

Call Letters: WMPL-AM

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Health

Mayo Clinic Radio, weekend of 01/04-05

**Date aired: 01/05/20 Time Aired: 6:05a
30:00**

January can be a tough month for blood banks. Donations are often down because of holiday vacations, bad weather, and people sick with cold and flu. According to the American Red Cross, 13,000 blood donations are needed each day to be able to help all the patients in need. To encourage donations this time of year, January is National Blood Donor Month.

On this Mayo Clinic Radio program, Dr. Justin Kreuter, a Mayo Clinic transfusion medicine physician, explained the importance of blood donation and how you can become a donor. Also on the program, Dr. Edward Laskowski, co-director of Mayo Clinic Sports Medicine, shared new exercise guidelines for cancer patients. Then Dr. Adela Taylor, a Mayo Clinic Health System allergy and immunology physician, explained how to manage upper respiratory illness. And Kristen Frie, a Mayo Clinic Healthy Living Program registered dietitian, explained the new Nutrition Facts labels.

Mayo Clinic Radio, weekend of 01/11-12

**Date aired: 01/12/20 Time Aired: 6:05a
30:00**

As we age, we expect a few aches and pains. But chronic pain in later life is a common condition, particularly among adults over the age of 65. Chronic pain can affect every aspect of life, making daily tasks difficult and often affecting the ability to get good sleep. In addition to physical discomfort, pain can affect mental and emotional health — increasing stress and frustration, sapping motivation and activity levels, and contributing to fatigue. Pain management strategies are important to help older adults maintain quality of life.

On this Mayo Clinic Radio program, Dr. Brandon Verdoorn, a Mayo Clinic geriatrician, discussed pain management for older adults. Also on the program, Dr. David Dodick, a Mayo Clinic neurologist, explained when it is safe to return to play after a concussion. Then, Dr. Miriam (Priya) Alexander, a Mayo Clinic pathologist, and statistician Dr. Byron Smith explained how Mayo Clinic researchers created a deep learning program to read kidney biopsies faster. And Dr. Anna Bartoo and Dr. Heidi Finnes, Mayo Clinic pharmacists, discussed the work done by research pharmacists to prepare medications for clinical trials.

Mayo Clinic Radio, weekend of 01/18-19

**Date aired: 01/19/20 Time Aired: 6:05a
30:00**

Each year, more than 500,000 men in America have a vasectomy, which is a procedure that makes a man sterile. Vasectomy is done by cutting or blocking two tubes, called the vas deferens, so that sperm can't get into the semen. Sometimes, due to a change in life circumstance, men decide they want to be able to father another child. Vasectomy reversal is a procedure to reconnect the vas deferens and return the ability to impregnate a partner. Pregnancy rates after vasectomy reversal will range from about 30% to over 90%, depending on the type of procedure. Many factors affect whether a reversal successfully achieves pregnancy, including time since a vasectomy, partner age, surgeon experience and training, and whether there were fertility issues before a vasectomy.

On this Mayo Clinic Radio program, Dr. Sevann Helo, a Mayo Clinic urologist, discussed vasectomy reversal and male infertility. Also on the program, Dr. Dale Ekbohm, a Mayo Clinic otolaryngologist and head and neck surgeon, explained treatment options for vocal cord paralysis. And Dr. Abdallah El Sabbagh, a Mayo Clinic cardiologist, discussed mitral valve regurgitation, a heart condition.

Mayo Clinic Radio, weekend of 01/25-26

**Date aired: 01/26/20 Time Aired: 6:05a
30:00**

The flu is hitting children and young adults particularly hard this year. The Centers for Disease Control and Prevention (CDC) reports 39 pediatric deaths due to flu complications so far this flu season. According to the CDC, influenza B is the most common strain of flu this season, and it tends to sicken more young people than influenza A. It has been nearly 30 years since influenza B was the most common flu virus infecting people in the U.S.

On this Mayo Clinic Radio program, Dr. Gregory Poland, director of Mayo Clinic's Vaccine Research Group discussed flu, whooping cough and other vaccine topics. Also on the program, Dr. Bruce Pollock, a Mayo Clinic neurologic surgeon, explained gamma knife stereotactic radiosurgery — surgery without a scalpel. And Dr. Maisha Robinson discussed palliative care.

Mayo Clinic Radio, weekend of 02/01-02

**Date aired: 02/02/20 Time Aired: 6:05a
30:00**

Heart disease is the No. 1 killer of women. While men and women are affected by heart disease, the warning signs and symptoms can be quite different. The most common heart attack symptom in women is the same as in men — some type of chest pain, pressure or discomfort that lasts more than a few minutes, or comes and goes. But chest pain is not always severe or even the most noticeable symptom, particularly in women. Women often describe it as pressure or tightness. And it's possible to have a heart attack without chest pain. February is recognized as American Heart Month to promote heart-healthy lifestyles, and the American Heart Association has designated Feb. 7 as National Wear Red Day. These events are intended to increase women's awareness about their risk for heart disease and stroke.

On this Mayo Clinic Radio program, Dr. Rekha Mankad, a Mayo Clinic cardiologist, discussed women's heart health. Dr. Mankad also discussed the Mayo Clinic Cardio-Rheumatology Clinic, which brings together Mayo Clinic cardiologists and rheumatologists to address the connection between the heart and autoimmune diseases. Also on the program, Dr. Todd Miller, a Mayo Clinic cardiologist, explained a recent study on whether medications and lifestyle changes are as effective as surgery in preventing heart attacks and death in patients with stable heart disease. And Dr. Bassam Sonbol, a Mayo Clinic hematologist and oncologist, explained the common health risks for breast cancer survivors.

Mayo Clinic Radio, weekend of 02/08-09

**Date aired: 02/09/20 Time Aired: 6:05a
30:00**

Whether caused by too many processed foods or a sedentary lifestyle, there is no doubt that Americans are getting heavier. Researchers predict that by 2030, half of U.S. adults will be considered obese, according to body mass index (BMI) guidelines. BMI is a measure of body fat in adult men and women based on height and weight. A simple calculator tool can be used to determine BMI.

