales professional.

Tune in as Amy discusses how she manages the demands of her diverse roles, and the biggest challenges she's faced as a self-managed entrepreneur.

Learn more: <https://www.amyscruggsmedia.com/>

➤ Team Eighteen Lacrosse

Host Jeremy C. Park talks with Kyle Harrison and Sean Cady, co-owners of EighteenTwelve LLC, which serves as the operating arm for Sonics Lacrosse in Nashville, Tennessee, who highlight the sport of lacrosse and how Team Eighteen and Sonics Lacrosse provides additional playing opportunities for players in Nashville and across North America.

During the interview, Kyle talks about being a former professional lacrosse player and NCAA National Champion with Johns Hopkins University, and how the sport of lacrosse helps empower and equip youth with the skills to succeed on and off the field. Sean discusses EighteenTwelve and how the sport is growing in Nashville and across the state with the Tennessee Scholastic Lacrosse Association now sanctioned in all of Tennessee. So, public schools will have access to add lacrosse as a varsity sport, rather than a club; and this takes place during the Spring 2024 season. Kyle and Sean both talk about ways to get your children involved in the sport and with Sonics Lacrosse, which provides regional playing opportunities and is sponsoring the Tennessee Lacrosse state championships on May 19-20 at Nolensville High School.

Visit www.sonicslacrosse.com for more information.

Follow us at [@sonics_lacrosse](https://twitter.com/sonics_lacrosse) & [@Eighteen.twelve_llc](https://twitter.com/Eighteen.twelve_llc)

➤ Help Us Adopt

Host Andrew Bartolotta has a heartwarming conversation with Becky Fawcett, the inspiring founder and president of HelpUsAdopt.org. Becky shares her personal adoption journey that sparked her mission to create an organization that not only alleviates the financial burden of adoption, but also promotes equality. Established in 2007, HelpUsAdopt.org provides large, life-changing grants to all types of families, breaking down barriers and making adoption more feasible.

Learn about the substantial costs associated with adoption and how, through generous donor contributions, HelpUsAdopt.org has been able to award almost \$6 million in grants since its inception.

Discover how HelpUsAdopt.org is making a significant impact by helping hard-working families overcome the considerable financial obstacles of adoption, allowing children to join loving and permanent homes.

Tune in for an inspiring story of resilience, compassion, and a steadfast commitment to creating happy families for every child.

Learn more: <https://helpusadopt.org/>

➤ Conant Leadership

Host Jeremy C. Park talks with Doug Conant, who is an internationally renowned business leader, New York Times and Wall Street Journal bestselling author, keynote speaker, and social media influencer with over 40 years of leadership experience at world-class global companies. Conant honed his leadership craft at the most senior levels, first as President of Nabisco Foods Company, then as CEO of Campbell Soup Company, and then as Chairman of Avon Products. In 2011, he founded ConantLeadership, a mission-driven community of leaders and learners who are championing leadership that works in the 21st century.

During the interview, Doug shares some of his personal story and leadership philosophy, talks about some of his experiences at Campbell Soup Company and the importance of focusing on the workplace before the marketplace, defines how VUCA has shifted to BANI, and how ConantLeadership is purpose-driven and equipping leaders to improve their leadership profile in an authentic way. He details The Blueprint Leadership Summit taking place on April 24-28, their Virtual Blueprint Bootcamps, and how you can access free resources to get started on your journey.

Visit www.conantleadership.com to learn more.

➤ **Creating Super Fans – Brittany Hodak**

Host Jeremy C. Park talks with Brittany Hodak, keynote speaker, host of the Creating Superfans podcast, and bestselling author of the book, “Creating Superfans: How to Turn Your Customers Into Enthusiastic Advocates,” who shares some of her background and how she became passionate about customer experience after covering bands for a radio station.

During the interview, Brittany talks about her book and why customer experience is so important for your organization, and then shares the framework for the SUPER model. She discusses how community service and corporate philanthropy plays a role in creating Superfans, the importance of empowering employees and leading from all levels, and how every employee can be intentional when interacting with customers and each other. She also shares a funny experience from her time on “Shark Tank.”

Visit www.brittanyhodak.com to learn more.

