



Weekly Public Affairs Program

Call Letters: WTHY-FM

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2022

Show # 2022-01

Date aired: Jan 2 Time Aired: 5am

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:
Youth at Risk
Juvenile Crime

Length: 8:46

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of *"The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter"*

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:
Physical Fitness
Personal Health

Length: 8:29

Daniel McGuinn, editor at Harvard Business Review, author of *"Psyched Up: How the Science of Mental Preparation Can Help You Succeed"*

Of the 2,000 hours we work every year, our success or failure is often determined in the couple of dozen crucial hours when we need to bring our absolute best in a meeting or presentation. Mr. McGuinn discussed the importance of mental preparation in the last few minutes before a major challenge, and offered tips on how to channel nervous jitters into useful emotions.

Issues covered:
Career
Mental Health

Length: 4:59

Show # 2022-02

Date aired: Jan 9 Time Aired: 5am

Alessandra Cassar, PhD, Professor of Economics at the University of San Francisco

As researchers investigate reasons for America's persistent gender wage gap, one possible explanation that has emerged over the last decade or so is that women may be less competitive than men. Prof. Cassar was the co-author of a study that examined whether women are less competitive and less willing to take risks than men.

Issues covered:

Length: 8:23

Women's Issues
Gender Equality
Career

Joe Saul-Sehy, former financial advisor, host of "The Stacking Benjamins Podcast," author of "*Stacked: Your Super-Serious Guide to Modern Money Management*"

Mr. Saul-Sehy explained that many Americans feel too much pressure to be perfect and as a result make unnecessary errors in handling their money. He talked about the urgency of getting out of debt, and the best ways to accomplish it. He also explained the importance of setting timelines for financial goals.

Issues covered:

Length: 8:57

Personal Finance

Marie-Josée Harbec, PhD, psycho educator at CHU Ste-Justine Children's Hospital in Montreal

Dr. Harbec led a study that found that boys who participate in sports in early childhood are less likely to experience depression and anxiety symptoms in middle childhood. She said 5-year-old boys who participated in any sport were more likely to be physically active at age 12. She also explained the differences the study found between boys and girls.

Issues covered:

Length: 5:06

Mental Health
Child Development
Physical Fitness

Show # 2022-03

Date aired: Jan 16 Time Aired: 5am

Carol Matthews, PhD, Professor of Psychiatry, University of Florida

Symptoms of depression, anxiety, and obsessive-compulsive disorders have emerged or worsened for many during the pandemic. Dr. Matthews discussed what effect the lockdowns and subsequent supply chain disruptions have had on another common but often misunderstood problem—hoarding. She explained how to distinguish between hoarding, stockpiling and panic buying, and what constitutes normal behavior in an abnormal time.

Issues covered:

Length: 8:26

Mental Health
Supply Chain Concerns
Consumer Matters

Dan O'Neill, MD, EdD, author of "*Survival of the Fit: How Physical Education Ensures Academic Achievement and a Healthy Life*"

For more than a century, team sports have been a mainstay of American childhood, but the number of kids involved had been falling even before the pandemic. Dr. O'Neill said fear of COVID-19 and much-reduced access to organized sports has caused the drop to accelerate dramatically. He talked about the potential health effects of inactivity and childhood obesity. He said physical fitness levels also have a significant impact on academic performance.

Issues covered:

Length: 8:55

**Youth Sports
Mental Health
Education**

Dr. Christopher M. Smith, PhD Student in Health Sciences, Warwick Medical School, Coventry, England

Automated external defibrillators might be increasingly available for use in the event of a cardiac arrest, but Dr. Smith led a study that found that they aren't being used nearly as much as they should be. He talked about the reasons that bystanders are reluctant to use AEDs and what government officials can do to help.

Issues covered:

Length: 5:04

**First Aid
Emergency Preparedness
Personal Health**

Show # 2022-04

Date aired: Jan 23 **Time Aired:** 5am

Julia Brewer Daily, MS, former educator, author of "*No Names to Be Given*," a novel based on her real-life story of adoption

Technological advances in home DNA tests and online genealogy have led to a remarkable wave of adoptees locating long-lost parents and siblings. Ms. Daily shared her own story of adoption and locating her biological parents, and discussed the emotional landmines that sometimes accompany attempted reunions.

Issues covered:

Length: 8:17

**Adoption
Technology**

Lisa Hinkelman, PhD, counselor, founder and CEO of Ruling Our eXperiences, Inc., author of "*Girls Without Limits: Helping Girls Succeed in Relationships, Academics, Careers and Life*"

Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

Issues covered:

Length: 9:00

**Girls Issues
Parenting**

David C. Mair, MD, Medical Director, American Red Cross

The American Red Cross has declared a national blood crisis for the first time in its history. Dr. Mair outlined the reasons behind this urgent problem. He said doctors have been forced to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. He explained how listeners can sign up to make a blood donation.

Issues covered:

**Blood Donation
Personal Health
COVID 19**

Length: 5:02

Show # 2022-05

Date aired: Jan 30 **Time Aired:** 5am

Sean Covey, author of *"The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age"*

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

Issues covered:

**Teenage Concerns
Parenting
Education
Volunteerism**

Length: 8:51

Carol Janney, PhD, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

Issues covered:

**Mental Health
Physical Fitness**

Length: 8:21

Adam Barry, PhD, Assistant Professor of Health Education, University of Florida

Dr. Barry conducted a study that found that two in five designated drivers had been drinking before getting behind the wheel and that 18% had blood-alcohol levels high enough to impair their driving skills. He outlined the potential reasons that designated driver education campaigns have been less than successful.

Issues covered:

Drunk Driving

Length: 4:56

Show # 2022-06

Date aired: Feb 6 Time Aired: 5am

Dale Clark Farran, PhD, Emerita Professor, Research Professor in Early Childhood Education at Vanderbilt University's Peabody College of Education and Human Development

Prof. Farran was the lead author of the first statewide randomized controlled trial that followed low-income students from pre-kindergarten through sixth grade, to determine the value of pre-K programs. She was shocked at the results, which found that by third and sixth grade, poor children who attended pre-K scored lower on math, reading and science achievement tests, and were more likely to have been expelled or suspended for disciplinary infractions.

Issues covered:

Length: 8:49

Early Childhood Education

Poverty

Creek Stewart, preparedness expert, Weather Channel host, author of "*The Disaster-Ready Home: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place*"

The federal government urges Americans to have a sufficient supply of emergency food and water for at least three days. Mr. Stewart outlined simple and relatively inexpensive steps anyone can take to set up an emergency food and water supply. He also discussed plans to deal with the loss of power and heat. He also explained what should be in a 72-hour survival kit, for use if someone must leave their home in an emergency.

Issues covered:

Length: 8:33

Disaster Preparedness

Consumer Matters

Aaron Packman, PhD, Professor, Civil and Environmental Engineering, Northwestern University, Director of the Northwestern Center for Water Research

Prof. Packman led a study that found that microplastics can deposit and linger within riverbeds for as long as seven years before washing into the ocean. He outlined the sources of microplastics and explained the effect that this form of pollution has on wildlife, humans and the environment.

Issues covered:

Length: 4:58

Pollution

Environment

Show # 2022-07

Date aired: Feb 13 Time Aired: 5am

Dakota Witzel, doctoral candidate in Oregon State University's College of Public Health and Human Sciences

Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person's physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

Issues covered:

Length: 8:17

Aging

Personal Health

Carl Erik Fisher, MD, addiction physician, bioethicist, and Assistant Professor of Clinical Psychiatry in the Division of Law, Ethics, and Psychiatry at Columbia University, author of *"The Urge: Our History of Addiction"*

An estimated 20 million Americans with substance abuse problems go without treatment. Dr. Fisher shared his assessment of the ongoing overdose crisis that claimed more than 100,000 American lives last year. He explained why he believes that calling addiction a disease is not helpful for recovery, and why he thinks the division between "good" drugs and "bad" drugs is overemphasized. He also said complete abstinence may not be the best treatment goal for many with drug or alcohol abuse problems.

Issues covered:
Drug Addiction
Government Policies

Length: 8:58

Madeleine Dore, author of *"I Didn't Do the Thing Today: Letting Go of Productivity Guilt"*

Any given day brings a never-ending list of things to do, and even on productive days, the thing left undone can leave us feeling guilty, anxious, or disappointed. Ms. Dore outlined ways to avoid overly ambitious to-do lists and how to stop comparing ourselves to others.