On this Mayo Clinic Radio program, Dr. Donald Hensrud, director of the Mayo Clinic Healthy Living Program, discussed the obesity epidemic and talk about popular diet trends, including intermittent fasting. Also on the program to recognize Feb. 14 is National Donor Day was Dr. Mikel Prieto, a Mayo Clinic transplant surgeon. Dr. Prieto explained living kidney donation. And Dr. Susan Cullinan, a Mayo Clinic emergency medicine physician, shared tips for avoiding winter safety hazards such as carbon monoxide poisoning, frostbite, and winter falls.

Mayo Clinic Radio, weekend of 02/15-16

**Date aired: 02/16/20 Time Aired: 6:05a
30:00**

If you have arthritis, you are not alone. More than 50 million Americans suffer from arthritis and it is the No. 1 cause of disability in the country. Arthritis is the swelling and tenderness of one or more of your joints, causing joint pain and stiffness that typically worsen with age. Of the over 100 kinds of arthritis, the two most common are osteoarthritis and rheumatoid arthritis.

On this Mayo Clinic Radio program, Dr. John M. Davis III, a Mayo Clinic rheumatologist, discussed arthritis, and the latest edition of the book, "*Mayo Clinic on Arthritis — How to Manage Pain and Lead an Active Life*". Also on the program, Dr. Stephen Kopecky, a Mayo Clinic cardiologist, discussed how heart disease can be reversed. And Dr. Andre Terzic, director of Mayo Clinic's Center for Regenerative Medicine, explained how regenerative medicine is helping patients.

Mayo Clinic Radio, weekend of 02/23-24

**Date aired: 02/23/20 Time Aired: 6:05a
30:00**

Prostate cancer is the second most common cancer — second to skin cancer — among men in the U.S. One in 9 men will be diagnosed with prostate cancer in his lifetime, according to the American Cancer Society. Screening is important because early detection greatly improves the chances of survival. While some types of prostate cancer grow slowly, and may need minimal or even no treatment, other types are aggressive and can spread quickly. If prostate cancer is suspected, a biopsy can confirm the diagnosis.

On this Mayo Clinic Radio program, Dr. Derek Lomas, a Mayo Clinic urologist, discussed prostate cancer, including a new biopsy method. Also on the program, Dr. Todd Miller, a Mayo Clinic cardiologist, explained how exercise affects the heart. And Dr. Beth Robertson, a Mayo Clinic neurologist, discussed headaches and treatment for migraines.

Mayo Clinic Radio, weekend of 02/29-03/01

**Date aired: 03/01/20 Time Aired: 6:05a
30:00**

For many Americans, March means that it's time to escape the clutches of winter and head off on spring break. As college students and families travel to warmer climates, that also can mean spending time in close

quarters with others on an airplane or cruise ship, where germs and viruses can spread. What precautions can be taken to stay healthy and avoid illness during vacation?

On this Mayo Clinic Radio program, Dr. Nipunie Rajapakse, a Mayo Clinic infectious diseases physician, offered tips for staying healthy during travel. Also on the program, Dr. Edward Laskowski, co-director of Mayo Clinic Sports Medicine, shared exercises that you can do without a gym membership. Next, Dr. Richard Daly, a Mayo Clinic cardiovascular surgeon, explained robotic mitral valve repair surgery. And, finally, Dr. Sophie Bakri, a Mayo Clinic ophthalmologist and retina specialist, discussed macular degeneration, a common eye disorder with age.

Mayo Clinic Radio, weekend of 03/07-08

**Date aired: 03/08/20 Time Aired: 6:05a
30:00**

Among cancers that affect men and women, colorectal cancer is the second leading cause of cancer deaths in the U.S., according to the Centers for Disease Control and Prevention. Most cases of colorectal cancer begin as small, noncancerous (benign) clumps of cells called polyps. Over time, some polyps become colon cancer. Because these polyps may be small and produce few, if any, symptoms, health care providers recommend regular screening tests to prevent colon cancer. These screenings identify and remove polyps before they become cancerous. March is Colorectal Cancer Awareness month, a time to educate the public about the importance of colorectal cancer screening.

On this Mayo Clinic Radio program, Dr. John Kisiel, a Mayo Clinic gastroenterologist, discussed colorectal cancer. Also on the program, Dr. Michelle Mauermann, a Mayo Clinic neurologist, explained peripheral neuropathy, a nerve condition that causes numbness and pain in the hands and feet. And Dr. Thomas Salinas, a Mayo Clinic prosthodontist, shared how oral health affects heart health.

Mayo Clinic Radio, weekend of 03/14-15

**Date aired: 03/15/20 Time Aired: 6:05a
30:00**

On the Mayo Clinic Radio program, an update on the on the COVID-19 (coronavirus) pandemic, plus a look at pediatric diabetes. Also on the program, Tim Myer, a Mayo Clinic cystic fibrosis patient, shared how a new medication helped him get off the lung transplant list. Dr. Mark Wylam, a Mayo Clinic pulmonologist and Myer's physician, joined the discussion. And Dr. Jonathan D'Cunha, a Mayo Clinic thoracic surgeon, explained when thoracic surgery might be needed.

Mayo Clinic Radio, weekend of 03/21-22

**Date aired: 03/22/20 Time Aired: 6:05a
30:00**

The Mayo Clinic Radio program shares the latest information on the COVID-19 (coronavirus) pandemic. Dr. Nipunie Rajapakse, a Mayo Clinic pediatric infectious diseases specialist, gave helpful tips to protect yourself from COVID-19. Then, Dr. Clayton Cowl, chair of Mayo Clinic's Division of Preventive, Occupational and Aerospace Medicine, explained how isolation can stop a spike in the number of new coronavirus cases by "flattening the curve". Dr. Brandon Verdoorn, a Mayo Clinic geriatrician and medical director of Charter House, a continuing care retirement community affiliated with Mayo Clinic in Rochester, explained how staff are taking steps to keep residents safe and prevent spread of the coronavirus. And Dr. Andre Terzic, director of Mayo Clinic's Center for Regenerative Medicine, explained how regenerative medicine is helping patients.

