



## Quarterly Report of Compliancy Issues & Programs List 2021-Q3 (July - September) Viewpoints Radio

- Aging
- Agriculture
- Addiction
- Adolescent Health
- Agriculture
- American History
- Architecture
- Arts
- Behavioral Health
- Biology
- Business
- Career
- Child Development
- Climate Change
- Comedy
- Communication
- Construction
- Consumerism
- Cooking
- Corporate Interests
- COVID-19 Pandemic
- Creativity
- Crime
- Culture
- Customs
- Dance
- Development
- Diet
- Disease
- Editing
- Education
- Entrepreneurship
- Environment
- Exploration
- Fashion and Fashion Trends
- Film
- Government
- Happiness
- Harassment
- Health
- Health Education
- Healthcare
- Healthcare Management
- History
- Human Rights
- Inequality
- Innovation
- Insurance
- International Affairs
- Justice System
- Labor
- Law
- Literature
- Local Economy
- Marriage
- Mass Incarceration
- Media Business
- Medicine
- Mental Health
- Mental Illness
- Migration
- Mining
- Money
- Music and Music Industry
- Natural Resources
- Nonprofit Organization
- Nutrition
- Paleontology
- Parenting
- Patient Advocacy
- Performance and Performance Arts
- Personal Finance
- Policy
- Politics
- Poverty
- Prison Reform
- Psychology
- Public Health
- Public Service
- Publishing
- Racial Issues
- Remote Learning
- Savings
- Science
- Self-Confidence
- Sleep Disorders
- Small Business
- Social Media
- Space and Space Exploration
- Species Extinction
- Sports
- Streaming
- Sustainability and Sustainable Design
- Teaching
- Technology
- Terrorism
- Tourism
- Traditions
- Trauma
- Travel
- TV
- Wage Theft
- Wealth
- Wildlife Management
- Women's Rights
- Workers Rights
- Writing
- Youth Development

**Program 21-27**

**Air Week:** 7/4/21

**Writers/Producers:** Amirah Zaveri & Evan Rook

*Viewpoints Radio is a registered trademark of MediaTracks, Inc.*

**Studio Production:** Jason Dickey

### **SEGMENT 1: FAIR LABOR: THE IMPORTANCE OF WORKER CENTERS**

**Time:** 1:47

**Duration:** 11:25

**Synopsis:** Unions, which are organized labor groups, are prevalent across the U.S. You've probably heard of the term in the media or may know someone who's part of a union. But, have you ever heard of a worker center? It operates in similar functions as unions; however, this resource is much more community-based and is more of a guiding advocate in responsive situations where the worker is facing harassment, unpaid wages or other issues. We speak with two labor experts this week to highlight how vital worker centers are to low-wage workers who often don't have a voice.

**Host:** Gary Price

**Guests:** Dr. Celeste Monforton, lecturer, Texas State University, author, *On the Job: The Untold Story of Worker Centers and the New Fight for Wages, Dignity, and Health*; Laura Garza, worker center director, Arise Chicago.

**Issues Covered:** Wage Theft, Harassment, Inequality, Labor Rights, Nonprofit, Workers Rights, Law, Career, Poverty

**Links for more info:**

[Arise Chicago](#)

[Worker Centers: Resources for Employees](#)

### **SEGMENT 2: HOW TO MAKE YOUR KID MONEY-SAVVY**

**Time:** 15:39

**Duration:** 8:26

**Synopsis:** All parents want their kids to succeed and live good lives, and part of accomplishing that is raising them to understand the value of a dollar. We talk to Beth Kobliner, a financial expert and author of the book *Make Your Kid A Money Genius (Even if you're not)* about tips and tricks to help our kids, from toddlers to post-grads, handle money responsibly.

**Host:** Marty Peterson

**Guests:** Beth Kobliner, financial expert and author, *Make Your Kid A Money Genius (Even if you're not)*

**Issues Covered:** Personal Finance, Parenting, Child Development, Money, Savings, Consumerism

**Links for more info:**

[Learn more about Beth - BethKobliner.com](#)

### **CULTURE CRASH: WHAT'S SO FUNNY ABOUT DAVE?**

**Time:** 25:05

**Duration:** 1:51

**Synopsis:** The Hulu comedy, *Dave*, is a fictional story about the sensationalized rapper, Lil Dicky. The show looks like many other comedies at first but is actually jam-packed with well-thought out jokes and plots. *Dave* is now streaming on Hulu and FXX.

