

Quarterly Issues KUNK-FM

VIEWPOINTS AND RADIO HEALTH
JOURNAL SUNDAYS 5A-6A

KTOX-AM

VIEWPOINTS AND RADIO HEALTH
JOURNAL SUNDAYS 7A-8A

KRWI-FM

VIEWPOINTS AND RADIO HEALTH
JOURNAL SUNDAYS 6A-7A

KCUP-AM

VIEWPOINTS AND RADIO HEALTH JOURNAL
SUNDAYS 6A-7A

Steve Rubin



Quarterly Report of Compliancy Issues & Programs List
2022-Q4 (October - December) Radio Health Journal

- * Acid Reflux
- * Addiction
- * Addiction Resources
- * Agriculture
- * Alcohol
- * Allergies
- * Ambulance
- * Amputations
- * Animal Agriculture

- * Antibiotic Resistance
- * Antibiotics
- * Army
- * Assisted Reproduction
- * Athletics
- * Autoimmune Diseases
- * Back Pain
- * Bacteria
- * Biomedical Technology
- * Boundaries
- * Cancer
- * Chemotherapy
- * Children and Youth at Risk
- * Chronic Conditions
- * Chronic Pain
- * Combat
- * Communication
- * Consumerism
- * Corporatization
- * Covid-19 Pandemic
- * Creativity
- * Crowd Crush
- * Crowd Dynamics
- * Crowd Safety
- * Crowd Surges
- * Dairy Industry
- * Death
- * Delusions
- * Diet and Exercise
- * Digestion
- * Disabilities
- * Disease Awareness
- * Dreams
- * Drug Abuse
- * Drug Epidemic
- * Drug Overdoses and Opioids
- * Education
- * Emergency Department
- * Emergency Medicine
- * Empathy
- * Exhaustion
- * Family Issues
- * Federal Regulations
- * Fee For Service
- * Fertility
- * First Responders
- * Food Deserts
- * Gastroenterology
- * Gender Issues
- * Genetics
- * GERD
- * Global Crisis
- * Global Health Emergency
- * Goal Setting
- * Government
- * Gut Microbiome
- * Health

- * Healthcare
- * Healthy Selfishness
- * Heartburn
- * Holidays
- * Homelessness
- * Housing Crisis
- * Hunger Crisis
- * Immune System
- * Infectious Disease
- * Insurance
- * Intervention and Harm Reduction
- * Joint Dysfunction
- * Kidney Disease
- * Kindness
- * Lab Testing
- * Legislation
- * Life Expectancy
- * Lifestyle Changes
- * Long Covid
- * Male Infertility
- * Mass Death
- * Meat Industry
- * Medical Access
- * Medical Records
- * Medicine
- * Memory
- * Men's Health
- * Mental Health
- * Mental Health Awareness
- * Mental Illness
- * Mental Toughness
- * Military
- * Mindset
- * Multidisciplinary Care
- * Naloxone
- * Narcissism
- * Nature
- * Neurology
- * Neuroscience
- * New Years
- * Non-profit
- * Novel Treatments
- * Nutrition
- * Obesity
- * Oncology
- * Opioids Overdose
- * Prevention
- * Paramedics
- * Pathological Altruism
- * Patient Health
- * Patient Safety
- * Pharmaceutical Industry
- * Pharmacy Deserts
- * Physical Health
- * Physically Disabled
- * Physician Shortage
- * Plant Fiber

- * Politics
- * Pollution
- * Pregnancy
- * Preventive
- * Medicine
- * Primary Care
- * Prostate Cancer
- * Psychology
- * PTSD
- * Public Awareness
- * Public Health
- * Public Health Crisis
- * Public Policy
- * Public Safety
- * Public Transportation
- * Race
- * Racial Inequality
- * Radiation
- * Regenerative Medicine
- * Relationships
- * Reproduction
- * Reproductive Technology
- * Selfishness
- * Sensory Issues
- * Sexual Assault
- * Sleep
- * Stampedes
- * Stem Cell Therapy
- * Stillbirth
- * Stomach Issues
- * Strength
- * Substance Use Disorder
- * Suicide
- * Supplements
- * Synesthesia
- * Technology
- * Therapy
- * Trauma
- * Vaccinations
- * Value-based Care
- * Veteran's Issues
- * Veterans & Veterans Affairs
- * Veterinary Medicine
- * Vietnam War
- * Virtual Reality
- * Vulnerable Populations

Program 22-40

Air Week: 10/2/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: PHARMACY DESERTS: THE SHRINKING ACCESS TO HEALTHCARE

Time: 1:50

Duration: 12:21

Synopsis: Neighborhood pharmacies are closing across the nation, leaving their communities without close access to medication and other healthcare needs. Dr. Walter Mathis has researched pharmacy deserts and how they're affecting local communities. He explains possible solutions to this growing issue.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Walter Mathis, Assistant Professor of Psychiatry, Yale School of Medicine; Justin Macy, PharmD, Digital Health Senior Manager, National Association of Boards of Pharmacy

Compliance issues: Public Health, Public Transportation, Consumerism, Corporatization, Food Deserts, Public Policy, Medical Access, Vulnerable Populations, Pharmacy, Healthcare, Pharmacy Deserts

Links for more info:

Walter S. Mathis, MD

Pharmacy deserts: More than where pharmacies are

Justin Macy - Digital Health Senior Manager - National Association of Boards of Pharmacy | LinkedIn

Safe.Pharmacy

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SEGMENT 2: AN ILLNESS AFFECTING MILLIONS OF UNSUSPECTING PEOPLE Ð POSSIBLY YOU

Time: 15:13

Duration: 7:51

Synopsis: Peripheral Artery Disease may not be a household name like stroke or heart attack, but it's just as common. Unfortunately, the lack of awareness means that many patients with PAD catch it too late and end up needing an amputation. Dr. Nick West discusses why public awareness is crucial to saving lives and limbs.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Nick West, Chief Medical Officer, Abbott Laboratories

Compliance issues: Disease Awareness, Physical Health, Public Awareness, Diet and Exercise, Amputations, Patient Safety, Global Health Emergency, Public Safety

Links for more info:

Nick West - LinkedIn

Peripheral Artery Disease (PAD)

Clear Program | Abbott

Program 22-41

Air Week: 10/9/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: DISSECTING THE EMERGENCY ROOM: EVERY PATIENT HAS A STORY

Time: 1:50

Duration: 12:05

Synopsis: As an ER doctor, Jay Baruch wears many hats. He's a healer, listener, traffic director, and so much more during each shift. But in such a chaotic space, how can doctors maximize their time with patients* Baruch explains his beliefs on medicine's moral center and changes that need to be implemented to give patients the best outcomes.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Jay Baruch, Emergency Physician, Professor of Emergency Medicine, Warren Alpert Medical School at Brown University, Author

Compliance issues: Public Health, Consumerism, Medicine, Creativity, Patient Safety, Medical Records, Healthcare, Emergency Medicine, Insurance, Covid-19 Pandemic

Links for more info:

