

WRMU Issues/Programs List

Alliance, Ohio 44601

January 4, 2024

Issue: Public Affairs Issues

Discussion of the Issue:

Many area residents do not have a radio outlet for national and international events and issues. WRMU provides programming for people who may be interested in these issues. WRMU believes the community should be aware of world issues that are not covered in the local media.

Programming:

- A. Music and the Spoken Word Sundays at 8:30am - 30-minute weekly program the offers music and religious commentary.
- B. Academic Minute-Tuesdays at 12:30pm and Thursdays at 830am-2:30 segment. Discusses the latest in academic research from colleges and universities around the world (See program and issues list below)
- C. Climate Connections-Mondays and Fridays at 12:30pm 1 minute segment highlights the importance of water stewardship and sustainability in the Great Lakes and surrounding watersheds. (See program and issues list below)
- D. Reel Discovery-Airs Tuesdays and Fridays at 830 a.m.- 3:00 weekly feature, dedicated to helping busy movie lovers wade through the flood of new releases to find films that are worthy of their precious time and money.
- E. Shelf Discovery- Mondays at 830am and Wednesdays at 12:30pm- 3:00 weekly feature, dedicated to helping busy readers wade through the shelves and shelves of options to discover books that are worth their often-limited reading time.
- F. Loh Down on Science- Wednesdays at 830am and Thursdays at 12:30pm- 90 second feature about the world of science, with a dash of humor.
- G. With Good Reason- Thursdays at 5:30 pm- 30-minute which brings together higher education institutions and Virginia Humanities to make scholarly research accessible to all.

Issue: Various issues of Public Concern

Discussion of the Issue:

There are many issues effecting society and through public service announcements WRMU can inform the public about these issues. WRMU provides an outlet for these local announcements that benefit the community.

Programming:

WRMU airs two pre-recorded PSAs per hour on relevant issues to the public. For example: diabetes, Habitat for Humanity, high school dropout rates, energy efficiency, safe driving.
(See list of recorded PSAs below)

Title	Artist(s)	Run Time
Rising Ashes-Fire Pit	Wildfire Prevention	01:00
Totally	Adoption From Foster Care	01:00
Normal Day	Safe Gun Storage	01:00
Missed Opportunity	Pathways to Employment	01:00

Where We Operate	Doctors Without Borders	01:01
Carissa	High School Equivalency	01:00
A Caregiver's Story	Coalition to Salute America's Heroes	01:01
Remote Control	Type 2 Diabetes Prevention	01:00
Unused Opioids	FDA	01:00
Healthy Snacks for Self Care	WRMU	01:03
I Come Correct	Child Car Seat Safety	01:00
Bucke Up (Teen Girl) (1 Minute)	Seatbelt Safety	01:00
Healthy Steams = Healthy Communities	Izaak Walton League of America	01:00
'Better than Ed' - Population Growth	Center for Biological Diversity	01:00
Probably	Buzzed Driving Prevention	00:59
Positive Thinking for Self Care	WRMU	01:07
Lyndsey's Story – Alcohol and Date Rape	Youth 2 Youth International	01:00
Online Bullying	CAP	01:00
Shingles - Adult Vaccination	NFID	01:00
Durrell	Fatherhood Involvement	01:00
Alcohol Poisoning (UMU)	UMU ADWE	00:54
Flu FOMO	Flu Vaccination	01:01
Mindfulness for Self Care	WRMU	01:13
Danica Patrick	Hunger Prevention	01:00
All-Nighter Rx Abuse (UMU)	UMU ADWE	00:56
Roxanne	Caregiver Assistance	01:00
Opioid Addiction Prevention	CDC	01:25
All Kinds of Thing	Saving For Retirement	01:00
Soil: The Final Frontier	USDA	01:00
Whatever Gets You Talking	Suicide Prevention	01:00
Social Security Online	Social Security Administration	01:00
Benefits	Discovering Nature	01:00
How We Do It	Job Training & Employment	01:00
Zzzapper – Alcohol Industry targeting teens	Youth 2 Youth International	01:00
Moments	Fatherhood Involvement	01:00
Full Circle	Caregiver Assistance	01:00
E-Cigs (UMU)	UMU ADWE	00:45
Chance Pathways to Employment	Pathways to Employment	01:00
STEM: Moment of Discovery	STEM	01:01
Easiest Thing	Saving For Retirement	01:01
Pot on Campus (UMU)	UMU ADWE	00:55
Dad Jokes	U.S. Department of Health and Human Servi...	01:01
Facts Matter	Vote Smart	01:00
Coming Together	Love Has No Labels	01:00
Texting and Whatever	Texting and Driving Prevention	01:01
Chris's Story - Organ Donation	organdonor.gov	01:01
Drunk Driving (UMU)	UMU ADWE	00:42
Exercise as Self Care	WRMU	01:10
The Question	Veterans Crisis Prevention	01:00
LGBT Acceptance	AD Council	01:01
Alcohol-Free Party (UMU)	UMU ADWE	00:43
Sarcoma Awareness	SFA	01:00
Sound of Dinner	Hunger Prevention	01:00
Virtues	Adoption From Foster Care	01:00
Buzzkill	UMU ADWE	01:00
Expensive Night	Buzzed Driving Prevention	01:00
Animal Sounds	Child Car Seat Safety	01:00
Adult Immunization	NFID	01:00
The Best Planner	Emergency Preparedness	01:00
Smokey 75 - Jeff Foxworthy	US Forest Service	01:00
2 Sides	Learning Attention	01:00
Tom	Alzheimer's Awareness	01:00
Emergency Prep (1 Minute)	Emergency Preparedness	01:00
Anchor It!	CPSC	01:00
Family	Supporting Pets in Your Community	01:01

