

Issues Programs List

Quarterly Issues Programs List

Station(s): KEKB FM, KBKL FM, KMXY FM, KKNN FM, KEXO AM

January 1, 2023, through March 31, 2023

Section I. Issues

The stations have identified the following topics as significant issues facing our community in this quarter:

- A. **Better Ways to Destress:** The Substance Abuse and Mental Health Services Administration shows 19% of Colorado residents are living with a mental health issue. Taking time for personal care and eliminating stress is more important than ever. The show discusses resources and some of the cognitive lifestyle changes we all can make to help manage stress in our daily lives in western Colorado.
- B. **Supply Chain & Inflation Problems:** Grand Junction has seen prices skyrocket in area stores, and at the gas pump. As Western Colorado notices empty store shelves more often, this episode zooms in on the events that lead to rising costs and supply chain problems that are affecting shoppers in Delta and Mesa County.
- C. **Early Women of the West:** Grand Junction's Museum of the West recently debuted a new exhibit featuring Colorado's Women of the West. Historian and author Winifred Gallagher shares several of their important stories and how they created opportunities for women all over the West and those living in Mesa and Delta counties today.
- D. **Faces of Homelessness:** At the end of 2022, Mesa County Housing Manager Ashley Chambers estimated Grand Junction's homeless population at nearly 800 people. Issues like housing costs and the overall cost of living are preventing homeless numbers from declining. In this episode, the voices of homeless residents inform and inspire our community.
- E. **Eating Invasive Species:** Mesa County's Board of Commissioners has declared the Japanese Beetle a public nuisance and a threat to the local environment. These invasive insects threaten our Grand Mesa National Forest and the fruit orchard and vineyard communities of the Western Slope. In this episode, experts explain how some invasive species can be added to a healthy diet.
- F. **Covid-19/Flu Testing:** Mesa County and Delta residents now have access to the new Lucira Health combined Covid-19/Flu at-home testing kit. With 52,360 total cases in Mesa County, at-home testing is still an important option. The conversation includes a detailed explanation of how-to self-test with the kit.

Section II. Responsive Programs

In our ongoing effort to serve the interests of the audiences receiving our programs, KEKB-FM, KBKL-FM, KKNN-FM, KMXY-FM, and KEXO-AM broadcast Radio Health Journal and Viewpoints on the days and times listed below. These programs address issues identified as significant to our communities as well as a variety of other topics. See attached program log.

KEXO-AM: Viewpoints – Saturday, 6 am; Radio Health Journal – Sunday, 6 am
KEKB-FM: Viewpoints – Saturday, 6 am; Radio Health Journal – Sunday, 6 am
KBKL-FM: Viewpoints – Saturday, 6 am; Radio Health Journal – Sunday, 6 am
KKNN-FM: Viewpoints – Saturday, 6 am; Radio Health Journal – Sunday, 6 am
KMXY-FM: Viewpoints – Saturday, 6 am; Radio Health Journal – Sunday, 6 am



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

- Accounting
- Aging
- American Diet
- American Expansion
- American History
- Animal Welfare
- Archaeology
- Artificial Intelligence
- Arts
- Biology
- Business
- Career
- Child Development
- Climate
- Climate Change
- Communication
- Companionship
- Conscious Gifting
- Consumer Protection
- Cooking Science
- Corruption
- Creative Arts
- Creativity
- Criminal Justice
- Cultural Trends
- Culture
- Customs
- Death
- Debt
- Democracy
- Diet
- Disease
- Disease Prevention
- Domestic Terrorism
- Drug Policy
- Economy
- Education
- Electricity
- Emotional Development
- Emotional Well-being
- End-of-life Planning
- Engineering
- Entertainment Regulation
- Entrepreneurship
- Environment
- Film
- Film Industry
- Food History
- Food Policy
- Food Systems
- Forensic Science
- Free Expression
- Gambling Addiction
- Gender Equality
- Gendered Norms
- Global Culture
- Global News
- Global Train
- Government
- Government Regulation
- Health
- Healthcare Policy
- Higher Education
- History
- Hobby
- Homelessness
- Incarceration
- Industry Regulation
- Inequality
- Inflation
- Information Technology
- Infrastructure
- Innovation
- Invention
- Labor Rights
- Language
- Law
- Law Enforcement
- Lifestyle
- Literature
- Living Costs
- Local Business
- Medicine
- Mental Health
- Music
- National Security
- Natural Disaster
- Natural Resources
- Nutrition
- Parenthood
- Parenting
- Personal Development
- Personal Finance
- Personal Wealth
- Pet Adoption
- Pet Ownership
- Police Reform
- Politics
- Poverty
- Power Generation
- Private Security
- Psychology
- Public Health
- Public Housing
- Public Policy
- Public Resources
- Public Safety
- Relationships
- Research
- Retirement
- Science
- Self-care
- Sexism
- Small Business
- Social Media
- Society
- Software Engineering
- Space Travel
- Sports
- Sports Culture
- Stress Management
- Supply Chain Management
- Technology
- Timekeeping
- Traditions
- Travel
- TV
- U.S. Economy
- Utilities
- Veterinary Care
- Wage Inequity
- War
- Women's Rights
- Women's History
- Women's Issues
- Workers' Rights
- Writing
- Youth Development

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

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

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

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

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

Links for more info:

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

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

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

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

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

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

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

Links for more info:

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

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

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

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

Program 23-02**Air Week:** 1/8/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FALLING ASLEEP IN SPACE****Time:** 1:47**Duration:** 8:47

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

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

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

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

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

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

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

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

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

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

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

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

Compliance issues: Diet, Nutrition, Incarceration

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

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

CULTURE CRASH: A REVIEW OF "GLASS ONION"**Time:** 23:55**Duration:** 2:32**Synopsis:** We discuss the new film, "Glass Onion: A Knives Out Mystery" now streaming on Netflix.**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture

