

WINGZ-AM

WINGZ 93 QUARTERLY REPORT Q1 JAN-MARCH 2022

DATE	PERSON INTERVIEWED	ORGANIZATION	EVENT	WHAT WAS DISCUSSED	DURATION
2/14-3/5/22		CMN/ARNOT HEALTH	DUMP THE JUG	LINERS FOR THE EVENT RAN AT VARIOUS TIMES AND SPOT SCHEDULED AIRED FOR THE DUMP THE JUG CAMPAIGN AND EVENT	30 SECONDS EACH
3/3/2022	DON FERRARIO	CMN/ARNOT HEALTH	DUMP THE JUG	FERRARIO FORD WAS THE HOST SPONSOR FOR THE DUMP THE JUG EVENT. WE INTERVIEWED DON ABOUT HOSTING THE EVENT AT THE QUICK LANE AT FERRARIO FORD IN ELMIRA	2MIN
3/5/2022		CMN/ARNOT HEALTH	DUMP THE JUG	LIVE BROADCAST 10-1P. COLLECTING CHANGE FOR CMN. ALL SITES BROUGHT CHANGE TO OUR EVENT AND DUMPED INTO THE COINSTAR MACHINE. \$7,928.91 WAS RAISED	4-1 MIN BREAKS
3/9-3/10/22	MULTIPLE CMN FAMILIES & STAFF	CMN/ARNOT HEALTH	CMN RADIOTHON "LIGHT"	RAISING MONEY TO BUY LIFESAVING EQUIPMENT AND RESOURCES FOR CMN AT ARNOT HEALTH. ALSO SERVING THE PEEDS DEPT AT ARNOT HEALTH.	LIVE LINERS AIRED DURING THE DAY
		VIEWPOINTS SHOW	SHOW AIRS AT 7AM SUNDAY MORNINGS		



Quarterly Report of Compliancy Issues & Programs List

2022-Q1 (January - March) Viewpoints Radio

- Addiction
- Aging
- Agriculture
- American History
- Ancient Civilization
- Archaeology
- Arts
- Astronomy
- Business
- Career
- Child Development
- Comedy
- Comics
- Communication
- Community
- Consumerism
- Cooking
- Criminal Justice
- Culture
- Diet
- Disease
- Diversity
- Domestic Policy
- Ecology
- Economics
- Education
- Emotional Wellness
- Employment Issues
- Entertainment
- Environment
- Exercise
- Feminism
- Film
- Financial Technology
- Fitness
- Food Production
- Food Shortages
- Global Affairs
- Government
- Health
- Health Policy
- Healthcare
- History
- Hobby
- Human Resources
- Illustration
- Industry
- Inequality
- Inflation
- Infrastructure
- Innovation
- Insurance
- Invention
- Labor
- Leadership
- Light Pollution
- Literature
- Manufacturing
- Mass Incarceration
- Media
- Medicine
- Mental Health
- Mobility
- Money Management
- Music
- Nonprofit Organizations
- Parenting
- Personal Finance
- Personal Growth & Development
- Personal Interest
- Policy
- Politics
- Pop Culture
- Poverty
- Psychiatry
- Psychology
- Public Health
- Recidivism
- Retirement
- Science
- Self-Identity
- Sleep
- Social Equity
- Space Exploration
- Sports & Sports History
- Substance Abuse
- Supply Chain
- Sustainability
- Technology
- Transportation
- TV
- Urban Design & Development
- Waste Management
- Wildlife

Program 22-01**Air Week:** 1/2/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: FINDING EMPLOYMENT AFTER INCARCERATION****Time:** 1:48**Duration:** 11:11

Synopsis: In the U.S., there are roughly 19 million people with felony convictions. For this population, finding stable work can be a tumultuous and draining process. Without a job, it can be all too easy to slide back into a past life and end up behind bars once again.

Host: Gary Price

Guests: Beth Schwartzapfel, staff writer, The Marshall Project; Jeffrey Korzenik, economic researcher, author, *Untapped Talent: How Second Chance Hiring Works for Your Business and the Community*.

Issues Covered: Human Resources, Mass Incarceration, Business, Criminal Justice, Inequality, Recidivism, Education, Poverty, Employment Issues

Links for more info:

Putting Humanity into HR Compliance: Try Second-Chance Employment

US Department of Education Announces It Will Expand the Second Chance Pell Experiment for the 2022-2023 Award Year

GettingTalentBackToWork.org

Second Chance Employment — Dave's Killer Bread

DKBF

Untapped Talent: How Second Chance Hiring Works for Your Business and the Community

SEGMENT 2: A SEASON OF SADNESS**Time:** 15:01**Duration:** 7:21

Synopsis: Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support.

