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You can download or subscribe to the podcast:

- Podcast: 04/15/13 - The suburban heroin epidemic. Two experts from Rosecrance Health Network explain what's going on and what parents need to know.
- Podcast: 04/08/13 - With new lungs and a new kidney, Chicagoan Steve Ferkauf jokes that he's slowly becoming a girl from Iowa. Eternally grateful, Steve makes a great case for all of us to become organ and tissue donors.
- Podcast: 04/01/13 - Ravinia's Steans Music Institute celebrates its 25th anniversary.
- Podcast: 03/18/13 - Book worm Zangers is helping inner city kids become better readers, and a sleep expert has tips for getting a good night's rest.
- Podcast: 03/11/13 - Gastroenterologist Dr. Monica Borkar of NorthShore University Health System makes a good case for getting a colonoscopy
- Podcast: 03/06/13 - Are you a right or left brain thinker Artist and author Bette Fetter discusses both and her new book "Being Visual, Raising a Generation of Innovative Thinkers"
- Podcast: 02/25/13 - Field Trip! Curator Stephanie D'Alessandro discusses the new "Picasso and Chicago" exhibit on view at the Art Institute
- Podcast: 02/18/13 - Chicago Lights Executive Director Stacy Jackson explains how their tutoring, mentoring, arts and literacy programs are indeed "changing lives one at a time."
- Podcast: 02/11/13 - Family secrets: The last living member of the Capone family, Deirdre Marie Capone, talks about her famous family and her book, "Uncle Al Capone"
- Podcast: 02/04/13 - Girl Scouts are 100, and better than ever!

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EMPIRE STATE OF MIND 12:27pm
JAY Z AND ALICIA KEYS

PLAY CLIP

SJ Public Relations, a social media and public relations agency for today's complex markets.