

<p>Byrne Acquisition Group</p>	<p>WDLZ-MURFREESBORO, NC PUBLIC AFFAIRS PROGRAMMING</p> <p>First Quarter Issues and Programs List- January 1 to March 31, 2021</p>
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BELOW IS A LIST OF SOME OF THE SIGNIFICANT ISSUES RESPONDED TO BY WDLZ, MURFREESBORO, NC ALONG WITH THE PROGRAMMING OF THOSE ISSUES FOR THE FIRST QUARTER OF 2021.

**RADIO HEALTH JOURNAL
CAROLINA JOURNAL RADIO**

RADIO HEALTH JOURNAL AIRED SATURDAYS BETWEEN 6:00AM AND 6:30 AM JANUARY 2, 2021 THROUGH MARCH 28, 2021

CAROLINA JOURNAL AIRED SATURDAYS BETWEEN 6:30AM AND 7:00AM JANUARY 2, 2021 UNTIL JANUARY 30, 2021.

RADIO HEALTH JOURNAL-January 2, 2021

PROGRAM 21-01
AIR WEEK: 1/3/21
STUDIO PRODUCTION: JASON DICKEY
WRITERS/PRODUCERS: REED PENCE

SEGMENT 1: COVID MESSAGING: WHY COMMUNICAITNOS IS LIFE AND DEATH
TIME: 1:47
DURATION: 13:05

SYNOPSIS: POOR COMMUNICATION AND MIXED MESSAGES HAVE CONTRIBUTED GREATLY TO POOR ACCEPTANCE OF ANTI-CORONAVIRUS ACTIONS SUCH AS MASKING AND SOCIAL DISTANCING, AND EXPERTS FEAR IT MAY BE THE SAME WITH THE NEW VACCINES. EXPERTS DISCUSS WHAT WE'VE DONE RIGHT IN MESSAGING AND THE LESSONS FROM WHAT WE'VE DONE WRONG.

HOST & PRODUCER: REED PENCE
GUESTS: DR. JAY VAN BAVEL, ASSOCIATE PROFESSOR OF PSYCHOLOGY AND NEUROSCIENCE, NEW YORK UNIVERSITY; ASHLEY BERNARDI, FOUNDER, NARDI MEDIA

COMPLIANCY ISSUES: HEALTH CARE; PUBLIC HEALTH; CONSUMERISM; COMMUNICATIONS

SEGMENT 2: CHILDHOOD TRAUMA, LATER DISEASE
TIME: 15:54
DURATION: 7:08

SYNOPSIS: RESEARCHERS HAVE FOUND THAT SEVERE EMOTIONAL TRAUMA IN CHILDHOOD TRIGGERS PHYSICAL DISEASE LATER IN LIFE, AND HAS A CUMULATIVE EFFECT. AN AWARD-WINNING SCIENCE WRITER WHO HAS RESEARCHED THE TOPIC DISCUSSES FINDINGS.

HOST: NANCY BENSON

GUESTS: DONNA JACKSON NAKAZAWA, AUTHOR, CHILDHOOD DISRUPTED: HOW YOUR BIOGRAPHY BECOMES YOUR BIOLOGY, AND HOW YOU CAN HEAL

COMPLIANCY ISSUES: CHILD ABUSE; MENTAL HEALTH; PUBLIC HEALTH

CAROLINA JOURNAL RADIO-January 2, 2020

THE N.C. ASSOCIATION OF EDUCATORS TEACHERS UNION HAS BEEN VOCAL ABOUT KEEPING BRICK-AND-MORTAR SCHOOLS CLOSED TO STUDENTS DURING THE COVID-19 PANDEMIC. THAT'S DESPITE THE EVIDENCE OF MAJOR LEARNING LOSS. THE UNION STANCE ALSO IGNORES SCIENTIFIC ARGUMENTS IN FAVOR OF RETURNING STUDENTS TO CLASSROOMS. TERRY STOOPS, JOHN LOCKE FOUNDATION VICE PRESIDENT FOR RESEARCH AND DIRECTOR OF EDUCATION STUDIES, EXPLORES NCAE'S OPPOSITION TO RESTORING CLASSROOM INSTRUCTION. THE N.C. GENERAL ASSEMBLY IS LIKELY TO DEBATE LAW ENFORCEMENT REFORMS AS THE YEAR MOVES FORWARD. STATE LAWMAKERS MIGHT WANT TO CONSULT COLORADO FOR CLUES ABOUT AVOIDING BAD REFORM PROPOSALS. JOHN COOKE, ASSISTANT REPUBLICAN LEADER IN THE COLORADO STATE SENATE AND HUSBAND OF JOHN LOCKE FOUNDATION CEO AMY COOKE, DISCUSSES HIS WESTERN STATE'S RECENT EXPERIENCE WITH LAW ENFORCEMENT REFORM LEGISLATION. JLF MARKS A NEW MILESTONE IN THE NEW YEAR. THE 30-YEAR-OLD FOUNDATION AND THE 15-YEAR-OLD CIVITAS INSTITUTE ARE JOINING FORCES. THEY ARE MERGING CAPABILITIES OF THE STATE'S TOP FREE-MARKET GROUPS. AMY COOKE AND CIVITAS PRESIDENT AND CEO DONALD BRYSON EXPLAIN WHY THEY DECIDED TO WORK TOGETHER IN ONE SINGLE GROUP. TODAY'S POLITICAL SCENE IS PLAGUED BY TOO MANY EPISODES OF GRANDSTANDING. BRANDON WARMKE, ASSISTANT PHILOSOPHY PROFESSOR AT BOWLING GREEN STATE UNIVERSITY, DETAILS THE PROBLEM IN A RECENT BOOK. HE SHARED THEMES FROM HIS WORK DURING A RECENT ONLINE PRESENTATION FOR THE JOHN LOCKE FOUNDATION. GOV. ROY COOPER HAS USED EMERGENCY POWERS REPEATEDLY DURING THE COVID-19 PANDEMIC. JON GUZE, JOHN LOCKE FOUNDATION DIRECTOR OF LEGAL STUDIES, BELIEVES COOPER HAS EXCEEDED HIS CONSTITUTIONAL AUTHORITY IN USING EMERGENCY POWERS. GUZE IS URGING POLICYMAKERS TO REIN IN COOPER'S ACTIONS BY AMENDING THE STATE EMERGENCY MANAGEMENT ACT.