**Host:** Evan Rook

**Issues Covered:** Culture, TV, Comedy

**Program 21-28****Air Week:** 7/11/21**Writers/Producers:** Amirah Zaveri, Bridget Killian, Polly Hansen & Evan Rook**Studio Production:** Jason Dickey**SEGMENT 1: LONG-TERM YOUTH INCARCERATION****Time:** 1:17**Duration:** 9:00

**Synopsis:** The U.S. prison population has decreased during the pandemic, but the number of people behind bars is still close to two million. Some of these inmates have been in prison for decades and at a young age were deemed by the justice system to be 'unfixable'. This week, we shed light on the cycle of youth incarceration in this country and why people like Ian Manuel, a former inmate, were sentenced to life in prison without the possibility of parole at age 13.

**Host:** Gary Price

**Guests:** Ian Manuel, former inmate, author, *My Time Will Come: A Memoir of Crime, Punishment, Hope, and Redemption*; Riya Saha Shah, lawyer, managing director, Juvenile Law Center; Beth Schwartzapel, journalist, The Marshall Project.

**Issues Covered:** Crime, Justice System, Prison Reform, Mental Health, Law, Government, Poverty, Mass Incarceration, Youth Development

**Links for more info:**[Equal Justice Initiative: Ian Manuel](#)[The Marshall Project: Many Juvenile Jails Are Now Almost Entirely Filled with Young People of Color](#)**SEGMENT 2: A BETTER WAY TO GET AWAY****Time:** 12:44**Duration:** 10:26

**Synopsis:** It seems like lately almost everyone is heading to the airport. Whether you're flying, driving or taking a train, vacations are a highly anticipated time to get away from everyday life. Everyone deserves relaxation, but is there a way to make sure that you're traveling more consciously? Are you booking excursions with local, independent companies? Supporting small shops? Does the place you're staying at or traveling with use sustainable practices?

**Host:** Marty Peterson

**Guests:** Maile Meyer, Hawaii resident, owner, Native Books; Brian Mullis, sustainable tourism expert

**Issues Covered:** Tourism, Travel, Sustainability, Traditions, Customs, History, Wildlife Management, Consumerism, Environment, Local Economy, Small Business

**Links for more info:**[Sustainability Leaders Project](#)[The World Counts](#)[FORTUNE: How eco-travelers are fueling hotel industry's sustainability drive](#)[Viator](#)[Pu'uhonua Society](#)[sustainabletourismhawaii.org](#)**CULTURE CRASH: ACCESSING FILM CLASSICS****Time:** 24:10**Duration:** 2:16

**Synopsis:** The Criterion Channel makes it easy to watch older movies that are often forgotten on mainstream streaming platforms like Netflix. We discuss some of our favorite picks from the old Hollywood days.

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

**Program 21-29****Air Week:** 7/18/21**Writers/Producers:** Amirah Zaveri & Evan Rook**Studio Production:** Jason Dickey**SEGMENT 1: NEGOTIATING THE HIGH COST OF HEALTHCARE****Time:** 1:17**Duration:** 11:48

**Synopsis:** Millions of Americans put off going to a doctor or hospital because they're afraid of the high cost of care. Depending on your insurance, one MRI scan can cost upwards of a thousand dollars. One trip to the emergency room can mean thousands of dollars in charges that people can't afford to pay. So, what's driving these sky-high prices? How can people negotiate down these hefty bills?

**Host:** Gary Price

**Guests:** Lisa Rossi, patient; Marshall Allen, investigative journalist, ProPublica, author, *Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win*.

**Issues Covered:** Healthcare, Insurance, Medicine, Patient Advocacy, Personal Finance, Healthcare Management

**Links for more info:**

[Fair Health Consumer: Estimate your healthcare expenses](#)

[National Patient Advocate Foundation](#)

[Twitter: @marshall\\_allen](#)

[Amazon: Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win](#)

**SEGMENT 2: THE DATED TRADITION OF DAYLIGHT SAVING TIME****Time:** 15:22**Duration:** 7:12

**Synopsis:** Each year, as the flowers bloom and the days turn warmer, we spring forward and adjust our clocks one hour forward. The routine of 'springing forward' can feel like a nuisance and for some, it can severely throw off their internal body clocks for days or weeks on end. Why do we still practice daylight saving time today? Dr. Beth Malow, a neurologist and sleep expert, joins us this week on Viewpoints.