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

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

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

➤ **Nuclear Networking with Taylor Horsley**

Host Andrew Bartolotta sits down with Tyler Horsley, a seasoned business growth expert and owner of Nuclear Networking, a highly successful business growth agency. Tyler shares his insights on how artificial intelligence (AI) is revolutionizing the world of digital marketing and how businesses can leverage AI-powered and SEO strategies to achieve explosive growth.

With years of experience in M&A, Tyler has funded, grown, consulted, marketed, and sold several companies, and is known for his expertise in SEO (Search Engine Optimization). In this interview, he reveals insider tips, strategies, and real-world examples of how businesses and nonprofits can optimize their digital marketing efforts with AI-powered tools and platforms, such as data-driven targeting, personalized content creation, predictive analytics, and more.

Whether you’re a business owner, marketer, or simply interested in the future of digital marketing, this interview is a must-watch! Join us as we dive into the world of AI and SEO with Tyler Horsley, and uncover the secrets to driving business growth in the digital age.

Learn more about Tyler by connecting with him on LinkedIn here: <https://www.linkedin.com/in/mrtylerhorsley/> or by following his Digital Marketing Agency, Nuclear Networking here: <https://www.nuclearnetworking.com/>

➤ **Overcoming Procrastination with Eric Twiggs**

Host Andrew Bartolotta sits down with Procrastination Prevention Partner, Eric M. Twiggs whose mission is to build high performing entrepreneurs, authors, and career professionals, who are prepared for life’s unexpected curve balls.

During the conversation, Eric talks about being the author of *The Discipline of Now: 12 Practical Principles to Overcome Procrastination*, being the host of a weekly inspirational podcast titled “The 30 Minute Hour,” and lessons learned and tips as a Certified Life & Business Coach; conducting over 28,000 coaching sessions, helping executive leaders and entrepreneurs who have moved from feeling frustrated, to finding fulfillment.

Learn more: <https://www.ericmtwiggs.com/>

➤ **Navigate the Journey**

Host Jeremy C. Park talks with Traci Schubert Barrett, Founder and President of Navigate the Journey, and author of the book, “What If There’s More? Finding Significance Beyond Success,” who shares some of her entrepreneurial journey as one of the founders of the national cable television network, HGTV, and what led her to take the leap of faith in creating a new path.

During the interview, Traci discusses her mission to come alongside leaders to help them understand more clearly the meaning and purpose behind their work, to articulate their unique gifts and know how to utilize them for a positive impact. She talks about her book, which takes the reader on a journey to to rediscover who they are today and reimagine a future based on a new definition of success, once focused on a positive and significant impact. She also highlights her new online course based on the framework outlined in the book, called Strategic Life Map Academy, and how you can start taking the steps to help you understand what got you to where you are today, reframe self-limiting patterns, articulate more clearly your unique design, understand the purpose behind your work, and craft a detailed vision for your future.

Visit www.tracischubertbarrett.com or www.navigatethejourney.com to learn more.

➤ **Simply Noted**

Host Andrew Bartolotta sits down with Rick Elmore, Founder and CEO of Simply Noted a leading platform for AI-automated, handwritten communication. Rick, a seasoned entrepreneur, sales and marketing expert, and former NFL athlete, shares how he’s revolutionizing the way businesses connect with their clients in the digital age.

In this captivating interview, Rick explores how Simply Noted combines cutting-edge technology with the personal touch of traditional handwritten notes, boosting client retention, and driving impressive ROI. Hear firsthand about the innovative technology behind Simply Noted, how it’s helping businesses across industries such as hospitality, real estate, insurance, nonprofit, and B2B, and why it’s being hailed as the fastest-growing handwriting platform in the world.

Learn about the power of authentic, handwritten notes in increasing customer loyalty, improving open rates, and delivering a unique customer experience. Discover how this Tempe, Arizona-based startup has grown since 2018 and how its six patents pending promise further advancements in handwritten communication.

Don’t miss out on this insightful conversation about blending AI technology with the timeless art of handwritten notes. Ideal for entrepreneurs, marketing professionals, and anyone passionate about innovative customer relationship strategies.