Host: Marty Peterson

Guests: Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health.

Issues Covered: Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health

Links for more info:

NIMH » Seasonal Affective Disorder

Baker Street Behavioral Health | About

Find a Therapist, Psychologist, Counselor - Psychology Today

SAMHSA Behavioral Health Treatment Services Locator

National Suicide Prevention Lifeline

CULTURE CRASH: SPIDER-MAN'S BACK ONCE AGAIN**Time:** 23:22**Duration:** 3:04

Synopsis: The new film release, "Spider-Man: No Way Home" is a massive blockbuster hit. We discuss what makes these crossover movies such a success and what's coming up next in the Marvel universe.

Host: Evan Rook**Issues Covered:** Film

Program 22-02**Air Week:** 1/9/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: OUR RESILIENT FOOD SYSTEM & SUPPLY CHAIN****Time:** 1:47**Duration:** 9:09

Synopsis: 20 million people work within the food production industry in the U.S. The pandemic has altered this sector and resulted in many pressures placed on this population. This week – we highlight the people behind these various roles and the changing landscape of this 24/7 food supply chain.

Host: Gary Price

Guests: Dr. Robyn Metcalfe, lecturer, College of Natural Sciences at the University of Texas at Austin and author, *Humans in Our Food*.

Issues Covered: Agriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance

Links for more info:

Metcalfe, Robyn - Human Ecology - CNS Directory

Humans In Our Food by Robyn Metcalfe

Food prices are reportedly expected to rise again in January

Food Supply Chain | USDA

The Great Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater

SEGMENT 2: STARRY NIGHT: THE EFFECTS OF LIGHT POLLUTION**Time:** 12:55**Duration:** 9:10

Synopsis: More than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, and the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all around us. We discuss the issue of light pollution and how stargazers can bring about change in their local communities.

Host: Marty Peterson

Guests: Paul Bogard, author, *To Know a Starry Night*; Bettymaya Foote, director, engagement, International Dark Sky Association.

Issues Covered: Light Pollution, Environment, Astronomy, Education, Culture, History

Links for more info:

International Dark-Sky Association

Light pollution map

Flipping the switch on light pollution – POLITICO

To Know A Starry Night — Paul Bogard

CULTURE CRASH: "SPIDER-MAN" NOSTALGIA**Time:** 23:05**Duration:** 3:23

Synopsis: We rewind back to 2002 to the very first "Spider-Man" movie starring a young Tobey Maguire and Kirsten Dunst. The iconic film started it all and led to decades of spin-offs.

Host: Evan Rook

Issues Covered: Film, Culture

Program 22-03**Air Week:** 1/16/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: GET YOUR \$\$\$ IN ORDER****Time:** 1:47**Duration:** 10:35

Synopsis: If an unexpected \$400 charge came up, it's estimated that 40% of Americans would struggle to pay this amount, according to data published in 2019 by the Federal Reserve. Life happens. Circumstances change. And that's why it is so important to be financially secure with savings, an emergency fund, investments and more. We speak with financial expert, Emily Guy Birken this week about how to start budgeting and saving.

Host: Gary Price**Guests:** Emily Guy Birken, financial expert, author of *Stacked: Your Super Serious Guide to Money Management*.**Issues Covered:** Money Management, Economics, Personal Finance, Labor, Financial Technology**Links for more info:**

Emily Guy Birken (@EmilyGuyBirken) / Twitter

emilyguybirken.com

Qube Money

Your Guide to How to Budget Money - NerdWallet

SEGMENT 2: AN ILLUSTRATOR'S ART**Time:** 14:24**Duration:** 7:40

Synopsis: We speak with Tim O'Brien who has illustrated numerous magazine covers throughout the years. O'Brien discusses his career, the history of illustration and how the art form is used to convey a specific, singular moment or feeling that other mediums may not be able to capture.

