

KIKV FM
Sauk Centre, MN 56308
Quarterly Issues Programming Listing
July – September 2023

Brand & Content Manager Kris Valentine compiled the list for the third
quarter of 2023, uploaded on October 9, 2023

Issues Programs List

Quarterly Issues Programs list for KIKV, July 1 – September 30, 2023
Placed in the Public File October 9, 2023

Section I. Issues.

The station has identified the following issues as significant issues facing our community in this quarter.

A. Public Health and Healthcare: Health issues and initiatives, in our area.

B. Mental Health: Helping the public remain aware and to make good choices.

C. Climate Change, Environment, Science and Weather: Keeping the public informed of changes that may affect them and their surroundings

D. Education and Economics: Issues relating to public education, production and business services in our community.

E. Federal Government, Global Affairs, Politics and Law: Keeping the public aware and informed.

Section II. Responsive Programs.

The station has broadcast programming dealing with each of the above-referenced issues. Programming dealing with each issue is set out below. KIKV airs Radio Health Journal Sundays in two segments/topics from 6:00 to 6:30am and Viewpoints on Sundays, with 2 segments between 6:30 to 7:00am.

A. Public Health and Healthcare:

Air Date: 07/02/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?

Air Time: 6:01am

Duration: 12:47

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant but don't want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Reed Pence

Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

Compliance issues: Autoimmune Disease, Birth Control, Diabetes, Gender Issues, Patient Safety, Contraceptives, Hashimoto's Disease, Hormones, Immunocompromised, IUD, Multiple Sclerosis, Rheumatology, Thyroid

Links for more info:

[M. Kristen Demoruelle, MD, PhD](#)

[Dr. Kristen Demoruelle | LinkedIn](#)

[Lisa Rose Sammaritano Professor of Clinical Medicine](#)

SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU'RE SICK?

Time: 6:14am

Duration: 7:11

Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it's also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk.

Host: Nancy Benson

Producer: Kristen Farrah, Reed Pence

Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Professor, University of Florida College of Medicine, State Surgeon General of Florida

Compliance issues: Infectious Disease, Patient Safety, Public Health, Vulnerable Populations, Employee, Flu, Office Culture, Vaccine

Links for more info:

[Richard Deosingh - District President - Robert Half | LinkedIn](#)

[Joseph A. Ladapo, MD, PhD \(@FLSurgeonGen\) / Twitter](#)

[State Surgeon General | Florida Department of Health](#)

Air Date: 07/09/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?

Time: 6:02am

Duration: 10:08

Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to

determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Stephen Patrick, Neonatologist, Director, Vanderbilt Center for Child Health Policy, Vanderbilt University; Dr. Diana Bianchi, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development, NIH

Compliance issues: Public Health, Vulnerable Populations, Drug Addiction, Drug Use, Infant Safety, Neonatal Intensive Care, Neonatal Opioid Withdrawal Syndrome, Opioid Crisis, Opioid Use Disorder, Standard Care

Links for more info:

[Stephen W. Patrick, MD, MPH, MS, FAAP | Department of Health Policy](#)

[Stephen Patrick, MD, MPH \(@stephenwpatrick\) / Twitter](#)

[Diana W. Bianchi, MD](#)

[Diana W. Bianchi, M.D.](#)

[Eat, Sleep, Console Approach or Usual Care for Neonatal Opioid Withdrawal | NEJM](#)

SEGMENT 2: "THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY

Time: 6:12am

Duration: 10:02

Synopsis: Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain how the disabled community is often left behind in society, medicine, and bioethics.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

Air Date: 07/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?

Time: 6:02am

Duration: 10:49

Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Jeffrey Bishop, Tenet Endowed Chair in Bioethics, Professor of Health Care Ethics, Saint Louis University; Dr. Brooke Ellison, Associate Professor, Stony Brook University, Author, Look Both Ways

Compliance issues: Accessibility, Consumerism, Ethics, Healthcare, Medical Technology, Public Safety, Research Ethics, Bioethics, Communication Technology, Disability Rights, End of Life Care, Medical Ethics, Mobility

Links for more info:

[Brooke Ellison | Center for Medical Humanities, Compassionate Care, and Bioethics](#)

[About | Brooke Ellison — Look Both Ways](#)

[Brooke Ellison | LinkedIn](#)

[Jeffrey P. Bishop, M.D., Ph.D. : SLU](#)

[Jeffrey Bishop - Tenet Endowed Chair in Health Care Ethics - Saint Louis University | LinkedIn](#)

Air Date: 07/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “WE LIVE IN AN AGEIST SOCIETY”: HOW TO ENJOY OLD AGE

Time: 6:01am

Duration: 12:29

Synopsis: Everyone ages, so why are so many of us not prepared to grow old? Dr. Rosanne Leipzig, a gerontologist, says most of her patients don't know what changes to expect in their old age – and often fight against the inevitable transition. She explains what's normal, what's not, and how to enjoy your later years in life.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Rosanne Leipzig, Professor and Vice Chair, Education of the Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Author, Honest Aging

Compliance issues: Ageism, Aging, Bone Density, Bone Health, Botox, Geriatrics, Hearing Aids, Injectable Filler, Public Health, Public Transportation, Social Infrastructure, Social Pressure, Suicide, Stigma

Links for more info:

[Rosanne M Leipzig - Internal Medicine | Mount Sinai - New York](#)

[Rosanne Leipzig](#)

[Rosanne M Leipzig MD PhD \(@leipzig_rm\) / Twitter](#)

SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?

