2022 Q1 January-March

During the first quarter of 2022, the following compliancy issues were covered on KRQR-FM:

Radio Health Journal:

- 911
- Agriculture
- Air Pollution
- Animal Health
- Auto/Traffic Safety
- Automated Vehicles
- Charitable Organizations
- Child Development
- Children & Youth at Risk
- Climate Change
- Clinical Research
- Consumerism
- Covid-19 Pandemic
- Criminal Justice System
- Depression
- Diamond Industry
- Diversity
- Eating Disorders
- Economic Sanctions
- Economics
- Education
- Emergency & First Responders
- Environment & Environmental Impact
- Ethics
- Family & Parenting
- Federal Government, Policy & Regulations
- Fitness Apps
- Fitness Industry
- Food, Diet & Nutrition
- Free Speech
- Global Politics
- Gun Legislation
- Gun Violence
- Hazardous Materials
- Health & Fitness
- Health & Wellness
- Health Care
- Human Rights
- Infectious Disease
- Invasive Species
- Jails & Prisons
- Kidney Disease
- Local Government
- Manufacturing & Industry
- Mass Shooting
- Mental Health
- Mental Illness

- Military & War
- National Security
- Natural Disasters
- Organ Donors & Transplants
- Organ Shortage Crisis
- Patient Safety
- Pets & People
- Physical Health
- Police & Law Enforcement
- Political Strategy
- Pollution
- Ponds & Lakes
- Pregnancy & Expecting Mothers
- Prevention
- Prosecution
- Public Health
- Public Safety
- Recycling
- Rehabilitation
- Research & Research Funding
- School Shooting
- Social Media
- Sociology
- Sports & Safety
- State Government
- Technology
- Vaccination
- Vulnerable Populations
- Waste Disposal & Landfills
- Xenotransplantation

Viewpoints:

Addiction Aging Agriculture American History Ancient Civilization Archaeology Arts Astronomy Business Career Child Development Comedy Comics Communication Community Consumerism Cooking

Criminal Justice

Culture

Diet Disease Diversity **Domestic Policy** Ecology Economics Education **Emotional Wellness Employment Issues** Entertainment Environment Exercise Feminism Film **Financial Technology** Fitness Food Production Food Shortages **Global Affairs** Government Health Health Policy Healthcare History Hobby Human Resources Illustration Industry Inequality Inflation Infrastructure Innovation Insurance Invention Labor Leadership Light Pollution Literature Manufacturing Mass Incarceration Media Medicine Mental Health Mobility Money Management Music Nonprofit Organizations Parenting Personal Finance

Personal Growth & Development Personal Interest Policy Politics Pop Culture Poverty Psychiatry Psychology Public Health Recidivism Retirement Science Self-Identity Sleep Social Equity Space Exploration Sports & Sports History Substance Abuse Supply Chain Sustainability Technology Transportation ΤV Urban Design & Development Waste Management Wildlife

Radio Health Journal- a 30 minute program-

aired at 7:00a on the following dates: (run sheets attached):

1/2 1/9 1/16 1/23 1/30 2/6 2/13 2/20 2/27 3/6 3/13 3/20 3/27

Viewpoints-a 30 minute programaired at 7:30a on the following dates: (run sheets attached):

1/2
1, 2
1/9
1/16
1/23
1/30
2/6
2/13
2/20
2/27
3/6
3/13
3/20
3/27

Submitted By:
_Paul Boris
Date:
_4/1/2022



Quarterly Report of Compliancy Issues & Programs List 2022-Q1 (January - March) Radio Health Journal

- 911
- Agriculture
- Air Pollution
- Animal Health
- Auto/Traffic Safety
- Automated Vehicles
- Charitable Organizations
- Child Development
- Children & Youth at Risk
- Climate Change
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- Consumerism
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- Fitness Apps
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- State Government
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- Vulnerable Populations
- Waste Disposal & Landfills
- Xenotransplantation



Program 22-01	Executive Producer:		Reed Pence
Air Week:	Production Manager:	J	lason Dickey
1/2/22			
SEGMENT 1:	HOARDING DISORDER: MORE THAN JUST TOO MUCH JUNK	Time	Duration
Synopsis:	Hoarding disorder affects at least five percent of Americans, and despite TV programs showing its effects, it is still widely misunderstood. Experts discuss the danger hoarding poses to others, including neighbors, children, and first responders; why those with the disorder are so attached to things; and the right and wrong ways to address the problem.	1:50	12:20
Host & Producer:	Reed Pence		
Guests:	Dr. Carolyn Rodriguez, Associate Professor of Psychiatry and Behavioral Sciences, and Associate Dean for Academic Affairs, Stanford University School of Medicine; Elaine Birchall, social worker specializing in hoarding disorder and co-author of <i>Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding</i>		
Compliancy issues:	Children and Youth at Risk, Mental Health, First Responders, Family Issues, Public Safety		
Links:	Carolyn Rodriguez – Stanford University profile		
	Birchall Consulting		

SEGMENT 2:	DEALING WITH LIFELONG DISEASE	Time	Duration
Synopsis:	Life-threatening, lifelong chronic diseases from infancy are at the top of the list of medical challenges. A woman who has dealt with cystic fibrosis her entire life discusses how mindset is often the biggest factor in living a full life with such a disease, and sets out her recipe for shoring up one's approach. Developing a chronic disease in your 30s or 40s strikes a lot of people as unfair. The deck seems stacked against someone like that. But what happens when you're diagnosed with a lifelong chronic disease almost at birth? That's what happened to Mary Elizabeth Peters, a theater artist and patient advocate in Boston.	15:12	7:43
Host:	Nancy Benson		
Producer:	Bridget Killian		
Guests:	Mary Elizabeth Peters, author of Don't Let Them Kill You: 10 Rules for Navigating Chronic Illness In the Age of Infinite Intervention		
Compliancy issues:	Mental Health, Consumerism, Health Care, Children and Youth at Risk, Public Health		
Links:	maryelizabethpeters.com		



Program 22-02	Executive Producer:	Ree	d Pence
Air Week:	Production Manager:	Jasc	on Dickey
1/9/22			
SEGMENT 1:	SEGMENT 1: CAN 911 RESPOND TO MENTAL HEALTH CRISES?	Time	Duration
Synopsis:	Up to 15% of calls to 911 involve people having a mental health breakdown, yet many call centers, especially in rural areas, have no one with any training on what to do or who to dispatch in those cases. Typically they send police, who may also have no training on how to handle mental health crises and may inflame the situation. Experts discuss why this happens and how communities can respond better.	1:50	12:15
Host & Producer:	Reed Pence		
Guests:	Dr. Adam Vaughan, Assistant Professor of Criminal Justice and Criminology at Texas State University; Tracy Velazquez, Manager, Public Safety Research, Pew Charitable Trusts		
Compliancy issues:	Police, Criminal Justice System, Mental Illness, Emergency and First Responders, Economics, 911, Mental Health, Local Government, Public Safety, Jails and Prisons		
Links:	Dr. Adam David Vaughan – Texas State University Faculty Profile		
	Dr. Vaughan on Twitter		
	<u>Tracy Velazquez, MS, MPA – Women's Media Center</u>		
SEGMENT 2:	CHILDREN'S "PSYCHOTIC-LIKE EXPERIENCES	Time	Duration
Synopsis:	Children and young adolescents may experience perceptual distortions or strange thoughts, but if they become frequent and disruptive, they can be an early tip-off to serious future mental health distress. An expert discusses this new field of mental health research in adolescents.	15:07	7:53
Host:	Nancy Benson		
Producer:	Polly Hansen		
Guests:	Dr. Nicole Karcher, Instructor, Department of Psychology, Washington University, St. Louis		
Compliancy issues:	Education, Public Health, Mental Health, Children and Youth at Risk		
Links:	<u>Nicole Karcher – Psychiatry</u>		



