

2021 Q3 July-September

During the third quarter of 2021, the following compliancy issues were covered on **KRQR-FM**:

Radio Health Journal:

- Aging
- Arts and Culture
- Auto Safety
- Child Safety
- Children and Youth at Risk
- Climate Change
- Consumer Safety
- Consumerism
- COVID-19 Pandemic
- Crime
- Criminal Justice
- Diet
- Disabilities
- Disaster Preparedness
- Drug Overdoses and Opioids
- Economics
- Education
- Elderly and Senior Citizens
- Employment Issues
- Environment
- Ethics
- Euthanasia
- Family Issues
- Federal Government and Regulation
- Food and Nutrition
- Gender Issues
- Health Care
- Hunger
- Insurance
- Internet Harassment
- Jails and Prisons
- Local Government
- Medicine and Culture
- Mental Health

- Mental Illness
- Parenting Issues
- Pets and People
- Police
- Poverty
- Prevention
- Prosecution
- Public Health
- Public Safety
- Recidivism
- Roads and Traffic Safety
- Severe Weather
- Social Isolation
- Technology
- Technology and Health
- Volunteer Organizations
- Women's issues

Viewpoints:

- Agriculture
- Addiction
- Adolescent Health
- Agriculture
- American History
- Architecture
- Arts
- Behavioral Health
- Biology
- Business
- Career
- Child Development
- Climate Change
- Comedy
- Communication
- Construction
- Consumerism
- Cooking
- Corporate Interests
- COVID-19 Pandemic
- Creativity
- Crime
- Culture
- Customs
- Dance

- Development
- Diet
- Disease
- Editing
- Education
- Entrepreneurship
- Environment
- Exploration
- Fashion and Fashion Trends
- Film
- Government
- Happiness
- Harassment
- Health
- Health Education
- Healthcare
- Healthcare Management
- History
- Human Rights
- Inequality
- Innovation
- Insurance
- International Affairs
- Justice System
- Labor
- Law
- Literature
- Local Economy
- Marriage
- Mass Incarceration
- Media Business
- Medicine
- Mental Health
- Mental Illness
- Migration
- Mining
- Money
- Music and Music Industry
- Natural Resources
- Nonprofit Organization
- Nutrition
- Paleontology
- Parenting
- Patient Advocacy
- Performance and Performance Arts
- Personal Finance
- Policy
- Politics
- Poverty

- Prison Reform
- Psychology
- Public Health
- Public Service
- Publishing
- Racial Issues
- Remote Learning
- Savings
- Science
- Self-Confidence
- Sleep Disorders
- Small Business
- Social Media
- Space and Space Exploration
- Species Extinction
- Sports
- Streaming
- Sustainability and Sustainable Design
- Teaching
- Technology
- Terrorism
- Tourism
- Traditions
- Trauma
- Travel
- TV
- Wage Theft
- Wealth
- Wildlife Management
- Women's Rights
- Workers Rights
- Writing
- Youth Development

Additionally, KRQR aired PSAs for the following:

Issue: Supporting Workers with Long COVID

Organization: US Department of Labor

Number: 71

Run Dates 9/6-9/30

Radio Health Journal- a 30 minute program-
aired at 7:00a on the following dates:
(run sheets attached):

7/4
7/11
7/18
7/25
8/1
8/8
8/15
8/22
8/29
9/5
9/12
9/19
9/26

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

7/4
7/11
7/18
7/25
8/1
8/8
8/15
8/22
8/29
9/5
9/12
9/19
9/26

Submitted By:



Date:

10/1/2021

Quarterly Report of Compliancy Issues & Programs List 2021-Q3 (July - September) Radio Health Journal

- Aging
- Arts and Culture
- Auto Safety
- Child Safety
- Children and Youth at Risk
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- Volunteer Organizations
- Women's issues

Program 21-27	Executive Producer:	Reed Pence
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Air Week:
7/4/21

Studio Production: Jason Dickey

SEGMENT 1:	SURVIVING AN ACTIVE SHOOTER	Time	Duration
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Synopsis:	With the recent active shooter incidents in Atlanta and Boulder, Colorado, experts are concerned about a return of mass shootings that had disappeared during the pandemic. Two experts discuss the changing theory of how to survive an active shooter incident through what's called "run, hide, and fight."	1:50	12:43
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Host & Producer: Reed Pence

Guests: Dr. Sara Jacoby, Asst. Prof. of Family and Community Health, Univ. of Pennsylvania School of Nursing; Dr. Michael Gerardi, emergency physician and Past President, American College of Emergency Physicians

Compliance issues: Crime; Criminal Justice; Public Health; Ethics; Law Enforcement; Public Safety; Police

Links: [Sara F. Jacoby, MPH, MSN, PhD – Penn Nursing](#)
[Dr. Michael Gerardi – Emergency Medical Associates](#)

SEGMENT 2:	THE PSYCHOLOGY OF PROCRASTINATION	Time	Duration
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Synopsis:	Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate.	15:35	7:08
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Host: Nancy Benson

Producer: Regan Huston

Guests: Dr. Tim Pychyl, Assoc. Prof. of Psychology, Carleton Univ.; Dr. Christine Li, clinical psychologist and procrastination coach

Compliance issues: Psychology and Pop Culture; Mental Health; Consumerism

Links: [Tim Pychyl, PhD](#) – Carleton University
[Christine Li, PhD](#) – Procrastination coach

Program 21-28		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	7/11/21		
SEGMENT 1:	HOW TO SPEED UP YOUR DRIVE: DON'T TURN LEFT	Time	Duration
Synopsis:	Traffic engineers are learning that they can increase road efficiency and safety by eliminating left turns at many busy intersections, even those that have left turn arrows. This increases distance traveled for some people--some may have to make three right turns instead--but virtually everyone benefits in travel time, as package carrier UPS has learned. A traffic engineer and UPS official discuss how it could work.	1:42	11:41
Host & Producer:	Reed Pence		
Guests:	Patrick Browne, Vice President of Sustainability, UPS; Dr. Vikash Gayah, Assoc. Prof. of Civil Engineering, Pennsylvania State Univ.; Dan McMackin, PR Manager, UPS		
Compliance issues:	Pollution; Local Government; Roads and Traffic Safety; Environment		
Links:	Green Biz: Patrick Browne Penn State College of Engineering: Dr. Vikash Gayah		
SEGMENT 2:	RETHINKING DEMENTIA	Time	Duration
Synopsis:	Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word "dementia."	14:25	8:03
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Tia Powell, Prof. of Psychiatry and Bioethics, Albert Einstein College of Medicine and author, Dementia Reimagined: Building a Life of Joy and Dignity From Beginning to End		
Compliance issues:	Health Care; Elderly and Senior Citizens; Aging and Senior Citizens; Public Health		
Links:	Tia Powell, MD – Center for Bioethics and Masters in Bioethics at Montefiore Health Systems and Albert Einstein College of Medicine		