Host: Marty Peterson**Guests:** Tim O'Brien, illustrator.**Issues Covered:** Culture, Media, Career, Illustration, Arts, History, Comedy, Politics, Government**Links for more info:**

Catalog of Portraits and Illustrations by Tim O'Brien for various magazines and publications

"The Story Behind TIME's Trump Chaos Cover" - TIME Magazine

@obrienillustration on Instagram

CULTURE CRASH: CATCHING UP ON RECENT RELEASES**Time:** 23:04**Duration:** 3:23

Synopsis: We binge and review some of the new movies we've missed in recent months, including a critique of "The Novice" and "Mass".

Host: Evan Rook**Issues Covered:** Culture, Film

Program 22-04**Air Week:** 1/23/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: ADVANCEMENTS IN ANTI-AGING****Time:** 1:48**Duration:** 10:24

Synopsis: By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field.

Host: Gary Price

Guests: Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute.

Issues Covered: Technology, Health, Retirement, Aging, Medicine, Disease, Science

Links for more info:

Potocsnak Longevity Institute: Feinberg School of Medicine

Douglas E Vaughan : Faculty Profile

Frank J Palella : Faculty Profile

Resources Near You | HHS.gov

Why these Amish live longer and healthier: an internal 'fountain of youth' - Northwestern Now

Metformin: A Potential Candidate for Targeting Aging Mechanisms

SEGMENT 2: A NEW PERSPECTIVE ON COOKING AT HOME**Time:** 14:14**Duration:** 8:24

Synopsis: Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations.

Host: Marty Peterson

Guests: Leanne Brown, expert, food studies, cookbook author, *Good Enough: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen*.

Issues Covered: Mental Health, Health, Organization, Cooking, Diet, Literature

Links for more info:

Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen

Budget Bytes

Good and Cheap (PDF)

CULTURE CRASH: BINGING THE ROM-COM SERIES "LOVE LIFE"**Time:** 23:38**Duration:** 2:48

Synopsis: The series, "Love Life" is a whimsical ride through the ups and downs of modern dating, relationships and finding love. Seasons 1 and 2 are now out on HBO Max.

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-05**Air Week:** 1/30/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: LIVING LIFE IN A 24/7 SOCIETY****Time:** 1:48**Duration:** 9:08

Synopsis: We play many roles in life: coworker, manager, partner, parent, caregiver. The list is seemingly endless. It can be all too easy to get wrapped in these many roles and forget altogether about spending time on yourself as an individual. We speak with acclaimed writer and author, Eve Rodsky about the mental toll of our daily lives and how to get back to finding a balance.

Host: Gary Price**Guests:** Eve Rodsky, writer, author of *Find Your Unicorn Space: Reclaim Your Creative Life in a Too Busy World*.**Issues Covered:** Mental Health, Self-Identity, Literature, Psychology, Parenting, Education**Links for more info:**

Eve Rodsky (@eve_rodsky) / Twitter

Amazon.com: Find Your Unicorn Space: Reclaim Your Creative Life in a Too-Busy World: 9780593328019: Rodsky, Eve: Books
Work and Well-being 2021 Survey report**SEGMENT 2: A COMPREHENSIVE GUIDE TO FANDOM****Time:** 12:58**Duration:** 9:27

Synopsis: What was your favorite comic book series, video game or card game growing up? Depending on your age, it could have been Magic: The Gathering, Batman or Minecraft. In fact, you still could be a fan of these no matter what your age is. This week – we discuss the vast world of fandom and just what it means to be a part of this community.

Host: Marty Peterson**Guests:** Amy Ratcliffe, managing editor, Nerdist, author of *A Kids Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting and More in the Geek World!*; Liana, high school senior, Chicago.**Issues Covered:** Community, Parenting, Personal Interest, Technology, Hobby, Arts, Entertainment, Comics**Links for more info:**

Amy Ratcliffe (@amy_geek) / Twitter

A Kid's Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting, and More in the Geek World!
Fandom**CULTURE CRASH: THE DEBUT OF "SHIVA BABY"****Time:** 23:25**Duration:** 3:05

Synopsis: New writer & director Emma Seligman is generating a lot of buzz across Hollywood. This week, we discuss her debut film, "Shiva Baby" that's now streaming on HBO Max.

Host: Evan Rook**Issues Covered:** Culture, TV

Program 22-06**Air Week:** 2/6/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: SPIN, SWEAT, REPEAT: THE EVER-EVOLVING FITNESS INDUSTRY****Time:** 1:47**Duration:** 9:39

Synopsis: It feels like the fitness market has more options than ever before. Between the rise of at-home fitness, traditional gyms and focused classes, consumers can pick and choose to workout whichever way they like. This week – we speak with two fitness experts about evolving trends in exercise and what’s next.