Program 22-03	Executive Producer:	Ree	ed Pence
Air Week:	Production Manager:	Jaso	on Dickey
1/16/22			
SEGMENT 1:	WEATHER DISASTER CLEANUP: COSTLY & INEFFICIENT, BUT NECESSARY	Time	Duration
Synopsis:	Severe life-threatening weather, such as the rare December tornadoes that tore through Kentucky and other states in December 2021, will likely become more frequent with climate change. Experts discuss the difficulties in cleaning up large scale disasters and how planning could improve the results cheaply.	1:50	12:05
Host & Producer:	Reed Pence		
Guests:	Dr. Sybil Derrible, Professor of Urban Engineering, University of Illinois at Chicago; Dr. Nazli Yesiller, Director, Global Waste Research Institute, California Polytechnic State University		
Compliancy issues:	Waste Disposal and Landfills, Natural Disasters, Pollution, Hazardous Materials, Climate Change, Local and State Government, Environment, Recycling		
Links:	Sybil Derrible		
	Director - Global Waste Research Institute - Cal Poly, San Luis Obispo		

SEGMENT 2:	THE LINK BETWEEN OBESITY AND CANCER	Time	Duration
Synopsis:	Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why.	14:55	7:26
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America		
Compliancy issues:	Health Care, Public Health, Consumerism		
Links:	Anthony Perre, MD Internal Medicine Atlanta, Ga CTCA		



Program 22-04	Executive Producer:	Ree	d Pence
Air Week:	Production Manager:	Jasc	on Dickey
1/23/22			
SEGMENT 1:	THE SLEEPIEST WORKERS? YOUR LOCAL POLICE	Time	Duration
Synopsis:	Studies show that law enforcement is the most sleep deprived of all professions, with potentially damaging and even fatal consequences for decision-making and reaction time, as well as long-term health damage. Experts discuss the unique challenges in having a poorly rested police force and in fixing it.	1:50	12:54
Host & Producer:	Reed Pence		
Guests:	Dr. Jagdish Khubchandani, Professor of Health Science, Ball State University; Dr. John Violanti, Research Professor Of Epidemiology and Environmental Health, University at Buffalo		
Compliancy issues:	Police and Law Enforcement, Local Government, Public Safety, Police, Public Health		
Links:	Dr. Jagdish Khubchandani New Mexico State University		
	John Violanti: Faculty Expert on Police Stress - University at Buffalo		
SEGMENT 2:	PET FOOD: NOT AS SIMPLE AS MOST PEOPLE THINK	Time	Duration
Synopsis:	A growing number of pet owners are tempted to put their dog or cat on vegan, gluten-free or raw diets. An expert pet nutritionist and veterinarian discusses what pets should and shouldn't eat to be healthy.	15:46	6:28
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Valerie Parker, Associate Professor of Veterinary Clinical Sciences, The Ohio State University Veterinary Medical Center		
Compliancy issues:	Diet and Nutrition, Pets and People, Food and Nutrition		
Links:	Valerie Parker College of Veterinary Medicine		

Program 22-05	Executive Producer:	Ree	d Pence
Air Week:	Production Manager:	Jaso	on Dickey
1/30/22			
SEGMENT 1:	KIDS WHO'VE LOST PARENTS TO COVID	Time	Duratio
Synopsis:	New estimates show that more than 167,000 children under 18 (a number growing rapidly) have lost a parent or major caregiver to Covid-19. Psychologists say deaths under such circumstances are also much more difficult for survivors to adjust to and will have a major impact on the US. Experts discuss how these "forgotten grievers" are coping and what actions might help ease the impact on them and to the nation.	1:50	11:23
Host & Producer:	Reed Pence		
Guests:	John Bridgeland, co-founder and CEO, Covid Collaborative; Dr. Dan Treglia, Associate Professor of Practice, University of Pennsylvania School of Social Policy and Practice		
Compliancy issues:	Charitable Organizations, Health Care, Diversity, Federal Government, Children and Youth at Risk, Federal Government and Policy, Education, Family and Parenting, Economics		
Links:	Dan Treglia, PhD, MPP - School of Social Policy & Practice		
	Our Staff Civic		
SEGMENT 2:	HOW WARFARE DESTROYS HEALTHCARE	Time	Duratio
SEGMENT 2: Synopsis:	HOW WARFARE DESTROYS HEALTHCARE According to the Geneva Convention and other agreements, health facilities and workers are supposed to be protected from the violence of war. However, they're targeted much more often than most people know. A noted expert in the field discusses how this violence happens, its consequences, and how international organizations may be able to turn this trend around.	Time 14:15	Duratio 8:12
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Program 22-06	Executive Producer:	Ree	d Pence
Air Week:	Production Manager:	Jasc	on Dickey
2/6/22			
SEGMENT 1:	PUNISHING COVID-LYING DOCTORS	Time	Duration
Synopsis:	There's a growing number of complaints to state medical boards regarding doctors lying about Covid-19 and vaccines. The doctors spreading misinformation are not always reprimanded by state medical boards and are allowed to continue voicing the misinformation. They cite freedom of speech as a defense, but other doctors say licensed professionals have an obligation to the truth. Experts explain the controversy.	1:50	13:17
Host & Producer:	Reed Pence		
Guests:	Dr. Brian Castrucci, President and CEO, De Beaumont Foundation; Dr. Humayun Chaudhry, President and CEO, Federation of State Medical Boards		
Compliancy issues:	Charitable Organizations, Children and Youth at Risk, Education, Public Health, Free Speech, Health Care, Federal Government and Policy		
Links:	Brian C. Castrucci - de Beaumont Foundation		
	Humayun J. Chaudhry DO, MACP, President and Chief Executive Officer		
	Federation of State Medical Boards		
SEGMENT 2:	NEEDLE PHOBIA	Time	Duration
Synopsis:	Some people who have not yet gotten the Covid vaccine are simply afraid of the needle. Bad childhood experience can keep people from receiving necessary medical treatments. A needle-phobic and a physician explain how parents should discuss injections with their children from a young age.	16:08	6:47
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Gary LeRoy, family physician and former president of the American Academy of Family Physicians; Laura Munoz, needle phobic		
Compliancy issues:	Public Health, Mental Health, Consumerism, Health Care, Children and Youth at Risk, Family and Parenting		
Links:	Gary LeRoy, M.D Community Health Centers of Greater Dayton profile		



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Program 22-07	Executive Producer:	Ree	d Pence
Air Week:	Production Manager:	Jasc	on Dickey
2/13/22			
SEGMENT 1:	CLIMATE CHANGE & NATIONAL SECURITY	Time	Duration
Synopsis:	The future of climate change impacts a lot more than our crops. Natural disasters and mass migrations of people threaten the health and safety of populations and governments around the world. Experts discuss how climate change creates economic, sociological, political, and military issues.	1:51	13:26
Host & Producer:	Reed Pence		
Guests:	Sherri Goodman, Senior Strategist, Center for Climate and Security and former First Deputy Undersecretary of Defense for Environmental Security; Dr. Teevrat Garg, Assistant Professor of Economics, School of Global Policy and Strategy, University of California, San Diego		
Compliancy issues:	Children and Youth at Risk, Political Strategy, Public Health, Sociology, Economics, National Security, Federal Government and Policy, Military, Climate Change		
Links:	<u>Sherri Goodman</u>		
	Teevrat Garg		
SEGMENT 2:	THE VEGAN FUTURE	Time	Duration
Synopsis:	Some experts believe that the future of food is vegan. With the increasing effects of global warming, changes to farms are inevitable. Experts talk about why eating animals is inefficient, and why our planet won't be able to support it in the future.	16:19	6:09
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Roanne van Voorst, President, Dutch Futures Society and author of Once Upon A Time We Ate Animals		
Compliancy issues:	Agriculture, Climate Change, Children and Youth at Risk, Public Health, Health and Wellness, Consumerism, Environmental Impact		
Links:	Roanne van Voorst		
	Once Upon a Time We Ate Animals: The Future of Food Hardcover		