RADIO HEALTH JOURNAL-January 9, 2021

PROGRAM 21-02

AIR WEEK: 1/10/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: SMART CARS AND SMART ROADS

TIME: 1:47

DURATION: 12:18

SYNOPSIS: CARS WILL SOON BE ABLE TO PROVIDE DATA AS WELL AS RECEIVE IT. EXPERTS EXPLAIN HOW CARS CAN TALK WITH ROADS, TRAFFIC SIGNALS, AND CENTRAL COMPUTERS, AND HOW ROADS THEMSELVES MAY COLLECT DATA ON THE CARS THEY CARRY. IN THE FUTURE, AUTONOMOUS CARS MAY USE THESE LINKS TO GREATLY SPEED TRAVEL AND MAKE IT MUCH SAFER.

HOST & PRODUCER: REED PENCE

GUESTS: ANDREW BREMER, MANAGING DIRECTOR OF LOCAL AFFAIRS, DRIVE OHIO; TIM SYLVESTER, FOUNDER, AND CEO, INTEGRATED ROADWAYS CO.

COMPLIANCY ISSUES: TECHNOLOGY; TRAFFIC SAFETY; PUBLIC SAFETY; POLICE AND LAW ENFORCEMENT; ECONOMICS

SEGMENT 2: OVERCOMING BLACK DISTRUST IN THE COVID VACCINE

TIME: 15:07

DURATION: 7:54

SYNOPSIS: SUCCESS OF COVID-19 VACCINES DEPENDS ON ABOUT 75 PERCENT OF PEOPLE GETTING THEM, BUT DISTRUST OF MEDICINE AND OF VACCINES AMONG AFRICAN AMERICANS MEANS THEY MAY NOT COME CLOSE TO THAT MILEPOST. TWO EXPERTS DISCUSS HISTORICAL REASONS FOR DISTRUST, HOW THE SYSTEM WILL HAVE TO COME THROUGH IN WAYS IT HAS NOT IN THE PAST, AND HOW COMMUNITY LEADERS WILL MAKE A HUGE DIFFERENCE IN HOW THE NEW VACCINES ARE ACCEPTED.

HOST: NANCY BENSON

PRODUCER: REED PENCE

GUESTS: DR. LEON MCDUGLE, PROFESSOR OF FAMILY MEDICINE, OHIO STATE UNIVERSITY AND PRESIDENT, NATIONAL MEDICAL ASSN.; DR. JEWEL MULLEN, ASSOCIATE DEAN FOR HEALTH EQUITY, UNIVERSITY OF TEXAS AUSTIN DELL MEDICAL SCHOOL AND FORMER ACTING DIRECTOR, NATIONAL VACCINE PROGRAM

COMPLIANCY ISSUES: MINORITY ISSUES; EQUITY; DISCRIMINATION; PUBLIC HEALTH; FEDERAL GOVERNMENT

CAROLINA JOURNAL RADIO-January 9, 2021

AFTER A MONTH OF UNCERTAINTY, REPUBLICAN PAUL NEWBY EMERGED AS THE EVENTUAL WINNER OF THE N.C. SUPREME COURT CHIEF JUSTICE'S ELECTION, UNSEATING INCUMBENT DEMOCRAT CHERI BEASLEY. RICK HENDERSON, CAROLINA JOURNAL EDITOR-IN-CHIEF, ASSESSES NEWBY'S LIKELY IMPACT AS THE LEADER OF THE STATE'S HIGHEST COURT AND TOP OFFICER IN NORTH CAROLINA'S JUDICIAL BRANCH. AMERICAN HISTORY HAS FACED ATTACKS IN RECENT YEARS. BUT A TEXTBOOK TITLED LAND OF HOPE AIMS TO RENEW INTEREST IN THE TRADITIONAL STORY OF AMERICAN GREATNESS. AUTHOR WILFRED MCCLAY, PROFESSOR IN THE HISTORY OF LIBERTY AT THE UNIVERSITY OF OKLAHOMA, EXPLAINS WHY HE DECIDED TO SET HIS SCHOLARLY WORK ASIDE AND FOCUS INSTEAD ON A BOOK FOR A SCHOOL-AGE AUDIENCE. COVID-19 WILL CONTINUE TO PRESENT CHALLENGES FOR THE UNIVERSITY OF NORTH CAROLINA SYSTEM THROUGHOUT THE REST OF THE ACADEMIC YEAR. UNC PRESIDENT PETER HANS DELIVERED A RECENT STATUS REPORT ON PLANS FOR CONDUCTING SPRING SEMESTER CLASSES AT CAMPUSES ACROSS THE STATE. VOTERS SELECTED CATHERINE TRUITT AS NORTH CAROLINA'S NEW SUPERINTENDENT OF PUBLIC INSTRUCTION. DURING A RECENT ONLINE FORUM FOR THE JOHN LOCKE FOUNDATION, TRUITT DISCUSSED HER PRIORITIES. AT THE TOP OF THE LIST: HELPING PUBLIC SCHOOLS COPE WITH THE DISRUPTION LINKED TO THE CORONAVIRUS PANDEMIC. VOTERS ALSO PLACED ANOTHER NEW FACE ON THE STATEWIDE ELECTED COUNCIL OF STATE: LABOR COMMISSIONER JOSH DOBSON. HAVING WORKED WITH DOBSON DURING HIS DAYS AS A STATE LEGISLATOR, BECKI GRAY, JOHN LOCKE FOUNDATION SENIOR VICE PRESIDENT, DISCUSSES HIS APPROACH TO HIS NEW ROLE. GRAY ALSO OUTLINES SOME OF DOBSON'S TOP PRIORITIES, INCLUDING PROTECTION OF THE STATE'S RIGHT-TO-WORK STATUS.

RADIO HEALTH JOURNAL- January 16, 2021

PROGRAM 21-03

AIR WEEK: 1/17/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: REQUIRING EMPLOYEES TO GET COVID VACCINES

TIME: 1:47

DURATION: 12:42

SYNOPSIS: SOME AMERICANS SAY THERE IS NO WAY THEY'LL GET A COVID-19 VACCINE, YET SOME MAY HAVE NO CHOICE IF THEY WANT TO KEEP THEIR JOBS. LAW ALLOWS WORKPLACES TO REQUIRE SAFETY-RELATED VACCINES FOR WORKERS. BUSINESSES MAY EVEN BEGIN TO REQUIRE PROOF OF VACCINATION AMONG CUSTOMERS TO MAINTAIN SAFE ENVIRONMENTS. AN EXPERT ON HEALTH LAW DISCUSSES.