Program 21-29		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	7/18/21		
SEGMENT 1:	ADVANCES AGAINST LUNG CANCER	Time	Duration
Synopsis:	Traffic engineers are learning that they can increase road efficiency and safety by eliminating left turns at many busy intersections, even those that have left turn arrows. This increases distance traveled for some people--some may have to make three right turns instead--but virtually everyone benefits in travel time, as package carrier UPS has learned. A traffic engineer and UPS official discuss how it could work.	1:50	11:27
Host & Producer:	Reed Pence		
Guests:	Bonnie Addario, founder, Addario Lung Cancer Medical Institute, Co-Chair, Go-2 Foundation for Lung Cancer and author, The Living Room: A Lung Cancer Community of Courage; Dr. Ferdinandos Skoulidis, Asst. Prof. of Thoracic Head and Neck Medical Oncology, Univ. of Texas MD Anderson Cancer Center		
Compliance issues:	Economics; Health Care; Ethics; Public Health		
Links:	Foundation for Lung Cancer: History of the Bonnie J. Addario Lung Cancer Foundation (ALCF) MD Anderson Cancer Center: Dr. Ferdinandos Skoulidis' profile		
SEGMENT 2:	POOR AND RURAL KIDS IN CRISIS	Time	Duration
Synopsis:	A study by Save the Children shows on a county-by-county basis that children in poor and rural counties, especially in the south, are much less likely to survive into adulthood, and when they do, they're often forced to become adults too soon by poverty, pregnancy, and lack of education. A Save the Children expert discusses factors that hurt children and ways they might be alleviated.	14:19	7:06
Host:	Nancy Benson		
Producer:	Scarlett O'Hara		
Guests:	Sarah Luciano, Director of Media and Communications, Save the Children US Programs and Advocacy		
Compliance issues:	Public Health; Crime; Teen Pregnancy; Hunger; Children and Youth at Risk; Poverty; Education		
Links:	Save the Children – The Best and Worst States for Children During Covid		

Program 21-30	Executive Producer:	Reed Pence
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Air Week:
7/25/21

Studio Production: Jason Dickey

SEGMENT 1:	WE ARE NOT OK	Time	Duration
Synopsis:	Where COVID-19 vaccination is high, it's a getting-back-to-normal world after the pandemic. But even some vaccinated people won't return to normal for months or years because of the psychological effects. Experts discuss why this occurs and how people can help themselves return to mental health.	1:50	12:43
Host & Producer:	Reed Pence		
Guests:	Dr. Luana Marques, Assoc. Prof. of Psychiatry, Harvard Medical School and President, Anxiety and Depression Assn. of America; Dr. Chris Segrin, Prof. and head of Communications Dept., Univ. of Arizona; Catherine Ettman, Director of Strategic Initiatives and Chief of Staff, Boston Univ. School of Public Health		
Compliance issues:	Health Care; Public Health; Employment Issues; Mental Health; COVID-19 Pandemic		
Links:	Dr. Luana Marques Bio The University of Arizona: Dr. Chris Segrin Boston University School of Public Health NATIONAL HELPLINE: 1-800-662-HELP		

SEGMENT 2:	ELDERLY INJURIES	Time	Duration
Synopsis:	A new study shows that people over age 70 are three times more likely than younger people to die when they fall. Older people also take more medications with a fall risk, and which pose a risk themselves when someone taking them falls. Experts discuss these complications and why it's important to prevent falls and other injuries.	15:35	7:08
Host:	Nancy Benson		
Producer:	Scarlett O'Hara		
Guests:	Dr. Julius Cheng, Prof. of Surgery, Univ. of Rochester Medical Center; Dr. Robin Lee, team lead, Safety Promotion Team, Center for Disease Control & Prevention		
Compliance issues:	Aging; Auto Safety; Drug Overdoses and Opioids; Elderly and Senior Citizens; Public Health		
Links:	University of Rochester Medical Center Center for Disease Control & Prevention CDC: Injury Center		

Program 21-31	Executive Producer:	Reed Pence
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Air Week: 8/1/21	Studio Production:	Jason Dickey
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SEGMENT 1:	HOSPITAL PRICE TRANSPARENCY	Time	Duration
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Synopsis:	Hospitals are now required to post prices for many procedures on their websites, including cash prices and what insurers pay. The intent of the federal rule is to allow patients to shop around, putting pressure on hospitals to compete on price. However, many hospitals have yet to follow the rule. Experts discuss the rule, its likely outcome, and how patients can use it to their advantage.	1:42	11:41
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Host: Reed Pence

Producer: Libby Foster

Guests: Cynthia Foster, founder and Chairman, PatientRightsAdvocate.org; George Nation, Prof. of Law, Lehigh University

Compliance issues: Health Care; Insurance; Federal Government and Regulation; Public Health; Economics; Technology

Links: PatientRightsAdvocate.org
[Lehigh University Profile: George Nation](#)

SEGMENT 2:	SOMETIMES NOT MAN'S BEST FRIEND: DOG BITES	Time	Duration
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Synopsis:	Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.	14:25	8:03
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Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Charles Elmaraghy, Chief, Pediatric Otolaryngology, Nationwide Children’s Hospital and Assoc. Prof. of Otolaryngology, The Ohio State Univ College of Medicine

Compliance issues: Pets and People; Children and Youth at Risk; Education; Family Issues; Child Safety

Links: [Dr. Charles Elmaraghy](#)

Program 21-32	Executive Producer:	Reed Pence
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Air Week:
8/8/21

Studio Production: Jason Dickey

SEGMENT 1:	DANGER SIGNS IN THE INCREASE IN EXTREME WEATHER	Time	Duration
Synopsis:	Climate change has been discussed as a serious issue impacting future generations. However, the recent rash of extreme weather worldwide, which has killed hundreds, is making scientists wonder if we have reached a turning point more quickly than we thought. Experts explain how climate change results in droughts, floods, and other severe weather and the signals it provides of danger immediately ahead.	1:50	12:29
Host:	Reed Pence		
Producer:	Libby Foster		
Guests:	Dr. Jennifer Francis, Senior Scientist, Woodwell Climate Research Center; Dr. Radley Horton, climate scientist, Columbia Univ. Lamont-Doherty Earth Observatory; Dr. Walt Robinson, Prof. of Atmospheric Sciences, North Carolina State Univ.		
Compliance issues:	Economics; Disaster Preparedness; Severe Weather; Climate Change; Environment; Public Safety		
Links:	Woodwell Climate Research Center Columbia Climate School North Carolina State University: Marine, Earth and Atmospheric Sciences		

SEGMENT 2:	SYNESTHESIA: THE COLOR OF SOUNDS AND OTHER STRANGE PERCEPTIONS	Time	Duration
Synopsis:	Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them.	15:21	7:39
Host:	Nancy Benson		
Producer:	Scarlett O'Hara		
Guests:	Izzy Kornblau, synesthete; Dr. Richard Cytowic, Clinical Prof. of Neurology, George Washington Univ.		
Compliance issues:	Medicine and Culture; Education; Arts and Culture		
Links:	Dr. Richard Cytowic Izzy Kornblau's YouTube Channel		

Program 21-33	Executive Producer:	Reed Pence
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Air Week:
8/15/21