The Latest In Health, Science & Technology			
Program 22-08	Executive Producer:	Amir	ah Zaveri
Air Week:	Production Manager:	Jasc	on Dickey
2/20/22			
SEGMENT 1:	CHILD DEVELOPMENT IN PANDEMIC	Time	Duration
Synopsis:	New research suggests the pandemic negatively affects child development. Many children born after the start of the pandemic score lower in child development than children born before. Researchers explain possible theories for these children's slower development scores.	1:50	12:07
Host:	Reed Pence		
Producer:	Kristen Farrah		
Guests:	Dr. Rebecca Jackson, Vice President of Programs and Outcomes for Brain Balance, Board Certified Cognitive Specialist; Dr. Morgan Firestein, Postdoctoral Research Fellow, Department of Psychology at Columbia University Medical Center; Kasey Baiter, mother		
Compliancy issues:	Public Health, Pregnancy and Expecting Mothers, Health Care, Family and Parenting, Charitable Organizations, Children and Youth at Risk, Education, Child Development		
Links:	Morgan Firestein Department of Psychology		
	About Dr. Rebecca Jackson I Brain Balance Achievement Centers		
SEGMENT 2:	About Dr. Rebecca Jackson I Brain Balance Achievement Centers SEASONAL AFFECTIVE DISORDER	Time	Duration
SEGMENT 2: Synopsis:		Time 14:59	Duration 8:06
	SEASONAL AFFECTIVE DISORDER Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives		
Synopsis:	SEASONAL AFFECTIVE DISORDER Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year.		
Synopsis: Host:	SEASONAL AFFECTIVE DISORDER Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year. Nancy Benson		
Synopsis: Host: Producer:	SEASONAL AFFECTIVE DISORDER Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year. Nancy Benson Kristen Farrah Dr. Elias Shaya, Regional Medical Director for Behavioral Health Services, MedStar Health Kaelyn		
Synopsis: Host: Producer: Guests:	SEASONAL AFFECTIVE DISORDER Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year. Nancy Benson Kristen Farrah Dr. Elias Shaya, Regional Medical Director for Behavioral Health Services, MedStar Health Kaelyn Adams, suffers with Seasonal Affective Disorder, Owner, Barre Evolution Fitness Public Health, Mental Health, Depression, Consumerism, Physical Health, Health Care, Health and		
Synopsis: Host: Producer: Guests: Compliancy issues:	SEASONAL AFFECTIVE DISORDER Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year. Nancy Benson Kristen Farrah Dr. Elias Shaya, Regional Medical Director for Behavioral Health Services, MedStar Health Kaelyn Adams, suffers with Seasonal Affective Disorder, Owner, Barre Evolution Fitness Public Health, Mental Health, Depression, Consumerism, Physical Health, Health Care, Health and Fitness, Children and Youth at Risk		



The Larest in Health, Viscience & Technology			
Program 22-09	Executive Producer:	Amir	ah Zaveri
Air Week:	Production Manager:	Jasc	n Dickey
2/27/22			
SEGMENT 1:	WHY OMICRON COULD END THE PANDEMIC	Time	Duration
Synopsis:	Although the Omicron variant accounts for 99% of Covid cases in the U.S., it's far less lethal. Experts say this is the perfect combination that could bring us back to normalcy. It's likely that life with Covid will start to resemble how we handle the flu.	1:50	13:55
Host:	Reed Pence		
Producer:	Kristen Farrah		
Guests:	Dr. William Schaffner, Professor of Infectious Diseases and Preventative Medicine, Vanderbilt University Medical School; Dr. Iahn Gonsenhauser, Chief Quality and Patient Safety Officer, Ohio State University Wexner Medical Center		
Compliancy issues:	Covid-19 Pandemic, Children and Youth at Risk, Public Health, Infectious Disease, Consumerism, Vaccination, Patient Safety, Prevention		
Links:	William Schaffner, MD Department of Health Policy		
	<u>William Schaffner, M.D vanderbilt.edu</u>		
	lahn Gonsenhauser The Ohio State University Wexner Medical Center		
	Dr Iahn Gonsenhauser (@DrGTheMD) / Twitter		
SEGMENT 2:	HOW LATER SCHOOL START TIMES AFFECT PARENTS AND STUDENTS	Time	Duration
Synopsis:	Sleep deprivation affects about three out of four teenagers in America. Inadequate sleep has been linked to depression, anxiety, weight gain, and worsened heart functioning. An expert shows through a case study how implementing later school start times allows students and parents to get more sleep.	16:47	6:23
Host:	Nancy Benson		
Producer:	Kristen Farrah		
Guests:	Dr. Lisa Meltzer, Pediatric Psychologist, National Jewish Health		

Compliancy issues: Family Issues, Prevention, Children and Youth at Risk, Public Health, Mental Health, Physical Health, Schools and Education

Links: Lisa J. Meltzer, PhD

Amazon.com: Lisa J. Meltzer: Books, Biography, Blog, Audiobooks, Kindle

Impact of changing school start times on parent sleep - ScienceDirect



Program 22-10	Executive Producer:	Amir	ah Zaveri
Air Week:	Production Manager:	Jasc	on Dickey
3/6/22			
SEGMENT 1:	PIG ORGANS COULD SOLVE THE ORGAN SHORTAGE CRISIS	Time	Duration
Synopsis:	Thousands of people die each year due to the organ shortage crisis. Recently, doctors successfully transplanted pig kidneys into a brain-dead human for the first time in history. An expert discusses how pigs could be the future of human organ transplants.	1:50	13:03
Host:	Reed Pence		
Producer:	Kristen Farrah		
Guests:	Dr. Jayme Locke, Abdominal Transplant Surgeon and Director of the Comprehensive Transplant Institute, University of Alabama at Birmingham		
Compliancy issues:	Organ Transplants, Organ Donors, Vulnerable populations, Kidney Disease, Patient Safety, Xenotransplantation, Public Health, Ethics, Organ Shortage Crisis, Consumerism		
Links:	Jayme Locke - UAB Professor		
	Dr. Jayme Locke, MD, MPH - UAB Medicine - Kidney Transplant Surgery		
	UAB TEAM (@UAB_TEAM) on Twitter		
	UAB announces first clinical-grade transplant of gene-edited pig kidneys into brain-dead human -		
	UAB News		
SEGMENT 2:	CAN WE TRUST COMPUTERS TO DRIVE OUR CARS?	Time	Duration
Synopsis:	Self-driving cars seem to be our future, but how safe are they? Researchers have identified 32 major impacts automated cars could have on public health, and 17 of them are negative. Experts discuss what a possible future of self-driving cars will look like.	15:56	7:04
Host:	Nancy Benson		
Producer:	Kristen Farrah		
Guests:	Dr. Soheil Sohrabi, Post-Doctoral Researcher, Texas A&M Transportation Institute; Dr. Dominique Lord, Professor of Civil and Environmental Engineering, Texas A&M		
Compliancy issues:	Automated Vehicles, Public Health, Physical Health, Traffic Safety, Air Pollution, Auto Safety, Public Safety		
Links:	Soheil Sohrabi - personal website		
	Soheil Sohrabi on Twitter (@sohrabisoheil)		
	Soheil Sohrabi, Ph.D Texas A&M Transportation Institute resume		
	Dominique Lord - Texas A&M Engineering biography		
	Soheil Sohrabi's Google Scholar page		
	Dominique Lord's Google Scholar page		