Program 23-04**Air Week:** 1/22/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING****Time:** 1:48**Duration:** 8:37

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

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a Man's World.**Compliance issues:** Health, Women's Issues, Sports Culture, Youth Development, Parenting, Mental Health**Links for more info:**[Instagram @fleshmanflyer](#)LauraFleshman.com[twitter @laurenfleshman](#)**SEGMENT 2: HOW DID PAST CIVILIZATIONS KEEP TIME?****Time:** 12:27**Duration:** 9:16

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

Host: Marty Peterson**Producer:** Grace Galante**Guests:** Chad Orzel, associate professor, physics, astronomy, Union College.**Compliance issues:** Innovation, Timekeeping, Culture, History, Engineering, Invention, Archaeology**Links for more info:**[Union College: Chad Orzel](#)[twitter @orzelt](#)**VIEWPOINTS EXPLAINED: ALCOHOL'S CONNECTION TO CANCER****Time:** 22:43**Duration:** 1:42

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

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Health, Disease Prevention, Research, Science

CULTURE CRASH: A TOUGH MONTH FOR THE NFL AHEAD OF THE SUPER BOWL**Time:** 24:25**Duration:** 2:02**Synopsis:** Ahead of the year's biggest game, we discuss the state of the NFL following the serious injury suffered by Bills player Damar Hamlin.**Host & Producer:** Evan Rook**Compliance issues:** Sports, Culture

Program 23-05**Air Week:** 1/29/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FOR THE LOVE OF CROSSWORDS****Time:** 1:47**Duration:** 7:34

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

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

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

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

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

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

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

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

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

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

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

Links for more info:

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

twitter: [@JamesGRickards](#)

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

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

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

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

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

Links for more info:

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

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

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

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

Compliance issues: Law Enforcement, Gender Equality, Police Reform

CULTURE CRASH: GETTING BACK IN THE GAME**Time:** 24:28**Duration:** 1:56**Synopsis:** Some of our favorite throwback bands are back together in 2023. From Blink 182 to Fall Out Boy, big names are putting out new music after years away from the limelight.**Host & Producer:** Evan Rook**Compliance issues:** Music, Culture

Program 23-07**Air Week:** 2/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST****Time:** 1:47**Duration:** 9:07

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

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

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

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

VIEWPOINTS EXPLAINED: BRADY BOWS OUT**Time:** 23:08**Duration:** 1:08**Synopsis:** Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Sports, Aging, Culture, Retirement, Health**CULTURE CRASH: ACADEMY AWARD NODS****Time:** 24:16**Duration:** 2:11**Synopsis:** The Oscars are right around the corner. Here are some of our favs that've received an Oscar nod.**Host & Producer:** Evan Rook**Compliance issues:** Film, Culture

Program 23-08**Air Week:** 2/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: IN AWE: A RENEWED LENS ON LIFE****Time:** 1:47**Duration:** 9:24

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

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

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

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

Links for more info:

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

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

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

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

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

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

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

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

Links for more info:

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

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

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

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

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

Compliance issues: Personal Finance, Accounting, Government

CULTURE CRASH: A NEW MURDER MYSTERY**Time:** 24:30**Duration:** 1:57**Synopsis:** We talk about the new murder mystery TV show, “Poker Face” that’s now streaming on Peacock.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture

Program 23-09**Air Week:** 2/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: LOOKING UP: THE PATH TO FINANCIAL WEALTH****Time:** 1:47**Duration:** 8:12

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

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

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

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

Links for more info:

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

[Instagram: @onebighappyliife](#)

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

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

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

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

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

Links for more info:

[All the Living and the Dead](#)

[CarolinaMemorialSanctuary.org](#)

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

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

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

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

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

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program.**Compliance issues:** Public Health, Youth Development, Social Media, Psychology, Entertainment Regulation, Parenting, Gambling Addiction, Technology, Mental Health**Links for more info:**[Mayo Clinic: Compulsive Gambling](https://www.mayoclinic.org/healthy-lifestyle/gambling-addiction/expert-answers/compulsive-gambling/faq-2023)[GamTalk.org](https://www.gamtalk.org/)[National Problem Gambling](https://www.nationalproblemgambling.org/)National Problem Gambling Helpline: [1-800-522-4700](tel:1-800-522-4700)

VIEWPOINTS EXPLAINED: A BETTER-BALANCED MEAL**Time:** 22:30**Duration:** 1:43**Synopsis:** We cover the ongoing push to improve inmates' meals in prison systems across the country.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Incarceration, Criminal Justice, Diet, Nutrition**CULTURE CRASH: HOW WE FEEL ABOUT "YOU" SEASON 3****Time:** 24:12**Duration:** 2:15**Synopsis:** "You" is so good at providing the audience with the unexpected, and it does it largely by completely changing the characters' setting and circumstances every season.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture

Program 23-11**Air Week:** 3/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: REAL SELF-CARE IS SETTING BOUNDARIES****Time:** 1:47**Duration:** 7:37

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

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

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

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

Links for more info:

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

[Instagram: @nedratawwab](#)

[Psychology Today](#)

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

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

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

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

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

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

Links for more info:

[Funny Farm Rescue](#)

[ASPCA: How to Avoid Cruelty](#)

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

VIEWPOINTS EXPLAINED: THE STATE OF STUDENT LOAN CANCELLATIONS**Duration:** 2:11**Synopsis:** We discuss the future of the student loan cancellation program that was heavily touted by the Biden administration last year.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Personal Finance, Debt, Politics, Government, Higher Education**CULTURE CRASH: THE RELEASE OF CREED III****Time:** 24:08**Duration:** 2:20**Synopsis:** That's right – Creed III is the newest installment in the boxing drama. We cover whether this early 2023 blockbuster is worth the watch.**Host & Producer:** Evan Rook**Compliance issues:** Culture, History, Film

Program 23-12**Air Week:** 3/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FOOD'S CONNECTION TO OUR MENTAL HEALTH****Time:** 1:47**Duration:** 10:47