Issues covered:
Career
Mental Health

Length: 5:03

Show # 2022-08

Date aired: Feb 20 Time Aired: 5am

Sarah Y. Tse, author of *"7 Years on the Front Line: True Stories and Tough Lessons about a Small Business that You Won't Learn in a Classroom"*

Ms. Tse offered advice to anyone who dreams of starting a small business. She explained how she learned to maintain a work/life balance when faced with the stresses of owning a business. She also talked about the importance of education in being prepared for entrepreneurship, and how she deals with racism in business, as an immigrant and Asian-American.

Issues covered:
Entrepreneurship
Career
Racism

Length: 8:17

Ellen Voie, CEO & President of Women in Trucking, a non-profit organization that encourages women to join the trucking industry.

The recent supply chain problems have been a reminder that US has a huge and long-term shortage of truck drivers. Ms. Voie said women comprise 10% of truck drivers today. She explained why she believes women are often better suited to the job than men, what is attractive about it and what needs to change to encourage women of all ages to seek a career in trucking.

Issues covered:
Supply Chain
Women's Issues
Employment

Length: 8:58

Wendy M. Troxel, PhD, Senior Behavioral and Social Scientist at the RAND Corporation, Adjunct Professor of Psychiatry and Psychology at the University of Pittsburgh

Dr. Troxel led a state-by-state analysis of the economic implications of a shift in school start times in the US. She found that a nationwide move to 8.30 a.m. could contribute \$83 billion to the U.S. economy within a decade. She said the economic gains would be realized through higher academic and professional performance of students, and reduced car crash rates among adolescents.

Issues covered:

Education
Economy
Youth at Risk

Length: 5:00

Show # 2022-09

Date aired: Feb 27 Time Aired: 5am

Chuck Bell, Programs Director, Advocacy, Consumer Reports

Buy now, pay later schemes are catching the eye of consumers, and, to a lesser extent, of federal regulators. The multi-billion-dollar industry says no-interest BNPL loans are more equitable than credit cards, but Mr. Bell explained how lenders still make money when a buyer theoretically pays no interest, and why these loans can be a spending trap. He said Consumer Reports believes that there is not enough government oversight of these loans.

Issues covered:

Consumer Matters
Government Regulation

Length: 8:43

Gary Sirak, retirement planner, author of "*How to Retire and Not Die: The Three Ps That Will Keep You Young*"

When most Americans ponder retirement planning, they typically think of accumulating money. But Mr. Sirak said clear planning about what to do with one's time after retirement is equally important. He said not retiring at all may be the best option for some, while part time work is another good option for a happy retirement.

Issues covered:

Retirement Planning

Length: 8:40

Kendall Smith, author of "*Rookie Father: A Playbook for Men Experiencing Fatherhood for the First Time*"

According to the U.S. Census, 1 in 4 men who are becoming a parent didn't have a father figure themselves growing up. Mr. Smith shared his own story as the son of a single mom, and the struggles he faced in learning the role of being a father. He offered advice for men entering the new "Dad" stage of their lives.

Issues covered:

Parenting

Length: 5:07

Show # 2022-10

Date aired: Mar 6 Time Aired: 5 am

Roni Cohen-Sandler, PhD, licensed clinical psychologist, author of "*Anything But My Phone, Mom! Raising Emotionally Resilient Daughters in the Digital Age*"

Technology is transforming the way girls think of themselves, learn, develop social skills, and communicate with the people around them. Dr. Cohen-Sandler talked about the unprecedented changes faced by teens and their parents today. She offered suggestions to improve communication, particularly for a mother-daughter relationship. She said the current generation of teens is more sensitive and vulnerable than ever, about political and cultural trends such as the Me Too movement, Black Lives Matter and climate change.

Issues covered:

Length: 8:54

Parenting
Teenager Concerns

Annabel Streets, author of "*52 Ways To Walk: The Surprising Science of Walking for Wellness and Joy*"

Everyone knows that walking is a very healthy activity. Ms. Streets shared cutting-edge research and advice on how to maximize the physical and psychological benefits of walking, whether it's in an urban area or through the woods. She explained why walking within an hour of waking increases the metabolic benefits, why humming as you walk boosts natural immunity and how owning a dog can make walking far less of a chore.

Issues covered:

Length: 8:23

Exercise
Personal Health

Cassandra Herring, Technical Advisor at Safe Kids Worldwide

In the wake of the pandemic, poison control centers across the country have been flooded with calls relating to children ingesting cleaning products and hand sanitizers. Ms. Herring explained the factors that have caused this disturbing trend, and outlined three tips to help parents keep kids safe from these products. She also recommended that parents save the National Poison Help number (1-800-222-1222) in their phones and post it visibly at home.

Issues covered:

Length: 5:00

Child Poisoning
Consumer Matters

Show # 2022-11

Date aired: Mar 13 Time Aired: 5 am

Lila Rabinovich, qualitative social science analyst, Director of Policy and Development at Center for Economic and Social Research at the University of Southern California

Fewer than 1 in 5 Americans have created an online "my SocialSecurity" account to get a personalized estimate of their future retirement benefits. Ms. Rabinovich said most of the Social Security Administration's website users are older. She explained why it is important for younger workers get a good understanding now of their future retirement benefits. She said one of the primary reasons that workers haven't looked up their personal accounts is a lack of awareness the feature exists.

Issues covered:
Social Security
Retirement Planning

Length: 8:59

Bonnie J. Kaplan PhD, co-author of *The Better Brain: How to Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*

From violent meltdowns on airliners, to abusive tweets aimed at someone with different political beliefs, signs of a meaner, angrier, and more violent America are everywhere. Dr. Kaplan said part of the answer lies in today's typical American diet. She said more than half of Americans' food intake consists of ultra-processed 'products' with virtually no micronutrient content, creating a lack of nourishment in our brains.

Issues covered:
Nutrition
Mental Health

Length: 8:16

Priscila Dib Gonçalves, PhD, post-doctoral research fellow in the Department of Epidemiology at Columbia University's Mailman School of Public Health

Dr. Gonçalves led a study that found that two in five Americans who said they used alcohol and cannabis in the past year drove under the influence of one or both of the intoxicants. She said she hopes that identifying demographics that are at high risk for DUIs could assist in the development of better prevention strategies, and to make people more aware of the dangers.

Issues covered:
Drunk/Impaired Driving

Length: 5:05

Show # 2022-12

Date aired: Mar 20 Time Aired: 5am

Amy Morin, PhD, licensed clinical social worker, college psychology instructor and psychotherapist, author of *13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success*

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions to do it.

Issues covered:
Parenting
Mental Health

Length: 7:31

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *Thriving in the Gig Economy*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:
Career
Economy

Length: 9:38

Nadia Lopez, founding principal of Mott Hall Bridges Academy in Brooklyn, NY, author of *"The Bridge to Brilliance: How One Woman and One Community Are Inspiring the World"*

As part of a pilot program in New York City, Ms. Lopez started a middle-grade public school in one of America's poorest communities. She talked about the risks and challenges faced by students in a high crime, low-income neighborhood, and how she devised programs to address them.

Issues covered:

Length: 4:54

**Education
Poverty
Government Policies**

Show # 2022-13

Date aired: Mar 27 **Time Aired:** 5am

Mark Harmon, PhD, Professor Emeritus in the Oregon State University College of Forestry

Prof. Harmon recently led a study that showed the vast majority of carbon stored in trees before large wildfires was still there after the fires. He said the findings are an important step toward understanding the connection between wildfires and climate-change-inducing carbon emissions, and making wiser decisions about the carbon storage and emissions implications of forest management.

Issues covered:

Length: 8:09

**Climate Change
Wildfires
Forest Management**

Anna Lembke, MD, psychiatrist, Medical Director of Stanford University Addiction Medicine, Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic, author of *"Dopamine Nation: Finding Balance in The Age of Indulgence"*

Americans are living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, tweeting and more. Dr. Lembke outlined new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain, and what to do about it.

Issues covered:

Length: 8:55

**Addiction
Mental Health**

Andrew Gray, PhD, Assistant Professor of Watershed Hydrology in the Department of Environmental Sciences at the University of California, Riverside

Prof. Gray led a recent study that found that most items in roadside litter typically originate less than two miles from where they're found, and unless humans remove them, most of these items will never leave the environment. He hopes the research will help cities to develop strategies to prevent plastic litter that eventually taints water and air.

