

KNNR PUBLIC SERVICE PROGRAMMING QUARTER 1, 2023 (JAN.-MAR.)

QUARTERLY ISSUES

Issues List:

Aging
Alzheimer's Disease
Blood Donations
Bullying
Career
Children's Issues
Community Rehabilitation
Constitutional Rights
Consumer Matters
Criminal Justice
Diversity
Domestic Violence
Drug Abuse
Economics
Economy
Education
Electric Vehicles
Employment
Environment
Entrepreneur-ism
Gambling Addiction
Government Policies
Government Programs
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Government Spending
Homelessness
Hunger
Law Enforcement
Learning Disabilities

Legal Reform
Literacy
Marriage
Mass Shootings
Mental Health
Mental Health Services
Minority Concerns
Nutrition
Parenting
Payday Loans
Personal Finance
Personal Health
Personal Productivity
Poverty
Privacy
Productivity
Sickle Cell Disease
Stress
Substance Abuse and Treatment
Suicide
Supply Chain Issues
Transportation
Veterans Concerns
Women's Concerns
Women's Issues
Workplace Matters
Youth At Risk
Youth Sports
Youth Suicide

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2023

Show # 2023-01

Date aired: 01/01/2023 Time Aired: 5:30 AM

Jacquelyn C. Campbell, PHD, RN, FAAN, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program

Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.

Issues covered:

Length: 9:21

**Domestic Violence
Women's Concerns**

Bryan Caplan, PhD, Professor of Economics at George Mason University, blogger for EconLog, author of "*The Case against Education: Why the Education System Is a Waste of Time and Money*"

Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.

Issues covered:

Length: 8:01

**Education
Career
Government Spending**

Cyrus Farivar, Senior Business Editor at Ars Technica, author of "*Habeas Data: Privacy vs. the Rise of Surveillance Tech*"

Mr. Farivar discussed how judges and activists have thought about privacy and surveillance in America in recent decades. He believes that laws need to be updated to address advances in surveillance technology, such as the mass use of license plate readers and facial recognition software.

Issues covered:

Length: 5:04

**Constitutional Rights
Privacy**

Show # 2023-02

Date aired: 01/08/2023 Time Aired: 5:30 AM

Todd Spencer, President of the Owner-Operator Independent Drivers Association

Trucking is critical to virtually every aspect of the US economy. Mr. Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation's highway system to better accommodate trucks.

Issues covered:

Length: 8:39

Transportation

Supply Chain Issues

Employment

Natasha Slesnick, PhD, Professor of Human Development and Family Science in the Department of Human Sciences, and EHE Associate Dean for Research and Administration at Ohio State University

Prof. Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children, and the most effective forms of support.

Issues covered:

Length: 8:45

Homelessness

Government Programs

Drug Abuse

Donna Thompson, PhD, MBA, retired college educator, an advocate for children's literacy and creator of The Adventures of Carly and Charly, a book series "written" by cats for kids

Ms. Thompson discussed the importance of encouraging reading in young children, and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading, and why it is so important for parents to set a good example in reading habits.

Issues covered:

Length: 5:01

Literacy

Parenting

Show # 2023-03

Date aired: 01/15/2023 Time Aired: 5:30 AM

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.

Issues covered:

Length: 17:52

**Substance Abuse and Treatment
Government Policies**

Sam Quinones, author of *“The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth”*

The opioid crisis' damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

Issues covered:

Length: 5:08

**Substance Abuse and Treatment
Community Rehabilitation
Law Enforcement
Homelessness**

Show # 2023-04

Date aired: 01/22/2023 Time Aired: 5:30 AM

Lauren Fleshman, one of the most decorated American distance runners of all time, winner of five NCAA championships at Stanford University and two national championships as a professional, author of *“Good for A Girl: A Woman Running in a Man's World”*

Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Ms. Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.

Issues covered:

**Women's Concerns
Youth Sports**

Length: 9:21

Chris Bailey, productivity expert, author of *“How to Calm Your Mind: Finding Presence and Productivity in Anxious Times”*

Mr. Bailey shared the inspiration to write his book--a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.

Issues covered:

**Mental Health
Personal Productivity
Career**

Length: 8:01

Tim Lohrentz, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:

**Payday Loans
Poverty
Government Regulations**

Length: 5:10

Show # 2023-05

Date aired: 01/29/2023 Time Aired: 5:30 AM

Alvin E. Roth, PhD, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of *“Who Gets What — and Why: The New Economics of Matchmaking and Market Design”*

Dr. Roth is one of the world’s leading experts on matching markets, where “sellers” and “buyers” must choose each other, and price isn’t the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

Issues covered:

Length: 9:17

**Economics
Career
Education**

Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of *“The Whole Heart Solution”*

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

Issues covered:

Length: 8:01

Personal Health

Paul Tough, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children’s Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

Issues covered:

Length: 5:00

**Poverty
Education
Minority Concerns
Parenting**

Show # 2023-06

Date aired: 02/05/2023 Time Aired: 5:30 AM

Ismail Karabas, PhD, Marketing Professor at Murray State University

Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.

Issues covered:

**Consumer Matters
Employment
Economy**

Length: 8:58

Dan Martell, entrepreneur, productivity expert, author of "*Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire*"

Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.

Issues covered:

**Entrepreneurism
Personal Productivity
Career**

Length: 8:18

Les Bernal, Executive Director of Stop Predatory Gambling, a national grassroots citizen's movement

Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.

Issues covered:

**Gambling Addiction
Government Policies**

Length: 5:07

Show # 2023-07

Date aired: 02/12/2023 Time Aired: 5:30 AM

Andrew Smith, PhD, cognitive psychologist and Assistant Professor at Iowa State University

Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.

Issues covered:
Criminal Justice
Legal Reform

Length: 9:12

Andrew McDiarmid, Senior Fellow at the Discovery Institute, a non-profit, non-partisan organization focused on research, education, action, and cultural renewal

A recent study reported in the Journal of Experimental Psychology suggests that the act of “just thinking” can be more rewarding than we might realize. Mr. McDiarmid outlined the study's findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking, instead.

Issues covered:
Mental Health
Personal Productivity

Length: 8:10

Tom Appel, Publisher of Consumer Guide Automotive

Mr. Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.

Issues covered:
Electric Vehicles
Consumer Matters
Environment

Length: 4:53

Show # 2023-08

Date aired: 02/19/2023 Time Aired: 5:30 AM

Shevaun Neupert, PhD, Professor of Psychology at North Carolina State University

Prof. Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress.

Issues covered:

Length: 9:12

**Mental Health
Stress**

Angie Morgan Witkowski, Leadership and Career Coach, author of "*Bet on You: How to Win with Risk*"

Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.

Issues covered:

Length: 8:10

**Career
Personal Productivity
Mental Health**

Lindsey Parnarouskis, MS, doctoral candidate, Department of Psychology, University of Michigan

Ms. Parnarouskis was the first author of a study that examined the connection between food insecurity and the overconsumption of processed foods. She found that that women experiencing food insecurity more frequently report symptoms of food addiction, such as compulsive eating of certain types of food, unsuccessful attempts to cut down and withdrawal symptoms.