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

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

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

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

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

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

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

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

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

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

VIEWPOINTS EXPLAINED: ELI LILLY'S COMMITMENT ON INSULIN**Time:** 22:58**Duration:** 1:24**Synopsis:** Pharmaceutical giant, Eli Lilly, has decided to cap their monthly insulin costs at \$35/month. For millions who rely on insulin to treat Type I Diabetes, this high price tag was something they've long been fighting to change.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Personal Finance, Drug Policy, Healthcare Policy, Public Health**CULTURE CRASH: THE POPULARITY OF THE NETFLIX SERIES, "WEDNESDAY"****Time:** 24:22**Duration:** 2:05**Synopsis:** We discuss why "The Addams Family" spinoff, "Wednesday" is faring so well with younger audiences.**Host & Producer:** Evan Rook**Compliance issues:** TV, Culture

Program 23-13**Air Week:** 3/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE UNTOLD STORY OF EDITH WILSON****Time:** 1:47**Duration:** 10:18

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

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

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

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

Links for more info:

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

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

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

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

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

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

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

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

Links for more info:

[Columbia University: Matthew Connelly](#)

[twitter: @mattspast](#)

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

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

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

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

Compliance issues: Public Health, Government, Natural Resources

CULTURE CRASH: BACK TO THE THEATRE**Time:** 24:10**Duration:** 2:14**Synopsis:** The box office is on a hot streak. We highlight some of our favorites so far this year.**Host & Producer:** Evan Rook**Compliance issues:** Film Industry, Local Business, Culture

Program Log for *Radio Health Journal*

Program	23-01	Written & Produced	Kristen Farrah
Air Week	1/01/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Vicks Quils" O'Reilly Auto Parts "ORA NGM" OUTCUE: ...auto parts	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: AGING WITH YOUR HOME: RENOVATIONS TO MAKE YOUR SPACE MORE ACCESSIBLE	12:21
	Synopsis: As we age, certain aspects of our home, like stairs and loose rugs, can become major obstacles. And while renovations can seem intimidating and expensive, there are many simple changes that can make a huge difference. Extreme Makeover: Home Edition's Ty Pennington explains which projects to prioritize. Host: Reed Pence. Producer: Kristen Farrah. Guests: Amy Goyer, National Family and Caregiving expert, AARP; Ty Pennington, Home Renovation Expert Compliance issues covered: home safety; public safety; home renovation; mobility; disabilities; home accessibility; senior living; vulnerable populations Links for information: https://www.aarp.org/caregiving/ https://www.aarp.org/caregiving/experts/info-2019/amy-goyer.html http://amygoyer.com/joomla/ https://typennington.com/ https://twitter.com/AmyGoyer?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.instagram.com/thetypennington/?hl=en https://twitter.com/typennington?lang=en	
14:10	SPOTBREAK 2: Taco Bell "TACOGEN2109" Procter & Gamble "Mr. Clean Freak Mist" OUTCUE: ...freak wipe done	:30 :30
15:10	:02 PAUSE FOR LOCAL AVAIL	:02
15:12	SEGMENT 2: HOW AIR TRAVEL BECOMES A NIGHTMARE FOR PEOPLE WITH DISABILITIES	7:48
	Synopsis: The Air Carrier Access Act was passed more than 30 years ago to prohibit airlines from discriminating against people with disabilities. And though it was an essential step for equality, it hasn't been enough. Josue Cordova explains the struggles of traveling with a disability and how to fix these issues. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Josue Cordova, National Vice President, Paralyzed Veterans of America, Air Force Veteran Compliance issues covered: veterans; airline passengers; accessibility; disabilities; federal legislation; vulnerable populations; transportation; mobility devices; air travel Links for information: https://pva.org/about-us/leadership/josue-cordova/ https://pva.org/research-resources/disability-rights-advocacy/air-carrier-access-act/ https://air-access.org/ https://www.votervoice.net/PVA/Petitions/2969/Respond	
23:00	SPOTBREAK 3: Procter & Gamble "Vicks Quils" Procter & Gamble "Tide" Taco Bell "TACOGEN2109" Health and Human Services "Covid Vaccine" OUTCUE: ...human services	:30 :30 :30 :30
25:00	Medical Notes & News. Host: Shel Lustig	1:28
26:29	SPOTBREAK 4: Autozone "Services Mashup" Procter & Gamble "Mr. Clean Freak Mist" OUTCUE: ...freak wipe done	:30 :30
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

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Guest information and segment podcasts are available at www.radiohealthjournal.org.