Time: 6:14am

Duration: 7:03

Synopsis: Summer is a season of activities, but it's also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Bobbi Pritt, Professor of Laboratory Medicine and Pathology and Director of Clinical Parasitology, Mayo Clinic

Compliance issues: Autoimmune Disease, Bug Repellent, Deet, Infection, Lyme Disease, Mosquitoes, Parasites, Pathology, Picaridin, Public Safety, Tick-Borne Disease, Vector-Borne Disease

Links for more info:

[Bobbi S. Pritt, M.D. - Mayo Clinic Faculty Profiles](#)

[Bobbi Pritt, MD \(@ParasiteGal\) / Twitter](#)

[Creepy Dreadful Wonderful Parasites](#)

[Bobbi Pritt | LinkedIn](#)

Air Date: 07/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS

Time: 6:00am

Duration: 10:51

Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sabine Hildebrandt, Associate Professor of Pediatrics, Boston Children's Hospital & Harvard Medical School; Dr. Eric Matteson, Professor Emeritus of Medicine, Mayo Clinic

Compliance issues: Ethics, History, Medical History, Vulnerable Populations, Eponyms, Gynecology, Medical Culture, Nazi Party, People of Color in Medicine, Vasculitis, Women in Medicine

Links for more info:

[Sabine Hildebrandt | Global Health and Social Medicine](#)

[Eric L. Matteson, MD, MPH, Section Editor, Rheumatology](#)

SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER

Time: 6:11am

Duration: 8:36

Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.

Host: Nancy Benson

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Michelle Mottola, Embryologist & Professor, Schulich School of Medicine and Dentistry, University of Western Ontario, Director of the Exercise and Pregnancy Laboratory, R. Samuel McLaughlin Foundation; Dr. Cynthia Gyamfi-Bannerman, Professor & Chair of Obstetrics, Gynecology, and Reproductive Sciences, University of California San Diego, President-Elect, Society for Maternal-Fetal Medicine; Aileen Weintraub, Author, Knocked Down

Compliance issues: Bed Rest, Birth, Depression, High Blood Pressure, Patient Safety, Pregnancy, Public Health, Vulnerable Populations, Gestational Diabetes, High-Risk Pregnancy, Labor, Obstetrics

Links for more info:

[Michelle Mottola, PhD, FACSM - School of Kinesiology - Western University](#)

[Cynthia Gyamfi-Bannerman, MD, MS, FACOG - Obstetrics & Gynecology | UC San Diego Health](#)

[LinkedIn: Cynthia Gyamfi-Bannerman](#)

[Aileen Weintraub](#)

[Aileen Weintraub \(@AileenWeintraub\) / Twitter](#)

Air Date: 08/06/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HIDDEN HEART DISEASE: WHAT MAKES A HEALTHY, 33-YEAR-OLD HAVE A STROKE?

Time: 6:03

Duration: 10:48

Synopsis: Bicuspid Aortic Valve is a rare heart condition that's twice as likely to affect men. While it can be easily managed on its own, BAV can lead to hidden, secondary conditions that may cause heart malfunction. An expert explains the signs and symptoms to watch out for, and what to do if you're diagnosed with BAV.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Chris Malaisrie, Attending Cardiac Surgeon, Northwestern Medicine, Professor of Surgery, Northwestern University; Alexander McKeown, BAV & Aortic Aneurysm Patient

Compliance issues: Cardiac Surgery, Mental Health, Patient Safety, Vulnerable Populations, Congenital Heart Disease, Genetic Conditions, Heart Health, Open Heart Surgery, Rare Disease, Stress, Stroke

Links for more info:

[S. Christopher Malaisrie, MD | Northwestern Medicine](#)

[S Chris Malaisrie \(@ChrisMalaisrie\) / Twitter](#)

[LinkedIn: Alexander C. McKeown](#)

SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?

Time: 6:14

Duration: 9:19

Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener's safety and didn't find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. John Sievenpiper, Professor of Nutritional Sciences and Medicine, University of Toronto; Dr. Daniele Wikoff, Principal Scientists & Director of Health Sciences Practice, ToxStrategies

Compliance issues: Alternative Sweeteners, Aspartame, Cancer, Carcinogens, Consumerism, Diabetes, Nutrition, Obesity, Public Health, Public Safety, Diet Soda, Healthy Lifestyle, Sugar, Weight Loss

Links for more info:

[Wikoff, Daniele, Ph.D. | ToxStrategies](#)

[LinkedIn: Daniele Wikoff](#)

[John Sievenpiper | Department of Nutritional Sciences - University of Toronto](#)

[LinkedIn: John Sievenpiper](#)

Air Date: 08/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HAVE WE CHEATED NATURAL SELECTION?

Time: 6:01am

Duration: 11:38

Synopsis: Natural selection is the driving force behind evolution and has helped humanity survive for thousands of years. But now that we've invented objects that let us dive deep in the ocean or live in Antarctica, have we cheated this ancient process? An expert reveals how natural selection works and how humans may be its best ally.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Steve Reilly, Assistant Professor of Genetics, Yale School of Medicine

Compliance issues: Biology, DNA, Evolution, Genomics, Neurology, Public Health, Genealogy, Genetic Sequences, Humanity, Mammals, Natural Selection, Neurons, Stem Cells, Survival

Links for more info:

[Steven Reilly, PhD](#)

[LinkedIn: Steven Reilly](#)

[Reilly Lab](#)

[The functional and evolutionary impacts of human-specific deletions in conserved elements](#)

SEGMENT 2: MERCURY HATS, ARSENIC DRESSES, AND POISONED SHOES: TOXIC FASHION

Time: 6:13am

Duration: 8:25

Synopsis: Clothes have always been a main form of non-verbal communication, but is this display of individuality worth the cost of our health? Alden Wicker, author of To Dye For, exposes the fashion industry's frequent use of harsh and toxic chemicals that are serious threats to our health.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Alden Wicker, Award-Winning Journalist & Author, To Dye For, Founder, EcoCult

Compliance issues: Allergic Reactions, BPA, Consumerism, Public Health, Chemical Intolerance, Chemical Reactions, Clothing Industry, Fashion, Mercury, Rash, Respiratory Disease, Sensitive Skin, Toxic Chemicals, Uniforms

Links for more info:

[Alden Wicker](#)

[Ecocult](#)

[Alden Wicker | LinkedIn](#)

[Alden Wicker \(@AldenWicker\) / Twitter](#)

