



Weekly Public Affairs Program

Call Letters: WADM/WXLW

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024

Show # 2024-01

Date aired: 1.7.24 Time Aired: 5A

Steve Elek, Senior Automotive Data Analyst at Consumer Reports

Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

Issues covered:
Electric Vehicles
Consumer Matters

Length: 8:44

Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization

Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases.

Issues covered:
Mental Health
Telehealth
Youth Issues

Length: 8:41

Annie Korzen, social media personality, humorist, actor, author of *"The Book of Annie: Humor, Heart, and Chutzpah from an Accidental Influencer"*

Ms. Korzen explained how she accidentally became a viral star on Tik Tok in her 80s, why she enjoys interacting with younger people, and how she uses humor to cope with aging. She explained why she thinks younger people are starting to look to older women for wisdom and life instructions.

Issues covered:
Aging
Social Media

Length: 5:08

Show # 2024-02

Date aired: 1.14.24 Time Aired: 5A

Annie Grace, recovering alcoholic, author of "This Naked Mind," founder of the This Naked Mind community

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

Issues covered:
Alcoholism

Length: 8:48

Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University

Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

Issues covered:
Personal Health
Environment
Consumer Matters

Length: 8:39

Eric Gehrie, MD, Executive Medical Director of the American Red Cross

The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.

Issues covered:
Blood Donations
Public Health

Length: 5:03

Show # 2024-03

Date aired: 1.21.24 Time Aired: 5A

Jared Walczak, Vice President of State Projects, Tax Foundation

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

Issues covered:
Property Taxes
Inflation
Home Ownership

Length: 8:54

Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

Issues covered:
Personal Health
Nutrition

Length: 8:29

Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness

Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets, especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

Issues covered:
Homelessness
Veterans' Concerns
Domestic Violence

Length: 4:43

Show # 2024-04

Date aired: 1.28.24 Time Aired: 5A

Vijay Boyapati, Bitcoin expert, author of "*The Bullish Case for Bitcoin*"

Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

Issues covered:
Digital Currencies
Personal Finance

Length: 8:58

Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana

Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

Issues covered:
Substance Abuse
Parenting

Length: 8:15

Penelope Larsen, researcher and PhD candidate in the School of Exercise Science, Sport & Health at Charles Sturt University, Bathurst, New South Wales, Australia

Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.

Issues covered:
Personal Health

Length: 5:01

Show # 2024-057
Date aired: 2.4.24 **Time Aired:** 5A

Rachel Slade, author of "*Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)*"

The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

Issues covered:
Manufacturing
Economy
Government

Length: 8:43

Gary Taubes, journalist, author of "*Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments*"

Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

Issues covered:
Personal Health
Science

Length: 8:37

James Royal, analyst at Bankrate.com

Mr. Royal explained why Chat GPT and other artificial intelligences are very useful tools for financial planning and management. He outlined benefits and drawbacks of using AI for various tasks, like paying down debt, saving money, building a budget, and investing in the stock market. He noted that the key to using AI effectively is to ask the right questions and to understand how the AI's recommendations fit one's own financial goals and circumstances.

Issues covered:
Personal Finance
Artificial Intelligence

Length: 5:04

Show # 2024-067
Date aired: 2.11.24 Time Aired: 5A

Mariel Buqué, PhD, psychologist, author of *“Break the Cycle: A Guide to Healing Intergenerational Trauma”*

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle.

Issues covered:
Mental Health
Child Abuse

Length: 8:41

Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of *“GAIN Without Pain”*

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

Issues covered:
Personal Health
Longevity

Length: 8:35

Andreas Groehn, Director of the Berkeley Research Group

America's roads are in bad shape and getting more wear than ever. Mr. Groehn discussed ways that road repairs and improvements may be paid for in the future, as a growing number of electric vehicle owners sidestep the gasoline taxes that currently finance road maintenance.