JBaruchM / Twitter

Jay Baruch, MD

Baruch, Jay

SEGMENT 2: A NEW HOPE FOR MEN WITH ADVANCED PROSTATE CANCER

Time: 14:57

Duration: 7:28

Synopsis: Treatments for metastatic hormone-sensitive prostate cancer have remained the same for seventy years until now. Scientists have created a medication, called Nubeqa, that pairs with the original treatments and helps lengthen the lifespan of patients. An expert discusses why this is an optimistic time for MHSPC patients.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Neal Shore, Medical Director, Carolina Urologic Research Center, Chief Medical Officer of Urology and Surgical Oncology, GenesisCare US

Compliance issues: Radiation, Novel Treatments, Chemotherapy, Prostate Cancer, Vulnerable Populations, Oncology, Patient Safety, Cancer, Gender Issues

Links for more info:

Dr. Neal D. Shore, CMO of Urology and Surgery | GenesisCare US

Neal Shore, MD, FACS | Atlantic Urology Clinics

NUBEQA (darolutamide)

Program 22-42

Air Week: 10/16/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE CONDITION THAT EXPERTS SAY IS SEVERELY UNDER-DIAGNOSED

Time: 1:49

Duration: 10:52

Synopsis: Our upper and lower body movements are connected by two small joints called the sacroiliac joint. Any changes in this joint can cause severe pain and restricted mobility. Unfortunately, SI joint dysfunction is extremely hard to diagnose. An expert explains the difficulties in diagnosing and how the dysfunction can be fixed using regenerative medicine.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Niteesh Bharara, Director of Regenerative Medicine, Virginia Spine Institute; Kathryn Butterfield, diagnosed with SI joint dysfunction

Compliance issues: Regenerative Medicine, Public Health, Consumerism, Joint Dysfunction, Chronic Pain, Stem Cell Therapy, Chronic Conditions, Vulnerable Populations, Back Pain, Patient Safety

Links for more info:

Dr. Niteesh Bharara | Spine Doctor

Dr. Niteesh Bharara (@doctor_bharara) ¥ Instagram photos and videos

SEGMENT 2: WHY WE NEED TO HAVE BETTER DISCUSSIONS AROUND MALE INFERTILITY

Time: 13:43

Duration: 9:14

Synopsis: Did you know that men are just as affected by infertility as women* Yet, society tends to focus on female infertility more commonly. Because of the lack of discussion, many men wait too long to seek help for fertility issues. Dr. Scott Lundy, a urologist at the Cleveland Clinic, discusses different causes of male infertility and common treatment options men may not know about.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Scott Lundy, Urologist, Glickman Urological and Kidney Institute at the Cleveland Clinic

Compliance issues: Male Infertility, Public Policy, Fertility, Reproductive Technology, Public Awareness, Lifestyle Changes, Assisted Reproduction, Men's Health, Reproduction

Links for more info:

Scott Lundy, MD | Cleveland Clinic

RESOLVE: The National Infertility Association

Scott Lundy MD PhD (@ScottLundyMDPhD) / Twitter

Male Infertility: Symptoms, Diagnosis & Treatment - Urology Care Foundation

Program 22-43

Air Week: 10/23/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: "FIELD IN CRISIS": DOCTORS NEED 26.7 HOURS IN A DAY TO CARE FOR PATIENTS

Time: 1:50

Duration: 11:12

Synopsis: Primary care physicians have been experiencing a shortage in recent years. Couple that with a demanding patient load and it's no surprise that both doctors and patients are feeling slighted. Experts discuss the systemic changes needed to turn the field around.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Russ Phillips, Primary Care Physician, Director, Harvard Medical School Center for Primary Care; Dr. Justin Porter, Primary Care Physician, Assistant Professor of Medicine, University of Chicago

Compliance issues: Fee For Service, Education, Physician Shortage, Consumerism, Primary Care, Multidisciplinary Care, Patient Health, Value-based Care

Links for more info:

Justin Porter, MD - UChicago Medicine

Revisiting the Time Needed to Provide Adult Primary Care | SpringerLink

Russ Phillips, MD

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SEGMENT 2: CAN DREAMS DEEPEN OUR UNDERSTANDING OF MENTAL ILLNESS?

Time: 14:04

Duration: 8:28

Synopsis: Even with a growing awareness of mental health, researchers say our compassion for those with mental illness hasn't improved. Dr. Melanie Rosen, an assistant professor of philosophy, thinks the lack of societal empathy could be fixed in our sleep. She explains how the delusional nature of dreams

could help us better understand the daily lives of those with mental illnesses, such as schizophrenia.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Melanie Rosen, Assistant Professor of Philosophy, Trent University

Compliance issues: Mental Illness, Empathy, Public Health, Mental Health Awareness, Mental Health, Virtual Reality, Delusions, Sleep, Dreams, Neuroscience

Links for more info:

Melanie Rosen - Philosophy - Trent University

The understanding we gain whilst we sleep | Melanie Rosen | TEDxAarhus

Dreaming as a virtual reality delusion simulator: Gaining empathy whilst we sleep

Program 22-44

Air Week: 10/30/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE CONVERSATION AROUND STILLBIRTH THAT'S LONG OVERDUE

Time: 1:49

Duration: 12:22

Synopsis: Elizabeth O'Donnell experienced a stillbirth in 2020. Through her grief, she created Aaliyah in Action, a non-profit that helps women in similar situations, in honor of her daughter. She believes stillbirth prevention needs to be a public conversation ð one that can save thousands of babies.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Elizabeth O'Donnell, Founder, Aaliyah in Action; Dr. Neil Mandsager, Maternal Fetal Medicine Physician, Director of Obstetrician, MercyOne Des Moines Medical Center, Medical Adviser, Count the Kicks

Compliance issues: Stillbirth Prevention, Public Policy, Stillbirth, Pregnancy, Children and Youth at Risk, Legislation, Consumerism, Non-profit, Vulnerable Populations

Links for more info:

Meet the Founder | Aaliyah in ActionÊ

Neil Mandsager (@NeilMandsager) / Twitter

Aaliyah In Action (@aaliyahinaction) ¥ Instagram photos and videosÊ

Count the KicksNeil Mandsager MD, MercyOne Des MoinesÊ

@aaliyahinaction / Twitter

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SEGMENT 2: HOW SLEEP RESEARCH IS IMPROVING COMMUNICATION TECHNOLOGY

Time: 15:13

Duration: 7:35

Synopsis: Even after decades of research, much of the human brain remains a mystery. In an effort to progress communication technology for the physically disabled, Dr. Daniel Rubin, a neurologist, is working to uncover some of the questions around sleep. He explains his groundbreaking findings and sheds light on the future of bridging our brains with technology for instantaneous communication.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Daniel Rubin, Neurologist, Massachusetts General Hospital, Instructor, Harvard Medical School

Compliancy issues: Sleep, Neuroscience, Memory, Communication, Public Health, Physically Disabled, Technology, Neurology

Links for more info:

Daniel Rubin, MD, PhD

Dan Rubin (@DBRubin) / Twitter

Dan Rubin, MD, PhD - BrainGate

Learned Motor Patterns Are Replayed in Human Motor Cortex during Sleep | Journal of Neuroscience

Program 22-45

Air Week: 11/6/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: HAVE WE RELIED TOO MUCH ON HEALTHCARE?

