

**WARM-AM QUARTERLY REPORT - VIEWPOINTS (Sundays at 7:00AM)
4TH QUARTER (OCTOBER-DECEMBER)**

Following is a list of the significant issues responded to by radio station WARM-AM, Scranton, PA, of Seven Mountains Media – Pennsylvania along with the programming treatment of the issues for the period October 1, 2023 through December 31, 2023:



Quarterly Report of Compliancy Issues & Programs List

2023-Q4 (October – December) Viewpoints Radio

- Addiction
- African American History
- Aging
- Agriculture
- American History
- American Traditions
- Ancient Civilizations
- Animal Extinction
- Animal Science
- Animal Sciences
- Annual Holidays
- Archaeology
- Arts
- Astronomy
- Astrophysics
- Auto Industry
- Aviation
- Business
- Cancer
- Career
- Child Development
- Childcare
- Chronic Disease
- Climate
- Climate Change
- Communication
- Community
- Conspiracy Theories
- Consumerism
- Contraception
- Copyright Infringement
- Creative Arts
- Crime
- Criminal Justice
- Cryptocurrency
- Culture
- Customs
- Democracy
- Diet
- Digital Currency
- Disease
- Diversity
- Drug Abuse
- Economy
- Ecosystem
- Education
- Education Policy
- Elections
- Entertainment
- Environment
- Ethics
- Exercise
- Extreme Weather
- Family Planning
- Farming
- Film
- Finance
- Food Culture
- Food History
- Food Inequity
- Food Production
- Food Scarcity
- Food Waste
- Free Speech
- Freedom
- Global Culture
- Global Economy
- Global Issues
- Global Migration
- Government
- Government Assistance
- Government Policy
- Government Regulation
- Grief
- Health
- Healthcare
- Healthy Lifestyle
- Higher Education
- History
- Housing
- Housing Inventory
- Humanity
- Immigration
- Immigration Policy
- Immigration Reform
- Incarceration
- Indigenous Populations
- Inequality
- Inflation
- Inmate Rehabilitation
- Innovation
- International Relations
- Investing
- Journalism
- Labor Issues
- Labor Movement
- Language
- Law
- Law Enforcement
- Legal Issues
- Lifestyle
- Literacy
- Literature
- Local Government
- Local Politics
- Loss
- Manufacturing
- Marriage
- Mass Extinction
- Mass Media
- Materialism
- Media
- Medicine
- Mental Health
- Mental Health Treatment
- Mental Illness
- Music
- Music Industry
- Natural Disasters
- Natural Resource
- News
- Nonprofit Organizations
- Nutrition
- Paleontology
- Parenting
- Partisan Issues
- Personal Finance
- Pet Care
- Pet Health
- Physical Disorders
- Political Fundraising
- Political Organizations
- Politics
- Pollution
- Poverty
- Presidential Election
- Professional Athlete
- Psychology
- PTSD
- Public Assistance
- Public Health
- Public Safety
- Publishing
- Racial Discrimination
- Reading
- Reading Comprehension
- Real Estate
- Recreation
- Recycling Systems
- Rehabilitation
- Relationships
- Religion
- Research
- Science
- Scientific Research
- Self-Development
- Self-Fulfillment
- Senior Care
- Sleep Disorders
- Social Media
- Social Media Trends
- Society
- Solar System
- Space
- State Government
- Substance Abuse
- Supply Chain Management
- Technology
- Traditions
- Trauma
- TV
- Veterinary Health
- Video
- Volunteerism
- Voter Eligibility
- Voting Rights
- Wage Inequity
- War
- Wellbeing
- Writing

Program 23-40
Air Week: 10/1/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: '35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?

Time: 1:47

Duration: 6:14

Synopsis: Each year, we throw away the equivalent of 130 billion meals. This wasted food could feed hundreds of millions of people and negatively impacts the environment both from its production and then the methane it releases once in a landfill. We cover the ongoing food waste crisis in America and hear from one tech platform that's helping to connect hungry people to food that would otherwise be tossed into a trash bin.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Sarah Soteroff, North American spokesperson, Too Good To Go

Compliance Issues: Business, Environment, Food Inequity, Food Production, Food Scarcity, Food Waste, Technology

Links for more info:

Food Waste in America | Feeding America

Stopping Food Waste Before It Starts Is Key to Reaching Climate Goals | Civil Eats

Food Waste and its Links to Greenhouse Gases and Climate Change | USDA

Too Good To Go (@TooGoodToGo) / X

SEGMENT 2: '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW?