Program 22-11	Executive Producer:	Amir	ah Zaveri
Air Week:	Production Manager:	Jasc	n Dickey
3/13/22			
SEGMENT 1:	HOW FITNESS APPS CONTRIBUTE TO EATING DISORDERS	Time	Duration
Synopsis:	Fitness apps can be helpful, but for some people, obsessive meal tracking helped them develop an eating disorder. Experts talk about the slippery slope of the fitness industry and discuss proper recovery methods.	1:50	12:12
Host:	Reed Pence		
Producer:	Kristin Farrah		
Guests:	Dr. Kimberly O'Brien, Licensed Independent Clinical Social Worker, Boston Children's Hospital Female Athlete Program, Assistant Professor, Harvard Medical School; Dr. Miriam Rowan, Clinical Psychologist, Boston Children's Hospital Female Athlete Program, Instructor in Psychology, Harvard Medical School; Julia Maple, Fitness Influencer		
Compliancy issues:	Mental Health, Social Media, Consumerism, Rehabilitation, Sports and Safety, Patient Safety, Fitness Industry, Diet and Nutrition, Fitness Apps, Public Health, Technology, Eating Disorders		
Links:	Kimberly O'Brien, PhD, LICSW Researcher Boston Children's Hospital		
	Kimberly O'Brien (@khmobrien) on Twitter		
	About Dr. Rowan		
	Miriam Rowan, PsyD Boston Children's Hospital		
	@drmiriamrowan Instagram photos and videos		
	Watch juliam_fit's Newest TikTok Videos		
	@juliam_fit on Instagram		
SEGMENT 2:	WHY YOU SHOULD FLUSH YOUR GOLDFISH DOWN THE TOILET	Time	Duration
Synopsis:	Spring is a popular time for fish owners to get rid of their goldfish. Most people think that letting them loose in a pond is the best option, but you may want to rethink that. Experts discuss why	15:04	7:27
	goldfish should be flushed down the toilet instead of thrown into a neighborhood pond.		
Host:	goldfish should be flushed down the toilet instead of thrown into a neighborhood pond. Nancy Benson		
Host: Producer:			
	Nancy Benson		
Producer:	Nancy Benson Kristin Farrah Randy Anhorn, District Administrator for the Nine Mile Creek Watershed District, Minnesota;		
Producer: Guests:	Nancy Benson Kristin Farrah Randy Anhorn, District Administrator for the Nine Mile Creek Watershed District, Minnesota; Jordan Wein, Environmental Scientist, WSB; Julie, former goldfish owner		
Producer: Guests: Compliancy issues:	Nancy Benson Kristin Farrah Randy Anhorn, District Administrator for the Nine Mile Creek Watershed District, Minnesota; Jordan Wein, Environmental Scientist, WSB; Julie, former goldfish owner Environment, Consumerism, Ponds and Lakes, Invasive Species, Animal Health, Ethics		



Program 22-12	Executive Producer:	Amira	ah Zaveri
Air Week:	Production Manager:	Jaso	n Dickey
3/20/22			
SEGMENT 1:	A LOOK AT THE BLOOD DIAMONDS HELPING FUND RUSSIA'S INVASION OF UKRAINE	Time	Duration
Synopsis:	Russia produces one-third of the world's rough diamonds. The Russian government owns 33% of Alrosa, a Russian company that owns 90% of Russia's diamonds. An expert discusses how a global embargo of Russian diamonds would send a strong economic message to its leaders.	1:50	11:05
Host:	Reed Pence		
Producer:	Kristin Farrah		
Guests:	Ian Smillie, Conflict Diamonds Expert, International Development Consultant, and author		
Compliancy issues:	Political Strategy, Manufacturing and Industry, Human Rights, Federal Government and Regulation, Global Politics, Children and Youth at Risk, Economic Sanction, Consumerism, Diamond Industry		
Links:	Ian Smillie OpenGlobalRights		
	Ian Smillie books and biography Waterstones		
	Kimberley Process		
SEGMENT 2:	WHY ASPD IS STILL A MYSTERY: THE DISORDER FORMERLY KNOWN AS SOCIOPATHY		Duration
		Time	Burution
Synopsis:	Antisocial personality disorder (ASPD) is a disorder where those affected don't feel empathy. Many serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research.	Time 13:56	9:15
Synopsis: Host:	serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks		
	serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research.		
Host:	serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research. Nancy Benson		
Host: Producer:	 serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research. Nancy Benson Kristin Farrah Dr. Donald W. Black, Associate Chief of Staff for Mental Health, Iowa City Veterans Hospital, Professor Emeritus of Psychiatry, University of Iowa, and author; Sarah Morris, Director of Adult Psychopathology and Psychosocial Treatment Development Research, National Institute of Mental 		
Host: Producer: Guests:	 serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research. Nancy Benson Kristin Farrah Dr. Donald W. Black, Associate Chief of Staff for Mental Health, Iowa City Veterans Hospital, Professor Emeritus of Psychiatry, University of Iowa, and author; Sarah Morris, Director of Adult Psychopathology and Psychosocial Treatment Development Research, National Institute of Mental Health (NIMH) Public Health, Clinical Research, Mental Health, Research, Public Safety, Children and Youth at Risk, 		
Host: Producer: Guests: Compliancy issues:	 serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research. Nancy Benson Kristin Farrah Dr. Donald W. Black, Associate Chief of Staff for Mental Health, Iowa City Veterans Hospital, Professor Emeritus of Psychiatry, University of Iowa, and author; Sarah Morris, Director of Adult Psychopathology and Psychosocial Treatment Development Research, National Institute of Mental Health (NIMH) Public Health, Clinical Research, Mental Health, Research, Public Safety, Children and Youth at Risk, Mental Illness, Research Funding 		
Host: Producer: Guests: Compliancy issues:	 serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research. Nancy Benson Kristin Farrah Dr. Donald W. Black, Associate Chief of Staff for Mental Health, Iowa City Veterans Hospital, Professor Emeritus of Psychiatry, University of Iowa, and author; Sarah Morris, Director of Adult Psychopathology and Psychosocial Treatment Development Research, National Institute of Mental Health (NIMH) Public Health, Clinical Research, Mental Health, Research, Public Safety, Children and Youth at Risk, Mental Illness, Research Funding Donald W. Black, MD CP/AACP Psychiatry Update Global Academy for Medical Education 		



Program 22-13	Executive Producer:	Amirah Zaveri	
Air Week:	Production Manager:	Jason Dickey	
3/27/22			
SEGMENT 1:	WHO'S RESPONSIBLE FOR A MASS SHOOTING?	Time	Duration
Synopsis:	Even as many students switched to virtual learning, school shootings didn't stop. One recent school shooter used his parents' gun, and now they are facing charges for their role in the incident. Experts discuss how the accountability of mass shootings doesn't always just fall on the shooter.	1:50	12:18
Host:	Reed Pence		
Producer:	Kristin Farrah		
Guests:	Shavaun Scott, psychotherapist, author; Dr. Joyce White Vance, Professor, University of Alabama School of Law, Former U.S. Attorney, Northern District of Alabama		
Compliancy issues:	Ethics, Gun Legislation, Mass Shooting, Gun Violence, Criminal Justice System, Children & Youth at Risk, Prosecution, Prevention, Public Safety		
Links:	Joyce Vance University of Alabama School of Law		
	Joyce Alene (@JoyceWhiteVance) / Twitter		
	#SistersInLaw		
	P. Shavaun Scott		
	Shavaun Scott (@shavaunscott) / Twitter		
	P. Shavaun Scott - Home Facebook		

SEGMENT 2:	THE PROBLEM WITH A NEW ROAD PHENOMENON CALLED 'SUPER SPEEDING'	Time	Duration
Synopsis:	Less congested roads during the pandemic gave room for drivers to increase their speed, creating a whole new type of driving called 'super speeding'. The issue is that there's also been the largest number of car crash deaths since 2006. Experts talk about the dangers of speeding and how we can slow drivers down.	15:10	7:55
Host:	Nancy Benson		
Producer:	Kristin Farrah		
Guests:	Dr. Nichole Morris, Director, Human-First Research Lab, University of Minnesota; Dr. Colleen Peterson, Assistant Research Scientist, University of Michigan Transportation Research Institute		
Compliancy issues:	Public Safety, Speeding, Consumerism, Auto Safety and Highways, Prevention, Road Design, Public Health, Car Crash, Traffic Safety		
Links:	<u>Nichole Morris, PhD (@NicholeLMorris) / Twitter</u> <u>HumanFIRST Laboratory</u>		
	Colleen M. Peterson		



Quarterly Report of Compliancy Issues & Programs List 2022-Q1 (January - March) Viewpoints Radio