Program Log for *Radio Health Journal*

Program	23-02	Written & Produced	Kristen Farrah, Reed Pence
Air Week	1/08/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Taco Bell "Tacogen2109" Autozone "Services Mashup"	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DRUNKOREXIA: A POPULAR PRACTICE THAT LEADS TO MALNOURISHMENT	11:23
	Synopsis: 'Drunkorexia' is a habit that's popular among young people where they refuse to eat before a night of drinking. Though many assume this will help keep their calorie consumption low, experts reveal why engaging in this practice can lead to weight gain and other health risks. Host: Reed Pence. Producer: Reed Pence. Guests: Dr. Dipali Rinker, Research Assistant Professor, University of Houston; Joy Stephenson-Laws, Founder, Proactive Health Labs; Dr. Petros Levounis, Professor and Chairman of Psychiatry, Rutgers New Jersey Medical School; William Mupo, Former Health Promotions Coordinator, University of Texas at Austin Compliance issues covered: excessive drinking; compulsive drinking; disordered eating; public safety; student safety; alcohol; alcoholism; healthy living; weight gain; peer pressure; vulnerable populations Links for information: https://www.uh.edu/class/psychology/about/people/dipali-rinker/ https://www.phlabs.com/Board-Of-Directors https://www.linkedin.com/in/joy-stephenson-laws-252a6733/ https://njms-web.njms.rutgers.edu/profile/myProfile.php?mbmid=levounpe https://www.linkedin.com/in/williammupo/	
13:13	SPOTBREAK 2: Pfizer Consumer Healthcare "Xeljanz Rheum"	:59
14:12	:02 PAUSE FOR LOCAL AVAIL	:02
14:14	SEGMENT 2: 'THE MOST POWERFUL DRUGS KNOWN TO MAN': A GUIDE TO ANESTHESIA	8:51
	Synopsis: Many patients believe all they need to know about anesthesia is that it takes their pain away, but Dr. James Cottrell says that's just the tip of the iceberg. He believes everyone should be knowledgeable – and anesthesiologist -- for your needs. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. James Cottrell, Professor and Chairman of Anesthesiology, SUNY Downstate Medical Center in Brooklyn, Author Compliance issues covered: anesthesia; patient safety; drugs; vulnerable populations; medical history Links for information: https://www.regents.nysed.gov/members/cottrell-james-e https://anesthesiawithoutfear.com/	
23:05	SPOTBREAK 3: Pfizer Consumer Healthcare "Paxlovid" Taco Bell "TACOGEN2109" Pfizer Consumer Healthcare "Ibrance"	:30 :30 :60
25:05	Medical Notes & News. Host: Shel Lustig	1:20
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum"	:60
27:25	Program Conclusion	:31
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-03	Written & Produced	Kristen Farrah
Air Week	1/15/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DROPPING THE PAYWALLS TO SCIENTIFIC RESEARCH	11:19
	Synopsis: By 2026, all federally-funded scientific research articles will be publicly available thanks to a recent policy change by the White House Office of Science and Technology Policy. Experts explain how this will affect the public, researchers, and the publishing industry. Host: Reed Pence. Producer: Kristen Farrah. Guests: Dr. Jessica Tucker, Acting Deputy Director, Office of Science Policy at NIH; Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine Compliance issues covered: federal policy; scientific research; scientific publishing; public access; open access journals; consumerism; capitalism; federal funding Links for information: https://medicine.yale.edu/profile/walter-mathis/ https://osp.od.nih.gov/about-us/leadership/ https://www.whitehouse.gov/ostp/news-updates/2022/08/25/ostp-issues-guidance-to-make-federally-funded-research-freely-available-without-delay/ https://www.whitehouse.gov/wp-content/uploads/2022/08/08-2022-OSTP-Public-Access-Memo.pdf	
13:09	SPOTBREAK 2: Autozone "Services Mashup" Taco Bell "TACOGEN2109"	:30 :30
14:09	:02 PAUSE FOR LOCAL AVAIL	:02
14:11	SEGMENT 2: IS COVID-19 THE NEW FLU?	8:24
	Synopsis: Healthcare's hope is that Covid-19 soon becomes a seasonal sickness that we deal with using yearly vaccines. And while the public seems eager to put the pandemic in the past, many people aren't following up with the recommended booster shots. An expert discusses why we can't become too lax with our treatment of this virus. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Sumita Khatri, Vice Chair, Respiratory Institute, Director of the Asthma Center, Cleveland Clinic, Chair Elect, American Lung Association Compliance issues covered: covid-19; omicron; vaccines; vaccine fatigue; virus; immunity; virus variants; long covid; mid covid Links for information: https://www.lung.org/about-us/our-leadership/sumita-khatri-md-ms https://www.cdc.gov/coronavirus/2019-ncov/variants/index.html https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html	
22:35	SPOTBREAK 3: Ebay "Ebay Parts & Accessories" Discover Products Inc "Discover Card Brand" Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:30 :30 :60
24:35	Medical Notes & News. Host: Shel Lustig	1:54
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four xeljanz	:60
27:29	Program Conclusion	:31
28:00	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-04	Written & Produced	Kristen Farrah
Air Week	1/22/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite		:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: MORE AND MORE MOTHERS ARE DYING EACH YEAR – WHY CAN'T WE STOP IT?		11:34
	<p>Synopsis: America is one of the only developed nations with a rising maternal mortality rate, according to the CDC. Even with cutting edge technology and advancements in women's health, mothers are still losing their lives. Dr. Lindsay Admon joins us this week to explain the factors feeding into this crisis and offers potential solutions that could save more women. Nicky Dawkins, a professional doula, also chimes in with the benefits of bringing in extra advocates.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Nicky Dawkins, Full Circle Holistic Reproductive Health Doula; Dr. Lindsay Admon, Assistant Professor of Obstetrics and Gynecology, University of Michigan Medical School</p> <p>Compliance issues covered: pregnancy; maternal mortality; vulnerable populations; gender issues; racial inequity; consumerism; doula; mental health; hospitalizations; children at risk</p> <p>Links for information: https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2794791 https://www.nber.org/system/files/working_papers/w30693/w30693.pdf https://www.instagram.com/thankyounicky/?hl=en https://www.werkitmoms.com/ https://ihpi.umich.edu/our-experts/lindskb https://twitter.com/lindsayadmon</p>		