Studio Production: Jason Dickey

SEGMENT 1:	PSYCHOLOGY OF ADOPTION: BIRTH MOTHERS	Time	Duration
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Synopsis:	Adoption and how it is carried out have well-studied psychological effects on adoptees. However, how birth mothers are affected by giving up their child is less well studied. Birth mothers have historically been shunned and stigmatized, and often still do not receive the grief counseling and mental health services they need. Open vs. closed adoptions also differ. An expert psychologist and birth mother-author discuss.	1:47	13:51
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Host: Reed Pence

Producer: Libby Foster

Guests: Hope Baker, birth mother of adopted child and author, Finding Hope: A Birthmother's Journey Into the Light; Dr. Jeanette Yoffe, foster and adoption therapist and founder, Celia Center

Compliance issues: Children and Youth at Risk; Mental Health; Parenting Issues

Links: [On Your Feet Foundation: Adoption Education](#)
[GoodReads: Finding Hope: A Birthmother's Journey into the Light](#)
[Celia Center: Support for All Members of the Foster Care and Adoption Constellation](#)
[Celia Center: Board Members](#)

SEGMENT 2:	THE DANGER OF SYMPTOM SEARCHING ON THE INTERNET	Time	Duration
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Synopsis:	One of the most popular searches on Google is for symptoms and what they mean. It's created a much more well informed patient population, but one that may panic at the least pain or discomfort. Two experts discuss how to think of symptoms and how to search for them.	16:40	6:13
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Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Mark Eisenberg, Assoc. Prof. of Medicine, Columbia Univ, and Dr. Christopher Kelly, Raleigh NC cardiologist, co-authors, Am I Dying: A Complete Guide to Your Symptoms and What to Do Next

Compliance issues: Technology; Health Care; Technology and Health

Links: [AmIDying?! podcast featuring Dr. Eisenberg & Dr. Kelly](#)

Program 21-34	Executive Producer: Reed Pence
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Air Week:
8/22/21

Studio Production: Jason Dickey

SEGMENT 1:	VETERINARIAN STRESS AND SUICIDE	Time	Duration
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Synopsis:	A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide.	1:51	12:39
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Host & Producer: Reed Pence

Guests: Dr. Jason Sweitzer, veterinarian, Moorpark, CA and founding board member, Not One More Vet; Dr. Debbie Stoewen, Veterinarian and social worker

Compliance issues: Suicide; Pets and People; Economics; Mental Health; Gender Issues; Euthanasia; Internet Harassment

Links: [Emergency Vet 24/7](#)
[Pets + Us](#)
[NotOneMoreVet.org](#)
[LifeLearn Animal Health](#)

SEGMENT 2:	"NURSEMAID'S ELBOW"	Time	Duration
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Synopsis:	Swinging small children around by their arms may be fun, but it can lead to a very common injury, "nursemaid's elbow," an elbow dislocation, and each instance makes the next more likely. Physicians who treat it—and have experienced it in their own children—discuss the injury, its treatment and prevention.	15:32	7:24
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Host: Nancy Benson

Producer: Scarlett O'Hara

Guests: Dr. J. Mack Slaughter, emergency physician and Tik Tok explainer; Dr. Erin Meisel, orthopedic surgeon, Children's Hospital, Los Angeles

Compliance issues: Child Injuries; Children and Youth at Risk; Consumerism; Health Care; Prevention

Links: [Dr. J. Mack Slaughter on TikTok](#)
[Dr. Erin Meisel - Children's Hospital LA](#)

Program 21-35	Executive Producer:	Reed Pence
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Air Week:
8/29/21

Studio Production: Jason Dickey

SEGMENT 1:	PRISONS AND THE MENTALLY ILL	Time	Duration
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Synopsis:	Many people in prison have a mental illness that keeps them from following the rules of society. Prison, its rules, and often its punitive intent may be the worst place for them, especially since treatment is often lacking there. A noted prison psychiatrist and behavioral scientist discusses this, and alternatives that may produce less recidivism when these inmates are released back into society.	1:50	12:26
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Host & Producer: Reed Pence

Guests: Dr. Christine Montross, Assoc. Prof. of Psychiatry and Human Behavior, Brown Univ. and author, *Waiting For An Echo: The Madness of American Incarceration*

Compliance issues: Jails and Prisons; Police; Children and Youth at Risk; Mental Illness; Recidivism; Prison and Criminal Justice; Public Safety; Crime; Prosecution

Links: [Waiting For An Echo: The Madness of American Incarceration](#)

SEGMENT 2:	THE DIFFICULT-TO-FOLLOW PLANT-BASED ANTI-HEART DISEASE DIET	Time	Duration
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Synopsis:	Heart disease is the number one killer in the US, but a well known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's a prescription for defeat. Experts discuss.	15:18	7:34
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Host: Nancy Benson

Producer: Reed Pence

Guests: Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascular Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute

Compliance issues: Diet; Food and Nutrition; Public Health; Consumerism; Health Care

Links: [Dr. Caldwell Esselstyn](#)

Program 21-36		Executive Producer:	Reed Pence
Air Week:		Studio Production:	Jason Dickey
	9/5/21		
SEGMENT 1:	BACK TO SCHOOL WITH COVID	Time	Duration
Synopsis:	Schools that just a couple of months ago imagined opening free of great pandemic worry are now facing a Delta variant that's even more contagious than the original. Yet last year's experience is telling experts and administrators that school can be held safely if masking and other protocols are followed. Two pediatricians who are experts in how infectious disease affects schools discuss reopening for the school year.	1:49	12:19
Host & Producer:	Reed Pence		
Guests:	Dr. Nathaniel Beers, President, HSC Healthcare and member, Council of School Health, American Academy of Pediatrics; Dr. Tina Tan, Prof. of Pediatrics, Feinberg School of Medicine, Northwestern Univ. and pediatric infectious disease physician, Lurie Children's Hospital		
Compliance issues:	Children and Youth at Risk; Education; Public Health; Health Care; Covid-19 Pandemic		
Links:	Children's National Northwestern Medicine		
SEGMENT 2:	3D PRINTING OF REPLACEMENT ORGANS	Time	Duration
Synopsis:	Scientists are developing 3D printing technology using human cells to build human organs. The technique could be used to grow organs for transplant, relieving the long waitlist. Experts discuss.	15:10	7:37
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dan Troy, General Counsel, Valo Health and former Chief Council, US Food and Drug Administration; Dr. Anthony Atala, Director, Wake Forest Institute for Regenerative Medicine		
Compliance issues:	Health Care; Federal Government and Regulation; Public Health; Technology		
Links:	Valo Health Wake Forest Innovations		

Program 21-37 **Executive Producer:** Reed Pence

Air Week:
9/12/21

Studio Production: Jason Dickey

SEGMENT 1: FORCED STERILIZATION STILL EXISTS IN THE U.S. **Time** **Duration**

Synopsis: Entertainer Britney Spears claims in court that her conservator father won't let her remove birth control. It's merely the most celebrated recent case of something most people find surprising: forced sterilization still exists in the US, usually in cases of guardianship. Experts explain its legality, history & use. 1:49 12:20