- Addiction
- Aging
- Agriculture
- American History
- Ancient Civilization
- Archaeology
- Arts
- Astronomy
- Business
- Career
- Child Development
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- Communication
- Community
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- Culture
- Diet
- Disease
- Diversity
- Domestic Policy
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- Education
- Emotional Wellness
- Employment Issues
- Entertainment
- Environment
- Exercise
- Feminism
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- Financial Technology
- Fitness
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- Innovation
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- Leadership
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- Literature
- Manufacturing
- Mass Incarceration
- Media
- Medicine
- Mental Health
- Mobility
 - Money Management
- Music

- Nonprofit Organizations
- Parenting
- Personal Finance
- Personal Growth & Development
- Personal Interest
- Policy
- Politics
- Pop Culture
 - Poverty
- Psychiatry

- Psychology
- Public Health
- Recidivism
- Retirement
- Science
- Self-Identity
- Sleep
- Social Equity
- Space Exploration
- Sports & Sports History
- Substance Abuse
- Supply Chain
- Sustainability
- Technology
- Transportation
- TV
- Urban Design & Development
- Waste Management
- Wildlife

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Program 22-01	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 1/2/22	Production Manager: Jason Dickey		
SEGMENT 1:	FINDING EMPLOYMENT AFTER INCARCERATION	Time	Duration
Synopsis:	In the U.S., there are roughly 19 million people with felony convictions. For this population, finding stable work can be a tumultuous and draining process. Without a job, it can be all too easy to slide back into a past life and end up behind bars once again.	1:48	11:11
Host:	Gary Price		
Guests:	Beth Schwartzapfel, staff writer, The Marshall Project; Jeffrey Korzenik, economic researcher, author, Untapped Talent: How Second Chance Hiring Works for Your Business and the Community.		
Issues Covered:	Human Resources, Mass Incarceration, Business, Criminal Justice, Inequality, Recidivism, Education, Poverty, Employment Issues		
Links:	Putting Humanity into HR Compliance: Try Second-Chance Employment		
	US Department of Education Announces It Will Expand the Second Chance Pell Experiment for the 2022-2023 Award Year		
	GettingTalentBackToWork.org		
	Second Chance Employment — Dave's Killer Bread		
	DKBF		
	Untapped Talent: How Second Chance Hiring Works for Your Business and the Community		
SEGMENT 2:	A SEASON OF SADNESS	Time	Duration
SEGIVIEINT Z:	A SEASON OF SADNESS	Time	Duration
Synopsis:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support.	15:01	7:21
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Synopsis: Host: Guests: Issued Covered:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support. Marty Peterson Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health. Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health		
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Synopsis: Host: Guests: Issued Covered:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support. Marty Peterson Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health. Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health NIMH » Seasonal Affective Disorder Baker Street Behavioral Health About		
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Synopsis: Host: Guests: Issued Covered:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support. Marty Peterson Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health. Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health NIMH » Seasonal Affective Disorder Baker Street Behavioral Health About Find a Therapist, Psychologist, Counselor - Psychology Today SAMHSA Behavioral Health Treatment Services Locator		
Synopsis: Host: Guests: Issued Covered: Links:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support. Marty Peterson Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health. Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health NIMH » Seasonal Affective Disorder Baker Street Behavioral Health About Find a Therapist, Psychologist, Counselor - Psychology Today SAMHSA Behavioral Health Treatment Services Locator National Suicide Prevention Lifeline	15:01	7:21
Synopsis: Host: Guests: Issued Covered: Links: CULTURE CRASH:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support. Marty Peterson Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health. Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health NIMH » Seasonal Affective Disorder Baker Street Behavioral Health About Find a Therapist, Psychologist, Counselor - Psychology Today SAMHSA Behavioral Health Treatment Services Locator National Suicide Prevention Lifeline SPIDER-MAN'S BACK ONCE AGAIN The new film release, "Spider-Man: No Way Home" is a massive blockbuster hit. We discuss what makes these	15:01 Time	7:21 Duration



Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook		
Production Manager: Jason Dickey		
OUR RESILIENT FOOD SYSTEM & SUPPLY CHAIN	Time	Duration
20 million people work within the food production industry in the U.S. The pandemic has altered this sector and resulted in many pressures placed on this population. This week – we highlight the people behind these various roles and the changing landscape of this 24/7 food supply chain.	1:47	9:09
Gary Price		
Dr. Robyn Metcalfe, lecturer, College of Natural Sciences at the University of Texas at Austin and author, Humans in Our Food.		
Agriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance		
Metcalfe, Robyn - Human Ecology - CNS Directory		
Humans In Our Food by Robyn Metcalfe		
Food prices are reportedly expected to rise again in January		
Food Supply Chain USDA		
The Great Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater		
STARRY NIGHT: THE EFFECTS OF LIGHT POLLUTION	Time	Duration
More than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, and the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all around us. We discuss the issue of light pollution and how stargazers can bring about change in their local communities.	12:55	9:10
Marty Peterson		
Paul Bogard, author, <i>To Know a Starry Night</i> ; Bettymaya Foote, director, engagement, International Dark Sky Association.		
Association.		
Association. Light Pollution, Environment, Astronomy, Education, Culture, History		
Association. Light Pollution, Environment, Astronomy, Education, Culture, History International Dark-Sky Association		
Association. Light Pollution, Environment, Astronomy, Education, Culture, History International Dark-Sky Association Light pollution map		
Association. Light Pollution, Environment, Astronomy, Education, Culture, History International Dark-Sky Association Light pollution map Flipping the switch on light pollution – POLITICO	Time	Duration
Association. Light Pollution, Environment, Astronomy, Education, Culture, History International Dark-Sky Association Light pollution map Flipping the switch on light pollution – POLITICO To Know A Starry Night — Paul Bogard	Time 23:05	Duration 3:23
Association. Light Pollution, Environment, Astronomy, Education, Culture, History International Dark-Sky Association Light pollution map Flipping the switch on light pollution – POLITICO To Know A Starry Night — Paul Bogard "SPIDER-MAN" NOSTALGIA We rewind back to 2002 to the very first "Spider-Man" movie starring a young Tobey Maguire and Kirsten Dunst.		
	 Induction Manager: Jason Dickey DUR RESILIENT FOOD SYSTEM & SUPPLY CHAIN O million people work within the food production industry in the U.S. The pandemic has altered this sector and esulted in many pressures placed on this population. This week – we highlight the people behind these various oles and the changing landscape of this 24/7 food supply chain. Harry Price Arr. Robyn Metcalfe, lecturer, College of Natural Sciences at the University of Texas at Austin and author, <i>Humans in Dur Food</i>. Igriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance Metcalfe, Robyn - Human Ecology - CNS Directory Iumans In Our Food by Robyn Metcalfe ood prices are reportedly expected to rise again in January ood Supply Chain USDA he Great Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater TARRY NIGHT: THE EFFECTS OF LIGHT POLLUTION Are than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, nd the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all round us. We discuss the issue of light pollution and how stargazers can bring about change in their local ommunities.	Intermediation Manager: Jason Dickey: Time O million people work within the food production industry in the U.S. The pandemic has altered this sector and soluted in many pressures placed on this population. This week – we highlight the people behind these various oles and the changing landscape of this 24/7 food supply chain. 1:47 Gary Price Intermediation of the college of Natural Sciences at the University of Texas at Austin and author, Humans in Dur Food. 1:47 Igriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance Atecalfe, Robyn - Human Ecology - CNS Directory Iumans In Our Food by Robyn Metcalfe Image: Price Image: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater Time Acceal Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater Time More than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, nd the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all round us. We discuss the issue of light pollution and how stargazers can bring about change in their local 12:55