Learn more: <https://simplynoted.com/>

➤ **Overcoming Procrastination with Eric Twiggs**

Host Jeremy C. Park talks with Lonnie Mayne, an internationally recognized high performance consultant, keynote speaker, and bestselling author of “Red Shoes Living: Stand Out for the Positive in How You Work and How You Live,” who shares some of his personal background and what led him to found Red Shoes Living. Red Shoes Living is an award winning philosophy and five-step framework that leadership teams are deploying organization-wide to engage employees, win the battle for top talent, create standout customer experiences, and build meaningful cultures that people get inspired to be a part of each and every day. Red Shoes Living is a call to stand out for the positive in all that you do.

During the interview, Lonnie shares the framework and some examples in how to apply Red Shoes Living, and then talks about his next book, which will be coming out soon.

Visit www.lonniemayne.com to learn more.

➤ Barb Stegemann

Host Jeremy C. Park talks with Barb Stegemann, who recently was the keynote speaker for the cityCURRENT signature speaker series event in Nashville, Tennessee, and who offers a fun recap and additional context from her presentation.

During the interview, Barb shares some of her entrepreneurial journey and valuable lessons learned, talks about the importance of passion and persistence, some of the personal challenges she has had to overcome and how they have made her stronger, and some of the exciting things to come for The 7 Virtues with a new product launch in the fall.

Visit www.the7virtues.com to learn more.

About Barb Stegemann: Barb Stegemann's entrepreneurial vision was formed after her best friend—a soldier—was severely wounded in Afghanistan. Understanding that supporting Afghanistan's economy was key to building stability for its people, Stegemann created The 7 Virtues, a company that sources organic, fair trade essential oils from countries experiencing turmoil (such as Afghanistan, Haiti the Middle East, and Rwanda). Despite addressing complex global matters in her talks, Stegemann uses humor to explain how individuals can use business for good and affect change, both at home and worlds away.

Stegemann became known to millions of Canadians when she became the first woman from Atlantic Canada to land a venture-capital deal on the CBC TV show Dragons' Den for The 7 Virtues Beauty. She went on to become the "Top Game Changer" in the history of the show for creating her social enterprise.

Since then, Stegemann has been named one of Canada's Top 100 Most Powerful Women in Canada; won the Ernst & Young "Entrepreneur of the Year Award in the Emerging Entrepreneur category for Atlantic Canada"; was ranked as one of Profit Guide magazine's "Top 30 Cool and Fabulous Canadian Entrepreneurs"; and was also made the first female Honorary Colonel in the history of 14 Wing Greenwood base, Royal Canadian Air Force. (Her four-year term was completed in 2015, but Barb remains an Honorary Colonel in the RCAF for life.)

As a keynote speaker, Stegemann has opened for Erin Brockovich, and is often invited to moderate panels and attend events as a delegate with world leaders such as Bill Clinton. She is the author of the bestselling book, *The 7 Virtues of a Philosopher Queen*, and the subject of the feature-length documentary *Perfume War*, directed by Michael Melski. The film tells Barb's entrepreneurial story and has garnered many awards to date, including being named Best Feature Documentary, Atlantic Film Festival; Cineplex Audience Choice, Victoria Film Festival; and Best Humanitarian Film, Sedona Film Festival, Arizona.

A newsmaker, Stegemann has been featured in major media around the world including in *The Wall Street Journal Magazine*, *The London Sunday Times*, *The Globe and Mail*, *The National Post*, *Tattler*, and on CBC, CNN, Bloomberg, and more.

The 7 Virtues Peace Perfumes are phthalate-free, vegan, and cruelty-free. They are available exclusively at Sephora in the new Clean at Sephora Space throughout the USA and Canada.

➤ Vonlane Motorcoach

Host Andrew Bartolotta sits down with Alex Danza, Founder and CEO of Vonlane, the innovative luxury motor coach company that's redefining travel between major cities.

During the conversation, Alex shares the story behind Vonlane's inception, its mission to provide a first-class, stress-free travel experience, and the company's recent expansion into the Nashville, Memphis and Atlanta markets as well as their services across the Texas footprint.

Discover the luxurious amenities and exceptional hospitality that set Vonlane apart, as well as the future plans for this groundbreaking company. Join us as we explore the world of premium travel and get an inside look at the unparalleled comfort and convenience of a "private jet on wheels."

