

Program	Date	Time	Length	Program Description	Issue/Topic
1. Peace Talks	1/14/ 2023	10:00 AM	One Hour	Seeking Peace on Earth: A Peace Talks Radio Special: This show was a compendium of programs from 2022. The show included highlights from "Sharing Living Space Peacefully", "Improving The Nobel Peace Prize", "Managing News Anxiety", "Cities of Asylum", "Ending Teen Dating Violence", and "Mahatma Ghandi."	Peace and Non-Violence
2. People's Pharmacy	1/7/ 2023	9:00 AM	One Hour	How to Manage Your Anxiety: Hosts Terry and Joe Graedon focused on anxiety and the way it hides in our habits as well as in our bodies. The guest was Dr. Judson Brewer, an internationally renowned addiction psychiatrist and neuroscientist. He is an associate professor in the School of Public Health, and Medical School at Brown University. Dr. Brewer's research lab has created a couple of mindfulness apps that are very helpful in breaking anxiety-driven habit loops.	Mental Health and Wellness
3. Write Stuff <i>Local</i>	1/26/ 2023	8:00 PM	One Half Hour	Doni Chamberlain: Host Jim Dowling interviewed local award-winning journalist, Doni Chamberlain, blogger of <a href="#">anewscafe</a> . She is talented, courageous, resilient, prolific and insightful. They talked about writing, her early career in journalism, and the local scene in Shasta County.	Local Journalism
4. People's Pharmacy	2/11/ 2023	9:00 AM	One Hour	Dealing with Dangerous Food Allergies: Hosts, Terry and Joe Graedon talked with food allergy expert Dr. Edwin Kim. They discussed the differences between allergies, sensitivities and intolerances. Dr. Kim offered some scientific hypotheses about why food allergies have mushroomed. Edwin Kim, MD, MS, is Associate Professor of Pediatrics & Medicine at the U of North Carolina at Chapel Hill.	Healthcare Allergies
5. Bending the Arc <i>Local</i>	2/14/ 2023	8:00AM	One Hour	Dr. Luis Alberto Aviles Vera and <a href="#">Kilometro Cero</a> : Host Sharon Brisolaro spoke with Dr. Aviles Vera about his research of an accurate accounting of those who have died as the result of use of force in encounters with law enforcement, which are happening all over the globe. Luis Alberto talked about two organizations, <a href="#">Periodismo Investigativo</a> and <a href="#">Todas</a> who have collaborated on the report related to domestic violence among police officers. The Kilometro Cero report we discussed, <i>A License to Kill: Civilian Deaths due to Police Use of Force in Puerto Rico, 2014-2020</i> , is available online.	Equity and Justice

6. Bending the Arc <i>Local</i>	3/14/ 2023	8:00:00 AM	One Hour	In this episode of Bending the Arc, Host Sharon Brisolara spoke with the Day Reporting Center's (DRC) Program Manager, Danielle Gehrung, and program graduate Christopher Coulter. DRC has the goal of changing criminal behavior through cognitive behavioral therapy, substance abuse treatment and groups that teach participants positive social skills so they are successfully prepared to reenter society. They shared their observations and insights into the program and its impact for Shasta County residents. Information about GEO Reentry Services, the organization that manages the DRC in Shasta County as well as other sites nationwide, was also shared.	Equity and Justice
7. Reveal	3/14/ 2023	4:00 PM	One Hour	From Victim to Suspect: Reveal reporter Rachel de Leon spent years taking a close look at cases across the country in which people reported sexual assaults to police, only to find themselves investigated. She explored one case about how police interrogated an alleged perpetrator, an alleged victim and each other. De Leon's investigation is the subject of a forthcoming documentary, "Victim/Suspect". Reporter and producer: Rachel de Leon, CIR.	Equity and Justice
8. Peace Talks	3/18/ 2023	10:00 AM	One Hour	The Peace Message of <i>Star Trek</i> : Host Paul Ingles talked with Dr. Judith Barad, author of "The Ethics of <i>Star Trek</i> " and David Gerrold, author of "The World of <i>Star Trek</i> " and the popular episode "The Trouble With Tribbles" about the message of <i>Star Trek</i> .	Peace Culture
9. Write Stuff <i>Local</i>	3/23/ 2023	8:00 PM	One Half Hour	Celeste White: Host Jim Dowling interviewed local author and artist Celeste White about her latest book, <i>The Listener</i> . It is a story that transports the reader to a world of wonder and magic; the town of Clear Springs and the mysteries surrounding a man who wakes one day to find he has no memory. Nothing. Desperate for answers he eventually stumbles upon a shy and gifted woman, The Listener.	Local Culture