Mayo Clinic Radio, weekend of 03/28-29
Date aired: 03/29/20 Time Aired: 6:05a
30:00

The Mayo Clinic Radio program again focused on the COVID-19 (coronavirus) pandemic. Dr. Gregory Poland, an infectious diseases expert and head of Mayo Clinic's Vaccine Research Group, said the peak of infections has not been reached yet, and that the pandemic will take months, not weeks, to subside. He also answered listeners' questions about the virus and how to avoid it. Then, Dr. Elizabeth Cozine, a Mayo Clinic family medicine physician, highlighted the importance of eating well, exercising daily, and getting enough sleep to stay well while being stuck at home. And, Dr. William Hogan, director of the bone marrow transplant program at Mayo Clinic explained why the coronavirus pandemic has had a dramatic impact on bone marrow transplants in the US and around the world.



Call Letters: **WMPL-AM**

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Show # 2020-01

Date aired: 01/05/20 Time Aired: 7:03a

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Online Security

Crime

Consumer Matters

Length: 8:52

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of "*Never Split the Difference: Negotiating As If Your Life Depended On It*"

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Career

Parenting

Length: 8:25

Show # 2020-02

Date aired: 01/12/20 Time Aired: 7:03a

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Mental Health

Physical Fitness

Length: 8:41

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of *“Good Habits, Bad Habits: The Science of Making Positive Changes That Stick”*

This is about the time in the calendar that New Year’s resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:
Personal Growth
Addictions

Length: 8:35

Show # 2020-03

Date aired: 01/19/20 Time Aired: 7:03a

Erica Reischer, PhD, psychologist, parent educator, author of *“What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive”*

Children don’t come with an owner’s manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it’s helpful for parents to view their kids as little explorers and scientists.

Issues covered:
Parenting

Length: 7:51

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of *“The 100-Year Life: Living and Working in an Age of Longevity”*

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today’s rapidly-evolving economy.

Issues covered:
Retirement Planning
Senior Citizens

Length: 9:23

Show # 2020-04

Date aired: 01/26/20 Time Aired: 7:03a

Donna Thomson, author of *“The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver”*

It’s estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:
Caregiving
Mental Health

Length: 9:20

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of *“Breaking Up with Sugar.”*

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:

**Nutrition
Addiction
Consumer Matters**

Length: 7:48

Show # 2020-05

Date aired: 02/02/20 Time Aired: 7:03a

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children’s Center

Dr. Alinsky led a recent study that found that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:

**Drug Addiction
Public Health**

Length: 9:20

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey’s organization is highly critical of the nation’s policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:

**Retirement Planning
Minority Concerns
Government Policies**

Length: 7:48

Show # 2020-06

Date aired: 02/09/20 Time Aired: 7:03a

Anthony O’Neal, author of *“Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans”*

Mr. O’Neal discussed the huge negative impact that student debt has on today’s college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

**Education
Personal Finance**

Length: 9:02

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:
Women's Issues
Mental Health
Gen X Concerns

Length: 8:03

Show # 2020-07

Date aired: 02/16/20 Time Aired: 7:03a

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:
Teen Suicide
Mental Health
Parenting

Length: 7:57

Shola Richards, author of "*Making Work Work: The Positivity Solution for Any Work Environment*"

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:
Bullying
Workplace Matters

Length: 9:21

Show # 2020-08

Date aired: 02/23/20 Time Aired: 7:03a

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and "why" of mass shootings using data-driven research. She discussed the four most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:
Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of *"The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives"*

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters
Technology

Length: 8:03

Show # 2020-09

Date aired: 03/01/20 Time Aired: 7:03a

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:
Dating Violence and Abuse
Teenager Concerns
Technology

Length: 8:37

Michael J. Tewes, PhD, Associate Professor of Hospitality Management at Penn State University

Prof. Tewes led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:
Employment
Career

Length: 8:40

Show # 2020-10

Date aired: 03/08/20 Time Aired: 7:03a

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of “*The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage*”

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:

**Mental Health
Physical Fitness
Aging**

Length: 7:54

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of “*Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It*”

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:

Parenting

Length: 9:22

Show # 2020-11

Date aired: 03/15/20 Time Aired: 7:03a

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of “*Upstream: The Quest to Solve Problems Before They Happen*”

Mr. Heath said far too many people stay “downstream,” handling one problem after another, but they never make their way “upstream” to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:

**Workplace Matters
Education
Government**

Length: 9:35

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:

Length: 7:39

**Crime
City Planning
Environment**

Show # 2020-12

Date aired: 03/22/20 Time Aired: 7:03a

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27

**Crime
Elder Abuse
Retirement Planning
Aging**

Kasey Wallis, personal coach, co-author of "*Who You Are Being*"

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48

**Mental Health
Media
Parenting**

Show # 2020-13

Date aired: 03/29/20 Time Aired: 7:03a

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

Issues covered:

Length: 9:18

Education

Coronavirus

Technology

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Length: 7:48

Racial Bias

Diversity

Parenting

Airs Sunday Mornings @ 7:30am on WMPL-AM / W297CD

2020-Q1 (January – March) Viewpoints Radio Quarterly Report – Compliancy Issues & Programs List

Acting	Failure
Activism	Family
Addiction	Film & film history
Adventure	Finance
Aging	Gender
Alzheimer's & dementia	Global Issues
Animal species	Goals
Army	Government
Art	Health & healthcare
Artificial Intelligence	Higher Education
Awards	History
Baking	Hobbies
Basketball	Home Organization
Biodiversity	Homelessness
Black History	Horror
Budget	Human Development
Business & industry	Immigration
Career	Inequality
Cinema	Insurance
Coloring	Intelligence
Comedy	Internet
Communication	Journaling
Community relations	Law & legal problems
Computer science	Literature
Consumerism	Math Media
Cooking	Medicine
Corporations	Motherhood
Creativity	Music
Culture	Navy
Death	Personal Growth
Design	Pharmacology
Disease	Police
Diversity	Race
Drug Use	Relationships
Economy	Social Media
Education	Sports
Endangered Species	Startups
Engineering	Women's Rights
Entrepreneurship	World War II
Environment	Writing
Espionage	
Exercise	
Exploration	
Extinction	

Program 20-01 Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook

Air Week: 1/5/20
Studio Production: Jason Dickey

SEGMENT 1: A BRIEF HISTORY OF SKIN MARKING
Time **Duration**

Synopsis: Humans have always practiced various forms of self-expression, whether that's through written word, music, art or some other outlet. The art of tattooing is one such form that dates back to thousands of years ago. We speak with a history expert, Craig Koslofsky about some of the earliest tattoo designs and how they were achieved as well as other skin alteration methods including scarification and branding.