Issues covered:

Length: 5:10

**Pollution
Environment**



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

- Addiction
- Aging
- Agriculture
- American History
- Ancient Civilization
- Archaeology
- Arts
- Astronomy
- Business
- Career
- Child Development
- Comedy
- Comics
- Communication
- Community
- Consumerism
- Cooking
- Criminal Justice
- Culture
- Diet
- Disease
- Diversity
- Domestic Policy
- Ecology
- Economics
- Education
- Emotional Wellness
- Employment Issues
- Entertainment
- Environment
- Exercise
- Feminism
- Film
- Financial Technology
- Fitness
- Food Production
- Food Shortages
- Global Affairs
- Government
- Health
- Health Policy
- Healthcare
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- Human Resources
- Illustration
- Industry
- Inequality
- Inflation
- Infrastructure
- Innovation
- Insurance
- Invention
- Labor
- Leadership
- Light Pollution
- Literature
- Manufacturing
- Mass Incarceration
- Media
- Medicine
- Mental Health
- Mobility
- Money Management
- Music
- Nonprofit Organizations
- Parenting
- Personal Finance
- Personal Growth & Development
- Personal Interest
- Policy
- Politics
- Pop Culture
- Poverty
- Psychiatry
- Psychology
- Public Health
- Recidivism
- Retirement
- Science
- Self-Identity
- Sleep
- Social Equity
- Space Exploration
- Sports & Sports History
- Substance Abuse
- Supply Chain
- Sustainability
- Technology
- Transportation
- TV
- Urban Design & Development
- Waste Management
- Wildlife

Program 22-01 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Production Manager: Jason Dickey
1/2/22

SEGMENT 1:	FINDING EMPLOYMENT AFTER INCARCERATION	Time	Duration
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Synopsis: In the U.S., there are roughly 19 million people with felony convictions. For this population, finding stable work can be a tumultuous and draining process. Without a job, it can be all too easy to slide back into a past life and end up behind bars once again. 1:48 11:11

Host: Gary Price

Guests: Beth Schwartzapel, staff writer, *The Marshall Project*; Jeffrey Korzenik, economic researcher, author, *Untapped Talent: How Second Chance Hiring Works for Your Business and the Community*.

Issues Covered: Human Resources, Mass Incarceration, Business, Criminal Justice, Inequality, Recidivism, Education, Poverty, Employment Issues

Links: Putting Humanity into HR Compliance: Try Second-Chance Employment
 US Department of Education Announces It Will Expand the Second Chance Pell Experiment for the 2022-2023 Award Year
GettingTalentBackToWork.org
 Second Chance Employment — Dave's Killer Bread
 DKBF
 Untapped Talent: How Second Chance Hiring Works for Your Business and the Community

SEGMENT 2:	A SEASON OF SADNESS	Time	Duration
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Synopsis: Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support. 15:01 7:21

Host: Marty Peterson

Guests: Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health.

Issues Covered: Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health

Links: NIMH » Seasonal Affective Disorder
 Baker Street Behavioral Health | About
 Find a Therapist, Psychologist, Counselor - Psychology Today
 SAMHSA Behavioral Health Treatment Services Locator
 National Suicide Prevention Lifeline

CULTURE CRASH:	SPIDER-MAN'S BACK ONCE AGAIN	Time	Duration
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Synopsis: The new film release, "Spider-Man: No Way Home" is a massive blockbuster hit. We discuss what makes these crossover movies such a success and what's coming up next in the Marvel universe. 23:22 3:04

Host: Evan Rook

Issues Covered: Film

Program 22-02 Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook

Air Week: Production Manager: Jason Dickey
1/9/22

SEGMENT 1: OUR RESILIENT FOOD SYSTEM & SUPPLY CHAIN
Time **Duration**

Synopsis: 20 million people work within the food production industry in the U.S. The pandemic has altered this sector and resulted in many pressures placed on this population. This week – we highlight the people behind these various roles and the changing landscape of this 24/7 food supply chain. 1:47 9:09

Host: Gary Price

Guests: Dr. Robyn Metcalfe, lecturer, College of Natural Sciences at the University of Texas at Austin and author, *Humans in Our Food*.

Issues Covered: Agriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance

Links: Metcalfe, Robyn - Human Ecology - CNS Directory

Humans in Our Food by Robyn Metcalfe

Food prices are reportedly expected to rise again in January

Food Supply Chain | USDA

The Great Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater

SEGMENT 2: STARRY NIGHT: THE EFFECTS OF LIGHT POLLUTION
Time **Duration**

Synopsis: More than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, and the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all around us. We discuss the issue of light pollution and how stargazers can bring about change in their local communities. 12:55 9:10

Host: Marty Peterson

Guests: Paul Bogard, author, *To Know a Starry Night*; Bettymaya Foote, director, engagement, International Dark Sky Association.

Issues Covered: Light Pollution, Environment, Astronomy, Education, Culture, History

Links: International Dark-Sky Association

Light pollution map

Flipping the switch on light pollution – POLITICO

To Know A Starry Night — Paul Bogard

CULTURE CRASH: "SPIDER-MAN" NOSTALGIA
Time **Duration**

Synopsis: We rewind back to 2002 to the very first "Spider-Man" movie starring a young Tobey Maguire and Kirsten Dunst. The iconic film started it all and led to decades of spin-offs. 23:05 3:23

Host: Evan Rook

Issues Covered: Film, Culture

Program 22-03 Writers & Producers: Amirah Zaven, Polly Hansen & Evan Rook

Air Week: Production Manager: Jason Dickey
1/16/22

SEGMENT 1: GET YOUR \$\$\$ IN ORDER
Time **Duration**

Synopsis: If an unexpected \$400 charge came up, it's estimated that 40% of Americans would struggle to pay this amount, according to data published in 2019 by the Federal Reserve. Life happens. Circumstances change. And that's why it is so important to be financially secure with savings, an emergency fund, investments and more. We speak with financial expert, Emily Guy Birken this week about how to start budgeting and saving. 1:47 10:35

Host: Gary Price

Guests: Emily Guy Birken, financial expert, author of *Stacked: Your Super Serious Guide to Money Management*.

Issues Covered: Money Management, Economics, Personal Finance, Labor, Financial Technology

Links: Emily Guy Birken (@EmilyGuyBirken) / Twitter

emilyguybirken.com

Qube Money

Your Guide to How to Budget Money - NerdWallet

SEGMENT 2: AN ILLUSTRATOR'S ART
Time **Duration**

Synopsis: We speak with Tim O'Brien who has illustrated numerous magazine covers throughout the years. O'Brien discusses his career, the history of illustration and how the art form is used to convey a specific, singular moment or feeling that other mediums may not be able to capture. 14:24 7:40

Host: Marty Peterson

Guests: Tim O'Brien, illustrator.

Issues Covered: Culture, Media, Career, Illustration, Arts, History, Comedy, Politics, Government

Links: Catalog of Portraits and Illustrations by Tim O'Brien for various magazines and publications

"The Story Behind TIME's Trump Chaos Cover" - TIME Magazine

@obrienillustration on Instagram

CULTURE CRASH: THE VIEWING EXPERIENCE
Time **Duration**

Synopsis: We binge and review some of the new movies we've missed in recent months, including a critique of "The Novice" and "Mass". 23:04 3:23

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-04 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Production Manager: Jason Dickey
1/23/22

SEGMENT 1: ADVANCEMENTS IN ANTI-AGING **Time** **Duration**

Synopsis: By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field. 1:48 10:24

Host: Gary Price

Guests: Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, Inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute.

Issues Covered: Technology, Health, Retirement, Aging, Medicine, Disease, Science

Links: Potocsnak Longevity Institute: Feinberg School of Medicine

Douglas E Vaughan : Faculty Profile

Frank J Palella: Faculty Profile

Resources Near You | HHS.gov

Why these Amish live longer and healthier: an internal 'fountain of youth' - Northwestern Now

Metformin: A Potential Candidate for Targeting Aging Mechanisms

SEGMENT 2: A NEW PERSPECTIVE ON COOKING AT HOME **Time** **Duration**

Synopsis: Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. 14:14 8:24

Host: Marty Peterson

Guests: Leanne Brown, expert, food studies, cookbook author, *Good Enough: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen*.

Issues Covered: Mental Health, Health, Organization, Cooking, Diet, Literature

Links: Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen

Budget Bytes

Good and Cheap (PDF)

CULTURE CRASH: BINGING THE ROM-COM SERIES "LOVE LIFE" **Time** **Duration**

Synopsis: The series, "Love Life" is a whimsical ride through the ups and downs of modern dating, relationships and finding love. Seasons 1 and 2 are now out on HBO Max. 23:38 2:48

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-05 Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook

Air Week: Production Manager: Jason Dickey
1/30/22

SEGMENT 1: LIVING LIFE IN A 24/7 SOCIETY **Time** **Duration**

Synopsis: We play many roles in life: coworker, manager, partner, parent, caregiver. The list is seemingly endless. It can be all too easy to get wrapped in these many roles and forget altogether about spending time on yourself as an individual. We speak with acclaimed writer and author, Eve Rodsky about the mental toll of our daily lives and how to get back to finding a balance. 1:48 9:08

Host: Gary Price

Guests: Eve Rodsky, writer, author of *Find Your Unicorn Space: Reclaim Your Creative Life in a Too Busy World*.