**Host:** Marty Peterson

**Guests:** Dr. Beth Malow, professor, neurology & pediatrics, Vanderbilt University Medical Center, director, Vanderbilt Sleep Division

**Issues Covered:** Health, Disease, History, Policy, Sleep Disorders, Adolescent Health, Behavioral Health

**Links for more info:**

[National Geographic: Daylight saving time 2019: The odd history of changing our clocks](#)

[TIME: The Real Reason Why Daylight Saving Time Is a Thing](#)

[VUMC: Department of Neurology](#)

**CULTURE CRASH: THE BEAUTY OF TIKTOK****Time:** 23:34**Duration:** 2:52

**Synopsis:** The social media platform, TikTok started in September 2016. There have been many critics over the years that have doubted the lasting popularity of the short-form, video-driven service. But, fast forward five years later and it's still booming. What sets TikTok apart from the graveyard of dead platforms like Snapchat and Vine?

**Host:** Evan Rook

**Issues Covered:** Culture, Social Media

**Program 21-30****Air Week:** 7/25/21**Writers/Producers:** Amirah Zaveri & Evan Rook**Studio Production:** Jason Dickey**SEGMENT 1: PUBLISHING 101: BEHIND EVERY WRITER IS A GREAT EDITOR****Time:** 1:47**Duration:** 10:20

**Synopsis:** In 2019, the book publishing industry in the U.S. generated more than \$25 billion dollars in revenue and employed close to 70,000 people. It's a massive industry that publishes and generates publicity for many thousands of physical and e-books each year. Literary editor Peter Ginna joins us this week to breakdown the business and the crucial role that editors play in crafting a successful book.

**Host:** Gary Price**Guests:** Peter Ginna, literary editor and author, *What Editors Do: The Art, Craft, and Business of Book Editing*.**Issues Covered:** Writing, Editing, Publishing, Literature, Business, Career**Links for more info:**[University of Chicago Press – What Editors Do: The Art, Craft, and Business of Book Editing](#)[Penguin Random House – How to Get Published: The world of publishing: a guide for writers](#)**SEGMENT 2: THE ENTREPRENEUR INSIDE THE MUSICIAN****Time:** 14:09**Duration:** 8:30

**Synopsis:** There's much more to being a professional musician than the practice and performance aspect of the career. For independent artists, there's an entire side of entrepreneurship to handle, including money management, marketing, networking and more. Debra Silvert, the flutist of the orchestral ensemble, Duo Sequenza, highlights the challenges and rewards of carving out a career in the competitive classical music space.

**Host:** Marty Peterson**Guests:** Debra Silvert, flutist, Duo Sequenza, executive director, Sequenza Chamber Music Incorporated.**Issues Covered:** Music, Career, Business, Nonprofit Organization, Entrepreneurship, Music Industry**Links for more info:**[Duo Sequenza](#)[Debra Silvert Bio](#)[Majoring In Music: Music & Entrepreneurship](#)**CULTURE CRASH: THE APPLE TV SPORTS COMEDY, "TED LASSO"****Time:** 23:39**Duration:** 2:47

**Synopsis:** Funny man Jason Sudeikis plays Ted Lasso in Apple's TV's new series. The show follows Lasso, a small-time coach, as he moves to England to lead a professional soccer team despite having little knowledge of the sport.

**Host:** Evan Rook**Issues Covered:** Culture, Streaming, Media Business

**Program 21-31**

**Air Week:** 8/1/21

**Writers/Producers:** Amirah Zaveri, Scarlett O' Hara, Bridget Killian & Evan Rook

**Studio Production:** Jason Dickey

**SEGMENT 1: THE ITEMS THAT SYMBOLIZE THE COVID-19 PANDEMIC**

**Time:** 1:48

**Duration:** 11:13

**Synopsis:** Wondering what to do with the dozens of face masks and all of those unused yeast packets? Us too. There are several items that Americans sought after during the height of the Covid-19 pandemic that help to showcase what this period in time was like. Once the pandemic is fully over, how will we look back and remember this time? How are museum curators and everyday people remembering this important part of history? This week on Viewpoints.

**Host:** Gary Price

**Guests:** Alexandra Lord, chair, curator, Division of Medicine and Science, Smithsonian National Museum of American History; Kevin Mitchell Mercer, professor, Valencia College; Natalie Nguyen, college student, University of Central Florida.