1:47 10:20

Host: Gary Price

Guests: Craig Koslofsky, history professor, University of Illinois at Urbana-Champaign, author, Evening's Empire: A History of the Night in Early Modern Europe.

Compliance issues covered: History, Culture, Art, Design, Literature, Religion, Disease, Health

Links for more information: <https://www.amazon.com/Evenings-Empire-History-Studies-European/dp/0521721067>

<https://earlymoderndailylife.wordpress.com/>
<https://history.illinois.edu/directory/profile/koslof>

SEGMENT 2: THE PITALLS OF SOCIAL MEDIA ASAN ATHLETE
Time **Duration**

Synopsis: Being a college or professional athlete is hard enough. Throw on top of that the constant commentary online and it can sometimes be hard to look away from what people are saying. Two football players offer up their thoughts on the pros and cons of social media and how to stay focused and positive.

14:10 8:17

Host: Marty Peterson

Guests: Joshua Perry, former linebacker, Indianapolis Colts, San Diego Chargers, The Ohio State University. Johnny Davidson, senior quarterback, Washington University at St. Louis

Compliance issues covered: Sports, Social Media, Mental Health, Technology, Education, Career

Links for more information: https://www.washubears.com/sports/fball/2018-19/bios/davidson_johnny_10a4

<http://www.nfl.com/player/joshuaperry/2555326/profile>
https://twitter.com/RIP_JEP?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
https://en.wikipedia.org/wiki/Joshua_Perry

CULTURE CRASH THE 2020 BLOCKBUSTER LINEUP
Time **Duration**

Synopsis: A new year means a new lineup of highly anticipated movie releases. We cover some of the biggest films for 2020 from the new Top Gun sequel featuring Tom Cruise to Christopher Nolan's new action movie, Tenet.

23:27 3:00

Host & Producer: Evan Rook

Compliance issues covered: Film, Cinema, Culture,

Program 20-02 Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook

Air Week: **Studio Production: Jason Dickey**
 1/12/20

SEGMENT 1: SPREADING WORD OF THE 2020 U.S. CENSUS
Time Duration

Synopsis: The 2020 census is just around the corner. We speak with an employee from the U.S. Census Bureau about the importance of taking part in the nationwide survey and how the government is reaching students and their families through new in-school programs.

1:48 6:44

Host: Gary Price

Guests: Victoria Glasier, Chief of the Statistics in Schools Program, U.S. 2020 Census Bureau.

Compliance issues covered: History, Culture, Government, Finance, Economy, Diversity, Education, Budget

Links for more information: <https://2020census.gov/en/jobs.html>

<https://www.census.gov/schools/>
<https://www.census.gov/>

SEGMENT 2: ADDICTION: WHY IT HAPPENS AND HOW TO HELP ADDICTS BACK FROM THE EDGE
Time Duration

Synopsis: Millions of Americans are addicted to alcohol and drugs, and many of them eventually end up unemployed, broken, separated from their families and homeless. We talk to an author who's battled alcohol and drug addiction for many years and finally found help through treatment. We also speak with a psychologist about the causes of addiction and why some people are more likely to become addicts than others.

10:35 11:32

Host: Marty Peterson

Guests: Ryan LaLumiere, psychologist, professor in the Psychology Dept., University of Iowa, and a specialist on addiction; Bob Allison, recovering addict, author of *Saved by the Prince of Peace: Dungeon to Sky*.

Compliance issues covered: Addiction, Health, Relationships, Education, Government, Homelessness

Links for more information: <https://psychology.uiowa.edu/> <https://www.samhsa.gov/>

https://www.amazon.com/Saved-The-Prince-Peace-Dungeon/dp/0615950175/ref=sr_1_1?ie=UTF8&qid=undefined&sr=8-1&keywords=Saved+by+the+prince+of+peace

CULTURE CRASH THE WWI EPIC, "1917"
Time Duration

Synopsis: We explore the new release, *1917* now playing in theaters. The new film, which is filmed acclaimed cinematographer, Roger Deakins, has an action-packed storyline that does not disappoint.

23:07 3:20

Host & Producer: Evan Rook

Compliance issues covered: Film, War, Culture, History

Program 20-03 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 1/19/20
Studio Production: Jason Dickey

SEGMENT 1: ARTIC EXPLORATION: THE DEMISE OF THE 1881 GREELY EXPEDITION
Time **Duration**

Synopsis: In 1881, Lt. Adolphus Greely and 24 men set out on a voyage to explore the northernmost Polar Arctic where few had ventured before. The goal was to collect vast amounts of scientific data of the unknown region and hopefully reach the North Pole. But the expedition soon went awry when no resupply made it to the camp for two years and the men were left to fend for themselves. Starvation, frostbite and even tales of cannibalism soon followed in this historic tale of exploration and survival.

1:47 12:01

Host: Gary Price

Guests: Buddy Levy, author, Labyrinth of Ice: The Triumphant and Tragic Greely Polar Expedition

Compliance issues covered: History, Exploration, Adventure, Army, Navy, Health, Science, Polar Arctic

Links for more information: <https://www.pbs.org/wgbh/americanexperience/films/greely/>

https://www.amazon.com/Labyrinth-Ice-Triumphant-Tragic-Expedition/dp/1250182190/ref=sr_1_1?crid=16RL48KEMVNWQ&keywords=labyrinth+of+ice&qid=1578677548&srefix=laby%2Caps%2C152&sr=8-1
<http://buddylevy.com/index.html>

SEGMENT 2: WHY ARE YOUNG PEOPLE STRUGGLING MORE THAN PREVIOUS GENERATIONS?
Time **Duration**

Synopsis: Roughly 15 percent of 25 to 35-year-olds are back living with their parents, according to a 2016 study by Pew Research Center – and this number is only on the rise. Higher rent, cost of living and student debt are all contributing factors, however, there are some young adults stuck in an unmotivated, directionless state labeled as “failure to launch” We break down the term and what parents can do to nudge their young adults along.