Time: 10:03

Duration: 10:31

Synopsis: Millions of kids are failing to meet reading comprehension standards. With so many young people falling through the cracks, we look at what's broken within the current curriculum and how new research on reading education can lead to some improvements. Education expert Natalie Wexler joins us to share important insights and what parents can also do at home to bolster these skills.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Natalie Wexler, education expert, author, The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It

Compliance Issues: Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension

Links for more info:

9 Things Science Tells Us About How Kids Learn to Read and Think Critically – The 74

Why Content Knowledge is Crucial to Effective Critical Thinking | KQED

Podcast – Knowledge Matters Campaign

The Knowledge Gap: The Hidden Cause of America's Broken Education System-and How to Fix it: Wexler, Natalie
Natalie Wexler (@natwexler) / X

VIEWPOINTS EXPLAINED: 'LESS THAN 10 PERCENT OF ALL PLASTIC IS RECYCLED'

Time: 21:34

Duration: 1:59

Synopsis: If we spend effort recycling items, it's logical to assume that most of these bottles, cartons and boxes will be recycled and reused. However, for plastic, this is rarely the case. We talk about the plastic crisis and why it's important to cut down on the plastic you use in your daily life.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance Issues: Business, Climate Change, Consumerism, Environment, Food Production, Health, Materialism, Pollution, Recycling Systems

CULTURE CRASH: STEPPING INTO A FILM DIRECTOR'S SHOES

Time: 23:33

Duration: 2:54

Synopsis: We highlight how it's all too easy for prominent directors to fall into a rabbit hole of producing a series of not-that-good movies after their first is a blockbuster hit.

Host & Producer: Evan Rook

Compliance Issues: Culture, Film

Program 23-41
Air Week: 10/8/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA

Time: 1:47

Duration: 7:00

Synopsis: Deborah Kasdan's sister, Rachel, had a bright future ahead of her. She was a natural creative, a talented student and loved to travel and meet new people. However, this future dimmed when Rachel was diagnosed with schizophrenia during her mid-twenties. The diagnosis forever impacted both Rachel and the family. She sadly passed away at age 59, but Deborah Kasdan joins us this week to share her sister's story and the wide-ranging toll of mental illness.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir

Compliance issues: Arts, Communication, Government, History, Mental Health, Mental Health Treatment, Mental Illness, Nonprofit Organizations, Psychology, Public Health, Rehabilitation

Links for more info:

National Alliance on Mental Illness

FindTreatment.gov

What is Mental Health? | SAMHSA

Zocdoc

Find a Therapist, Psychologist, Counselor - Psychology Today

Roll Back the World: A Sister's Memoir by Deborah Kasdan, Paperback | Barnes & Noble®

Deborah Kasdan (@debkasdan) / X

Instagram: @debkasdan

DeborahKasdan.com

SEGMENT 2: 30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS IMMIGRANTS

Time: 10:49

Duration: 10:08

Synopsis: In 2006, Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at the Illinois Department of Motor Vehicles. Keathley and her former lawyer, Richard Hanus, join us this week to share the stressful, years-long legal battle that almost led to her being deported back to the Philippines.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Richard Hanus, immigration attorney, The Law Offices of Richard Hanus; Elizabeth Keathley, immigrant

Compliance issues: Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights

Links for more info:

The Law Offices of Richard Hanus

The National Voter Registration Act Of 1993 (NVRA)

As noncitizens cast ballots, 'Motor Voter' law needs reform

Some Noncitizens Do Wind Up Registered To Vote, But Usually Not On Purpose

VIEWPOINTS EXPLAINED: WHY ARE HALLOWEEN CANDY PRICES SO SCARY RIGHT NOW?

Time: 21:57

Duration: 2:02

Synopsis: Consumers are spending more on Halloween recently. Part of it stems from the holiday becoming more popular and people shelling out more on décor, costumes, treats and activities. However, another factor is that prices are also generally rising. We look at how candy prices have significantly jumped over the last few years.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Consumerism, Global Economy, Inflation, Personal Finance, Supply Chain Management

CULTURE CRASH: WHY WE ALWAYS GO BACK TO WHAT WE LOVED IN HIGH SCHOOL**Time:** 23:59**Duration:** 2:28**Synopsis:** We rewind back in time and talk about the power of nostalgia when it comes to the music, movies and shows we prefer.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, History, TV

Program 23-42
Air Week: 10/15/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS

Time: 1:47

Duration: 8:33

Synopsis: Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Nancy Troyano, entomologist, director of technical education & training, Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist, author of the book, *The Secret Lives of Bats: My Adventure with the World's Most Misunderstood Mammals*

Compliance issues: Animal Science, Disease, Education, Environment, History, Psychology, Science

Links for more info:

National Park Service: Bat Myths

Merlin Tuttle's Bat Conservation

NBC News: 5 Spooky Spider Myths Busted

Nancy Troyano, PhD, BCE | Rentokil

SEGMENT 2: THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE

Time: 12:22

Duration: 8:48

Synopsis: Have you seen an advertisement or commercial for the group, FIRE? The acronym stands for the Foundation for Individual Rights and Expression, but even after watching an ad, it can still be confusing to grasp what exactly this organization truly stands for. As the presidential cycle heats up, this kind of messaging is only going to grow more common over the next year, so we wanted to uncover what exactly FIRE stands for and why some people have mixed feelings on the nonpartisan nonprofit.