Sense of Adventure	Forest Discovery	01:01
Early Detection-Ryan Blaney	Alzheimer's Awareness	01:01
The Best Planner	Disaster Prevention	01:00
Power Suit	Job Training & Employment	01:00
Shoes - Childhood Obesity	earthshare.org	01:00
Orphan Diaries - 143 Million	Food for Orphans	01:00
Signs of Depression	WRMU	01:20
Ruth's Stroke Story - Stroke Prevention	NIH.gov	01:00
Goat	Adoption From Foster Care	00:29
Service Never Stops: Chris B	Safe Gun Storage	00:30
Did I Get Lost In the Music	Drug Impaired Driving Prevention	00:32
Forest Trail	Forest Discovery	00:30
Saving For Retirement - Husband	AARP	00:30
Sound It Out	Ad Council	00:30
Belonging	Belonging	00:30
Alzheimer's - Cynthia	Alzheimer's Association	00:32
Game Over - Playing Online	APWG/NCSA/DHS	00:30
Protect Your Animals During Fireworks	PETA	00:30
Let's Take a Break	Texting and Driving Prevention	00:30
Caitlin's Story - Organ Donation	organdonor.gov	00:30
Flu Vaccine	NFID	00:32
Smoky Is Within-Avoid Sparks	Wildfire Prevention	00:32
Curiosity	Safe Gun Storage	00:33
Tax Payment Options	IRS	00:30
Night Shift	Child Car Seat Safety	00:32
Shelter Pet Adoption - Olivia Munn	Maddie's Fund	00:30
Lung Cancer: Next Step	Lung Cancer	00:30
Suicide Prevention: Amine	Suicide Prevention	00:30
Sound It Out	Middle School Mental Health	00:30
Father and Daughter	Middle School Mental Health	00:30
Suicide Prevention - Lindsey Stirling	AFSP	00:32
Mom Visit	NFID	00:32
Social Security Phone Scam	Social Security Administration	00:32
HBP Loving Reminder	High Blood Pressure Control	00:30
Baby Decisions	CDC	00:32
Suicide Prevention - Hayley Kiyoko	AFSP	00:32
What's Inside	Youth Vaping Prevention	00:30
Melissa	Hunger Prevention	00:29
Suicide Prevention (UMU)	UMU ADWE	00:40
JJ Harrison - 811	Pipeline Operators for AG Safety	00:30
Tune Out	Seatbelt Safety	00:30
Maddy	Diversity and Inclusion	00:30
Suicide Prevention: Lindsay	Suicide Prevention	00:30
At Your Doorstep	Disaster Prevention	00:32
Teen Drama	Youth Vaping Prevention	00:30
Building Recovery	SAMHSA	00:30
Online Identity Theft	APWG/NCSA/DHS	00:30
Retirement Online	Social Security Administration	00:32
Warning App	Type 2 Diabetes Prevention	00:29
UMU - Tailored Experience	Mount Union	00:30
New Hobbies	Alzheimer's Association	00:32
TCO: Talk To Your Doctor	Take Charge Ohio	00:32
Caring For Elders - Hero	AARP	00:30
Tax Filing Extension	IRS	00:32
I Love My Kid	NHTSA	00:32
Pulmonary Health Education and Research	Will Rogers Institute	00:30
Prediabetes - People You Know	Type 2 Diabetes Prevention	00:32
STEM: Anthem	STEM	00:30
If I Could Be You	Belonging	00:32
Asthma - Know Your Count	AAFA	00:30

