

Person Interviewed

Organization

Title/What was discussed

Duration Phone Interview?

Date	Person Interviewed	Organization	Title/What was discussed	Duration	Phone Interview?
10/10/2023-12/31/2023	WOWY-FM				
Sundays 6:00am-6:30am	Variety	Viewpoints Program		30 Mins	NO
Sundays 6:30am-7am	Variety	The Commonwealth Beat		30 Mins	NO
Monday 10/13 @ 8:00am	Amy Schrif, Education Director	Centre County Recycling and Refuse Authority	Recycling at Penn State Tailgating	3:00	
Monday 10/16 @ 4:45pm	Chris Pavaglio, Solo Chair; Jessica Black, Regional Executive; H Jana Marie Foundation and Central PA Region SCCA	Schlow Library	Witches Rallye	3:00	
Wednesday 10/18 @ 4:45pm	DJ Lilly, Office Manager		Get to know Schlow!	3:00	
Monday 10/23 @ 8:00am	Chris Pavaglio, Solo Chair; Jessica Black, Regional Executive; H Jana Marie Foundation and Central PA Region SCCA	Happy Valley Adventure Bureau	Witches Rallye	3:00	
Thursday 10/26 @ 8:00am	Lesley Kistner, Public Relations Director	Highway Safety Network	Talleyrand Fall Fest	3:00	
Friday 10/27 @ 4:45pm	Josh Woods and Cooper Jake Rhymestine	Youth Service Bureau	National Runaway Prevention Month:	3:00	
Monday 10/30 @ 4:45pm	Christine Bishop	Centre County PAWS	PAWS Fest	3:00	
Tuesday 10/31 @ 8:00am	Alicia Starr, Marketing & Events Manager	Scouting for Food	Scouting for Food	3:00	
Thursday 11/2 @ 8:00am	Alicyn Beck and Frank Savino	Centre County PAWS	PAWS Fest	3:00	
Thursday 11/2 @ 4:45pm	Alicia Starr, Marketing & Events Manager	Centre County PAWS	PAWS Fest	3:00	
Thursday 11/9 @ 8:00am	Gerardo Edelstein, Music Director, and Conductor	Pennsylvania Chamber Orchestra (PCO)	Orchestra	3:00	
Thursday 11/9 @ 4:45pm	Amy Wilson, Executive Director and Scott Tiffrey, Library Directo Mid-State Literacy Council	Centre County YNCA	Bookfair	3:00	
Monday 11/13 @ 8:00am	Amy Wilson, Executive Director and Jason Palmatier, Sci Fi auth Mid-State Literacy Council	Kish Bank, Kish for the Cure	Barnes and Noble Bookfair	3:00	
Monday 11/13 @ 4:45pm	Carolyn Donaldson, Community Engagement Officer	Centre Safe	Kish for the Cure	3:00	
Tuesday 11/14 @ 8:00am	Jennifer Penock, Executive Director	Holly Oxendale, Executive Director and Kimberly Callahan, Sr Mt TIDES	Annual Holiday Campaign	3:00	
Wednesday 11/15 @ 8:00am	Holly Oxendale, Executive Director and Kimberly Callahan, Sr Mt TIDES	Happy Valley Adventure Bureau	Heart of Fashion	3:00	
Monday 11/20 @ 8:00am	Josiah Jones, HVAB Chief Operating Officer	Centre Volunteers in Medicine	Happy Valley GeoTour	3:00	
Wednesday 11/22 @ 8:00am	Meira Mirard and Monica Mahoney	Centre County YNCA	Nittany Valley Half Marathon	3:00	
Monday 11/27 @ 8:00am	Jamie SanFilippo, Director of Community Outreach	Happy Valley Adventure Bureau	Polar Bear Plunge and Fundraising Night at Texas Roadhouse	3:00	
Monday 11/27 @ 4:45pm	Christine Bishop (YSB's CEO) and Kathy Coursen (YSB's Devek Youth Service Bureau	Happy Valley Adventure Bureau	Giving Tuesday	3:00	
Tuesday 11/28 @ 8:00am	Ama Ruptecht, Boat Mension	Happy Valley Adventure Bureau	Holidays at the Boal Mansion and KrisKinde Market	3:00	
Thursday 11/30 @ 4:45pm	Theresa Mull	Happy Valley Adventure Bureau	Philipsburg Holiday happenings	3:00	
Monday 12/4 @ 4:45pm	Phillip Zapkin, Eli Beers-Altman (stage manager), David Smith Sock & Buskin	Happy Valley Adventure Bureau	It's a Wonderful Life Production	3:00	
Thursday 12/7 @ 8:00am	David Smith and Kari Williamson (director, actor & S&B board mt Sock & Buskin	Happy Valley Adventure Bureau	It's a Wonderful Life Production	3:00	
Thursday 12/7 between 10am-9pm		Annual Holiday Campaigns Drive	Annual Holiday Campaigns Drive	3:00	
Friday 12/8 @ 8:00am	Carly	Easter Seals	Signed, Sealed, Delivered Campaign	3:00	
Monday 12/10 @ 8:00am	Rachael Hartman and Gerardo Edelstein	Pennsylvania Chamber Orchestra (PCO)	Holiday Concert	3:00	
Wednesday 12/13 @ 8:00am	Lauren Cozad	Easter Seals	Signed, Sealed, Delivered Campaign	3:00	
Wednesday 12/13 @ 4:45pm	Jennifer Penock, Executive Director	Centre Safe	Centre Safe December Campaign	3:00	
Thursday 12/14 @ 4:45pm	Allyan	Easter Seals	Signed, Sealed, Delivered Campaign	3:00	
Friday 12/13 @ 4:45pm	Christine Bishop (YSB's CEO)	Youth Service Bureau	National Mentoring Month and Strengthening Families Program	3:00	
Friday 12/15 @ 8:00am	Carly	Easter Seals	Signed, Sealed, Delivered Campaign	3:00	