Host: Marty Peterson

Producer: Amirah Zaveri, Grace Galante

Guests: Nico Perrino, executive vice president, FIRE; Steve Macek, professor, communication & media studies, North Central College

Compliance issues: Finance, Free Speech, Freedom, Government, Higher Education, History, Nonprofit Organizations, Partisan Issues, Political Fundraising, Political Organizations, Politics, Presidential Election

Links for more info:

Mission | The Foundation for Individual Rights and Expression

FIRE (@TheFIREorg) / X

Steve Macek | North Central College

What Does Free Speech Mean? | United States Courts

VIEWPOINTS EXPLAINED: AN INFLUX OF SOUTHERN MIGRANTS: WHAT'S GOING ON?

Time: 22:10

Duration: 1:45

Synopsis: Over the last year, hundreds of thousands of migrants seeking asylum have made their way into the U.S. and have been bussed to sanctuary cities across the country. We cover how this large influx is leading to chaos and mass frustration among residents and leaders.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Crime, Global Issues, Government, Immigration Policy, Immigration Reform, Politics, Poverty

CULTURE CRASH: WHAT'S GOING ON WITH REALITY TV?

Time: 23:55

Duration: 2:32

Synopsis: Why does it seem like every person on a reality TV show is just trying to become an influencer these days? We talk about what's wrong with reality TV in 2023 and why we're fed up with these stale narratives.

Host & Producer: Evan Rook

Compliance issues: Culture, Film, History, TV

Program 23-43**Air Week:** 10/22/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE?****Time:** 1:47**Duration:** 9:12

Synopsis: Even before the pandemic hit, more than half of U.S. adults responded that they struggle with feelings of loneliness and isolation. Fast forward four years and this problem has only grown worse. Millions of children, teens and adults feel completely disconnected from their neighbors, towns, and local organizations. We talk about what's fueled this decline in recent decades and how listeners can take steps to start forming new connections where they live.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Seth D. Kaplan, lecturer, Johns Hopkins University, senior advisor, Institute for Integrated Transitions, author, *Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time***Compliance issues:** Communication, Health, Local Government, Mental Health, Public Health, Senior Care, Technology, Volunteerism, Wellbeing**Links for more info:**

New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States | HHS.gov

Seth D Kaplan

Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time: Kaplan, Seth D.

Seth Kaplan | Carnegie Council for Ethics in International Affairs

Institute for Integrated Transitions

Opinion | We Know the Cure for Loneliness. So Why Do We Suffer? - The New York Times

SEGMENT 2: HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES**Time:** 13:01**Duration:** 8:13

Synopsis: Is there a right or wrong way to grieve the loss of someone you love? We speak with two adults who've dealt with the loss of a spouse to get a better sense of the grieving process and what people do & don't need to hear during this difficult time.

Host: Marty Peterson**Producer:** Amirah Zaveri, Grace Galante**Guests:** Megan Devine, psychotherapist; Michael Korda, former editor-in-chief, Simon & Schuster, author, *Passing: A Memoir of Love and Death***Compliance issues:** Communication, Grief, Marriage, Mental Health, Psychology, Relationships, Society**Links for more info:**

Grief: Coping with the loss of your loved one

Seeking Help and Support for Grief and Loss | American Cancer Society

9 Things You Should Never Say to Someone Grieving—And What to Say Instead

Refuge in Grief

Passing: A Memoir of Love and Death: Korda, Michael: Amazon.com: Books**VIEWPOINTS EXPLAINED: TACKLING CHILDHOOD OBESITY****Time:** 22:14**Duration:** 2:12

Synopsis: The American Academy of Pediatrics has an updated set of guidelines urging pediatricians to take a more proactive and stringent approach on young patients struggling with obesity. We highlight some of these updated policies and the lasting effects of early childhood obesity.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Child Development, Diet, Exercise, Healthcare, Healthy Lifestyle, Parenting, Public Health**CULTURE CRASH: BOO! OUR TOP HORROR FILM RECOMMENDATIONS NOW AVAILABLE TO STREAM****Time:** 24:26**Duration:** 2:00

Synopsis: We cover some of our favorite scary movies from big blockbusters to lesser-known indie films.

Host & Producer: Evan Rook**Compliance issues:** Culture, Film

Program 23-44
Air Week: 10/29/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: \$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS

Time: 1:47

Duration: 9:24

Synopsis: Americans are struggling to bear the extremely large price tag of early childhood care. In some big cities, parents are paying upwards of \$30,000 per year, per child, for this service. We speak with mother, Christina Kuhn, who lives in Michigan about how high childcare costs are impacting her day-to-day and talk to childcare policy expert, Patricia Cole, about what needs to change to better support families and create an environment that encourages raising healthy children.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Patricia Cole, Senior Director of Federal Policy, Zero to Three; Christina Kuhn, mother

Compliance issues: Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics

Links for more info:

Patricia A. Cole | ZERO TO THREE

New Childcare Data Shows Prices Are Untenable for Families | U.S. Department of Labor Blog

Increasing Federal Investment in Children's Early Care and Education to Raise Quality, Access, and Affordability - The Hamilton Project

Patricia Cole (@PattyCole123) / X

SEGMENT 2: HALLOWEEN 2023: WHY DO WE LOVE TO BE SCARED?