Host: Reed Pence

Producer: Polly Hansen

Guests: Britney Spears, entertainer, in court testimony; Dr. Natalie Lira, Asst. Prof. of Latina and Latino Studies and Gender and Women's Studies, Univ. of Illinois at Urbana-Champaign; Zoe Brennan-Krohn, Staff Attorney, American Civil Liberties Union Disability Rights Program

Compliance issues: Legal Issues and Courts; Criminal Justice; Disabilities; Women's Issues

Links: [New York Times: Spears said that she wanted to have a baby, but the conservatorship would not let her](#)
[ACLU: Britney Spears' Reproductive Freedom is a Disability Rights Issue](#)

SEGMENT 2: NAIL BITING **Time** **Duration**

Synopsis: Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop. 15:11 7:21

Host: Nancy Benson

Producer: Morgan Kelly

Guests: Dr. Dana Stern, Asst. Clinical Prof. of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Exec. Dir., Western Suffolk Psych. Services, Huntington, NY

Compliance issues: Destructive Behavior; Health Care; Mental Illness

Links: [Dr. Dana Stern Dermatology](#)
[Western Suffolk Psychological Services](#)

Program 21-38	Executive Producer:	Reed Pence
Air Week:	Studio Production:	Jason Dickey
9/19/21		

SEGMENT 1:	FORCED STERILIZATION STILL EXISTS IN THE U.S.	Time	Duration
Synopsis:	Government reports say more than 265 million healthcare records have been stolen, lost, or improperly disclosed in the last decade. It may create a financial risk, but it could also mean your health conditions and secrets are all over the internet. What are health systems doing to keep data safe? What should you do when you're victim of a breach? One of the nation's top health data experts discusses.	1:50	13:13
Host & Producer:	Reed Pence		
Guests:	Dr. Dean Sittig, Professor of Biomedical Informatics, University of Texas Health Science Center at Houston		
Compliance issues:	Health Care; Employment Issues; Consumer Safety; Economics; Crime; Technology; Consumerism		
Links:	Dean Sittig, PhD – UT Health		

SEGMENT 2:	WHY WE DON'T STOP PREVENTABLE HEART ATTACKS	Time	Duration
Synopsis:	Heart disease is often preventable, but how people look at it often keeps them from doing as much about it as they could. Often this is a result of myth and misinformation. An expert physician discusses some of the most harmful of these myths.	16:05	6:47
Host:	Nancy Benson		
Producer:	Reed Pence		
Guests:	Dr. Andrea Klemes, Chief Medical Officer, MD-VIP		
Compliance issues:	Food and Nutrition; Public Health; Consumerism; Health Care		
Links:	MDVIP – Heart Attack Quiz		

Program 21-39	Executive Producer:	Reed Pence
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Air Week: 9/16/21	Studio Production:	Jason Dickey
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SEGMENT 1:	THE LONELINESS EPIDEMIC	Time	Duration
Synopsis:	Loneliness has been increasing across all ages even before the pandemic. It's especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its impact, and the effectiveness of visitor programs.	1:44	12:47
Host & Producer:	Reed Pence		
Guests:	Dr. Carla Perissinoto, Assoc. Chief for Clinical Programs in Geriatrics, Univ. of California, San Francisco; Janet Seckel-Cerrotti, Exec. Director, FriendshipWorks, Boston		
Compliance issues:	Health; Volunteer Organizations; Social Isolation; Elderly and Senior Citizens		
Links:	Carla Perissinotto, MD, MHS – UCSF Profiles FriendshipWorks – Ending Elder Isolation, Creating Connections Member Spotlight: Janet Seckel-Cerrotti		
SEGMENT 2:	AN ODD BUT COMMON FEAR: TRYPOPHOBIA, THE FEAR OF CLUSTERED HOLES	Time	Duration

Synopsis:	As much as 16 percent of the population suffers from tryphobia, which makes them uneasy at the sight of holes clustered together, as in a honeycomb. Two experts and a sufferer discuss this phobia, which can be remarkably debilitating.	15:25	6:37
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Host:	Nancy Benson		
Producer:	Morgan Kelly		
Guests:	Dr. Geoff Cole, Center for Brain Science, Univ. of Essex; Kerry Taylor, tryphobia sufferer and administrator of support group; Dr. Keith Wagner, Univ. of Texas Medical Branch, Galveston		
Compliance issues:	Mental Health; Consumerism; Health Care		
Links:	University of Essex: Dr. Geoff Cole SkinHoax.com Q&A: Keith Wagner, MD, on Online Skin Disease Hoaxes		



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- Marriage
- Mass Incarceration
- Media Business
- Medicine
- Mental Health
- Mental Illness
- Migration
- Mining
- Money
- Music and Music Industry
- Natural Resources
- Nonprofit Organization
- Nutrition
- Paleontology
- Parenting
- Patient Advocacy
- Performance and Performance Arts
- Personal Finance
- Policy
- Politics
- Poverty
- Prison Reform
- Psychology
- Public Health
- Public Service
- Publishing
- Racial Issues
- Remote Learning
- Savings
- Science
- Self-Confidence
- Sleep Disorders
- Small Business
- Social Media
- Space and Space Exploration
- Species Extinction
- Sports
- Streaming
- Sustainability and Sustainable Design
- Teaching
- Technology
- Terrorism
- Tourism
- Traditions
- Trauma
- Travel
- TV
- Wage Theft
- Wealth
- Wildlife Management
- Women's Rights
- Workers Rights
- Writing
- Youth Development

Program 21-27 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
7/4/21

SEGMENT 1:	FAIR LABOR: THE IMPORTANCE OF WORKER CENTERS	Time	Duration
Synopsis:	Physician burnout is still a very real problem in the U.S. – and the pandemic has only exacerbated these feelings in some of the hardest hit hospitals across the country. We speak with Dr. Greg Hammer at Stanford University about the pandemic’s lasting effects on mental health and systems that have been created to better support people working in medicine or in medical school.	1:47	11:25
Host:	Gary Price		
Guests:	Dr. Celeste Monforton, lecturer, Texas State University, author, On the Job: The Untold Story of Worker Centers and the New Fight for Wages, Dignity, and Health; Laura Garza, worker center director, Arise Chicago.		
Issues Covered:	Wage Theft, Harassment, Inequality, Labor Rights, Nonprofit, Workers Rights, Law, Career, Poverty		
Links:	Arise Chicago Worker Centers: Resources for Employees		
SEGMENT 2:	HOW TO MAKE YOUR KID MONEY-SAVVY	Time	Duration
Synopsis:	About 60 percent of Americans don’t yet have a written will in place. People spend a lifetime working hard, saving money, building assets, but often never think about what would happen in case they suddenly passed away. Viewpoints speaks with life planning expert, Abby Schneiderman, about the importance of organizing your life both on paper and online.	15:39	8:26
Host:	Marty Peterson		
Guests:	Beth Kobliner, financial expert and author, Make Your Kid A Money Genius (Even if you're not).		
Issued Covered:	Personal Finance, Parenting, Child Development, Money, Savings, Consumerism		
Links:	Learn more about Beth - BethKobliner.com		
CULTURE CRASH:	WHAT’S SO FUNNY ABOUT DAVE?	Time	Duration
Synopsis:	The Hulu comedy, Dave, is a fictional story about the sensationalized rapper, Lil Dicky. The show look like many other comedies at first but is actually jam-packed with well-thought out jokes and plots. Dave is now streaming on Hulu and FX.	25:05	1:51
Host:	Evan Rook		
Issues Covered:	Culture, TV, Comedy		