HOST & PRODUCER: REED PENCE

GUESTS: LAWRENCE GOSTIN, UNIVERSITY PROFESSOR OF GLOBAL HEALTH LAW AND DIRECTOR, O'NEILL INSTITUTE FOR NATIONAL AND GLOBAL HEALTH LAW, GEORGETOWN UNIVERSITY AND DIRECTOR, WORLD HEALTH ORGANIZATION CENTER ON GLOBAL HEALTH LAW

COMPLIANCY ISSUES: LAW AND COURTS; EMPLOYMENT AND WORKPLACE ISSUES; CONSTITUTIONAL RIGHTS; SCHOOLS AND EDUCATION

SEGMENT 2: WHAT DETERMINES OUR FOOD PREFERENCES?

TIME: 15:30

DURATION: 7:01

SYNOPSIS: SCIENTISTS ARE DISCOVERING THAT OUR FOOD PREFERENCES ARE MUCH MORE THAN A MATTER OF TASTE, AND THAT TASTE ITSELF IS MORE COMPLICATED THAN WE THOUGHT. PSYCHOLOGY ALSO PLAYS A ROLE. AN EXPERT DISCUSSES WHAT DETERMINES PREFERENCES, SUCH AS WHY SOME PEOPLE LIKE JALAPENO PEPPERS & BLACK COFFEE, AND SOME DON'T.

HOST: NANCY BENSON

PRODUCER: REED PENCE

GUESTS: DR. RACHEL HERZ, ADJUNCT ASSISTANT PROFESSOR OF PSYCHIATRY AND HUMAN BEHAVIOR, BROWN UNIVERSITY, AND AUTHOR, WHY YOU EAT WHAT YOU EAT: THE SCIENCE BEHIND OUR RELATIONSHIP WITH FOOD

COMPLIANCY ISSUES: DIET AND NUTRITION; TECHNOLOGY

CAROLINA JOURNAL RADIO-January 16, 2021

FROM EXTENDED COVID-19 SHUTDOWNS TO UNEXPECTED GOVERNMENT FINES, OWNERS OF ALCOHOL-RELATED BUSINESSES IN NORTH CAROLINA HAVE FACED SPECIAL CHALLENGES IN THE PAST YEAR. JOHN TRUMP, CAROLINA JOURNAL MANAGING EDITOR, RECAPS SOME OF THE INDUSTRY'S KEY CONCERNS. BAR OWNERS AND OPERATORS ACROSS NORTH CAROLINA FILED LAWSUITS JUST BEFORE THE CHRISTMAS HOLIDAY. THE SUITS CHALLENGE THE EXECUTIVE ORDERS GOV. ROY COOPER HAS USED DURING THE COVID-19 PANDEMIC TO KEEP BARS SHUTTERED. JESSICA THOMPSON, ATTORNEY WITH THE PACIFIC LEGAL FOUNDATION, DISCUSSES THE SUIT SHE FILED ON BEHALF OF OWNERS OF A POPULAR GREENVILLE BAR. IT HAS BEEN CLOSED FOR MORE THAN NINE MONTHS BECAUSE OF GOVERNMENT MANDATES. THE U.S. HOUSE OF REPRESENTATIVES RECENTLY VOTED TO DECRIMINALIZE MARIJUANA. AMONG THOSE OBJECTED: U.S. REP. DAN BISHOP, R-9TH DISTRICT. DURING A SPEECH ON THE HOUSE FLOOR, BISHOP OUTLINED HIS CONCERNS ABOUT POTENTIAL NEGATIVE CONSEQUENCES OF CHANGING MARIJUANA'S LEGAL STATUS. VOTERS SELECTED MARK ROBINSON TO SERVE AS NORTH CAROLINA'S FIRST BLACK LIEUTENANT GOVERNOR. THE SECOND-HIGHEST-RANKING OFFICE IN STATE GOVERNMENT'S EXECUTIVE BRANCH MARKS ROBINSON'S FIRST JOB AS AN ELECTED OFFICIAL. DURING A RECENT ONLINE FORUM FOR THE JOHN LOCKE FOUNDATION, ROBINSON HIGHLIGHTED HIS TOP PRIORITIES FOR HIS NEW ROLE. THE HEAD OF NORTH CAROLINA'S DEPARTMENT OF ENVIRONMENTAL QUALITY, SECRETARY MICHAEL REGAN, HAS BEEN NOMINATED TO LEAD THE U.S. ENVIRONMENTAL PROTECTION AGENCY UNDER PRESIDENT-ELECT JOE BIDEN. FORMER DEQ SECRETARY DONALD VAN DER VAART, NOW A JOHN LOCKE FOUNDATION SENIOR FELLOW, DISCUSSES REGAN'S POTENTIAL IMPACT AT THE EPA. VAN DER VAART ALSO DISCUSSES HIS OWN REAPPOINTMENT TO THE EPA'S SCIENCE ADVISORY BOARD.

RADIO HEALTH JOURNAL-January 24, 2021

PROGRAM 21-04
AIR WEEK: 1/24/21
WRITERS/PRODUCERS: REED PENCE
STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: FIBBING TO YOUR DOCTOR
TIME: 1:50
DURATION: 12:30

SYNOPSIS: SURVEYS SHOW THAT AS MANY AS 80 PERCENT OF PEOPLE OMIT INFORMATION, STRETCH THE TRUTH, OR OUTRIGHT LIE TO THEIR DOCTORS. EXPERTS DISCUSS WHY IT HAPPENS, CONSEQUENCES, AND METHODS THAT MIGHT REDUCE THE AMOUNT OF LESS-THAN-TRUTHFUL ANSWERS TO DOCTORS' QUESTIONS.

