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THE POD REPORT

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By Dana Block



"Podcasts are essentially audio Netflix." — Jordan Harbinger

Looking for a new podcast to add to your listening library? These five shows are new and noteworthy and could be the next "Serial," the next "SmartLess," or simply your personal favorite:

Society and Culture: "The Dash" — This new podcast featuring female besties Elizabeth Chambers (the ex-Mrs. Armie Hammer) and Marissa Hermer (formerly of "Ladies of London") appears similar to iHeart's Podcast of the Year winner "Giggly Squad." However, these women are in their 40s and have more life experience under their belts. Both have previously been married and are single again, and they're ready to "challenge outdated myths about aging, divorce, motherhood, sex and dating." (LemonadaMedia.com)

Places and Travel: "Solita" — The number of women who are seeking to travel on their own is higher than ever, but how do you make the most out of your experience in a safe way? Hosted by award-winning writer and solo traveler Julie Pinero, this podcast asks and answers questions like: "What happens when your Paris fling takes you somewhere the rom-coms wouldn't dare?" Each week, Julie and a guest explore topics like "3 Cheaper Ways to Solo Travel That Skip the Tourist Script" and "Eat,

Pray, Evacuate: Trying to Relax While Everything Is on Fire." Also, if Ireland is on your bucket list, don't miss her episode about how to quickly become a "regular" at an Irish pub. (iHeart.com)

Drama: "UnderGround Zero" — Actors Michael Imperioli and Steve Schirripa (both of HBO's "The Sopranos") star in this new podcast that is based on the true story of how five mafia families exploited cleanup efforts after the terrorist attacks for their own financial gain. "Names of the guilty have been changed to protect the innocent" states the bio of this scripted audio drama series. Learn how one courageous cop uncovered an elaborate scheme by the mob to loot and divert tons of scrap metal for their own profit. (iHeart.com)

Health and Fitness: "Better in Bed with the Sleep Doctor" — Why do we stress so much about sleep that we end up losing sleep over it? Clinical sleep specialist Dr. Michael J. Breus combines scientific facts with storytelling and practical advice to give you the proper tools to secure the Sandman's arrival night after night. If you're a menopause mama, be sure to download the first episode of the podcast with special guest Dr. Vonda Wright. If you suffer from anxiety, take a deep breath and hear what guest Mollie Eastman has to say about how she conquered her acute insomnia. (LemonadaMedia.com)

True Crime: "Killer Summer" — If you're looking for a short true-crime series that'll keep you up at night, listen to this retelling of the Night Stalker's reign of terror throughout Southern California during the summer of 1985. Scott A. Weiss narrates his memoir of what it was like to live as a young child in the San Fernando Valley, where everyone was on high alert against an unstoppable monster. (KillerSummerPodcast.com)

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