**Issues Covered:** COVID-19 Pandemic, Public Health, History, Career, Education, Science, Medicine

**Links for more info:**

[The New York Times: A New Year's Climate Diet](#)

[twitter: @4fishgreenberg](#)

[Amazon: The Climate Diet: 50 Simple Ways to Trim Your Carbon Footprint](#)

**SEGMENT 2: FOREVER FASHION: THE HISTORY OF TIMELESS TRENDS**

**Time:** 15:00

**Duration:** 8:23

**Synopsis:** There are some items of clothing that truly never go out of style. Whether it's a pair of jeans or a classic black dress, these pieces transform with the vibe and trends of each decade. Fashion writer and author of *The Ten* Lauren Cochrane joins us this week to highlight some of the most iconic clothes in fashion history.

**Host:** Marty Peterson

**Guests:** Lauren Cochrane, senior fashion writer, *The Guardian*, author, *The Ten: How and Why We Wear the Fashion Classics*.

**Issues Covered:** Fashion, History, Fashion Trends, Consumerism, Film, Culture, Literature

**Links for more info:**

[The Guardian - Lauren Cochrane Profile](#)

[Amazon: The Ten: How any why we wear the fashion classics](#)

[Vogue: The Story Behind That Little Black Dress Worn by Audrey Hepburn in 'Breakfast at Tiffany's](#)

[Levi Strauss & Co: We have been innovating since the birth of the blue jean in 1873](#)

[Lauren Cochrane on Instagram](#)

**CULTURE CRASH: PIG – STARRING NICHOLAS CAGE**

**Time:** 24:23

**Duration:** 2:03

**Synopsis:** We had mixed feelings heading to see the new film, *Pig*, featuring actor Nicholas Cage. Listen to why this feature film ended up blowing our expectations out of the water.

**Host:** Evan Rook

**Issues Covered:** Culture, Film

**Program 21-32**

**Air Week:** 8/8/21

**Writers/Producers:** Amirah Zaveri, Bridget Killian & Evan Rook

**Studio Production:** Jason Dickey

**SEGMENT 1: THE PRIVATE SECTOR SPACE RACE**

**Time:** 1:48

**Duration:** 8:22

**Synopsis:** Jeff Bezos and Richard Branson both made history last month as they rocketed out of Earth's atmosphere and successfully reached space. This trip was many years in the making as both billionaires built their own respective companies, Blue Origin and Virgin Galactic, to transport them to space as private civilians. Now, people are lining up and paying hefty prices to take this same voyage. Where will the space tourism industry go from here? Are the risks worth the experience?

**Host:** Gary Price

**Guests:** Jeffrey Kluger, journalist, editor-at-large, TIME Magazine, author, Holdout.

**Issues Covered:** Space Exploration, Travel, Technology, Business, Science, Wealth, History, Tourism

**Links for more info:**

[TIME: Why Richard Branson's Spaceflight Is a Very Big Deal](#)

[McKinsey & Company: Wall Street to Mission Control: Can space tourism pay off?](#)

[twitter: @jeffreycluger](#)

**SEGMENT 2: THE WOMEN OF THE OLD WEST**

**Time:** 12:11

**Duration:** 11:20

**Synopsis:** When most people imagine the early West, they picture wide open landscapes, lawlessness and sweaty men working away in mines and on farms. While this is part of the narrative, the other lesser known side is the unique opportunities the West held for women of the 19th and early 20th centuries. Author Winifred Gallagher joins us this week to share how the ladies of this region fought for greater equality and recognition.

**Host:** Marty Peterson

**Guests:** Winifred Gallagher, author, *New Women in the Old West: From Settlers to Suffragists: An Untold American Story*.

**Issues Covered:** American History, Women's Rights, Travel, Migration, Marriage, Politics

**Links for more info:**

[Penguin Random House: New Women in the Old West](#)

[PBS: Women of the Wild West](#)

[TIME: Women and the Myth of the American West](#)

**CULTURE CRASH: BINGE-WATCHING THE TV DRAMA, "ELITE"**

**Time:** 23:21

**Duration:** 3:05

**Synopsis:** "Elite" is a foreign language teenage drama series that does not disappoint. It's edgy, entertaining and fast-paced. The show is now streaming on Netflix with four seasons out and another one on the way.