HOST & PRODUCER: REED PENCE
GUESTS: DR. ANDREA GURMANKIN-LEVY, ASSOCIATE PROFESSOR OF PSYCHOLOGY, MIDDLESEX COMMUNITY COLLEGE; DR. MARICELLA MOFFITT, PROFESSOR OF MEDICINE AND DIRECTOR, DOCTORING CURRICULUM, UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE, PHOENIX

COMPLIANCY ISSUES: HEALTH CARE; CONSUMERISM; PUBLIC HEALTH; EDUCATION

SEGMENT 2: LIVING TOO CLEAN DURING COVID
TIME: 15:22
DURATION: 7:41

SYNOPSIS: THE COVID PANDEMIC HAS PROMPTED PEOPLE TO CLEAN AND DISINFECT MORE THAN EVER. HOWEVER, EXPERTS BELIEVE THAT HUMANS NEED A CERTAIN AMOUNT OF GERMS FOR OUR IMMUNE SYSTEMS TO WORK PROPERLY. ONE EXPERT DISCUSSES HER CONCERN THAT WE'RE LIVING TOO CLEAN IN THE PANDEMIC, AND HOW WE CAN BENEFIT FROM "GOOD BUGS" WITHOUT DANGER FROM THE BAD ONES.

HOST: NANCY BENSON
PRODUCER: REED PENCE
GUESTS: DR. JESSICA TER HAAR, SCIENTIFIC DIRECTOR, INTERNATIONAL PROBIOTICS ASSOCIATION

COMPLIANCY ISSUES: CONSUMERISM; PUBLIC HEALTH

CAROLINA JOURNAL RADIO-January 24, 2021

DEMOCRATIC GOV. ROY COOPER AND REPUBLICAN LT. GOV. MARK ROBINSON COULD PRESENT VERY DIFFERENT MESSAGES TO N.C. VOTERS AND TAXPAYERS IN THE YEARS AHEAD. THE TWO MEN PREVIEWED A DIVERGENT PATH DURING THEIR PUBLIC SWEARING-IN CEREMONIES IN RALEIGH. WHILE COOPER COMPLAINED ABOUT THE COVID-19 PANDEMIC, RACISM, UNAFFORDABLE HEALTH CARE, AND UNEQUAL OPPORTUNITY, ROBINSON EMPHASIZED THE STATE'S SUCCESSES. HE POINTED TO HIS OWN STORY AS NORTH CAROLINA'S FIRST BLACK LIEUTENANT GOVERNOR. RICK HENDERSON, CAROLINA JOURNAL EDITOR-IN-CHIEF, ASSESSES THE CONTRAST BETWEEN COOPER AND ROBINSON. PROSPECTIVE ASIAN-AMERICAN STUDENTS SUED THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL OVER ITS ADMISSIONS POLICIES. THE SUIT CAME AS NO SURPRISE TO KENNY XU, A POLITICAL COMMENTATOR AND AUTHOR OF AN INCONVENIENT MINORITY. THE BOOK DOCUMENTS SIMILAR RACE DISCRIMINATION LAWSUITS CHALLENGING ADMISSIONS POLICIES AT IVY LEAGUE SCHOOLS. XU SHARES HIGHLIGHTS FROM HIS WORK. HE COMPARES THE IVY LEAGUE STORY WITH THE SITUATION AT CHAPEL HILL. STATE SUPREME COURT CHIEF JUSTICE PAUL NEWBY HAS TAKEN HIS OATH AS THE TOP OFFICER IN NORTH CAROLINA'S JUDICIAL BRANCH OF GOVERNMENT. DURING HIS FIRST SPEECH AS CHIEF JUSTICE, NEWBY SHARED DETAILS OF HIS JUDICIAL PHILOSOPHY. HE ALSO EXPLAINED WHY COURT

PERSONNEL NEED TO WORK HARD TO REOPEN COURTROOMS IN THE WAKE OF COVID-19. MAJOR N.C. UNIVERSITIES HAVE PROBLEMS WITH PERVASIVE SEX DISCRIMINATION. BUT IT'S NOT THE TYPE OF DISCRIMINATION YOU MIGHT EXPECT WHEN YOU HEAR THOSE WORDS. ADAM KISSEL, FORMER DEPUTY ASSISTANT SECRETARY FOR HIGHER EDUCATION PROGRAMS AT U.S. DEPARTMENT OF EDUCATION, DOCUMENTED THE PROBLEM IN A RECENT REPORT. KISSEL SHARES HIGHLIGHTS OF THE REPORT PREPARED FOR THE JAMES G. MARTIN CENTER FOR ACADEMIC RENEWAL. THE COVID-19 PANDEMIC HAS CREATED CHALLENGES SINCE LAST SPRING FOR PARENTS OF SCHOOL-AGE CHILDREN IN NORTH CAROLINA. SOME OF THEM TURNED TO "LEARNING PODS" TO HELP ADDRESS STUDENTS' STRUGGLES WITH ONLINE LEARNING. TERRY STOOPS, DIRECTOR OF THE CENTER FOR EFFECTIVE EDUCATION AT THE JOHN LOCKE FOUNDATION, ASSESSES FAMILIES' EXPERIENCE WITH LEARNING PODS AND OTHER INNOVATIONS SPARKED BY COVID-19.

RADIO HEALTH JOURNAL-January 30, 2021

PROGRAM 21-05
AIR WEEK: 1/31/21
WRITERS/PRODUCERS: REED PENCE
STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: COVID UPDATE: INFECTIOUS NEW VARIANT & STRETCHING THE VACCINE
TIME: 1:50
DURATION: 12:37

SYNOPSIS: THE CENTERS FOR DISEASE CONTROL AND PREVENTION PREDICTS THAT A NEW, MORE CONTAGIOUS VERSION OF COVID-19 WILL BECOME THE PREDOMINANT STRAIN BY MARCH, TESTING THE NEW VACCINE'S EFFECTIVENESS. AT THE SAME TIME, RESEARCHERS ARE TRYING TO FIND WAYS TO GET THE VACCINE TO MORE PEOPLE MORE QUICKLY BY LENGTHENING TIME BETWEEN DOSES, WITH UNKNOWN RESULTS. INFECTIOUS DISEASE EXPERTS DISCUSS WHERE WE ARE IN THE FIGHT. SPIRITS AND REDUCING THE NEED FOR MEDICATIONS. A THERAPIST AND PROGRAM DIRECTOR AT ONE SUCH NURSING HOME DISCUSSES HOW LLAMAS, CHICKENS, GOATS, AND MINI HORSES HAVE FOUND A HOME, TO THE BENEFIT OF RESIDENTS.