Issues covered:

Length: 4:53

**Nutrition
Hunger
Women's Issues**

Show # 2023-09

Date aired: 02/26/2023 Time Aired: 5:30 AM

Lauryn Williams, Certified Financial Planner, founder of Worth Winning, a company that helps young professionals organize their finances

A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She said many Gen Zers are choosing to invest in themselves and their professional growth, such as starting their own businesses or furthering their education. She explained why it is critical to start early to build retirement savings.

Issues covered:

Length: 9:12

Consumer Matters

Economy

Employment

Elisa Villanueva Beard, CEO of Teach For America, a nonprofit organization dedicated to improving educational outcomes for low-income students

Ms. Villanueva Beard outlined the mission of her organization, and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply to be a part of Teach For America.

Issues covered:

Length: 8:10

Education

Poverty

Matthew A. Miller, PhD, MPH, Executive Director for VA Suicide Prevention for the U.S. Department of Veterans Affairs

Dr. Miller shared VA's latest data that showed meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He also outlined the potential warning signs and what family members or friends can do to help.

Issues covered:

Length: 4:53

Veterans' Concerns

Suicide

Mental Health

Show # 2023-10

Date aired: 03/05/2023 Time Aired: 5:30 AM

Yvette M. Miller, MD, Executive Medical Officer for the American Red Cross Donor and Client Support Center, helping to lead the Red Cross' national Sickle Cell Initiative

Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.

Issues covered:

**Sickle Cell Disease
Blood Donations
Diversity**

Length: 8:32

Candy Valentino, finance and wealth advisor, author of *"Wealth Habits: Six Ordinary Steps to Achieve Extraordinary Financial Freedom"*

Ms. Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.

Issues covered:

**Personal Finance
Entrepreneurism**

Length: 8:51

Samuel West, PhD, Assistant Professor of Psychology at Virginia State University

Dr. West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He believes that social isolation is an ideal target for intervention because it can be addressed both at the individual level and the societal level.

Issues covered:

**Mass Shootings
Mental Health**

Length: 5:07

Disc # 2023-11

Date aired: 03/12/2023 Time Aired: 5:30 AM

Pamela Gockley, Certified Bullying Prevention Specialist, Founder and Executive Director of The Camel Project, a non-profit organization focused on deconstructing the culture of bullying in America

1 in 5 students report being bullied at school. However, Ms. Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how to parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it.

Issues covered:

Length: 8:44

**Bullying
Parenting
Youth at Risk**

Brock L. Eide M.D., M.A., learning disabilities expert, co-author of "*The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain*"

Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Eide said recent research has proven that these challenges are not dyslexia's main features. He explained how these characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.

Issues covered:

Length: 8:41

Learning Disabilities

Samuel Zahinoor Ismail, MD FRCPC, Professor of Psychiatry, Neurology, Epidemiology, and Pathology at the Hotchkiss Brain Institute and O'Brien Institute for Public Health at the University of Calgary

Dr. Ismail was the lead author of a large 10-year study that found 40 percent fewer dementia diagnoses in people who took vitamin D supplements. The study also found that those who take vitamin D are more likely to have more years of dementia-free life. In addition, he found that vitamin D had a significantly greater effect on women, than men.

Issues covered:

Length: 5:05

**Alzheimer's disease
Nutrition
Aging**

Show # 2023-12

Date aired: 03/19/2023 Time Aired: 5:30 AM

Juliet B. Schor, PhD, Professor of Sociology, Boston College

The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.

Issues covered:

Length: 8:40

Workplace Matters

Mental Health

Productivity

Deepa L. Sekhar, MD, Associate Professor of Pediatrics at the Penn State College of Medicine, Executive Director of Penn State PRO Wellness

Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services. She explained how the screening works and the reasons some schools or parents may be reluctant to give it a chance.

Issues covered:

Length: 8:43

Youth Suicide

Mental Health Services

Parenting

John P. Thyfault, PhD, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

Issues covered:

Length: 5:09

Personal Health

Show # 2023-13

Date aired: 03/26/2023 Time Aired: 5:30 AM

Elizabeth Wallace, co-author of *"The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life"*

Over the last sixty years, women's roles at home and on the job have radically changed, and the question of whether they can really "have it all" is still debated. Ms. Wallace outlined three distinct paths where a woman's life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today's complex career choices.

Issues covered:

Length: 9:22

Women's Concerns

Career

Marriage

Thomas Lickona, PhD, Developmental Psychologist, Professor of Education Emeritus at the State University of New York at Cortland, author of *"How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain"*

Dr. Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.

Issues covered:

Length: 7:52

Parenting

Children's Issues

Irwin Reyes, Researcher in the Usable Security and Privacy Group at the International Computer Science Institute, a laboratory affiliated with the University of California at Berkeley

Mr. Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple's closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children's privacy.

Issues covered:

Length: 4:56

Privacy

Children's Issues

Parenting



Quarterly Report of Compliancy Issues & Programs List 2023-Q1 (January - March) Viewpoints Radio

- Accounting
- Aging
- American Diet
- American Expansion
- American History
- Animal Welfare
- Archaeology
- Artificial Intelligence
- Arts
- Biology
- Business
- Career
- Child Development
- Climate
- Climate Change
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- Debt
- Democracy
- Diet
- Disease
- Disease Prevention
- Domestic Terrorism
- Drug Policy
- Economy
- Education
- Electricity
- Emotional Development
- Emotional Well-being
- End-of-life Planning
- Engineering
- Entertainment Regulation
- Entrepreneurship
- Environment
- Film
- Film Industry
- Food History
- Food Policy
- Food Systems
- Forensic Science
- Free Expression
- Gambling Addiction
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- Higher Education
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- Industry Regulation
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- Living Costs
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- Music
- National Security
- Natural Disaster
- Natural Resources
- Nutrition
- Parenthood
- Parenting
- Personal Development
- Personal Finance
- Personal Wealth
- Pet Adoption
- Pet Ownership
- Police Reform
- Politics
- Poverty
- Power Generation
- Private Security
- Psychology
- Public Health
- Public Housing
- Public Policy
- Public Resources
- Public Safety
- Relationships
- Research
- Retirement
- Science
- Self-care
- Sexism
- Small Business
- Social Media
- Society
- Software Engineering
- Space Travel
- Sports
- Sports Culture
- Stress Management
- Supply Chain Management
- Technology
- Timekeeping
- Traditions
- Travel
- TV
- U.S. Economy
- Utilities
- Veterinary Care
- Wage Inequity
- War
- Women's Rights
- Women's History
- Women's Issues
- Workers' Rights
- Writing
- Youth Development

Program 23-01**Air Date:** 1/7/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE FALLOUT FROM INDUSTRY MONOPOLIES****Time:** 1:47**Duration:** 10:27

Synopsis: This past November, thousands of Taylor Swift fans were left frustrated and disappointed after Ticketmaster's platform failed to deliver on general sale tickets for her upcoming tour. We discuss how this recent failure has stirred a larger conversation about the consequences & long-term effects of monopolies.