15:50 7:31

Host: Marty Peterson

Guests: Doctor Mark McConville, author, Failure to Launch: Why Your Twentysomething Hasn’t Grown Up...and What to Do About It

Compliance issues covered: Parenting, Higher Education, Personal Growth, Career, Mental Health, Psychology, Relationships, Stress, Finance, Social Media

Links for more information: <https://www.penguinrandomhouse.com/books/607785/failure-to-launch-by-mark-mcconville-phd/>

<https://www.amazon.com/Failure-Launch-Twentysomething-Hasnt-Grown/dp/0525542183>
<https://www.nytimes.com/2019/09/03/opinion/college-graduates.html>
<https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>

CULTURE CRASH: DAVE EGGERS: A LEADER IN LITERARY WRITING
Time **Duration**

Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir A Heartbreaking Work of Staggering Genius took readers on a wild and enthralling ride. Now, almost two decades later he’s still producing novels that push the boundaries of dialogue and prose.

24:15 2:12

Host & Producer: Evan Rook

Compliance issues covered: Literature, Writing, Culture

Program 20-04 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 1/26/20
Studio Production: Jason Dickey

SEGMENT 1: FINDING JOY AGAIN THROUGH SMALL CHANES
Time **Duration**

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important

1:48 11:01

Host: Gary Price

Guests: Sarah Ban Breathnach, author, Simple Abundance: 365 Days to a Balanced and Joyful Life. Rachel Bertsche, journalist, author, The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting.

Compliance issues covered: Literature, Mental Health, Journaling, Parenting, Social Media, Failure

Links for more information: <https://twitter.com/simpleabundance?lang=en>

<https://www.barnesandnoble.com/w/simple-abundance-sarah-ban-breathnach/1130780118?ean=9781538735022>
<https://twitter.com/rberch?lang=en>
https://www.amazon.com/gp/product/1524744018/ref=dbs_a_def_rwt_bibl_vppi_i0
<http://www.sarahbanbreathnach.com/>

SEGMENT 2: A NEW MINDSET ON EXERCISE: TAKING SMALL STEPS TO MAKE A BIG DIFFERENCE
Time **Duration**

Synopsis: Hate the stairmaster? Dread the treadmill? Exercise doesn't have to be an anxiety-inducing, hour-long activity. It can be getting a group of friends together for an axe-throwing session or even going on a ten-minute walk during lunch. Each little bit of movement matters. We uncover how taking on a different mindset to activity can lead to better habits and a happier life.

14:51 8:01

Host: Marty Peterson

Guests: Kelly McGonigal, research psychologist, author, Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection and Courage; Davonian Mackenzie, personal trainer, Southport Fitness in Lakeview, Chicago.

Compliance issues covered: Exercise, Health, Mental Health, Relationships, Gym, Hobbies, Personal Care

Links for more information: <https://www.southportfitness.com/>

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend
<http://kellymcgonigal.com/>
<https://www.facebook.com/SouthportFitness/>

CULTURE CRASH: OSCAR SEASON
Time **Duration**

Synopsis: This year's Oscar nominations are out and there are some good contenders in the mix, but a few movies that were looked over. We delve into some of our favorite films from 2019 that didn't make the nomination cut, but are still worth the watch.

23:46 2:41

Host & Producer: Evan Rook

Compliance issues covered: Films, Awards, Acting

Program 20-05 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 2/2/20
Studio Production: Jason Dickey

SEGMENT 1: WORLD WAR II: THE WOMEN OF THE OSS
Time **Duration**

Synopsis: When life gets tough it can be hard to find gratitude and joy in the little things. We speak with two authors about how to take small steps each day in order to think positive and refocus on what's important

1:47 9:07

Host: Gary Price

Guests: Katie S. Sanders, freelance journalist & World War II expert

Compliance issues covered: World War II, Women, Intelligence, Government, Travel, History, Espionage

Links for more information: <https://www.nytimes.com/2019/03/06/magazine/intelligence-world-war-ii-oss-women.html>

<https://www.katiessanders.com/>

<https://www.cia.gov/library/publications/intelligence-history/oss/art03.htm>

SEGMENT 2: FRUSTRATED BY THE 24/7 POLITICAL NEWS MACHINE? GET INVOLVED INSTEAD
Time **Duration**

Synopsis: It seems like lately political breaking news has hit an all-time high with all of the continuous impeachment coverage and campaign trail updates. While it's important to be an informed citizen, what do you do with all of this knowledge? Is it leading to change? Could you do something better with your time? We delve into these questions and more this week on Viewpoints.

12:50 10:00

Host: Marty Peterson

Guests: Eitan Hersh, associate professor, political science, Tufts University, author *Politics is for Power: How to Move Beyond Political Hobbyism, Take Action, and Make Real Change*; Naava Ellenberg, senior, Barnard University

Compliance issues covered: Politics, Community, Media, Television, Activism, Education, Government

Links for more information: <https://www.amazon.com/Politics-Power-Beyond-Political-Hobbyism/dp/1982116781>

<https://www.theatlantic.com/ideas/archive/2020/01/political-hobbyists-are-ruining-politics/605212/>

<https://www.bustle.com/profile/naava-ellenberg-18208189>

CULTURE CRASH: SCARYWINTER READS
Time **Duration**

Synopsis: We explore Ian Reid's horror novel, "I'm Thinking of Ending Things" that tops our list of scariest books of all time. It's a quick read with a twisting plot that keeps you hooked all the way through

23:46 2:41

Host & Producer: Evan Rook

Compliance issues covered: Literature, Horror, Film

Program 20-06 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 2/9/20
Studio Production: Jason Dickey

SEGMENT 1: VOTER ERROR: HOW A TRIP TO THE DMV TURNED INTO YEARS OF LEGAL WOES
Time **Duration**

Synopsis: Can it ever be too easy to cast a ballot in an American election? The answer is yes. Filipino immigrant Elizabeth Keathley mistakenly registered to vote while at a DMV in Illinois through a law best known as the Motor Voter Law. This originally well-intentioned program is now trapping hundreds of immigrants into federal charges and possible deportation for an act they didn't fully comprehend to begin with.