**Host:** Evan Rook

**Issues Covered:** Culture, TV

**Program 21-33****Air Week:** 8/15/21**Writers/Producers:** Amirah Zaveri, Bridget Killian & Evan Rook**Studio Production:** Jason Dickey**SEGMENT 1: THE LESSONS LEARNED FROM THE PANDEMIC****Time:** 1:48**Duration:** 10:16

**Synopsis:** It's that time of year already: back to school. After eighteen months of kids and teens learning remotely or on a hybrid schedule between in-person and remote, millions are returning back to classrooms full-time. While this may change as COVID-19 cases rise due to the Delta variant, for now, many schools are moving forward with plans to welcome students back with the caveat of requiring face masks while indoors. We discuss the highly anticipated return back to class and how some educators have changed their perspectives on learning over the past year.

**Host:** Gary Price

**Guests:** Colleen Peluso, high school teacher, Valparaiso High School; Ron Chaluisan, former teacher, executive director, Newark Trust for Education.

**Issues Covered:** Education, Teaching, Career, Remote Learning, Parenting, Child Development, Technology, COVID-19 Pandemic

**Links for more info:**

[TIME: Schools Expected to Leave Virtual Learning Behind in the Fall, but the Delta Variant Is Forcing a Change in Plans](#)

[NewarkTrust.org](#)

[Valparaiso High School](#)

**SEGMENT 2: WHY DOES KETO CONTINUE TO PERSIST****Time:** 12:55**Duration:** 8:27

**Synopsis:** Every year it seems like there's a new diet or health trend that captures people's attention. The keto diet, which mainly cuts out carbohydrates, has seen a sustained rise in popularity. Originally used as a treatment for kids with epilepsy, today, thousands of ordinary people follow this regimen as well. This week – we're joined by registered dietician, Kristen Sedler, and two people who tried the keto diet and both had entirely different experiences.

**Host:** Marty Peterson

**Guests:** Kristen Sedler, registered dietician; Isabelle Fiedler, college student; Carolyn Ketchum, food blogger, cookbook author, Easy Keto Breakfasts.

**Issues Covered:** Diet, Nutrition, Health, Disease, Personal Finance, Cooking

**Links for more info:**

[Amazon: The Ultimate Guide to Keto Baking: Master All the Best Tricks for Low-Carb Baking Success](#)

[Amazon: Easy Keto Breakfasts: 60+ Low-Carb Recipes to Jump-Start Your Day](#)

[Healthline: 10 Health Benefits of Low-Carb and Ketogenic Diets](#)

**CULTURE CRASH: OUR FAVORITE FILMS OF 2011****Time:** 23:21**Duration:** 3:05

**Synopsis:** What were some of the best movies if we rewind back one decade? We highlight some of our top picks from the year 2011, including the documentary, Jiro Dreams of Sushi and the baseball sports hit, Moneyball.

**Host:** Evan Rook

**Issues Covered:** Culture, Film



**Program 21-34**

**Air Week:** 8/22/21

**Writers/Producers:** Amirah Zaveri, Scarlett O' Hara & Evan Rook

**Studio Production:** Jason Dickey

**SEGMENT 1: SLUMBERING IN SPACE**

**Time:** 1:47

**Duration:** 8:39

**Synopsis:** The average person ends up trashing 25 percent of the food they buy from the grocery store. This can mean fresh produce, expired dairy, stale bread – the list goes on and on. This cycle of food waste across households, grocery stores and restaurants adds up, resulting in more than 81 billion pounds of fresh, edible food being thrown away each year. What's the solution? Two food experts join us this week to offer some answers.

**Host:** Gary Price

**Guests:** Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine.

**Issues Covered:** Space, Biology, Health, Mental Health, Science, Technology, Exploration

**Links for more info:**

[NASA: Sleeping in Space](#)

[Wired: The Surprisingly Cozy Truths of Sleeping in Space](#)

**SEGMENT 2: FIGHTING FOR THE FUTURE OF CLEAN WATER**

**Time:** 12:27

**Duration:** 10:07

**Synopsis:** Gold mining has been a lucrative business for many generations. Today, it's still a booming industry with global mining companies expanding into new markets each year. This week – we highlight the incredible story of activists in northern El Salvador who stood up to mining company, OceanaGold and won.

**Host:** Marty Peterson

**Guests:** John Cavanagh, senior advisor, Institute of Policy Studies, co-author, The Water Defenders: How Ordinary People Saved a Country From Corporate Greed.