Time: 13:13

Duration: 7:31

Synopsis: It's the time of year when we transform into a different character through costume, setup scary decorations and maybe check out a haunted house or two. Even though these things can be scary, we enjoy the fun and festivities that Halloween brings us each year. We speak with two guests about why Halloween has become such a popular global event and why many of us get a kick out of feeling temporarily scared.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist

Compliance issues: American Traditions, Annual Holidays, Consumerism, Culture, Entertainment, Psychology, Society

Links for more info:

HauntWorld

Psychological Services – Superhero Therapy

Why We Love to Scare Ourselves on Halloween (and the Rest of the Year, Too)

Friday the 13th: Why horror movies scare you or not

VIEWPOINTS EXPLAINED: A PARCHED LANDSCAPE: WHY THE AMAZON RAINFOREST IS FACING AN UNCERTAIN FUTURE

Time: 24:44

Duration: 1:59

Synopsis: The Amazon rainforest is in peril. After several decades of deforestation, the massive forest - home to millions of animal and insect species, trees and people - is now facing another critical challenge.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Animal Extinction, Climate Change, Ecosystem, Environment, Extreme Weather, Indigenous Populations, Natural Disasters, Natural Resource

CULTURE CRASH: WRITER & DIRECTOR MIKE FLANAGAN IS BACK WITH ANOTHER HORROR HIT

Time: 23:43

Duration: 2:44

Synopsis: We cover writer & director Mike Flanagan's newest drop on Netflix, "The Fall of the House of Usher". We also highlight some of our other favorites from this master of miniseries horror.

Host & Producer: Evan Rook

Compliance issues: Culture, Film

Program 23-45
Air Week: 11/5/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP

Time: 1:47

Duration: 7:16

Synopsis: The Cleveland Clinic estimates that about 1 in 3 Americans struggle with sleep. The problems are wide-ranging, including trouble falling or staying asleep or just not feeling rested each morning. We speak with sleep expert, Dr. Aric Prather about what the latest research shows us is the best way to improve sleep. In many cases, these recommendations are focused on setting good habits, retraining the brain, and checking off some items that can help aid slumber in the bedroom.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Aric Prather, psychologist, director, Behavioral Sleep Medicine Research Program, University of California, San Francisco

Compliance issues: Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research
Links for more info:

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

What Happens When You Don't Get Enough Sleep? – Cleveland Clinic

How seasonal affective disorder disrupts sleep

SEGMENT 2: ARE WE ALONE IN THE UNIVERSE? U-F-O'S, U-A-P'S, AND ALIENS EXPLAINED

Time: 11:06

Duration: 10:30

Synopsis: There seems to be a lot of narratives, conspiracy theories and research funneling into if aliens really do exist. We speak with two experts about how the scientific community approaches this field of study and some of the challenges that come with working within this space.

Host: Marty Peterson

Producer: Tabor Brewster

Guests: Paula Bontempi, dean, Graduate School, Oceanography, University of Rhode Island; Nathalie Cabrol, chief scientist, Carl Sagan Center for Research at the SETI Institute

Compliance issues: Astronomy, Astrophysics, Communication, Conspiracy Theories, Government, Scientific Research, Solar System, Space

Links for more info:

Carl Sagan Center for Research

Paula S. Bontempi - Graduate School of Oceanography

Nathalie Cabrol

UFOs and UAPs | National Archives

WATCH: NASA report says more science and less stigma are needed to understand UFO sightings | PBS NewsHour

VIEWPOINTS EXPLAINED: WHAT'S THE BIGGEST SCAM OUT THERE TODAY?

Time: 22:36

Duration: 2:07

Synopsis: Last year, Americans lost almost nine billion dollars to scams. This is a 30 percent increase from 2021. We discuss what's one of the fastest growing frauds out there and why thousands of people each day are getting tricked.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Cryptocurrency, Finance, Government Regulation, Investing, Personal Finance, Public Safety, Social Media

CULTURE CRASH: WHY DO WE LOVE VINYL RECORDS SO MUCH?

Time: 24:43

Duration: 1:44

Synopsis: Looking to get into vinyl records? We discuss why vinyl is making a comeback and will never really, in our opinion, go out of style.

Host & Producer: Evan Rook

Compliance issues: Culture, Music, Music Industry

Program 23-46
Air Week: 11/12/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK

Time: 1:47

Duration: 8:42

Synopsis: Almost 50,000 American employees - a third of the total workforce between GM, Ford and Stellantis - walked off the job and went on strike for six weeks earlier this fall. This coordinated effort marks the first time that employees walked out on all three companies at once. We discuss why this massive strike was a long-time coming and how this recent walk-off is a sign of an ever-growing labor activism movement in the U.S.