# Quarterly Report of Compliancy Issues & Programs List

## 2023-Q4 (October – December) Viewpoints Radio

### Sunday 6:00 - 6:30

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

**Program 23-40****Air Week:** 10/1/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: '35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?****Time:** 1:47**Duration:** 6:14

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Sarah Soteroff, North American spokesperson, Too Good To Go**Compliance issues:** Business, Environment, Food Inequity, Food Production, Food Scarcity, Food Waste, Technology**Links for more info:**

Food Waste in America | Feeding America

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

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

Too Good To Go (@TooGoodToGo) / X

**SEGMENT 2: '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW?****Time:** 10:03**Duration:** 10:31

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

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Natalie Wexler, education expert, author, The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It**Compliance issues:** Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension**Links for more info:**

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

Why Content Knowledge is Crucial to Effective Critical Thinking | KQED

Podcast – Knowledge Matters Campaign

The Knowledge Gap: The Hidden Cause of America's Broken Education System-and How to Fix it: Wexler, Natalie  
Natalie Wexler (@natwexler) / X**VIEWPOINTS EXPLAINED: 'LESS THAN 10 PERCENT OF ALL PLASTIC IS RECYCLED'****Time:** 21:34**Duration:** 1:59

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Business, Climate Change, Consumerism, Environment, Food Production, Health, Materialism, Pollution, Recycling Systems**CULTURE CRASH: STEPPING INTO A FILM DIRECTOR'S SHOES****Time:** 23:33**Duration:** 2:54

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

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

**Program 23-41****Air Week:** 10/8/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA****Time:** 1:47**Duration:** 7:00

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir**Compliance issues:** Arts, Communication, Government, History, Mental Health, Mental Health Treatment, Mental Illness, Nonprofit Organizations, Psychology, Public Health, Rehabilitation**Links for more info:**

National Alliance on Mental Illness

FindTreatment.gov

What is Mental Health? | SAMHSA

Zocdoc

Find a Therapist, Psychologist, Counselor - Psychology Today

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

Deborah Kasdan (@debkasdan) / X

Instagram: @debkasdan

DeborahKasdan.com

**SEGMENT 2: 30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS****IMMIGRANTS****Time:** 10:49**Duration:** 10:08

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

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Richard Hanus, immigration attorney, The Law Offices of Richard Hanus; Elizabeth Keathley, immigrant**Compliance issues:** Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights**Links for more info:**

The Law Offices of Richard Hanus

The National Voter Registration Act Of 1993 (NVRA)

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

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

**VIEWPOINTS EXPLAINED: WHY ARE HALLOWEEN CANDY PRICES SO SCARY RIGHT NOW?****Time:** 21:57**Duration:** 2:02

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Consumerism, Global Economy, Inflation, Personal Finance, Supply Chain Management

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

**Program 23-42****Air Week:** 10/15/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS****Time:** 1:47**Duration:** 8:33**Synopsis:** Spiders and bats are some of the most common symbols of Halloween spookiness. We speak with two experts to get the truth behind these traditionally scary creatures and hear why neither of them are nearly as scary as we think.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Nancy Troyano, entomologist, director of technical education & training, Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist, author of the book, *The Secret Lives of Bats: My Adventure with the World's Most Misunderstood Mammals***Compliance issues:** Animal Science, Disease, Education, Environment, History, Psychology, Science**Links for more info:**

National Park Service: Bat Myths

Merlin Tuttle's Bat Conservation

NBC News: 5 Spooky Spider Myths Busted

Nancy Troyano, PhD, BCE | Rentokil

**SEGMENT 2: THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE****Time:** 12:22**Duration:** 8:48**Synopsis:** Have you seen an advertisement or commercial for the group, FIRE? The acronym stands for the Foundation for Individual Rights and Expression, but even after watching an ad, it can still be confusing to grasp what exactly this organization truly stands for. As the presidential cycle heats up, this kind of messaging is only going to grow more common over the next year, so we wanted to uncover what exactly FIRE stands for and why some people have mixed feelings on the nonpartisan nonprofit.**Host:** Marty Peterson**Producer:** Amirah Zaveri, Grace Galante**Guests:** Nico Perrino, executive vice president, FIRE; Steve Macek, professor, communication & media studies, North Central College**Compliance issues:** Finance, Free Speech, Freedom, Government, Higher Education, History, Nonprofit Organizations, Partisan Issues, Political Fundraising, Political Organizations, Politics, Presidential Election**Links for more info:**

Mission | The Foundation for Individual Rights and Expression

FIRE (@TheFIREorg) / X

Steve Macek | North Central College

What Does Free Speech Mean? | United States Courts

**VIEWPOINTS EXPLAINED: AN INFLUX OF SOUTHERN MIGRANTS: WHAT'S GOING ON?****Time:** 22:10**Duration:** 1:45**Synopsis:** Over the last year, hundreds of thousands of migrants seeking asylum have made their way into the U.S. and have been bussed to sanctuary cities across the country. We cover how this large influx is leading to chaos and mass frustration among residents and leaders.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Crime, Global Issues, Government, Immigration Policy, Immigration Reform, Politics, Poverty**CULTURE CRASH: WHAT'S GOING ON WITH REALITY TV?****Time:** 23:55**Duration:** 2:32**Synopsis:** Why does it seem like every person on a reality TV show is just trying to become an influencer these days? We talk about what's wrong with reality TV in 2023 and why we're fed up with these stale narratives.**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film, History, TV