Air Date: 08/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES

Time: 6:02am

Duration: 11:58

Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Sandeep Vaishnavi, Cognitive Neuroscientist, Faculty Network Member of the Duke Institute for Brain Sciences, Duke University, Co-Author, Healing The Traumatized Brain

Compliance issues: Anxiety, Delusions, Depression, Mental Health, Neuroscience, Patient Safety, Vulnerable Populations, Cognitive Behavioral Therapy, Concussions, Frontal Lobe, Hallucinations, Neuroplasticity, Traumatic Brain Injury

Links for more info:

[Sandeep Vaishnavi | Duke Department of Medicine](#)

[Healing the Traumatized Brain | Hopkins Press](#)

SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE

Time: 6:14am

Duration: 8:08

Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Evolution, Healthcare, Precision Medicine, Race, Virus, Disease, Genealogy, Genetic Sequences, Heart Disease, Immune System, Invention, Natural Selection, Travel

Links for more info:

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra_lab\) / Twitter](#)

[Codirector Tony Capra, PhD](#)

Air Date: 08/27/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY

Time: 6:00am

Duration: 11:47

Synopsis: Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Russell Ware, Pediatric Hematologist, Director of Hematology, Cincinnati Children's Hospital Medical Center; Dr. Grace Onimoe, Pediatric Hematologist-Oncologist, Cleveland Clinic, Board Member, American Sickle Cell Anemia Association

Compliance issues: Blood Disorder, Evolution, India, Public Health, Vulnerable Populations, Genetic Disorders, Infants, Pharmaceuticals, Sickle Cell Anemia, Sickle Cell Disease, Sickle Cell Trait, Southeast Asia, Sub-Saharan Africa

Links for more info:

[LinkedIn: Dr. Grace Onimoe](#)

[American Sickle Cell Anemia Association](#)

[Sickle Cell Disease Association of America](#)

[Russell E. Ware, MD, PhD](#)

SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?

Time: 6:12am

Duration: 7:44

Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Tony Capra, Associate Professor of Epidemiology and Biostatistics, University of California San Francisco

Compliance issues: Ancestry, Bacteria, Biology, Evolution, Genetics, Healthcare, Immune System, Precision Medicine, Race, Virus, Disease, Genealogy, Invention, Natural Selection, Travel

Links for more info:

[The influence of evolutionary history on human health and disease | Nature Reviews Genetics](#)

[Capra Lab](#)

[Capra Lab \(@capra_lab\) / X](#)

[Codirector Tony Capra, PhD](#)

Air Date: 09/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?

Time: 6:02am

Duration: 10:05

Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Amy Finkelstein, Professor of Economics, Massachusetts Institute of Technology, Author, We've Got You Covered; Dr. Jonathan Oberlander, Professor and Department Chair of Social Medicine, University of North Carolina Chapel Hill School of Medicine

Compliance issues: Consumerism, Economics, Health Insurance, Patient Safety, Politics, Public Health, Public Policy, Deductible, Medicaid, Medicare, Universal Healthcare

Links for more info:

[Amy Finkelstein | MIT Economics](#)

[We've Got You Covered by Liran Einav, Amy Finkelstein | PenguinRandomHouse.com: Books](#)

[Jonathan Oberlander | Department of Social Medicine](#)

[Jonathan Oberlander \(@OberlanderUNC\) / X](#)

SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY

Time: 6:12am

Duration: 9:55

Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Lara Freidenfelds, Historian of Health, Reproduction, and Parenting in America, Author, *The Myth of the Perfect Pregnancy*

Compliance issues: American Population, Consumerism, Contraception, Pregnancy, Technology, Family, Marketing, Miscarriage, Parenthood, Pregnancy Loss, Pregnancy Test, Smart Phones, Youth at Risk

Links for more info:

[Lara Freidenfelds](#)

[The Myth of The Perfect Pregnancy | Lara Freidenfelds](#)

[Dr. Lara Freidenfelds \(@larafreidenfeld\) / X](#)

[LinkedIn: Lara Freidenfelds](#)

Air Date: 09/24/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS

Time: 6:00am

Duration: 11:54

Synopsis: A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Kara Goldman, Medical Director of Fertility Preservation, Northwestern Medicine, Associate Professor of Obstetrics and Gynecology, Northwestern University; Shelly Battista, Breast Cancer Survivor

Compliance issues: Breast Cancer, Cancer, Chemotherapy, Ethics, Fertility, Health Insurance, Medical Access, Vulnerable Populations, Fertility Preservation, In Vitro Fertilization, Patient Access, Radiation Therapy, Reproductive Issues

Links for more info:

[Kara N Goldman: Department of Obstetrics & Gynecology](#)

[Kara N. Goldman, MD \(@karagoldmanMD\) / X](#)

[After losing both ovaries, breast cancer survivor gives birth to identical twins on her two-year cancer-free anniversary](#)

[A Geospatial Analysis of Disparities in Access to Oncofertility Services | Oncology](#)

SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN

Time: 6:12am

Duration: 8:10

Synopsis: There's been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Emily Lantz, Assistant Professor in the Department of Nutrition, Metabolism, and Rehabilitation Science, University of Texas Medical Branch

Compliance issues: Bone Health, Diet, Exercise, Nutrition, Public Health, Amino Acids, Blood Test, Dietary Protein, Hormone Production, Metabolism, Muscle Repair, Skeletal Muscle Health

Links for more info:

[Emily Lantz, PhD - Nutrition, Metabolism and Rehabilitation Sciences](#)

[Emily Arentson-Lantz, PhD: LinkedIn](#)

[Dietary protein quality evaluation in human nutrition](#)

Air Date: 7/23/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: MARY LASKER: A PUBLIC HEALTH PIONEER

Time: 6:33am

Duration: 7:36

Synopsis: The National Institute of Health. National Cancer Institute. These are just some of the research foundations that are thriving today thanks to the work of health activist Mary Lasker. We speak with biographer Judith L. Pearson about the many big contributions Lasker made to cancer & heart disease research throughout the twentieth century.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Judith L. Pearson, biographer, author, Crusade to Heal America: The Remarkable Life of Mary Lasker