Program 22-03	Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook		
Air Week: 1/16/22	Production Manager: Jason Dickey		
SEGMENT 1:	GET YOUR \$\$\$ IN ORDER	Time	Duration
Synopsis:	If an unexpected \$400 charge came up, it's estimated that 40% of Americans would struggle to pay this amount, according to data published in 2019 by the Federal Reserve. Life happens. Circumstances change. And that's why it is so important to be financially secure with savings, an emergency fund, investments and more. We speak with financial expert, Emily Guy Birken this week about how to start budgeting and saving.	1:47	10:35
Host:	Gary Price		
Guests:	Emily Guy Birken, financial expert, author of Stacked: Your Super Serious Guide to Money Management.		
Issues Covered:	Money Management, Economics, Personal Finance, Labor, Financial Technology		
Links:	Emily Guy Birken (@EmilyGuyBirken) / Twitter		
	emilyguybirken.com		
	Qube Money		
	Your Guide to How to Budget Money - NerdWallet		
SEGMENT 2:	AN ILLUSTRATOR'S ART	Time	Duration
Synopsis:	We speak with Tim O'Brien who has illustrated numerous magazine covers throughout the years. O'Brien discusses his career, the history of illustration and how the art form is used to convey a specific, singular moment or feeling that other mediums may not be able to capture.	14:24	7:40
Host:	Marty Peterson		
Guests:	Tim O'Brien, illustrator.		
Issues Covered:	Culture, Media, Career, Illustration, Arts, History, Comedy, Politics, Government		
Links:	Catalog of Portraits and Illustrations by Tim O'Brien for various magazines and publications		
	"The Story Behind TIME's Trump Chaos Cover" - TIME Magazine		
	@obrienillustration on Instagram		
CULTURE CRASH:	THE VIEWING EXPERIENCE	Time	Duration
Synopsis:	We binge and review some of the new movies we've missed in recent months, including a critique of "The Novice" and "Mass".	23:04	3:23
Host:	Evan Rook		
Issues Covered:	Culture, Film		



Program 22-04	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 1/23/22	Production Manager: Jason Dickey		
SEGMENT 1:	ADVANCEMENTS IN ANTI-AGING	Time	Duration
Synopsis:	By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field.	1:48	10:24
Host:	Gary Price		
Guests:	Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute.		
Issues Covered:	Technology, Health, Retirement, Aging, Medicine, Disease, Science		
Links:	Potocsnak Longevity Institute: Feinberg School of Medicine		
	Douglas E Vaughan : Faculty Profile		
	Frank J Palella: Faculty Profile		
	Resources Near You HHS.gov		
	Why these Amish live longer and healthier: an internal 'fountain of youth' - Northwestern Now		
	Metformin: A Potential Candidate for Targeting Aging Mechanisms		
SEGMENT 2:	A NEW PERSPECTIVE ON COOKING AT HOME	Time	Duration
SEGMENT 2: Synopsis:	A NEW PERSPECTIVE ON COOKING AT HOME Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations.	Time 14:14	Duration 8:24
	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning		
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Synopsis: Host: Guests:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Marty Peterson Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and</i> <i>Practicing Self-Care in the Kitchen</i> .		
Synopsis: Host: Guests: Issues Covered:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Marty Peterson Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and</i> <i>Practicing Self-Care in the Kitchen</i> . Mental Health, Health, Organization, Cooking, Diet, Literature		
Synopsis: Host: Guests: Issues Covered:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Marty Peterson Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and</i> <i>Practicing Self-Care in the Kitchen</i> . Mental Health, Health, Organization, Cooking, Diet, Literature Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen		Duration 8:24
Synopsis: Host: Guests: Issues Covered:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Marty Peterson Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and</i> <i>Practicing Self-Care in the Kitchen</i> . Mental Health, Health, Organization, Cooking, Diet, Literature Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen Budget Bytes		
Synopsis: Host: Guests: Issues Covered: Links:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Marty Peterson Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and</i> <i>Practicing Self-Care in the Kitchen</i> . Mental Health, Health, Organization, Cooking, Diet, Literature Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen Budget Bytes Good and Cheap (PDF)	14:14	8:24
Synopsis: Host: Guests: Issues Covered: Links: CULTURE CRASH:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Marty Peterson Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and</i> <i>Practicing Self-Care in the Kitchen</i> . Mental Health, Health, Organization, Cooking, Diet, Literature Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen Budget Bytes Good and Cheap (PDF) BINGING THE ROM-COM SERIES "LOVE LIFE" The series, "Love Life" is a whimsical ride through the ups and downs of modern dating, relationships and finding	14:14 Time	8:24 Duration



Program 22-05	Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook		
Air Week:	Production Manager: Jason Dickey		
1/30/22			
SEGMENT 1:	LIVING LIFE IN A 24/7 SOCIETY	Time	Duration
Synopsis:	We play many roles in life: coworker, manager, partner, parent, caregiver. The list is seemingly endless. It can be all too easy to get wrapped in these many roles and forget altogether about spending time on yourself as an individual. We speak with acclaimed writer and author, Eve Rodsky about the mental toll of our daily lives and how to get back to finding a balance.	1:48	9:08
Host:	Gary Price		
Guests:	Eve Rodsky, writer, author of Find Your Unicorn Space: Reclaim Your Creative Life in a Too Busy World.		
Issues Covered:	Mental Health, Self-Identity, Literature, Psychology, Parenting, Education		
Links:	Eve Rodsky (@eve_rodsky) / Twitter		
	Amazon.com: Find Your Unicorn Space: Reclaim Your Creative Life in a Too-Busy World: 9780593328019: Rodsky, Eve: Books		
	Work and Well-being 2021 Survey report		
SEGMENT 2:	A COMPREHENSIVE GUIDE TO FANDOM	Time	Duration
Synopsis:	What was your favorite comic book series, video game or card game growing up? Depending on your age, it could have been Magic: The Gathering, Batman or Minecraft. In fact, you still could be a fan of these no matter what your age is. This week – we discuss the vast world of fandom and just what it means to be a part of this community.	12:58	9:27
Host:	Marty Peterson		
Guests:	Amy Ratcliffe, managing editor, Nerdist, author of A Kids Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting and More in the Geek World!; Liana, high school senior, Chicago.		
Issues Covered:	Community, Parenting, Personal Interest, Technology, Hobby, Arts, Entertainment, Comics		
Links:	Amy Ratcliffe (@amy_geek) / Twitter		
	A Kid's Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting, and More in the Geek World!		
	Fandom		
CULTURE CRASH:	THE DEBUT OF "SHIVA BABY"	Time	Duration
Synopsis:	New writer & director Emma Seligman is generating a lot of buzz across Hollywood. This week, we discuss her debut film, "Shiva Baby" that's now streaming on HBO Max.	23:35	3:05
Host:	Evan Rook		
Issues Covered:	Culture, TV		



Program 22-06	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 2/6/22	Production Manager: Jason Dickey		
SEGMENT 1:	SPIN, SWEAT, REPEAT: THE EVER-EVOLVING FITNESS INDUSTRY	Time	Duration
Synopsis:	It feels like the fitness market has more options than ever before. Between the rise of at-home fitness, traditional gyms and focused classes, consumers can pick and choose to workout whichever way they like. This week – we speak with two fitness experts about evolving trends in exercise and what's next.	1:47	9:39
Host:	Gary Price		
Guests:	Dr. David J. Miller, faculty member, School of Business, George Mason University; Dr. Glenn Gaesser, professor, exercise physiology, School of Health Solutions, Arizona State University.		
Issues Covered:	Business, Technology, Health, Fitness, Industry, Exercise, Community		
Links:	At-Home Fitness Poised to Grow Despite Peloton Slide, Analysts Say - Article published in Business Insider		
	Sweating Together Hardcover – May 24, 2022 Amazon.com Books		
	Miller, David J GMU School of Business		
	Glenn Gaesser - ASU College of Health Solutions		
SEGMENT 2:	THE HISTORY OF TIMEKEEPING	Time	Duration
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.	13:28	9:59
Host:	Marty Peterson		
Guests:	Chad Orzel, associate professor, physics and astronomy, Union College, author of A Brief History of Timekeeping: The Science of Marking Time, From Stonehenge to Atomic Clocks.		
Issues Covered:	Archaeology, Innovation, Culture, History, Ancient Civilization, Invention		
Links:	A Brief History of Timekeeping - BenBella Books		
	No. 120: Su-Sung's Clock		
	Chad Orzel (@orzelc) / Twitter		
	Chad Orzel Physics and Astronomy Union College		
CULTURE CRASH:	A NEW TAKE ON A POPULAR SERIES	Time	Duration
Synopsis:	The hit sitcom, "How I Met Your Mother" ran for nine seasons between 2005 and 2014. Now, producers are creating a new take on the original show with the launch of the series, "How I Met Your Father". We discuss if the new release is worth the hype.	24:27	1:59
Host:	Evan Rook		
Issues Covered:	Culture, TV		