Issues covered:
Taxes
Transportation Infrastructure

Length: 5:00

Show # 2024-07
Date aired: 2.18.24 Time Aired: 5A

Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University

Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

Issues covered:
Child Abuse & Neglect
Alcohol Abuse
Foster Care

Length: 9:27

Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire

Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

Issues covered:

Length: 7:46

**Government Assistance
Disabilities
Rural Concerns
Aging**

Jared W. Magnani, MD, cardiologist at the University of Pittsburgh Medical Center, Associate Professor of Medicine at the University of Pittsburgh

Formal education typically occurs in early life, and yet it appears to influence cardiovascular health for decades, according to a study led by Dr. Magnani. He found that that on average, cardiovascular disease strikes later in life for individuals with progressively higher education levels. He discussed results of his study and the potential reasons behind them.

Issues covered:

Length: 5:10

**Personal Health
Education**

Show # 2024-08

Date aired: 2.25.24 **Time Aired:** 5A

Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of "*Project UnLonely: Healing Our Crisis of Disconnection*"

Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

Issues covered:

Length: 9:33

**Mental Health
Personal Health**

Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of "*All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today*"

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but the term used today is anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

Issues covered:
Women's Health
Domestic Abuse
Mental Health

Length: 7:47

Stephanie L. Bonne, MD, Assistant Professor of Surgery, Director of the Hospital Violence Intervention Program at Rutgers New Jersey Medical School

Dr. Bonne led a study of injuries caused by glass-topped tables. She said the furniture causes thousands of injuries each year, many requiring significant surgeries and long hospital stays. She said the U.S. Consumer Product Safety Commission requires tempered glass for products like doors and car windshields but it is voluntary for horizontal surfaces.

Issues covered:
Home Safety
Government Regulation
Consumer Matters

Length: 5:01

Show # 2024-093
Date aired: 3.3.24 **Time Aired:** 5A

James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports

Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

Issues covered:
Food Safety
Personal Health
Consumer Matters

Length: 8:14

Harvey Miller, PhD, Professor of Geography at Ohio State University

Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

Issues covered:
Traffic Fatalities
Government

Length: 8:54

Marilyn Horta, PhD, Research Scientist in the Social-Cognitive and Affective Development Lab in the Department of Psychology at the University of Florida

Each year, older adults lose more than \$28 billion to financial scams targeting the elderly. Nearly three-quarters of that money is stolen by people the elderly adult knows – people they trust. Prof. Horta shared results of her study that found that older adults have a harder time overcoming their first impressions of people's trustworthiness when that trust is violated, potentially leaving them more open

to deception and scams. She offered suggestions for seniors to recognize changes in behavior in relatives or friends who may not have their best interests at heart.

Issues covered:
Scams/Crime
Senior Citizens

Length: 5:03

Show # 2024-103
Date aired: 3.10.24 **Time Aired:** 5A

Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

Issues covered:
Personal Health

Length: 7:29

Teresa Gil, PhD, psychotherapist, author of "*Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation*"

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

Issues covered:
Sexual Abuse
Parenting
Mental Health

Length: 9:40

Jennifer Emond, PhD, member of the Cancer Control Research Program at Dartmouth College's Norris Cotton Cancer Center, Assistant Professor in the Department of Biomedical Data Science, Geisel School of Medicine

Advertising works, and Dr. Emond's study found that kids who were exposed to TV ads for high-sugar cereals were more likely to subsequently eat the cereals they had seen advertised. She talked about the effect this may have on diet quality and childhood obesity, and offered suggestions to parents on how to maintain control of TV watching, particularly for small children.

Issues covered:
Parenting
Obesity
Consumer Matters

Length: 4:51

Show # 2024-11 3.17.24 Time Aired: 5A
Date aired: 3.17.24 Time Aired: 5A

David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago

Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprising impact. He found that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

Issues covered:
Personal Health
Aging

Length: 8:50

Christy Faith, author of *"Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System"*

Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

Issues covered:
Education
Parenting

Length: 8:31

Marceé White, MD, Board-Certified Pediatrician, Medical Advisor for Safe Kids Worldwide, Medical Director of the Children's National Mobile Health Program

Accidental medicine poisoning sends a child under 6 to the emergency room every nine minutes, and every 12 days, a child dies. Dr. White outlined most common poisoning scenarios and the steps that parents of small children must take to avoid a tragedy.