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

Guests: Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project.

Compliance issues: Government Regulation, Economy, Small Business, Politics, Consumer Protection

Links for more info:

[Taylor Swift Fans Are Suing Ticketmaster Again Over 'Eras' Tour Controversy | HuffPost Entertainment](#)
[Contacting U.S. Senators](#)

[Find Your Representative | house.gov](#)

SEGMENT 2: WHO IS GEN-Z?**Time:** 14:16**Duration:** 7:56

Synopsis: There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they're extremely tech-savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z is and what impact they'll have on the future world.

Host: Marty Peterson**Producer:** Amirah Zaveri, Grace Galante

Guests: John Schlimm, researcher, professor, author, *What Would Gen-Z Do? Everything You Don't Know About Gen-Z But Should*.

Compliance issues: Social Media, Psychology, Technology, Culture, Mental Health, Cultural Trends

Links for more info:

[Where Millennials end and Generation Z begins | Pew Research Center](#)

[What Would Gen-Z Do?: Everything You Don't Know About Gen-Z but Should by John Schlimm, Hardcover | Barnes & Noble®](#)

[How Gen Z Could Transform American Politics | FiveThirtyEight](#)

VIEWPOINTS EXPLAINED: NYE TRADITIONS AROUND THE WORLD**Time:** 21:12**Duration:** 1:10**Synopsis:** We explore how different cultures and countries ring in the New Year.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Culture, Traditions, Customs, Diet**CULTURE CRASH: 2023 FILM RELEASES****Time:** 24:22**Duration:** 2:05**Synopsis:** We highlight some of the movies we're looking forward to in 2023.**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture

Program 23-02**Air Date:** 1/14/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FALLING ASLEEP IN SPACE****Time:** 1:47**Duration:** 8:47

Synopsis: Do you have trouble falling or staying asleep? If so, you'll know that not getting good rest can take a big toll on how you feel both physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body.

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

Guests: Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine.

Compliance issues: Health, Medicine, Disease, Biology, Science, Innovation, Space Travel, Technology

Links for more info:[Center for Circadian & Sleep Medicine](#)[NASA: Sleeping In Space](#)**SEGMENT 2: A PATHWAY TO EXONERATION****Time:** 12:36**Duration:** 8:37

Synopsis: Experts estimate that between 4-6 percent of prisoners behind bars are innocent. We explore what factors feed into these wrongful convictions and how advocates in the arena are fighting for justice.

Host: Marty Peterson**Producer:** Amirah Zaveri | Polly Hansen

Guests: Isaac Wright Jr., practicing attorney, author, *Marked for Life: One Man's Fight for Justice From the Inside*; Samuel Gross, Thomas and Mabel Long Professor Emeritus of Law at the University of Michigan – Ann Arbor, founder, senior editor, *The National Registry of Exonerations*.

Compliance issues: Law, Law Enforcement, Forensic Science, Criminal Justice

Links for more info:[The National Registry of Exonerations](#)[Amazon: *Marked for Life: One Man's Fight for Justice from the Inside*](#)**VIEWPOINTS EXPLAINED: AN INADEQUATE DIET****Time:** 22:13**Duration:** 1:42

Synopsis: We discuss the sad state of prison meals in the U.S. All too often, these dishes are spoiled, full of preservatives and don't have enough calories. If the end goal of incarceration is rehabilitation, shouldn't these meals adequately feed and nourish prisoners?

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

Compliance issues: Diet, Nutrition, Incarceration

CULTURE CRASH: THE CAREER OF AARON SORKIN**Time:** 23:55**Duration:** 2:32**Synopsis:** Aaron Sorkin's screenplays have been praised for their pace and structure. We look into why the Oscar winner's writing style is so effective in film and on TV.**Host & Producer:** Evan Rook**Compliance issues:** Writing, Film, Culture

Program 23-03**Air Date:** 1/21/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: HOW TO BETTER DEAL WITH STRESS THIS YEAR****Time:** 1:47**Duration:** 8:47**Synopsis:** We speak with University of California – San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Elissa Epel, health psychologist, professor, vice chair, Department of Psychiatry and Behavioral Sciences, University of California – San Francisco, author, *The Stress Prescription: Seven Days to More Joy and Ease*.**Compliance issues:** Lifestyle, Stress Management, Literature, Psychology, Mental Health, Health**Links for more info:**[Dr. Elissa Epel](#)[UCSF Profiles: Dr. Elissa Epel](#)[Amazon: The Stress Prescription: Seven Days to More Joy and Ease \(The Seven Days Series\)](#)**SEGMENT 2: A KEY VULNERABILITY: U.S. POWER GRIDS****Time:** 12:36**Duration:** 8:37**Synopsis:** In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what's driving this uptick, how power companies and government organizations are responding and what you should know as a consumer.**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Adrienne Lotto, senior vice president, Grid Security, Technical, and Operations at the American Public Power Association.**Compliance issues:** Infrastructure, Domestic Terrorism, Public Health, Private Security, Utilities, Power Generation, Electricity**Links for more info:**[American Public Power Association](#)[Ready.gov](#)**VIEWPOINTS EXPLAINED: WINTER IN UKRAINE****Time:** 23:09**Duration:** 1:15**Synopsis:** As winter takes hold on Europe, Ukrainian soldiers defending their country face subzero temperatures, power outages and increasing challenges.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** War, Climate, Health, Global News

CULTURE CRASH: A REVIEW OF "GLASS ONION"

Time: 23:55

Duration: 2:32

Synopsis: We discuss the new film, "Glass Onion: A Knives Out Mystery" now streaming on Netflix.

Host & Producer: Evan Rook

Compliance issues: Film, Culture

Program 23-04**Air Date:** 1/28/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING****Time:** 1:48**Duration:** 8:37

Synopsis: Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women's track and field. Early on in her career, she was a prized hopeful for bringing home the Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us this week to talk about the toxic culture present in many elite running organizations and what needs to change to better support these young, vulnerable athletes.

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

Guests: Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a Man's World.

Compliance issues: Health, Women's Issues, Sports Culture, Youth Development, Parenting, Mental Health

Links for more info:[Instagram @fleshmanflyer](#)LauraFleshman.com[twitter @laurenfleshman](#)**SEGMENT 2: HOW DID PAST CIVILIZATIONS KEEP TIME?****Time:** 12:27**Duration:** 9:16

Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.

Host: Marty Peterson**Producer:** Grace Galante

Guests: Chad Orzel, associate professor, physics, astronomy, Union College.

Compliance issues: Innovation, Timekeeping, Culture, History, Engineering, Invention, Archaeology

Links for more info:[Union College: Chad Orzel](#)[twitter @orzelt](#)**VIEWPOINTS EXPLAINED: ALCOHOL'S CONNECTION TO CANCER****Time:** 22:43**Duration:** 1:42

Synopsis: The World Health Organization recently reported that no amount of alcohol is healthy to consume. In fact, the agency says even light or moderate alcohol intake has been linked to cause seven different types of cancer.