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

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

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

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

Seth D Kaplan

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

Seth Kaplan | Carnegie Council for Ethics in International Affairs

Institute for Integrated Transitions

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

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

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

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

Grief: Coping with the loss of your loved one

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

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

Refuge in Grief

*Passing: A Memoir of Love and Death:* Korda, Michael: Amazon.com: Books

**VIEWPOINTS EXPLAINED: TACKLING CHILDHOOD OBESITY****Time:** 22:14**Duration:** 2:12

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

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

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

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

**Program 23-44****Air Week:** 10/29/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: \$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS****Time:** 1:47**Duration:** 9:24

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Patricia Cole, Senior Director of Federal Policy, Zero to Three; Christina Kuhn, mother**Compliance issues:** Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics**Links for more info:**

Patricia A. Cole | ZERO TO THREE

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

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

Patricia Cole (@PattyCole123) / X

**SEGMENT 2: HALLOWEEN 2023: WHY DO WE LOVE TO BE SCARED?****Time:** 13:13**Duration:** 7:31

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

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist**Compliance issues:** American Traditions, Annual Holidays, Consumerism, Culture, Entertainment, Psychology, Society**Links for more info:**

HauntWorld

Psychological Services – Superhero Therapy

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

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

**VIEWPOINTS EXPLAINED: A PARCHED LANDSCAPE: WHY THE AMAZON RAINFOREST IS FACING AN UNCERTAIN FUTURE****Time:** 24:44**Duration:** 1:59

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Animal Extinction, Climate Change, Ecosystem, Environment, Extreme Weather, Indigenous Populations, Natural Disasters, Natural Resource**CULTURE CRASH: WRITER & DIRECTOR MIKE FLANAGAN IS BACK WITH ANOTHER HORROR HIT****Time:** 23:43**Duration:** 2:44

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

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



**Program 23-45****Air Week:** 11/5/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP****Time:** 1:47**Duration:** 7:16

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Aric Prather, psychologist, director, Behavioral Sleep Medicine Research Program, University of California, San Francisco**Compliance issues:** Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research**Links for more info:**

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

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

How seasonal affective disorder disrupts sleep

**SEGMENT 2: ARE WE ALONE IN THE UNIVERSE? U-F-O'S, U-A-P'S, AND ALIENS EXPLAINED****Time:** 11:06**Duration:** 10:30

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

**Host:** Marty Peterson**Producer:** Tabor Brewster**Guests:** Paula Bontempi, dean, Graduate School, Oceanography, University of Rhode Island; Nathalie Cabrol, chief scientist, Carl Sagan Center for Research at the SETI Institute**Compliance issues:** Astronomy, Astrophysics, Communication, Conspiracy Theories, Government, Scientific Research, Solar System, Space**Links for more info:**

Carl Sagan Center for Research

Paula S. Bontempi - Graduate School of Oceanography

Nathalie Cabrol

UFOs and UAPs | National Archives

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

**VIEWPOINTS EXPLAINED: WHAT'S THE BIGGEST SCAM OUT THERE TODAY?****Time:** 22:36**Duration:** 2:07

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Cryptocurrency, Finance, Government Regulation, Investing, Personal Finance, Public Safety, Social Media**CULTURE CRASH: WHY DO WE LOVE VINYL RECORDS SO MUCH?****Time:** 24:43**Duration:** 1:44

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

**Host & Producer:** Evan Rook**Compliance issues:** Culture, Music, Music Industry

**Program 23-46****Air Week:** 11/12/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK****Time:** 1:47**Duration:** 8:42

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

**Host:** Gary Price**Producer:** Grace Galante, Amirah Zaveri**Guests:** Lane Windham, labor historian, Georgetown University; Kate Bronfenbrenner, senior lecturer, director, Labor Education Research, Cornell University**Compliance issues:** Auto Industry, Labor Issues, Labor Movement, Manufacturing, Technology, Wage Inequity**Links for more info:**

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

Toyota raises factory worker wages after UAW strike settlements

Lane Windham | Gender Justice Initiative

Lane Windham (@LaneWindham) / X

Kate Bronfenbrenner (@KBronfenbrenner) / X

Kate Bronfenbrenner | The ILR School | Cornell University

**SEGMENT 2: DO YOU FEEL SAD? US TOO****Time:** 12:31**Duration:** 8:34

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

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health**Compliance issues:** Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology**Links for more info:**

Seasonal Depression (Seasonal Affective Disorder)

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

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

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

**VIEWPOINTS EXPLAINED: TENSIONS RISING IN THE MIGRANT CRISIS & WHY ONE CITY MAY SHUT ITS DOORS****Time:** 22:05**Duration:** 1:59

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Migration, Government, Immigration Policy, Local Politics, Poverty, Public Assistance, War

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

**Program 23-47****Air Week:** 11/19/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE****Time:** 1:46**Duration:** 8:26**Synopsis:** Running clubs have exploded in recent years thanks to the pandemic. And there's a different running club for everyone. You don't have to be fast or extremely athletic to take part these days. We speak with two members of different running clubs about the benefits of being in this kind of group and how listeners can easily get involved.**Host:** Gary Price**Producer:** Polly Hansen**Guests:** Beth McHugh, runner, member, 261 New England Run Club; Billy Heatherly, runner, member, Fleet Feet Club, Asheville, North Carolina**Compliance issues:** Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships**Links for more info:**