HOST & PRODUCER: REED PENCE
GUESTS: DR. ROBERT BOLLINGER, PROFESSOR OF INFECTIOUS DISEASES, JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE; DR. WILLIAM SCHAFFNER, PROFESSOR OF INFECTIOUS DISEASES AND PREVENTIVE MEDICINE, VANDERBILT UNIVERSITY MEDICAL CENTER

COMPLIANCY ISSUES: HEALTH CARE; CONSUMERISM; PUBLIC HEALTH; FEDERAL AND STATE GOVERNMENT

SEGMENT 2: PREVENTING FOOD WASTE
TIME: 15:29
DURATION: 7:25

SYNOPSIS: DURING THE SUPER BOWL, LEFTOVERS FROM GATHERINGS—EVEN SMALL ONES-- MAY THREATEN TO TAKE OVER THE REFRIGERATOR. AN EXPERT DISCUSSES CONSUMER-FRIENDLY HOW-TO'S, INCLUDING HOW TO READ LABELS, THAT CAN LENGTHEN FOOD LIFE AND HELP AVOID FOOD WASTE.

HOST: NANCY BENSON
PRODUCER: REED PENCE

GUESTS: KAREN BAKIES, REGISTERED DIETITIAN AND VICE PRESIDENT OF NUTRITION AFFAIRS, AMERICAN DAIRY ASSN. MIDEAST

COMPLIANCY ISSUES: PUBLIC HEALTH; FOOD SAFETY; ENVIRONMENT; CONSUMERISM

CAROLINA JOURNAL RADIO-January 30, 2021

IF A STATE GOVERNMENT AGENCY WANTS TO AVOID COMPLYING WITH N.C. LAW, IT MIGHT BE ABLE TO ACCOMPLISH ITS GOAL THROUGH A COLLUSIVE LAWSUIT SETTLEMENT. BUT STATE LAWMAKERS COULD TAKE STEPS THIS YEAR TO STRIKE BACK AGAINST THOSE SETTLEMENTS. ANDY JACKSON, DIRECTOR OF THE CIVITAS CENTER FOR PUBLIC INTEGRITY AT THE JOHN LOCKE FOUNDATION, EXPLAINS WHY THE GENERAL ASSEMBLY SHOULD ADDRESS THE ISSUE. THE RECENT ADDITION OF JUSTICE AMY CONEY BARRETT TO THE U.S. SUPREME COURT HAS REVIVED DISCUSSION OF THE LEGAL CONCEPT OF ORIGINALISM. ONE ONGOING DEBATE AMONG CONSTITUTIONAL THEORISTS INVOLVES THE IMPORTANCE OF COURT PRECEDENTS FOR ORIGINALISTS LIKE BARRETT. THAT TOPIC SPARKED A RECENT ONLINE FORUM SPONSORED BY THE DUKE LAW SCHOOL'S FEDERALIST SOCIETY. FEATURED SPEAKER RANDY BARNETT, CONSTITUTIONAL LAW PROFESSOR AT GEORGETOWN UNIVERSITY, EXPLAINED HOW ORIGINALISTS CAN AND SHOULD RESPOND TO PRECEDENTS. GOV. ROY COOPER SET UP A BIPARTISAN GROUP LAST YEAR TO EXAMINE HEALTH CARE ACCESS ISSUES. DURING A RECENT MEETING, JOHN LOCKE FOUNDATION HEALTH CARE EXPERT JORDAN ROBERTS DISCUSSED ALTERNATIVES TO THE GOVERNOR'S PREFERRED POLICY OPTION: MEDICAID EXPANSION. FREE TRADE HAS FACED ATTACKS IN RECENT YEARS FROM HIGH-PROFILE LEADERS OF BOTH MAJOR POLITICAL PARTIES. EVEN THOSE WHO SUPPORT FREE TRADE DIVERGE ABOUT HOW TO PUT THAT SUPPORT INTO PRACTICE. DONALD BOUDREAUX, ECONOMICS PROFESSOR AT GEORGE MASON UNIVERSITY, CONTRASTS FREE-TRADE "MULTILATERALISTS" AND "UNILATERALISTS." HE EXPLAINED THE DIFFERENCE DURING A FEATURED PRESENTATION TO THE CLASSICAL LIBERALS OF THE CAROLINAS. AFTER NEARLY 18 YEARS OF WEEKLY PROGRAMS, CAROLINA JOURNAL RADIO IS SIGNING OFF THE AIR. AS THE JOHN LOCKE FOUNDATION AND CIVITAS INSTITUTE COMBINE FORCES TO CREATE A NEW MAJOR FORCE IN NORTH CAROLINA'S FREEDOM-FORWARD MOVEMENT, THE NEW ORGANIZATION WILL PROMOTE ITS IDEAS IN NEW WAYS AND THROUGH NEW MEDIA PLATFORMS. CO-HOST DONNA MARTINEZ HAS BEEN WITH CAROLINA JOURNAL RADIO SINCE ITS EARLIEST DAYS. MITCH KOKAI JOINED THE SHOW IN 2005, ROUGHLY 2 1/2 YEARS INTO THE PROGRAM'S RUN. AS MARTINEZ AND KOKAI END THE PROGRAM, THEY OFFER LISTENERS NEW IDEAS FOR KEEPING UP WITH INSIGHTFUL ANALYSIS OF NORTH CAROLINA'S TOP POLITICAL AND PUBLIC POLICY STORIES.

RADIO HEALTH JOURNAL-February 6, 2021

PROGRAM 21-06

AIR WEEK: 2/7/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: EXHAUSTION ON THE COVID FRONT LINES

TIME: 1:50

DURATION: 11:46

SYNOPSIS: HEALTHCARE WORKERS IN ERS AND ICUS ARE IN THEIR 11TH MONTH OF FIGHTING COVID-19 AND ITS EXHAUSTION AND DEPRESSION. TWO FRONT-LINE DOCTORS DESCRIBE HOW THEY'RE MANAGING TO STAY OPTIMISTIC AMID SO MUCH CHAOS, AND HOW THE

VACCINE HAS GIVEN THEM A GOAL, KEEPING THEM AFLOAT.