Issues covered:
Child Safety
Parenting

Length: 5:04

Show # 2024-12 3.24.24 Time Aired: 5A
Date aired: 3.24.24 Time Aired: 5A

Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai

Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

Issues covered:
Emergency Services
Public Health

Length: 8:12

Chelsey Goodan, academic tutor and mentor, author of "*Underestimated: The Wisdom and Power of Teenage Girls*"

Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices and power.

Issues covered:
Teenager Concerns
Parenting
Mental Health

Length: 9:12

Jeff Ostrowski, Analyst at Bankrate.com

A recent legal settlement may change how Americans buy and sell homes. Mr. Ostrowski explained how the changes may affect commission expenses and home prices. He said the changes will take effect in July 2024, and while there may be a learning curve for consumers, the end result will be greater transparency, and the ability to negotiate with real estate agents to reduce commission costs.

Issues covered:
Home Ownership
Consumer Matters
Legal Issues

Length: 4:58

Show # 2024-13

Date aired: 3.31.24 Time Aired: 5A

Charles L. Marohn Jr, land-use planner, municipal engineer, author of "*Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis*"

Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal, and that approaches should be changed to allow neighborhoods to undergo incremental change over time.

Issues covered:
Housing
Community Development
Government

Length: 8:53

Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons

Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average. She said obesity is by far the biggest risk factor for sleep apnea. She noted that a recent study said the worldwide estimate of those with sleep apnea totals roughly 1 billion, compared to 1.2 billion with high blood pressure.

Issues covered:
Personal Health

Length: 8:30

Pam Mueller, graduate student, Department of Psychology, Princeton University

Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.

Issues covered:
Education

Length: 4:51

THE VOICE OF HEALTH

The Voice Of Health for January 6, 2024 is about **"THE NATURAL ANSWER TO IMMUNITY"**.

VOH, 1-6-2024 (56:50)

The Voice Of Health for January 13, 2024 is about **"HOLISTIC WEIGHT LOSS"**.

VOH, 1-13-2024 (56:50)

The Voice Of Health for January 20, 2024 is about **"INSOMNIA"**.

VOH, 1-20-2024 (56:50)

The Voice Of Health for January 27, 2024 is about **"HEALTH FREEDOM"**.

VOH, 1-27-2024 (56:50)

The Voice Of Health for February 3, 2024 is about **"AMERICA'S HIDDEN HEALTH CRISIS—FATIGUE "**.

VOH, 2-3-2024 (56:50)

The Voice Of Health for February 10, 2024 is about **"THE HEARTBREAK OF ENDOMETRIOSIS"**.

VOH, 2-10-2024 (56:50)

The Voice Of Health for February 17, 2024 is about **"HOLISTIC HEART"**.

VOH, 2-17-2024 (56:50)

The Voice Of Health for February 24, 2024 is about **"HEALTH FREEDOM"**.

VOH, 2-24-2024 (56:50)

The Voice Of Health for March 2, 2024 is about **"CHRONIC KIDNEY DISEASE"**. File for the show uploaded to Dropbox, timed to 56:50.

VOH, 3-2-2024 (56:50)

The Voice Of Health for March 9, 2024 is about **"CHRONIC KIDNEY DISEASE, PART 2"**.

VOH, 3-9-2024 (56:50)

The Voice Of Health for March 16, 2024 is about "**CRANIOSACRAL THERAPY**".

VOH, 3-16-2024 (56:50)

The Voice Of Health for March 23, 2024 is about "**NATURAL TREATMENTS FOR THE LIVER**". File for the show uploaded to Dropbox, timed to 56:50.

VOH, 3-23-2024 (56:50)

The Voice Of Health for March 30, 2024 is about "**INDIANA 2024 ELECTION SPECIAL WITH CURTIS HILL**".