Saturday Morning Run! - Fleet Feet Asheville

Running club in New England, USA: 261 Fearless

Clubs and running meetings for women.: 261 Fearless

Road Runners Club of America

**SEGMENT 2: THE ROSETTA STONE: WHY WE CARE SO MUCH ABOUT A 2,000-YEAR-OLD SLAB OF ROCK****Time:** 12:15**Duration:** 8:55**Synopsis:** It's an intriguing slab of rock, but why was finding and decoding the Rosetta Stone so important to scholars? In short, it's the key to unlocking the unique Egyptian language of illustrated text referred to as hieroglyphs. We speak with Edward Dolnick, author of *The Writing of the Gods: The Race to Decode the Rosetta Stone*, about the monumental impact of this discovery.**Host:** Marty Peterson**Producer:** Polly Hansen**Guests:** Edward Dolnick, writer, author, *The Writing of the Gods: The Race to Decode the Rosetta Stone***Compliance issues:** Ancient Civilizations, Archaeology, Communication, Culture, History, Language, Religion**Links for more info:***The Writing of the Gods: The Race to Decode the Rosetta Stone*: Dolnick, Edward: Books*Two Hundred Years Ago, the Rosetta Stone Unlocked the Secrets of Ancient Egypt***VIEWPOINTS EXPLAINED: SAM BANKMAN-FRIED & THE MULTI-BILLION DOLLAR FRAUD THAT CHANGED CRYPTO****Time:** 22:09**Duration:** 1:30**Synopsis:** We cover the recent conviction of FTX founder & former CEO, Sam Bankman-Fried. Will people build up trust in cryptocurrency again?**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Criminal Justice, Digital Currency, Government, Investing, Personal Finance**CULTURE CRASH: FILMMAKER DAVID FINCHER'S LATEST RELEASE****Time:** 23:39**Duration:** 2:46**Synopsis:** We cover the successful career of filmmaker, David Fincher and his newest movie, "The Killer".**Host & Producer:** Evan Rook**Compliance issues:** Culture, Film

**Program 23-48****Air Week:** 11/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: IS YOUR PET THE HEALTHIEST THEY CAN BE?****Time:** 1:47**Duration:** 7:31

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic**Compliance issues:** Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health**Links for more info:**

Chagrin Falls Pet Clinic

Dr Carol Osborne DVM (@carolompets) / X

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

Holiday pet-health hazards and how to avoid them

Holiday Safety Tips | ASPCA

PAWS

**SEGMENT 2: REVISITING LOST FLAVORS: A RETURN TO THE ROOTS OF AMERICAN CUISINE****Time:** 11:20**Duration:** 9:25

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

**Host:** Marty Peterson**Producer:** Tabor Brewster**Guests:** David Shields, food historian, professor, English Language and Literature, University of South Carolina;

Adrian Miller, food writer, "Soul Food Scholar"

**Compliance issues:** Agriculture, American History, Diet, Farming, Food Culture, Food History, Food Production, History**Links for more info:**

soulfoodscholar - Adrian Miller

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

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

**VIEWPOINTS EXPLAINED: THE AUTHORS BANDING TOGETHER AGAINST CHAT GTP****Time:** 22:09**Duration:** 1:47

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Career, Copyright Infringement, Government, Law, Publishing, Reading, Technology, Writing**CULTURE CRASH: THE OSCAR CAMPAIGNING HAS BEGUN****Time:** 23:56**Duration:** 2:29

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

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

**Program 23-49****Air Week:** 12/3/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS****Time:** 1:47**Duration:** 7:41**Synopsis:** Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what books you see and read.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dan Sinykin, assistant professor, English, Emory University, author, Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature**Compliance issues:** Career, Creative Arts, Diversity, Literature, Publishing, Reading, Technology, Writing**Links for more info:**

DEEP VELLUM

Milkweed Editions

Coffee House Press

Publishing | Hub City Press

Graywolf Press

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

Dan Sinykin

Dan Sinykin (@dan\_sinykin) / X

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

**SEGMENT 2: COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?****Time:** 11:29**Duration:** 10:00**Synopsis:** Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient**Compliance issues:** Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science**Links for more info:**

M. Kristen Demoruelle, MD, PhD

Kristen Demoruelle | LinkedIn

Lisa Rose Sammaritano Professor of Clinical Medicine

**VIEWPOINTS EXPLAINED: WHAT'S THE FASTEST GROWING PLATFORM IN NEWS?****Time:** 22:29**Duration:** 1:32**Synopsis:** We cover how this app is quickly becoming a dominant platform for news sharing amidst an evolving media landscape.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Communication, Journalism, Mass Media, Media, News, Politics, Social Media, Technology**CULTURE CRASH: THE BEATLES SONG THAT'S FINALLY SEEING THE LIGHT OF DAY****Time:** 24:01**Duration:** 2:27**Synopsis:** We discuss the latest drop from "The Beatles" that was finally produced and released thanks to new technology powered by artificial intelligence.**Host & Producer:** Tabor Brewster**Compliance issues:** Culture, Film, Technology**Program 23-50**