Program 22-07	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week:	Production Manager: Jason Dickey		
2/13/22			
SEGMENT 1:	THE JOURNEY OF ADDICTION	Time	Duration
Synopsis:	Substance abuse, or addiction, is a national crisis that's only continuing to worsen as new drugs enter the market and treatment has been disrupted due to the pandemic. Recovering addict Dr. Carl Erik Fisher joins us to share his own story with addiction and what can be done to improve treatment.	1:47	9:36
Host:	Gary Price		
Guests:	Dr. Carl Erik Fisher, psychiatrist, assistant professor, Columbia University, author, The Urge: Our History of Addiction.		
Issues Covered:	Addiction, History, Mental Health, Substance Abuse, Medicine, Healthcare		
Links:	The Urge: Our History of Addiction Hardcover – January 25, 2022		
	Carl Erik Fisher, MD (@DrCarlErik) / Twitter		
	Carl E. Fisher, MD Columbia University Department of Psychiatry		
	FindTreatment.gov		
	SAMHSA's National Helpline		
SEGMENT 2:	THE MANY MODES OF TRANSPORTATION	Time	Duration
Synopsis:	Dr. Susan Shaheen, a professor of civil and environmental engineering at the University of California-Berkeley, joins us this week to highlight the country's current infrastructure and what more needs to be done to promote greater citizen mobility with bikes, scooters and other non-motor modes of transportation.	13:25	9:59
Host:	Marty Peterson		
Guests:	Dr. Susan Shaheen, professor, civil and environmental engineering at the University of California-Berkeley and co-director of Transportation Sustainability Research Center at the University of California-Berkeley.		
Issues Covered:	Infrastructure, Urban Design, Aging, Sustainability, Mobility, Environment, Transportation		
Links:	Susan Shaheen Civil and Environmental Engineering		
	The Best Cities for Cyclists - The New York Times		
	Susan Shaheen (@SusanShaheen1) / Twitter		
		Time	Duration
CULTURE CRASH:	A FRESH TAKE ON "NIGHTMARE ALLEY"		
CULTURE CRASH: Synopsis:	A FRESH TAKE ON "NIGHTMARE ALLEY" We discuss the new film, "Nightmare Alley" which is a remake of the 1947 film of the same title. It's filled with a star-studded cast and does not disappoint. Hear why this movie makes our 'Best of 2021 Films' list.	23:55	2:31
	We discuss the new film, "Nightmare Alley" which is a remake of the 1947 film of the same title. It's filled with		2:31
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Program 22-08	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week:	Production Manager: Jason Dickey		
2/20/22			
SEGMENT 1:	FOSTERING CURIOSITY AND A GREATER PASSION FOR LEARNING EARLY ON	Time	Duration
Synopsis:	To fully understand many topics, experiences and encounters help to fully engrain what's being taught. We speak with an education expert and clinical psychologist this week about how to bring more curiosity, creativity and critical thinking to learning.	1:47	9:23
Host:	Gary Price		
Guests:	Dr. Joe Galasso, clinical psychologist, Baker Street Behavioral Health; Julie Bogart, home educator, mother, author, Raising Critical Thinkers: A Parent's Guide to Growing Wise Kids in the Digital Age.		
Issues Covered:	Parenting, Communication, Education, Technology, Child Development, Mental Health, Psychology		
Links:	Julie Bogart Author (@juliebravewriter) • Instagram photos and videos		
	Julie Bogart (@BraveWriter) / Twitter		
	Raising Critical Thinkers		
	Baker Street Behavioral Health About		
SEGMENT 2:	THE INTERESTING LEGACIES OF PAST U.S. PRESIDENTS	Time	Duration
Synopsis:	Ahead of Presidents Day on Monday, February 21, we highlight some of our past presidents and their accomplishments and failures. Ronald Gruner joins us this week to answer these questions and more.	13:12	10:17
Host:	Marty Peterson		
Guests:	Ronald Gruner, author, We the Presidents: How American Presidents Shaped the Last Century.		
Issues Covered:	American History, Literature, Politics, Government, Leadership, Culture, Domestic Policy		
Links:	We The Presidents		
	Amazon.com: We the Presidents: How American Presidents Shaped the Last Century		
	Presidents' Day 2022 - History, Date & Holiday		
CULTURE CRASH:	THIS YEAR'S BEST PICTURE NOMINEES	Time	Duration
Synopsis:	From Belfast to King Richard, we break down this year's highly anticipated list of Academy Award 'Best Picture' nominees. The Oscars will be held on March 27, 2022.	24:29	1:57
Host:	Evan Rook		
Issues Covered:	Culture, Film		



Program 22-09	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week:	Production Manager: Jason Dickey		
2/27/22			
SEGMENT 1:	THE COACHES THAT CHANGED THE GAME	Time	Duration
Synopsis:	Bowman was Phelps' longtime swimming coach who mentored Phelps since he was 11 years old. He was there every step of the way in Phelps' athletic career, crafting him into the Olympic swimming superstar he is today. It makes you wonder – where would many of the top athletes be today without the coaches who guided, motivated and supported them?	1:47	10:15
Host:	Gary Price		
Guests:	Justin Spizman, sportswriter, author of Coach: The Greatest Teachers in Sports and Their Lessons for Us All.		
Issues Covered:	Leadership, Sports, Culture, Career, Global Affairs, Sports History		
Links:	Coach by Justin Spizman Abbeville Press		
	4 Quotes From Olympic Coaches That Can Make You a Better Leader Inc.com		
	Vince Lombardi		
SEGMENT 2:	THE LARGER APPEAL OF "HARRY POTTER"	Time	Duration
Synopsis:	The Harry Potter series is one of the most beloved stories of all time, unlocking a world of wizarding magic, adventure and intrigue to millions of young readers. We discuss how its unconventional storyline and character development can shift thinking and teach real life lessons to young and old readers alike.	14:04	9:22
Host:	Marty Peterson		
Guests:	Amy Hogan, media manager, MuggleNet.com; Mimi Gladstein, English & Literature professor at University of Texas at El Paso, and author of the essay, <i>Feminism and Equal Opportunity: Hermione and the Women of Hogwarts</i> .		
Issues Covered:	Pop Culture, Literature, Child Development, Education, Feminism		
Links:	MuggleNet		
	1 Wizarding World Resource Since 1999 (@MuggleNet) / Twitter		
	Mimi Gladstein - UTEP Faculty Profile		
	How Harry Potter changed the world - Vox		
	What we can learn from Hermione Granger, the smartest witch of her age		
CULTURE CRASH:	NOSTALGIA OF MUSIC IN SUPER BOWL HALFTIME SHOW	Time	Duration
Synopsis:	This year's Super Bowl halftime show featuring Eminem, Dr. Dre, Snoop Dogg and Mary J. Blige was an instant hit. It was a blast to the past and reinvigorated that the nostalgic music of our younger years will always hold a special place in our hearts.	24:26	2:00
Host:	Evan Rook		
Issues Covered:	Culture, Music, Sports		