Host: Gary Price

Producer: Grace Galante, Amirah Zaveri

Guests: Lane Windham, labor historian, Georgetown University; Kate Bronfenbrenner, senior lecturer, director, Labor Education Research, Cornell University

Compliance issues: Auto Industry, Labor Issues, Labor Movement, Manufacturing, Technology, Wage Inequity

Links for more info:

The UAW strike might be over, but will consumers feel it later? | Fox Business

Toyota raises factory worker wages after UAW strike settlements

Lane Windham | Gender Justice Initiative

Lane Windham (@LaneWindham) / X

Kate Bronfenbrenner (@KBronfenbrenner) / X

Kate Bronfenbrenner | The ILR School | Cornell University

SEGMENT 2: DO YOU FEEL SAD? US TOO

Time: 12:31

Duration: 8:34

Synopsis: Experts estimate that about 10 million Americans deal with seasonal affective disorder, or SAD, each year. Interestingly, women are four times more likely to be diagnosed than men. And this number is also thought to be higher than reported since many adults go undiagnosed. We cover just how much SAD (and lesser variations like the winter blues) can affect your life during the colder, gloomier winter months and how some easy lifestyle changes can help ease symptoms each year.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health

Compliance issues: Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology

Links for more info:

Seasonal Depression (Seasonal Affective Disorder)

Seasonal affective disorder treatment: Choosing a light box - Mayo Clinic

9 Self-Care Tips for Seasonal Affective Disorder | Psych Central

The Role of Diet, Eating Behavior, and Nutrition Intervention in Seasonal Affective Disorder: A Systematic Review - PMC

VIEWPOINTS EXPLAINED: TENSIONS RISING IN THE MIGRANT CRISIS & WHY ONE CITY MAY SHUT ITS DOORS

Time: 22:05

Duration: 1:59

Synopsis: Chicago has received more than 20,000 migrants over the last 14 months. And it's not alone. New York City, Washington D.C, Los Angeles and other areas are all dealing with an influx of several thousands of migrants from Central America. As temperatures drop and winter sets in, tensions are beginning to boil over as this crisis reaches new heights.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Global Migration, Government, Immigration Policy, Local Politics, Poverty, Public Assistance, War

CULTURE CRASH: REVIEWING MARTIN SCORSESE'S NEW BLOCKBUSTER**Time:** 24:04**Duration:** 2:22**Synopsis:** At 80 years of age, Martin Scorsese - one of the greatest film directors of his generation - is back with another blockbuster release with an all-star cast. We discuss why "Killers of the Flower Moon" is a definite must-watch this year.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

Program 23-47
Air Week: 11/19/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE

Time: 1:46

Duration: 8:26

Synopsis: Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.

Host: Gary Price

Producer: Polly Hansen

Guests: Beth McHugh, runner, member, 261 New England Run Club; Billy Heatherly, runner, member, Fleet Feet Club, Asheville, North Carolina

Compliance issues: Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships

Links for more info:

Saturday Morning Run! - Fleet Feet Asheville

Running club in New England, USA: 261 Fearless

Clubs and running meetings for women.: 261 Fearless

Road Runners Club of America

SEGMENT 2: THE ROSETTA STONE: WHY WE CARE SO MUCH ABOUT A 2,000-YEAR-OLD SLAB OF ROCK

Time: 12:15

Duration: 8:55

Synopsis: It's an intriguing slab of rock, but why was finding and decoding the Rosetta Stone so important to scholars? In short, it's the key to unlocking the unique Egyptian language of illustrated text referred to as hieroglyphs. We speak with Edward Dolnick, author of *The Writing of the Gods: The Race to Decode the Rosetta Stone*, about the monumental impact of this discovery.

Host: Marty Peterson

Producer: Polly Hansen

Guests: Edward Dolnick, writer, author, *The Writing of the Gods: The Race to Decode the Rosetta Stone*

Compliance issues: Ancient Civilizations, Archaeology, Communication, Culture, History, Language, Religion

Links for more info:

The Writing of the Gods: The Race to Decode the Rosetta Stone: Dolnick, Edward: Books

Two Hundred Years Ago, the Rosetta Stone Unlocked the Secrets of Ancient Egypt

VIEWPOINTS EXPLAINED: SAM BANKMAN-FRIED & THE MULTI-BILLION DOLLAR FRAUD THAT CHANGED CRYPTO

Time: 22:09

Duration: 1:30

Synopsis: We cover the recent conviction of FTX founder & former CEO, Sam Bankman-Fried. Will people build up trust in cryptocurrency again?

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Criminal Justice, Digital Currency, Government, Investing, Personal Finance

CULTURE CRASH: FILMMAKER DAVID FINCHER'S LATEST RELEASE

Time: 23:39

Duration: 2:46

Synopsis: We cover the successful career of filmmaker, David Fincher and his newest movie, "The Killer".

Host & Producer: Evan Rook

Compliance Issues: Culture, Film

Program 23-48
Air Week: 11/26/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: IS YOUR PET THE HEALTHIEST THEY CAN BE?