**Air Week:** 12/10/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

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

**Time:** 1:45

**Duration:** 8:22

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

**Host:** Gary Price

**Producer:** Amirah Zaveri

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

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

**Links for more info:**

INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP on Apple Podcasts

Spotify: INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP

Bessie Coleman | National Air and Space Museum

Bessie Coleman | National Women's History Museum

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

**Time:** 12:09

**Duration:** 8:55

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

**Host:** Marty Peterson

**Producer:** Pat Reuter

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

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

**Links for more info:**

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

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

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

**VIEWPOINTS EXPLAINED: WHY WE'RE FAILING OUR INMATES**

**Time:** 22:04

**Duration:** 1:39

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

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

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

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

**Time:** 23:43

**Duration:** 2:41

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

**Host & Producer:** Evan Rook

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

**Program 23-51****Air Week:** 12/17/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ~40 PERCENT OF PEOPLE WILL GET CANCER IN THEIR LIFETIME: A FORMER OLYMPIAN'S STORY****Time:** 1:45**Duration:** 7:51

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Shannon Miller, former American gymnast, seven-time Olympic medalist, cancer advocate & ovarian cancer survivor**Compliance issues:** Aging, Cancer, Career, Disease, Mental Health, Professional Athlete, Public Health, Research, Science**Links for more info:**

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

Shannon Miller (@shannonmiller96) / X

Shannon Miller Ovarian Cancer: 5 Years Cancer-Free

Shannon MILLER

Common Cancer Types - NCI

Find Cancer Early | American Cancer Society

Signs and Symptoms of Cancer | Do I Have Cancer?

**SEGMENT 2: SHOULD CONGRESS ENACT TERM LIMITS?****Time:** 11:38**Duration:** 9:58

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

**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University**Compliance issues:** Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics**Links for more info:**

Term limits in the United States - Ballotpedia

U.S. Term Limits

Casey Burgat (@CaseyBurgat) / X

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

Washington University

Nicolas Tomboulides

**VIEWPOINTS EXPLAINED: WHY ARE LESS PEOPLE BUYING HOMES?****Time:** 22:34**Duration:** 1:43

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Economy, Government, Housing, Housing Inventory, Inflation, Personal Finance, Real Estate



**CULTURE CRASH: WHY "MAY DECEMBER" SHOULD BE YOUR NEXT WATCH****Time:** 24:17**Duration:** 2:09**Synopsis:** We cover why scandalous stories historically draw in large audiences, and why the Netflix film, "May December" is a prime example of why this type of drama sucks us in so fast.**Host & Producer:** Evan Rook**Compliance Issues:** Culture, TV

**Program 23-52**
**Air Week:** 12/24/2023

**Executive Producer:** Amirah Zaveri

**Production Manager:** Jason Dickey

**SEGMENT 1: FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS**
**Time:** 1:48

**Duration:** 9:33

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

**Host:** Gary Price

**Producer:** Amirah Zaveri

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

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

**Links for more info:**

Alcohol | SAMHSA

No level of alcohol consumption is safe for our health

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

This Naked Mind

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

Alcoholics Anonymous

SAMHSA's National Helpline

**SEGMENT 2: THE CAPITOL POLICE OFFICERS WHO HELD THE LINE, NO MATTER THE COST**
**Time:** 13:21

**Duration:** 8:04

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

**Host:** Marty Peterson

**Producer:** Polly Hansen

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

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

**Links for more info:**

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

Jamie: Amazon.com: Books

The Legacy of January 6 | FSI

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

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

**VIEWPOINTS EXPLAINED: ALABAMA WILL SOON BE THE FIRST TO USE THIS NEW EXECUTION METHOD**
**Time:** 22:25

**Duration:** 2:00

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

**Host:** Ebony McMorris

**Producer:** Amirah Zaveri

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

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

**Program 23-53****Air Week:** 12/31/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS****Time:** 1:47**Duration:** 8:15

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

**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Michael Benton, professor, vertebrate paleontology, University of Bristol – England**Compliance issues:** Climate Change, History, Paleontology, Research, Science, Animal Sciences, Mass Extinction**Links for more info:**

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

Professor Mike Benton - Our People

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

University of Bristol (@BristolUni) / X

**SEGMENT 2: IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS****Time:** 12:04**Duration:** 9:04

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

**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Natasha Daniels, child therapist, author, The Grief Rock: A Book to Understand Grief and Love**Compliance issues:** Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships**Links for more info:**

The Grief Rock: A Book to Understand Grief and Love

Natasha Daniels (@atparentingsurvival) • Instagram photos and videos

About – Hill Child Counseling

National Alliance for Grieving Children

Childhood Bereavement Estimation Model - Judi's House

Where To Find Help For Your Child

Helping Children Deal With Grief | Child Mind Institute

**VIEWPOINTS EXPLAINED: BREAKING PLATES? EATING 12 GRAPES IN 12 SECONDS? HOW OTHER CULTURES RING IN THE NEW YEAR****Time:** 22:08**Duration:** 1:48

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

**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Culture, Customs, Traditions, History, Religion, Psychology, Entertainment**CULTURE CRASH: WHY WE LOVE THE 180 THAT IS ANDRE 3000'S NEWEST ALBUM****Time:** 23:56**Duration:** 2:33

