

WCFT-Bloomsburg, WQBG-Elizabethville, WRBG-Mifflinburg,

Date/time	Description	Type of Program	Program	Duration	Segment
10/7/20	Ginetta from The Ronald McDonald House talks to Shelly and The Harry Mann	on air call in	Morning Lookout	2 min	Ginetta talks about the need for donations during this difficult time
10/20/20	United Way day of giving	on air call in	Morning Lookout	2 min	a representative called to promote it
11/27-12/14	cares for kids	donation drive	donation	many times a day	We teamed with the CSO to collect gifts for needy children. Over 160 kids- all in the list for taken care of
11/29/2021	Viewpoints	Show info follows		30 min	6:30am-7am
11/17/2020	Franksgiving	food drive	N/A	all week	all week the staff at Bigfoot volunteered to help sister station Hanna with the food drive
11/18/2020	Ginetta from The Ronald McDonald House talks to Shelly and The Harry Mann	on air call in	Morning Lookout	2 min	Ginetta talks about the need for donations during this difficult time
12/1/2020	Day of Giving	all day radiothon	all day	all day	We raised 1,065 for the food bank of Central Pa
12/6/2021	Viewpoints	Show info follows		30 min	6:30am-7am
12/13/2021	Viewpoints	Show info follows		30 min	6:30am-7am
12/20/2021	Viewpoints	Show info follows		30 min	6:30am-7am
12/27/2021	Viewpoints	Show info follows		30 min	6:30am-7am

<b>Program: 20-48</b>		<b>Writers/Producers: Amirah Zaveri &amp; Evan Rook</b>
<b>Air Week: 11/29/20</b>		<b>Studio Production: Jason Dickey</b>
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: THE EARLY AMERICAN DIET</b>	11:49
<b>Synopsis:</b> Throughout history - war, famine, economic instability has affected what we choose to buy at the grocery store. Even today, the pandemic has shifted our grocery shopping and eating habits. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.		
<b>Host:</b> Gary Price.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Jane Ziegelman, historian, food writer, author, <i>A Square Meal: A Culinary History of the Great Depression</i></li> </ul>		
<b>Compliance issues covered:</b> Cuisine, Diet, Food Insecurity, COVID-19 Pandemic, Food Production, History, Health		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.amazon.com/Square-Meal-Culinary-History-Depression/dp/0062216414">https://www.amazon.com/Square-Meal-Culinary-History-Depression/dp/0062216414</a></li> <li><a href="https://www.npr.org/sections/thesalt/2016/08/15/489991111/creamed-canned-and-frozen-how-the-great/">https://www.npr.org/sections/thesalt/2016/08/15/489991111/creamed-canned-and-frozen-how-the-great/</a></li> <li><a href="https://www.harpercollins.com/blogs/authors/jane-ziegelman">https://www.harpercollins.com/blogs/authors/jane-ziegelman</a></li> <li><a href="https://www.tenement.org/">https://www.tenement.org/</a></li> <li><a href="https://soyummy.com/great-depression-food/">https://soyummy.com/great-depression-food/</a></li> <li><a href="https://www.amazon.com/97-Orchard-Immigrant-Families-Tenement/dp/0061288519">https://www.amazon.com/97-Orchard-Immigrant-Families-Tenement/dp/0061288519</a></li> </ul>		
15:40	<b>SEGMENT 2: I SPY DELICIOUS PIE</b>	7:04
<b>Synopsis:</b> Boozy Pecan, Cranberry-Pear, Banana Crème. The many flavors and textures of pie are endless. Just because Thanksgiving and all-things pumpkin have passed, doesn't mean an end to sugary holiday sweets. Viewpoints speaks with cookbook author Ken Haedrich about the prevalence of pie in American culture and how anyone – at any skill level – can bake a delicious pie in no time.		
<b>Host:</b> Marty Peterson.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Ken Haedrich, food writer, cookbook author, <i>Pie Academy</i></li> </ul>		
<b>Compliance issues covered:</b> Baking, Holiday Cooking, Literature, History, Culture, Education, Tradition		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://thepicacademy.com/recipes-and-videos/">https://thepicacademy.com/recipes-and-videos/</a></li> <li><a href="https://www.amazon.com/gp/product/163586111X/">https://www.amazon.com/gp/product/163586111X/</a></li> <li><a href="https://www.netflix.com/title/80063224">https://www.netflix.com/title/80063224</a></li> <li><a href="https://www.cdc.gov/healthequity/features/holidayseason/index.html">https://www.cdc.gov/healthequity/features/holidayseason/index.html</a></li> </ul>		
23:44	<b>CULTURE CRASH: OUR FAVORITE PAGE-TURNERS</b>	2:44
<b>Synopsis:</b> The colder months are a great time to tuck into a new novel. We recommend a few of our favorite books that are easy to get through and will keep you hooked from start to finish.		
<b>Host:</b> Evan Rook. <b>Compliance issues covered:</b> Culture, Literature		