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

Compliance issues: Health, Disease Prevention, Research, Science

CULTURE CRASH: A TOUGH MONTH FOR THE NFL AHEAD OF THE SUPER BOWL

Time: 24:25

Duration: 2:02

Synopsis: Ahead of the year's biggest game, we discuss the state of the NFL following the serious injury suffered by Bills player Damar Hamlin.

Host & Producer: Evan Rook

Compliance issues: Sports, Culture

Program 23-05**Air Week:** 2/4/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FOR THE LOVE OF CROSSWORDS****Time:** 1:47**Duration:** 7:34

Synopsis: The first crossword was published in 1913 by journalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from the New York Times to USA Today. Self-acclaimed lovers of crosswords are known as ‘cruciverbalists’ and compete online as well as create these puzzles for publishing. We speak with crossword expert Adrienne Raphel to find out more about this beloved word game.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Adrienne Raphel, author, Thinking Inside the Box.**Compliance issues:** History, Hobby, Language, Literature, Education**Links for more info:**[Crossword Puzzles Online – Play Daily for Free | Arkadium](#)[USA Today: Crossword Puzzles](#)[The New York Times Crossword](#)**SEGMENT 2: BANNED BOOKS: TWO SIDES TO THE STORY****Time:** 11:23**Duration:** 11:37

Synopsis: Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers. We discuss the controversy by highlighting two differing perspectives on the debate.

Host: Marty Peterson**Producer:** Grace Galante**Guests:** Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty**Compliance issues:** Education, Free Expression, Public Policy, Literature, Government**Links for more info:**[ALA.org: Banned & Challenged Books](#)[CBS News: The 50 most banned books in America](#)[twitter @jonfreadom](#)[Moms For Liberty](#)**CULTURE CRASH: HOW CHATGPT IS CHANGING THE ARTS SCENE****Time:** 24:00**Duration:** 2:27

Synopsis: We discuss how new AI technology platforms like DALL-E and ChatGPT are making waves in the creative landscape.

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

Program 23-06**Air Week:** 2/11/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE MANY CAUSES OF SUPPLY CHAIN & INFLATION WOES****Time:** 1:50**Duration:** 7:22

Synopsis: Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes.

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

Guests: James Rickards, economist, former Wall Street banker, author, *Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy*

Compliance issues: Inflation, Personal Finance, Supply Chain Management, Global Train, U.S. Economy

Links for more info:

[Amazon: Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy](#)

twitter: [@JamesGRickards](#)

SEGMENT 2: A CHANGING PALATE ACROSS PERIODS OF ECONOMIC UNCERTAINTY**Time:** 11:14**Duration:** 10:37

Synopsis: Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, and economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted recipes and food trends. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.

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

Guests: Jane Ziegelman, food historian, author, *A Square Meal: A Culinary History of the Great Depression*.

Compliance issues: American History, Nutrition, Poverty, Food History, Culture, American Diet, Economy

Links for more info:

[Amazon: 97 Orchard: An Edible History of Five Immigrant Families in One New York Tenement](#)
[Culinary Historians: "A Square Meal: A Culinary History of the Great Depression"](#)

VIEWPOINTS EXPLAINED: STRIVING FOR A POLICE FORCE THAT BETTER REPRESENTS SOCIETY**Time:** 22:51**Duration:** 1:37

Synopsis: Just 12 percent of police officers are women and only 3 percent are in leadership positions. We cover one initiative that's dead set on getting more women into this sector."

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

Compliance issues: Law Enforcement, Gender Equality, Police Reform

CULTURE CRASH: GETTING BACK IN THE GAME

Time: 24:28

Duration: 1:56

Synopsis: Some of our favorite throwback bands are back together in 2023. From Blink 182 to Fall Out Boy, big names are putting out new music after years away from the limelight.

Host & Producer: Evan Rook

Compliance issues: Music, Culture

Program 23-07**Air Week:** 2/18/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST****Time:** 1:47**Duration:** 9:07

Synopsis: The Wild, Wild West: cowboys, shootouts, open prairies & gold mines galore. While this is a common stereotype surrounding the colonial West, there's much more about this region and period than meets the eye. For thousands of women, living out West meant greater independence, and an opportunity to start anew. Historian and author Winifred Gallagher joins us to share how the women of the Old West paved the way for women across the U.S.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Winifred Gallagher, historian, author, *New Women in the Old West*.**Compliance issues:** Society, Women's Rights, American Expansion, Politics, Gendered Norms, Culture, Gender Equality, History, Sexism**Links for more info:**[Penguin Random House: *New Women in the Old West*](#)**SEGMENT 2: A DISTINGUISHING FRAMEWORK****Time:** 12:57**Duration:** 9:11

Synopsis: Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology; Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University.**Compliance issues:** Software Engineering, Industry Regulation, Consumer Protection, Information Technology, Travel, Government**Links for more info:**[Federal Aviation Administration: FAA NOTAM Statement](#)[Reuters: U.S. FAA adopts new safeguards after computer outage halted flights](#)[USA Today: Southwest Airlines executive to testify before Senate panel following flight cancellation 'meltdown'](#)

VIEWPOINTS EXPLAINED: BRADY BOWS OUT

Time: 23:08

Duration: 1:08

Synopsis: Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Sports, Aging, Culture, Retirement, Health

CULTURE CRASH: ACADEMY AWARD NODS

Time: 24:16

Duration: 2:11

Synopsis: The Oscars are right around the corner. Here are some of our faves that've received an Oscar nod.

Host & Producer: Evan Rook

Compliance issues: Film, Culture

Program 23-08**Air Week:** 2/25/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: IN AWE: A RENEWED LENS ON LIFE****Time:** 1:47**Duration:** 9:24

Synopsis: It can be hard to explain what it's like to feel in awe. For me, I can remember feeling this way after reaching the top of a mountain after an hours-long climb and looking onto the vast horizon, or after watching the film Inception in theaters for the first time and being blown away by the soundtrack. We speak with renowned social psychologist Dacher Keltner about awe and what experiences elicit this emotion.

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

Guests: Dacher Keltner, professor, psychology, University of California-Berkeley, author, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life.

Compliance issues: Science, Creativity, Psychology, Mental Health, Emotional Well-being

Links for more info:

[Amazon: Awe: The New Science of Everyday Wonder and How It Can Transform Your Life Hardcover](#)

[University of California-Berkeley Psychology: Dacher Keltner](#)

[New York Times: An 'Awe Walk' Might Do Wonders for Your Well-Being](#)

SEGMENT 2: THE UNSEEN FACES OF HOMELESSNESS**Time:** 13:13**Duration:** 9:05

Synopsis: At the beginning of 2020, there were about 580,000 Americans homeless on a given night, according to the National Alliance to End Homelessness. Fast forward almost three years and this number has stayed about the same. With basic living prices and rent still high, we share the many faces of homelessness and one inspiring story about resilience in the face of several challenges.