13:24	SPOTBREAK 2: Pfizer Consumer Healthcare "Pprevnar20" OUTCUE: ...prevnar twenty		:60
14:24	:02 PAUSE FOR LOCAL AVAIL		:02
14:26	SEGMENT 2: SAVING OUR HEROES: HELPING FIRST RESPONDERS HEAL THEIR PTSD		7:57
	<p>Synopsis: PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author</p> <p>Compliance issues covered: PTSD; mental health; first responders; consumerism; public health; public safety; police; psychology; depression; anxiety; trauma; traumatic experiences</p> <p>Links for information: https://www.sciencedirect.com/science/article/abs/pii/S1359178918302416 https://www.linkedin.com/in/marilyn-wooley-10817610a/ https://go.authorsguild.org/members/7119 https://www.amazon.com/How-Heroes-Heal-Responders-Posttraumatic/dp/B0B8BG7S49</p>		
22:23	SPOTBREAK 3: Pfizer Consumer Healthcare "Paxlovid" Ebay "Ebay Parts & Accessories" McCormick "Frank's Redhot" Discover Products Inc "Discover Card Brand" OUTCUE: ...privacy protection		:30 :30 :30 :29
24:22	Medical Notes & News. Host: Shel Lustig		2:07
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Pprevnar20" OUTCUE: ...Pprevnar twenty		:60
27:29	Program Conclusion		:30
27:59	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-05	Written & Produced	Kristen Farrah
Air Week	1/29/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Progressive Insurance Co "Progressive 2023 Auto" Chick-Fil-A "Chick -Fil-A" OUTCUE: ...their testimonials	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: DOES YOUR CHILD KNOW HOW TO LEARN?	11:48
	Synopsis: America's education system has long been focused on teaching -- but does this strategy benefit students? This week's show features education experts who say students need to be taught <i>how</i> to learn before they can be successful in the classroom. Host: Reed Pence. Producer: Kristen Farrah. Guests: Betsy Hill, President, BrainWare Learning Company, Author; Dr. Stephen Kosslyn, Founder and President, Active Learning Sciences, Professor Emeritus of Psychology, Harvard University Compliance issues covered: cognitive skills, education; public policy; teaching; psychology; student learning; active learning; academic performance; consumerism; education system Links for information: https://www.linkedin.com/in/betsyhill/ https://www.amazon.com/Your-Child-Learns-Differently-What-ebook/dp/B0BN2MQBC1 https://mybrainware.com/about-brainware/ https://psychology.fas.harvard.edu/people/stephen-m-kosslyn https://www.linkedin.com/in/stephen-m-kosslyn-12837a1/ https://www.activelearningsciences.com/	
13:38	SPOTBREAK 2: Procter & Gamble "Always" Autozone "Services Mashup" OUTCUE: ...purchase required	:30 :29
14:37	:02 PAUSE FOR LOCAL AVAIL	:02
14:39	SEGMENT 2: HOW YOU CAN MAKE ANXIETY YOUR BEST FRIEND	8:20
	Synopsis: Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist Compliance issues covered: anxiety; mental health; public health; fear; confidence; psychology; consumerism; vulnerable populations Links for information: https://www.natalie-kohlhaas-lpc.com/natalie-kohlhaas-ma-lpc-ncc-bcpc https://www.natalie-kohlhaas-lpc.com/books	
22:59	SPOTBREAK 3: O'Reilly Auto Parts "O'Reilly 2023" Procter & Gamble "Mr Clean Magic Eraser" Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:30 :30 :59
24:58	Medical Notes & News. Host: Shel Lustig	1:30
26:28	SPOTBREAK 4: Ebay "Ebay Parts & Accessories" Pfizer Consumer Healthcare "Comirnaty 2023" OUTCUE: ...and biontech	:30 :29
27:27	Program Conclusion	:30
27:57	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-06	Written & Produced	Kristen Farrah
Air Week	2/05/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: O'Reilly Auto Parts "O'Reilly 2023" McCormick "Frank's RedHot" OUTCUE: ...on everything	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: GENETIC GENEALOGY: IDENTIFYING BOTH THE GUILTY AND INNOCENT	12:18
	Synopsis: Move over, fingerprints, there's a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe. Host: Reed Pence. Producer: Kristen Farrah. Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs, Compliance issues covered: genetics; genetic genealogy; privacy; federal regulation; public safety; law enforcement; crime; murder; ancestry; DNA; consumerism Links for information: https://parabon-nanolabs.com/about.html https://www.cecemooore.com/ https://twitter.com/cecelmoore?lang=en https://thedadetectives.com/about-the-company/ http://www.edwardhumes.com/ https://www.penguinrandomhouse.com/books/622592/the-forever-witness-by-edward-humes/ https://www.instagram.com/edward_humes/ https://twitter.com/edwardhumes	
14:08	SPOTBREAK 2: Pfizer Consumer Healthcare "Pprevnar20" OUTCUE: ...with Pprevnar twenty	:60
15:08	:02 PAUSE FOR LOCAL AVAIL	:02
15:10	SEGMENT 2: CORRECTING THE MISINFORMATION SURROUNDING PARENTS WITH DISABILITIES	7:47
	Synopsis: Eliza Hull's doctor told her she couldn't be a good parent because of her disability. She now has two little boys and a passion for correcting misinformation around parents with disabilities. Hull's new book 'We've Got This' compiles stories from disabled parents around the world to prove that having a disability doesn't equate to being a bad parent. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Eliza Hull, Writer, Musician, Disability Advocate Compliance issues covered: disability; disabled parents; vulnerable populations; mental health; physical health; consumerism; family issues; neurology; disability advocate Links for information: https://www.elizahull.com/weve-got-this https://www.instagram.com/elizahull/?hl=en https://twitter.com/MusicElizaHull?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.amazon.com/dp/1957363258	
22:57	SPOTBREAK 3: Indeed "Indeed" Ebay "Ebay Parts & Accessories" Progressive Insurance Co "Progressive 2023" Wendy's "Breakfast" OUTCUE: ...breakfast hours	:30 :30 :30 :30
24:57	Medical Notes & News. Host: Shel Lustig	1:29
26:26	SPOTBREAK 4: Discover Products Inc "Discover Card Brand" O'Reilly Auto Parts "O'Reilly 2023" OUTCUE: ...auto parts	:30 :30
27:26	Program Conclusion	:30