Time: 1:50

Duration: 13:04

Synopsis: Hospitals are a foundational part of our health, but Dr. Michael Stein, a primary care physician, believes we may be depending too much on medicine. He explains the difference between healthcare and public health, arguing that we should pay more attention to preventing conditions before they occur.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Michael Stein, Primary Care Physician, Professor, Boston University School of Public Health; Dr. Franchell Hamilton, Bariatric Surgeon, Obesity Weight loss Specialist, Founder, NeuroSwitch Weight Loss
Compliancy issues: Nutrition, Housing Crisis, Public Policy, Politics, Pollution, Hunger Crisis, Public Health, Preventive Medicine, Consumerism, Health, Vulnerable Populations, Healthcare

Links for more info:

Michael Stein | SPH

Michael Stein (@mdsteinmd) / Twitter

Michael Stein, MD

NeuroSwitch Weight Loss

Dr. Franchell Hamilton

Dr. Franchell Hamilton (@dr.fhamilton) ¥ Instagram photos and videos

Dr. Franchell Hamilton (@DrFHamilton) / Twitter

White House Conference on Hunger, Nutrition, and Health | health.gov

SEGMENT 2: HOW ORDINARY PEOPLE BECAME AMERICA'S FIRST PARAMEDICS

Time: 15:56

Duration: 7:10

Synopsis: In 1966, Americans were more likely to die from a car crash than soldiers in the Vietnam War. Most people needing emergency assistance were carried to the hospital in the back of a police car. In his new book, Kevin Hazzard uncovers how our modern-day paramedics came to be.

Host: Nancy Benson

Producer: Polly Hansen

Guests: Kevin Hazzard, Paramedic, author of American Sirens: The Incredible Story of The Black Men Who Became America's First Paramedics

Compliancy issues: Healthcare, Race, Public Health, Ambulance, Consumerism, Paramedic, Vulnerable Populations, Patient Safety, Life Expectancy

Links for more info:

Kevin Hazzard

@goes_by_hazzard / Twitter

Program 22-46

Air Week: 11/13/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: ANTIBIOTICS: THE GROWING HEALTH CRISIS WEÕRE NOT TALKING ABOUT, PART 1

Time: 1:50

Duration: 11:01

Synopsis: People around the world have heavily relied on antibiotics to fight off infections for decades. Unfortunately, this dependency has created a global resistance to some of the drugs, leading to the deaths of more than one million people in 2019. Dr. John McKillip discusses the overuse, overprescribed, and misprescribed issues that, if left unchecked, could result in up to ten million deaths each year due to antibiotic resistance.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. John McKillip, Professor of Microbiology, Ball State University;

Milan Patel, CEO and Co-Founder, PathogenDx

Compliance issues: Pharmaceutical Industry, Antibiotics, Genetics, Biomedical Technology, Patient Safety, Bacteria, Public Health Crisis, Global Health Emergency, Public Health, Antibiotic Resistance

Links for more info:

John McKillip | Ball State University

PathogenDX

Antibiotic resistance crisis: challenges and imperatives | SpringerLink

Executive Team | PathogenDxÊ

SEGMENT 2: HOW TO OVERCOME YOUR MENTAL BLOCKS TO REACH SUCCESS

Time: 13:53

Duration: 8:36

Synopsis: Mental toughness is usually a term reserved for athletes. However, Dr. Haley Perlus, an expert in performance psychology, explains why itÕs so important for everyone to work on their mental fortitude. Perlus joins us this week to offer tips on how to work past those mental blocks and achieve your goals.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Haley Perlus; Author, Public Speaker, Doctor of Sport and

Performance Psychology

Compliance issues: Strength, Goal Setting, Neuroscience, Mental Toughness, Public Safety, Mental Health, Athletics, Relationships, Mindset

Links for more info:

Dr. Haley Perlus

Dr. Haley Perlus: Speaker, Consultant, Author (@sportpsychology) / Twitter

Dr. Haley Perlus on Peak Performance - YouTube

Program 22-47

Air Week: 11/20/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: HAS HEALTHCARE LET DOWN THE MEN AND WOMEN WHO SERVED OUR COUNTRY?

Time: 1:50

Duration: 11:44

Synopsis: Suzanne Gordon's new book "Our Veterans" explores the question: have we failed our service members? Though the VA Healthcare system is a great resource, too many veterans are unable to access it. Gordon exposes our society's insufficient care for the men and women who've served our country and offers solutions to help right these wrongs.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Suzanne Gordon, Journalist, Senior Policy Analyst, Veterans Healthcare Policy Institute, Author, Our Veterans: Winners, Losers, Friends, and Enemies on the New Terrain of Veterans Affairs; Dr. Edgardo Padin-Rivera, Retired Clinical Psychologist, Vietnam War Veteran

Compliance issues: Suicide, Healthcare, Vulnerable Populations, Government, Veteran's Issues, Military, Sexual Assault, Trauma, Army, Combat, PTSD, Veterans, Vietnam War, Chronic Conditions, Veterans Affairs

Links for more info:

Suzanne Gordon

Our Veterans

VA Health Care | Veterans Affairs

Veterans Health Administration

SAPR.mil

Hospice of the Western Reserve - Post-Traumatic Stress at the End of Life

SEGMENT 2: ANTIBIOTICS PART 2: WE ARE WHAT WE EAT

Time: 13:36

Duration: 8:53

Synopsis: In this continuation of last week's antibiotic segment, we explore the prevalence of drug use within animal agriculture. Two-thirds of the yearly antibiotic supply are consumed by this industry. What's the impact to people who ultimately eat these antibiotic-ridden meat, dairy, and produce products?

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Laurel Redding, Assistant Professor of Epidemiology, University of Pennsylvania School of Veterinary Medicine

Compliance issues: Public Health, Agriculture, Federal Regulations, Antibiotics, Antibiotic Resistance, Veterinary Medicine, Global Crisis, Animal Agriculture, Meat Industry, Dairy Industry

Links for more info:

Laurel E Redding | Institute for Translational Medicine and Therapeutics

Laurel Redding - Assistant Professor - University of Pennsylvania | LinkedIn

Environmental Health Perspectives | Vol. 129, No. 5

Program 22-48

Air Week: 11/27/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: GUT FEELING: THE TRILLIONS OF BACTERIA IN CHARGE OF OUR IMMUNE SYSTEM

Time: 1:50

Duration: 11:53

Synopsis: Trillions of bacteria live in our gut, creating an intricate system called the "gut microbiome." Dr. Robynne Chutkan, a gastroenterologist,

explains how this network is a crucial component to our immune system. She also offers step-by-step guidance on how to strengthen your own microbiome.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Robynne Chutkan, Gastroenterologist, Digestive Center for Wellness, Author, *The Anti-Viral Gut: Tackling Pathogens From The Inside Out*

Compliancy issues: Cancer, Consumerism, Supplements, Nature, Gastroenterology, Public Health, Autoimmune Diseases, Immune System, Diet, Antibiotics, Gut Microbiome, Allergies, Bacteria, Digestion, Plant Fiber

Links for more info:

Dr. Robynne Chutkan

Free Anti-Viral Gut Master Class - Robynne Chutkan

Dr Robynne Chutkan (@gutbliss) ¥ Instagram photos and videos

Dr. Robynne Chutkan - YouTube

Dr. Robynne Chutkan (@DrChutkan) / Twitter

SEGMENT 2: LOVE THE PERSON, HATE THEIR BEHAVIOR: SUPPORTING AN ADDICT

Time: 14:45

Duration: 8:11

Synopsis: Addiction doesn't just affect one person; it can tear entire families apart. But how can you convince a loved one to get help, and is there a way to support them without enabling the addiction? An expert discusses the steps families can take to fight against substance use addiction.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Judy Mandel, Author, *White Flag*; Mike Gimbel, Drug Abuse Expert, Host, *Straight Talk*