Issues Covered: Mental Health, Self-Identity, Literature, Psychology, Parenting, Education

Links: Eve Rodsky (@eve_rodsky) / Twitter

Amazon.com: Find Your Unicorn Space: Reclaim Your Creative Life in a Too-Busy World: 9780593328019: Rodsky, Eve: Books

Work and Well-being 2021 Survey report

SEGMENT 2: A COMPREHENSIVE GUIDE TO FANDOM **Time** **Duration**

Synopsis: What was your favorite comic book series, video game or card game growing up? Depending on your age, it could have been Magic: The Gathering, Batman or Minecraft. In fact, you still could be a fan of these no matter what your age is. This week – we discuss the vast world of fandom and just what it means to be a part of this community. 12:58 9:27

Host: Marty Peterson

Guests: Amy Ratcliffe, managing editor, Nerdist, author of *A Kids Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting and More in the Geek World!*; Liana, high school senior, Chicago.

Issues Covered: Community, Parenting, Personal Interest, Technology, Hobby, Arts, Entertainment, Comics

Links: Amy Ratcliffe (@amy_geek) / Twitter

A Kid's Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting, and More in the Geek World!

Fandom

CULTURE CRASH: THE DEBUT OF "SHIVA BABY" **Time** **Duration**

Synopsis: New writer & director Emma Seligman is generating a lot of buzz across Hollywood. This week, we discuss her debut film, "Shiva Baby" that's now streaming on HBO Max. 23:35 3:05

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-06 Writers & Producers: Amirah Zaven & Evan Rook

Air Week: Production Manager: Jason Dickey
2/6/22

SEGMENT 1: SPIN, SWEAT, REPEAT: THE EVER-EVOLVING FITNESS INDUSTRY
Time **Duration**

Synopsis: It feels like the fitness market has more options than ever before. Between the rise of at-home fitness, traditional gyms and focused classes, consumers can pick and choose to workout whichever way they like. This week – we speak with two fitness experts about evolving trends in exercise and what’s next. 1:47 9:39

Host: Gary Price

Guests: Dr. David J. Miller, faculty member, School of Business, George Mason University; Dr. Glenn Gaesser, professor, exercise physiology, School of Health Solutions, Arizona State University.

Issues Covered: Business, Technology, Health, Fitness, Industry, Exercise, Community

Links: At-Home Fitness Poised to Grow Despite Peloton Slide, Analysts Say - Article published in Business Insider

Sweating Together Hardcover -- May 24, 2022 | Amazon.com Books

Miller, David J. - GMU School of Business

Glenn Gaesser - ASU College of Health Solutions

SEGMENT 2: THE HISTORY OF TIMEKEEPING
Time **Duration**

Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history. 13:28 9:59

Host: Marty Peterson

Guests: Chad Orzel, associate professor, physics and astronomy, Union College, author of *A Brief History of Timekeeping: The Science of Marking Time, From Stonehenge to Atomic Clocks*.

Issues Covered: Archaeology, Innovation, Culture, History, Ancient Civilization, Invention

Links: A Brief History of Timekeeping - BenBella Books

No. 120: Su-Sung's Clock

Chad Orzel (@orzec) / Twitter

Chad Orzel | Physics and Astronomy | Union College

CULTURE CRASH: A NEW TAKE ON A POPULAR SERIES
Time **Duration**

Synopsis: The hit sitcom, “How I Met Your Mother” ran for nine seasons between 2005 and 2014. Now, producers are creating a new take on the original show with the launch of the series, “How I Met Your Father”. We discuss if the new release is worth the hype. 24:27 1:59

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-07 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 2/13/22
Production Manager: Jason Dickey

SEGMENT 1:	THE JOURNEY OF ADDICTION	Time	Duration
Synopsis:	Substance abuse, or addiction, is a national crisis that's only continuing to worsen as new drugs enter the market and treatment has been disrupted due to the pandemic. Recovering addict Dr. Carl Erik Fisher joins us to share his own story with addiction and what can be done to improve treatment.	1:47	9:36
Host:	Gary Price		
Guests:	Dr. Carl Erik Fisher, psychiatrist, assistant professor, Columbia University, author, <i>The Urge: Our History of Addiction</i> .		
Issues Covered:	Addiction, History, Mental Health, Substance Abuse, Medicine, Healthcare		
Links:	The Urge: Our History of Addiction Hardcover – January 25, 2022 Carl Erik Fisher, MD (@DrCarlErik) / Twitter Carl E. Fisher, MD Columbia University Department of Psychiatry FindTreatment.gov SAMHSA's National Helpline		
SEGMENT 2:	THE MANY MODES OF TRANSPORTATION	Time	Duration
Synopsis:	Dr. Susan Shaheen, a professor of civil and environmental engineering at the University of California-Berkeley, joins us this week to highlight the country's current infrastructure and what more needs to be done to promote greater citizen mobility with bikes, scooters and other non-motor modes of transportation.	13:25	9:59
Host:	Marty Peterson		
Guests:	Dr. Susan Shaheen, professor, civil and environmental engineering at the University of California-Berkeley and co-director of Transportation Sustainability Research Center at the University of California-Berkeley.		
Issues Covered:	Infrastructure, Urban Design, Aging, Sustainability, Mobility, Environment, Transportation		
Links:	Susan Shaheen Civil and Environmental Engineering The Best Cities for Cyclists - The New York Times Susan Shaheen (@SusanShaheen1) / Twitter		
CULTURE CRASH:	A FRESH TAKE ON "NIGHTMARE ALLEY"	Time	Duration
Synopsis:	We discuss the new film, "Nightmare Alley" which is a remake of the 1947 film of the same title. It's filled with a star-studded cast and does not disappoint. Hear why this movie makes our 'Best of 2021 Films' list.	23:55	2:31
Host:	Evan Rook		
Issues Covered:	Culture, Film		

Program 22-08 Writers & Producers: Amirah Zaveri & Evan Rook			
Air Week:	Production Manager: Jason Dickey		
	2/20/22		
SEGMENT 1:	FOSTERING CURIOSITY AND A GREATER PASSION FOR LEARNING EARLY ON	Time	Duration
Synopsis:	To fully understand many topics, experiences and encounters help to fully engrain what's being taught. We speak with an education expert and clinical psychologist this week about how to bring more curiosity, creativity and critical thinking to learning.	1:47	9:23
Host:	Gary Price		
Guests:	Dr. Joe Galasso, clinical psychologist, Baker Street Behavioral Health; Julie Bogart, home educator, mother, author, <i>Raising Critical Thinkers: A Parent's Guide to Growing Wise Kids in the Digital Age</i> .		
Issues Covered:	Parenting, Communication, Education, Technology, Child Development, Mental Health, Psychology		
Links:	Julie Bogart Author (@juliebravewriter) • Instagram photos and videos Julie Bogart (@BraveWriter) / Twitter Raising Critical Thinkers Baker Street Behavioral Health About		
SEGMENT 2:	THE INTERESTING LEGACIES OF PAST U.S. PRESIDENTS	Time	Duration
Synopsis:	Ahead of Presidents Day on Monday, February 21, we highlight some of our past presidents and their accomplishments and failures. Ronald Gruner joins us this week to answer these questions and more.	13:12	10:17
Host:	Marty Peterson		
Guests:	Ronald Gruner, author, <i>We the Presidents: How American Presidents Shaped the Last Century</i> .		
Issues Covered:	American History, Literature, Politics, Government, Leadership, Culture, Domestic Policy		
Links:	We The Presidents Amazon.com: We the Presidents: How American Presidents Shaped the Last Century Presidents' Day 2022 - History, Date & Holiday		
CULTURE CRASH:	THIS YEAR'S BEST PICTURE NOMINEES	Time	Duration
Synopsis:	From Belfast to King Richard, we break down this year's highly anticipated list of Academy Award 'Best Picture' nominees. The Oscars will be held on March 27, 2022.	24:29	1:57
Host:	Evan Rook		
Issues Covered:	Culture, Film		

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

Program 22-10 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Production Manager: Jason Dickey
3/6/22

SEGMENT 1: URBAN WILDLIFE: AN INFLUX OF NEW NEIGHBORS
Time **Duration**

Synopsis: Countless different species of wildlife were driven out of cities centuries ago, but in recent decades have begun returning in greater numbers and adapting to the human-centric infrastructure. Two wildlife experts join us this week to highlight how we can both coexist in these settings. 1:47 10:49

Host: Gary Price

Guests: Dr. Peter Alagona, associate professor, environmental studies, University of California – Santa Barbara, author of *The Accidental Ecosystem: People and Wildlife in American Cities*; Dr. Stanley Gehrt, professor, wildlife ecology, The Ohio State University.