Compliance issues: Government Funding, History, Medical Research, Medicine, Politics, Public Health, Science

Links for more info:

[Cancer Wars | Mary Lasker - Profiles in Science](#)

[Amazon.com: Crusade to Heal America: The Remarkable Life of Mary Lasker](#)

[Judith L. Pearson](#)

SEGMENT 2: THE INTERESTING ORIGINS OF CANNABIS

Time: 6:40am

Duration: 9:27

Synopsis: Did you know that cannabis use dates back tens of thousands of years? While its earliest use traces back to Asia, it eventually spread to Europe and then America and was used in a variety of capacities. We speak with highly acclaimed pharmacology expert Dr. Richard Miller about the global history of cannabis and its controversial record over the last 70 years of American history.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Dr. Richard Miller, professor, pharmacology, Northwestern University Feinberg School of Medicine

Compliance issues: Cannabis Legalization, Culture, Drug Policy, Government, History, Public Health, War on Drugs

Links for more info:

[Richard J Miller : Faculty Profile](#)

[The War on Marijuana in Black and White | American Civil Liberties Union](#)

B. Mental Health:

Air Date: 07/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: IS PSYCHEDELIC THERAPY THE FUTURE OF MENTAL HEALTH TREATMENT?

Time: 6:17am

Duration: 9:12

Synopsis: Compass Pathways is leading the charge for psychedelic therapy. The research is currently in stage three trials and is expected to receive FDA approval in the next few years. An expert explains how the treatment works and if the therapy will be covered by insurance.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Steve Levine, Senior Vice President for Patient Access and Medical Affairs, Compass Pathways

Compliance issues: Consumerism, Depression, Healthcare, Mental Health, Therapy, Medical Insurance, Psilocybin, Psychedelic Therapy, Psychedelics

Links for more info:

[Steve Levine, MD | LinkedIn](#)

[NIMH » Sequenced Treatment Alternatives to Relieve Depression \(STAR*D\) Study](#)

[Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression | NEJM](#)

[Psilocybin](#)

Air Date: 09/03/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: “YOU DON’T DESERVE TO BE TOLERATED”: HEALING FROM TOXIC RELATIONSHIPS

Time: 6:02am

Duration: 11:37

Synopsis: Many of us have experienced a toxic relationship at one point in our lives – whether we were the aggressors or the victims. Jaime Mahler, a psychotherapist, specializes in helping people move past this relationship pattern. She explains how to notice when you’re in an unhealthy situation and how to start your journey of healing.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Jaime Mahler, Licensed Psychotherapist, Author, Toxic Relationship Recovery

Compliance issues: Communication, Mental Health, Relationships, Therapy, Vulnerable Populations, Abusive Relationship, Coping Strategies, Defense Mechanisms, Emotional Behavior, Psychotherapy, Self-image, Survival

Links for more info:

[Jaime Mahler, MS, LMHC \(@recollectedself\) • Instagram photos and videos](#)

[Toxic Relationship Recovery | Book by Jaime Mahler | Official Publisher Page | Simon & Schuster](#)

[Jaime - Licensed Therapist \(@recollectedself\) | TikTok](#)

SEGMENT 2: IS THERE SUCH THING AS A ‘SAFE’ AMOUNT OF CAFFEINE FOR TEENS?

Time: 6:13am

Duration: 8:36

Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like ‘tropical punch’ or ‘blue raspberry’ that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine.

Host: Nancy Benson

Producer: Kristen Farrah, Tabor Brewster

Guests: Dr. Holly Benjamin, Professor of Pediatrics & Orthopedic Surgery and Rehabilitation Medicine, University of Chicago

Compliance issues: Addiction, Adolescents, Caffeine, Diet, Mental Health, Patient Safety, Public Safety, Vulnerable Populations, Energy Drinks, Overdose, Stimulants, Sugar

Links for more info:

Holly J. Benjamin, MD
LinkedIn: Holly Benjamin
Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate? | Pediatrics |
American Academy of Pediatrics
Caffeine and Children

Air Date: 8/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: FEELING DISTRACTED & DISCONNECTED? HERE'S HOW TO SLOW DOWN

Time: 6:42am

Duration: 8:29

Synopsis: In 2012, researchers at the University of California-Irvine estimated that the average human's attention span was around seventy-five seconds. In recent years, this number has dropped to forty-seven seconds. What's leading to this continuing decline in our attention spans? We speak with one mindfulness expert to get some tips on how people can slow down, increase their focus, and feel less chronically stressed.

Host: Marty Peterson

Producer: Amirah Zaveri, Tabor Brewster

Guests: Christian Madsbjerg, professor, applied humanities, New School, author, *Look: How to Pay Attention in a Distracted World*

Compliance issues: Career, Chronic Stress, Health, Mental Health, Psychology, Self-Development, Social Media, Technology

Links for more info:

[Look: How to Pay Attention in a Distracted World: Madsbjerg, Christian: Amazon.com](#)

[5 Reasons You Should Unplug From Social Media - CNET](#)

[6 Skills to Help You Be Mindful | Psychology Today](#)

[14 Strategies for Leaders to Adopt or Practice Mindfulness](#)

Air Date: 8/27/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: 'NEVER GOOD ENOUGH': A RISE IN MENTAL HEALTH ISSUES AMONG ADOLESCENTS

Time: 6:32am

Duration: 7:31

Synopsis: With summer break over and millions of students back in school, it's a good time to talk about the importance of mental health. After all, adolescents today face an excessive number of demands both in and outside of the classroom. This week on Viewpoints - We speak with author Jennifer Breheny Wallace about the importance of sharing how a person's value should never be linked to their performance.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Jennifer Breheny Wallace, journalist, writer, author, *Never Enough: When Achievement Culture Becomes Toxic – And What We Can Do About It*