Program 21-28 Writers & Producers: Amirah Zaveri, Bridget Killian, Polly Hansen & Evan Rook

Air Week: Studio Production: Jason Dickey
7/11/21

SEGMENT 1:	LONG-TERM YOUTH INCARCERATION	Time	Duration
Synopsis:	The U.S. prison population has decreased during the pandemic, but the number of people behind bars is still close to two million. Some of these inmates have been in prison for decades and at a young age were deemed by the justice system to be 'unfixable'. This week, we shed light on the cycle of youth incarceration in this country and why people like Ian Manuel, a former inmate, were sentenced to life in prison without the possibility of parole at age 13.	1:48	9:34
Host:	Gary Price		
Guests:	Ian Manuel, former inmate, author, My Time Will Come: A Memoir of Crime, Punishment, Hope, and Redemption; Riya Saha Shah, lawyer, managing director, Juvenile Law Center; Beth Schwartzapfel, journalist, The Marshall Project.		
Issues Covered:	Crime, Justice System, Prison Reform, Mental Health, Law, Government, Poverty, Mass Incarceration, Youth Development		
Links:	Equal Justice Initiative: Ian Manual The Marshall Project: Many Juvenile Jails Are Now Almost Entirely Filled With Young People of Color		
SEGMENT 2:	A BETTER WAY TO GET AWAY	Time	Duration
Synopsis:	It seems like lately almost everyone is heading to the airport. Whether you're flying, driving or taking a train, vacations are a highly anticipated time to get away from everyday life. Everyone deserves relaxation, but is there a way to make sure that you're traveling more consciously? Are you booking excursions with local, independent companies? Supporting small shops? Does the place you're staying at or traveling with use sustainable practices?	12:44	10:26
Host:	Marty Peterson		
Guests:	Maile Meyer, Hawaii resident, owner, Native Books; Brian Mullis, sustainable tourism expert.		
Issues Covered:	Tourism, Travel, Sustainability, Traditions, Customs, History, Wildlife Management, Consumerism, Environment, Local Economy, Small Business		
Links:	Sustainability Leaders Project The World Counts FORTUNE: How eco-travelers are fueling hotel industry's sustainability drive Viator Pu'uhonua Society		
CULTURE CRASH:	ACCESSING FILM CLASSICS	Time	Duration
Synopsis:	The Criterion Channel makes it easy to watch older movies that are often forgotten on mainstream streaming platforms like Netflix. We discuss some of our favorite picks from the old Hollywood days.	24:10	2:16
Host:	Evan Rook		
Issues Covered:	Culture, Film		

Program 21-29 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
7/18/21

SEGMENT 1:	NEGOTIATING THE HIGH COST OF HEALTHCARE	Time	Duration
Synopsis:	Millions of Americans put off going to a doctor or hospital because they're afraid of the high cost of care. Depending on your insurance, one MRI scan can cost upwards of a thousand dollars. One trip to the emergency room can mean thousands of dollars in charges that people can't afford to pay. So, what's driving these sky-high prices? How can people negotiate down these hefty bills?	1:17	11:48
Host:	Gary Price		
Guests:	Lisa Rossi, patient; Marshall Allen, investigative journalist, ProPublica, author, Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win.		
Issues Covered:	Healthcare, Insurance, Medicine, Patient Advocacy, Personal Finance, Healthcare Management		
Links:	Fair Health Consumer: Estimate your healthcare expenses National Patient Advocate Foundation Twitter: @marshall_allen Amazon: Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win		
SEGMENT 2:	THE DATED TRADITION OF DAYLIGHT SAVING TIME	Time	Duration
Synopsis:	Each year, as the flowers bloom and the days turn warmer, we spring forward and adjust our clocks one hour forward. The routine of 'springing forward' can feel like a nuisance and for some, it can severely throw off their internal body clocks for days or weeks on end. Why do we still practice daylight saving time today? Dr. Beth Malow, a neurologist and sleep expert, joins us this week on Viewpoints.	15:22	7:12
Host:	Marty Peterson		
Guests:	Dr. Beth Malow, professor, neurology & pediatrics, Vanderbilt University Medical Center, director, Vanderbilt Sleep Division.		
Issues Covered:	Health, Disease, History, Policy, Sleep Disorders, Adolescent Health, Behavioral Health		
Links:	National Society of High School Scholars TIME: The Real Reason Why Daylight Saving Time Is a Thing VUMC: Department of Neurology		
CULTURE CRASH:	THE BEAUTY OF TIKTOK	Time	Duration
Synopsis:	Taylor Swift recently re-recorded and released her hit 2008 album "Fearless". We discuss the nostalgic vibes we felt while listening to these old Taylor tracks.	23:34	2:52
Host:	Evan Rook		
Issues Covered:	Culture, Social Media		

Program 21-30 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
7/25/21

SEGMENT 1:	PUBLISHING 101: BEHIND EVERY WRITER IS A GREAT EDITOR	Time	Duration
Synopsis:	In 2019, the book publishing industry in the U.S. generated more than \$25 billion dollars in revenue and employed close to 70,000 people. It's a massive industry that publishes and generates publicity for many thousands of physical and e-books each year. Literary editor Peter Ginna joins us this week to breakdown the business and the crucial role that editors play in crafting a successful book.	1:47	10:20
Host:	Gary Price		
Guests:	Peter Ginna, literary editor and author, What Editors Do: The Art, Craft, and Business of Book Editing.		
Issues Covered:	Writing, Editing, Publishing, Literature, Business, Career		
Links:	University of Chicago Press – What Editors Do: The Art, Craft, and Business of Book Editing Penguin Random House – How to Get Published: The world of publishing: a guide for writers		
SEGMENT 2:	THE ENTREPRENEUR INSIDE THE MUSICIAN	Time	Duration
Synopsis:	There's much more to being a professional musician than the practice and performance aspect of the career. For independent artists, there's an entire side of entrepreneurship to handle, including money management, marketing, networking and more. Debra Silvert, the flutist of the orchestral ensemble, Duo Sequenza, highlights the challenges and rewards of carving out a career in the competitive classical music space.	14:09	8:30
Host:	Marty Peterson		
Guests:	Debra Silvert, flutist, Duo Sequenza, executive director, Sequenza Chamber Music Incorporated.		
Issues Covered:	Music, Career, Business, Nonprofit Organization, Entrepreneurship, Music Industry		
Links:	Duo Sequenza Debra Silvert Bio Majoring In Music: Music & Entrepreneurship		
CULTURE CRASH:	THE APPLE TV SPORTS COMEDY, "TED LASSO"	Time	Duration
Synopsis:	Funny man Jason Sudeikis plays Ted Lasso in Apple's TV's new series. The show follows Lasso, a small-time coach, as he moves to England to lead a professional soccer team despite having little knowledge of the sport.	23:39	2:47
Host:	Evan Rook		
Issues Covered:	Culture, Streaming, Media Business		

Program 21-31 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
8/1/21

SEGMENT 1: THE ITEMS THAT SYMBOLIZE THE COVID-19 PANDEMIC	Time	Duration
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<p>Synopsis: Wondering what to do with the dozens of face masks and all of those unused yeast packets? Us too. There are several items that Americans sought after during the height of the Covid-19 pandemic that help to showcase what this period in time was like. Once the pandemic is fully over, how will we look back and remember this time? How are museum curators and everyday people remembering this important part of history? This week on Viewpoints.</p>	1:48	11:13
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Host: Gary Price

Guests: Alexandra Lord, chair, curator, Division of Medicine and Science, Smithsonian National Museum of American History; Kevin Mitchell Mercer, professor, Valencia College; Natalie Nguyen, college student, University of Central Florida.