Learn more: <https://vonlane.com/>

➤ **James Bess Foundation**

Host Jeremy C. Park talks with Mindy Bess, CEO and Founder of the James Bess Foundation, who highlights the nonprofit named in honor of her father, Army Veteran James Bess, who passed away in 2002 from brain cancer.

During the interview, Mindy talks about her father and his inspiration and how that led her to establish the nonprofit that delivers a gift of hope wrapped with joy to those adults (21-65) battling a terminal illness. To date, the organization has granted 31 wishes nationwide since August 2017. Mindy discusses the process and some of the past wishes they have been able to grant, talks about the impact of their efforts, and how they are working to bless first responders and military in their fundraisers, as well. She talks about their fishing tournament September 30 and how they are partnering with a military organization that grants fishing trips to wounded, ill, and injured veterans, and how the community can support their efforts.

Visit www.jamesbess.org to learn more.

➤ US Tax Works

Host Jeremy C. Park talks with Dhane Marques, Director of US Tax Works 2.0, who shares the story of how he and his wife got into the business and became owners, and how US Tax Works 2.0 works with clients to maximize their Work Opportunity Tax Credits (WOTC). All for profit businesses are eligible to receive benefits under the Work Opportunity Tax Credit program. Employers can earn credits up to \$2,400 – and in certain cases \$9,600 – per qualifying new hire. These credits are federally legislated initiatives to encourage employers to hire candidates who face certain barriers in employment. During the interview, Dhane discusses the Work Opportunity Tax Credits and how the process works, talks about some of the possible trends in future legislation and how companies can benefit by hiring from groups they might not have previously considered to create a win-win for the community.

Visit www.ustaxworks2llc.com to learn more.

➤ Faceless Labs

Host Jeremy C. Park talks with Evan Mann, Co-Founder and Chief Storytelling Officer at Faceless Labs, who breaks down some of the big ideas about future technology in easy-to-understand ways to help people at all levels of experience understand why things like AI, blockchain, cryptocurrency and NFTs might matter to them, personally and professionally.

During the interview, Evan specifically talks about AI and how you can start using AI today, why blockchain matters, and the potential power of NFTs and how they can benefit nonprofits. He also shares where you can go to access free resources and learn more.

Visit <https://linktr.ee/conversationswithewan> or <http://www.facelesslabs.io> to learn more.

➤ Annestasis

Host Andrew Bartolotta sits down with Stacey Saed, a passionate Moving Contractor and the Founder of Annestasis, Inc., a one-stop solution for residential transition.

Stacey and her team excel at transforming chaos into well-appointed spaces, whether you're moving to a new home, scaling down to a senior living community, or redecorating your existing space.

With a deep commitment to creating healthy, welcoming spaces, Stacey uses her expertise to ease the stress of moving and redecorating, ensuring peace in the process for you and your family.

Tune in to learn more about Stacey's journey, her unique approach to residential transitions, and how Annestasis, Inc. can assist you in your next life chapter.

Learn more: <https://annestasis.com/>

➤ **THNKS**

Host Jeremy C. Park talks with Suzanna Dever, Vice President of Business Development with Thnks, who highlights the company's efforts and mission to educate and empower the world's professionals with gratitude as a fundamental virtue for building strong, resilient relationships with customers, partners, and employers.

During the interview, Suzanna discusses how she used Thnks in a previous role to deepen connections with clients and prospects through thoughtful gift giving, and how that led her to then become part of the Thnks team. She talks about the model and technology, some of the different ways individuals and companies can use the platform, examples of thoughtful gifts, and how recipients can choose to donate to charity, as an option, as well. She also talks about some of the recent developments, like with Thnks Local, where you can now send digital gestures to local businesses, and then how you can download their app or visit their website to get started.

Visit www.thnks.com to learn more.