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

Guests: Nikita Stewart, reporter, The New York Times, author, Troop 6000: The Girl Scout Troop That Began in a Shelter and Inspired the World.

Compliance issues: Public Resources, Homelessness, Wage Inequity, Child Development, Poverty, Public Housing

Links for more info:

[National Alliance To End Homelessness: State of Homelessness: 2022 Edition](#)

[U.S. Department of Housing and Urban Development: Rental Assistance](#)

VIEWPOINTS EXPLAINED: TIME FOR TAXES**Time:** 23:18**Duration:** 1:12

Synopsis: The most dreaded time of year is soon upon us: tax season. We talk about tax help resources and what to expect once you file.

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

Compliance issues: Personal Finance, Accounting, Government

CULTURE CRASH: A NEW MURDER MYSTERY

Time: 24:30

Duration: 1:57

Synopsis: We talk about the new murder mystery TV show, “Poker Face” that’s now streaming on Peacock.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Program 23-09**Air Week:** 3/4/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: LOOKING UP: THE PATH TO FINANCIAL WEALTH****Time:** 1:47**Duration:** 8:12

Synopsis: For Scarlett Cochran, money management wasn't a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It wasn't until she was in her early twenties and struggling with money that she realized the importance of budgeting and accruing savings. We sit down and speak with Cochran to learn about her inspiring journey and path to financial wealth.

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

Guests: Scarlett Cochran, attorney, financial expert, author, *It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve*.

Compliance issues: Personal Finance, Poverty, Personal Wealth, Personal Development, Parenthood

Links for more info:

[Penguin Random House: It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve.](#)

[Instagram: @onebighappyife](#)

SEGMENT 2: GREEN BURIALS**Time:** 12:01**Duration:** 9:10

Synopsis: Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that's shied away from, it's something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes.

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

Guests: Hayley Campbell, journalist, author, *All the Living and the Dead*; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary.

Compliance issues: Environment, Climate Change, Health, Culture, End-of-life Planning, Death

Links for more info:

[All the Living and the Dead](#)

[CarolinaMemorialSanctuary.org](#)

VIEWPOINTS EXPLAINED: A FAULTY DESIGN**Time:** 22:11**Duration:** 2:05**Synopsis:** The massive earthquake earlier this month in the Middle East is nearing 50,000 lives lost. It's been discovered that more than 75,000 buildings within the earthquake zone in Turkey were improperly constructed and did not meet earthquake resistant regulations.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Natural Disaster, Public Safety, Government, Corruption**CULTURE CRASH: A RETURN TO PARAMORE****Time:** 24:16**Duration:** 2:11**Synopsis:** We discuss Paramore's latest album release after a long hiatus.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Music

Program 23-10**Air Week:** 3/11/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A NEW VIEWPOINT: SPEAKING WITH ACCLAIMED PASTRY CHEF JOANNE CHANG****Time:** 1:47**Duration:** 8:32

Synopsis: A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Joanne Chang, pastry chef, owner, Flour Bakery, Myers + Chang.**Compliance issues:** Entrepreneurship, Business, Cooking Science, Career, Creative Arts, Personal Development, Relationships**Links for more info:**BostonChefs.com: Joanne Chang[Instagram](https://www.instagram.com/joannebchang) – @joannebchang[Twitter](https://twitter.com/jbchang) – @jbchang**SEGMENT 2: ONLINE SPORTS BETTING: A LUCRATIVE NEW INDUSTRY OR A GATEWAY TO GAMBLING ADDICTION?****Time:** 12:19**Duration:** 9:11

Synopsis: Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program.**Compliance issues:** Public Health, Youth Development, Social Media, Psychology, Entertainment Regulation, Parenting, Gambling Addiction, Technology, Mental Health**Links for more info:**[Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/gambling-addiction/expert-answers/compulsive-gambling/faq-2020): Compulsive Gambling[GamTalk.org](https://www.gamtalk.org)[National Problem Gambling](https://www.nationalproblemgambling.org)National Problem Gambling Helpline: [1-800-522-4700](tel:1-800-522-4700)

VIEWPOINTS EXPLAINED: A BETTER-BALANCED MEAL

Time: 22:30

Duration: 1:43

Synopsis: We cover the ongoing push to improve inmates' meals in prison systems across the country.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Incarceration, Criminal Justice, Diet, Nutrition

CULTURE CRASH: HOW WE FEEL ABOUT "YOU" SEASON 3

Time: 24:12

Duration: 2:15

Synopsis: "You" is so good at providing the audience with the unexpected, and it does it largely by completely changing the characters' setting and circumstances every season.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Program 23-11**Air Week:** 3/18/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: REAL SELF-CARE IS SETTING BOUNDARIES****Time:** 1:47**Duration:** 7:37

Synopsis: Acclaimed therapist and social worker Nedra Glover Tawaab joins us this week to talk about boundaries. We often don't think about our own boundaries and the boundaries we need in our relationships – whether it be with friends, colleagues, family, or romantic relationships. Tawaab breaks down how to set these boundaries and approach difficult conversations.

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

Guests: Nedra Glover Tawaab, licensed therapist, social worker, relationship expert, author, Drama Free: A Guide to Managing Unhealthy Family Relationships.

Compliance issues: Psychology, Communication, Mental Health, Self-care, Emotional Development, Relationships

Links for more info:

[Amazon: Drama Free: A Guide to Managing Unhealthy Family Relationships](#)

[Instagram: @nedratawwab](#)

[Psychology Today](#)

[Positive Psychology: How to Set Healthy Boundaries & Build Positive Relationships](#)

SEGMENT 2: ANIMAL CONTROL AND RESCUE**Time:** 11:26**Duration:** 9:31

Synopsis: More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.

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

Guests: Laurie Zaleski, author, Funny Farm: My Unexpected Life with 600 Rescue Animals; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina.

Compliance issues: Pet Ownership, Pet Adoption, Animal Welfare, Conscious Gifting, Veterinary Care, Companionship

Links for more info:

[Funny Farm Rescue](#)

[ASPCA: How to Avoid Cruelty](#)

[Amazon: Funny Farm: My Unexpected Life with 600 Rescue Animals](#)

VIEWPOINTS EXPLAINED: THE STATE OF STUDENT LOAN CANCELLATIONS

Duration: 2:11

Synopsis: We discuss the future of the student loan cancellation program that was heavily touted by the Biden administration last year.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Debt, Politics, Government, Higher Education

CULTURE CRASH: THE RELEASE OF CREED III

Time: 24:08

Duration: 2:20

Synopsis: That's right – Creed III is the newest installment in the boxing drama. We cover whether this early 2023 blockbuster is worth the watch.