Issues Covered: Environment, Urban Development, Wildlife, Ecology, American History

Links: [The Accidental Ecosystem by Peter S. Alagona - Hardcover - University of California Press](#)

[DNA Shows At Least Three Large Black Bears Are Breaking Into Tahoe Homes, Not Just 'Hank the Tank' | Smart News | Smithsonian Magazine](#)

[Peter Alagona | Environmental Studies Program](#)

[Stanley D. Gehrt | SENR](#)

[Urban Coyote Research Project](#)

SEGMENT 2: THE PANG OF REGRET
Time **Duration**

Synopsis: Regret is an all-too-common feeling that's simply part of life, but it's what we learn from our mistakes that matters. Writer Daniel Pink joins us this week to break down the intricacies of this emotion and share how people can avoid self-pity and constructively move forward. 14:36 8:41

Host: Marty Peterson

Guests: Daniel Pink, writer, author, *The Power of Regret: How Looking Backward Moves Us Forward*.

Issues Covered: Career, Mental Health, Emotional Wellness, Personal Growth and Development, Psychology, Communication

Links: [Regret | Psychology Today](#)

[The Power of Regret: How Looking Backward Moves Us Forward: Pink, Daniel H.: 9780735210653: Amazon.com: Books](#)

[Daniel Pink: Great Leaders Share Their Failures With Their Teams](#)

CULTURE CRASH: NEVER GETTING TIRED OF THE FILM, "THE PRESTIGE"
Time **Duration**

Synopsis: The Prestige was released in 2006 and features some of Hollywood's biggest names, including Christian Bale, Hugh Jackman and Michael Caine. We discuss why it's a remarkable movie that never gets old watch after watch. 24:17 2:09

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-11 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Production Manager: Jason Dickey
3/13/22

SEGMENT 1:	A MORE SUPPORTIVE MENTAL HEALTH SYSTEM	Time	Duration
Synopsis:	The isolation of the pandemic has taken a big toll on young people as rates of depression, anxiety and other mental disorders have sharply risen in children and adolescents. What are the key areas that need to be fixed? Why is mental health just as important as physical health? We answer these questions and more this week on Viewpoints.	1:47	9:34
Host:	Gary Price		
Guests:	Dr. Thomas Insel, psychiatrist, neuroscientist, former head, National Institute of Mental Health (NIMH), author of <i>Healing: Our Path From Mental Illness to Mental Health</i> ; Dr. Vaile Wright, psychologist, senior director, Health Care Innovation, American Psychological Association.		
Issues Covered:	Psychology, Innovation, Health Policy, Technology, Public Health, Mental Health, Insurance, Policy, Science		
Links:	Learn more about mental health NAMI: National Alliance on Mental Illness SAMHSA's National Helpline BetterHelp What American Mental Health Care Is Missing - The Atlantic Healing: Our Path from Mental Illness to Mental Health Hardcover		

SEGMENT 2:	THE ECONOMIC SQUEEZE OF INFLATION	Time	Duration
Synopsis:	Between January 2021 and January 2022, prices across the board went up by 7.5%. What's next? Economics professor Dr. Christian Vom Lehn joins us to break down what's fueling these continued price hikes and how the invasion of Ukraine by Russia may make certain goods and services pricier.	13:22	9:56
Host:	Marty Peterson		
Guests:	Dr. Christian Vom Lehn, assistant professor, economics, Brigham Young University; Carrie Leonard, suburban Chicago resident.		
Issues Covered:	Inflation, Economics, Consumerism, Personal Finance, Labor, Manufacturing		
Links:	Christian vom Lehn Consumer prices up 7.5 percent over year ended January 2022 Federal Reserve Chair Pledges to Bring Inflation Under Control - The New York Times		

CULTURE CRASH:	GETTING BACK TO THE 90S	Time	Duration
Synopsis:	We travel back in time to the 1990's as author Chuck Klosterman joins Culture Crash to highlight the iconic culture, media and politics of this infamous decade.	24:18	2:10
Host:	Evan Rook		
Issues Covered:	Culture, History		

Program 22-12 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 3/20/22
Production Manager: Jason Dickey

SEGMENT 1: THE EXPANDING LANDFILL IN SPACE
Time **Duration**

Synopsis: From weather forecasting to cellular coverage to global imaging, we heavily rely on space satellites in our day to day lives. We discuss the serious issue of human-created space debris and what's being done to curb this problem before it reaches catastrophic levels. 1:47 8:43

Host: Gary Price

Guests: Dr. Jonathon McDowell, astronomer, astrophysicist, Center for Astrophysics at Harvard and the Smithsonian; Dr. Moriba Jah, associate professor, aerospace engineering, engineering mechanics, University of Texas -- Austin, co-founder, chief scientist, Privateer Space.

Issues Covered: Environment, Waste Management, Space Exploration, Science, Technology

Links: Center for Astrophysics (Harvard & Smithsonian) - Jonathan McDowell

Jonathan McDowell (@planet4589) / Twitter

Moriba K. Jah

mission.privateer.com

ClearSpace

SEGMENT 2: PAVING A NEW FUTURE FOR CLASSICAL MUSIC
Time **Duration**

Synopsis: Less than 2% of all classical musicians are African American. Two classical music experts join us this week to help us understand the barriers for entry into classical music and how those in the field are helping younger populations gain exposure and greater access to the genre. 12:33 10:57

Host: Marty Peterson

Guests: Brendan Slocumb, professional violinist, music educator, author of *The Violin Conspiracy*; Afa S. Dworkin, president, artistic director, Sphinx.

Issues Covered: Education, Career, Arts, Diversity, Music, Social Equity, Nonprofit, Literature

Links: Sphinx Organization

About Me --- Brendan Slocumb

Classical Music Had A Race Problem 20 Years Ago. It Still Does | Cognoscenti

CULTURE CRASH: THE DARKER "BATMAN"
Time **Duration**

Synopsis: "The Batman" starring Robert Pattinson has dominated box office charts the last couple of weeks. We discuss if the new take on the classic franchise is worth the hype. 24:30 1:57

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-13 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: Production Manager: Jason Dickey
3/27/22

SEGMENT 1: CARING FOR AN AGING POPULATION
Time Duration

Synopsis: More than 54 million Americans ages 65 or older are living in the U.S. today. This accounts for almost 17 percent of the total population. This number is only set to rise over the next two decades as millions more baby boomers transition into this next phase of life. As this population further ages, many will require care. So often we talk about the healthcare system and the patients themselves, but what about the caregivers who provide these services? In many cases, this role falls on family members' shoulders, and for this group, it can be all too easy to quickly lose sight of personal health, wellness and relationships. We discuss the ups and downs of caregiving in a world that can feel isolating and hard to navigate.

1:47 9:33

Host: Gary Price

Guests: Dr. Santo D. Marabella, author, *Lessons of Caring: Inspiration and Support for Caregivers*; Erik Stoll, co-director, *America* (film).

Issues Covered: Senior Care, Aging, Healthcare, Relationships, Health

Links: Family Caregiver Alliance

América – Documentary Film

AARP Resources for Caregivers and their Families

Caregiver Support | USAGov

Family Caregiver Alliance

SEGMENT 2: WHEN THE GUILTY ARE MARKED AS INNOCENT
Time Duration

Synopsis: Why do we believe one person but believe another is lying? This week, author Sarah Weinman joins us as we discuss the story of one American man in the 1950's who was able to dupe millions and get released from prison.

13:22 9:58

Host: Marty Peterson

Guests: Sarah Weinman, writer, author, *Scoundrel: How a Convicted Murderer Persuaded the Women Who Loved Him, the Conservative Establishment, and the Courts to Set Him Free.*

Issues Covered: Crime, History, Criminal Justice, Law, Psychology, Media

Links: Edgar Smith, Killer Who Duped William F. Buckley, Dies at 83 - The New York Times

Scoundrel – HarperCollins

Crime - The New York Times

CULTURE CRASH: "HEAT WAVES": A SONG THAT SEEMS TO NEVER GO OUT OF STYLE
Time Duration

Synopsis: The song, "Heat Waves" by the British indie pop rock band, Glass Animals continues to be a hit track almost two years after its release. We discuss its continued popularity and what else is worth a listen from Glass Animals.