Time: 1:47

Duration: 7:31

Synopsis: As pet owners, many of us are guilty of sometimes treating our furry friends with too many treats - especially during the holidays. We speak with Dr. Carol Osborne, an integrative veterinarian, to get some insightful tips on what foods owners should avoid feeding their pets this holiday season and how you can maintain and best care for the health of your pet.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic

Compliance Issues: Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health

Links for more info:

Chagrin Falls Pet Clinic

Dr Carol Osborne DVM (@carolonpets) / X

Carol Osborne DVM (@drCarolDVM) • Instagram photos and videos

Holiday pet-health hazards and how to avoid them

Holiday Safety Tips | ASPCA

PAWS

SEGMENT 2: REVISITING LOST FLAVORS: A RETURN TO THE ROOTS OF AMERICAN CUISINE

Time: 11:20

Duration: 9:25

Synopsis: Go back several decades and the items we eat today tasted a lot different. Viewpoints speaks with two food experts about the evolution of ingredients and how listeners cooking for the holidays can incorporate some of these older, more traditional recipes onto their tables.

Host: Marty Peterson

Producer: Tabor Brewster

Guests: David Shields, food historian, professor, English Language and Literature, University of South Carolina;

Adrian Miller, food writer, "Soul Food Scholar"

Compliance Issues: Agriculture, American History, Diet, Farming, Food Culture, Food History, Food Production, History

Links for more info:

soulfoodscholar - Adrian Miller

David S. Shields - Department of English Language and Literature | University of South Carolina

'Taste the State' reconnects South Carolinians with ancestors' ingredients, recipes - USC News & Events

VIEWPOINTS EXPLAINED: THE AUTHORS BANDING TOGETHER AGAINST CHAT GPT

Time: 22:09

Duration: 1:47

Synopsis: Some of the biggest names in the literary world are now suing the creator of Chat GPT, Open AI. We cover the unfolding lawsuit, what the authors are demanding and what this means for artificial intelligence moving forward.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance Issues: Career, Copyright Infringement, Government, Law, Publishing, Reading, Technology, Writing

CULTURE CRASH: THE OSCAR CAMPAIGNING HAS BEGUN

Time: 23:56

Duration: 2:29

Synopsis: We discuss the weird year that is 2023 in Hollywood. As the year quickly wraps up, we highlight some early Oscar hopefuls that stand out from the pack.

Host & Producer: Evan Rook

Compliance issues: Culture, Film

Program 23-49
Air Week: 12/3/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS

Time: 1:47

Duration: 7:41

Synopsis: Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what books you see and read.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dan Sinykin, assistant professor, English, Emory University, author, Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature

Compliance issues: Career, Creative Arts, Diversity, Literature, Publishing, Reading, Technology, Writing

Links for more info:

DEEP VELLUM

Milkweed Editions

Coffee House Press

Publishing | Hub City Press

Graywolf Press

Simon & Schuster purchased by private equity firm KKR for \$1.62 billion | AP News

Dan Sinykin

Dan Sinykin (@dan_sinykin) / X

Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature (Literature Now) |

mitpressbookstore

SEGMENT 2: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?

Time: 11:29

Duration: 10:00

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient

Compliance issues: Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science

Links for more info:

M. Kristen Demoruelle, MD, PhD

Kristen Demoruelle | LinkedIn

Lisa Rose Sammaritano Professor of Clinical Medicine

VIEWPOINTS EXPLAINED: WHAT'S THE FASTEST GROWING PLATFORM IN NEWS?

Time: 22:29

Duration: 1:32

Synopsis: We cover how this app is quickly becoming a dominant platform for news sharing amidst an evolving media landscape.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Communication, Journalism, Mass Media, Media, News, Politics, Social Media, Technology

CULTURE CRASH: THE BEATLES SONG THAT'S FINALLY SEEING THE LIGHT OF DAY

Time: 24:01

Duration: 2:27

Synopsis: We discuss the latest drop from "The Beatles" that was finally produced and released thanks to new technology powered by artificial intelligence.

Host & Producer: Tabor Brewster

Compliance issues: Culture, Film, Technology

Program 23-50

Air Week: 12/10/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS

Time: 1:45

Duration: 8:22

Synopsis: Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the story of Bessie Coleman - a courageous African American female pilot - who received her pilot's license two years before Earhart took to the skies. This week - we cover the story of Coleman and the many barriers she faced as an African American woman in the early 1900's determined to make a name for herself as a pioneer in performance stunt flying.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Tanya Hart, Flying Free Films, host & producer, Hollywood Live with Tanya Hart

Compliance issues: African American History, American History, Aviation, Career, Innovation, Racial Discrimination

Links for more info:

INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP on Apple Podcasts

Spotify: INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP

Bessie Coleman | National Air and Space Museum

Bessie Coleman | National Women's History Museum

SEGMENT 2: WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS

Time: 12:09

Duration: 8:55

Synopsis: People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” Maybe you’ve set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.