Rx Abuse (UMU)	UMU ADWE	00:30
Steve	Disaster Prevention	00:30
Tuba Practice	NHTSA	00:32
Play Ball	USDA	00:32
Car Shopping	Saving For Retirement	00:30
Never Completely Ready	Adoption From Foster Care	00:30
Cold Dog	PETA	00:30
TCO: Managing Pain Properly	Take Charge Ohio	00:32
Rockstar	National Responsible Fatherhood Clearingho...	00:30
AMVETS VAWS	AMVETS	00:32
Drunk Love	NHTSA	00:30
Tax Transcripts	IRS	00:32
Home From Work	NFID	00:32
You Can Run	Drug Impaired Driving Prevention	00:30
Marvin	Fatherhood Involvement	00:30
Multitasker	Distracted Driving Prevention	00:30
TCO: Safe Storage & Disposal Tips	Take Charge Ohio	00:32
Post Your Recovery	SAMHSA	00:30
Smoky Is Within-Campfire	Wildfire Prevention	00:30
Chameleon	Distracted Driving Prevention	00:30
Show and Tell	Forest Discovery	00:32
All of Us Research Program	National Institutes of Health	00:30
Courage	Adoption From Foster Care	00:32
Join Us	Saving For Retirement	00:32
Aislinn Derbez: Always Spay or Neuter	PETA	00:30
COPD - Pulmonary Rehab	American Thoracic Society	00:30
Pest Allergies	PestWorld.org	00:30
Protect Your Baby	CDC	00:32
Jelly	Adoption From Foster Care	00:29
Play By Play	Buzzed Driving Prevention	00:30
STEM: Recycling	STEM	00:32
Kelsey Grammer - Wounded Warrior	Wounded Warrior Project	00:30
Emmylou Harris: Spay or Neuter	PETA	00:30
Harold	Fatherhood Involvement	00:30
Red Cross Blood Donation Alert	American Red Cross	00:30
Real Deal-2 Milligrams	Youth Fentanyl Awareness	00:30
Telegraph	Texting and Driving Prevention	00:30
Karen	Disaster Prevention	00:30
Justin Employers	Transforming Hiring and Diversifying Talent	00:30
It Was The HAMs	ARRL	00:32
Eve: Unchain Your Friends	PETA	00:30
TCO: Mission	Take Charge Ohio	00:32
Smokey 75 - Betty White	Wildfire Prevention	00:30
Barbara	Diversity and Inclusion	00:32
Imagine	LGBT Acceptance	00:30
Driving Means	Texting and Driving Prevention	00:30
Saving For Retirement - Girlfriend	AARP	00:32
Treat Your Phone Like A Computer	Stop Think Connect	00:30
Game Over - Sharing Online	APWG/NCSA/DHS	00:30
ASTHMA – BRYAN CRANSTON	Will Rogers Institute	00:30
LoveFest	Buzzed Driving Prevention	00:30
Suicide Prevention - Amine	AFSP	00:22
Joe Wash - ARRL	ARRL	00:30
Child Healthcare	CHIP	00:30
Our Roads, Our Safety Campaign- “Meet Ingrid”	U.S. Department of Transportation	00:30
Lung Cancer: Save Your Life	Lung Cancer	00:30
Do You Binge Drink? (UMU)	UMU ADWE	00:33
Grant Aleksander: Dogs in Hot Cars	PETA	00:30
Testimonial	Saving For Retirement	00:32
Kiddie Car Seat Song	NHTSA	00:32
SS Phone Scam	Social Security Administration	00:32

HIGH BLOOD PRESSURE – BETTY WHITE	Will Rogers Institute	00:30
Driving Blind	Texting and Driving Prevention	00:30
Our Roads, Our Safety Campaign- “Meet Keith”	U.S. Department of Transportation	00:30
AMVETS Service Officers 2	AMVETS	00:30
Common Tax Errors	IRS	00:32
Goo Goo Dolls	Hunger Prevention	00:30
She-ro	Saving For Retirement	00:32
Just Don't	Distracted Driving Prevention	00:30
Skills From HAM	ARRL	00:34

Issue: Religious/Community Issues

Discussion of the Issue:

There are many residents who do not have the opportunity to hear local programming. In this case it is a local church program. Shut-ins also cannot make it to church. Community members hear about local events going on in the announcements part of the service and local issues through the sermons.