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

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

# COMMONWEALTH BEAT QUARTERLY ISSUES LIST

## 4<sup>TH</sup> Quarter, 2023

Below is a list of the significant issues responded to by radio station <<< call letters, city of license>>>> of Seven Mountains Media – Pennsylvania along with the programming treatment of the issues for the period October 1, 2023 through December 31, 2023. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Domestic Violence Awareness Month	The Commonwealth Beat with Laura LeBeau	10/1/23		30 mins	October marks the start of the national recognition of Domestic Violence Awareness Month. In Pennsylvania, the PA Coalition Against Domestic Violence has been addressing the issue since 1976, raising awareness about the various kinds of domestic violence, such as physical, verbal and financial abuse. 1 in every 3 people in PA will experience some form of domestic violence. On October 17 <sup>th</sup> , the coalition will hold a memorial service on the steps of the Pennsylvania Capitol, to recognize the 122 people killed last year because of some form of domestic violence.
The PA Fish & Boat Commission Executive Director speaks about his organization					The PA Fish & Boat Commission is one of the few state-related agencies which is funded strictly by user fees and various taxes collected for fish and boat-related items sold in the state. It receives no money from the state budget, although the General Assembly still has some oversight of the agency. Executive Director Tim Schaeffer says he likes that method of funding. One of the big issues this time of year is the cold water life jacket requirement for all persons on the water. It runs from November 1 <sup>st</sup> through April 30 <sup>th</sup> for all canoes, kayaks and boats under 16 feet. Since it's been in place for the past 10 years, cold water drownings have been cut in half.
Pennsylvania State Police Recruitment	The Commonwealth	10/8/23		30 mins	Under an Executive Order issued by Governor Josh Shapiro, Pennsylvania State Police has dropped its requirements

# COMMONWEALTH BEAT QUARTERLY ISSUES LIST

## 4<sup>TH</sup> Quarter, 2023

<p>changes</p>	<p>Beat with Laura LeBeau</p>			<p>regarding college credits necessary to apply for the PSP Academy. There is now no requirement for State Police Cadets to have any college courses on their academic record, although most potential applicants do have some college coursework to their credit. Lt. Adam Reed, Spokesman for the PSP, discussed what will now be required to apply. Applicants must only be at least 20 years of age to apply, and at least 21 and less than 40 on their date of appointment as a State Police Cadet. Lt. Reed said the PSP has seen a dramatic increase in applications since the college requirement was dropped.</p>
<p>The PA Fish &amp; Boat Commission Executive Director speaks about the Northern Snakehead fish and other invasive species.</p>				<p>PA Fish &amp; Boat Commission Executive Director Tim Schaeffer discusses the Northern Snakehead, an invasive fish species that is not native to Pennsylvania and is posing significant threats to the native marine life in the Commonwealth's waters. Schaeffer discussed the actions being taken, and what anglers and boaters can do to stop the spread of this fish and other invasive species, such as cleaning boats after removing them from water, and never dumping fish purchased or caught elsewhere into the Commonwealth's waterways.</p>
<p>PA-mazing Segment: Pennsylvania Grand Canyon</p>				<p>The Pennsylvania Grand Canyon is one of the most beautiful and popular state attractions. Colleen Hanson with Visit Potter-Tioga talked about the canyon, which sits in Tioga State Forest between Leonard Harrison State park on the east rim, and Colton State Park on the western rim. The canyon boasts 465,000 acres of state forestland, 62 miles of hiking, biking, and walking trails, plus campsites, and other natural wonders. Tourists come from across the nation and other countries</p>

# COMMONWEALTH BEAT QUARTERLY ISSUES LIST

## 4<sup>TH</sup> Quarter, 2023

<p>A school bus driver shortage is impacting Pennsylvania</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>10/15/23</p>		<p>30 mins</p>	<p>to visit the PA Grand Canyon.</p> <p>Even before the Covid-19 pandemic, Pennsylvania was experiencing a statewide shortage in school bus drivers, but post-pandemic, it's become even more pronounced. 8 out of 10 students in the Commonwealth ride a bus to school each day. Jerry Wozwick, Director of the PA School Bus Association said the private companies that contract with the 500 public school districts have had to increase pay, provide bonuses and other incentives to attract men and women to the profession. He also discussed changes made to the training regimen for school bus drivers, to ease the concern many people have had about entering the profession.</p>
<p>PA-mazing segment: The Philadelphia Zoo</p>					<p>The Philadelphia Zoo is the nation's oldest zoo, but hardly the largest. Sitting in West Philadelphia on only 42 acres of land, Dani Hogan, Director of Mission Integration said the zoon was chartered in 1859, to give the citizens of Philadelphia the opportunity to experience a part of the natural world they would otherwise never get to experience. Over its 160 year history, the Zoo staff has been a leader in animal conservation and propagation efforts. The Zoo has had many famous residents, including Massa the Gorilla, who was the oldest Silverback Gorilla in captivity until his death in the 1980's. The Zoo also was home to the famous MGM lion after his retirement. He's the lion who's face and roar can be seen and heard at the start of every MGM movie.</p>
<p>The status of farming in Pennsylvania</p>	<p>The Commonwealth</p>	<p>10/22/23</p>		<p>30 mins</p>	<p>Agricultural production has been a staple of Pennsylvania, pre-dating even William Penn's 1681 charter for Penn's Woods.</p>