<b>Program: 20-49</b>		<b>Writers/Producers: Amirah Zaveri, Pat Reuter &amp; Evan Rook</b>
<b>Air Week: 12/6/20</b>		<b>Studio Production: Jason Dickey</b>
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: BECOMING STEVE JOBS</b>	9:15
<b>Synopsis:</b> Apple co-founder, Steve Jobs, was hailed as a genius and master innovator during his lifetime, but his career wasn't always a smooth, upward trajectory. He failed many times and was eventually sidelined at Apple. We speak with one of his biographers about how Jobs changed his ways during this turbulent time, and how his experiences working with NeXT Computer and Pixar helped develop him into a savvy, more understanding leader.		
<b>Host:</b> Gary Price.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Rick Tetzeli, co-author with Brent Schlender, of the book, <i>Becoming Steve Jobs: The Evolution of a Reckless Upstart Into a Visionary Leader</i></li> </ul>		
<b>Compliance issues covered:</b> History, Technology, Career, Business, Innovation, Leadership, Personal Growth		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.penguinrandomhouse.com/books/223401/becoming-steve-jobs-by-brent-schlender-and-rick-tetzeli-with-a-new-foreword-by-marc-andreessen/">https://www.penguinrandomhouse.com/books/223401/becoming-steve-jobs-by-brent-schlender-and-rick-tetzeli-with-a-new-foreword-by-marc-andreessen/</a></li> </ul>		
13:06	<b>SEGMENT 2: LIAR, LIAR: HOW TO GET TO THE TRUTH</b>	10:05
<b>Synopsis:</b> How do professionals question people to get the information they want? We talk to an expert in interrogation and lying on this subject, and how law enforcement and job interviewers use the same tactics to find out if someone may be lying to them.		
<b>Host:</b> Marty Peterson.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Maryann Karinch, a human behavior expert and author of the book, <i>Nothing But the Truth: Secrets from Top Intelligence Experts to Control the Conversation and Get the Information You Need</i></li> </ul>		
<b>Compliance issues covered:</b> Psychology, Body Language, Career, Interrogation, Government, Office Culture, Workplace Issues		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.spymuseum.org/">https://www.spymuseum.org/</a></li> <li><a href="https://time.com/5443204/signs-lying-body-language-experts/">https://time.com/5443204/signs-lying-body-language-experts/</a></li> <li><a href="https://www.apa.org/monitor/julaug04/detecting">https://www.apa.org/monitor/julaug04/detecting</a></li> <li><a href="http://karinch.com/">http://karinch.com/</a></li> </ul>		
24:11	<b>CULTURE CRASH: WHEN TO QUIT THE BOOK YOU'RE READING</b>	2:14
<b>Synopsis:</b> When do you call it quits on a book that you just can't get into? We discuss a few picks that are popular reads but just didn't hook us enough to continue on.		
<b>Host:</b> Evan Rook. <b>Compliance issues covered:</b> Culture, Literature		