Program Log for *Radio Health Journal*

Program	23-07	Written & Produced	Kristen Farrah
Air Week	2/12/23	Production Manager	Jason Dickey
Time	Segment		Dur.
:00	INTRO		:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...with prevnar twenty		:60
1:48	:02 PAUSE FOR LOCAL AVAIL		:02
1:50	SEGMENT 1: HOW DOCTORS CAN TRANSPLANT ORGANS WITHOUT A DONOR MATCH		11:01
	<p>Synopsis: Colette Hurd needed two new lungs and a kidney after being diagnosed with pulmonary arterial hypertension. Unfortunately, her high antibody count made it nearly impossible to find a donor match. This week, we discuss how creative thinking and plasma exchange technology helped save Colette's life.</p> <p>Host: Reed Pence. Producer: Kristen Farrah. Guests: Colette Hurd, Organ Transplant Patient; Dennis Hurd, Organ Donor Advocate; Lori Harada, Senior Manager, Technical Excellence Team, Terumo Blood and Cell Technologies</p> <p>Compliance issues covered: cardiology; organ donors; antibodies; high blood pressure; surgery; lung disease; kidney disease; hospital staff; consumerism; vulnerable populations; apheresis</p> <p>Links for information: https://www.linkedin.com/in/lori-harada-6221a815/ https://www.apheresis.org/ https://www.organdonor.gov/ https://news.nm.org/chicago-woman-opens-the-door-for-other-transplant-patients-after-receiving-the-first-positive-crossmatch-lung-and-kidney-transplant-at-northwestern-medicine/</p>		
12:51	SPOTBREAK 2: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite		:60
13:51	:02 PAUSE FOR LOCAL AVAIL		:02
13:53	SEGMENT 2: WAYS YOU CAN INCREASE PRODUCTIVITY USING YOUR DREAMS		8:47
	<p>Synopsis: Whether it's a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber.</p> <p>Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, <i>The Committee of Sleep</i></p> <p>Compliance issues covered: dreaming; psychology; learning; education; art; creativity; athletics; lucid dreaming; consumerism</p> <p>Links for information: http://www.deirdrebarrett.com/books https://connects.catalyst.harvard.edu/Profiles/display/Person/39720</p>		
22:40	SPOTBREAK 3: Procter & Gamble "Pepto Bismol" OUTCUE: ...immediate relief		:30
	Discover Products Inc "Discover Card Brand"		:30
	Procter & Gamble "Metamucil ADU Package"		:30
	Procter & Gamble "Prilosec ADU"		:28
24:38	Medical Notes & News. Host: Shel Lustig		1:50
26:28	SPOTBREAK 4: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite		:60
27:28	Program Conclusion		:30
27:59	TOTAL TIME		

Program Log for *Radio Health Journal*

Program	23-08	Written & Produced	Kristen Farrah
Air Week	2/19/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare “Ibrance” OUTCUE: ...loss of appetite	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: HOW SCIENTISTS ARE SPEEDING UP EVOLUTION USING GENOME EDITING	11:06
	Synopsis: The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics Compliance issues covered: genetics; gene editing; genomics; evolution; DNA; genetic diseases; consumerism; patient safety; vaccines; Links for information: https://wyss.harvard.edu/team/core-faculty/george-church/ https://twitter.com/geochurch?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=16253 https://www.genome.gov/about-genomics/policy-issues/what-is-Genome-Editing	
12:56	SPOTBREAK 2: Procter & Gamble “Metamucil ADU Package” Procter & Gamble “Prilosec ADU” OUTCUE: ...immediate relief	:30 :29
13:55	:02 PAUSE FOR LOCAL AVAIL	:02
13:57	SEGMENT 2: FINDING PAIN MANAGEMENT STRATEGIES THAT DON’T INVOLVE OPIOIDS	8:25
	Synopsis: We have coaches for nearly every aspect of our lives, so why not have one to help patients work through their health crises? Life Care Coaches are being integrated into hospitals to help patients safely use prescription opioids and even offer pain management strategies that don’t involve drugs. Experts explain how this new position is helping decrease rates of addiction and opioid overdoses. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Cammie Wolf Rice, Author, <i>The Flight</i> , Founder, Christopher Wolf Crusade; Dr. Mara Schenker, Chief of Orthopedics, Grady Memorial Hospital Compliance issues covered: opioids; drug abuse; pain management; addiction; drug overdose; pain medication; vulnerable populations; consumerism Links for information: https://www.gradyhealth.org/doctors/mara-schenker/ https://cammiewolfrice.com/the-author/ https://twitter.com/maraschenker?lang=en https://www.instagram.com/cammierice/?hl=en https://www.instagram.com/christopherwolfcrusade/?hl=en	
22:22	SPOTBREAK 3: Pfizer Consumer Healthcare “Prevnar20” Procter & Gamble “Pepto Bismol” Discover Products INC “Discover Card Brand” OUTCUE: ...slash match	:60 :30 :29
24:21	Medical Notes & News. Host: Shel Lustig	2:04
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare “Ibrance” OUTCUE: ...loss of appetite	:60
27:25	Program Conclusion	:30
27:56	TOTAL TIME	

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Program Log for *Radio Health Journal*

