

Issues and Programs - WHBE FM - 2020 Quarter 1

*****All Viewpoints programs run each Saturday from 7:30am - 8:00am*****

January 4, 2020

Segment 1: A Brief History Of Skin Marking

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

Segment 2: The Pitfalls Of Social Media As An Athlete

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

January 11, 2020

Segment 1: Spreading Word Of The 2020 U.S. Census

Did you know that the census count each decade helps decide where 675 billion dollars in federal funding is spent each year? The 2020 census is just around the corner, officially starting in March. To help spread the word, Viewpoints' sits down with a Victoria Glasier from the U.S. Census Bureau to find out the just how easy it is to fill out your census form this year and new ways that the government is reaching K-12 students and their families.

Segment 2: Addiction: Why It Happens And How To Help Addicts Back From The Edge

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

January 18, 2020

Segment 1: Arctic Exploration: The Demise Of The 1881 Greely Expedition

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

Segment 2: Why Are Young People Struggling More Than Previous Generations?

Roughly 15 percent of 25 to 35-year-olds are back living with their parents, according to a 2018 study by Pew Research Center – and this number is only on the rise. Higher rent, cost of living and student debt are all contributing factors, however, there are some young adults stuck in an unmotivated, directionless state often labeled as “failure to launch.” We break down the term and what parents can do to nudge their young adults along.

January 25, 2020

Segment 1: Finding Joy Again Through Small Changes

When life gets tough, or busy, or just complicated, it can be hard to find gratitude in the little things. We speak with two authors about the importance of taking small steps each day to bring back positivity and refocus in your life. This could mean something as simple as taking 15 minutes to do some deep-breathing, reading or catch up with a friend by phone.

Segment 2: A New Mindset On Exercise: Taking Small Steps to Make A Big Difference

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

February 1, 2020

Segment 1: World War II: The Women Of The OSS

More than 75 years ago, a diverse set of men and women making up the Office of Strategic Services were united together in their determination to win World War II. Some served as government spies or propagandists and others gathered intelligence for army invasions. Whatever role they played, the OSS staff worked tirelessly for years and rose to the challenge wherever they were needed.

Segment 2: Frustrated By The 24/7 Political News Machine? Get Involved Instead.

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

February 8, 2020

Segment 1: Voter Error: How A Trip To The DMV Turned Into Years Of Legal Woes

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

Segment 2: What Happens When Mathematical Calculations Go Wrong?

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

February 15, 2020

Segment 1: Coloring Outside The Lines

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

Segment 2: Rethinking Healthcare: How Do You Fix A Flawed System?

The topic of healthcare is one of the most debated issues so far in the 2020 election – but what's the fix for the expensive, inefficient system that's currently in place? So far it's a murky answer. Millions are

struggling with the high cost of care, doctors are burning out and patient-doctor interaction is at an all-time low. We speak with an industry expert about the current woes of American healthcare and what can be done.

February 22, 2020

Segment 1: Redefining Sugar: Enjoying Sweet Treats Without The Guilt

From Starbucks lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. And even if you are diet conscious, it can still be hard to avoid the cookies and cake if you're craving something sweet. Viewpoints Radio speaks with baking blogger, Elif Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so without completely restricting yourself and still indulging your sweet tooth.

Segment 2: Born Into Slavery: Firsthand Perspectives Of Formerly Enslaved Men And Women imagine being born into slavery in the South. You don't have a dime to your name, received no education and all you know are the surrounding fields of the plantation you worked on. What would you do after the abolishment of slavery? How would you start over? February is Black History Month - and as we remember the past and the period of slavery in America, it's important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from those formerly enslaved. Viewpoints ' speaks with historian and photographer, Richard Cahan, co-author of the new book River of Blood: American Slavery From the People Who Lived It.

February 29, 2020

Segment 1: Body-Worn Cameras: Is Fast-Changing Tech Leading To Better Policing?

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

Segment 2: The Role Of Companies In Protecting The Planet's Biodiversity

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

March 7, 2020

Segment 1: From Glossier To Warby Parker: Startups That Are Redefining The Retail Game

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

Segment 2: Move Over Albert: Uncovering Female Science Geniuses Of The Past

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

March 14, 2020

Segment 1: Getting Things Done: Hints On How To Do It Better

Does it ever seem like the more you try to finish, the less you accomplish? It may be that you're expending too much energy on mindlessly doing rather than planning and prioritizing. Viewpoints '

speaks to two experts in the field about some simple strategies you can employ to get things done in a more efficient manner.

Segment 2: What You Didn't Know About America's Founding Father

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

March 21, 2020

Segment 1: The Wonders Of Removing Clothing Clutter

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

Segment 2: The Resurgence Of Hand Embroidery: Craftivism Through Cross-Stitching

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

March 28, 2020

Segment 1: Cannabis: A Complicated History

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

Segment 2: Falling Through A Cloud: Living With Cognitive Decline

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