VOH, 3-30-2024 (56:50)



QUARTERLY REPORT
JANUARY-MARCH 2024

Program # 2024-1

Airdate: 1.7.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment # 1 - History/Aviation Summary: Our guest discusses a captivating and thoroughly researched story into the birth and flight of the monumental British Airship R101 which was destined to transform air travel. Guest: S.C. Gwynne is a New York Times Best-Selling author and Pulitzer Prize finalist. A noted historian and consummate storyteller. He is the author of "His Majesty's Airship: The Life and Tragic Death of the World's Largest Flying Machine". Issues Covered: ambitions, impatience, limitations	16:00
19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1 Summary: Same as Segment #1 Guest: Same as Segment #1 Issues Covered: bad decisions, hubris, commercial aviation	7:00
29:00	Conclusion of Program	:30

Program # 2024-2

Airdate: 1.14.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Health/Lifestyle	16:00

Summary: Our guest discusses the health benefits of kindness and living more thankfully.

Guest: Dr Susan Smith Jones is a leader in the fields of holistic health, anti-aging, optimum nutrition and balanced living. She's the author of 30 wellness related books.

www.SusanSmithJones.com

Issues Covered: self-kindness, helpers high, sharing

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: volunteering, attitude, compassion, humor

29:00	Conclusion of Program	:30
-------	-----------------------	-----

Program # 2024-3

Airdate: 6.21.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Child Trafficking	16:00

Summary: Our guest discusses her novel based on her experiences as a social worker and child abuse specialist including child trafficking, child prostitution and drugs.

Guest: Karan Bishop was born in Laramie, Wyoming. Over her life she has been a teacher, social worker and author. Her new book is "A Gentle Hell"

Issues Covered: signs of trafficking, victims, threats

19:00	SPOT BREAK #2	3:00
-------	---------------	------

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: coercion, myths, recruitment

29:00 Conclusion of Program :30

Program # 2024-4

Airdate: 1.28.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Stress/Mental Health	16:00

Summary: Our guest discusses why and how to understand and manage stress is essential for maintaining mental and physical health.

Guest: Cynthia Chase holds a degree in political science and a master's degree in counseling psychology. She is the author of "From Stressed To Blessed: 5 Simple Steps To Learn Meditation and Change Your Life".

Issues Covered: causes, better health, meditation, chronic

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: types of stress, letting go, monitoring

29:00 Conclusion of Program :30

Program # 2024-5

Airdate: 2.4.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Parenting/Families	16:00

Summary: Our guest discusses his book on wise sayings, pearls of wisdom, to be passed down from one generation to the next.

Guest: Rev. Dr. William Rocky Brown III is a preacher by calling and a political activist by choice. Recipient of over 200 awards and commendations for his work in education, law enforcement, substance abuse and social issues. He's the author of "800 Sayings By Old Folks Who Raised Us".

Issues Covered: intergenerational issues, race, nostalgia

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: life lessons, substance abuse, social change

29:00	Conclusion of Program	:30
-------	-----------------------	-----

Program # 2024-6

Airdate: 2.11.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Philanthropy	16:00

Summary: Our guest discusses her book on how to become a philanthropist and how to understand the concept of the importance of giving.

Guest: Dr. Susan Aurelia Gitelson has been President of International Consultants, Inc., is an international business consultant and trainee at the Rockefeller Foundation. Recently featured in Fortune Magazine and author of "Giving Is Not Just For The Very Rich: A Guide For Giving And Philanthropy".

Issues Covered: benefits, volunteering, choices, get started

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: evaluate charities, giving wisely, commitments

29:00 Conclusion of Program :30

Program # 2024-7

Airdate: 2.18.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Substance Abuse	16:00

Summary: Our guest discusses his memoir on how he turned a family tragedy into a personal war on drugs and crime.

Guest: Joseph Kress is a decorated law enforcement officer recognized with 31 letters of commendation and the Medal Of Honor and Purple Heart for his fight against drug abuse. He started a drug prevention program for middle and high school students. He's the author of "Still Standing".