Host & Producer: Evan Rook

Compliance issues: Culture, History, Film

Program 23-12**Air Week:** 3/25/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FOOD'S CONNECTION TO OUR MENTAL HEALTH****Time:** 1:47**Duration:** 10:47

Synopsis: You're probably familiar with the saying: 'You are what you eat.' It's no secret that the foods we consume directly correlate to how we feel, look and more. But there's more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

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

Guests: Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, *Eat & Flourish: How Food Supports Emotional Well-Being*.

Compliance issues: Diet, Education, Culture, Food Policy, Mental Health, Food Systems, Health, Nutrition

Links for more info:[The Washington Post – Mary Beth Albright](#)[twitter @MaryBeth](#)[Eat & Flourish: How Food Supports Emotional Well-Being](#)**SEGMENT 2: WHAT LED TO THE LARGEST HIGHER EDUCATION STRIKE IN U.S. HISTORY?****Time:** 14:37**Duration:** 7:21

Synopsis: Late last year, more than 48,000 graduate students, researchers and teaching assistants unionized and went on strike against the University of California system, encompassing nine college campuses. Across the state, schools like Berkeley, UCLA and University of California-San Diego to name a few came to a standstill as thousands demanded higher pay, better healthcare and other improved benefits. We speak with master's student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward.

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

Guests: Kelsey Wardlaw, masters candidate, Latin American Studies, University of California-San Diego.

Compliance issues: Inflation, Higher Education, Labor Rights, Inequality, Workers' Rights, Poverty, Living Costs

Links for more info:[Cal Matters: Six takeaways for Californians after the UC graduate student worker strike](#)[Office of Labor-Management Standards: Union Resources](#)

VIEWPOINTS EXPLAINED: ELI LILLY'S COMMITMENT ON INSULIN

Time: 22:58

Duration: 1:24

Synopsis: Pharmaceutical giant, Eli Lilly, has decided to cap their monthly insulin costs at \$35/month. For millions who rely on insulin to treat Type I Diabetes, this high price tag was something they've long been fighting to change.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Drug Policy, Healthcare Policy, Public Health

CULTURE CRASH: THE POPULARITY OF THE NETFLIX SERIES, "WEDNESDAY"

Time: 24:22

Duration: 2:05

Synopsis: We discuss why "The Addams Family" spinoff, "Wednesday" is faring so well with younger audiences.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Program 23-13**Air Week:** 4/1/2023 at 5:30A**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE UNTOLD STORY OF EDITH WILSON****Time:** 1:47**Duration:** 10:18

Synopsis: Women's History Month is a time to look back and honor the women of the past who've made a difference. One of these stories is that of Edith Wilson. On paper, she's known as Woodrow Wilson's second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent woman.

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

Guests: Rebecca Roberts, author, *Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson*.

Compliance issues: Women's History, Entrepreneurship, Women's Rights, American History, Politics

Links for more info:

[Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson](#)

[Edith Bolling Galt Wilson | The White House](#)

[Biography of first lady Edith Wilson examines the complexities of women and power](#)

SEGMENT 2: A WITHHOLDING OF PUBLIC INFORMATION**Time:** 14:07**Duration:** 7:02

Synopsis: Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that's aiming to make this process more efficient and speedier.

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

Guests: Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, *The Declassification Engine: What History Reveals About America's Top Secrets*.

Compliance issues: Democracy, Artificial Intelligence, Government, National Security, Technology

Links for more info:

[Columbia University: Matthew Connelly](#)

[twitter: @mattspast](#)

[Amazon: The Declassification Engine: What History Reveals About America's Top Secrets](#)

VIEWPOINTS EXPLAINED: A NEW CLEAN WATER INITIATIVE**Time:** 22:10**Duration:** 2:00

Synopsis: The Environmental Protection Agency recently announced a new initiative aimed at removing some of the most toxic forever chemicals from Americans' water supply

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

Compliance issues: Public Health, Government, Natural Resources

CULTURE CRASH: BACK TO THE THEATRE

Time: 24:10

Duration: 2:14

Synopsis: The box office is on a hot streak. We highlight some of our favorites so far this year.

Host & Producer: Evan Rook

Compliance issues: Film Industry, Local Business, Culture

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- Full Disclosure
- Gender Issues
- Gene Editing
- Gene Therapy
- Genetic Counseling
- Genetic Diseases
- Genetic Genealogy
- Genetic Testing
- Genetics
- Genomics
- Gut Health
- Health
- Health Risks
- Healthy Living
- High Blood Pressure
- Home Accessibility
- Home Renovation
- Home Safety
- Home Testing
- Hospital Staff
- Hospitalizations
- Immunity
- Influenza
- Invasive Species
- Isolation
- Kidney Disease
- Law Enforcement
- Learning
- Long Covid
- Lucid Dreaming
- Lung Disease
- Maternal Mortality
- Medical History
- Medical Malpractice
- Mental Health
- Microbiome
- Mild Covid
- Misdiagnosis
- Mobility
- Mobility Devices
- Murder
- Neurology
- NIH
- Nutrition
- Omicron
- Open Access Journals
- Opioids
- Organ Donors
- Pain Management
- Pain Medication
- Pandemic
- Patient Safety
- Peer Pressure
- Photoshop
- Physical Health
- Police and Law Enforcement
- Polio
- Prebiotics
- Pregnancy
- Privacy
- Probiotics
- Psychiatry
- Psychology
- PTSD
- Public Access
- Public Health
- Public Health Reporting
- Public Policy
- Public Safety
- Quarantine
- Racial Inequity
- Rare Diseases
- Research Misconduct
- Risk Factors
- Safety Techniques
- Scientific Innovation
- Scientific Publishing
- Scientific Research
- Senior Living
- Standard of Care
- Student Safety
- Supplements
- Surgery
- Surgical Errors
- Symptoms
- Time Blindness
- Time Management
- Transportation
- Trauma
- Traumatic Experiences
- Ultra-processed Food
- Vaccine Fatigue
- Vaccines
- Veganism
- Veterans
- Virus
- Virus Variants
- Vulnerable Populations
- Weight Gain
- Women In Medicine
- Women's History Month

Program 23-01

Air Date: 01/01/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: AGING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE

Time: 1:49

Duration: 12:21

Synopsis: As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Ty Pennington, Home Renovation Expert; Amy Goyer, National Family and Caregiving expert

Compliance issues: Senior Living, Home Accessibility, Vulnerable Populations, mobility, Public Safety, Home Renovation, Disabilities, Home Safety

Links for more info:

[AARP Resources for Caregivers and their Families](#)

[Amy Goyer: AARP's Caregiving Expert and Columnist](#)

[Amy Goyer](#)

[Ty Pennington](#)

[Amy Goyer \(@AmyGoyer\) / Twitter](#)

[Ty Pennington \(@thetypennington\) • Instagram photos and videos](#)

[Ty Pennington \(@typennington\) / Twitter](#)

SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES

Time: 15:12

Duration: 7:48

Synopsis: Josue Cordova explains the struggles of traveling with a disability and how to fix these issues.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Josue Cordova, National Vice President, Paralyzed Veterans of America, Air Force Veteran