# COMMONWEALTH BEAT QUARTERLY ISSUES LIST

## 4<sup>TH</sup> Quarter, 2023

<p>Will PA ever have "open" primary elections?</p>	<p>Beat with Laura LeBeau</p>				<p>Pennsylvania Secretary of Agriculture Russell Redding discusses some of the key issues confronting farmers, including land use, the loss of production farmland to commercial development, as well as the very significant problem of food insecurity among state residents. Redding served as Agriculture Secretary under the 8 years of Governor Tom Wolf and was asked to current Governor Josh Shapiro to stay on for his administration. Redding was Senate-confirmed in early 2023.</p> <p>Pennsylvania is one of only a handful of states that still conducts closed primary elections each spring, meaning only registered Republican or Democrat voters may participate in the elections. But David Thornburgh, head of the advocacy group Ballot PA argues that since primary elections are paid for with taxpayer dollars, all voters should be allowed to cast a ballot. Otherwise, PA is disenfranchising over a million registered voters. Thornburgh discussed his group's ideas on how to remedy the situation, which has also gained enormous public support since the organization began raising the issue to the mainstream.</p>
<p>October is Breast Cancer Awareness Month</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>10/29/23</p>		<p>30 mins</p>	<p>Since 1985, Pennsylvania has joined the rest of the nation in marking the start of Breast Cancer Awareness Month. But despite the national observance, the month didn't have much prominence until 1993, when breast cancer survivor Pat Halpin-Murphy decided to start the PA Breast Cancer Coalition. Halpin-Murphy discussed how millions of PA women who were uninsured at the time could not access treatment because of the cost. Since then, the Coalition has successfully advocated for laws that mandate PA</p>



# COMMONWEALTH BEAT QUARTERLY ISSUES LIST

4<sup>TH</sup> Quarter, 2023

<p>Getting to know PA Lt. Governor Austin</p>					<p>insurance carriers cover preventative mammogram screenings, as well as cover both oral and intravenous cancer drugs. Additionally, the Coalition just successfully lobbied to have insurance cover 3D mammograms and additional screenings for women who have dense breast tissue and need other specialized screening methods.</p> <p>At just 34 years of age, Austin Davis is already a historic figure, both in Pennsylvania and the nation. He is currently the youngest Lt. Governor in the nation while also being Pennsylvania's first black Lt. Governor. He discussed his background, including how a shooting outside his Allegheny County home as a teenager prompted him to get involved in politics. He also discussed his range of duties as Lt. Governor, such as serving as the President of the PA Senate and Chairman of the Board of Pardons &amp; Parole. He is a staunch supporter of parole reform and the Clean Slate legislation to expunge records of low-level drug offenders, so they can find jobs and become productive members of society.</p>
<p>What would it take to move Pa's Presidential Primary, and can it even be accomplished for 2024?</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>11/5/23</p>		<p>30 mins</p>	<p>Since 2019 and the authorization of No Excuse Mail-in balloting, PA elections have come under increasing scrutiny. The 2020 presidential election did little to bolster confidence in the administration of elections. But Secretary of the Commonwealth, Al Schmidt is working to restore confidence in PA elections. He discussed his efforts along those lines. Additionally, he discussed what it would take to move up the PA Presidential election. It is scheduled for April 23, 2024, but some state lawmakers want to move it to late February or early March, to give PA</p>

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<p>PA-mazing segment: Frank Lloyd Wright's Fallingwater</p>					<p>more prominence in the selection of the presidential nominees.</p> <p>Tucked into the hills of the Laurel Highlands in Fayette County is an international tourist destination that has inspired architects, designers and dreamers since it was commissioned in the mid 1930's. Fallingwater was the onetime country home of Pittsburgh department store magnate, Edgar Kaufman, Sr. and his family. It was designed and built into a 30 foot waterfall by renowned American architect Frank Lloyd Wright between 1935 and 1938. Justin Gunther, VP of the Western PA Conservancy and Director of Fallingwater, discussed the majestic structure's history. It brings visitors from across the globe. It is a UNESCO World Heritage site. The only other such site in PA is Independence Hall in Philadelphia.</p>
<p>Why does PA have so many Puppy Mills and what can be done to stop them?</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>11/12/23</p>		<p>30 mins</p>	<p>"Puppy Mill" is a term heard occasionally in the news, but what exactly are they? Jackie Keeney, President of United Against Puppy Mills, based in Lancaster County, is one of the foremost advocates fighting to end these cruel places and put the people who recklessly breed dogs as a cash crop, out of business. Keeney said she has never come across a pet store in PA which sells puppies that doesn't get them from puppy mills. She wants to educate people who continue to buy puppies from pet stores or farms that they are likely supporting a puppy mill operation. She also wants the Commonwealth to hire more Dog Law officers, to help monitor dog kennels and put a stop to the lucrative business of dog breeding.</p>
<p>PA State Treasurer Stacy Garrity discusses her office and the</p>					<p>Bradford County native Stacy Garrity is Pennsylvania's 78<sup>th</sup> State Treasurer. She is the custodian of over \$150B in state funds</p>

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<p>State Vault</p> <p>How to address the shortage of volunteer firefighters in PA with State Fire Commissioner Thomas Cook</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>11/19/23</p>	<p>30 mins</p>	<p>and is responsible for the receipt, deposit and withdrawal of all state monies and investments. She also oversees the state vault, which is the largest working vault in the country, and is especially diligent about researching and returning military medals to veterans or their family members.</p> <p>There are approximately 2400 fire departments across Pennsylvania, and volunteer firefighters make up almost 97% of the staff within them. That makes PA the state with the third-highest percentage of volunteers in the country, as compared to the national average of 70%. But since the 1970's the volunteer ranks have dropped from 360,000 to fewer than 3,700. PA State Fire Commissioner Thomas Cook is working daily to address the shortage. He is implementing evidence-based studies about volunteer firefighting and is working with state lawmakers to incentivize the public to become volunteer firefighters. He discusses some of his ideas to draw people back to the firefighting ranks.</p> <p>The Brandywine Museum in Chadds Ford, Delaware county is known across the globe as the home of renown artist Andrew Wyeth. However, from Thanksgiving through the New Year, the museum is know for having a huge model train display that takes up an entire floor of the museum and has become a holiday pilgrimage for thousands of people for 50 years. Paul Hoerner is the museum's Senior Model Railroad specialist and has been enthralled with the train display since he was a boy. He discusses what's involved in curating and setting up the model railroad each year.</p>
<p>PA-mazing segment: Brandywine Museum's holiday model train display</p>				