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

➤ **Higginbotham + Stillwater Ecosystem: Cyber Security Collaboration**

Host Jeremy C. Park talks with Dudley Ray, Managing Partner in the Houston, Texas region with Higginbotham, and Stacey Horne, Stillwater Ecosystem founder and servant leader, who highlight the strategic partnership between the two firms and how they work together to help clients proactively assess, mitigate and transfer cyber risk, and then respond appropriately if anything should happen. 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. The Stillwater Ecosystem is a collection of 40+ companies that focus on proactive cyber measures with each company in the system bringing a strategic strength and expertise to the team and situation when needed.

During the interview, Dudley and Stacey provide perspective on the value and importance of the strategic collaboration and how it benefits clients, talk about trends in cyber security and cyber insurance, and share tips for protecting and positioning your business for success.

Visit www.higginbotham.com for more information.

➤ **Julia Landauer**

Host Jeremy C. Park talks with Racecar Driver, Keynote Speaker, STEM Advocate, and Entrepreneur, Julia Landauer, who highlights her new role as a Podcast Host after recently launching her podcast, If I'm Honest with Julia Landauer.

During the interview, Julia shares a recap of her presentation at the cityCURRENT signature speaker series event in Memphis and some of the lessons she discussed at the event and with the girls from Girls Inc. of Memphis. She talks about one of her favorite experiences on and off the racetrack, what it's like to be a Racecar Driver, how technology and STEM plays a critical role in the team's success, and how she has built her competitive edge in the sport. She talks about launching her podcast, some of the major topics she has already discussed, and how it is helping her grow personally and professionally while engaging a wider audience and offering an opportunity to dive in deeper to important topics that can challenge and inspire listeners in new ways.

Visit <https://julialandauer.com/> to learn more.

About Julia Landauer: Julia Landauer is a 2X champion racecar driver from New York City. Since making history as the first and youngest female champion in the Skip Barber Racing Series at age 14, Julia has amassed dozens of wins in many different racing series. After becoming the first woman to win a NASCAR Track Championship at Motor Mile Speedway in her division in 2015, Julia graduated to the televised NASCAR K&N Pro Series West in 2016, and went on to become the first woman to

lead a lap in the Canadian NASCAR Pinty's Series in 2019. In 2020, Julia competed in the NASCAR Euro Series, where she finished 5th, the highest ever for an American. Julia currently races part-time in the NASCAR Xfinity Series.

Away from the track, Julia graduated from Stanford University in 2014, earning a Bachelor of Science degree in Science, Technology, and Society. During college, Julia was a contestant on Season 26 of CBS' reality TV show, SURVIVOR. It was also in college that Julia started her motivational speaking career with a TEDx Talk, beginning her career as a sought-after keynote speaker for corporations, universities, and conferences. Julia has purposefully built her brand to be where technology, community and racing intersect and fuse while advocating for STEM education and women's empowerment. Julia served as an external advisor to Hyundai Motor Corporation's Center for Robotic-Augmented Design in Living Experience, and is the founder and CEO of FrontRunner, a Web3 consulting company.

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

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

Program 23-14

Air Week: 04/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 11:18

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[LinkedIn: Dr. Claire Park](#)

[twitter: @RebFogg](#)

[Penguin Random House: Beautiful Trauma](#)

[London's Air Ambulance Charity](#)

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

Time: 14:10

Duration: 8:21

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

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

[Dr. Jean Carruthers Cosmetics](#)

[The Golden Goose Award](#)

[Instagram: @carrutherscosmetic](#)

[twitter: @PublicHeath](#)

[AAAS.org: Erin Heath](#)

[Jean Carruthers LinkedIn](#)

Program 23-15

Air Week: 04/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 12:29

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

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

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

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

[twitter: @dLarsonMD4](#)

SEGMENT 2: BREAKING THE SILENCE ON INCEST AND SEXUAL TRAUMA

Time: 15:21

Duration: 7:04

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

[GirlThrive Inc.](#)

[Seal Press: Invisible Girls](#)

Program 23-16

Air Week: 04/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:49

Duration: 10:46

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

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

[RicardoNuila.com](#)

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

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

Time: 13:38

Duration: 9:13

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

[Environmental Working Group](#)

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

[EWG: Food Scores](#)

[twitter: @dqasci](#)

Program 23-17

Air Week: 04/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 10:38

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[National Council for Mental Wellbeing](#)

[Columbia University Department of Psychiatry](#)