HOST & PRODUCER: REED PENCE

GUESTS: DR. CHRISTOPHER MICHOS, EMERGENCY MEDICINE PHYSICIAN, NORWALK HOSPITAL, NORWALK, CT; DR. GABRIEL LOCKHART, ICU DIRECTOR, ST. JOSEPH HOSPITAL, DENVER, AND ASSISTANT PROFESSOR OF MEDICINE, NATIONAL JEWISH HEALTH

COMPLIANCY ISSUES: HEALTH CARE; PUBLIC HEALTH; EMPLOYMENT ISSUES; MENTAL HEALTH; EMERGENCY PREPAREDNESS; ALCOHOL ABUSE AND ALCOHOLISM; SUBSTANCE ABUSE; SUICIDE

SEGMENT 2: SUPERSTITIONS IN SPORTS

TIME: 14:38

DURATION: 7:53

SYNOPSIS: PROFESSIONAL ATHLETES ARE AMONG THE MOST SUPERSTITIOUS OF ALL PEOPLE. WHILE WE MAY BE TEMPTED TO THINK THESE RITUALS HAVE NO EFFECT ON PERFORMANCE, PSYCHOLOGISTS SAY THAT IF AN ATHLETE BELIEVES IT HELPS, THEN IT ACTUALLY DOES. EXPERTS EXPLAIN HOW SUPERSTITIONS WORK IN SPORTS AND IN LIFE.

PRODUCER: REED PENCE

GUESTS: DR. STUART VYSE, AUTHOR, BELIEVING IN MAGIC: THE PSYCHOLOGY OF SUPERSTITION; DR. ALEX LICKERMAN, AUTHOR, THE UNDEFEATED MIND

COMPLIANCY ISSUES: SPORTS AND SOCIETY

RADIO HEALTH JOURNAL-February 13, 2021

PROGRAM 21-07

AIR WEEK: 2/14/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: COVID AND CRASHES

TIME: 1:50

DURATION: 13:27

SYNOPSIS: THE NUMBER OF CARS ON THE ROAD HAS BEEN DRAMATICALLY LOWER DURING THE PANDEMIC, YET THE NUMBER OF CRASH DEATHS HAS ACTUALLY INCREASED. THAT MEANS THE NUMBER OF CRASHES AND TRAFFIC DEATHS PER MILE DRIVEN HAVE SKYROCKETED. EXPERTS DISCUSS THIS UNPRECEDENTED SCENARIO AND WHAT WE CAN DO ABOUT IT.

HOST & PRODUCER: REED PENCE

GUESTS: DR. MITCHELL DOUCETTE, DEPT. OF HEALTH POLICY AND MANAGEMENT, JOHNS HOPKINS BLOOMBERG SCHOOL OF PUBLIC HEALTH; KEN KOLASH, MANAGER OF STATISTICS, NATIONAL SAFETY COUNCIL; DR. SARAH KAUFMAN, ASSOCIATE DIRECTOR, RUDEN CENTER FOR TRANSPORTATION, NEW YORK UNIVERSITY

COMPLIANCY ISSUES: PUBLIC HEALTH; PUBLIC SAFETY; AUTO SAFETY AND HIGHWAYS; DRUNK DRIVING; ALCOHOL ABUSE AND ALCOHOLISM; POLICE AND LAW ENFORCEMENT

SEGMENT 2: VACCINE PASSPORTS

TIME: 16:19

DURATION: 6:44

SYNOPSIS: PROOF OF HAVING RECEIVED COVID-19 VACCINE MAY SOON BE REQUIRED FOR BOARDING A PLANE, GOING TO A BALL GAME, GOING TO SCHOOL, HAVING A JOB OR EATING IN SOME RESTAURANTS. AN EXPERT INVOLVED IN THE DESIGN OF A PASSPORT APP

DISCUSSES HOW IT WOULD ALL WORK.

HOST: NANCY BENSON
PRODUCER: REED PENCE
GUESTS: PAUL MEYER, CEO, COMMONS PROJECT FOUNDATION

COMPLIANCY ISSUES: TECHNOLOGY; PUBLIC HEALTH; CONSUMERISM

RADIO HEALTH JOURNAL-February 20, 2021

PROGRAM 21-08
AIR WEEK: 2/21/21
WRITERS/PRODUCERS: REED PENCE
STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: ENDING PARKINSON'S DISEASE
TIME: 1:50
DURATION: 13:31

SYNOPSIS: PARKINSON'S DISEASE HAS BECOME ONE OF THE FASTEST GROWING DISEASES AND CAUSES OF DISABILITY IN THE WORLD. EVIDENCE SHOWS THAT ENVIRONMENTAL TOXINS SUCH AS PESTICIDES PLAY A ROLE. EXPERTS DISCUSS WHAT WE KNOW ABOUT PARKINSON'S AND HOW WE COULD CURTAIL ITS RISE, SAVING LIVES AND RESTORING QUALITY OF LIFE.

HOST & PRODUCER: REED PENCE
GUESTS: DR. RAY DORSEY, PROFESSOR OF NEUROLOGY, UNIV, OF ROCHESTER MEDICAL CENTER AND DR. MICHAEL OKUN, NATIONAL MEDICAL DIRECTOR, PARKINSON'S FOUNDATION AND EXEC. DIRECTOR, NORMAN FIXEL INSTITUTE FOR NEUROLOGICAL DISEASES, UNIVERSITY OF FLORIDA, CO-AUTHORS, ENDING PARKINSON'S DISEASE: A PRESCRIPTION FOR ACTION

COMPLIANCY ISSUES: PUBLIC HEALTH; ENVIRONMENT; POLLUTION; VETERAN'S ISSUES; RURAL ISSUES; AGRICULTURE; HEALTH CARE

SEGMENT 2: GENETIC TESTING FOR DRUG EFFECTIVENESS
TIME: 16:23
DURATION: 6:32

SYNOPSIS: SINCE THE BEGINNING OF THE "BABY ON BACK" MOVEMENT TO REDUCE SUDDEN INFANT DEATH SYNDROME, MANY MORE INFANTS ARE DEVELOPING MISSHAPEN HEADS WITH A FLAT SPOT IN ONE PLACE. AN EXPERT DISCUSSES WHETHER THIS IS SERIOUS, HOW IT CAN BE TREATED WITH A HELMET-LIKE DEVICE, AND HOW IT MIGHT BE PREVENTED.