Compliance issues: Adolescent Development, Education, Mental Health, Parenting, Psychology, Self-Growth

Links for more info:

[Authentic Connections](#)

[Never Enough: When Achievement Culture Becomes Toxic-and What We Can Do About It: Breheny Wallace, Jennifer: Amazon.com: Books](#)

[Join the program - Challenge Success](#)

[Mental Health and Academic Achievement](#)

[We're Missing a Key Driver of Teen Anxiety - The Atlantic](#)

C. Climate change, Environment, Science and Weather:

Air Date: 09/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION

Time: 6:13am

Duration: 8:04

Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nikki Vars McCullough, Respiratory protection Expert, 3M Company

Compliance issues: Air Pollution, Air Quality, Natural Disasters, Public Health, Vulnerable Populations, Lung Health, Mask, Smoke, Stroke, Wildfire

Links for more info:

[Nicole McCullough | LinkedIn](#)

[Air pollution](#)

[Maui wildfire one of deadliest in U.S. history | NFPA](#)

Air Date: 7/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: LOOKING THROUGH A NEW LENS: THE LARGEST & MOST POWERFUL TELESCOPE EVER BUILT

Time: 6:32am

Duration: 8:25

Synopsis: The James Webb telescope is the largest and most powerful space telescope ever built. A year and a half ago hundreds of thousands of people cheered after the telescope successfully launched and opened to begin capturing the universe in more detail than ever before. We speak with one astronomer about how this telescope will lead to greater discoveries – including the hunt extraterrestrial life.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Jacob Bean, astronomer, professor, Department of Astronomy & Astrophysics, University of Chicago

Compliance issues: Astronomy, Culture, Innovation, International Relations, Physics, Space Exploration, Technology

Links for more info:

[James Webb Space Telescope](#)

[The Department of Astronomy and Astrophysics | Jacob L. Bean](#)

[See amazing images from James Webb Space Telescope's 1st year gazing deep into the cosmos \(photos\)](#)

[James Webb Space Telescope \(JWST\) — A complete guide](#)

Air Date: 8/13/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE GROWING RISK OF WILDFIRES FROM COAST TO COAST: ARE YOU PREPARED?

Time: 6:33am

Duration: 8:55

Synopsis: It's been the deadliest year on record for wildfires in Canada. While California is typically the focus point for these events, the new reality of human-caused climate change is that wildfires are becoming a greater threat in areas never seen before. We speak with Dr. Adrienne Edwards, a botanist and wildfire expert, about how Americans can best prepare for wildfire season and help stop the spread.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Adrienne Edwards, botanist, author, Firescaping Your Home: A Manual for Readiness in Wildfire Country

Compliance issues: Climate Change, Emergency Response, Environment, Government, Natural Disaster, Public Health

Links for more info:

[Firescaping Your Home: A Manual for Readiness in Wildfire Country](#)

[We Made Wildfire an Enemy for 110 Years. It Could Have Been an Ally](#)

[Firescaping The WUI \(@firescaping_the_wui\) • Instagram photos and videos](#)

[Firescaping Your Home](#)

Air Date: 8/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FROM COW'S MILK TO SALTWATER OYSTERS: THE FIRST PEOPLE TO DIVE INTO THE UNKNOWN

Time: 6:33am

Duration: 6:45

Synopsis: Whoever thought, "This white, liquid substance from this animal looks like it is safe enough that I'm going to drink it." Out of the many items we have today (whether it's food, drink, or something else) there was a person who first took the risk in trying it themselves. We explore the many firsts throughout history and how key archeological evidence plays a role in accurately telling these narratives.

Host: Gary Price

Producer: Amirah Zaveri, Tabor Brewster

Guests: Cody Cassidy, writer, author, Who Ate The First Oyster? The Extraordinary People Behind the Greatest Firsts in History

Compliance issues: Archaeology, Culture, Food Industry, Food Science, History, Innovation, Invention, Medicine, Technology

Links for more info:

[Who Ate the First Oyster? by Cody Cassidy | PenguinRandomHouse.com: Books](#)

[Who Invented Beer? | HISTORY](#)

[Who Ate the First Oyster? Cave May Hold an Answer : NPR](#)

Air Date: 9/24/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: ONE AFTER ANOTHER: HELPING PEOPLE RECOVER IN A WORLD WHERE NATURAL DISASTERS ARE ALL TOO COMMON

Time: 6:40am

Duration: 8:50

Synopsis: The reality: Human-induced climate change is leading to more frequent and powerful extreme weather events. In the U.S. and around the world, millions struggle to get back on their feet following the damage and destruction these disasters bring. As bystanders, how can we pitch in and help? We cover the physical and mental toll these hardships cause and why it's important to step up and give back in any way you can.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Vickie Mays, clinical psychologist, distinguished professor, psychology, health policy & management, University of California-Los Angeles

Compliance issues: Climate Change, Emergency Response, Mental Health, Natural Disasters, Nonprofits, Psychology, Public Health, Trauma, Volunteerism

Links for more info:

[Vickie M. Mays | UCLA](#)

[Build A Kit | Ready.gov](#)

[Survival Kit Supplies - Redcross.org](#)

[How does climate change affect mental health? | APA.org](#)

D. Education and Economics:

Air Date: 09/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW WILL THE AFFIRMATIVE ACTION BAN AFFECT HEALTHCARE?

Time: 6:01am

Duration: 11:28

Synopsis: The US Supreme Court recently voted to ban affirmative action, a topic that's been debated for decades. Our experts break down how this will affect medical school enrollment, as well as the healthcare career opportunities for minority populations.