Issues Covered: COVID-19 Pandemic, Public Health, History, Career, Education, Science, Medicine

Links: [The New York Times: A New Year's Climate Diet](#)
[twitter: @4fishgreenberg](#)
[Amazon: The Climate Diet: 50 Simple Ways to Trim Your Carbon Footprint](#)

SEGMENT 2: FOREVER FASHION: THE HISTORY OF TIMELESS TRENDS	Time	Duration
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<p>Synopsis: In 2017, Sara Dykman biked more than 10,000 miles, following the path of the annual Monarch migration. Along her route, she stopped to educate and raise awareness about the beauty and fragility of the butterfly. Dykman joins us this week to teach us about the insect's unique migration patterns across North America and how individuals can help this dwindling species.</p>	15:00	8:23
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Host: Marty Peterson

Guests: Lauren Cochrane, senior fashion writer, The Guardian, author, The Ten: How and Why We Wear the Fashion Classics.

Issues Covered: Fashion, History, Fashion Trends, Consumerism, Film, Culture, Literature

Links: [The Guardian - Lauren Cochrane Profile](#)
[Amazon: The Ten: How and why we wear the fashion classics](#)
[Vogue: The Story Behind That Little Black Dress Worn by Audrey Hepburn In 'Breakfast At Tiffany's](#)
[Levi Strauss & Co: We have been innovating since the birth of the blue jean in 1873](#)
[Lauren Cochrane on Instagram](#)

CULTURE CRASH: PIG – STARRING NICHOLAS CAGE	Time	Duration
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<p>Synopsis: We had mixed feelings heading to see the new film, Pig, featuring actor Nicholas Cage. Listen to why this feature film ended up blowing our expectations out of the water.</p>	24:23	2:03
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Host: Evan Rook

Issues Covered: Culture, Film

Program 21-32 Writers & Producers: Amirah Zaveri, Bridget Killian & Evan Rook

Air Week: 5/16/21
Studio Production: Jason Dickey

SEGMENT 1:	THE PRIVATE SECTOR SPACE RACE	Time	Duration
Synopsis:	The cryptocurrency that started it all, Bitcoin, is now valued at around 1.6 trillion dollars. And in just the last month, another, newer form of crypto, Dogecoin has skyrocketed in popularity across the Internet, sharply driving up the price per token. We explore the fascinating and fast-evolving world of cryptocurrency and the future of traditional financial systems as digital currency gains ground across the globe.	1:47	9:32
Host:	Gary Price		
Guests:	Dr. David Yermack, professor, finance, NYU Stern School of Business		
Issues Covered:	Space Exploration, Travel, Technology, Business, Science, Wealth, History, Tourism		
Links:	TIME: Why Richard Branson's Spaceflight Is a Very Big Deal McKinsey & Company: Wall Street to Mission Control: Can space tourism pay off? twitter: @jeffreycluger		
SEGMENT 2:	THE WOMEN OF THE OLD WEST	Time	Duration
Synopsis:	When most people imagine the early West, they picture wide open landscapes, lawlessness and sweaty men working away in mines and on farms. While this is part of the narrative, the other lesser known side is the unique opportunities the West held for women of the 19th and early 20th centuries. Author Winifred Gallagher joins us this week to share how the ladies of this region fought for greater equality and recognition.	12:11	11:20
Host:	Marty Peterson		
Guests:	Winifred Gallagher, author, New Women in the Old West: From Settlers to Suffragists: An Untold American Story.		
Issues Covered:	American History, Women's Rights, Travel, Migration, Marriage, Politics		
Links:	Penguin Random House: New Women in the Old West PBS: Women of the Wild West TIME: Women and the Myth of the American West		
CULTURE CRASH:	BINGE-WATCHING THE TV DRAMA, "ELITE"	Time	Duration
Synopsis:	"Elite" is a foreign language teenage drama series that does not disappoint. It's edgy, entertaining and fast-paced. The show is now streaming on Netflix with four seasons out and another one on the way.	23:21	3:05
Host:	Evan Rook		
Issues Covered:	Culture, TV		

Program 21-33 Writers & Producers: Amirah Zaveri, Bridget Killian & Evan Rook

Air Week: Studio Production: Jason Dickey
8/15/21

SEGMENT 1:	THE LESSONS LEARNED FROM THE PANDEMIC	Time	Duration
Synopsis:	It's that time of year already: back to school. After eighteen months of kids and teens learning remotely or on a hybrid schedule between in-person and remote, millions are returning back to classrooms full-time. While this may change as COVID-19 cases rise due to the Delta variant, for now, many schools are moving forward with plans to welcome students back with the caveat of requiring face masks while indoors. We discuss the highly anticipated return back to class and how some educators have changed their perspectives on learning over the past year.	1:48	10:16
Host:	Gary Price		
Guests:	Colleen Peluso, high school teacher, Valparaiso High School; Ron Chaluisan, former teacher, executive director, Newark Trust for Education.		
Issues Covered:	Education, Teaching, Career, Remote Learning, Parenting, Child Development, Technology, COVID-19 Pandemic		
Links:	TIME: Schools Expected to Leave Virtual Learning Behind in the Fall, but the Delta Variant Is Forcing a Change in Plans NewarkTrust.org Valparaiso High School		
SEGMENT 2:	WHY DOES KETO CONTINUE TO PERSIST	Time	Duration
Synopsis:	Every year it seems like there's a new diet or health trend that captures people's attention. The keto diet, which mainly cuts out carbohydrates, has seen a sustained rise in popularity. Originally used as a treatment for kids with epilepsy, today, thousands of ordinary people follow this regimen as well. This week – we're joined by registered dietician, Kristen Sedler, and two people who tried the keto diet and both had entirely different experiences.	12:55	8:27
Host:	Marty Peterson		
Guests:	Kristen Sedler, registered dietician; Isabelle Fiedler, college student; Carolyn Ketchum, food blogger, cookbook author, Easy Keto Breakfasts.		
Issues Covered:	Diet, Nutrition, Health, Disease, Personal Finance, Cooking		
Links:	Amazon: The Ultimate Guide to Keto Baking: Master All the Best Tricks for Low-Carb Baking Success Amazon: Easy Keto Breakfasts: 60+ Low-Carb Recipes to Jump-Start Your Day Healthline: 10 Health Benefits of Low-Carb and Ketogenic Diets		
CULTURE CRASH:	OUR FAVORITE FILMS OF 2011	Time	Duration
Synopsis:	What were some of the best movies if we rewind back one decade? We highlight some of our top picks from the year 2011, including the documentary, Jiro Dreams of Sushi and the baseball sports hit, Moneyball.	23:21	3:05
Host:	Evan Rook		
Issues Covered:	Culture, Film		