Programming:

Sundays @ 8:00 am - Sebring Presbyterian Church program. This program is pre-recorded from the Sebring church, providing local information about Sebring.

Issue: Religious/Community Issues

Discussion of the Issue:

There are many residents who do not have the opportunity to hear local programming. In this case it is a local gospel music program. Shut-ins also cannot make it to church sometimes. There are not many outlets for programs in the local African American community. This weekly program provides that outlet.

Programming:

- A. Alex Smith’s Gospel Show Every Sunday 9:00am to 11:00pm
This two-hour gospel music program provides local information about residents in the community. Prayers, readings and music are broadcast as part of the program. Community events and issues are announced weekly.

Issue: Religious Issues/Community Issues

Discussion of the Issue:

Alliance is located near a major retirement and nursing home center in Sebring, Ohio. Many of these people cannot make it to church. WRMU provides religious programming for shut-ins and those who cannot make it to church. Local announcements and activities for the community are provided each week. Listeners also learn about local issues for the Alliance community and church in the sermons each week.

Programming:

- A. Union Ave. Methodist Church Service Every Sunday at 11:00am to 12:00pm
Live broadcast of local church service.

Issue: Religious Issues/Community Issues

Discussion of the Issue:

There are many residents who do not have the opportunity to hear local programming. In this case, it is a family-centered program with religious principles.

Programming:

A. Family Matters Program from Spirit of Faith Christian Center. Every Sunday at 7:30am and Noon
15–25-minute program focusing on family issues backed by religious principles

Issue: Public Affairs Issues**Discussion of the Issue:**

In an effort to keep the community aware of events in the area WRMU provides hourly newscasts

Programming:

Hourly newscasts weekdays, 8a-12p (during academic year)

Issue: Public Affairs Issues: The Academic Minute Program List

Week of 10-2-23 Ryan Lizardi, associate professor of digital media and humanities, says the nostalgia window is now wide open for millennials.

Week of 10-9-23 Brandon del Pozo, assistant professor of medicine and public health at Brown University, says going to war may be safer than staying home for some.

Week of 10-16-23 Mejdulene Bernard Shomali, assistant professor in women's & sexuality studies at the University of Maryland Baltimore County, challenges misconceptions about queer sexualities in Arab cultures.

Week of 10-23-23 Janet Bednarek, professor of history at the University of Dayton, explores the airport as home.

Week of 10-30-23 Insiya Hussain, assistant professor of management at the University of Texas at Austin, explores social impact framing in the workplace.

Week of 11-6-23 Tony Wolf, assistant professor in the department of kinesiology at Penn State University, takes a look at how hot is too hot with human physiology in mind.

Week of 11-13-23 Stephen Diko, assistant professor at the University of Memphis Department of City and Regional Planning, opens up a world of opportunity for students looking for a career choice.

Week of 11-20-23 Emmanuel Urquieta, assistant professor in the Center for Space Medicine at Baylor University, considers the question of what happens when someone dies in space.

Week of 11-27-23 Alauna Safarpour, assistant professor of political science at Gettysburg College, considers how we go about reducing prejudice in politics.

Week of 12-4-23 Natalie Brito, associate professor in the department of applied psychology, looks into the gut microbiome of those born during the pandemic.

Week of 12-11-23 Stefan Lovgren, research scientist in the college of science at the University of Nevada Reno, looks into protecting the river giants.

Week of 12-18-23 Claire Braaten, associate professor of criminology at Texas A&M University-San Antonio, details why dental radiographs being used to determine the age of migrant children may not be the best option.

Week of 12-25-23 David Shoemaker, professor and interim chair of the Sage School of Philosophy, examined why psychopaths have bad senses of humor.

Issue: Public Affairs Issues: Climate Connection Program List

Week of 10-2-23 People with Alzheimer's disease face higher risks in heat waves
New data reveals an alarming connection between high temperatures and emergency room visits.

Week of 10-9-23 The reality of climate-induced relocation in Rwanda
Government-mandated moves offer improved services but can challenge traditional ways of life.

Week of 10-16-23 Research: Solar panel prices are dropping without sacrificing quality
Newer, cheaper solar panels are just as durable as older, pricier models, according to a study at Sandia National Laboratories.

Week of 10-23-23 The surprising climate vulnerabilities of the world's largest naval base
The Norfolk, Virginia, base can't just wall itself off.

Week of 10-30-23 Goodbye, noisy leaf blowers: Illinois landscaper offers all-electric service
It's so much quieter.