Host: Elizabeth Westfield

Producer: Kristen Farrah, Polly Hansen

Guests: Dr. Dayle Davenport, Associate Dean for Health, Equity, Diversity, and Inclusion, Pritzker School of Medicine, Emergency Medicine Physician, University of Chicago Medical Center; Dr. Mark Henderson, Professor of Internal Medicine, Associate Dean for Admissions, UC-Davis School of Medicine; Dr. Geoffrey Young, Senior Director for Transforming the Health Care Workforce, Association of American Medical Colleges

Compliance issues: Affirmative Action, Diversity, Healthcare, Patient Safety, Race, College, College Admissions, Ethnicity, Medical School, Physicians, Scholarships

Links for more info:

[Dayle Davenport, MD - UChicago Medicine](#)

[Mark C Henderson \(@MCHenderson4\) / X](#)

[Mark Henderson, M.D. | Executive Leadership | UC Davis Health](#)

[Geoffrey Young | LinkedIn](#)

Air Date: 7/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: AVOIDING CONVERSATIONS AROUND MONEY? HERE'S HOW TO GET STARTED

Time: 6:33am

Duration: 9:23

Synopsis: Only 1 in 4 Americans feels financially secure, according to a recent survey by consumer financial services firm, Bankrate. We speak with two financial experts about how more Americans can have productive conversations about their spending and come up with a plan to save and invest more for the future.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Lori Sackler, certified financial planner, financial wealth advisor, author, The M Word: The Money Talk Every Family Needs to Have About Wealth and Their Financial Future; Emily Guy Birken, financial expert, financial writer, author, Stacked: Your Super Serious Guide to Modern Money Management

Compliance issues: Aging, Consumerism, Economy, Parenting, Personal Finance, Relationships, Retirement, Wealth

Links for more info:

About the Author - The M Word
Evergreen Lane Wealth Management Group | Paramus, NJ | New York, NY
Emily Guy Birken (@EmilyGuyBirken) / Twitter
Emily Guy Birken – Forbes Advisor

Air Date: 8/6/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW ARTIFICIAL INTELLIGENCE IS FUELING THE \$1.1 TRILLION IN ONLINE RETAIL SALES

Time: 6:32am

Duration: 6:15

Synopsis: Online retail sales are set to surpass \$1.6 trillion by 2027. With so much growth in the market, retailers are investing big in artificial intelligence software that improves customer interaction, usability, supply chain and more. We speak with the Chief Technology Officer of Zenni Optical about how retailers are setting up for this new era of digital dominance.

Host: Gary Price

Producer: Amirah Zaveri

Guests: David Ting, chief technology officer, Zenni Optical

Compliance issues: Business, Consumerism, Economy, Habits, Retail Trends, Technology, User Experience

Links for more info:

[With Zenni's AI-powered search, it's easier than ever to find a great pair of glasses | TechCrunch](#)
[Zenni Optical](#)

[AI in retail: Smarter stores, smarter product design | VentureBeat](#)
[NRF | How artificial intelligence will change retail](#)

SEGMENT 2: WHAT'S HAPPENING IN HOLLYWOOD? THE STRIKE, EXPLAINED

Time: 6:39am

Duration: 10:13

Synopsis: The screenwriters strike in Hollywood is now in its third month. Last month, the Screen Actors Guild joined forces with the Writers Guild of America and called a strike. We speak with two active voices in the industry about what's driving this strike and why these asks are so important to current and future professionals in this landscape.

Host: Marty Peterson

Producer: Amirah Zaveri, Tabor Brewster

Guests: Sofya Levitsky-Weitz, playwright, screenwriter, "The Bear"; Irving Belateche, screenwriting professor, School of Cinematic Arts, University of Southern California

Compliance issues: Artificial Intelligence, Career, Creative Arts, Economy, Entertainment, Inflation, Labor Issues, Labor Rights, Pay Equity, Personal Finance, Technology

Links for more info:

[Sofya Levitsky-Weitz \(@sofyalilyana\) • Instagram photos and videos](#)

[Writers Strike: WGA Exec Says Studios Are Locked In "Mutual Suicide Pact" – Deadline](#)

[Sofya Levitsky-Weitz](#)

[Irving Belateche](#)

[Writers Guild of America West \(@WGAWest\) / Twitter](#)

Air Date: 9/3/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DROWNING IN DEBT? YOU'RE NOT ALONE: A NEW WAVE OF CREDIT CARD DEBT IN AMERICA

Time: 6:31am

Duration: 7:32

Synopsis: Credit card debt in the U.S. just surpassed one trillion dollars and payment delinquency rates are also on the rise. One factor that's feeding into these increases are a growing amount of credit card accounts. The Federal Reserve Bank of New York reports that there are 70 million new accounts since 2019. This week – we discuss the effects of escalating debt and how listeners can start taking back control.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Chloe Elise, certified financial coach, author, Deeper Than Money

Compliance issues: Banking, Consumerism, Economy, National Debt, Personal Finance, Psychology, Self-Development

Links for more info:

[Credit-card debt hits \\$1 trillion --- that milestone comes at a very tricky time - MarketWatch](#)

[Amazon.com: Deeper Than Money: Ditch Money Shame, Build Wealth, and Feel Confident AF eBook : Elise, Chloe: Kindle Store](#)

[Here's how much of your monthly income should go toward debt repayment](#)

[What do I need to know about consolidating my credit card debt? | Consumer Financial Protection Bureau](#)

SEGMENT 2: ACTORS & WRITERS ARE ON STRIKE, BUT WHY AREN'T MUSICIANS PICKETING AS WELL?