24:20 2:07

Host: Evan Rook

Issues Covered: Culture, Music

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

- 911
- Agriculture
- Air Pollution
- Animal Health
- Auto/Traffic Safety
- Automated Vehicles
- Charitable Organizations
- Child Development
- Children & Youth at Risk
- Climate Change
- Clinical Research
- Consumerism
- Covid-19 Pandemic
- Criminal Justice System
- Depression
- Diamond Industry
- Diversity
- Eating Disorders
- Economic Sanctions
- Economics
- Education
- Emergency & First Responders
- Environment & Environmental Impact
- Ethics
- Family & Parenting
- Federal Government, Policy & Regulations
- Fitness Apps
- Fitness Industry
- Food, Diet & Nutrition
- Free Speech
- Global Politics
- Gun Legislation
- Gun Violence
- Hazardous Materials
- Health & Fitness
- Health & Wellness
- Health Care
- Human Rights
- Infectious Disease
- Invasive Species
- Jails & Prisons
- Kidney Disease
- Local Government
- Manufacturing & Industry
- Mass Shooting
- Mental Health
- Mental Illness
- Military & War
- National Security
- Natural Disasters
- Organ Donors & Transplants
- Organ Shortage Crisis
- Patient Safety
- Pets & People
- Physical Health
- Police & Law Enforcement
- Political Strategy
- Pollution
- Ponds & Lakes
- Pregnancy & Expecting Mothers
- Prevention
- Prosecution
- Public Health
- Public Safety
- Recycling
- Rehabilitation
- Research & Research Funding
- School Shooting
- Social Media
- Sociology
- Sports & Safety
- State Government
- Technology
- Vaccination
- Vulnerable Populations
- Waste Disposal & Landfills
- Xenotransplantation

Program 22-01		Executive Producer:	Reed Pence
Air Week:		Production Manager:	Jason Dickey
	1/2/22		
SEGMENT 1:	HOARDING DISORDER: MORE THAN JUST TOO MUCH JUNK	Time	Duration
Synopsis:	Hoarding disorder affects at least five percent of Americans, and despite TV programs showing its effects, it is still widely misunderstood. Experts discuss the danger hoarding poses to others, including neighbors, children, and first responders; why those with the disorder are so attached to things; and the right and wrong ways to address the problem.	1:50	12:20
Host & Producer:	Reed Pence		
Guests:	Dr. Carolyn Rodriguez, Associate Professor of Psychiatry and Behavioral Sciences, and Associate Dean for Academic Affairs, Stanford University School of Medicine; Elaine Birchall, social worker specializing in hoarding disorder and co-author of <i>Conquer the Clutter: Strategies to Identify, Manage and Overcome Hoarding</i>		
Compliance issues:	Children and Youth at Risk, Mental Health, First Responders, Family Issues, Public Safety		
Links:	Carolyn Rodriguez – Stanford University profile Birchall Consulting		
SEGMENT 2:	DEALING WITH LIFELONG DISEASE	Time	Duration
Synopsis:	Life-threatening, lifelong chronic diseases from infancy are at the top of the list of medical challenges. A woman who has dealt with cystic fibrosis her entire life discusses how mindset is often the biggest factor in living a full life with such a disease, and sets out her recipe for shoring up one's approach. Developing a chronic disease in your 30s or 40s strikes a lot of people as unfair. The deck seems stacked against someone like that. But what happens when you're diagnosed with a lifelong chronic disease almost at birth? That's what happened to Mary Elizabeth Peters, a theater artist and patient advocate in Boston.	15:12	7:43
Host:	Nancy Benson		
Producer:	Bridget Killian		
Guests:	Mary Elizabeth Peters, author of <i>Don't Let Them Kill You: 10 Rules for Navigating Chronic Illness In the Age of Infinite Intervention</i>		
Compliance issues:	Mental Health, Consumerism, Health Care, Children and Youth at Risk, Public Health		
Links:	marvelizabethpeters.com		

Program 22-02	Executive Producer:	Reed Pence
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Air Week:
1/9/22

Production Manager: Jason Dickey

SEGMENT 1:	SEGMENT 1: CAN 911 RESPOND TO MENTAL HEALTH CRISES?	Time	Duration
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Synopsis:	Up to 15% of calls to 911 involve people having a mental health breakdown, yet many call centers, especially in rural areas, have no one with any training on what to do or who to dispatch in those cases. Typically they send police, who may also have no training on how to handle mental health crises and may inflame the situation. Experts discuss why this happens and how communities can respond better.	1:50	12:15
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Host & Producer: Reed Pence

Guests: Dr. Adam Vaughan, Assistant Professor of Criminal Justice and Criminology at Texas State University; Tracy Velazquez, Manager, Public Safety Research, Pew Charitable Trusts

Compliance issues: Police, Criminal Justice System, Mental Illness, Emergency and First Responders, Economics, 911, Mental Health, Local Government, Public Safety, Jails and Prisons

Links: [Dr. Adam David Vaughan – Texas State University Faculty Profile](#)

[Dr. Vaughan on Twitter](#)

[Tracy Velazquez, MS, MPA – Women’s Media Center](#)

SEGMENT 2:	CHILDREN'S "PSYCHOTIC-LIKE EXPERIENCES"	Time	Duration
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Synopsis:	Children and young adolescents may experience perceptual distortions or strange thoughts, but if they become frequent and disruptive, they can be an early tip-off to serious future mental health distress. An expert discusses this new field of mental health research in adolescents.	15:07	7:53
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Host: Nancy Benson

Producer: Polly Hansen

Guests: Dr. Nicole Karcher, Instructor, Department of Psychology, Washington University, St. Louis

Compliance issues: Education, Public Health, Mental Health, Children and Youth at Risk

Links: [Nicole Karcher – Psychiatry](#)

Program 22-03	Executive Producer:	Reed Pence
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Air Week:
1/16/22

Production Manager: Jason Dickey

SEGMENT 1:	WEATHER DISASTER CLEANUP: COSTLY & INEFFICIENT, BUT NECESSARY	Time	Duration
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Synopsis:	Severe life-threatening weather, such as the rare December tornadoes that tore through Kentucky and other states in December 2021, will likely become more frequent with climate change. Experts discuss the difficulties in cleaning up large scale disasters and how planning could improve the results cheaply.	1:50	12:05
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Host & Producer: Reed Pence

Guests: Dr. Sybil Derrible, Professor of Urban Engineering, University of Illinois at Chicago; Dr. Nazli Yesiller, Director, Global Waste Research Institute, California Polytechnic State University

Compliance issues: Waste Disposal and Landfills, Natural Disasters, Pollution, Hazardous Materials, Climate Change, Local and State Government, Environment, Recycling

Links: [Sybil Derrible](#)

[Director - Global Waste Research Institute - Cal Poly, San Luis Obispo](#)

SEGMENT 2:	THE LINK BETWEEN OBESITY AND CANCER	Time	Duration
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Synopsis:	Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why.	14:55	7:26
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Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America

Compliance issues: Health Care, Public Health, Consumerism

Links: [Anthony Perre, MD | Internal Medicine | Atlanta, Ga | CTCA](#)

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

Program 22-05	Executive Producer:	Reed Pence
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Air Week:
1/30/22

Production Manager: Jason Dickey

SEGMENT 1:	KIDS WHO'VE LOST PARENTS TO COVID	Time	Duration
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Synopsis: New estimates show that more than 167,000 children under 18 (a number growing rapidly) have lost a parent or major caregiver to Covid-19. Psychologists say deaths under such circumstances are also much more difficult for survivors to adjust to and will have a major impact on the US. Experts discuss how these "forgotten griever" are coping and what actions might help ease the impact on them and to the nation.

1:50 11:23

Host & Producer: Reed Pence

Guests: John Bridgeland, co-founder and CEO, Covid Collaborative; Dr. Dan Treglia, Associate Professor of Practice, University of Pennsylvania School of Social Policy and Practice

Compliance issues: Charitable Organizations, Health Care, Diversity, Federal Government, Children and Youth at Risk, Federal Government and Policy, Education, Family and Parenting, Economics

Links: [Dan Treglia, PhD, MPP - School of Social Policy & Practice](#)

[Our Staff | Civic](#)

SEGMENT 2:	HOW WARFARE DESTROYS HEALTHCARE	Time	Duration
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Synopsis: According to the Geneva Convention and other agreements, health facilities and workers are supposed to be protected from the violence of war. However, they're targeted much more often than most people know. A noted expert in the field discusses how this violence happens, its consequences, and how international organizations may be able to turn this trend around.