Issues Covered: war on drugs, prevention programs, funding

19:00 SPOT BREAK #2 3:00
22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: addiction, drug related crime, law enforcement

29:00 Conclusion of Program :30

Program # 2024-8

Airdate: 2.25.24

Time of Broadcast 5:30A

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Leadership	16:00

Summary: Our guest lays out practical strategies to help you put your best self forward creating the right dynamic to build relationships.

Guest: Artell Smith is Principal and Managing Director of WatchWorks Management Consulting LLC, recognized industry leader in human resources and talent management and author of "No Time To Waste: Microbehaviors – Leveraging the Little Things to Become a Better Leader".

Issues Covered: importance of words, diversity, equity

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: listening, time management, inclusion

29:00	Conclusion of Program	:30
-------	-----------------------	-----

Program # 2024-9

Airdate: 3.3.24

Time of Broadcast 5:30A

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

<u>Time</u>	<u>Segment</u>	<u>Segment Length</u>
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Health/Lifestyle	16:00

Summary: Our guest discusses how to claim victory over a stressful life today and create more balance and joy.

Guest: Dr Susan Smith Jones is a leader in the fields of holistic health, anti-aging, optimum nutrition and balanced living. She's the author of 30 wellness related books.

www.SusanSmithJones.com

Issues Covered: exercise, set tone, laughter, stressors

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: gratitude, nature, meditation, sleep

29:00 Conclusion of Program :30

Program # 2024-10

Airdate: 3.10.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Energy/Technology	16:00

Summary: Our guest discusses his 50 year career as a petroleum engineer as he recounts his first hand knowledge of advances by the energy industry during the fossil fuel era.

Guest: Ronald Goodman Nelson spent 50 years as a petroleum engineer working in many countries and major oil field production areas. He pioneered many now common techniques for increasing oil production. He's the author of "Hydrocarbon Man".

Issues Covered: renewable fuels, innovation, climate change

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: fossil fuels, solar energy, digital technologies

29:00 Conclusion of Program :30

Program # 2024-11

Airdate: 3.17.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Labor/History	16:00

Summary: Our guest discusses the role of labor leader Walter Reuther in the events and movements that shaped modern America raising the standard of living for many.

Guest: James Ten Eyck retired after a 25 year academic career and earning a Ph.D. He's the author of "The Life And Times of Walter Reuther: An Unfinished Liberal Legacy".

Issues Covered: labor advances, civil rights, social policies

19:00	SPOT BREAK #2	3:00
22:00	Segment #2- Same as Segment #1	7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: immigration, progressive issues, cold war

29:00 Conclusion of Program :30

Program # 2024-12

Airdate: 3.24.24 Time of Broadcast 5:30A

Producer: Sean Bratton Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Parenting/Special Needs	16:00

Summary: Our guest candidly shares her experiences raising

three children who have various disabilities.

Guest: Lynda Drake is a life coach, professional speaker, group facilitator, advocate for those with special needs and author of "The Power of Imperfect Parents: Practical Tools To Parent Your Child With Disabilities".

Issues Covered: stress, emotional toll, mood disorders

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

Issues Covered: financial toll, self-doubt, misconceptions

29:00 Conclusion of Program :30

Program # 2024-13

Airdate: 3.31.24

Time of Broadcast 5:30A

Producer: Sean Bratton

Host: Ric Bratton (www.thisweekinamerica.us)

Time	Segment	Segment Length
:00	Intro	:60
1:00	SPOT BREAK #1	2:00
3:00	Segment #1 – Self-Help/Business	16:00

Summary: Our guest discusses how she defied expectations from the cornfields of Iowa to leading billion dollar businesses and rising as a top Microsoft executive.

Guest: Jane Boulware is a global business leader, former Microsoft executive, a writer and speaker who is passionate about helping people claim their worth. She is the author of "Worthy: From Cornfields to Corner Office at Microsoft".

