



Date aired: \_\_\_\_\_ Time Aired: \_\_\_\_\_

**Weekly Public Affairs Program**

Show # 2024-02

Total running time: 29:30 (with optional exit at 24:00)

1. **Annie Grace**, recovering alcoholic, author of "*This Naked Mind*," founder of the This Naked Mind community

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

**Issues covered:**  
Alcoholism

**Length: 8:48**

2. **Nusrat Jung, D.Sc.**, Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University

Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

**Issues covered:**  
Personal Health  
Environment  
Consumer Matters

**Length: 8:39**

3. **Eric Gehrie, MD**, Executive Medical Director of the American Red Cross

The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.

**Issues covered:**  
Blood Donations  
Public Health

**Length: 5:03**