14:15 8:12

Host: Nancy Benson

Producer: Reed Pence

Guests: Leonard Rubenstein, Professor of the Practice, Johns Hopkins Bloomberg School of Public Health and author of *Perilous Medicine: The Struggle to Protect Health Care From the Violence of War*

Compliance issues: Charitable Organizations, Military and War, Health Care

Links: [Perilous Medicine](#)

[Leonard Rubenstein, JD, LL.M. - Johns Hopkins Berman Institute of Bioethics](#)

Program 22-06 **Executive Producer:** Reed Pence

Air Week: **Production Manager:** Jason Dickey
2/6/22

SEGMENT 1: PUNISHING COVID-LYING DOCTORS **Time** **Duration**

Synopsis: There's a growing number of complaints to state medical boards regarding doctors lying about Covid-19 and vaccines. The doctors spreading misinformation are not always reprimanded by state medical boards and are allowed to continue voicing the misinformation. They cite freedom of speech as a defense, but other doctors say licensed professionals have an obligation to the truth. Experts explain the controversy. 1:50 13:17

Host & Producer: Reed Pence

Guests: Dr. Brian Castrucci, President and CEO, De Beaumont Foundation; Dr. Humayun Chaudhry, President and CEO, Federation of State Medical Boards

Compliance issues: Charitable Organizations, Children and Youth at Risk, Education, Public Health, Free Speech, Health Care, Federal Government and Policy

Links: [Brian C. Castrucci - de Beaumont Foundation](#)
[Humayun J. Chaudhry | DO, MACP, President and Chief Executive Officer Federation of State Medical Boards](#)

SEGMENT 2: NEEDLE PHOBIA **Time** **Duration**

Synopsis: Some people who have not yet gotten the Covid vaccine are simply afraid of the needle. Bad childhood experience can keep people from receiving necessary medical treatments. A needle-phobic and a physician explain how parents should discuss injections with their children from a young age. 16:08 6:47

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Gary LeRoy, family physician and former president of the American Academy of Family Physicians; Laura Munoz, needle phobic

Compliance issues: Public Health, Mental Health, Consumerism, Health Care, Children and Youth at Risk, Family and Parenting

Links: [Gary LeRoy, M.D. - Community Health Centers of Greater Dayton profile](#)

Program 22-07	Executive Producer:	Reed Pence
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Air Week:
2/13/22

Production Manager: Jason Dickey

SEGMENT 1:	CLIMATE CHANGE & NATIONAL SECURITY	Time	Duration
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Synopsis: The future of climate change impacts a lot more than our crops. Natural disasters and mass migrations of people threaten the health and safety of populations and governments around the world. Experts discuss how climate change creates economic, sociological, political, and military issues. 1:51 13:26

Host & Producer: Reed Pence

Guests: Sherri Goodman, Senior Strategist, Center for Climate and Security and former First Deputy Undersecretary of Defense for Environmental Security; Dr. Teevrat Garg, Assistant Professor of Economics, School of Global Policy and Strategy, University of California, San Diego

Compliance issues: Children and Youth at Risk, Political Strategy, Public Health, Sociology, Economics, National Security, Federal Government and Policy, Military, Climate Change

Links: [Sherri Goodman](#)
[Teevrat Garg](#)

SEGMENT 2:	THE VEGAN FUTURE	Time	Duration
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Synopsis: Some experts believe that the future of food is vegan. With the increasing effects of global warming, changes to farms are inevitable. Experts talk about why eating animals is inefficient, and why our planet won't be able to support it in the future. 16:19 6:09

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Roanne van Voorst, President, Dutch Futures Society and author of *Once Upon A Time We Ate Animals*

Compliance issues: Agriculture, Climate Change, Children and Youth at Risk, Public Health, Health and Wellness, Consumerism, Environmental Impact

Links: [Roanne van Voorst](#)
[Once Upon a Time We Ate Animals: The Future of Food Hardcover](#)
[Shifting Diets for a Sustainable Food Future | World Resources Institute](#)

Program 22-08	Executive Producer:	Amirah Zaveri
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Air Week:
2/20/22

Production Manager: Jason Dickey

SEGMENT 1:	CHILD DEVELOPMENT IN PANDEMIC	Time	Duration
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Synopsis:	New research suggests the pandemic negatively affects child development. Many children born after the start of the pandemic score lower in child development than children born before. Researchers explain possible theories for these children's slower development scores.	1:50	12:07
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Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Rebecca Jackson, Vice President of Programs and Outcomes for Brain Balance, Board Certified Cognitive Specialist; Dr. Morgan Firestein, Postdoctoral Research Fellow, Department of Psychology at Columbia University Medical Center; Kasey Baiter, mother

Compliance issues: Public Health, Pregnancy and Expecting Mothers, Health Care, Family and Parenting, Charitable Organizations, Children and Youth at Risk, Education, Child Development

Links: [Morgan Firestein | Department of Psychology](#)
[About Dr. Rebecca Jackson | Brain Balance Achievement Centers](#)

SEGMENT 2:	SEASONAL AFFECTIVE DISORDER	Time	Duration
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Synopsis:	Seasonal Affective Disorder can occur any time of year but is most prevalent during the winter months. SAD can develop into non-seasonal major depression if left untreated. An expert gives advice on how to combat SAD and reduce the risk of getting it next year.	14:59	8:06
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Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Elias Shaya, Regional Medical Director for Behavioral Health Services, MedStar Health Kaelyn Adams, suffers with Seasonal Affective Disorder, Owner, Barre Evolution Fitness

Compliance issues: Public Health, Mental Health, Depression, Consumerism, Physical Health, Health Care, Health and Fitness, Children and Youth at Risk

Links: [Implementing prevention of seasonal affective disorder from patients' and physicians' perspectives | BMC Psychiatry](#)
[Elias K. Shaya, MD | Psychiatry | MedStar Health](#)
[Barre Evolution Fitness](#)

Program 22-09 **Executive Producer:** Amira Zaveri

Air Week:
2/27/22

Production Manager: Jason Dickey

SEGMENT 1: WHY OMICRON COULD END THE PANDEMIC **Time** **Duration**

Synopsis: Although the Omicron variant accounts for 99% of Covid cases in the U.S., it's far less lethal. Experts say this is the perfect combination that could bring us back to normalcy. It's likely that life with Covid will start to resemble how we handle the flu. 1:50 13:55

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. William Schaffner, Professor of Infectious Diseases and Preventative Medicine, Vanderbilt University Medical School; Dr. Iahn Gonsenhauser, Chief Quality and Patient Safety Officer, Ohio State University Wexner Medical Center

Compliance issues: Covid-19 Pandemic, Children and Youth at Risk, Public Health, Infectious Disease, Consumerism, Vaccination, Patient Safety, Prevention

Links: [William Schaffner, MD | Department of Health Policy](#)
[William Schaffner, M.D. - vanderbilt.edu](#)
[Iahn Gonsenhauser | The Ohio State University Wexner Medical Center](#)
[Dr Iahn Gonsenhauser \(@DrGTheMD\) / Twitter](#)

SEGMENT 2: HOW LATER SCHOOL START TIMES AFFECT PARENTS AND STUDENTS **Time** **Duration**

Synopsis: Sleep deprivation affects about three out of four teenagers in America. Inadequate sleep has been linked to depression, anxiety, weight gain, and worsened heart functioning. An expert shows through a case study how implementing later school start times allows students and parents to get more sleep. 16:47 6:23

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Lisa Meltzer, Pediatric Psychologist, National Jewish Health

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

Links: [Lisa J. Meltzer, PhD](#)
[Amazon.com: Lisa J. Meltzer: Books, Biography, Blog, Audiobooks, Kindle](#)
[Impact of changing school start times on parent sleep - ScienceDirect](#)

Program 22-10	Executive Producer: Amirah Zaveri
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Air Week:
3/6/22

Production Manager: Jason Dickey

SEGMENT 1:	PIG ORGANS COULD SOLVE THE ORGAN SHORTAGE CRISIS	Time	Duration
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Synopsis:	Thousands of people die each year due to the organ shortage crisis. Recently, doctors successfully transplanted pig kidneys into a brain-dead human for the first time in history. An expert discusses how pigs could be the future of human organ transplants.	1:50	13:03
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Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jayme Locke, Abdominal Transplant Surgeon and Director of the Comprehensive Transplant Institute, University of Alabama at Birmingham

Compliance issues: Organ Transplants, Organ Donors, Vulnerable populations, Kidney Disease, Patient Safety, Xenotransplantation, Public Health, Ethics, Organ Shortage Crisis, Consumerism