Issues Covered: collaboration, mentoring, resilience

19:00 SPOT BREAK #2 3:00

22:00 Segment #2- Same as Segment #1 7:00

Summary: Same as Segment #1

Guest: Same as Segment #1

THE DR. SHOUP SHOW

[January 6, 2024](#)

What Part of Your Diet Can Lead to Early Dementia and More Serious Issues?

Part of this episode includes : If you can't remember the last time you went through a fast food drive through or the last time you had a Twinkie, this could mean two big things. And it's most likely a sign that what you're eating is destroying your brain. The Doc has the details.

[January 13, 2024](#)

What Foods Drain Your Brain in Bad Ways?

Part of this episode includes : You've heard the terms Brain Food or Super Foods. But, not a lot of people, especially your dentist, ever talk to you about what foods "adversely affect" your brain functionality. How do they shift your brain's functionality patterns, and what much more serious physical and mental issues will occur down the road if you keep training your brain in bad ways?

[January 20, 2024](#)

A 3D Face Scan Can Replace a Full Blood Work Up?

Part of this episode includes : People are becoming more open to Face ID security and facial recognition software. What else can your face say about you that even physicians cannot see on the surface? There may come a time very soon when you no longer need to fear needles or fill a bunch of tubes with your own blood for a full body health work-up. What 3D face technology is being tested as you read this to replace your blood being sent off to a lab?

January 27, 2024

Two Dentists Searched Far and Wide to Find Each Other

Part of this episode includes : Dr. Shoup has traveled the world to teach other dentists his precise biomimetic methods. Over the last couple of years he has also been searching for a new associate dentist to train in his practice and become more involved in the day to day treatment of patients. A gentleman named Dr. Frank Fu happened to be attending a conference featuring a comprehensive teaching session by Dr. Shoup. We'll let our radio show host take it from there.

February 3, 2024

Can Your Dentist Diagnose and Treat Poor Sleep Side Effects?

Part of this episode includes : Do you know how to tell if your very young child is not getting enough deep REM sleep? Do you know what serious short term and long term effects this can have on them? What about sleep problems that develop later in life? And guess what, not many family doctors let alone dentists ever pay attention to these details during examinations. But Dr. Shoup and his team does.

February 10, 2024

Scientists are Trying to Regrow Organs but What About Regrowing Teeth?

Part of this episode includes : There was cloning of sheep. Then the current attempts of cloning new healthy organs. The doctor has some exciting news stemming from research and development in Japan. The days of fully relying on dentures or implants after the destruction of your original healthy teeth may be coming to an end soon.

[February 17, 2024](#)

Do Dental Treatments Make You Gag?

Featured in this episode : Sometimes Dr. Shoup and his team encounter patients who cannot get through basic or not basic procedures without gagging. And the patients may not be able to even brush their teeth at home without gagging. What are the modern methods that put a complete stop to this horrible feeling when someone's in the dental chair or doing home care? The doc has a new revolutionary method resulting in full relief.

[February 24, 2024](#)

Can Your Teeth Eat Themselves and Fully Dissolve?

Featured in this episode : Have you heard of internal resorption? Many dentists have but not many have the newest ways to approach this problem. Dr. Shoup is working with a fellow colleague in Indianapolis to stop your teeth from attacking themselves regardless of what your diet and mouth care approach is. Hear how the professional duo are approaching this very serious issue.

[March 9, 2024](#)

Why are Other Dentists Causing Pain After Fillings?

Featured in this episode : Dr. Shoup is seeing another upsetting trend with several new patients coming to him after other dentists could not figure out their pain problem. It has to do with fillings being done incorrectly, while destroying much more of the tooth than was necessary. After the patients report the pain, the dentists do some more grinding down of the tooth and send them on their way. Then the pain persists. Dr. Shoup knows what the problem is right away and how to solve it.

March 16, 2024

Why are Dental Patients Having More and More Headaches?

Featured in this episode : There's yet another disturbing trend that Dr. Shoup and his team are seeing on a weekly basis. Patients complaining of headaches and migraines who can't figure out the cause. Did they think about their daily posture? Did you know there are countless patients now who are unable to tilt their head back in the dental chair in a natural position? But do not ask them to stop looking down at their phones, despite the consistent neck and head pain that can also turn chronic.