Week of 11-6-23 Battery storage helped Texas power through summer heat
Solar and wind energy stored in batteries can help prevent rolling blackouts and power failures.

Week of 11-13-23 Green careers can provide a new way forward after prison
Roots of Success exposes incarcerated people to careers in renewable energy, clean transportation, and other environmental fields.

Week of 11-20-23 Warming winters threaten a unique dessert cider
Making ice cider requires weeks of frigid temperatures.

Week of 11-27-23 Could your library do this? A California library is helping people try e-bikes for free
The program makes getting an e-bike pass as easy as checking out a book.

Week of 12-4-23 'It's very, very concerning': Antarctica meltdown left penguin chicks drowned, frozen
Emperor penguins could be in trouble as sea ice declines.

Week of 12-11-23 As temperatures rise, so do Georgia ER visits for venomous snake bites
Researchers found that the odds of a hospital visit due to a snake bite increase almost 6% when temperatures are about two degrees warmer than normal.

Week of 12-18-23 Air pollution made Alejandro Daly sick. Now he fights for clean air
He helped train young people to monitor air quality in their communities using low-cost sensors.

Week of 12-25-23 The time to build a disaster kit is now: Gather water, medicine, and food before a weather emergency strikes.

Issue: Public Affairs Issues: Reel Discovery Program List

Week of 10-2-23 On the latest Reel Discovery, Kristin reunites with a pair of old loves in the short Western Strange Way of Life.

Week of 10-9-23 On the latest Reel Discovery, Kristin follows a young woman's journey as she fights her own private battle while her town waits for their young men...

Week of 10-16-23 On the latest Reel Discovery, Kristin follows the investigation into a series of murders in Osage Nation in the 1920s in Martin Scorsese's Killers of the Flower Moon

Week of 10-23-23 On the latest Reel Discovery, Kristin follows a contract killer on his quest for revenge in David Fincher's The Killer.

Week of 10-30-23 On the latest Reel Discovery, Kristin follows a young mom-to-be on a quest to understand her estranged mother in The Persian Version.

Week of 11-6-23 On the latest Reel Discovery, Kristin teams up with a trio of heroes as they try to save the universe while dealing with glitching powers in The Marvels

Week of 11-13-23 On the latest Reel Discovery, Kristin goes behind the scenes of the 1963 March on Washington with an unsung civil rights hero in Rustin.

Week of 11-20-23 On the latest Reel Discovery, Kristin visits a fifth-grade classroom where the kids are getting a little extra help from their classroom pets in Leo.

Week of 11-27-23 On the latest Reel Discovery, Kristin travels to Norway for a charming family Christmas in Teddy's Christmas.

Week of 12-4-23 On the latest Reel Discovery, Kristin journeys to a strange land with a grieving boy in The Boy and the Heron.

Week of 12-11-23 On the latest Reel Discovery, Kristin joins a young chocolatier on a quest to follow his dreams in Wonka.

Week of 12-18-23 On the latest Reel Discovery, Kristin follows an author as his attempt to make a point doesn't go as planned in American Fiction.

Week of 12-25-23 On the latest Reel Discovery, Kristin follows the story of one woman's pain and loss and resilience in The Color Purple.

Issue: Public Affairs Issues: Shelf Discovery Program List

Week of 10-2-23 On this week's Shelf Discovery, Kristin joins a cold case investigator as her latest case brings up memories of her own dark past in The Taken Ones.

Week of 10-9-23 On this week's Shelf Discovery, Kristin follows a troubled teen's quest to prove his innocence when his classmates start to go missing in The Night House by Jo Nesbo

Week of 10-16-23 On this week's Shelf Discovery, Kristin joins an American student on a Cotswolds Christmas getaway that doesn't go as planned in The Christmas Guest by Peter Swanson

Week of 10-23-23 On this week's Shelf Discovery, Kristin visits a small town that's haunted by a Christmas tragedy in Christmas Presents by Lisa Unger.

Week of 10-30-23 On this week's Shelf Discovery, Kristin catches up with a best-selling author as he's taunted by a copycat killer in Becoming the Boogeyman by Richard Chizmar

Week of 11-6-23 On this week's Shelf Discovery, Kristin follows a young woman as she finds herself transported into the life of her older self in The Good Part by Sophie Cousens

Week of 11-13-23 On this week's Shelf Discovery, Kristin joins a retired orc warrior on a new quest to open a coffee shop in a small village in the audio edition of Legends & Lattes by Travis Baldree.