Host: Gary Price

Guests: Dr. David J. Miller, faculty member, School of Business, George Mason University; Dr. Glenn Gaesser, professor, exercise physiology, School of Health Solutions, Arizona State University.

Issues Covered: Business, Technology, Health, Fitness, Industry, Exercise, Community

Links for more info:

At-Home Fitness Poised to Grow Despite Peloton Slide, Analysts Say - Article published in Business Insider

Sweating Together Hardcover – May 24, 2022 | Amazon.com Books

Miller, David J. - GMU School of Business

Glenn Gaesser - ASU College of Health Solutions

SEGMENT 2: THE HISTORY OF TIMEKEEPING**Time:** 13:28**Duration:** 9:59

Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.

Host: Marty Peterson

Guests: Chad Orzel, associate professor, physics and astronomy, Union College, author of *A Brief History of Timekeeping: The Science of Marking Time, From Stonehenge to Atomic Clocks*.

Issues Covered: Archaeology, Innovation, Culture, History, Ancient Civilization, Invention

Links for more info:

A Brief History of Timekeeping - BenBella Books

No. 120: Su-Sung's Clock

Chad Orzel (@orzec) / Twitter

Chad Orzel | Physics and Astronomy | Union College

CULTURE CRASH: A NEW TAKE ON A POPULAR SERIES**Time:** 24:27**Duration:** 1:59

Synopsis: The hit sitcom, “How I Met Your Mother” ran for nine seasons between 2005 and 2014. Now, producers are creating a new take on the original show with the launch of the series, “How I Met Your Father”. We discuss if the new release is worth the hype.

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-07**Air Week:** 2/13/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: THE JOURNEY OF ADDICTION****Time:** 1:47**Duration:** 9:36

Synopsis: Substance abuse, or addiction, is a national crisis that's only continuing to worsen as new drugs enter the market and treatment has been disrupted due to the pandemic. Recovering addict Dr. Carl Erik Fisher joins us to share his own story with addiction and what can be done to improve treatment.

Host: Gary Price

Guests: Dr. Carl Erik Fisher, psychiatrist, assistant professor, Columbia University, author, *The Urge: Our History of Addiction*.

Issues Covered: Addiction, History, Mental Health, Substance Abuse, Medicine, Healthcare

Links for more info:

The Urge: Our History of Addiction Hardcover – January 25, 2022

Carl Erik Fisher, MD (@DrCarlErik) / Twitter

Carl E. Fisher, MD | Columbia University Department of Psychiatry

FindTreatment.gov

SAMHSA's National Helpline

SEGMENT 2: THE MANY MODES OF TRANSPORTATION**Time:** 13:25**Duration:** 9:59

Synopsis: Dr. Susan Shaheen, a professor of civil and environmental engineering at the University of California-Berkeley, joins us this week to highlight the country's current infrastructure and what more needs to be done to promote greater citizen mobility with bikes, scooters and other non-motor modes of transportation.

Host: Marty Peterson

Guests: Dr. Susan Shaheen, professor, civil and environmental engineering at the University of California-Berkeley and co-director of Transportation Sustainability Research Center at the University of California-Berkeley.

Issues Covered: Infrastructure, Urban Design, Aging, Sustainability, Mobility, Environment, Transportation

Links for more info:

Susan Shaheen | Civil and Environmental Engineering

The Best Cities for Cyclists - The New York Times

Susan Shaheen (@SusanShaheen1) / Twitter

CULTURE CRASH: A FRESH TAKE ON "NIGHTMARE ALLEY"**Time:** 23:55**Duration:** 2:31

Synopsis: We discuss the new film, "Nightmare Alley" which is a remake of the 1947 film of the same title. It's filled with a star-studded cast and does not disappoint. Hear why this movie makes our 'Best of 2021 Films' list.

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-08**Air Week:** 2/20/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: FOSTERING CURIOSITY AND A GREATER PASSION FOR LEARNING EARLY ON****Time:** 1:47**Duration:** 9:23

Synopsis: To fully understand many topics, experiences and encounters help to fully engrain what's being taught. We speak with an education expert and clinical psychologist this week about how to bring more curiosity, creativity and critical thinking to learning.