Compliancy issues: Drug Abuse, Addiction, Homelessness, Consumerism, Drug Epidemic, Vulnerable Populations, Intervention and Harm Reduction, Family Issues, Addiction Resources, Substance Use Disorder

Links for more info:

Judy Mandel

White Flag - Judy L. Mandel - new book by NYT Bestselling Author

Judy L. Mandel (@judymandel) / Twitter

Judy Mandel (@mandeljudy) ¥ Instagram photos and videos

Host & Producer - *Straight Talk with Mike Gimbel* | LinkedIn

mike gimbel (@gimbel_mike) / Twitter

Straight Talk Ð HarfordTV

Program 22-49

Air Week: 12/4/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: HOW ÔLONG COVIDÕ HAS BROUGHT ATTENTION TO A NEGLECTED ILLNESS

Time: 1:50

Duration: 10:33

Synopsis: Myalgic encephalomyelitis/chronic fatigue syndrome has long been a condition surrounded by doubt in the medical community. How could someone be completely exhausted from doing a crossword puzzle? Dr. Lucinda Bateman, an ME/CFS expert, explains the mental and physical toll that plagues the people who suffer from this condition.

Host: Reed Pence

Producer: Polly Hansen

Guests: Dr. Lucinda Bateman, Founder and Medical Director, Bateman Horne Center, ME/CFS Expert; Dr. Walter Koroshetz, Director of the National

Institute of Neurological Disorders and Stroke; Ann McDonald, Diagnosed with ME/CFS
Compliance issues: Infectious Disease, Disabilities, Covid-19, Public Health, Chronic Conditions, Health Care, Exhaustion, Vaccinations, Long Covid
Links for more info:
Ann McDonald (@oncnursestl) / Twitter
Bateman Horne Center
Lucinda Bateman, MD
Lucinda Bateman (@LBatemanMD) / Twitter
Walter Koroshetz | National Institute of Neurological Disorders and Stroke
Walter J. Koroshetz (@NINDSdirector) / Twitter

SEGMENT 2: CHRONIC HEARTBURN ISN'T NORMAL & IT CAN CAUSE MORE HARM THAN SMOKING

Time: 13:25

Duration: 8:50

Synopsis: Acid reflux may seem like just an annoying condition, but when it becomes extreme, developing into GERD, it can create permanent damage. In fact, ignoring your acid reflux can lead to esophageal cancer. Dr. Samir Patel details how to properly treat your heartburn before it becomes a serious issue.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. Samir Patel, Surgeon, AtlantiCare University

Compliance issues: Stomach Issues, Heartburn, Acid Reflux, Obesity, GERD, Vulnerable Populations, Chronic Conditions, Diet, Gastroenterology, Pregnancy, Cancer

Links for more info:

Dr. Samir M Patel, MD - Egg Harbor Township, NJ - Bariatric Surgery - Request Appointment

Gastroesophageal reflux disease (GERD) - Symptoms and causes - Mayo Clinic

Program 22-50

Air Week: 12/11/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: BEING SELFISH IS SOMETIMES THE HEALTHIEST OPTION

Time: 1:50

Duration: 11:29

Synopsis: We're taught from a young age to always share and be kind, but Dr. Scott Kaufman thinks that's not always the right thing to do. His new research looks at the idea of "healthy selfishness" & taking care of yourself before focusing on helping others. He discusses the different forms of selfishness and why setting boundaries can be the best way to grow a relationship.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Scott Kaufman, Cognitive Scientist, Humanistic Psychologist, Associate Professor, Columbia University, Host, The Psychology Podcast; Dr. Peter Loper, Assistant Professor of Pediatrics and Psychology, University of South Carolina School of Medicine

Compliance issues: Selfishness, Psychology, Kindness, Pathological Altruism, Relationships, Narcissism, Therapy, Healthy Selfishness, Boundaries

Links for more info:

Scott Barry Kaufman

Dr. Scott Barry Kaufman (@scottbarrykaufman) ¥ Instagram photos and videos
Dr. Scott Barry Kaufman ???* (@sbkaufman) / Twitter
About | peteloper.com
Peter L. Loper - School of Medicine Columbia | University of South Carolina

SEGMENT 2: WHY GETTING STUCK IN A CROWD IS MORE DANGEROUS THAN YOU THINK

Time: 14:21

Duration: 8:09

Synopsis: The recent tragedy in South Korea during Halloween seemed to have come out of nowhere. However, crowd dynamic experts say it was actually the perfect storm for catastrophe. Crowd surges occur when too many people are packed into one place and often results in the death of those unlucky enough to be stuck in the middle. An expert explains what happens during a crowd surge and how to stay safe in the middle of large gatherings.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Dr. William H Warren, Chancellor's Professor of Cognitive, Linguistic, and Psychological Sciences, Brown University

Compliance issues: Crowd Surges, Crowd Crush, Crowd Safety, Mass Death, Public Safety, Crowd Dynamics, Stampedes

Links for more info:

William H Warren

Program 22-51

Air Week: 12/18/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: HOME FOR THE HOLIDAYS: WHY ER VISITS SPIKE AROUND CHRISTMAS

Time: 1:50

Duration: 12:12

Synopsis: The holidays are full of traveling, seeing our family, and visits to the emergency room. Whether you live in snowy Colorado or sunny LA, accidents increase during winter. Experts discuss this phenomenon and share tips on how to safely make it through the holidays.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. Christopher Michos, Emergency Medicine Physician, Norwalk Hospital; Dr. Robert Kloner, Chief Science Officer and Scientific Director of Cardiovascular Research, Huntington Medical Research Institute, Professor of Medicine, University of Southern California; Dr. David Phillips, Professor Emeritus of Sociology, University of California at San Diego

Compliance issues: Death, Emergency Department, New Years, Holidays, First Responders, Patient Safety, Chronic Conditions, Consumerism, Public Health, Emergency Medicine

Links for more info:

Christopher Michos, MD - Emergency Medicine Physician - Norwalk Hospital | LinkedIn
Dr. Christopher J. Michos, MD - Norwalk, CT - Emergency Medicine
Robert A. Kloner, MD, PhD

Robert Alan Kloner, MD, PhD | Keck School of Medicine of USC

David Phillips

SEGMENT 2: ENDING OVERDOSE: MAKING THE ANTIDOTE MORE ACCESSIBLE THAN THE DRUG

Time: 15:04

Duration: 7:49

Synopsis: The National Safety Council reports that opioid overdoses have become the number one cause of death for people age 18 to 45. In an effort to save lives, Theo Krzywicki created the non-profit End Overdose. The organization informs and arms the public with the tools to prevent and reverse opioid overdoses. He explains the signs of an overdose and how to use life-saving devices like Naloxone.