[LinkedIn: Dr. Joseph Parks](#)

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

Time: 13:30

Duration: 8:44

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

[Berkeley College of Chemistry](#)

[Oobli.com](#)

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

[LinkedIn: Dr. Jason Ryder](#)

Program 23-18

Air Week: 04/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “I’M NOT DYING, BUT IS THAT GOOD ENOUGH?”: IMPROVING LUPUS RESEARCH

Time: 1:50

Duration: 10:31

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[Lupus Research Alliance](#)

[FDA launches Lupus Treatment Consortium in partnership with the Lupus Research Alliance | FDA](#)
[Veronica Vargas Lupo - Business Development Leader | Adobe Strategic Partnership - IBM | LinkedIn](#)
[Dr. Teodora Staeva](#)

SEGMENT 2: REWIRING YOUR BRAIN TO CREATE HEALTHIER HABITS

Time: 13:22

Duration: 9:02

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

[GregHammerMD.com](#)

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

[Instagram: @greghammermd](#)

Program 23-19

Air Week: 05/07/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 12:36

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[David M Liebovitz : Faculty Profile](#)

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

[David Baker | UW Biochemistry](#)

[Baker Lab](#)

[Institute for Protein Design](#)

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

Time: 15:28

Duration: 6:56

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

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

[Peter J. Taub - Professor of Medical Education - Icahn School of Medicine at Mount Sinai | LinkedIn](#)

[Flat Head Syndrome \(Deformational Plagiocephaly\)](#)

Program 23-20

Air Week: 05/14/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:49

Duration: 11:54

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[Dr. Jessica Zucker](#)

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

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

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

Time: 14:46

Duration: 7:38

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

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

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

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

Program 23-21

Air Week: 05/21/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 12:15

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

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

[Dr. Nieca Goldberg](#)

[Christine Yu](#)

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

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

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

Time: 15:07

Duration: 7:18

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

Host: Nancy Benson

Producer: Polly Hansen

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

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

Links for more info:

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

[Meryl Fury](#)

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

Program 23-22

Air Week: 05/28/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 11:49

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[Thyroid Pharmacist](#)

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

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

Time: 14:41

Duration: 7:57

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

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

[Twitter: @DishaKumarMD](#)

[Instagram: @dishanarangmd](#)

Program 23-23

Air Week: 06/04/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 12:26

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[Children's Miracle Network Hospitals](#)

[Marie Osmond](#)

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

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

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

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

Time: 15:19

Duration: 7:04

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

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

[Fotios Tjoumakaris | LinkedIn](#)

Program 23-24

Air Week: 06/11/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:50

Duration: 11:32

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[Dr. Danielle Ofri](#)

[Danielle Ofri | NYU](#)

[Dr. Barton Thiessen](#)

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

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

Time: 14:24

Duration: 8:00

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

[Karen DeBonis](#)

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

[twitter: @KarenDeBonis](#)

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

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

Program 23-25

Air Week: 06/18/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:49

Duration: 12:14

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

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

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

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

Links for more info:

[Jeff Kreisler](#)

[Twitter: @jeffkreisler](#)

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

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

[Brianna Caza](#)

[Brianna Caza | LinkedIn](#)

SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY

Time: 15:05

Duration: 7:52

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

Host: Nancy Benson

Producer: Kristen Farrah

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

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

Links for more info:

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

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

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

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

Program 23-26

Air Week: 06/25/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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

Time: 1:51

Duration: 12:51

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

Host: Elizabeth Westfield

Producer: Kristen Farrah

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

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

Links for more info:

[Mary Jane Minkin, MD](#)

[Madame Ovary About Dr. Minkin](#)

[Jancee Dunn](#)

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

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

Time: 15:44

Duration: 6:46

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

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

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

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

Links for more info:

[James Hamblin, MD, MPH](#)

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

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

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



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

- Adolescent Health
- Adoption
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- Aging
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- Agriculture Industry
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- Animal Migration
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- Civilizations
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- Public Policy
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- Public Transportation
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- Recreation
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- Technology
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- Theology
- Tourism
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- Urban Planning
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- War
- Weather Patterns
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- Wildlife Conservation
- Wildlife Species
- Workers' Rights
- Workforce

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Compliance issues: Economy, Job Market, Workforce, Career

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

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

Host & Producer: Evan Rook

Compliance issues: Culture, TV

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

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

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

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

Guests: Rakesh Kochhar, senior researcher, Pew Research Center; Ariane Hegewisch, senior research fellow, Institute for Women's Policy Research.