Program	23-09	Written & Produced	Kristen Farrah
Air Week	2/26/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Pepto Bismol" Autozone "Services Mashup" OUTCUE: ...restrictions apply	:30 :29
1:47	:02 PAUSE FOR LOCAL AVAIL	:02
1:49	SEGMENT 1: GENOMICS PT. 2: DESIGNER BABIES, ILLEGAL EXPERIMENTS, AND MORAL ISSUES	12:25
	Synopsis: Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it? Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University Compliance issues covered: genetics; gene editing; genomics; evolution; DNA; genetic diseases; consumerism; patient safety; ethics; federal regulations; scientific innovation Links for information: https://wyss.harvard.edu/team/core-faculty/george-church/ https://twitter.com/geochurch?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=16253 https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=31091 https://twitter.com/emmcnally?lang=en	
14:14	SPOTBREAK 2: Taco Bell "TacoGen2109" Ebay "Ebay Parts & Accessories" OUTCUE: ...let's ride	:30 :30
15:14	:02 PAUSE FOR LOCAL AVAIL	:02
15:16	SEGMENT 2: BLAME YOUR GRANDPARENTS FOR YOUR HEALTH ISSUES	7:34
	Synopsis: Our personal health may be determined before even our <i>parents</i> are born. Scientists have discovered that our ancestors have a greater impact on us than we think. Author Judith Finlayson explains how our grandparents' habits and behaviors have a direct influence on our DNA. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Judith Finlayson, Author, <i>You Are What Your Grandparents Ate</i> Compliance issues covered: epigenetics; genetics; nutrition; diet; vulnerable populations; exercise; consumerism; public health; ancestry Links for information: https://judithfinlayson.com/ https://www.instagram.com/judith.finlayson/?hl=en	
22:59	SPOTBREAK 3: Pfizer Consumer Healthcare "Ibrance" Chick-Fil-A "Chick-Fil-A-CFA NAT 1020" Procter & Gamble "Metamucil" OUTCUE: ...dot com today	:60 :30 :30
24:59	Medical Notes & News. Host: Shel Lustig	1:30
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Xeljanz Rheum" OUTCUE: ...four four xeljanz	:60
27:29	Program Conclusion	:30
27:59	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-10	Written & Produced	Kristen Farrah
Air Week	3/05/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Procter & Gamble "Metamucil" Macy's "Women's History Month" OUTCUE: ...slash purpose	:30 :30
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: A LOOK AT THE RISING FIELD OF GENETIC COUNSELING	11:08
	Synopsis: Genetic counseling is more than just testing a patient for specific diseases. Counselors like Kevin Sweet and Colleen Jodarski become health investigators, sifting through a patient's family history to compile a complete look at their risk factors. Our experts explain how to know if you need to see a genetic counselor. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Kevin Sweet, Genetic Counselor, Associate Clinical Professor of Human Genetics, The Ohio State University; Colleen Jodarski, Genetic Counselor, National Institute of Allergy and Infectious Diseases Compliance issues covered: gene therapy; genetic counseling; medical history; risk factors; cancer; rare diseases; patient safety; consumerism; health risks; genetic testing; pregnancy; early intervention Links for information: https://medicine.osu.edu/find-faculty/clinical/internal-medicine/kevin-sweet-ms-lgc https://www.linkedin.com/in/kevin-sweet-42b8829/?trk=pub-pbmap https://twitter.com/KevinS_GC https://www.linkedin.com/in/colleen-jodarski-01a757112/ https://pubmed.ncbi.nlm.nih.gov/36763325/	
12:58	SPOTBREAK 2: Pfizer Consumer Healthcare "Eliquis" Procter & Gamble "Pepto Bismol" OUTCUE: ...reach of children	:30 :30
13:58	:02 PAUSE FOR LOCAL AVAIL	:02
14:00	SEGMENT 2: MEDICAL MALPRACTICE: 'I'M PRIVY TO INFORMATION THAT WOULD SHOCK PEOPLE'	8:52
	Synopsis: All hospitals in the US operate under a standard of care that changes based on the clinic's size and abilities. But what happens when that care isn't upheld? Dr. Stanley Berry takes us through instances of medical malpractice and his experience dealing with negligent physicians. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Stanley Berry, Professor of Obstetrics and Gynecology, Wayne State University Compliance issues covered: medical malpractice; patient safety; standard of care; misdiagnosis; surgical errors; birth injuries; full disclosure; safety techniques Links for information: https://stanleymberry.com/ https://obgyn.med.wayne.edu/profile/ad5156	
22:52	SPOTBREAK 3: Wendy's "Breakfast" Progressive Insurance Co "Progressive 2023 Auto" Procter & Gamble "Prilosec" O'Reilly Auto Parts "O'Reilly 2023" OUTCUE: ...auto parts	:30 :30 :30 :30
24:52	Medical Notes & News. Host: Shel Lustig	1:37
26:29	SPOTBREAK 4: Pfizer Consumer Healthcare "Eliquis" Procter & Gamble "Prilosec" OUTCUE: ...for immediate relief	:30 :29
27:28	Program Conclusion	:31
27:59	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-11	Written & Produced	Kristen Farrah
Air Week	3/12/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: EAT THE INVADERS: HOW YOU CAN HELP YOUR LOCAL ENVIRONMENT	11:09
	Synopsis: Invasive species cost America billions of dollars each year in eradication efforts. These plants and animals cause damage to the environment and economy and are extremely hard to get rid of. This week, two experts reveal how you can help by adding the invasive species in your area into your diet. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Joe Roman, Author, Conservation Biologist, Research Affiliate, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, U.S Geological Survey Compliance issues covered: invasive species; endangered animals; conservation; biology; environmental research; diet; extinction; consumerism; diseases; veganism; fishing; economy; federal regulations Links for information: https://www.joeroman.com/ http://eattheinvaders.org/ https://www.uvm.edu/rsenr/profiles/joe_roman https://www.usgs.gov/staff-profiles/cynthia-tam	
12:59	SPOTBREAK 2: Pfizer Consumer Healthcare "Eliquis" OUTCUE: ...reach of children Procter & Gamble "Pepto Bismol"	:30 :29
13:58	:02 PAUSE FOR LOCAL AVAIL	:02
14:00	SEGMENT 2: IS YOUR DIET SLOWLY KILLING YOU?	9:07
	Synopsis: Ultra-processed foods first appeared in the 1950s and have since taken over much of what's on our plates today. This diet leaves us lacking in several essential nutrients we need to function. Experts discuss how you can supplement your diet – with less pills and more natural ingredients – to get your health back on track. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Filippa Juul, Post-Doctoral Fellow, New York University; Dr. Chris Damman, Associate Professor of Gastroenterology and Medicine, University of Washington, Chief Medical and Science Officer, Supergut Compliance issues covered: gut health; probiotics; prebiotics; microbiome; ultra-processed food; health; public health; diet; supplements; federal regulations Links for information: https://publichealth.nyu.edu/programs/doctorate-philosophy-public-health-phd/meet-our-doctoral-students/doctoral-alumni#juul https://academic.oup.com/ajcn/article/115/1/211/6396017 https://gastro.uw.edu/faculty/christopher-j-damman-md-ma https://gutbites.org/ https://twitter.com/GutbitesMD?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor	
23:07	SPOTBREAK 3: Procter & Gamble "Metamucil" OUTCUE: ...loss of appetite Procter & Gamble "Prilosec" Pfizer Consumer Healthcare "Ibrance"	:30 :30 :60
25:07	Medical Notes & News. Host: Shel Lustig	1:18
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...prevnar twenty	:60
27:25	Program Conclusion	:30
27:55	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-12	Written & Produced	Kristen Farrah
Air Week	3/19/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:60
1:48	:02 PAUSE FOR LOCAL AVAIL	:02
1:50	SEGMENT 1: ALWAYS RUNNING LATE? YOU MAY BE A VICTIM OF 'TIME BLINDNESS'	11:34
	Synopsis: People with ADHD often have a weaker perception of time, called 'time blindness.' Though tardiness is usually interpreted as irresponsible, those suffering from time blindness simply don't have any sense of time. Experts discuss the condition and give helpful tips on how to improve time management skills. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ari Tuckman, Psychologist, Co-Chair, The Conference Committee at CHADD; Dr. Russel Barkley, Retired Clinical Professor of Psychiatry, Virginia Commonwealth University Medical Center, Author, <i>Treating ADHD in Children and Adolescents</i> Compliance issues covered: time management; ADHD; psychology; time blindness; symptoms; psychiatry; vulnerable populations; consumerism Links for information: https://tuckmanpsych.com/ https://adultadhdbook.com/ https://www.russellbarkley.org/	
13:24	SPOTBREAK 2: Procter & Gamble "Metamucil" OUTCUE: ...com slash match	:30
	Discover Products Inc "Discover Card Brand"	:30
14:24	:02 PAUSE FOR LOCAL AVAIL	:02
14:26	SEGMENT 2: NEW TEST CAN DETECT BOTH COVID-19 AND THE FLU	8:24
	Synopsis: The FDA has granted emergency use authorization to Lucira Health's combined Covid-19 and flu at-home testing kit. In just thirty minutes it can detect whether you're positive or negative for Covid, influenza A, and influenza B. Dr. Emily Volk explains the EUA status and how to properly use this new test. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Emily Volk, President, College of American Pathologists Compliance issues covered: covid-19; influenza; vaccine; home testing; false negatives; false positives; consumerism; public health; public health reporting; emergency use authorization Links for information: https://shop.lucirahealth.com/ https://www.fda.gov/news-events/press-announcements/fda-authorizes-first-over-counter-home-test-detect-both-influenza-and-covid-19-viruses https://emilyvolkmd.net/	
22:50	SPOTBREAK 3: Procter & Gamble "Prilosec" OUTCUE: ...loss of appetite	:30
	Macys "Women's History Month"	:30
	Pfizer Consumer Healthcare "Ibrance"	:59
24:49	Medical Notes & News. Host: Shel Lustig	1:37
26:26	SPOTBREAK 4: Procter Gamble "Pepto Bismol" OUTCUE: ...exclusions apply	:30
	Ebay "Ebay Parts & Accessories"	:29
27:25	Program Conclusion	:31
27:56	TOTAL TIME	