**Issues Covered:** Mining, Development, Natural Resources, Corporate Interests, Inequality, Policy, Law, Government, Environment

**Links for more info:**

[Smithsonian Magazine: The Environmental Disaster That is the Gold Industry](#)

**CULTURE CRASH: THE POETRY BEHIND THE TUNES**

**Time:** 23:33

**Duration:** 2:54

**Synopsis:** We highlight the podcast, Dissect, which takes a look at the poetic lyrics behind some of the biggest songs in rap and hip-hop.

**Host:** Evan Rook

**Issues Covered:** Culture, Music

**Program 21-35**

**Air Week:** 8/29/21

**Writers/Producers:** Amirah Zaveri, Scarlett O' Hara & Evan Rook

**Studio Production:** Jason Dickey

### **SEGMENT 1: THE TALIBAN TAKEOVER: WHAT DOES IT MEAN?**

**Time:** 1:48

**Duration:** 9:42

**Synopsis:** The news of the Taliban regaining control of Afghanistan has swept news headlines this month. Hundreds of thousands of Afghan citizens have already fled the country, but how will everyday life change for those who remain? We discuss the precarious situation in the region and the reversal of modern freedoms and economic stability for millions of men, women and children.

**Host:** Gary Price

**Guests:** Dr. Marvin Weinbaum, director, Afghanistan and Pakistan Studies, Middle East Institute, professor emeritus, political science, University of Illinois at Urbana-Champaign.

**Issues Covered:** International Affairs, Politics, Government, Human Rights, Women's Rights

**Links for more info:**

[Women for Afghan Women – WAW's Work in Afghanistan](#)

[ICRC: Donate to Afghanistan](#)

[Miles 4 Migrants](#)

[GoFundMe: Women Globally Working to Protect Afghan Women](#)

### **SEGMENT 2: REVISITING THE DEMISE OF THE DINOSAURS**

**Time:** 13:32

**Duration:** 9:27

**Synopsis:** There's something special about dinosaurs. These majestic creatures walked the Earth more than 230 million years ago, yet, even today, they capture our wildest imaginations. Most of us have heard the familiar narrative that an asteroid collided with Earth and this catastrophic event led to their downfall...but is there more to the story? Would dinosaurs still be around today if the asteroid flew past Earth? This week on Viewpoints.

**Host:** Marty Peterson

**Guests:** Michael Benton, professor, vertebrate paleontology, University of Bristol.

**Issues Covered:** History, Species Extinction, Paleontology, Science, Climate Change

**Links for more info:**

[Amazon: Dinosaurs: New Visions of a Lost World](#)

[Nature World News: Dinosaurs Were Already Dying Off Due to Climate Change Even Before Asteroid Hit](#)

### **CULTURE CRASH: FALL READS**

**Time:** 23:59

**Duration:** 2:28

**Synopsis:** We discuss some of our favorite non-fiction reads as the weather turns cooler and the season of pumpkin everything is soon upon us.

**Host:** Evan Rook

**Issues Covered:** Culture, Literature

**Program 21-36**

**Air Week:** 9/5/21

**Writers/Producers:** Amirah Zaveri, Scarlett O' Hara & Evan Rook

**Studio Production:** Jason Dickey

#### **SEGMENT 1: ARE YOU ADDICTED TO YOUR PHONE?**

**Time:** 1:48

**Duration:** 10:07

**Synopsis:** The average American checks their phone about 90 times a day, according to a 2019 survey from tech research firm, Asurion. How often would you say you check? Every hour? Once every 20 minutes? Do you ever panic when your phone isn't right next to you? This 'attached at the hip' mentality is severely affecting happiness and quality of life for millions of people. So, what can be done to break this all-consuming cycle? Addiction expert Dr. Anna Lembke joins us to break down the widespread problem and offer up some solutions.

**Host:** Gary Price

**Guests:** Dr. Anna Lembke, professor, medical director, addiction medicine, Stanford University School of Medicine, author, Dopamine Nation: Finding Balance in the Age of Indulgence.

**Issues Covered:** Mental Health, Health, Technology, Addiction, Happiness, Career, Communication

**Links for more info:**

[Amazon: Dopamine Nation: Finding Balance in the Age of Indulgence](#)

[SAMHSA](#)

[Healthline: Is cell phone addiction really a thing?](#)

[Internet and Technology Addicts Anonymous](#)

#### **SEGMENT 2: THE MANY SIDES OF BALLERINO, JAMES WHITESIDE**

**Time:** 13:56

**Duration:** 7:54

**Synopsis:** Ballet requires athleticism, artistry and decades of grueling practice. It's an extremely competitive field and few dancers manage to become principal dancers at major theatres. This week on Viewpoints – James Whiteside, a principal dancer at the American Ballet Theatre, shares his professional ballet journey and what he's learned about himself along the way.