Host: Nancy Benson

Producer: Kristen Farrah

Guests: Theo Krzywicki, Founder and CEO, End Overdose

Compliance issues: Overdose Prevention, Drug Overdoses and Opioids, Harm Reduction, Alcohol, Consumerism, Drug Abuse, Addiction, Opioids, Drug Overdose, Paramedics, First Responders, Naloxone

Links for more info:

Our Team @ End Overdose

End Overdose

END OVERDOSE (@end.overdose) on Instagram photos and videos

Fentanyl Test Strips: A Harm Reduction Strategy

Program 22-52

Air Week: 12/25/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: TRYING TO FIX THE BIASED LAB TESTING THAT'S COST COUNTLESS LIVES

Time: 1:49

Duration: 12:05

Synopsis: If left untreated, kidney disease can eventually lead to death -- which is why early testing is so important. However, the main test has historically had different threshold requirements based on race, which has led to lower diagnosing rates and higher death rates from the condition in people of color. Experts dissect how a new testing equation will help even the scales and give accurate results for all patients.

Host: Reed Pence

Producer: Kristen Farrah

Guests: Dr. La'Tonzia Adams, MS, FCAP, Pathologist, VA Portland Health Care System; Dr. Jonathan Genzen, FCAP, Chief Medical Officer, ARUP Laboratories, Professor of Clinical Pathology, University of Utah

Compliance issues: Kidney Disease, Lab Testing, Vulnerable Populations, Racial Inequality, Public Health, Consumerism, Race

Links for more info:

La'Tonzia L. Adams, MD, MS (@DrPathAdams) / Twitter È

The Doctor's Doctor È

Jonathan R. Genzen, MD, PhD | ARUP Laboratories È

Jonathan Robert Genzen, MD, PhD

SEGMENT 2: THE DOCTOR THAT CAN ACTUALLY FEEL HIS PATIENTS' PAIN

Time: 14:56

Duration: 7:34

Synopsis: Mirror-touch synesthesia is a sensory processing disorder where a person can feel the sensations of another. As you can imagine, this condition can be an asset for certain people, like Dr. Joel Salinas. He's a neurologist who can diagnose patients just by being able to feel their symptoms in his own body. He explains the condition and what it's like living with his empathy on overdrive.

Host: Nancy Benson

Producer: Reed Pence

Guests: Dr. Joel Salinas, Neurologist, Harvard Medical School and
Massachusetts General Hospital Department of Neurology

Compliance issues: Patient Safety, Empathy, Neurology, Sensory Issues,
Vulnerable Populations, Synesthesia

Links for more info:

Joel Salinas, M.D.É

Joel Salinas, MD (@joelsalinasmd) ¥ Instagram photos and videos

Salinas Lab: Joel Salinas MD

Joel Salinas, MD

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Program 22-40

Air Week: 10/2/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: WORKERS ARE FED UP: THE CONTINUING STRIKES & UNIONIZATIONS IN THE U.S.

Time: 1:47

Duration: 9:37

Synopsis: Just last month, the railway industry narrowly averted a strike that would've resulted in more than 100,000 railway workers walking off the job. This dispute over pay, hours and working conditions would've shut down the U.S. railway system, costing billions of dollars in lost revenue from commuter travel and a stall in commodities and goods shipments. Over the past year, headlines covering workers striking or pushing to unionize have become commonplace. What's driving this labor revolt? Stay tuned this week.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Daisy Pitkin, Deputy Organizing Director, Workers United; Maxford Nelsen, Director of Labor Policy, The Freedom Foundation.

Compliancy issues: Wealth Distribution, Labor Issues, Labor Rights, Career, Health, Equity

Links for more info:

Daisy Pitkin - Workman Publishing

Maxford Nelsen (@MaxfordNelsen) / Twitter

U.S. Approval of Labor Unions at Highest Point Since 1965

SEGMENT 2: THE POWER OF PHOTOGRAPHY

Time: 13:26

Duration: 8:10

Synopsis: The beauty of a photo is that it freezes a specific moment in history forever. A single snapshot has the power to convey a scene better than words ever could. We speak with author and activist Philip Allen about the role photography and videography played during the Civil Rights Movement and the role it still plays today in capturing racial bias & inequality.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Philip Allen, activist, author of *The Prophetic Lens: The Camera and Black Moral Agency From MLK to Darnella Frazier*.

Compliance issues: Civil Rights, Segregation, Arts, History, Discrimination, Photography

Links for more info:

Emmett Till's Open Casket Funeral Reignited the Civil Rights Movement | At the Smithsonian

Photography's Power in the Civil Rights Movement Had a Tragic Side

The Prophetic Lens: The Camera and Black Moral Agency from MLK to Darnella Frazier by Phil Allen Jr., Hardcover | Barnes & Noble

CULTURE CRASH: A REVIEW OF "THE PATIENT"

Time: 24:22

Duration: 2:35

Synopsis: The new Hulu drama series, *The Patient* stars Steve Carrell and Domhnall Gleeson. We review the first few episodes of Season 1.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: TV, Culture

Program 22-41

Air Week: 10/9/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: THE STATE OF JOURNALISM: A NEW, EXPANDING FORMAT

Time: 1:47

Duration: 8:38

Synopsis: Americans are increasingly busy, and there's more content than ever before vying for a piece of their time. In this new landscape, many media outlets are shifting their formats to better compete with social media and Americans' reduced attention spans. Co-founder of Axios, Roy Schwartz joins us this week to talk about how everyone, and not just journalists, can use this stylistic change to improve both their writing and presenting.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Roy Schwartz, co-founder, president, Axios, author of *Smart Brevity: The Power of Saying More With Less*.

Compliance issues: Writing, Technology, Oral Communication, Journalism, Media, Social Media

Links for more info:

Axios

Smart Brevity: The Power of Saying More with Less

SEGMENT 2: PHONE GUIDELINES FOR KIDS

Time: 12:27

Duration: 8:22

Synopsis: It seems like every preteen has their own cell phone these days. Just last week, I saw a kid (possibly 9 or 10 years old) walking down the street talking to someone through their smartwatch. Who would've thought?

With more young people owning tech at an earlier age, it's important for both parents and kids to sit down from the get-go and talk about how to stay safe online, minimize social media use and more.

Host: Marty Peterson
Producer: Amirah Zaveri
Guests: Catherine Pearlman, licensed social worker, author of *First Phone: A Child's Guide to Digital Responsibility, Safety and Etiquette*.
Compliance issues: Parenting, Technology, Cyber Security, Addiction, Child Development
Links for more info:
How to Use the Parental Controls on a Smartphone - Consumer Reports
Instagram Parental Controls | Internet Matters
The best parental control apps for Android and iPhone 2022 | Tom's Guide
Use parental controls on your child's iPhone, iPad, and iPod touch - Apple Support

CULTURE CRASH: THE DECLINE OF AMERICA'S FAVORITE PASTIME

Time: 23:51
Duration: 2:33
Synopsis: More Americans are watching less baseball these days. What changed? We discuss some theories as to why the sport is seeing a downturn.
Host: Evan Rook
Producer: Evan Rook
Compliance issues: Sports, TV, Culture

Program 22-42

Air Week: 10/16/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: ELECTRIC VEHICLES: REDUCING SKY HIGH COSTS & A LACK OF ACCESSIBILITY

Time: 1:47

Duration: 7:05

Synopsis: The electric vehicle market is booming. Nearly every automaker is pledging to invest in this technology and is rolling out sleek new models with all the bells and whistles. While electric is seen as the future, for many Americans these newer cars are often out of reach because of the hefty price tag. We speak with two experts about this current market and what progress is being made to make EVs more available to all.