<b>Program:</b> 20-50		<b>Writers/Producers:</b> Amirah Zaveri & Evan Rook
<b>Air Week:</b> 12/13/20		<b>Studio Production:</b> Jason Dickey
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: THE MODERN DIAMOND BUSINESS</b>	8:04
<b>Synopsis:</b> The northwestern coast of South Africa & Namibia has been a mining hub for diamonds since the 1900's. Local workers labor through long shifts and hazardous working conditions in order to feed their families. The pay? Roughly five cents per carat of rough diamonds found. While some may argue that the industry stimulates the local economy, once a company deems an area to be over-mined, it pulls out, leaving behind nothing for locals except ravaged land.		
<b>Host:</b> Gary Price.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Matthew Gavin Frank, professor, nonfiction, creative writing, poetry, Northern Michigan University, author, <i>Flight of the Diamond Smugglers: A Tale of Pigeons, Obsession, and Greed Along Coastal South Africa</i></li> </ul>		
<b>Compliance issues covered:</b> Human Rights, Poverty Corporate Greed, Environment, Business, Natural Resources, Labor & Workplace Issues, Economics		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://wnorton.com/books/9781631496028">https://wnorton.com/books/9781631496028</a></li> <li><a href="https://www.amazon.com/Flight-Diamond-Smugglers-Pigeons-Obsession/">https://www.amazon.com/Flight-Diamond-Smugglers-Pigeons-Obsession/</a></li> <li><a href="https://www.debeersgroup.com/about-us/our-operations/our-mines/south-africa">https://www.debeersgroup.com/about-us/our-operations/our-mines/south-africa</a></li> <li><a href="https://www.bbc.com/future/article/20200207-the-sparkling-rise-of-the-lab-grown-diamond">https://www.bbc.com/future/article/20200207-the-sparkling-rise-of-the-lab-grown-diamond</a></li> </ul>		
11:54	<b>SEGMENT 2: LIAR, LIAR: HOW TO GET TO THE TRUTH</b>	11:19
<b>Synopsis:</b> Alex Trebek hosted <i>Jeopardy!</i> for 37 seasons until his passing last month from pancreatic cancer. The trivia quiz series is unlike any other show on TV – and some would argue that a big part of what made it so entertaining was Trebek's talent for leading the game. We explore his career legacy and what's next for <i>Jeopardy!</i> .		
<b>Host:</b> Marty Peterson.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Robert Thompson, professor, television &amp; popular culture, Syracuse University</li> <li>Daniella Regencia, attorney, former <i>Jeopardy!</i> contestant</li> </ul>		
<b>Compliance issues covered:</b> Trivia, Entertainment, Culture, History, Death, Television, Health, Entertainment		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="http://jeopardy.com/">http://jeopardy.com/</a></li> <li><a href="https://news.syr.edu/faculty-experts/robert-thompson/">https://news.syr.edu/faculty-experts/robert-thompson/</a></li> <li><a href="https://www.ksby.com/news/local-news/local-jeopardy-contestant-reflects-on-recently-meeting-trebek">https://www.ksby.com/news/local-news/local-jeopardy-contestant-reflects-on-recently-meeting-trebek</a></li> <li><a href="https://www.cnn.com/2020/12/01/entertainment/jeopardy-new-season-trnd/index.html">https://www.cnn.com/2020/12/01/entertainment/jeopardy-new-season-trnd/index.html</a></li> <li><a href="https://twitter.com/Jeopardy?ref_src=twsrc%5Egoogle twcamp%5Eserp twgr%5Eauthor">https://twitter.com/Jeopardy?ref_src=twsrc%5Egoogle twcamp%5Eserp twgr%5Eauthor</a></li> </ul>		
24:16	<b>CULTURE CRASH: THE QUEEN'S GAMBIT</b>	2:12
<b>Synopsis:</b> You don't need to be a chess whiz to enjoy <i>The Queen's Gambit</i> . Viewpoints explores the Netflix breakout hit featuring actress Anya Taylor-Joy.		
<b>Host:</b> Evan Rook. <b>Compliance issues covered:</b> Television, Culture, Entertainment, Streaming Services		

<b>Program: 20-51</b>		<b>Writers/Producers: Amirah Zaveri &amp; Evan Rook</b>
<b>Air Week: 12/20/20</b>		<b>Studio Production: Jason Dickey</b>
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: THE MODERN DIAMOND BUSINESS</b>	9:42
<b>Synopsis:</b> Segregation not only divides cities but leads to divided people as well. It fuels biases against people who may look or act different than us, leading to generations of inequity and discrimination. Viewpoints speaks with social justice activist, Tonika Johnson about the many impacts' segregation has had on the city of Chicago.		
<b>Host:</b> Gary Price.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Tonika Johnson, social justice activist, creator of Folded Project and Belonging</li> </ul>		
<b>Compliance issues covered:</b> Diversity, Race, Community, Poverty, Segregation, Inequality, Bias, Education, Discrimination		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.foldedmapproject.com/">https://www.foldedmapproject.com/</a></li> <li><a href="http://belongingchicago.com/">http://belongingchicago.com/</a></li> <li><a href="https://www.tonijphotography.com/">https://www.tonijphotography.com/</a></li> <li><a href="https://twitter.com/tonikagi?ref_src=twsrc%5Egoogle twcamp%5Eserp twgr%5Eauthor">https://twitter.com/tonikagi?ref_src=twsrc%5Egoogle twcamp%5Eserp twgr%5Eauthor</a></li> <li><a href="https://www.aclu.org/">https://www.aclu.org/</a></li> </ul>		
13:33	<b>SEGMENT 2: WHAT ARE YOU GRATEFUL FOR?</b>	8:50
<b>Synopsis:</b> Thank goodness 2020 is just about over. While this year has been full of many challenges, it's also made more Americans realize what truly matters and the importance of being thankful for even the littlest of things. As we all look ahead to next year and the habits we hope to cultivate, we discuss the benefits of practicing gratitude through writing.		
<b>Host:</b> Marty Peterson.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Janice Kaplan, journalist, author, The Gratitude Diaries, host, <i>The Gratitude Diaries</i> podcast</li> </ul>		
<b>Compliance issues covered:</b> Journaling, Writing, Self-Improvement, Mental Health, COVID-19 Pandemic, Psychology		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.intelligentchange.com/">https://www.intelligentchange.com/</a></li> <li><a href="https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do">https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do</a></li> <li><a href="https://www.intelligentchange.com/">https://www.intelligentchange.com/</a></li> <li><a href="https://www.amazon.com/Gratitude-Diaries-Looking-Bright-Transform/dp/1101984147">https://www.amazon.com/Gratitude-Diaries-Looking-Bright-Transform/dp/1101984147</a></li> <li><a href="https://podcasts.apple.com/us/podcast/the-gratitude-diaries/id1517684348">https://podcasts.apple.com/us/podcast/the-gratitude-diaries/id1517684348</a></li> </ul>		
23:23	<b>CULTURE CRASH: REVISITING THE VIDEO GAME "THE LAST OF US"</b>	3:03
<b>Synopsis:</b> "The Last of Us" and "The Last of Us Part Two" both have intricate storylines set in a post-zombie apocalypse world that makes for adventurous and exciting game play. We dive into the creative development that sets this game apart.		
<b>Host:</b> Evan Rook. <b>Compliance issues covered:</b> Culture, Entertainment, Hobbies		