March 23, 2024

What is a Widely Unknown Large Contributor to Heart Attacks Every Year?

Featured in this episode : Daylight savings time was first implemented in America during World War I. Then it came back in World War II. Then it was reintroduced in the 1960s with the help of government lobbyists. Why was it implemented then and why in the world is it still around today? And did you know how many serious health problems it causes every year? Dr. Shoup ain't happy about it. Hear the inside info and much more!

March 30, 2024

What Periodic Table Element is Helping Fight Bad Bacteria and Cavities?

Featured in this episode : Something's been used in dentistry for a long time that helps eliminate bacteria during restorative treatments, but how it's being used has changed a lot over the years, and it needs to be used correctly/thoroughly for the best lasting effect. This material is also being used in Dr. Shoup's number one recommended mouthwash and other maintenance products. What element are we talking about? Silver.

THE FOLLOWING PSAs AIRED ON WXLW AND WFDM IN AN EVEN ROTATION MONDAY THROUGH SUNDAY

PSA PUBLIC FILING

QUARTER 1, 2024

WXLW / WFDM

AGENCY	CAMPAIGN TITLE	CART NUMBERS		
		:60	:30	:15
4H	Inspire Kids to Do	PSA60AA	PSA30AA	PSA15AA
Children's Miracle Network	Miracle Makers		PSA30AB	PSA15AB
Environmental Protection Agency	Radon Testing	PSA60AC	PSA30AC	
Family Health and Wellness	Safe Practices		PSA30AD	
Family Health and Wellness	Safe Practices		PSA30AE	
Family Health and Wellness	Safe Practices		PSA30AF	
Family Health and Wellness	Safe Practices		PSA30AG	
HRSA	Made Possible	PSA60AH	PSA30AH	
National Federation for the Blind	Live the Life You Want	PSA60AI	PSA30AI	
Teach.org	Teacher Recruitment	PSA60AJ	PSA30AJ	PSA15AJ
National Fair Housing Alliance	You Have Rights	PSA60AK	PSA30AK	
Oral and Maxillofacial Surgeons	Pain or No Pain		PSA30AL	PSA15AL
March of Dimes	March for Babies		PSA30AM	PSA15AM
American Humane	Healing the Invisible Wounds of War	PSA60AN	PSA30AN	PSA15AN
IHSAA	What is Strength	PSA60AO	PSA30AO	
DAV	Supprot More Victories for Veterans.	PSA60AP	PSA30AP	
US Department of Veteran Affairs	Make the Connection	PSA60AQ	PSA30AQ	
American Humane	Heroes Needed	PSA60AR	PSA30AR	PSA15AR
Campaign for Disability Employment	Mental Health at Work: What Can I Do?	PSA60AS	PSA30AS	PSA15AS
U.S. Department of Veterans Affairs	Stand By a Veteran	PSA60AT	PSA30AT	
DAV	Victories for Veterans	PSA6076	PSA3080	
Dollar General Literacy Foundation	High School Equivalency	PSA6077	PSA3081	
Feeding America	Hunger Prevention	PSA6079	PSA3083	
Indiana State Teachers Association	Adults Can Stop Bullying	PSA6082	PSA3086	
Jeffrey Modell Foundation	When I Grow Up Teacher		PSA3087	
Knights of Columbus	Christians at Risk		PSA3088	
Knights of Columbus	Father Douglas	PSA6083		
March of Dimes	Daniel's Story	PSA6084	PSA3089	
National Federation for the Blind	Vehicle Donation	PSA6085	PSA3090	
Partnership for Healthy Mouths	Children's Oral Health	PSA6087	PSA3093	
US Department of Agriculture	Food Safety Education	PSA6091	PSA3098	
US Department of Health and Human Services	Fatherhood Involvement		PSA3099	
US Forest Service	Discovering Nature	PSA6093	PSA3101	
Youth Villages	No Lost Cause	PSA6096	PSA3103	