



Weekly Public Affairs Program

Date aired: 2-24-19 Time Aired: 6 Am

Show # 2019-08

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

1. **Daniel Pink, author of "When: The Scientific Secrets of Perfect Timing"**

Mr. Pink explained how timing affects everything — from work to home to school — and that it's a science, not an art or luck. He outlined research that found that 86 specific days each year are the optimal days to start a project or to get a fresh start. He offered several examples of how productivity, personal goals and even medical procedures are significantly affected by the timing of the event.

Issues covered:

**Workplace Matters
Education
Personal Health**

Length: 8:27

2. **Amy Adamczyk, PhD, Professor of Sociology and Criminal Justice, City University of New York**

Americans' views about marijuana have drastically changed in a relatively short period of time. Dr. Adamczyk led a study that found that support for legalization began to increase shortly after the news media began to frame marijuana as a medical issue, rather than as a criminal or drug abuse issue. She believes that nationwide legalization of marijuana is likely in coming years.

Issues covered:

**Marijuana Legalization
Media**

Length: 8:33

3. **Michael Twery, PhD, Director of the National Center on Sleep Disorders Research at the National Heart, Lung, and Blood Institute, part of the National Institutes of Health**

It has been proven that a lack of enough sleep or poor quality of sleep is a major factor in heart disease. Dr. Twery discussed a recent NIH study that examined the biological reasons behind it. He said the research may lead to improved treatments for both sleep disorders and heart disease.

Issues covered:

**Heart Disease
Personal Health**

Length: 4:55