HOST: NANCY BENSON
PRODUCER: REED PENCE
GUESTS: DR. MARK POLLACK, PROFESSOR OF PSYCHIATRY AND BEHAVIORAL SCIENCES, RUSH UNIVERSITY MEDICAL CENTER AND CHIEF MEDICAL OFFICER, MYRIAD NEUROSCIENCE

COMPLIANCY ISSUES: TECHNOLOGY; HEALTH CARE; MENTAL ILLNESS

RADIO HEALTH JOURNAL-February 27, 2021

PROGRAM 21-09
AIR WEEK: 2/28/21

WRITERS/PRODUCERS: REED PENCE
STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: COVID'S EFFECT ON WOMEN IN THE WORKPLACE
TIME: 1:50
DURATION: 12:02

SYNOPSIS: THE COVID-19 PANDEMIC HAS AFFECTED WOMEN'S EMPLOYMENT MUCH MORE DRAMATICALLY THAN MEN, ESPECIALLY WOMEN OF COLOR, BOTH BECAUSE OF THE FIELDS THEY WORK IN AND THE NEED TO TAKE CARE OF CHILDREN WHO ARE DISTANCE LEARNING. EXPERTS DISCUSS HOW THIS AFFECTS FAMILIES, THE WORKFORCE OVERALL, AND WHAT CAN BE DONE TO EASE THE PROBLEM.

HOST & PRODUCER: REED PENCE
GUESTS: DR. KATE BAHN, DIRECTOR OF LABOR MARKET POLICY, WASHINGTON CENTER FOR EQUITABLE GROWTH; DR. JEFF HAYES, CHIEF DATA ANALYST, INSTITUTE FOR WOMEN'S POLICY RESEARCH; MICHAEL MADOWITZ, ECONOMIST, CENTER FOR AMERICAN PROGRESS

COMPLIANCY ISSUES: ECONOMICS; WORKPLACE ISSUES; UNEMPLOYMENT; WOMEN'S ISSUES; MINORITY ISSUES; SOCIAL SAFETY NET; CHILDCARE; PUBLIC HEALTH; RETRAINING

SEGMENT 2: HOW HORMONES CONTROL OUR LIVES
TIME: 14:54
DURATION: 6:35

SYNOPSIS: HORMONES WERE UNKNOWN UNTIL A LITTLE MORE THAN 100 YEARS AGO, AND EXPERTS ADMIT WE STILL HAVE A LOT TO LEARN. AN EXPERT AUTHOR DETAILS THE DISCOVERY OF HORMONES AND HOW OUR GROWING KNOWLEDGE HAS SHAPED TREATMENT OF MANY DISEASES AND CONDITIONS.

HOST: KAREN HAND
PRODUCER: REED PENCE
GUESTS: DR. RANDI HUTTER EPSTEIN, YALE UNIVERSITY AND COLUMBIA UNIVERSITY AND AUTHOR, AROUSED: THE HISTORY OF HORMONES AND HOW THEY CONTROL JUST ABOUT EVERYTHING

COMPLIANCY ISSUES: HEALTH CARE; PUBLIC HEALTH; TECHNOLOGY

RADIO HEALTH JOURNAL-March 6, 2021

PROGRAM 21-10
AIR WEEK: 3/7/21
WRITERS/PRODUCERS: REED PENCE
STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: THE DOWNSIDE OF "SPRINGING AHEAD"
TIME: 1:50
DURATION: 12:38

SYNOPSIS: THE ANNUAL SWITCH TO DAYLIGHT SAVING TIME BRINGS MORE ACCIDENTS, HEART ATTACKS, AND OTHER HEALTH EFFECTS. SURPRISINGLY, THEY DON'T COMPLETELY GO AWAY UNTIL WE GO BACK TO STANDARD TIME IN THE FALL. EXPERTS DISCUSS HEALTH AND MENTAL EFFECTS OF BODY CLOCKS NOT BEING IN SYNCH WITH THE ACTUAL TIME, AND HOW YEAR-AROUND CONSISTENCY WOULD HELP. BUT SHOULD IT BE STANDARD TIME OR DST? EXPERTS DISCUSS ALTERNATIVES.

HOST & PRODUCER: REED PENCE

GUESTS: DR. MICHAEL JAFFEE, VICE CHAIR, DEPT. OF NEUROLOGY, UNIVERSITY OF FLORIDA;
DR. MUHAMMAD ADEEL RISHI, PULMONARY CRITICAL CARE AND SLEEP PHYSICIAN, MAYO
CLINIC HEALTH SYSTEM AND VICE CHAIR, PUBLIC SAFETY COMMITTEE, AMERICAN ACADEMY
OF SLEEP MEDICINE; DR. STEVE HANKE, PROFESSOR OF APPLIED ECONOMICS, JOHNS
HOPKINS UNIVERSITY

COMPLIANCY ISSUES: ECONOMICS; PUBLIC HEALTH; HEALTH CARE

SEGMENT 2: THE INCREASE IN SEXUALLY TRANSMITTED DISEASES

TIME: 15:30

DURATION: 7:18

SYNOPSIS: DESPITE SOCIAL DISTANCING, EXPERTS SAY PEOPLE ARE INCREASINGLY
"HOOKING UP." SEXUALLY TRANSMITTED DISEASES ARE GROWING AS A RESULT. AN EXPERT
DISCUSSES STDS IN A PANDEMIC.

HOST: NANCY BENSON

PRODUCER: REED PENCE

GUESTS: DR. INA PARK, ASSOCIATE PROFESSOR OF FAMILY COMMUNITY MEDICINE,
UNIVERSITY OF CALIFORNIA SAN FRANCISCO & AUTHOR, STRANGE BEDFELLOWS:
ADVENTURES IN SCIENCE, HISTORY & SURPRISING SECRETS OF STDS

COMPLIANCY ISSUES: HEALTH CARE; PUBLIC HEALTH; YOUTH AT RISK; SEX EDUCATION;
TECHNOLOGY

RADIO HEALTH JOURNAL-March 13, 2021

PROGRAM 21-11

AIR WEEK: 3/14/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: I'M VACCINATED NOW WHAT

TIME: 1:49

DURATION: 13:06

SYNOPSIS: AMERICANS HAVE WAITED ANXIOUSLY FOR THE COVID-19 VACCINE. NOW THAT
IT'S BEING RAPIDLY DEPLOYED, HOW MUCH WILL IT CHANGE LIFE FOR THOSE WHO'VE
RECEIVED IT? EXPERTS OFFER A PRIMER ON EXACTLY HOW THE VACCINES WORK, WHAT
ACTIVITIES RECIPIENTS CAN AND CAN'T SAFELY DO, AND ESTIMATES OF WHEN MASKS WON'T
BE NECESSARY.