Links: [Jayme Locke - UAB Professor](#)
[Dr. Jayme Locke, MD, MPH - UAB Medicine - Kidney Transplant Surgery](#)
[UAB TEAM \(@UAB_TEAM\) on Twitter](#)
[UAB announces first clinical-grade transplant of gene-edited pig kidneys into brain-dead human - UAB News](#)

SEGMENT 2:	CAN WE TRUST COMPUTERS TO DRIVE OUR CARS?	Time	Duration
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Synopsis:	Self-driving cars seem to be our future, but how safe are they? Researchers have identified 32 major impacts automated cars could have on public health, and 17 of them are negative. Experts discuss what a possible future of self-driving cars will look like.	15:56	7:04
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Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Soheil Sohrabi, Post-Doctoral Researcher, Texas A&M Transportation Institute; Dr. Dominique Lord, Professor of Civil and Environmental Engineering, Texas A&M

Compliance issues: Automated Vehicles, Public Health, Physical Health, Traffic Safety, Air Pollution, Auto Safety, Public Safety

Links: [Soheil Sohrabi - personal website](#)
[Soheil Sohrabi on Twitter \(@sohrabisoheil\)](#)
[Soheil Sohrabi, Ph.D. - Texas A&M Transportation Institute resume](#)
[Dominique Lord - Texas A&M Engineering biography](#)
[Soheil Sohrabi's Google Scholar page](#)
[Dominique Lord's Google Scholar page](#)

Program 22-13	Executive Producer:	Amirah Zaveri
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Air Week:
3/13/22

Production Manager: Jason Dickey

SEGMENT 1:	HOW FITNESS APPS CONTRIBUTE TO EATING DISORDERS	Time	Duration
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Synopsis:	Fitness apps can be helpful, but for some people, obsessive meal tracking helped them develop an eating disorder. Experts talk about the slippery slope of the fitness industry and discuss proper recovery methods.	1:50	12:12
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Host: Reed Pence

Producer: Kristin Farrah

Guests: Dr. Kimberly O'Brien, Licensed Independent Clinical Social Worker, Boston Children's Hospital Female Athlete Program, Assistant Professor, Harvard Medical School; Dr. Miriam Rowan, Clinical Psychologist, Boston Children's Hospital Female Athlete Program, Instructor in Psychology, Harvard Medical School; Julia Maple, Fitness Influencer

Compliance issues: Mental Health, Social Media, Consumerism, Rehabilitation, Sports and Safety, Patient Safety, Fitness Industry, Diet and Nutrition, Fitness Apps, Public Health, Technology, Eating Disorders

Links: [Kimberly O'Brien, PhD, LICSW | Researcher | Boston Children's Hospital](#)
[Kimberly O'Brien \(@khmobrien\) on Twitter](#)
[About Dr. Rowan](#)
[Miriam Rowan, PsyD | Boston Children's Hospital](#)
[@drmiriamrowan | Instagram photos and videos](#)
[Watch juliam_fit's Newest TikTok Videos](#)
[@juliam_fit on Instagram](#)

SEGMENT 2:	WHY YOU SHOULD FLUSH YOUR GOLDFISH DOWN THE TOILET	Time	Duration
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Synopsis:	Spring is a popular time for fish owners to get rid of their goldfish. Most people think that letting them loose in a pond is the best option, but you may want to rethink that. Experts discuss why goldfish should be flushed down the toilet instead of thrown into a neighborhood pond.	15:04	7:27
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Host: Nancy Benson

Producer: Kristin Farrah

Guests: Randy Anhorn, District Administrator for the Nine Mile Creek Watershed District, Minnesota; Jordan Wein, Environmental Scientist, WSB; Julie, former goldfish owner

Compliance issues: Environment, Consumerism, Ponds and Lakes, Invasive Species, Animal Health, Ethics

Links: [Our Staff - Nine Mile Creek Watershed District](#)
[Randy Anhorn on LinkedIn](#)
[Jordan Wein on LinkedIn](#)

Program 22-12 **Executive Producer:** Amirah Zaveri

Air Week:
3/20/22

Production Manager: Jason Dickey

SEGMENT 1: A LOOK AT THE BLOOD DIAMONDS HELPING FUND RUSSIA'S INVASION OF UKRAINE **Time** **Duration**

Synopsis: Russia produces one-third of the world's rough diamonds. The Russian government owns 33% of Alrosa, a Russian company that owns 90% of Russia's diamonds. An expert discusses how a global embargo of Russian diamonds would send a strong economic message to its leaders. 1:50 11:05

Host: Reed Pence

Producer: Kristin Farrah

Guests: Ian Smillie, Conflict Diamonds Expert, International Development Consultant, and author

Compliance issues: Political Strategy, Manufacturing and Industry, Human Rights, Federal Government and Regulation, Global Politics, Children and Youth at Risk, Economic Sanction, Consumerism, Diamond Industry

Links: [Ian Smillie | OpenGlobalRights](#)
[Ian Smillie books and biography | Waterstones](#)
[Kimberley Process](#)

SEGMENT 2: WHY ASPD IS STILL A MYSTERY: THE DISORDER FORMERLY KNOWN AS SOCIOPATHY **Time** **Duration**

Synopsis: Antisocial personality disorder (ASPD) is a disorder where those affected don't feel empathy. Many serial killers and rapists have ASPD, so why haven't we been looking for a cure? An expert talks about the challenges facing ASPD research. 13:56 9:15

Host: Nancy Benson

Producer: Kristin Farrah

Guests: Dr. Donald W. Black, Associate Chief of Staff for Mental Health, Iowa City Veterans Hospital, Professor Emeritus of Psychiatry, University of Iowa, and author; Sarah Morris, Director of Adult Psychopathology and Psychosocial Treatment Development Research, National Institute of Mental Health (NIMH)

Compliance issues: Public Health, Clinical Research, Mental Health, Research, Public Safety, Children and Youth at Risk, Mental Illness, Research Funding

Links: [Donald W. Black, MD | CP/AACP Psychiatry Update | Global Academy for Medical Education](#)
[Amazon.com: Donald W. Black: Books, Biography, Blog, Audiobooks, Kindle](#)
[Donald W. Black - Wikipedia](#)
[NIMH » Adult Psychopathology and Psychosocial Interventions Research Branch](#)

Program 22-13 **Executive Producer:** Amirah Zaveri

Air Week:
3/27/22

Production Manager: Jason Dickey

SEGMENT 1: WHO'S RESPONSIBLE FOR A MASS SHOOTING? **Time** **Duration**

Synopsis: Even as many students switched to virtual learning, school shootings didn't stop. One recent school shooter used his parents' gun, and now they are facing charges for their role in the incident. Experts discuss how the accountability of mass shootings doesn't always just fall on the shooter. 1:50 12:18

Host: Reed Pence

Producer: Kristin Farrah

Guests: Shavaun Scott, psychotherapist, author; Dr. Joyce White Vance, Professor, University of Alabama School of Law, Former U.S. Attorney, Northern District of Alabama

Compliance issues: Ethics, Gun Legislation, Mass Shooting, Gun Violence, Criminal Justice System, Children & Youth at Risk, Prosecution, Prevention, Public Safety

Links: [Joyce Vance | University of Alabama School of Law](#)
[Joyce Alene \(@JoyceWhiteVance\) / Twitter](#)
[#SistersInLaw](#)
[P. Shavaun Scott](#)
[Shavaun Scott \(@shavaunscott\) / Twitter](#)
[P. Shavaun Scott - Home | Facebook](#)

SEGMENT 2: THE PROBLEM WITH A NEW ROAD PHENOMENON CALLED 'SUPER SPEEDING' **Time** **Duration**

Synopsis: Less congested roads during the pandemic gave room for drivers to increase their speed, creating a whole new type of driving called 'super speeding'. The issue is that there's also been the largest number of car crash deaths since 2006. Experts talk about the dangers of speeding and how we can slow drivers down. 15:10 7:55

Host: Nancy Benson

Producer: Kristin Farrah

Guests: Dr. Nichole Morris, Director, Human-First Research Lab, University of Minnesota; Dr. Colleen Peterson, Assistant Research Scientist, University of Michigan Transportation Research Institute

Compliance issues: Public Safety, Speeding, Consumerism, Auto Safety and Highways, Prevention, Road Design, Public Health, Car Crash, Traffic Safety

Links: [Nichole Morris, PhD \(@NicholeLMorris\) / Twitter](#)
[HumanFIRST Laboratory](#)
[Colleen M. Peterson](#)