Host: Gary Price

Producer: Grace Galante

Guests: Alessandra Carreon, manager, Carbon-Free Mobility Team, Rocky Mountain Institute; Kristin Dziczek, automotive policy advisor, Federal Reserve Bank of Chicago's Detroit Branch.

Compliance issues: Transportation, Climate Change, Environmental Policy, Auto Manufacturing, Clean Technology

Links for more info:

Auto companies are racing to meet an electric future, and transforming the workforce

Kristin Dziczek - Center for Automotive Research

Alessandra R. Carreon - RMI

Buy now or wait? What the new electric vehicle credits mean for you.

Most electric car buyers don't switch back to gas

SEGMENT 2: DISCOVERING DEATH: ANSWERS FROM A MORTICIAN

Time: 10:54

Duration: 10:54

Synopsis: What happens if you pass away in the Arctic, or in outer space? How do people in Thailand or India mourn their dead differently than people in the U.S.? We answer these questions and more with the help of mortician Caitlin Doughty.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Caitlin Doughty, mortician, author of Will My Cat Eat My Eyeballs? Big Questions from Tiny Mortals About Death.

Compliance issues: Death, Literature, Culture, Career, Grief, History, Societal Norms

Links for more info:

Will My Cat Eat My Eyeballs?: Big Questions from Tiny Mortals About Death

CULTURE CRASH: A NEW LOOK AT DAHMER

Time: 24:22

Duration: 2:06

Synopsis: The recent Netflix series, "Dahmer ð Monster: The Jeffrey Dahmer Story" has been met with mixed reviews. We discuss some of the differing opinions on this new true crime series.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Culture, TV

Program 22-43

Air Week: 10/23/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: FEEDING MORE MOUTHS MORE SUSTAINABLY

Time: 1:47

Duration: 8:13

Synopsis: Scientists are thinking big to voyage to Mars and one day possibly inhabit the far away planet. One big challenge is building a food production model from the ground up. We speak with one food scientist about how these food systems and people's diets on Mars may look one day and what we can learn from these advancements to improve our current food systems on Earth.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Lenore Newman, food scientist, director, Food and Agriculture Institute, University of the Fraser Valley, British Columbia, Canada, co-author of Dinner on Mars.

Compliance issues: Engineering, Food Production, Food Science, Natural Resources, Agricultural Innovation, Science, Space

Links for more info:

Dinner on Mars: The Technologies That Will Feed the Red Planet and Transform Agriculture on Earth

Lenore Newman, PhD - Food and Agriculture Institute

SEGMENT 2: GETTING ORGANIZED: FINDING THE TIME

Time: 12:02

Duration: 9:44

Synopsis: Constantly crossing off items from your daily or weekly To-Do List but feel like you never actually have time to do the things you really want to do? Acclaimed time management expert Laura Vanderkam joins us this

week to share some unique tips on how to get through your mundane tasks quicker and regain more of your time.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Laura Vanderkam, time management expert, author of *Tranquility By Tuesday*.

Compliance issues: Health, Organization, Personal Growth and Development, Relationships, Career, Mental Health, Time Management

Links for more info:

Amazon.com: *Tranquility by Tuesday: 9 Ways to Calm the Chaos and Make Time for What Matters* eBook : Vanderkam, Laura

Laura Vanderkam (@lvanderkam) / Twitter

CULTURE CRASH: THREE HALLOWEEN HORROR PICKS

Time: 24:19

Duration: 2:09

Synopsis: We highlight three spooky (and very scary) Halloween films that will leave you needing to keep the bedroom light on at night.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Film, Culture

Program 22-44

Air Week: 10/30/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: AFRICAN AMERICANS IN WWII

Time: 1:47

Duration: 8:29

Synopsis: More than 1.3 million African Americans served as part of the U.S. military and helped with war efforts during WWII. Yet rarely is this population ever fairly represented in blockbuster movies or TV shows about this era. Matthew Delmont, a history professor at Dartmouth College, joins us this week to shed some light on the contributions of African Americans who stepped up and served despite the discrimination, bias and violence they faced.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Matthew Delmont, professor, history, Dartmouth College, author of *Half American: The Epic Story of African Americans Fighting World War II at Home and Abroad*.

Compliance issues: Civil Rights, Race, War, Inequality, History, African American History

Links for more info:

Matthew F. Delmont | Department of History

Matt Delmont (@mattdelmont) / Twitter

Half American by Matthew F. Delmont: 9781984880390 | PenguinRandomHouse.com: Books

African Americans in World War II | The National WWII Museum | New Orleans
Black Americans Who Served in WWII Faced Segregation Abroad and at Home - HISTORY

SEGMENT 2: THE FUTURE OF REMOTE WORK

Time: 12:18

Duration: 8:55

Synopsis: Of all job holders in America, 58 percent or 92 million people say they have the option to work their positions remotely at least part of the week, according to a recent nationwide survey conducted by consulting firm, McKinsey & Co. Will this way of working continue long term? What are some of the challenges that companies are facing in this still relatively new landscape? We answer these questions and more this week on Viewpoints.

Host: Marty Peterson

Producer: Grace Galante

Guests: Gleb Tsipursky, human resource expert, CEO, Disaster Avoidance Experts.

Compliance issues: Human Resources, Labor Trends, Career, Hiring, Technology, Culture

Links for more info:

The future of work: What's the future of in-person work? | University Of Cincinnati

Remote work changed their lives. They're not going back to the office. Disaster Avoidance Experts

CULTURE CRASH: AN OVERFLOW OF LEGACY SEQUELS

Time: 24:14

Duration: 2:14

Synopsis: Starting to feel like there's an overflow of superhero releases? Or a constantly new extension to the Star Wars world? We touch on a few picks that, in our opinion, have been overdone.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Culture, Film

Program 22-45

Air Week: 11/6/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE HIGHER EDUCATION COST CRISIS: PART 1

Time: 1:48

Duration: 8:23

Synopsis: Student loan debt in the U.S. has burgeoned to 1.7 trillion dollars. And over the past two years, many borrowers have paused on paying these loans because the government paused on payment deadlines due to the COVID-19 pandemic. Last month, Biden's administration vowed to cancel \$10,000 of student loan debt for the average borrower and up to \$20,000 for Pell Grant recipients. We highlight what this move achieves (and doesn't) and what solutions are needed to solve this problem long-term.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Sandy Baum, higher education expert, nonresident senior fellow, Center on Education Data and Policy, Urban Institute.

Compliance issues: Personal Finance, Higher Education, Politics, Government, Career, Education policy

Links for more info:

Debt Relief | Application | Federal Student Aid

One-time Federal Student Loan Debt Relief

Q&A: The New Student Loan Income-Driven Repayment Waiver - NerdWallet

Sandy Baum | Urban Institute

SEGMENT 2: NEW YORK: A PEOPLE'S HISTORY

Time: 12:13

Duration: 9:15

Synopsis: New York is America's largest metropolis with a population of more than eight million people. Longtime resident and New York Times journalist, Sam Roberts joins us this week to highlight the stories behind some of the remarkable people who made the Big Apple the innovative and bustling city it is today.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Sam Roberts, journalist, The New York Times, author, The New Yorkers: 31 Remarkable People, 400 Years and the Untold Biography of the World's Greatest City.