Time: 6:39am

Duration: 9:56

Synopsis: Screenwriters and writers aren't the only ones feeling the pinch in this new media landscape dominated by streaming. Hundreds of thousands of musicians are struggling to make a living from the substandard pay they receive from platforms like Spotify and Apple Music. We cover just how the music sector has changed and why these artists don't have the same protections as other creatives.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: David Lowery, senior lecturer, Music Business Certificate Program, University of Georgia; Rene Kladzyk, volunteer, Union of Musicians and Allied Workers

Compliance issues: Creative Arts, Entertainment Business, Equal Pay, Labor Rights, Personal Finance, Technology

Links for more info:

[Bandcamp](#)

[Union of Musicians and Allied Workers](#)

[Music Workers Alliance](#)

[David C Lowery \(@davidclowery\) / X](#)

[René Kladzyk \(@ziembavision\) • Instagram photos and videos](#)

Air Date: 9/17/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: X (AKA TWITTER) VS. THREADS: THE STORY BEHIND META'S NEW SOCIAL PLATFORM

Time: 6:32am

Duration: 8:00

Synopsis: Do you remember the hype when Threads, Meta's new version of X, debuted earlier this summer? Everyone seemed to jump on the new platform at a moment's notice. But what happened to all the buzz? We speak with two social media experts about Meta's big investment in Threads and what needs to change in the coming months to avoid its quick demise.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Carolyn Garavente, associate director, paid social, Brain Labs Media; Danielle Carter, account director, paid social, Croud Digital

Compliance issues: Adolescent Development, Creativity, Education, Life Skills, Mental Health, Parenting, Self Help

Links for more info:

[Threads will now let you search for posts - The Verge](#)
[How brands are still finding their feet with Threads one month since launch](#)
[According to Elon Musk's own math, the company formerly known as Twitter has lost 90% of its value and could be worth just \\$4 billion](#)

SEGMENT 2: SCHOOL, SPORTS, STANDARDIZED TESTS: WHEN IS THERE TIME TO BUILD LIFE SKILLS?

Time: 6:40am

Duration: 9:20

Synopsis: As an academic advisor, Ana Homayoun has had thousands of conversations with students, parents, and administrators. Many of these talks typically center around grades, college admissions, career paths and other key academic to-dos. Yet, what's not as commonly talked about is the importance of life skills. This means cultivating independence, setting good habits and more. We speak with Homayoun about why so many teens seem to struggle post-high school and how adults can better prepare their kids in the long-term rather than focusing solely on short-term academic markers.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Ana Homayoun, academic advisor, early career development expert, author, Erasing the Finish Line: The New Blueprint for Success

Compliance issues: Adolescent Development, Creativity, Education, Life Skills, Mental Health, Parenting, Self Help

Links for more info:

[Mental Health | DASH | CDC](#)

[Erasing the Finish Line: The New Blueprint for Success Beyond Grades and College Admission](#)

[Opinion: We're thinking about teens and social media all wrong](#)

Air Date: 9/24/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ARE YOU MAKING THE MOST OUT OF CHAT GPT?

Time: 6:32am

Duration: 8:05

Synopsis: There's been a lot of hype around Chat GPT and generative AI this year, but is the average person actually using the new tech? We highlight how leaders in education policy are integrating AI into certain processes to create positive for teachers, administrators, and students in classrooms nationwide. From there, we breakdown what are some of the biggest ways AI helps with tasks and how you can go about interacting with these chatbots to get the answer you're looking for.

Host: Gary Price

Producer: Amirah Zaveri, Grace Galante

Guests: Perpetual Baffour, Research Director, Learning Agency Lab

Compliance issues: Career, Education, Innovation, Productivity, Technology, Time Management

Links for more info:

[ChatGPT](#)

[Overview - The Learning Agency Lab](#)

[GPT-4: how to use the AI chatbot that puts ChatGPT to shame | Digital Trends](#)

[ChatGPT beginners guide - Geeky Gadgets](#)

E. Federal Government, Global Affairs, Politics and Law:

Air Date: 7/9/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: NO TRAVEL PLANS THIS SUMMER? HOW TO MAKE THE MOST OUT OF WHERE YOU ARE ALREADY

Time: 6:32am

Duration: 9:35

Synopsis: High demand for travel this summer is leading to exorbitantly high prices for flights, hotels and rental cars. If traveling out of state this summer is out of the question (or you just want to spend more time at home), we offer up some ways to rediscover your own town, city, or region and gain a new perspective.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Jessica Mlinaric, Chicago resident, writer, author, Secret Chicago: A Guide to the Weird, Wonderful, and Obscure

Compliance issues: Arts, Cuisine, Culture, Exploration, History, Music, Personal Finance, Tourism, Travel

Links for more info:

[Jessica Mlinaric \(@urbnexplorer\)](#) • Instagram photos and videos
[urban explorer \(@urbnexplorer\)](#) / Twitter

[How Will We Eat in 2023? Here Are 10 Predictions](#)

SEGMENT 2: WOULD YOU EVER SPEND \$63,000 ON A POUND OF RARE MUSHROOMS? SOME CHEFS SAY YES

Time: 6:42am

Duration: 7:36

Synopsis: Purveying for the top chefs across America is an ever-changing series of requests dependent on food trends and tastes. While some chefs are seeking out rare microgreens, others are looking for the finest cuts of beef. And these small quantities of in-demand ingredients come at a hefty price. We highlight the many niche aspects of fine dining and how we can all take away some learning points to infuse into our own cooking at home.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Carrie Nahabedian, co-owner, executive chef, Brindille, Kostali by Naha; Susan Spungen, food stylist, cookbook author, Open Kitchen: Inspired Food for Casual Gatherings

Compliance issues: Agriculture, Cooking, Cuisine, Culture, Fine Dining, Food Trends, Global Trade, Innovation, Tourism

Links for more info:

[@susanspungen](#) • Instagram photos and videos

[Susan Spungen](#)

[Carrie Nahabedian \(@carrienaha\)](#) • Instagram photos and videos

[Carrie Nahabedian \(@cnaaha\)](#) / Twitter

[Carrie Nahabedian | James Beard Foundation](#)

Air Date: 7/16/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: HAS ARTIFICIAL INTELLIGENCE FOREVER CHANGED THE MUSIC INDUSTRY?

Time: 6:43am

Duration: 8:42

Synopsis: Yes, ChatGPT isn't dominating media headlines anymore, but the technology is still leading to massive changes across America. One area where it's making waves is the music production industry.