Program 21-34 Writers & Producers: Amirah Zaveri, Scarlett O' Hara & Evan Rook

Air Week: Studio Production: Jason Dickey
5/30/21

SEGMENT 1:	SLUMBERING IN SPACE	Time	Duration
Synopsis:	Have you ever had trouble falling or staying asleep? If you have, you'll know that not getting good rest can have a big impact on how you feel physically and mentally. For astronauts in space, sleeping in a zero-gravity environment surrounded by loud fans, bright lights and cramped quarters can be an issue. We talk through some of the bodily systems behind sleep and how astronauts in space for months on end deal with these challenges.	1:47	8:39
Host:	Gary Price		
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.		
Issues Covered:	Space, Biology, Health, Mental Health, Science, Technology, Exploration		
Links:	NASA: Sleeping in Space Wired: The Surprisingly Cozy Truths of Sleeping in Space		
SEGMENT 2:	FIGHTING FOR THE FUTURE OF CLEAN WATER	Time	Duration
Synopsis:	Gold mining has been a lucrative business for many generations. Today, it's still a booming industry with global mining companies expanding into new markets each year. This week – we highlight the incredible story of activists in northern El Salvador who stood up to mining company, OceanaGold and won.	12:27	10:07
Host:	Marty Peterson		
Guests:	John Cavanagh, senior advisor, Institute of Policy Studies, co-author, The Water Defenders: How Ordinary People Saved a Country From Corporate Greed.		
Issues Covered:	Mining, Development, Natural Resources, Corporate Interests, Inequality, Policy, Law, Government, Environment		
Links:	Smithsonian Magazine: The Environmental Disaster That is the Gold Industry		
CULTURE CRASH:	THE POETRY BEHIND THE TUNES	Time	Duration
Synopsis:	We highlight the podcast, Dissect, which takes a look at the poetic lyrics behind some of the biggest songs in rap and hip-hop.	23:33	2:54
Host:	Evan Rook		
Issues Covered:	Culture, Music, Arts		

Program 21-35 Writers & Producers: Amirah Zaveri, Scarlett O' Hara & Evan Rook

Air Week: **Studio Production:** Jason Dickey
8/29/21

SEGMENT 1: THE TALIBAN TAKEOVER: WHAT DOES IT MEAN?

Time Duration

Synopsis: The news of the Taliban regaining control of Afghanistan has swept news headlines this month. Hundreds of thousands of Afghan citizens have already fled the country, but how will everyday life change for those who remain? We discuss the precarious situation in the region and the reversal of modern freedoms and economic stability for millions of men, women and children. 1:48 9:42

Host: Gary Price

Guests: Dr. Marvin Weinbaum, director, Afghanistan and Pakistan Studies, Middle East Institute, professor emeritus, political science, University of Illinois at Urbana-Champaign.

Issues Covered: International Affairs, Politics, Government, Human Rights, Women's Rights

Links: [Women for Afghan Women – WAW's Work in Afghanistan](#)
[ICRC: Donate to Afghanistan](#)
[Miles 4 Migrants](#)
[GoFundMe: Women Globally Working to Protect Afghan Women](#)

SEGMENT 2: REVISITING THE DEMISE OF THE DINOSAURS

Time Duration

Synopsis: There's something special about dinosaurs. These majestic creatures walked the Earth more than 230 million years ago, yet, even today, they capture our wildest imaginations. Most of us have heard the familiar narrative that an asteroid collided with Earth and this catastrophic event led to their downfall..but is there more to the story? Would dinosaurs still be around today if the asteroid flew past Earth? This week on Viewpoints. 13:32 8:24

Host: Marty Peterson

Guests: Michael Benton, professor, vertebrate paleontology, University of Bristol.

Issues Covered: History, Species Extinction, Paleontology, Science, Climate Change

Links: [Amazon: Dinosaurs: New Visions of a Lost World](#)
[Nature World News: Dinosaurs Were Already Dying Off Due to Climate Change Even Before Asteroid Hit](#)

CULTURE CRASH: FALL READS

Time Duration

Synopsis: We discuss some of our favorite non-fiction reads as the weather turns cooler and the season of pumpkin everything is soon upon us. 23:59 2:28

Host: Evan Rook

Issues Covered: Culture, Literature

Program 21-36 Writers & Producers: Amirah Zaveri, Scarlett O' Hara & Evan Rook

Air Week: Studio Production: Jason Dickey
9/5/21

SEGMENT 1:	ARE YOU ADDICTED TO YOUR PHONE?	Time	Duration
Synopsis:	The average American checks their phone about 90 times a day, according to a 2019 survey from tech research firm, Asurion. How often would you say you check? Every hour? Once every 20 minutes? Do you ever panic when your phone isn't right next to you? This 'attached at the hip' mentality is severely affecting happiness and quality of life for millions of people. So, what can be done to break this all-consuming cycle? Addiction expert Dr. Anna Lembke joins us to break down the widespread problem and offer up some solutions.	1:47	10:07
Host:	Gary Price		
Guests:	Dr. Anna Lembke, professor, medical director, addiction medicine, Stanford University School of Medicine, author, Dopamine Nation: Finding Balance in the Age of Indulgence.		
Issues Covered:	Mental Health, Health, Technology, Addiction, Happiness, Career, Communication		
Links:	Amazon: Dopamine Nation: Finding Balance in the Age of Indulgence SAMHSA Healthline: Is cell phone addiction really a thing? Internet and Technology Addicts Anonymous		
SEGMENT 2:	THE MANY SIDES OF BALLERINO, JAMES WHITESIDE	Time	Duration
Synopsis:	Ballet requires athleticism, artistry and decades of grueling practice. It's an extremely competitive field and few dancers manage to become principal dancers at major theatres. This week on Viewpoints – James Whiteside, a principal dancer at the American Ballet Theatre, shares his professional ballet journey and what he's learned about himself along the way.	13:56	7:54
Host:	Marty Peterson		
Guests:	James Whiteside, principal dancer, American Ballet Theatre, author, Center, Center: A Funny, Sexy, Sad, Almost-Memoir of a Boy in Ballet.		
Issues Covered:	Career, Dance, Self-Confidence, Performance Arts, Creativity		
Links:	ABT: James Whiteside Instagram: @jamesbwhiteside The Washington Post: James Whiteside isn't a typical ballet star, and his memoir isn't a typical ballet story Penguin Random House: Center Center A Funny, Sexy, Sad Almost-Memoir of a Boy In Ballet		
CULTURE CRASH:	ARTISTS' SHARED INSPIRATION	Time	Duration
Synopsis:	How do artists find inspiration for a new song on an album, or a new idea for a movie? We discuss how great art is more interconnected than you may think.	22:50	3:37
Host:	Evan Rook		
Issues Covered:	Culture, Arts		

Program 21-37 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 9/12/21
Studio Production: Jason Dickey

SEGMENT 1: CANDID CONVERSATIONS WITH KIDS: GETTING BACK TO SCHOOL
Time **Duration**

Synopsis: The 2021-2022 school year is officially in full swing. But, it's not the return that many were hoping for as COVID-19 cases spread, and outbreaks pop up in classrooms across the U.S. While there are barriers and challenges just like last year, school must go on. We speak with education expert, Julie King, to get some tips on how to navigate the hectic back to school season and how parents can communicate with their kids so they feel heard and supported.