Compliance issues: Transportation, Federal Legislation, Vulnerable Populations, Accessibility, Disabilities, Airline Passengers, Veterans, Air Travel, mobility devices

Links for more info:

[PVA.org - Josue Cordova](#)

[Air carrier access act: Protecting passengers with disabilities](#)

[Air Carrier Access Act \(ACAA\)](#)

Program 23-02

Air Date: 01/08/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT

Time: 1:50

Duration: 11:23

Synopsis: 'Drunkorexia' is a habit that's popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School William Mupo, Former Health Promotions Coordinator, University of Texas at Austin

Compliance issues: Compulsive Drinking, Vulnerable Populations, Excessive Drinking, Alcoholism, Peer Pressure, Public Safety, Alcohol, Weight Gain, Healthy Living, Student Safety, Eating Disorders

Links for more info:

[University of Houston: Dr. Dipali Rinker](#)

[Proactive Health Labs](#)

[Rutgers New Jersey Medical School](#)

[Linked In: Joy Stephenson-Laws](#)

SEGMENT 2: THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA

Time: 14:14

Duration: 8:51

Synopsis: Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that's just the tip of the iceberg. He believes everyone should be knowledgeable about these dangerous drugs in order to ask questions and make sure you're getting the best anesthesia – and anesthesiologist -- for your needs.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author

Compliance issues: Anesthesia, Vulnerable Populations, Medical History, Patient Safety, Drugs

Links for more info:

[James E. Cottrell | Board of Regents](#)

[Anesthesia Without Fear](#)

Program 23-03

Air Date: 01/15/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH

Time: 1:50

Duration: 11:19

Synopsis: By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine

Compliance issues: Open Access Journals, Public Access, Consumerism, Scientific Publishing, Scientific Research, Federal Policy, Federal Funding, Capitalism

Links for more info:

[Yale School of Medicine: Dr. Walter Mathis](#)

[OSP Senior Leadership Team](#)

[OSTP Issues Guidance to Make Federally Funded Research Freely Available Without Delay](#)

[Ensuring Free, Immediate, and Equitable Access to Federally Funded Research](#)

SEGMENT 2: IS COVID-19 THE NEW FLU?

Time: 14:11

Duration: 8:24

Synopsis: Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association

Compliance issues: Virus, Vaccine Fatigue, Vaccines, Omicron, Mild Covid, Virus Variants, Long Covid, Immunity, Covid-19

Links for more info:

[American Lung Association: Dr. Sumita Khatri](#)

[CDC: Variants of the Virus](#)

[CDC: Stay Up to Date with COVID-19 Vaccines Including Boosters](#)

Program 23-04

Air Date: 01/22/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ...MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY CAN'T WE STOP IT?

Time: 1:50

Duration: 11:34

Synopsis: America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School

Compliance issues: Doula, Vulnerable Populations, Racial Inequity, Gender Issues, Maternal Mortality, Children and Youth at Risk, Mental Health, Pregnancy, Consumerism, hospitalizations

Links for more info:

[JAMA Network: Trends and Distribution of In-Hospital Mortality Among Pregnant and Postpartum Individuals by Pregnancy Period](#)

[NBER Working Paper Series – Maternal And Infant Health Inequality: New Evidence From Linked Administrative Data University of Michigan Medical School Dr. Lindsay Admon](#)

[Instagram @thankyounicky](#)

[Werk it Moms](#)

[Twitter @lindsayadmon](#)

SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD

Time: 14:26

Duration: 7:57

Synopsis: PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author

Compliance issues: Depression, Anxiety, First Responders, Public Safety, Psychology, Public Health, PTSD, Police and Law Enforcement, Mental Health, Trauma, Consumerism, traumatic experiences

Links for more info:

[Science Direct: Posttraumatic stress disorder in police, firefighters, and emergency dispatchers](#)

[LinkedIn: Dr. Marilyn Wooley](#)

[The Authors Guild](#)

[Amazon: How Heroes Heal: Stories of First Responders and the Journey from Posttraumatic Stress Injury to Posttraumatic Growth](#)

Program 23-05

Air Week: 01/29/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: DOES YOUR CHILD KNOW HOW TO LEARN?

Time: 1:50

Duration: 11:48

Synopsis: America's education system has long been focused on teaching -- but does this strategy benefit students? This week's show features education experts who say students need to be taught how to learn before they can be successful in the classroom.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University

Compliance issues: Consumerism, Public Policy, Learning, Psychology, Cognitive Skills, Education

Links for more info:

[LinkedIn: Betsy Hill](#)

[Amazon: Your Child Learns Differently, Now What?: The Truth for Parents](#)

[Harvard University: Dr. Stephen Kosslyn](#)

[LinkedIn: Dr. Stephen Kosslyn](#)

[Active Learning Sciences](#)

SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND

Time: 14:39

Duration: 8:20

Synopsis: Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist

Compliance issues: Psychology, Confidence, Vulnerable Populations, Fear, Public Health, Mental Health, Anxiety, Consumerism

Links for more info:

[Natalie Kohlhaas](#)

[Natalie Kohlhaas Books](#)

Program 23-06

Air Date: 02/05/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT

Time: 1:50

Duration: 12:18

Synopsis: Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs

Compliance issues: Murder, Privacy, Genetic Genealogy, Law Enforcement, Public Safety, Federal Regulations, Crime, DNA, Consumerism, Ancestry, Genetics

Links for more info:

[About PNL — Parabon NanoLabs](#)

[CeCe Moore](#)

[CeCe Moore \(@CeCeLMoore\) / Twitter](#)

[About The DNA Detectives](#)

[Edward Humes](#)

[The Forever Witness by Edward Humes | PenguinRandomHouse.com](#)

[Edward Humes \(@edward_humes\) • Instagram photos and videos](#)

[\(@edwardhumes\) / Twitter](#)

SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES

Time: 15:10

Duration: 7:47

Synopsis: Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Eliza Hull, Writer, Musician, Disability Advocate

Compliance issues: Vulnerable Populations, disabled parents, Family Issues, Disabilities, Mental Health, Consumerism, Neurology, Physical Health, disability advocate

Links for more info:

[We've Got This — ELIZA HULL](#)

[Eliza Hull \(@elizahull\) • Instagram photos and videos](#)

[Eliza Hull \(@MusicElizaHull\) / Twitter](#)

[We've Got This: Essays by Disabled Parents: Hull, Eliza: Amazon.com](#)

Program 23-07

Air Date: 02/12/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH

Time: 1:50

Duration: 11:01

Synopsis: Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, We discuss how creative thinking and plasma exchange technology helped save Colette's life.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies

Compliance issues: Surgery, Kidney Disease, high blood pressure, Organ Donors, Antibodies, Vulnerable Populations, Apheresis, Consumerism, Cardiology, hospital staff, lung disease

Links for more info:

[LinkedIn: Lori Harada](#)

[The American Society for Apheresis \(ASFA\)](#)

[U.S. Department of Health & Human Services](#)