Host: Gary Price

Guests: Richard Hanus, immigration lawyer; Elizabeth Keathley, immigration client

Compliance issues covered: Immigration, Voting, Law, Legal Problems, Culture, Government, Politics

Links for more information: <https://www.usavisacounsel.com/about-us>

<http://waterwell.org/production/courtroom/>

<https://caselaw.findlaw.com/us-7th-circuit/1609918.html>

SEGMENT 2: WHAT HAPPENS WHEN MATHEMATICAL CALCULATIONS GO WRONG?
Time **Duration**

Synopsis: The field of mathematics is still seen as a boring and overly complex field by many. But Matt Parker, a former math teacher turned popular YouTuber, is working to fix that stubborn mindset. In his new book, he illustrates the powerful and interesting side of math through real-life examples that have failed because someone's calculations were just slightly off.

Host: Marty Peterson

Guests: Matt Parker, mathematician, YouTuber, author Humble Pi: When Math Goes Wrong in the Real World

Compliance issues covered: Math, Education, Industry, Career, Science, Engineering, Computer Science

Links for more information: <https://www.penguinrandomhouse.com/books/610964/humble-pi-by-matt-parker/>

<https://www.youtube.com/channel/UCoxcjq-8xIDTYp3uz647V5A>

<http://standupmaths.com/>

<https://www.youtube.com/channel/UCSju5G2aFaWMqn-0YBtq5A>

CULTURE CRASH: REMEMBERING THE LEGEND: KOBE BRYANT
Time **Duration**

Synopsis: It can sometimes still feel unreal that NBA superstar Kobe Bryant is gone. The retired Los Angeles Lakers player was more than just an athlete, but a tremendous idol to millions of people across the world. We discuss his legacy and the fragility of life.

Host & Producer: Evan Rook

Compliance issues covered: Sports, Basketball, Death, Mentor, Culture, History, Career

Program 20-07 Writers/Producers: Amirah Zaveri, Annie Krall & Evan Rook

Air Week: 2/16/20
Studio Production: Jason Dickey

SEGMENT 1: COLORING OUTSIDE THE LINES
Time **Duration**

Synopsis: Coloring books aimed at children, adults and even seniors have been all the rage in recent years and are still trending in 2020. But what’s so special about these patterns and designs that draw people in? We delve into the process of putting together these collections and why the creative outlet has become a mainstay for so many looking to switch off and de-stress.

1:47

10:22

Host: Gary Price

Guests: Johanna Basford, artist, author; Jenean Morrison, artist, designer, author

Compliance issues covered: Art, Coloring, Mental Health, Culture, Creativity, Stress, Literature, Seniors

Links for more information: [https://www.amazon.com/Johanna-](https://www.amazon.com/Johanna-Basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share)

[Basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share](https://www.amazon.com/Johanna-Basford/e/B00J1YSPE4%3Fref=dbs_a_mng_rwt_scns_share)

https://www.amazon.com/Jenean-Morrison/e/B00AI2Q5DG%3Fref=dbs_a_mng_rwt_scns_share

<https://www.instagram.com/jeneanmorrison/?hl=en>

<https://www.johannabasford.com/>

SEGMENT 2: RETHINKING HEALTHCARE: HOW DO YOU FIX A FLAWED SYSTEM?
Time **Duration**

Synopsis: The topic of healthcare is one of the most debated issues so far in the 2020 election – but what’s the fix for the expensive, inefficient system that’s currently in place? So far it’s a murky answer. Millions are struggling with the high cost of care, doctors are burning out and patient-doctor interaction is at an all-time low. We speak with an industry expert about the current woes of American healthcare and what can be done.

14:11

8:50

Host: Marty Peterson

Guests: Samuel Shem, author, House of God, Man’s 4th Best Hospital

Compliance issues covered: Medicine, Healthcare, Career, Health, Insurance, Literature, Government

Links for more information: <https://www.theatlantic.com/health/archive/2012/11/samuel-shem-34-years-after-the-house-of-god/265675/>

https://www.amazon.com/gp/product/1984805363/ref=dbs_a_def_rwt_bibl_vppi_i1

https://www.amazon.com/gp/product/0425238091/ref=dbs_a_def_rwt_bibl_vppi_i0

<http://www.samuelshem.com/v2/> https://en.wikipedia.org/wiki/Samuel_Shem

CULTURE CRASH: THE BROADWAY HIT “HAMILTON” COMES ALIVE AGAIN
Time **Duration**

Synopsis: The writer of “Hamilton” Lin-Manuel Miranda is back at it again. Come October 2021, the Broadway play is set to hit theaters across the country. But will it be worth the watch?

24:01

2:27

Host & Producer: Evan Rook

Compliance issues covered: Broadway, Musical, Film, Culture, History

Program 20-08 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 2/23/20
Studio Production: Jason Dickey

SEGMENT 1: REDEFINING SUGAR: ENJOYING SWEET TREATS WITHOUT THE GUILT
Time
Duration

Synopsis: From sugary lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. Even with greater awareness, it can still be hard to avoid the cookies and cake if you're craving something sweet. Viewpoints speaks with baking blogger, Elif Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so while still indulging in some healthier sweets.

1:48

12:09

Host: Gary Price

Guests: Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author Half the Sugar, All the Love

Compliance issues covered: Baking, Cooking, Health, Sugar Intake, Disease, Education, Motherhood

Links for more information: <http://www.plentysweet.net/> <https://www.instagram.com/plentysweet200/>

<https://www.52newfoods.com/>

https://www.amazon.com/gp/product/1523504234/ref=db_a_def_rwt_bibl_vppl_i0

<https://www.wellplated.com/>

SEGMENT 2: BORN INTO SLAVERY: FIRSTHAND PERSPECTIVES OF FORMING ENSLAVED MEN AND WOMEN
Time
Duration

Synopsis: Imagine being born into slavery in the South. You have not a dime to your name, received no education and all you know are the surrounding fields of a plantation. What would you do after slavery is abolished? How would you start over? February is Black History Month. As we remember the past and the history of slavery in America, it's important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from the people who lived through this experience. Viewpoints' speaks with historian and photographer, Richard Cahan, co-author of the new book River of Blood: American Slavery From the People Who Lived It.