<b>Program: 20-52</b>		<b>Writers/Producers: Amirah Zaveri &amp; Evan Rook</b>
<b>Air Week: 12/27/20</b>		<b>Studio Production: Jason Dickey</b>
<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
1:47	<b>SEGMENT 1: THE ON- AND OFF-STAGE BENEFITS OF PRACTICING IMPROV</b>	11:34
<b>Synopsis:</b> Getting on a stage in front of a crowd can be extremely daunting. But, taking a risk and trying something new may not only lead you to a new hobby but a renewed perspective on life. Improv comedy forces you to connect on a deeper level with others, as well as yourself through the collaboration, communication and confidence the performance art requires.		
<b>Host:</b> Gary Price.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Max Dickens, comedian, improvisation expert, author, <i>Improvise!: Use the Secrets of Improv to Achieve Extraordinary Results at Work</i></li> </ul>		
<b>Compliance issues covered:</b> Public Speaking, Communication, Career, Workplace Issues, Self-Improvement, Hobbies		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.secondcity.com/">https://www.secondcity.com/</a></li> <li><a href="https://momentimprov.com/online-improv-classes/">https://momentimprov.com/online-improv-classes/</a></li> <li><a href="https://www.maxdickins.com/">https://www.maxdickins.com/</a></li> <li><a href="https://www.hooplabusiness.com/">https://www.hooplabusiness.com/</a></li> <li><a href="https://www.amazon.com/Improvise-Secrets-Confidence-Connect-Anything/dp/1785785877">https://www.amazon.com/Improvise-Secrets-Confidence-Connect-Anything/dp/1785785877</a></li> <li><a href="https://twitter.com/maxdickins?lang=en">https://twitter.com/maxdickins?lang=en</a></li> </ul>		
15:24	<b>SEGMENT 2: GAME SHOW HISTORY</b>	7:44
<b>Synopsis:</b> Before the game shows of today, there were countless series of the past that defied our notion of showmanship. Full of grandiose props, charismatic hosts and the perfect, hand-picked contestants, these series kept viewers hooked till the very end and were (really) too good to be true. We discuss some of the most popular game shows in American history and how the industry has evolved over the last 70 years.		
<b>Host:</b> Marty Peterson.		
<b>Guests:</b> <ul style="list-style-type: none"> <li>Adam Nedeff, game show historian, author</li> </ul>		
<b>Compliance issues covered:</b> History, Trivia, Television, Education, Government, Pop Culture		
<b>Links for more information:</b> <ul style="list-style-type: none"> <li><a href="https://www.pbs.org/wnet/pioneers-of-television/pioneering-programs/game-shows/">https://www.pbs.org/wnet/pioneers-of-television/pioneering-programs/game-shows/</a></li> <li><a href="https://www.history.com/news/quiz-show-scandal-fraud-jeopardy">https://www.history.com/news/quiz-show-scandal-fraud-jeopardy</a></li> <li><a href="https://www.pbs.org/wgbh/americanexperience/features/quizshow-64000-question/">https://www.pbs.org/wgbh/americanexperience/features/quizshow-64000-question/</a></li> <li><a href="https://twitter.com/adamnedef?lang=en">https://twitter.com/adamnedef?lang=en</a></li> <li><a href="https://www.amazon.com/Adam-Nedeff/e/B00J5U21Z8">https://www.amazon.com/Adam-Nedeff/e/B00J5U21Z8</a></li> </ul>		
24:08	<b>CULTURE CRASH: A FILM HOMAGE TO “THE TWILIGHT ZONE”</b>	2:19
<b>Synopsis:</b> We recommend the new movie, <i>The Vast of Night</i> now available to stream on Amazon Prime. It has the same vibes as “The Twilight Zone”, transporting viewers back to an entirely different time period.		
<b>Host:</b> Evan Rook. <b>Compliance issues covered:</b> Television, Culture, History, Entertainment, Streaming Services		