HOST & PRODUCER: REED PENCE

GUESTS: DR. NIKET SONPAL, ASSISTANT PROFESSOR OF CLINICAL MEDICINE, TOURO
COLLEGE OF MEDICINE; DR. WILLIAM SCHAFFNER, PROFESSOR OF PREVENTIVE MEDICINE
AND INFECTIOUS DISEASES, VANDERBILT UNIVERSITY MEDICAL CENTER"

COMPLIANCY ISSUES: PUBLIC HEALTH; HEALTH CARE; EDUCATION

SEGMENT 2: EPILEPSY MYTHS

TIME: 15:57

DURATION: 6:49

SYNOPSIS: EPILEPSY AFFECTS 3.5 MILLION AMERICANS, YET STIGMA PREVENTS MANY FROM
SPEAKING OUT, WHICH IN TURN PROLONGS THE STIGMA. AN AWARD-WINNING WRITER WHO
HAS EPILEPSY DESCRIBES THE DISCRIMINATION FACED BY PEOPLE WITH SEIZURE
DISORDERS AND DISPELS THE MANY MYTHS MANY PEOPLE HOLD ABOUT THEM.

HOST: NANCY BENSON

PRODUCER: REED PENCE

GUESTS: KURT EICHENWALD, AUTHOR, A MIND UNRAVELED

COMPLIANCY ISSUES: HEALTH CARE; DISABILITIES; DISCRIMINATION

RADIO HEALTH JOURNAL-March 20, 2021

PROGRAM 21-12

AIR WEEK: 3/21/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: WHY KNEE REPLACEMENTS MAY GO WRONG

TIME: 1:49

DURATION: 12:27

SYNOPSIS: KNEE REPLACEMENTS ARE SUCCESSFUL FOR 80 PERCENT OF RECIPIENTS, YET MANY ASSUME THE SUCCESS RATE SHOULD BE HIGHER. THOSE WHO ARE NOT SUCCESSFUL OFTEN ARE BITTERLY DISAPPOINTED. HOWEVER, PATIENTS AND PHYSICIANS CAN TAKE STEPS TO AVOID A BAD RESULT. NEW TECHNIQUES ALSO OFFER MUCH FASTER RECOVERY. EXPERTS DISCUSS.

HOST & PRODUCER: REED PENCE

GUESTS: DR. DAN RIDDLE, PROFESSOR OF PHYSICAL THERAPY, ORTHOPEDIC SURGERY AND RHEUMATOLOGY, VIRGINIA COMMONWEALTH UNIVERSITY; DR. JAMES RICKERT, PRESIDENT, SOCIETY FOR PATIENT CENTERED ORTHOPEDICS; DR. RICHARD BERGER, ASSISTANT PROFESSOR OF ORTHOPEDICS, RUSH UNIVERSITY"

COMPLIANCY ISSUES: HEALTH CARE; PUBLIC HEALTH; ECONOMICS; TECHNOLOGY

SEGMENT 2: PIONEERING WOMEN DOCTORS

TIME: 15:18

DURATION: 7:44

SYNOPSIS: TODAY, WOMEN OUTNUMBER MEN IN MEDICAL SCHOOL. BUT 175 YEARS AGO, WOMEN WERE UNHEARD OF IN MEDICINE. AN AUTHOR DISCUSSES THE INGENUITY IT TOOK FOR TWO SISTERS TO BREAK BARRIERS IN MEDICINE FOR WOMEN.

HOST: NANCY BENSON

PRODUCER: REED PENCE

GUESTS: JANICE NIMURA, AUTHOR, THE DOCTORS BLACKWELL: HOW TWO PIONEERING SISTERS BROUGHT MEDICINE TO WOMEN AND WOMEN TO MEDICINE"

COMPLIANCY ISSUES: HEALTH CARE; DISCRIMINATION; WOMEN'S ISSUES; EDUCATION

RADIO HEALTH JOURNAL-March 27, 2021

PROGRAM 21-13

AIR WEEK: 3/28/21

WRITERS/PRODUCERS: REED PENCE

STUDIO PRODUCTION: JASON DICKEY

SEGMENT 1: THE UNMEASURABLE PRESENCE OF PAIN

TIME: 1:49

DURATION: 13:55

SYNOPSIS: PAIN VARIES FROM PERSON TO PERSON AND IS TOTALLY SUBJECTIVE. IT CAN'T BE TRULY MEASURED. THIS MAKES PAIN MANAGEMENT ONE OF THE GREATEST CHALLENGES IN HEALTHCARE. AN EXPERT DISCUSSES HOW PAIN WORKS AND HOW DOCTORS STRUGGLE TO CONTAIN IT.

HOST: REED PENCE

PRODUCER: POLLY HANSEN

GUESTS: DR. ABDUL LALKHEN, CONSULTANT IN ANESTHESIA AND PAIN MEDICINE, SALFORD ROYAL NHS FOUNDATION, MANCHESTER, UK, AND AUTHOR, AN ANATOMY OF PAIN: HOW THE BODY AND THE MIND EXPERIENCE AND ENDURE PHYSICAL SUFFERING

COMPLIANCY ISSUES: HEALTH CARE; PUBLIC HEALTH; TECHNOLOGY; OPIOID EPIDEMIC; CHRONIC PAIN

SEGMENT 2: OUR DISASTROUS PANDEMIC DIETS

TIME: 16:46

DURATION: 6:21

SYNOPSIS: DURING THE PANDEMIC, MILLIONS OF PEOPLE HAVE ADOPTED DIETS FULL OF COMFORT FOOD, AND HAVE WRECKED THEIR HEART HEALTH IN THE PROCESS. NOW AS THE WORLD BEGINS TO RETURN TO A SEMBLANCE OF NORMAL, THEY WILL FACE WILDLY CONFLICTING DIETARY ADVICE. AN EXPERT CARDIOLOGIST DISCUSSES HOW PEOPLE CAN CUT THROUGH THE CONFUSION.

HOST: NANCY BENSON

PRODUCER: REED PENCE

GUESTS: DR. ELISABETH KLODAS, CARDIOLOGIST, FOUNDER AND CHIEF MEDICAL OFFICER, STEP ONE FOODS, AND AUTHOR, SLAY THE GIANT: THE POWER OF PREVENTION IN DEFEATING HEART DISEASE

COMPLIANCY ISSUES: HEALTH CARE; PREVENTION; DIET & NUTRITION; CONSUMERISM