Host: Marty Peterson

Producer: Pat Reuter

Guests: M.J. Ryan, expert, change & human fulfillment, author, Habit Changers: 81 Game Changing Mantras to Mindfully Realize Your Goals

Compliance issues: Communication, Mental Health, Psychology, Relationships, Self-Development, Self-Fulfillment

Links for more info:

How Not to Fail at Keeping Your New Year’s Resolutions | Time

Habit Changers: 81 Game-Changing Mantras to Mindfully Realize Your Goals by M.J. Ryan, Hardcover | Barnes & Noble®

The Top 3 Reasons New Year’s Resolutions Fail And How Yours Can Succeed

VIEWPOINTS EXPLAINED: WHY WE'RE FAILING OUR INMATES

Time: 22:04

Duration: 1:39

Synopsis: So much focus has been placed recently on the importance of rehabilitation while incarcerated. Yet, the meals in served to inmates are often rotten, lacking in nutrients and not enough to sustain them throughout the day. Why aren't U.S. prison systems - which receive billions of dollars in public funding each year - doing better?

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Diet, Government, Health, Incarceration, Inequality, Inmate Rehabilitation, Nutrition

CULTURE CRASH: CAN YOU GUESS WHO'S THE BIGGEST STREAMING PLATFORM IN THE GAME?

Time: 23:43

Duration: 2:41

Synopsis: We cover how this force in streaming maintains its dominance and what's in the store for the future.

Host & Producer: Evan Rook

Compliance issues: Film, Social Media Trends, Technology, Video

Program 23-51
Air Week: 12/17/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: ~40 PERCENT OF PEOPLE WILL GET CANCER IN THEIR LIFETIME: A FORMER OLYMPIAN'S STORY

Time: 1:45

Duration: 7:51

Synopsis: Shannon Miller holds many titles. Former Olympic gymnast. Seven-time Olympic medalist. Mother. Wife. But she also has another, unexpected title: ovarian cancer survivor. Miller joins Viewpoints this week to share her experience and perspective after she was diagnosed with cancer at just 33 years old. She hopes her story - and the challenges she went through - will help raise awareness around the importance of keeping up to date on medical checkups and screenings as you age.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Shannon Miller, former American gymnast, seven-time Olympic medalist, cancer advocate & ovarian cancer survivor

Compliance issues: Aging, Cancer, Career, Disease, Mental Health, Professional Athlete, Public Health, Research, Science

Links for more info:

Shannon Miller OLY (@shannonmiller96) • Instagram photos and videos

Shannon Miller (@shannonmiller96) / X

Shannon Miller Ovarian Cancer: 5 Years Cancer-Free

Shannon MILLER

Common Cancer Types - NCI

Find Cancer Early | American Cancer Society

Signs and Symptoms of Cancer | Do I Have Cancer?

SEGMENT 2: SHOULD CONGRESS ENACT TERM LIMITS?

Time: 11:38

Duration: 9:58

Synopsis: With the 2024 presidential election right around the corner, it's a good time to discuss a growing and debated trend in America: increasingly older politicians. Two former opponents - President Joe Biden, age 81, and Former President Trump, age 77 - are again throwing their hat into the 2024 race, but many Americans have concerns about the competency of these older candidates and other members of the Senate and Congress. We speak with two experts about both sides of the argument and how the political landscape would change if stricter term limits were put in place.

Host: Marty Peterson

Producer: Grace Galante

Guests: Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University

Compliance issues: Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics

Links for more info:

Term limits in the United States - Ballotpedia

U.S. Term Limits

Casey Burgat (@CaseyBurgat) / X

Burgat, Casey | Graduate School of Political Management | College of Professional Studies | The George

Washington University

Nicolas Tomboulides

VIEWPOINTS EXPLAINED: WHY ARE LESS PEOPLE BUYING HOMES?

Time: 22:34

Duration: 1:43

Synopsis: We cover what's driving the U.S. housing market to experience a dip and why some markets are faring worse than others.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Economy, Government, Housing, Housing Inventory, Inflation, Personal Finance, Real Estate

CULTURE CRASH: WHY "MAY DECEMBER" SHOULD BE YOUR NEXT WATCH

Time: 24:17

Duration: 2:09

Synopsis: We cover why scandalous stories historically draw in large audiences, and why the Netflix film, "May December" is a prime example of why this type of drama sucks us in so fast.

Host & Producer: Evan Rook

Compliance issues: Culture, TV

Program 23-52
Air Week: 12/24/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS

Time: 1:48

Duration: 9:33

Synopsis: More than 28 million people, ages 18 and older, reported an alcohol use disorder in 2022, according to the National Survey on Drug Use and Health – a large-scale report overseen by the National Institutes of Health. This equates to about 11 percent of the overall American population who have an impaired ability to stop or control their drinking despite its negative effects. Alcohol use disorder can range from a mild dependence to a severe addiction. For author Annie Grace, it took decades to find a way forward without drinking daily. This week - She opens about her past alcoholism and what finally helped her break the cycle.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Annie Grace, author, This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life

Compliance issues: Addiction, Career, Drug Abuse, Health, Mental Health, Psychology, Relationships, Substance Abuse

Links for more info:

Alcohol | SAMHSA

No level of alcohol consumption is safe for our health

Annie Grace & This Naked Mind (@thisnakedmind) • Instagram photos and videos

This Naked Mind

This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

Alcoholics Anonymous

SAMHSA's National Helpline

SEGMENT 2: THE CAPITOL POLICE OFFICERS WHO HELD THE LINE, NO MATTER THE COST

Time: 13:21

Duration: 8:04

Synopsis: It's been nearly three years since the attack on the U.S. Capitol. The January 6 insurrection marks the biggest assault on American democracy and the peaceful transfer of power since the Civil War. We speak with former Capitol Hill police sergeant Aquillino Gonell about the violence he witnessed that day and how this traumatic experience has shaped his life and perspective.