Compliance issues: Geography, Urban Culture, Industry, American History, Discrimination, Arts

Links for more info:

31 New Yorkers You Should Know About but Don't
Sam Roberts (@samrob12) / Twitter

CULTURE CRASH: A RETURN TO T-SWIFT

Time: 24:17

Duration: 2:09

Synopsis: Taylor Swift's new collection titled, *Midnights*, has created a global frenzy over the last couple of weeks. We dive into this new release and what we like about this cohesive album.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Culture, Music

Program 22-46

Air Week: 11/13/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE HIGHER EDUCATION COST CRISIS: PART 2

Time: 1:47

Duration: 8:14

Synopsis: The average cost of attending a four-year, public college has ballooned to \$27,800 per year. This equates to more than \$110,000 spent to have an undergraduate degree. Even with current financial aid, for millions of students, it's not feasible to dig themselves into lifelong debt. We speak with two higher education experts about what needs to change with financial aid in America.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Mark Kantrowitz, financial aid expert; Sandy Baum, higher education expert, nonresident senior fellow, Center on Education Data and Policy, Urban Institute.

Compliance issues: Higher Education, Debt, Personal Finance, Government Policy, Equality, Equal Access

Links for more info:

Issue Brief: Doubling the Maximum Pell Grant

One-time Federal Student Loan Debt Relief

Q&A: The New Student Loan Income-Driven Repayment Waiver - NerdWallet
Sandy Baum | Urban Institute

SEGMENT 2: EXPLORING THE QUESTIONS THAT HAVE NO RIGHT ANSWER

Time: 12:03

Duration: 8:53

Synopsis: Dr. Gregory Stock who's made a living asking questions that sometimes have no hard and fast answers. In all reality, sometimes the process of coming to an answer is often more important than any one answer itself.

Host: Marty Peterson

Producer: Amirah Zaveri | Pat Reuter

Guests: Dr. Gregory Stock, bioethicist, author of The Book of Questions.

Compliancy issues: Philosophy, Communication, Psychology, Ethics, Relationships, Personal Growth and Development

Links for more info:

The Book of Questions: Revised and Updated: Stock Ph.D., Gregory

CULTURE CRASH: A PERFECT POST-MEAL HOLIDAY MOVIE

Time: 24:18

Duration: 2:10

Synopsis: There's a lot of films that fit the bill for Halloween and countless for Christmas, but what about Thanksgiving? We offer up a classic rom com that we love but not many movie lovers know about.

Host: Evan Rook

Producer: Evan Rook

Compliancy issues: Culture, Film

Program 22-47

Air Week: 11/20/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: IN PURSUIT OF BETTER SLEEP

Time: 1:47

Duration: 9:21

Synopsis: About 70 million people in the U.S. struggle with sleep. We speak with sleep expert and psychologist Aric Prather about how to fix your sleep problems without relying on sleep aids.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Aric Prather, sleep expert, psychologist, author, The Sleep

Prescription: Seven Days to Unlocking Your Best Rest.

Compliancy issues: Sleep Health, Psychology, Wellness, Mental Health, Medication, Technology

Links for more info:

Aric Prather | UCSF Profiles

The Sleep Prescription: Seven Days to Unlocking Your Best Rest (The Seven Days Series Book 2) - Kindle edition by Prather, Aric A.. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.

Insomnia treatment: Cognitive behavioral therapy instead of sleeping pills - Mayo Clinic

SEGMENT 2: CELEBRITY GOSSIP: ITS EVOLUTION INTO A MULTI-BILLION DOLLAR INDUSTRY

Time: 13:10

Duration: 8:30

Synopsis: Millions of people follow celebrity culture sites, social accounts, and outlets. How did this industry of celebrity news become the billion-dollar machine it is today? We speak with two media experts about its evolution and pros and cons to this form of entertainment.

Host: Marty Peterson

Producer: Amirah Zaveri | Grace Galante
Guests: Sharon Marcus, professor, English and Comparative Literature, Columbia University; Frank McAndrew, professor, psychology, Knox College.
Compliance issues: Media, News, Entertainment, Culture, History, Business, Psychology, Social Media
Links for more info:
Deuxmoi and the future of Instagram celebrity gossip - Vox
Frank McAndrew - Faculty - Knox College
Sharon Marcus | The Department of English and Comparative Literature

CULTURE CRASH: AN IRISH DRAMA

Time: 24:18

Duration: 2:08

Synopsis: We review the new movie, 'The Banshees of Inisherin' by acclaimed writer and director Martin McDonagh.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Culture, Film

Program 22-48

Air Week: 11/27/2022

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE 2024 PRESIDENTIAL ELECTION

Time: 1:47

Duration: 6:57

Synopsis: With this news making headlines, we go back in American history to uncover some of the stories of previous one-term presidents that preceded Trump.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Ronald Gruner, presidential historian, author, 'We the Presidents: How American Presidents Shaped the Last Century.'

Compliance issues: Government, Psychology, Communication, Culture, American History, Politics, Voting

Links for more info:

'We the Presidents: How American Presidents Shaped the Last Century': Gruner, Ronald: Books

Former President Donald Trump announces a White House bid for 2024

Donald Trump, Grover Cleveland, and the History of Trying to Win Back the White House

SEGMENT 2: THE MILITARY'S MOST CHALLENGING RECRUITING YEAR YET

Time: 10:46

Duration: 10:45

Synopsis: We speak with military expert Katherine Kuzminski about what's feeding into less Americans signing up and how the government aims to kickstart interest.

Host: Marty Peterson

Producer: Amirah Zaveri | Grace Galante

Guests: Katherine Kuzminski, senior fellow, director, Military Veterans of Society Program, Center for a New American Security.

Compliance issues: Culture, Homeland Security, Military, Army, Military Recruitment, War, Politics

Links for more info:

Katherine L. Kuzminski | Center for a New American Security (en-US)

Facts and Figures

Kate (Kidder) Kuzminski (@klkuzminski) / Twitter

CULTURE CRASH: A REVIEW OF ÒDON'T WORRY DARLINGÓ

Time: 24:07

Duration: 2:18

Synopsis: We review the new film ÒDon't Worry DarlingÓ which boasts an all-star cast starring Florence Pugh, Harry Styles, Olivia Wilde and more.

Host: Evan Rook

Producer: Evan Rook

Compliancy issues: Film, Culture

Program 22-49

Air Week: 12/4/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE RISE & FALL OF GENERAL ELECTRIC

Time: 1:47

Duration: 10:36

Synopsis: General Electric was once valued at 650 billion dollars. For decades, it was globally recognized for its innovation in electric, aviation, healthcare, and financial services. Today, it's a much different story. The company is preparing to split into three separate entities to increase its value and is in the process of downsizing from its large headquarters in Boston. Business expert and author William D. Cohan joins us this week to share the story of General Electric.

Host: Gary Price

Producer: Amirah Zaveri

Guests: William D. Cohan, financial journalist, author, Power Failure: The Rise and Fall of an American Icon.