1:47 10:08

Host: Gary Price

Guests: Julie King, parent educator, mother, co-author, How to Talk When Kids Won't Listen: Whining, Fighting, Meltdowns, Defiance, and Other Challenges of Childhood.

Issues Covered: Education, Communication, Parenting, Psychology, Health, Child Development, COVID-19 Pandemic

Links: [CDC: Mental health in childhood means reaching developmental and emotional milestones, and learning healthy social skills and how to cope when there are problems](#)

[CDC: COVID-19 pandemic: Helping young children and parents transition back to school](#)

[Amazon: How to Talk When Kids Won't Listen: Whining, Fighting, Meltdowns, Defiance, and Other Challenges of Childhood \(The How To Talk Series\)](#)

SEGMENT 2: THE 20 YEAR ANNIVERSARY OF 9/11
Time **Duration**

Synopsis: Today, there are many young adults who were mere babies when 9/11 happened. They learn about the terrorist attacks from history books, television segments and documentaries as well as the firsthand stories of people who lived through the experience. Former FDNY Battalion Chief Joseph Pfeifer joins us this week to share his story from that morning. Pfeifer was the first firefighter chief on the scene at the World Trade Center complex and lost his brother, Kevin, who was also a firefighter.

13:57 7:55

Host: Marty Peterson

Guests: Joseph Pfeifer, Former FDNY Battalion Chief, author, Ordinary Heroes: A Memoir of 9/11.

Issues Covered: History, Terrorism, Public Service, Trauma, Government, Mental Health

Links: [Combating Terrorism Center - Chief \(Ret.\) Joseph Pfeifer](#)

[Penguin Random House - Ordinary Heroes](#)

[National Geographic - 9/11: One Day in America](#)

CULTURE CRASH: IS THE "DONDA" HYPE REAL?
Time **Duration**

Synopsis: Kanye West just released his latest album, "Donda" late last month. We sift through the hype and offer our take on the new creative release.

22:52 3:34

Host: Evan Rook

Issues Covered: Culture, Music

Program 21-38 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 9/19/21
Studio Production: Jason Dickey

SEGMENT 1: WORKING IN INTENSIFYING HEAT
Time **Duration**

Synopsis: Many Americans stay home and crank up the air conditioning once temperatures reach 80 degrees. Imagine working for hours on end outside in temperatures exceeding 90 or 100 degrees. On top of this, there's little shade, minimal breaks and often not enough water. This is the reality for millions of laborers who work in agriculture, construction and other industries. Why aren't there more legal guidelines protecting these essential workers? 1:47 9:33

Host: Gary Price

Guests: Dr. Rachel Licker, senior climate scientist, Union of Concerned Scientists; Kate Suisman, attorney, Northwest Workers' Justice Project.

Issues Covered: Labor, Career, Workers Rights, Health, Agriculture, Construction, Poverty, Climate Change, Environment

Links: [Union of Concerned Scientists USA - Dr. Rachel Licker](#)

[More about the Northwest Workers' Justice Project](#)

[NBC News - Why are workers in the U.S. still dying from heat exhaustion?](#)

[California Office of Environmental Health Hazard Assessment \(OEHHA\) - Heat-related mortality and morbidity](#)

SEGMENT 2: DESIGNING A GREENER BUILDING LANDSCAPE
Time **Duration**

Synopsis: Constructing a new building requires many resources, from hundreds of hours of labor to thousands of pounds of steel, cement, glass and other building materials. Design consultant Ned Cramer joins us this week to uncover how the industry is utilizing new technology to build more sustainably and lessen waste. 13:22 9:37

Host: Marty Peterson

Guests: Ned Cramer, design consultant, former editor-in-chief, Architect Magazine.

Issues Covered: Construction, Sustainable Design, Architecture, Technology, Innovation

Links: [Architect Magazine - Ned Cramer](#)

[Editorial - The Climate is Changing. So Must Architecture](#)

[Ned Cramer's Twitter](#)

CULTURE CRASH: NETFLIX'S "UNTOLD" SERIES
Time **Duration**

Synopsis: We explore the different focuses of the sports documentary series that highlight the stories of different sports superstars. 23:59 2:26

Host: Evan Rook

Issues Covered: Culture, Film, Sports

Program 21-39 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Studio Production: Jason Dickey
9/26/21

SEGMENT 1:	A DEEPER EXPLANATION OF OCD	Time	Duration
Synopsis:	Like many other mental illnesses, Obsessive Compulsive Disorder (OCD) is often misunderstood and clumped into a stereotypical category. Many people believe that the disorder is just physical behaviors, such as persistent organization, washing one's hands all the time, or checking the lock on the door constantly. But what people don't realize is that OCD is a lot more than just these behavioral actions. David Adam, who has OCD and has extensively studied the disorder, joins us this week to help dispel any myths and preconceived perceptions.	1:47	9:55
Host:	Gary Price		
Guests:	David Adam, freelance journalist, author of <i>The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought</i> .		
Issues Covered:	Health, Mental Illness, Behavioral Health, Health Education, History		
Links:	Obsessive-Compulsive Disorder - National Alliance on Mental Illness (NAMI) How to Find the Right Therapist - International OCD Foundation Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought - Available on Amazon		
SEGMENT 2:	DIVERSITY DILEMMAS IN OPERA	Time	Duration
Synopsis:	Opera is a beloved art form, but its racial history is as flawed as the rest of our culture. We talk to Naomi Andre, a professor at the University of Michigan, about the history of race in opera and how this traditional art form is evolving with the times.	13:44	8:52
Host:	Marty Peterson		
Guests:	Naomi Andre, professor of Afroamerican and African studies, University of Michigan.		
Issues Covered:	Music, Arts, Performance, Racial Issues, History, Career		
Links:	Naomi André - UM LSA Residential College University of Illinois Press - Naomi André: Black Opera: History, Power, Engagement Washington Post - A star opera singer is changing classical music with a radical idea: Listening		
CULTURE CRASH:	PIVOTING BACK TO THEATRE MOVIE RELEASES	Time	Duration
Synopsis:	Many film lovers have gotten accustomed to watching new movies at home during the pandemic, but is it for the better? Film creators are pushing for a return back to theaters, but only time will tell what's next.	23:25	2:52
Host:	Evan Rook		
Issues Covered:	Culture, Film, Media Business, COVID-19 Pandemic		