**Host:** Marty Peterson

**Guests:** James Whiteside, principal dancer, American Ballet Theatre, author, Center, Center: A Funny, Sexy, Sad, Almost-Memoir of a Boy in Ballet.

**Issues Covered:** Career, Dance, Self-Confidence, Performance Arts, Creativity

**Links for more info:**

[ABT: James Whiteside](#)

[Instagram: @jamesbwhiteside](#)

[The Washington Post: James Whiteside isn't a typical ballet star, and his memoir isn't a typical ballet story](#)

[Penguin Random House: Center Center A Funny, Sexy, Sad Almost-Memoir of a Boy In Ballet](#)

#### **CULTURE CRASH: ARTISTS' SHARED INSPIRATION**

**Time:** 22:50

**Duration:** 3:37

**Synopsis:** How do artists find inspiration for a new song on an album, or a new idea for a movie? We discuss how great art is more interconnected than you may think.

**Host:** Evan Rook

**Issues Covered:** Culture, Art

**Program 21-37**

**Air Week:** 9/12/21

**Writers/Producers:** Amirah Zaveri & Evan Rook

**Studio Production:** Jason Dickey

**SEGMENT 1: CANDID CONVERSATIONS WITH KIDS: GETTING BACK TO SCHOOL**

**Time:** 1:47

**Duration:** 10:08

**Synopsis:** The 2021-2022 school year is officially in full swing. But, it's not the return that many were hoping for as COVID-19 cases spread, and outbreaks pop up in classrooms across the U.S. While there are barriers and challenges just like last year, school must go on. We speak with education expert, Julie King, to get some tips on how to navigate the hectic back to school season and how parents can communicate with their kids so they feel heard and supported.

**Host:** Gary Price

**Guests:** Julie King, parent educator, mother, co-author, *How to Talk When Kids Won't Listen: Whining, Fighting, Meltdowns, Defiance, and Other Challenges of Childhood*.

**Issues Covered:** Education, Communication, Parenting, Psychology, Health, Child Development, COVID-19 Pandemic

**Links for more info:**

[CDC: Mental health in childhood means reaching developmental and emotional milestones, and learning healthy social skills and how to cope when there are problems](#)

[CDC: COVID-19 pandemic: Helping young children and parents transition back to school](#)

[Amazon: How to Talk When Kids Won't Listen: Whining, Fighting, Meltdowns, Defiance, and Other Challenges of Childhood \(The How to Talk Series\)](#)

**SEGMENT 2: THE 20 YEAR ANNIVERSARY OF 9/11**

**Time:** 13:57

**Duration:** 7:55

**Synopsis:** Today, there are many young adults who were mere babies when 9/11 happened. They learn about the terrorist attacks from history books, television segments and documentaries as well as the firsthand stories of people who lived through the experience. Former FDNY Battalion Chief Joseph Pfeifer joins us this week to share his story from that morning. Pfeifer was the first firefighter chief on the scene at the World Trade Center complex and lost his brother, Kevin, who was also a firefighter.

**Host:** Marty Peterson

**Guests:** Joseph Pfeifer, Former FDNY Battalion Chief, author, *Ordinary Heroes: A Memoir of 9/11*.

**Issues Covered:** History, Terrorism, Public Service, Trauma, Government, Mental Health

**Links for more info:**

[Combating Terrorism Center - Chief \(Ret.\) Joseph Pfeifer](#)

[Penguin Random House - Ordinary Heroes](#)

[National Geographic - 9/11: One Day in America](#)

**CULTURE CRASH: IS THE "DONDA" HYPE REAL?**

**Time:** 22:52

**Duration:** 3:34

**Synopsis:** Kanye West just released his latest album, "Donda" late last month. We sift through the hype and offer our take on the new creative release.

**Host:** Evan Rook

**Issues Covered:** Culture, Music

**Program 21-38**

**Air Week:** 9/19/21

**Writers/Producers:** Amirah Zaveri, Bridget Killian & Evan Rook

**Studio Production:** Jason Dickey

**SEGMENT 1: WORKING IN INTENSIFYING HEAT**

**Time:** 1:47

**Duration:** 9:33

**Synopsis:** Many Americans stay home and crank up the air conditioning once temperatures reach 80 degrees. Imagine working for hours on end outside in temperatures exceeding 90 or 100 degrees. On top of this, there's little shade, minimal breaks and often not enough water. This is the reality for millions of laborers who work in agriculture, construction and other industries. Why aren't there more legal guidelines protecting these essential workers?