15:59

6:57

Host: Marty Peterson

Guests: Richard Cahan, co-author, River of Blood: American Slavery From the People Who Lived It

Compliance issues covered: Black History Month, Education, History, Literature, Inequality, Race, Poverty

Links for more information: <https://www.cityfilespress.com/books/river-of-blood/>

<https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855>

<https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-collection/>

<https://twitter.com/picturetweeter?lang=en>

CULTURE CRASH: THE JOY OF TV COMEDY SPECIALS
Time
Duration

Synopsis: Sometimes you don't want a critically acclaimed show or Oscar-worthy movie, but rather something funny like a cheesy rom-com or a bit of classic stand-up. We discuss two Bo Burnham comedy specials that are now streaming on Netflix

23:56

2:30

Host & Producer: Evan Rook

Compliance issues covered: Television, Culture, Comedy, Streaming

Program 20-09 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 3/1/20
Studio Production: Jason Dickey

SEGMENT 1: BODY-WORN CAMERAS: IS FAST-CHANGIN TECH LEADING TO BETTER POLICING? Time Duration

Synopsis: Today, body-worn cameras are a mainstay in many police departments across the country. While the new technology increases transparency, is it leading to better relationships between the public and police? How are innovations in the field - including the incorporation of artificial intelligence - changing officers' day-to-day duties? 1:48 10:48

Host: Gary Price

Guests: Daniel Lawrence, Senior Research Associate, Urban Institute; Rick Smith, Founder, CEO, Axon Enterprise Inc.

Compliance issues covered: Police, Community Relations, Minorities, Technology, Artificial Intelligence

Links for more information: <https://www.axon.com/products/axon-body-3>

<https://www.urban.org/author/daniel-lawrence>

<https://www.cam.ac.uk/research/news/use-of-body-worn-cameras-sees-complaints-against-police-virtually-vanish-study-finds>

SEGMENT 2: THE ROLE OF COMPANIES IN PROTECTING THE PLANET'S BIODIVERSITY Time Duration

Synopsis: 1,000,000 animal and plant species now face the threat of extinction. As more than 80 percent of all global biodiversity lives on private land, what is the role of corporations when it comes to protecting these endangered species? Viewpoints speaks with Margaret O'Gorman, president of the Wildlife Habitat Council, about the creative and adaptive policies companies can take to make a difference. 14:38 8:04

Host: Marty Peterson

Guests: Margaret O'Gorman, President, Wildlife Habitat Council

Compliance issues covered: Biodiversity, Animal Species, Human Development, Business, Economy, Environment, Extinction, Endangered Species, Corporations, Global Issues

Links for more information: <https://www.wildlifehc.org/>

<https://www.wildlifehc.org/bio/margaret-ogorman/>

https://twitter.com/OGormanWHC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://www.gmsustainability.com/manage/operations.html>

CULTURE CRASH: THE ENDLESS TWISTS IN NBC'S THIS IS US Time Duration

Synopsis: The hit drama, This is Us has led its viewers down a puzzling, sometimes draining series of twists and turns throughout the last four seasons – but is the show finally fizzling out? 23:42 2:46

Host & Producer: Evan Rook

Compliance issues covered: Television, Culture

Program 20-10 Writers/Producers: Amirah Zaveri, Polly Hansen & Evan Rook

Air Week: 3/8/20
Studio Production: Jason Dickey

SEGMENT 1: GLOSSIER TO WARBY PARKER: STARTUPS THAT ARE REDEFINING THE RETAIL GAME

Time **Duration**

Synopsis: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades?

1:48 9:24

Host: Gary Price

Guests: Lawrence Ingrassia, former business editor, deputy managing editor, The New York Times, author, The Billion Dollar Brand Club

Compliance issues covered: Business, Startups, Entrepreneurship, Internet, Social Media, Revenue

Links for more information: <http://www.larryingrassia.com/>

<https://www.wsj.com/articles/billion-dollar-brand-club-review-clicking-the-disrupt-button-11580773644>

<https://www.amazon.com/Billion-Dollar-Brand-Club-Disruptors/dp/1250313066>

<https://www.mckinsey.com/industries/technology-media-and-telecommunications/our-insights/thinking-inside-the-subscription-box-new-research-on-ecommerce-consumers>

SEGMENT 2: MOVE OVER ALBERT: UNCOVERING FEMALE SCIENCE GENIUSES OF THE PAST

Time **Duration**

Synopsis: What exactly classifies a person as a genius? Are there biological differences between male and female geniuses? Viewpoints' explores these questions and highlights a few overlooked female scientists throughout history.

13:16 9:24

Host: Marty Peterson

Guests: Janice Kaplan, author, The Genius of Women, From Overlooked to Changing the World; Catherine Whitlock, author, Ten Women Who Changed Science and the World

Compliance issues covered: Science, Gender, Research, History, Health, Literature, War, Women's Rights

Links for more information: <https://www.catherinewhitlock.co.uk/>

<https://www.amazon.com/Women-Changed-Science-World-Levi-Montalicini/dp/1635766109>

https://twitter.com/JaniceKaplan2?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://www.amazon.com/Genius-Women-Overlooked-Changing-World/dp/1524744212>

<https://www.janicekaplan.com/>

CULTURE CRASH: THE BEAUTY OF "BETTERCALL SAUL"

Time **Duration**

Synopsis: Better Call Saul is the show we never knew we needed after the hit show Breaking Bad came to a close. Season 5 of the show is now airing on AMC.

23:41 2:46

Host & Producer: Evan Rook

Compliance issues covered: Television, Culture

Program 20-11 Writers/Producers: Amirah Zaveri, Pat Reuter & Evan Rook

Air Week: 3/15/20
Studio Production: Jason Dickey

SEGMENT 1: GETTING THINGS DONE: HINTS ON HOW TO DO IT BETTER
Time **Duration**

Synopsis: If you take a look at some of the newer brands that are shaking up retail – from Dollar Shave Club to Casper mattresses – all of these ideas are based off traditional products rather than new inventions. How are some of these startups outperforming the big-name, traditional brands that have ruled the consumer market for decades? 1:47 13:00

Host: Gary Price

Guests: David Allen, productivity consultant and author of Getting Things Done: The Art of Stress-Free Productivity; Steve McClatchy, founder of Alleer Training and Consulting, author of Decide: Work Smarter, Reduce Your Stress and Lead by Example

Compliance issues covered: Productivity, Career, Goals, Writing, Communication, Literature, Parenting

Links for more information: <https://www.cnbc.com/2020/02/14/stanford-scientist-on-proven-habits-that-will-make-you-more-productive.html>
<https://www.cnbc.com/2019/09/05/a-simple-guide-to-becoming-more-productivity-that-millions-swear-by.html>
<https://gettingthingsdone.com/>
<https://alleer.com/>

SEGMENT 2: WHAT YOU DIDN'T KNOW ABOUT AMERICA'S FOUNDING FATHER
Time **Duration**

Synopsis: The white hair, rosy cheeks and stark complexion are what we often picture when we think of our first president. But behind his looks and historic accomplishments, what are some facts that are not as well publicized? Viewpoints' speaks with history buff and author, Alexis Coe to learn more about the man, the myth: George Washington. 16:50 6:13

Host: Marty Peterson

Guests: Alexis Coe, author, You Never Forget Your First: A Biography of George Washington.