[Northwestern Medicine Newsroom: Chicago woman "opens the door" for other transplant patients after receiving the first positive crossmatch lung and kidney transplant at Northwestern Medicine](#)

SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS

Time: 13:53

Duration: 8:47

Synopsis: Whether it's a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, The Committee of Sleep

Compliance issues: Learning, Psychology, Education, Dreams, Consumerism, Creativity, Athletics, Lucid Dreaming, Art

Links for more info:

[Harvard Catalyst Profile: Dr. Deirdre Barrett](#)

[Books by Deirdre Barrett](#)

Program 23-08

Air Date: 02/19/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING

Time: 1:50

Duration: 11:06

Synopsis: The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics

Compliance issues: Genomics, Gene Editing, Evolution, Genetics, Patient Safety, DNA, Consumerism, Vaccines, Genetic Diseases

Links for more info:

[WYSS Institute: Dr. George Church](#)

[twitter: @geochurch](#)

[Northwestern University Medicine: Dr. Raj Awatramani](#)

[NIH: What is genome editing?](#)

SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON'T INVOLVE OPIOIDS

Time: 13:57

Duration: 8:25

Synopsis: We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don't involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Cammie Wolf Rice, Author, The Flight, Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital

Compliance issues: Drug Overdose, Drug Abuse, Vulnerable Populations, Addiction, Consumerism, Opioids, Pain Management, Pain Medication

Links for more info:

[Grady Memorial Hospital: Dr. Mara Schenker](#)

[twitter: @maraschenker](#)

[Instagram: cammierice](#)

[Instagram: @christopherwolfcrusade](#)

Program 23-09

Air Date: 02/26/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES

Time: 1:49

Duration: 12:25

Synopsis: Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it?

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University

Compliance issues: Genomics, Evolution, Gene Editing, Genetics, Patient Safety, Dna, Ethics, Federal Regulations, Consumerism, Genetic Diseases, Scientific Innovation

Links for more info:

[WYSS Institute: Dr. George Church](#)

[twitter: @geochurch](#)

[Northwestern University Medicine: Dr. Raj Awatramani](#)

[NIH: What is genome editing?](#)

SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES

Time: 15:16

Duration: 7:34

Synopsis: Our personal health may be determined before even our parents are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents' habits and behaviors have a direct influence on our DNA.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Judith Finlayson, author of You Are What Your Grandparents Ate

Compliance issues: Genetics, Epigenetics, Vulnerable Populations, Diet, Ancestry, Public Health, Nutrition, Consumerism, Exercise

Links for more info:

[JudithFinlayson.com](#)

[instagram: @Judith.Finlayson](#)

Program 23-10

Air Date: 03/05/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING

Time: 1:50

Duration: 11:08

Synopsis: Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases

Compliance issues: Genetic Testing, Consumerism, Medical History, Health Risks, Pregnancy, Risk Factors, Cancer, Genetic Counseling, Rare Diseases, Gene Therapy, Early Intervention, Patient Safety

Links for more info:

[The Ohio State College of Medicine: Kevin Sweet](#)

[twitter: @KevinS_GC](#)

[LinkedIn: Kevin Sweet](#)

[NIH: Correction to: Understanding the phenotypic spectrum and family experiences of XYY syndrome: Important considerations for genetic counseling](#)

[LinkedIn: Colleen Jodarski](#)

SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE'

Time: 14:00

Duration: 8:52

Synopsis: All hospitals in the US operate under a standard of care that changes based on the clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University

Compliance issues: Standard of Care, Medical Malpractice, Safety Techniques, Full Disclosure, Birth Injuries, Surgical Errors, Patient Safety, Misdiagnosis

Links for more info:

[Wayne State University: Dr. Stanley Berry](#)

[StanleyMBerry.com](#)

Program 23-11

Air Date: 03/12/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT

Time: 1:50

Duration: 11:09

Synopsis: Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Joe Roman, Author, Conservation Biologist, Research Affiliate, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, U.S. Geological Survey

Compliance issues: Conservation, Biology, Endangered Animals, Fishing, Invasive Species, Veganism, Diet, Diseases, Consumerism, Economy, Extinction, Federal Regulations, Environmental Research

Links for more info:

[Eat The Invaders](#)

[JoeRoman.com](#)

[University of Vermont](#)

[U.S Geological Survey](#)

SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU?

Time: 14:00

Duration: 9:07

Synopsis: Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut

Compliance issues: Microbiome, Prebiotics, Probiotics, Diet, Gut Health, Public Health, Health, Supplements, Ultra-processed Food, Federal Regulations

Links for more info:

[The American Journal of Clinical Nutrition: Ultra-processed food consumption among US adults from 2001 to 2018](#)

[University of Washington Division of Gastroenterology](#)

[twitter: @GutbitesMD](#)

Program 23-12

Air Date: 03/19/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF ‘TIME BLINDNESS’

Time: 1:50

Duration: 11:34

Synopsis: People with ADHD often have a weaker perception of time, called ‘time blindness.’ Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don’t have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, Treating ADHD in Children and Adolescents

Compliance issues: Vulnerable Populations, Consumerism, Psychiatry, Symptoms, Time Blindness, ADHD, Psychology, Time Management

Links for more info:

RussellBarkley.org

TuckmanPsych.com

[More Attention, Less Deficit](#)

SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU

Time: 14:26

Duration: 8:24

Synopsis: The FDA has granted emergency use authorization to Lucira Health’s combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you’re positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Emily Volk, President, College of American Pathologists

Compliance issues: Public Health, Vaccine, Consumerism, Influenza, Emergency Use Authorization, Public Health Reporting, Covid-19, False Positives, False Negatives, Home Testing

Links for more info:

[Lucira COVID-19 & Flu Test](#)

[U.S. Food & Drug Administration: FDA Authorizes First Over-the-Counter At-Home Test to Detect Both Influenza and COVID-19 Viruses](#)

[Dr. Emily Volk](#)

Program 23-13

Air Date: 03/26/2023 at 6A

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE

Time: 1:51

Duration: 11:15

Synopsis: Thousands of Alzheimer’s research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research.

Host: Elizabeth Westfield

Producer: Kristen Farrah

Guests: Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University

Compliance issues: Consumerism, Patient Safety, Scientific Research, Alzheimer’s Disease, Data Integrity, Photoshop, Research Misconduct, NIH

Links for more info:

[Vanderbilt University & Alzheimer’s Center](#)

[Schrag Laboratory](#)

[twitter: @schrag_matthew](#)

SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE

Time: 14:08

Duration: 8:44

Synopsis: The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you’ve probably never heard of. In honor of Women’s History Month, Author Lynn Cullen explains Horstmann’s crucial role in the fight against polio.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Lynn Cullen, author, The Woman With the Cure

Compliance issues: Public Safety, Polio, Vaccine, Quarantine, Isolation, Pandemic, Cure, Women In Medicine, Female Doctors, Women’s History Month

Links for more info:

[LynnCullen.com](#)

[instagram: @lynncullenauthor](#)