Host: Gary Price

Guests: Dr. Joe Galasso, clinical psychologist, Baker Street Behavioral Health; Julie Bogart, home educator, mother, author, *Raising Critical Thinkers: A Parent's Guide to Growing Wise Kids in the Digital Age*.

Issues Covered: Parenting, Communication, Education, Technology, Child Development, Mental Health, Psychology

Links for more info:

Julie Bogart | Author (@juliebravewriter) • Instagram photos and videos

Julie Bogart (@BraveWriter) / Twitter

Raising Critical Thinkers

Baker Street Behavioral Health | About

SEGMENT 2: THE INTERESTING LEGACIES OF PAST U.S. PRESIDENTS**Time:** 13:12**Duration:** 10:17

Synopsis: Ahead of Presidents Day on Monday, February 21, we highlight some of our past presidents and their accomplishments and failures. Ronald Gruner joins us this week to answer these questions and more.

Host: Marty Peterson

Guests: Ronald Gruner, author, *We the Presidents: How American Presidents Shaped the Last Century*.

Issues Covered: American History, Literature, Politics, Government, Leadership, Culture, Domestic Policy

Links for more info:

We The Presidents

Amazon.com: We the Presidents: How American Presidents Shaped the Last Century

Presidents' Day 2022 - History, Date & Holiday

CULTURE CRASH: THIS YEAR'S BEST PICTURE NOMINEES**Time:** 24:29**Duration:** 1:57

Synopsis: From Belfast to King Richard, we break down this year's highly anticipated list of Academy Award 'Best Picture' nominees. The Oscars will be held on March 27, 2022.

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-09**Air Week:** 2/27/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: THE COACHES THAT CHANGED THE GAME****Time:** 1:47**Duration:** 10:15

Synopsis: Bowman was Phelps' longtime swimming coach who mentored Phelps since he was 11 years old. He was there every step of the way in Phelps' athletic career, crafting him into the Olympic swimming superstar he is today. It makes you wonder – where would many of the top athletes be today without the coaches who guided, motivated and supported them?

Host: Gary Price**Guests:** Justin Spizman, sportswriter, author of *Coach: The Greatest Teachers in Sports and Their Lessons for Us All*.**Issues Covered:** Leadership, Sports, Culture, Career, Global Affairs, Sports History**Links for more info:**

Coach by Justin Spizman | Abbeville Press

4 Quotes From Olympic Coaches That Can Make You a Better Leader | Inc.com

Vince Lombardi

SEGMENT 2: THE LARGER APPEAL OF "HARRY POTTER"**Time:** 14:04**Duration:** 9:22

Synopsis: The Harry Potter series is one of the most beloved stories of all time, unlocking a world of wizarding magic, adventure and intrigue to millions of young readers. We discuss how its unconventional storyline and character development can shift thinking and teach real life lessons to young and old readers alike.

Host: Marty Peterson**Guests:** Amy Hogan, media manager, MuggleNet.com; Mimi Gladstein, English & Literature professor at University of Texas at El Paso, and author of the essay, *Feminism and Equal Opportunity: Hermione and the Women of Hogwarts*.**Issues Covered:** Pop Culture, Literature, Child Development, Education, Feminism**Links for more info:**

MuggleNet

1 Wizarding World Resource Since 1999 (@MuggleNet) / Twitter

Mimi Gladstein - UTEP Faculty Profile

How Harry Potter changed the world - Vox

What we can learn from Hermione Granger, the smartest witch of her age

CULTURE CRASH: NOSTALGIA OF MUSIC IN SUPER BOWL HALFTIME SHOW**Time:** 24:26**Duration:** 2:00

Synopsis: This year's Super Bowl halftime show featuring Eminem, Dr. Dre, Snoop Dogg and Mary J. Blige was an instant hit. It was a blast to the past and reinvigorated that the nostalgic music of our younger years will always hold a special place in our hearts.

Host: Evan Rook**Issues Covered:** Culture, Music, Sports

Program 22-10**Air Week:** 3/6/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: URBAN WILDLIFE: AN INFLUX OF NEW NEIGHBORS****Time:** 1:47**Duration:** 10:49

Synopsis: Countless different species of wildlife were driven out of cities centuries ago, but in recent decades have begun returning in greater numbers and adapting to the human-centric infrastructure. Two wildlife experts join us this week to highlight how we can both coexist in these settings.