Compliance issues covered: History, Presidency, Politics, Government, War, Culture, Literature

Links for more information: <https://www.whitehouse.gov/about-the-white-house/presidents/george-washington/>
<https://twitter.com/alexiscoe?lang=en>
<https://www.alexiscoe.com/>
https://www.amazon.com/gp/product/0735224102/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i0

CULTURE CRASH: THE APPEAL OF MYSTERY MOVIES
Time **Duration**

Synopsis: From the classic 1985 film, Clue to the more recent release, Knives Out, the mystery genre can be just the right pick-me-up when you fall into a post-Oscar season movie slump. Viewpoints' discusses some of our favorites from this genre. 24:06 2:21

Host & Producer: Evan Rook

Compliance issues covered: Film, Culture, Film History

Program 20-12 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 3/22/20
Studio Production: Jason Dickey

SEGMENT 1: THE WONDERS OF REMOVING CLOTHING CLUTTER
Time **Duration**

Synopsis: Ever feel like each morning you look at your closet, and despite the large number of clothes, never really have anything to wear? This abundance of extra fabric not only takes up space but also can be a burden to your headspace. We speak with two experts about how to shop and consume less as well as best organize the items you already have.

1:47 8:48

Host: Gary Price

Guests: Courtney Carver, author, Project 333: The Minimalist Fashion Challenge That Proves Less Really is So Much More; Rachel Rosenthal, founder & CEO, Rachel & Company

Compliance issues covered: Consumerism, Waste, Shopping, Mental Health, Finance, Home Organization

Links for more information: <https://bemorewithless.com/>

https://twitter.com/bemorewithless?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
<https://www.rachelrosenthal.co/>
<https://twitter.com/rachelorganizes>

SEGMENT 2: THE RESURGENCE OF HAND EMBROIDERY: CRAFTIVISM THROUGH CROSS-STITCHING
Time **Duration**

Synopsis: In a moment where many are practicing ‘social distancing’, it can be a good opportunity to put down your phones and pick up a stress-relieving solo hobby. We speak with Shannon Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-stitching as well as how she’s used it to channel social issues

12:39 10:29

Host: Marty Peterson

Guests: Shannon Downey, creator of Badass Cross Stitch.

Compliance issues covered: Art, Craft, History, Activism, Hobby, Education, Community, Mental Health

Links for more information: <https://www.instagram.com/badasscrossstitch/?hl=en>

<http://www.badasscrossstitch.com/>
<https://www.projectfirechicago.org/>

CULTURE CRASH: THE NEW SCI-FI MYSTERY SERIES "DEVS"
Time **Duration**

Synopsis: Devs has only released a handful of episodes on Hulu so far, but the sci-fi thriller has already generated a lot of buzz for its gripping plot and eerie feels. We dive into the limited series featuring leads Nick Offerman and newcomer, Sonoya Mizuno.

24:10 2:17

Host & Producer: Evan Rook

Compliance issues covered: Television, Science Fiction, Streaming

Program 20-13 Writers/Producers: Amirah Zaveri & Evan Rook

Air Week: 3/29/20
Studio Production: Jason Dickey

SEGMENT 1: CANNIBIS: A COMPLICATED HISTORY
Time **Duration**

Synopsis: Human use of cannabis dates back to tens of thousands of years ago. And the drug wasn't just used in medicinal or recreational settings, but also part of religious ceremonies or used by warriors before wartime battle. We speak with pharmacology expert Dr. Richard Miller about the drug's global history and its prohibition in the U.S. over the last 70 years.

1:47 10:10

Host: Gary Price

Guests: Dr. Richard Miller, professor of pharmacology, Northwestern University Feinberg School of Medicine.

Compliance issues covered: History, Medicine, Health, Pharmacology, Drug Use, Politics, Propaganda

Links for more information: <https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=12007>

<https://news.northwestern.edu/for-journalists/faculty-experts/expert/richard-miller-phd>
<https://www.history.com/topics/crime/history-of-marijuana>

SEGMENT 2: FALLING THROUGH A CLOUD: LIVING WITH COGNITIVE DECLINE
Time **Duration**

Synopsis: World-renowned flutist and CBS correspondent Eugenia Zukerman was diagnosed with dementia and Alzheimer's three years ago. She details her experience living with the progressive disease and how she keeps a positive mindset despite the losses.

14:01 8:53

Host: Marty Peterson

Guests: Eugenia Zukerman, flutist, writer and journalist, author, Like Falling Through a Cloud: A Lyrical Memoir of Coping with Forgetfulness, Confusion and a Dreaded Diagnosis

Compliance issues covered: Alzheimer's, Dementia, Aging, Senior Citizen, Health, Family, Music

Links for more information: <https://www.eugeniazukerman.com/>

<https://www.npr.org/2019/11/09/777569730/in-like-falling-through-a-cloud-eugenia-zukerman-explores-her-changing-mind>
<https://www.amazon.com/Like-Falling-Through-Cloud-Lyrical/dp/1732491224>

CULTURE CRASH: PASSING THE TIME DURING THIS PERIOD OF "SOCIAL DISTANCING"
Time **Duration**

Synopsis: We discuss some of the best selections now streaming on Netflix as millions turn to movies right now for evening entertainment.

23:54 2:39

Host & Producer: Evan Rook

Compliance issues covered: Film, Culture, Streaming