Host: Marty Peterson

Producer: Polly Hansen

Guests: Aquillino Gonell, former police sergeant, Capitol Hill Police, former U.S. Army sergeant, author, American Shield: The Immigrant Sergeant Who Defended Democracy

Compliance issues: American History, Government, History, Law Enforcement, PTSD, Politics, Trauma

Links for more info:

American Shield: The Immigrant Sergeant Who Defended Democracy: Gonell, Aquilino, Shapiro, Susan, Raskin,

Jamie: Amazon.com: Books

The Legacy of January 6 | FSI

U.S. Capitol riot | January 6, 2021 | HISTORY

Justices to Decide Scope of Obstruction Charge Central to Trump's Jan. 6 Case - The New York Times

VIEWPOINTS EXPLAINED: ALABAMA WILL SOON BE THE FIRST TO USE THIS NEW EXECUTION METHOD

Time: 22:25

Duration: 2:00

Synopsis: Last year, Alabama prison officials failed to execute Kenneth Eugene Smith via lethal injection. After more than four hours of prodding and poking him, they gave up on finding a viable vein. Smith has been on death row since 1990 and his next scheduled execution is late next month. But now, he's opting for a new method that's never been tested before in this setting.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Criminal Justice, Ethics, Health, Humanity, Incarceration, Medicine, Science, State Government

CULTURE CRASH: A TERRIFYING PORTRAYAL IN THE NEW FILM, "GODZILLA MINUS ONE"**Time:** 24:25**Duration:** 2:04**Synopsis:** We review the new monster flick, "Godzilla Minus One" by Japanese writer & director Takashi Yamazaki now playing in theaters.**Host & Producer:** Evan Rook**Compliancy issues:** Culture, TV

Program 23-53
Air Week: 12/31/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS

Time: 1:47

Duration: 8:15

Synopsis: There's something special about dinosaurs. These majestic creatures walked the Earth for more than 165 million years. Compare this to the span of humans who've only been around for five to seven million years so far. There's no doubt that dinosaurs left their mark. Some scientists even wonder – would they still be around today if the asteroid never collided with Earth? We answer this question and more this week on Viewpoints.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Michael Benton, professor, vertebrate paleontology, University of Bristol – England

Compliance issues: Climate Change, History, Paleontology, Research, Science, Animal Sciences, Mass Extinction

Links for more info:

Dinosaurs: New Visions of a Lost World: Benton, Michael J., Nicholls, Bob: Amazon.com: Books

Professor Mike Benton - Our People

Dinosaurs Were Already Dying Off Due to Climate Change Even Before Asteroid Hit | Nature World News

University of Bristol (@BristolUni) / X

SEGMENT 2: IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS

Time: 12:04

Duration: 9:04

Synopsis: One in twelve children will lose a parent or sibling by the time they reach age 18. Experiencing grief of this kind is unbearable at any age, but in children it can present differently and may require more of a tailored approach. We speak with child therapist Natasha Daniels to get a better understanding of this emotion and how there can be different variations of grief depending on the severity of the life event.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Natasha Daniels, child therapist, author, The Grief Rock: A Book to Understand Grief and Love

Compliance issues: Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships

Links for more info:

The Grief Rock: A Book to Understand Grief and Love

Natasha Daniels (@atparentingsurvival) • Instagram photos and videos

About – Hill Child Counseling

National Alliance for Grieving Children

Childhood Bereavement Estimation Model - Judi's House

Where To Find Help For Your Child

Helping Children Deal With Grief | Child Mind Institute

VIEWPOINTS EXPLAINED: BREAKING PLATES? EATING 12 GRAPES IN 12 SECONDS? HOW OTHER CULTURES RING IN THE NEW YEAR

Time: 22:08

Duration: 1:48

Synopsis: How do people across the world celebrate New Year's Eve and New Year's Day? We cover some interesting customs and traditions in other countries.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Global Culture, Customs, Traditions, History, Religion, Psychology, Entertainment

CULTURE CRASH: WHY WE LOVE THE 180 THAT IS ANDRE 3000'S NEWEST ALBUM

Time: 23:56

Duration: 2:33

Synopsis: We dive into Andre 3000's latest album release titled, "New Blue Sun".

Host & Producer: Evan Rook

Compliance issues: Music, Culture