Host: Gary Price

Guests: Dr. Peter Alagona, associate professor, environmental studies, University of California – Santa Barbara, author of *The Accidental Ecosystem: People and Wildlife in American Cities*; Dr. Stanley Gehrt, professor, wildlife ecology, The Ohio State University.

Issues Covered: Environment, Urban Development, Wildlife, Ecology, American History

Links for more info:

The Accidental Ecosystem by Peter S. Alagona - Hardcover - University of California Press

DNA Shows At Least Three Large Black Bears Are Breaking Into Tahoe Homes, Not Just 'Hank the Tank' | Smart News |

Smithsonian Magazine

Peter Alagona | Environmental Studies Program

Stanley D. Gehrt | SENR

Urban Coyote Research Project

SEGMENT 2: THE PANG OF REGRET**Time:** 14:36**Duration:** 8:41

Synopsis: Regret is an all-too-common feeling that's simply part of life, but it's what we learn from our mistakes that matters. Writer Daniel Pink joins us this week to break down the intricacies of this emotion and share how people can avoid self-pity and constructively move forward.

Host: Marty Peterson

Guests: Daniel Pink, writer, author, *The Power of Regret: How Looking Backward Moves Us Forward*.

Issues Covered: Career, Mental Health, Emotional Wellness, Personal Growth and Development, Psychology, Communication

Links for more info:

Regret | Psychology Today

The Power of Regret: How Looking Backward Moves Us Forward: Pink, Daniel H.: 9780735210653: Amazon.com: Books

Daniel Pink: Great Leaders Share Their Failures With Their Teams

CULTURE CRASH: NEVER GETTING TIRED OF THE FILM, "THE PRESTIGE"**Time:** 24:17**Duration:** 2:09

Synopsis: The Prestige was released in 2006 and features some of Hollywood's biggest names, including Christian Bale, Hugh Jackman and Michael Caine. We discuss why it's a remarkable movie that never gets old watch after watch.

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-11**Air Week:** 3/13/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: A MORE SUPPORTIVE MENTAL HEALTH SYSTEM****Time:** 1:47**Duration:** 9:43

Synopsis: The isolation of the pandemic has taken a big toll on young people as rates of depression, anxiety and other mental disorders have sharply risen in children and adolescents. What are the key areas that need to be fixed? Why is mental health just as important as physical health? We answer these questions and more this week on Viewpoints.

Host: Gary Price

Guests: Dr. Thomas Insel, psychiatrist, neuroscientist, former head, National Institute of Mental Health (NIMH), author of *Healing: Our Path From Mental Illness to Mental Health*; Dr. Vaile Wright, psychologist, senior director, Health Care Innovation, American Psychological Association.

Issues Covered: Psychology, Innovation, Health Policy, Technology, Public Health, Mental Health, Insurance, Policy, Science

Links for more info:

Learn more about mental health | NAMI: National Alliance on Mental Illness

SAMHSA's National Helpline

BetterHelp

What American Mental Health Care Is Missing - The Atlantic

Healing: Our Path from Mental Illness to Mental Health Hardcover

SEGMENT 2: THE ECONOMIC SQUEEZE OF INFLATION**Time:** 13:22**Duration:** 9:56

Synopsis: 'Between January 2021 and January 2022, prices across the board went up by 7.5%. What's next? Economics professor Dr. Christian Vom Lehn joins us to break down what's fueling these continued price hikes and how the invasion of Ukraine by Russia may make certain goods and services pricier.

Host: Marty Peterson

Guests: Dr. Christian Vom Lehn, assistant professor, economics, Brigham Young University; Carrie Leonard, suburban Chicago resident.

Issues Covered: Inflation, Economics, Consumerism, Personal Finance, Labor, Manufacturing

Links for more info:

Christian vom Lehn

Consumer prices up 7.5 percent over year ended January 2022

Federal Reserve Chair Pledges to Bring Inflation Under Control - The New York Times

CULTURE CRASH: GETTING BACK TO THE 90S**Time:** 24:18**Duration:** 2:10

Synopsis: We travel back in time to the 1990's as author Chuck Klosterman joins Culture Crash to highlight the iconic culture, media and politics of this infamous decade.

Host: Evan Rook

Issues Covered: Culture, History

Program 22-12**Air Week:** 3/20/22**Writers/Producers:** Amirah Zaveri & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: THE EXPANDING LANDFILL IN SPACE****Time:** 1:47**Duration:** 8:43

Synopsis: From weather forecasting to cellular coverage to global imaging, we heavily rely on space satellites in our day to day lives. We discuss the serious issue of human-created space debris and what's being done to curb this problem before it reaches catastrophic levels.