**Host:** Gary Price

**Guests:** Dr. Rachel Licker, senior climate scientist, Union of Concerned Scientists; Kate Suisman, attorney, Northwest Workers' Justice Project.

**Issues Covered:** Labor, Career, Workers Rights, Health, Agriculture, Construction, Poverty, Climate Change, Environment

**Links for more info:**

[Union of Concerned Scientists USA - Dr. Rachel Licker](#)

[More about the Northwest Workers' Justice Project](#)

[NBC News - Why are workers in the U.S. still dying from heat exhaustion?](#)

[California Office of Environmental Health Hazard Assessment \(OEHHA\) - Heat-related mortality and morbidity](#)

**SEGMENT 2: DESIGNING A GREENER BUILDING LANDSCAPE**

**Time:** 13:22

**Duration:** 9:37

**Synopsis:** Constructing a new building requires many resources, from hundreds of hours of labor to thousands of pounds of steel, cement, glass and other building materials. Design consultant Ned Cramer joins us this week to uncover how the industry is utilizing new technology to build more sustainably and lessen waste.

**Host:** Marty Peterson

**Guests:** Ned Cramer, design consultant, former editor-in-chief, Architect Magazine.

**Issues Covered:** Construction, Sustainable Design, Architecture, Technology, Innovation

**Links for more info:**

[Architect Magazine - Ned Cramer](#)

[Editorial - The Climate is Changing. So Must Architecture](#)

[Ned Cramer's Twitter](#)

**CULTURE CRASH: NETFLIX'S "UNTOLD" SERIES**

**Time:** 23:59

**Duration:** 2:26

**Synopsis:** We explore the different focuses of the sports documentary series that highlight the stories of different sports superstars.

**Host:** Evan Rook

**Issues Covered:** Culture, Film, Sports

**Program 21-39**

**Air Week:** 9/26/21

**Writers/Producers:** Amirah Zaveri & Evan Rook

**Studio Production:** Jason Dickey

### **SEGMENT 1: A DEEPER EXPLANATION OF OCD**

**Time:** 1:47

**Duration:** 9:55

**Synopsis:** Like many other mental illnesses, Obsessive Compulsive Disorder (OCD) is often misunderstood and clumped into a stereotypical category. Many people believe that the disorder is just physical behaviors, such as persistent organization, washing one's hands all the time, or checking the lock on the door constantly. But what people don't realize is that OCD is a lot more than just these behavioral actions. David Adam, who has OCD and has extensively studied the disorder, joins us this week to help dispel any myths and preconceived perceptions.

**Host:** Gary Price

**Guests:** David Adam, freelance journalist, author of *The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought*.

**Compliance issues:** Health, Mental Illness, Behavioral Health, Health Education, History

**Links for more info:**

[Obsessive-Compulsive Disorder - National Alliance on Mental Illness \(NAMI\)](#)

[How to Find the Right Therapist - International OCD Foundation](#)

[Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought - Available on Amazon](#)

### **SEGMENT 2: DIVERSITY DILEMMAS IN OPERA**

**Time:** 12:57

**Duration:** 9:56

**Synopsis:** Opera is a beloved art form, but its racial history is as flawed as the rest of our culture. We talk to Naomi Andre, a professor at the University of Michigan, about the history of race in opera and how this traditional art form is evolving with the times.

**Host:** Marty Peterson

**Guests:** Naomi Andre, professor of Afroamerican and African studies, University of Michigan.

**Issues Covered:** Music, Arts, Performance, Racial Issues, History, Career

**Links for more info:**

[Naomi André - UM LSA Residential College](#)

[University of Illinois Press - Naomi André: Black Opera: History, Power, Engagement](#)

[Washington Post - A star opera singer is changing classical music with a radical idea: Listening](#)

### **CULTURE CRASH: PIVOTING BACK TO THEATRE MOVIE RELEASES**

**Time:** 23:35

**Duration:** 2:52

**Synopsis:** Many film lovers have gotten accustomed to watching new movies at home during the pandemic, but is it for the better? Film creators are pushing for a return back to theaters, but only time will tell what's next.

**Host:** Evan Rook

**Issues Covered:** Culture, Film, Media Business, COVID-19 Pandemic