Program Log for *Radio Health Journal*

Program	23-13	Written & Produced	Kristen Farrah
Air Week	3/26/23	Production Manager	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:48
:48	SPOTBREAK 1: Pfizer Consumer Healthcare "Ibrance" OUTCUE: ...loss of appetite	:61
1:49	:02 PAUSE FOR LOCAL AVAIL	:02
1:51	SEGMENT 1: RESEARCH MISCONDUCT: THE GROWING ISSUE OF DATA INTEGRITY IN SCIENCE	11:15
	Synopsis: Thousands of Alzheimer's research papers have cited a 2006 study as a basis for their work. Unfortunately, that paper is now under investigation for research misconduct. Dr. Matthew Schrag, the whistleblower of the alleged falsified paper, explains the issue and what it means for future research. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Matthew Schrag, Assistant Professor of Neurology, Vanderbilt University Compliance issues covered: Alzheimer's disease; scientific research; data integrity; consumerism; photoshop; research misconduct; NIH; patient safety Links for information: https://www.vumc.org/vmac/person/matthew-s-schrag-md-phd https://twitter.com/schrag_matthew https://schraglab.com/	
13:06	SPOTBREAK 2: Procter & Gamble "Metamucil" OUTCUE: ...com slash purpose Macys "Women's History Month"	:30 :30
14:06	:02 PAUSE FOR LOCAL AVAIL	:02
14:08	SEGMENT 2: THE WOMAN BEHIND THE POLIO VACCINE	8:44
	Synopsis: The World Health Organization reports that polio cases have decreased by more than 99% since 1988, thanks to the vaccine. And while the names Sabin and Salk are often associated with the accomplishment, Dr. Dorothy Horstmann is the woman behind the cure you've probably never heard of. In honor of Women's History Month, Author Lynn Cullen explains Horstmann's crucial role in the fight against polio. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Lynn Cullen, Author, <i>The Woman With the Cure</i> Compliance issues covered: polio; vaccine; public safety; quarantine; isolation; pandemic; cure; women in medicine; female doctors; women's history month Links for information: https://lynncullen.com/ https://www.instagram.com/lynncullenauthor/?hl=en	
22:52	SPOTBREAK 3: Procter Gamble "Pepto Bismol" OUTCUE: ...loss of appetite Ebay "Ebay Parts & Accessories" Pfizer Consumer Healthcare "Ibrance"	:30 :30 :59
24:51	Medical Notes & News. Host: Shel Lustig	1:34
26:25	SPOTBREAK 4: Pfizer Consumer Healthcare "Prevnar20" OUTCUE: ...twenty dot com	:60
27:25	Program Conclusion	:31
27:56	TOTAL TIME	