Program 22-10	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 3/6/22	Production Manager: Jason Dickey		
SEGMENT 1:	URBAN WILDLIFE: AN INFLUX OF NEW NEIGHBORS	Time	Duration
Synopsis:	Countless different species of wildlife were driven out of cities centuries ago, but in recent decades have begun returning in greater numbers and adapting to the human-centric infrastructure. Two wildlife experts join us this week to highlight how we can both coexist in these settings.	1:47	10:49
Host:	Gary Price		
Guests:	Dr. Peter Alagona, associate professor, environmental studies, University of California – Santa Barbara, author of The Accidental Ecosystem: People and Wildlife in American Cities; Dr. Stanley Gehrt, professor, wildlife ecology, The Ohio State University.		
Issues Covered:	Environment, Urban Development, Wildlife, Ecology, American History		
Links:	The Accidental Ecosystem by Peter S. Alagona - Hardcover - University of California Press		
	DNA Shows At Least Three Large Black Bears Are Breaking Into Tahoe Homes, Not Just 'Hank the Tank' Smart News Smithsonian Magazine		
	Peter Alagona Environmental Studies Program		
	Stanley D. Gehrt SENR		
	Urban Coyote Research Project		
SEGMENT 2:	THE PANG OF REGRET	Time	Duration
Synopsis:	Regret is an all-too-common feeling that's simply part of life, but it's what we learn from our mistakes that matters. Writer Daniel Pink joins us this week to break down the intricacies of this emotion and share how people can avoid self-pity and constructively move forward.	14:36	8:41
Host:	Marty Peterson		
Guests:	Daniel Pink, writer, author, The Power of Regret: How Looking Backward Moves Us Forward.		
Issues Covered:	Career, Mental Health, Emotional Wellness, Personal Growth and Development, Psychology, Communication		
Links:	Regret Psychology Today		
	The Power of Regret: How Looking Backward Moves Us Forward: Pink, Daniel H.: 9780735210653: Amazon.com: Books		
	Daniel Pink: Great Leaders Share Their Failures With Their Teams		
CULTURE CRASH:	NEVER GETTING TIRED OF THE FILM, "THE PRESTIGE"	Time	Duration
Synopsis:	The Prestige was released in 2006 and features some of Hollywood's biggest names, including Christian Bale, Hugh Jackman and Michael Caine. We discuss why it's a remarkable movie that never gets old watch after watch.	24:17	2:09
Host:	Evan Rook		
Issues Covered:	Culture, Film		



Program 22-11	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 3/13/22	Production Manager: Jason Dickey		
SEGMENT 1:	A MORE SUPPORTIVE MENTAL HEALTH SYSTEM	Time	Duration
Synopsis:	The isolation of the pandemic has taken a big toll on young people as rates of depression, anxiety and other mental disorders have sharply risen in children and adolescents. What are the key areas that need to be fixed? Why is mental health just as important as physical health? We answer these questions and more this week on Viewpoints.	1:47	9:34
Host:	Gary Price		
Guests:	Dr. Thomas Insel, psychiatrist, neuroscientist, former head, National Institute of Mental Health (NIMH), author of <i>Healing: Our Path From Mental Illness to Mental Health</i> ; Dr. Vaile Wright, psychologist, senior director, Health Care Innovation, American Psychological Association.		
Issues Covered:	Psychology, Innovation, Health Policy, Technology, Public Health, Mental Health, Insurance, Policy, Science		
Links:	Learn more about mental health NAMI: National Alliance on Mental Illness		
	SAMHSA's National Helpline		
	BetterHelp		
	What American Mental Health Care Is Missing - The Atlantic		
	Healing: Our Path from Mental Illness to Mental Health Hardcover		
SEGMENT 2:	THE ECONOMIC SQUEEZE OF INFLATION	Time	Duration
Synopsis:	Between January 2021 and January 2022, prices across the board went up by 7.5%. What's next? Economics professor Dr. Christian Vom Lehn joins us to break down what's fueling these continued price hikes and how the invasion of Ukraine by Russia may make certain goods and services pricier.	13:22	9:56
Host:	Marty Peterson		
Guests:	Dr. Christian Vom Lehn, assistant professor, economics, Brigham Young University; Carrie Leonard, suburban Chicago resident.		
Issues Covered:	Inflation, Economics, Consumerism, Personal Finance, Labor, Manufacturing		
Links:	Christian vom Lehn		
	Consumer prices up 7.5 percent over year ended January 2022		
	Federal Reserve Chair Pledges to Bring Inflation Under Control - The New York Times		
CULTURE CRASH:	GETTING BACK TO THE 90S	Time	Duration
Synopsis:	We travel back in time to the 1990's as author Chuck Klosterman joins Culture Crash to highlight the iconic culture, media and politics of this infamous decade.	24:18	2:10
Synopsis: Host:		24:18	2:10



Program 22-12	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 3/20/22	Production Manager: Jason Dickey		
SEGMENT 1:	THE EXPANDING LANDFILL IN SPACE	Time	Duration
Synopsis:	From weather forecasting to cellular coverage to global imaging, we heavily rely on space satellites in our day to day lives. We discuss the serious issue of human-created space debris and what's being done to curb this problem before it reaches catastrophic levels.	1:47	8:43
Host:	Gary Price		
Guests:	Dr. Jonathon McDowell, astronomer, astrophysicist, Center for Astrophysics at Harvard and the Smithsonian; Dr. Moriba Jah, associate professor, aerospace engineering, engineering mechanics, University of Texas – Austin, co- founder, chief scientist, Privateer Space.		
Issues Covered:	Environment, Waste Management, Space Exploration, Science, Technology		
Links:	Center for Astrophysics (Harvard & Smithsonian) - Jonathan McDowell		
	Jonathan McDowell (@planet4589) / Twitter		
	Moriba K. Jah		
	mission.privateer.com		
	ClearSpace		
SEGMENT 2:	PAVING A NEW FUTURE FOR CLASSICAL MUSIC	Time	Duration
Synopsis:	Less than 2% of all classical musicians are African American. Two classical music experts join us this week to help us understand the barriers for entry into classical music and how those in the field are helping younger populations gain exposure and greater access to the genre.	12:33	10:57
Host:	Marty Peterson		
Guests:	Brendan Slocumb, professional violinist, music educator, author of <i>The Violin Conspiracy</i> ; Afa S. Dworkin, president, artistic director, Sphinx.		
Issues Covered:	Education, Career, Arts, Diversity, Music, Social Equity, Nonprofit, Literature		
Links:	Sphinx Organization		
	About Me — Brendan Slocumb		
	Classical Music Had A Race Problem 20 Years Ago. It Still Does Cognoscenti		
CULTURE CRASH:	THE DARKER "BATMAN"	Time	Duration
Synopsis:	"The Batman" starring Robert Pattinson has dominated box office charts the last couple of weeks. We discuss if the new take on the classic franchise is worth the hype.	24:30	1:57
Host:	Evan Rook		
Issues Covered:	Culture, Film		



Program 22-13	Writers & Producers: Amirah Zaveri & Evan Rook		
Air Week: 3/27/22	Production Manager: Jason Dickey		
SEGMENT 1:	CARING FOR AN AGING POPULATION	Time	Duration
Synopsis:	More than 54 million Americans ages 65 or older are living in the U.S. today. This accounts for almost 17 percent of the total population. This number is only set to rise over the next two decades as millions more baby boomers transition into this next phase of life. As this population further ages, many will require care. So often we talk about the healthcare system and the patients themselves, but what about the caregivers who provide these services? In many cases, this role falls on family members' shoulders, and for this group, it can be all too easy to quickly lose sight of personal health, wellness and relationships. We discuss the ups and downs of caregiving in a world that can feel isolating and hard to navigate.	1:47	9:33
Host:	Gary Price		
Guests:	Dr. Santo D. Marabella, author, <i>Lessons of Caring: Inspiration and Support for Caregivers</i> ; Erik Stoll, co-director, America (film).		
Issues Covered:	Senior Care, Aging, Healthcare, Relationships, Health		
Links:	Family Caregiver Alliance		
	América – Documentary Film		
	AARP Resources for Caregivers and their Families		
	Caregiver Support USAGov		
	Family Caregiver Alliance		
SEGMENT 2:	Family Caregiver Alliance WHEN THE GUILTY ARE MARKED AS INNOCENT	Time	Duratior
SEGMENT 2: Synopsis:		Time 13:22	Duration 9:58
	WHEN THE GUILTY ARE MARKED AS INNOCENT Why do we believe one person but believe another is lying? This week, author Sarah Weinman joins us as we discuss		Duratior 9:58
Synopsis:	WHEN THE GUILTY ARE MARKED AS INNOCENT Why do we believe one person but believe another is lying? This week, author Sarah Weinman joins us as we discuss the story of one American man in the 1950's who was able to dupe millions and get released from prison.		
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