Compliancy issues: Business, Leadership, History, Culture, Innovation, Invention

Links for more info:

Power Failure: The Rise and Fall of an American Icon

SEGMENT 2: LEARNING TO BAKE FOR THE HOLIDAYS

Time: 14:25

Duration: 7:05

Synopsis: Boozy Pecan, French Silk, Key Lime Pie. The many pie flavors out there are endless ð and just because Thanksgiving and all-things pumpkin have passed, doesn't mean an end to holiday sweets. Viewpoints speaks with cookbook author Ken Haedrich about the prevalence of pie in American culture and how anyone ð at any skill level ð can learn to bake this dish.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Ken Haedrich, food writer, cookbook author, Pie Academy.

Compliancy issues: Cooking, Self-Development, Consumer Science, Literature, Culinary Arts

Links for more info:

Recipes and Videos

'The Great British Baking Show: Holidays' Is Back! Here's What You Need To Know

CULTURE CRASH: FEELING FESTIVE WITH SOME CLASSIC TUNES

Time: 23:53

Duration: 2:30

Synopsis: We highlight some of our favorite odes to Christmas that never get old.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Music, Culture

Program 22-50

Air Week: 12/11/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: THE EFFECTS OF EXTREME WEATHER FELT ACROSS THE GLOBE

Time: 1:48

Duration: 9:45

Synopsis: From the Mississippi River's historic low water levels to Pakistan's non-stop flooding, the effects of extreme weather are being felt across the globe. Experts explain the common denominator between these seemingly opposite weather events, and the health and financial toll of natural disasters.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Colin Phillips, assistant professor of civil and environmental engineering, Utah State University; Dr. Daniel Swain, climate scientist, University of California Los Angeles's Institute of the Environment and Sustainability

Compliance issues: Climate Change, Engineering, Infrastructure, Science, Innovation

Links for more info:

Daniel Swain, Ph.D.

Weather West

Colin Phillips | Civil and Environmental Engineering | USU

Daniel Swain (@Weather_West) / Twitter

SEGMENT 2: GRIEVING AMIDST THE HOLIDAYS

Time: 13:35

Duration: 8:07

Synopsis: Just because it's the holidays doesn't mean it's a time of joy and happiness for everyone. Millions of Americans during this period struggle to just make it through the commitments, pressure, and difficult memories that these months bring. We speak with psychologist Mary Lamia about how to sit with your emotions, communicate with loved ones and set realistic expectations this month.

Host: Marty Peterson

Producer: Amirah Zaveri | Polly Hansen

Guests: Mary Lamia, practicing clinical psychologist, professor, Wright Institute.

Compliance issues: Communication, Loss, Mental Health, Grief, Self-Development, Travel, Psychology

Links for more info:

Mary Lamia

Psy.D. Program Faculty: Mary Lamia, PhD | The Wright Institute

Grief, Holidays, and Sensory Memories | Psychology Today

CULTURE CRASH: A REVIEW OF 'THE FABELMANS'

Time: 24:06

Duration: 2:21

Synopsis: We discuss Steven Spielberg's latest film 'The Fabelmans' which gives an inside look at the director's journey into moviemaking.

Host: Evan Rook

Producer: Amirah Zaveri

Compliance issues: Film, Culture

Program 22-51

Air Week: 12/18/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: HOW TO SKIP THE SUGAR WITHOUT GIVING UP DESSERT

Time: 1:47

Duration: 8:49

Synopsis: Many people think leading a healthy lifestyle means giving up sweets, but our two guests today prove them wrong. They explain how you can make easy substitutes when baking that produce decadent desserts without all the calories and sugar.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Elif Yamangil, Blogger, Mini Batch Baker & Plenty Sweet; Jennifer Tyler Lee, Author, Half the Sugar All the Love.

Compliance issues: Diet, Health, Obesity, Baking, Sugar, Exercise, Cooking

Links for more info:

Plenty Sweet - Healthy Sweets with less than 200 cal per serving.

(plentysweetblog) - Profile | Pinterest

Mini Batch Baker

Plenty Sweet

Elif Yamangil (@elifyamangil) ¥ Instagram photos and videos

Jennifer Tyler Lee

Jennifer Tyler Lee (@jennifertylertlee) ¥ Instagram photos and videos

SEGMENT 2: IS LIVING IN THE AGE OF THE INTERNET A RIGHT OR PRIVILEGE?

Time: 12:39

Duration: 8:29

Synopsis: Internet has become a necessity in our lives, but not everyone has access. With serious issues, like politics and education, being discussed almost exclusively online, more and more people are wondering if internet should be free. An expert explains the pros and cons of government-subsidized internet

Host: Marty Peterson

Producer: Amirah Zaveri | Grace Galante

Guests: Dr. Merten Reglitz, Senior Lecturer in Global Ethics, University of Birmingham.

Compliance issues: Politics, Education, Capitalism, Government Subsidizing, Internet, Consumerism

Links for more info:

Affordable Connectivity Program

Merten Reglitz - Senior Lecturer in Global Ethics - University of Birmingham | LinkedIn

Dr Merten Reglitz - Department of Philosophy - University of Birmingham

CULTURE CRASH: CAN AUTHORS PREDICT THE FUTURE?

Time: 23:54

Duration: 2:33

Synopsis: Amazon has recruited popular authors to take a stab at creating a Twilight Zone-esq, six-part book series.

Host: Evan Rook

Producer: Evan Rook

Compliance issues: Fiction, Culture

Program 22-52

Air Week: 12/25/22

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

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SEGMENT 1: GIVING BIRTH BEHIND BARS

Time: 1:47

Duration: 7:40

Synopsis: Dr. Carolyn Sufrin worked for years as an OB/GYN for inmates at a San Francisco Jail. She joins us this week to talk about the challenges pregnant prisoners face and what needs to change to make the prison system more humane, compassionate, and rehabilitation-focused for women in this situation.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Carolyn Sufrin, medical anthropologist, assistant professor, gynecology & obstetrics, Johns Hopkins University.

Compliance issues: Women's Issues, Healthcare, Trauma, Mental Health, Rehabilitation, Incarceration

Links for more info:

Pregnancy in Prison Statistics (PIPS) Project & ARRWIP

Carolyn Sufrin, Associate Director

SEGMENT 2: THE FIGHT TO SURVIVE ON THE BRINK OF EXTINCTION

Time: 11:29

Duration: 10:29

Synopsis: Extinction is a normal part of evolution, but the speed at which the Earth is losing species is abnormal. Scientists estimate that today's extinction rate is hundreds, or even thousands, of times higher than the natural progression. It's hard to quantify the exact number of species affected, but experts say it's at least 10,000 species per year that go extinct. What's driving this sped up process and how can humans help more species survive?

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Michael Webster, professor, practice, Department of Environmental Studies, New York University, author, The Rescue Effect: The Key to Saving Life on Earth.

Compliance issues: Wildlife Protection, Endangered Species, Biodiversity, Climate Change, Extinction

Links for more info:

The Rescue Effect: The Key to Saving Life on Earth

Species | Protecting Wildlife

Our Impact - Jane Goodall Institute USA

International Rhino Foundation

CULTURE CRASH: TIM BURTON STRIKES AGAIN

Time: 24:21

Duration: 2:05

Synopsis: The new show, 'Wednesday' is topping Netflix charts this season. We explore why this TV spinoff of 'The Addams Family' movie is faring so well with younger audiences.

Host: Evan Rook
Producer: Evan Rook
Compliance issues: Culture, TV

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