Week of 11-20-23 On this week's Shelf Discovery, Kristin moves into a haunted manor that needs help breaking a curse in Inheritance, the first book in the Lost Bride Trilogy by Nora Roberts

Week of 11-27-23 On this week's Shelf Discovery, Kristin reconnects with warrior-turned-café-owner Viv on an adventure from her youth in the audio edition of Bookshops & Bonedust

Week of 12-4-23 On this week's Shelf Discovery, Kristin goes on an all-important mission with a clever middle-schooler in Finney and the Secret Tunnel.

Week of 12-11-23 On this week's Shelf Discovery, Kristin joins a group of students as they search for a killer among their classmates in Win Lose Kill Die by Cynthia Murphy

Week of 12-18-23 On this week's Shelf Discovery, Kristin follows a young woman on a quest to clear her father's name in Perfect Little Lives by Amber and Danielle Brown

Week of 12-25-23 On this week's Shelf Discovery, Kristin takes a deep dive into her favorite form of exercise with the audio edition of How to Walk Yourself Healthy...

Issue: Public Affairs Issues: Loh Down on Science Program List

Week of 10-2-23 What could YOU do with a third thumb? This is Sandra Tsing Loh with the Loh Down on Science, saying ... win a thumb wrestling contest – hands down! Prosthetics are a great solution for people who are missing limbs. But could they also give us a little something EXTRA?

Week of 10-9-23 Time for bed ... but first, just ONE MORE TikTok video! This is Sandra Tsing Loh with the Loh Down on Science. Blue light naturally comes from the sun. But modern humans have developed EXTRA exposure! Think artificial light sources like LED lights, tablets and cell phone screens!

Week of 10-16-23 Leisurely Lunch: Open wide — Here comes the airplane!

Week of 10-23-23 Does my breath smell bad? Be honest! This is Sandra Tsing Loh with the Loh Down on Science. Worrying about bad breath is the WORST! And you can't ask just any stranger to check it for you.

Week of 10-30-23 Antiprism-tastic! A high-rise – with a twist!

Week of 11-6-23 Silly-cybin: Tech support for your...brain?

Week of 11-13-23 Planetary Diet: Look out - it's the attack of the planet-eating suns!

Week of 11-20-23 Bee-Building Blocks: Bob the Builder - meet Bee the Builder!

Week of 11-27-23 Nowhere to Hide: Come out, come out, wherever you are...

Week of 12-4-23 Make it Snow: Let it snow? Nah! Make it snow!

Week of 12-11-23 ElectronINKed: Smartwatch weighing you down? Let it be drawn on your skin!

Week of 12-18-23 Musical Bonding: Does singing bring us CLOSER?

Week of 12-25-23 Gut's Up Doc? Is there a mind-tummy...connection?

Issue: Public Affairs Issues: With Good Reason Program List

Week of 10-2-23 Since she was a child, Luz Lopes would help her mother prepare the altar for the Day of the Dead.

Week of 10-9-23 After watching movies like the Terminator, it's hard not to come away a little jaded about the future of AI.

Week of 10-16-23 No matter how they served or where or when, for veterans, returning to civilian life is a big transition.

Week of 10-23-23 There are dragons and creatives in every workplace.

Week of 10-30-23 You have Chef James Hemings, who cooked for Thomas Jefferson, to thank for the macaroni and cheese on your plate this Thanksgiving.

Week of 11-6-23 Some of America's first maestros of European art music were enslaved and free Virginians of African descent.

Week of 11-13-23 Michael Carter Jr on his fifth generation farm in Orange County, Virginia. He's standing in front of amaranth that towers nearly a foot above his head.

Week of 11-20-23 Worldwide there are more than 35 million refugees who have fled their homes. Who are these refugees, what's it like for the countries taking them in, and what does it take to finally gain asylum?

Week of 11-27-23 Worldwide there are more than 35 million refugees who have fled their homes.

Week of 12-4-23 NIL sent shockwaves through college athletics when it was signed into law in 2021.

Week of 12-11-23 The holiday season is about cheer, gathering with loved ones and, of course, food.

Week of 12-18-23 It's almost impossible to look back on family road trips without thinking of Cracker Barrel. Cracker Barrels have a distinct sense of place - like going home to your grandparents house. But they also look exactly the same wherever you go. Meredith Gregory studies what she calls the paradox of Cracker Barrel.

Week of 12-25-23 Kirsten Gelsdorf has spent over 20 years working for the United Nations and other organizations in the humanitarian sector.