We speak with two experts within the field about how artificial intelligence is forcing them to rethink the future of music artistry and production.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Tina Tallon, assistant professor, artificial intelligence, music composition and the arts, University of Florida; Robert Laidlow, classical music composer, fellow, University of Oxford

Compliance issues: Arts, Career, Composition, Copyright Infringement, Entertainment Business, Music, Music Streaming, Social Media, Technology

Links for more info:

[Robert Laidlow](#)

Robert Laidlow (@Robert_Laidlow) / Twitter
Tina Tallon
Tina Tallon, Ph.D. (@ttallon) / Twitter
Tina Tallon | Boston Conservatory at Berklee

Air Date: 7/30/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: WILL SOCCER FINALLY SCORE BIG IN THE U.S.?

Time: 6:41am

Duration: 8:37

Synopsis: Soccer has steadily gained a following in recent years in the U.S. Amongst Americans 18-29 years old, the sport is now more popular than baseball. We speak with soccer expert, G. Edward White about what's driving this shift and why it took so long for soccer to take hold in America.

Host: Marty Peterson

Producer: Amirah Zaveri, Tabor Brewster

Guests: G. Edward White, David and Mary Distinguished Professor, Law, University of Virginia School of Law, author, Soccer in American Culture: The Beautiful Game's Struggle for Status

Compliance issues: Entertainment, History, Nationalism, Parenting, Sports Culture, Technology, Youth Sports

Links for more info:

[G. Edward White | University of Virginia School of Law](#)
[US Soccer](#)

[Fútbol frenzy: Messi set to play first game for Inter Miami CF](#)

[Fan Favorite: The Global Popularity of Football is Rising](#)

[Amazon.com: Soccer in American Culture: The Beautiful Game's Struggle for Status \(Sports and American Culture\)](#)

Air Date: 8/20/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 2: SEPARATING FACT FROM FICTION: ARE YOU A VICTIM OF MISINFORMATION?

Time: 6:40am

Duration: 9:58

Synopsis: Conspiracy theories have been around for hundreds of years. From secret projects to secret government societies, these theories are prevalent across society. We speak with two conspiracy experts about how these stories arise, why they're so pervasive online and why artificial intelligence may make these narratives more difficult to detect.

Host: Marty Peterson

Producer: Amirah Zaveri, Aunna Beranek

Guests: Colin Dickey, writer, author, Under the Eye of Power: How Fear of Secret Societies Shapes American Democracy; Dr. Erik Nisbet, Owen L. Coon Professor of Policy Analysis & Communication, Northwestern University

Compliance issues: Artificial Intelligence, Culture, History, Journalism, Media, News, Politics, Presidential Election, Social Media, Technology

Links for more info:

[Erik C. Nisbet](#)

[Fake News, Big Lies: How Did We Get Here and Where Are We Going?](#)

[Colin Dickey \(@colindickey\) / X](#)

[Under the Eye of Power by Colin Dickey | PenguinRandomHouse.com: Books](#)

[Disinformation Researchers Raise Alarms About A.I. Chatbots - The New York Times](#)

Air Date: 8/27/2023

Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 2: WHEN GREEN ENERGY TURNS TOXIC: RE-TOOLING SOLAR PANELS

Time: 6:40am

Duration: 8:50

Synopsis: Solar energy is big business in the U.S. and is only set to expand in the coming years, with an annual growth rate of 21%. But after these solar panels die, where do they go? How 'green' is this technology if we're dumping thousands of used, toxic panels into landfills? We speak with two experts in the solar panel recycling space about how innovation is driving this shift and what more needs to be done to make this energy source truly sustainable.

Host: Marty Peterson

Producer: Amirah Zaveri, Polly Hansen

Guests: Adam Saghei, Chief Executive Officer, We Recycle Solar; Jesse Simons, co-founder, Chief Commercial Officer, SolarCycle

Compliance issues: Environment, Local Government, Politics, Renewable Energy, Sustainability, Technology, Waste Management

Links for more info:

[We Recycle Solar](#)

[Solarcycle](#)

[Solar Panel Recycling | US EPA](#)

[As Millions of Solar Panels Age Out, Recyclers Hope to Cash In - Yale E360](#)

[Long-Lived? Highly Recyclable? Priorities for Solar Panels in a Circular Economy | News | NREL](#)

Air Date: 9/10/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WHY DOES EVERYONE, INCLUDING PARENTS, WANT TO BE INFLUENCERS?

Time: 6:33am

Duration: 7:16

Synopsis: Two out of three people on Earth are on social media. With so many eyeballs online, it's big business to have a large social media following and work as an influencer. We highlight this ever-evolving lucrative industry and how new laws are better protecting those who've been previously taken advantage of.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Stephanie McNeal, senior editor, Glamour, author, Swipe Up for More: Inside the Unfiltered Lives of Influencers

Compliance issues: Career, Ethics, Law, Mental Health, Parenting, Politics, Psychology, Social Media, Technology, Wealth

Links for more info:

[Stephanie McNeal \(@stephemcneal\) • Instagram photos and videos](#)

[Stephanie McNeal \(@stephemcneal\) / X](#)

[Swipe Up for More!: Inside the Unfiltered Lives of Influencers: McNeal, Stephanie: Books](#)

SEGMENT 2: FROM DRUG TRAFFICKER TO INFORMANT: HOW EX-CRIMINALS ARE AIDING INVESTIGATORS

Time: 6:41am

Duration: 9:59

Synopsis: We speak with ex drug trafficker, Margarito Flores Jr. about his entry into the illicit drug trade at an early age and when he decided to get out of the business and start working for the other side. We also speak with Sgt. Ryan Wasson about the critical role informants play in aiding law enforcement, but why it's important to avoid glorifying the work of people like Flores.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Margarito Flores Jr., federal drug informant; Sergeant Ryan Wasson, detective, Kane County Sheriff, officer, Homeland Security Investigations Task Force

Compliance issues: Crime, Drug Trafficking, Health, International Issues, Law Enforcement, Parenting, Technology

Links for more info:

[SAMHSA](#)

[Sheriff's deputies assigned to drug task force get federal credentials – Shaw Local](#)

[Margarito Flores, Chicago cocaine kingpin who helped bring down El Chapo, will teach cops how to catch drug traffickers](#)