Compliance issues: Equal Compensation, Gender, Labor, Pay Equity, Personal Finance, Workers' Rights

Links for more info:[Gender pay gap remained stable over past 20 years in US | Pew Research Center](#)[The Enduring Grip of the Gender Pay Gap](#)[Ariane Hegewisch, M.Phil. - IWPR](#)[Rakesh Kochhar \(@RakeshKochhar\) / Twitter](#)**SEGMENT 2: THE SECRETS FOUND THROUGH DNA TESTING****Time:** 14:02**Duration:** 7:06

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

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

Guests: Dani Shapiro, author, *Inheritance: A Memoir of Genealogy, Paternity & Love*.

Compliance issues: Adoption, Fertility, Genetics, Parenting, Psychology, Relationships, Science

Links for more info:[Dani Shapiro \(@danijs Shapiro\) / Twitter](#)[Inheritance: A Memoir of Genealogy, Paternity, and Love: Shapiro, Dani: Amazon.com](#)**VIEWPOINTS EXPLAINED: TACKLING ADOLESCENT OBESITY****Time:** 22:08**Duration:** 2:12

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

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

Compliance issues: Obesity, Adolescent Health, Disease, Pediatrics

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Program 23-26**Air Week:** 6/25/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ISAAC MURPHY: A FORGOTTEN SPORTS LEGEND****Time:** 1:47**Duration:** 8:34**Synopsis:** A couple months back, millions of Americans dressed up, donned their hats and blazers, and went to the racetrack for the biggest horse racing event of the year: The Kentucky Derby. This week – we discuss the early history of horse racing in America and one African American jockey who made a lasting impact on the sport.**Host:** Gary Price**Producer:** Amirah Zaveri | Grace Galante**Guests:** Katherine Mooney, associate professor, history, Florida State University, author, Isaac Murphy: The Rise and Fall of a Black Jockey.**Compliance issues:** American History, Career, Civil Rights, Culture, Diversity, Inequality, Race, Sports History**Links for more info:**[Katherine Mooney | Department of History](#)[Title Detail: Isaac Murphy by Katherine C. Mooney](#)[Isaac Burns Murphy | Kentucky Horse Park](#)**SEGMENT 2: WHAT WE DO & STILL DON'T KNOW ABOUT BLACK HOLES****Time:** 12:23**Duration:** 8:30**Synopsis:** Black holes have always intrigued and captured the imagination of millions since they were first theorized and coined by German physicist Karl Schwarzschild in 1916. For decades, scientists have worked to learn more about these mysterious objects in space. However, even today, there's still much we don't entirely understand about these mysterious phenomena. Janna Levin, an astronomy & physics professor at Columbia University, joins us to discuss the most intriguing aspects of these space giants.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Janna Levin, professor, physics & astronomy, Barnard College, Columbia University, author, Black Hole Survival Guide.**Compliance issues:** Astronomy, Engineering, Innovation, Physics, Science, Space, Space Exploration, Space Research**Links for more info:**[Janna Levin | Barnard College](#)[Janna Levin \(@JannaLevin\) / Twitter](#)[Black Holes | Science Mission Directorate](#)[Black Holes, explained](#)**VIEWPOINTS EXPLAINED: THE FUTURE OF SAN FRANCISCO****Time:** 21:53**Duration:** 2:14**Synopsis:** High real estate prices. Rampant crime. A mass exodus. We discuss the sharp decline of this once-golden city by the bay.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Tourism, Crime, Local Government, Affordable Housing, Real Estate

CULTURE CRASH: A FORAY BACK INTO ZELDA**Time:** 24:07**Duration:** 2:20**Synopsis:** We dive into the popularity of the newest addition to the Zelda franchise, now available on Nintendo Switch, "Zelda: Tears of the Kingdom."**Host & Producer:** Evan Rook**Compliance issues:** Culture, Gaming