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<p>As Rifle Deer Hunting season begins, a discussion with the head of the PA Game Commission about how the agency oversees hunters and the deer herd in PA</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>11/26/23</p>	<p></p>	<p>30 mins</p>	<p>Rifle deer hunting season began on November 25<sup>th</sup>, and plenty of hunters will be trolling the state gamelands and private lands looking for their doe or buck. Keeping track of it all is the PA Game Commission. Among their duties, keeping track of chronic wasting disease within the commonwealth's deer population. Game Commission Executive Director Bryan Burhans talks about what hunters need to know this year. He also discusses the role of Game Wardens, who are deputized law enforcement officers who routinely put their lives in jeopardy to keep every hunter safe. Their training is specialized and intense. He talks about their many duties.</p>
<p>Pennsylvania State Police announce the awarding of nearly \$6M in federal grants to combat drug trafficking in PA</p>	<p></p>	<p></p>	<p></p>	<p></p>	<p>PSP Lt. Colonel Adam Reed discusses the receipt of two federal grants totaling almost \$6M. They come from the U.S. Dept. of Justice, Office of Community Oriented Policing Services. The first grant totals \$4M from the Anti-Heroin Task Force. The other \$1.94M is from the Anti-Methamphetamine Task Force. Lt. Reed talks about the impact drug abuse has on communities, and how State Troopers deal with the never-ending job of curtailing drug trafficking in the state.</p>
<p>The Office of Victim Advocate and the Address Confidentiality Program</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>12/3/23</p>	<p></p>	<p>30 mins</p>	<p>J.R. Waltemeyer, Director of the Address Confidentiality Program, discusses the state-provided service that gives victims of domestic violence, sexual assault, human</p>

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<p>The Wanamaker Organ at Macy's in Center City, Philadelphia</p>					<p>trafficking and stalking an opportunity to begin their lives anew. Once accepted into the program, a victim or one of their family members has their mail sent to a post office box managed by the Office of Victim Advocate, so that their abuser can't track them down. The mail is then repackaged at the OVA and sent to the victim's actual address. Over 1,000 victims are currently enrolled in the Address Confidentiality Program.</p> <p>The Macy's store in Center City, Philadelphia plays host to the largest working pipe organ in the USA. It's known as The Wanamaker Organ, because it was purchased in 1909 by department store magnate, John Wanamaker for the atrium of his flagship store at 13<sup>th</sup> and Market Streets. The organ has over 28,000 pipe and has been played daily since its installation. During the holiday season, a light show is installed in the seven-story atrium, to accompany the organ's holiday music. Ray Biswanger, President of the Friends of the Wanamaker Organ, discusses the intricacies of the organ and what it takes to maintain it.</p>
<p>A review of his first year in office: a special episode with Gov. Josh Shapiro</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>12/10/23</p>		<p>30 mins</p>	<p>An in-depth conversation with PA Governor Josh Shapiro on his first year in office. He discusses why he loves the job and never takes one day for granted. He also discusses the many challenges in his first year in office: the murder of a State Trooper, the collapse of a portion of i-95 in Philadelphia and the effort to reopen within two weeks, the battles he had with the General Assembly over the state budget, the two week search for escaped murderer Danilo Cavalcante, and other issues he faced. Shapiro said the theme of his administration is GSD – Get Stuff Done.</p>

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## 4<sup>TH</sup> Quarter, 2023

<p>How are Pennsylvania businesses dealing with the employee shortage confronting almost every industry?</p>	<p>The Commonwealth Beat with Laura LeBeau</p>	<p>12/17/23</p>		<p>30 mins</p>	<p>He has streamlined the state permitting and licensure process, and cleared up a backlog of unemployment claims from the Covid pandemic.</p> <p>Pennsylvania is in the midst of a massive employee crisis across all employment sectors. Luke Bernstein, Executive Director of the PA Chamber of Business &amp; Industry offers his thoughts on this crisis. He argues that PA must update its training models to better align to the jobs of today. He also believes there needs to be less emphasis on a college education and more emphasis on Career &amp; Technological education.</p>
<p>A discussion about the PA Human Relations Commission. Who are they and what are they tasked with doing?</p>					<p>Although most Pennsylvanians probably have heard about the Human Relations Commission, it's likely also true that they don't know exactly what they do. Chad Dion Lassiter, Executive Director of the Commission was just named to City &amp; State Pennsylvania's 2023 Impact 75 List. He discusses their mission, which is to see that Pennsylvania residents are not discriminated against in the workplace, housing or public accommodations for any reason. Lassiter said Pennsylvania's Human Relations Commission is the oldest in the nation. He heads a staff of about 80 employees between three regional offices in Philadelphia, Harrisburg and Pittsburgh.</p>
<p>"Best of Edition: The Commonwealth Beat</p>		<p>12/24/23</p>		<p>30 mins</p>	<p>Re-airing of The Commonwealth Beat from October 8, 2023</p>
<p>"Best of Edition: The Commonwealth Beat</p>		<p>12/31/23</p>		<p>30 mins</p>	<p>Re-airing of The Commonwealth Beat from October 22, 2023</p>