Host: Gary Price

Guests: Dr. Jonathon McDowell, astronomer, astrophysicist, Center for Astrophysics at Harvard and the Smithsonian; Dr. Moriba Jah, associate professor, aerospace engineering, engineering mechanics, University of Texas – Austin, co-founder, chief scientist, Privateer Space.

Compliance issues: Environment, Waste Management, Space Exploration, Science, Technology**Links for more info:**

Center for Astrophysics (Harvard & Smithsonian) - Jonathan McDowell

Jonathan McDowell (@planet4589) / Twitter

Moriba K. Jah

mission.privateer.com

ClearSpace

SEGMENT 2: PAVING A NEW FUTURE FOR CLASSICAL MUSIC**Time:** 12:33**Duration:** 10:57

Synopsis: Less than 2% of all classical musicians are African American. Two classical music experts join us this week to help us understand the barriers for entry into classical music and how those in the field are helping younger populations gain exposure and greater access to the genre.

Host: Marty Peterson

Guests: Brendan Slocumb, professional violinist, music educator, author of *The Violin Conspiracy*; Afa S. Dworkin, president, artistic director, Sphinx.

Issues Covered: Education, Career, Arts, Diversity, Music, Social Equity, Nonprofit, Literature**Links for more info:**

Sphinx Organization

About Me — Brendan Slocumb

Classical Music Had A Race Problem 20 Years Ago. It Still Does | Cognoscenti

CULTURE CRASH: THE DARKER "BATMAN"**Time:** 24:30**Duration:** 1:57

Synopsis: "The Batman" starring Robert Pattinson has dominated box office charts the last couple of weeks. We discuss if the new take on the classic franchise is worth the hype.

Host: Evan Rook**Issues Covered:** Culture, Film

Program 22-13**Air Week:** 3/27/22**Writers/Producers:** Amirah Zaveri, Polly Hansen & Evan Rook**Production Manager:** Jason Dickey**SEGMENT 1: CARING FOR AN AGING POPULATION****Time:** 1:47**Duration:** 9:33

Synopsis: More than 54 million Americans ages 65 or older are living in the U.S. today. This accounts for almost 17 percent of the total population. This number is only set to rise over the next two decades as millions more baby boomers transition into this next phase of life. As this population further ages, many will require care. So often we talk about the healthcare system and the patients themselves, but what about the caregivers who provide these services? In many cases, this role falls on family members' shoulders, and for this group, it can be all too easy to quickly lose sight of personal health, wellness and relationships. We discuss the ups and downs of caregiving in a world that can feel isolating and hard to navigate.

Host: Gary Price

Guests: Dr. Santo D. Marabella, author, *Lessons of Caring: Inspiration and Support for Caregivers*; Erik Stoll, co-director, *America* (film).

Compliance issues: Senior Care, Aging, Healthcare, Relationships, Health

Links for more info:

Family Caregiver Alliance

América – Documentary Film

AARP Resources for Caregivers and their Families

Caregiver Support | USAGov

SEGMENT 2: WHEN THE GUILTY ARE MARKED AS INNOCENT**Time:** 13:22**Duration:** 9:58

Synopsis: Why do we believe one person but believe another is lying? This week, author Sarah Weinman joins us as we discuss the story of one American man in the 1950's who was able to dupe millions and get released from prison.

Host: Marty Peterson

Guests: Sarah Weinman, writer, author, *Scoundrel: How a Convicted Murderer Persuaded the Women Who Loved Him, the Conservative Establishment, and the Courts to Set Him Free*.

Issues Covered: Crime, History, Criminal Justice, Law, Psychology, Media

Links for more info:

Edgar Smith, Killer Who Duped William F. Buckley, Dies at 83 - The New York Times

Scoundrel – HarperCollins

Crime - The New York Times

CULTURE CRASH: "HEAT WAVES": A SONG THAT SEEMS TO NEVER GO OUT OF STYLE**Time:** 24:20**Duration:** 2:07

Synopsis: The song, "Heat Waves" by the British indie pop rock band, Glass Animals continues to be a hit track almost two years after its release. We discuss its continued popularity and what else is worth a listen from Glass Animals.

Host: Evan Rook

Issues Covered: Culture, Music