

| Timestamp        | Date of Show | Show Title             | Time of Show Start | Length of Program | Guests (If any, full name)                      | Callers (If any, how many) | Description of topics/issues discussed  | Submitted By   |  |  |  |  |  |
|------------------|--------------|------------------------|--------------------|-------------------|---|----------------------------|---|----------------|--|--|--|--|--|
| 9/11/2023 18:04: | 9/11/2023    | Conversations with God | 5:30:00 PM         | 30 minutes        | Evelyn (teen challenge program)                 | None                       | Teen challenge program and addiction  | Ennid Bermudez |  |  |  |  |  |
| 9/11/2023 19:00: | 9/11/2023    | Off Topic              | 4:00:00 PM         | 30 minutes        | None  | None                       | Today I talked about Hozier's new album, Unreal Unearth. I gave my own personal review of each song and discussed why I enjoyed it! | Ariel Meza     |  |  |  |  |  |
| 9/12/2023 17:35: | 9/12/2023    | Religious Panel        | 5:30:00 PM         | 30 minutes        | None  | None                       | Intros of panelists and about ourselves   | Dave Mayner    |  |  |  |  |  |
| 9/12/2023 18:04: | 9/12/2023    | Rot On                 | 5:30:00 PM         | 30 minutes        | None  | None                       | Olivia Rodrigo's new album Guts, Taylor Swift, Conan Gray, growing up and getting old   | Lauren Frye    |  |  |  |  |  |
| 9/13/2023 18:00: | 9/13/2023    | Pre-Health Podcast     | 5:30:00 PM         | 30 minutes        | None  | None                       | Experience of STEM classes in college   | Brooke Burke   |  |  |  |  |  |
| 9/14/2023 19:01: | 9/14/2023    | Spitballing            | 6:30:00 PM         | 30 minutes        | Keshav Udeshi                                   | None                       | Discussed NFL and college football. Talked about the Jets season the rest of the way  | Jeremy Feder   |  |  |  |  |  |
| 9/15/2023 12:03: | 9/14/2023    | My Father's Advice     | 6:00:00 PM         | 30 minutes        | Mom's House Kristine Cunningham & Susan Newcome | None                       | Mom's House child care  | Ben Cabot II   |  |  |  |  |  |
| 9/15/2023 16:30: | 9/15/2023    | Keeping It Real        | 4:00:00 PM         | 30 minutes        | None  | None                       | Current events on campus/Binghamton area, living off campus, senior classes, LUMA, UFest  | Tim Martinson  |  |  |  |  |  |
| 9/18/2023 18:09: | 9/18/2023    | Conversations with God | 5:30:00 PM         | 30 minutes        | Doug Stanton                                    | None                       | Miracles and God  | Ennid Bermudez |  |  |  |  |  |
| 9/18/2023 21:11: | 9/18/2023    | Off Topic              | 4:00:00 PM         | 30 minutes        | None  | None                       | Today I ranked Taylor Swift's album, Folklore, and its songs based on the "fall" vibe they give and how folk-y they are.            | Ariel Meza     |  |  |  |  |  |

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| 9/19/2023 17:33: | 9/19/2023 | Religious Panel                   | 5:30:00 PM | 30 minutes | None                       | None | Yom Kippur and its meaning to the Jewish Community  | Dave Mayner    |  |  |  |  |  |
| 9/19/2023 18:08: | 9/18/2023 | Rot On                            | 5:30:00 PM | 30 minutes | None                       | None | The general struggles of daily life, being productive and using time efficiently, memories associated with different senses, the teacher shortage, etc. | Lauren Frye    |  |  |  |  |  |
| 9/20/2023 18:00: | 9/20/2024 | Pre Health Podcast                | 5:30:00 PM | 30 minutes | None                       | None | Imposter Syndrome and its prevalence in Pre-Med culture in colleges   | Brooke Burke   |  |  |  |  |  |
| 9/21/2023 19:02: | 9/21/2023 | Spitballing                       | 6:30:00 PM | 30 minutes | Tyler Cinamon, Alec Schare | 1    | NFL week 3 predictions, trades and signings   | Jeremy Feder   |  |  |  |  |  |
| 9/22/2023 18:12: | 9/22/2023 | La Voz Radio Show- Summer Debrief | 4:32:00 PM | 30 minutes | Luna Azcurrain             | None | Latin Pop Culture: Bad Bunny and Kendall Jenner dating news // Rauw Alejandro and ROSALIA's breakup   | Jiene Feng     |  |  |  |  |  |
| 9/25/2023 18:04: | 9/25/2023 | Conversations with God            | 5:30:00 PM | 30 minutes | Evelyn                     | None | Teenchallenge program   | Ennid Bermudez |  |  |  |  |  |
| 9/26/2023 17:32: | 9/26/2023 | Religious panel                   | 5:00:00 PM | 30 minutes | None                       | None | Jewish Holidays of the year   | Dave Mayner    |  |  |  |  |  |
| 9/27/2023 18:00: | 9/27/2023 | Pre-Health Podcast                | 5:30:00 PM | 30 minutes | None                       | None | Medicine "heritability"   | Brooke Burke   |  |  |  |  |  |

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| 9/27/2023 21:31: | 9/26/2023 | Rot On!                                   | 5:30:00 PM | 30 minutes | None           | None | Discussed experiences of beauty standards as young girls: discomfort with body hair, body odor, eye brows, curly hair, clothes, and criticism from peers and family members along with how our parents handled our young insecurity. Also went on to discuss Taylor Swift's new relationship and her confidence as a women and how as young girls we didn't realize how misogynistic the criticisms of her were. | Rachel Lastowski |  |  |  |  |
| 9/28/2023 19:01: | 9/28/2023 | Spitballing                               | 6:30:00 AM | 30 minutes | None           | 2    | NFL predictions for the week, Dame to the Bucks and NBA overlook. MLB playoffs   | Jeremy Feder     |  |  |  |  |
| 9/28/2023 20:53: | 9/11/2023 | That's What They Called Me in High School | 6:00:00 PM | 30 minutes | None           | None | Ranking list of iconic fall themed events and items  | Nina Pietrangeli |  |  |  |  |
| 9/28/2023 20:56: | 9/18/2023 | That's What We Called Me in High School   | 5:00:00 PM | 30 minutes | None           | None | Ranking list/draft list of things we hate (pet peeves and random things that bother and annoy us)  | Nina Pietrangeli |  |  |  |  |
| 9/28/2023 20:58: | 9/25/2023 | That's What They Called Me in High School | 5:00:00 PM | 30 minutes | None           | None | Ranking list/draft list of songs to dance to on a night out  | Nina Pietrangeli |  |  |  |  |
| 9/28/2023 23:24: | 9/21/2023 | My Father's Advice                        | 6:00:00 PM | 30 minutes | Pay Foti       | None | Pat is the Artistic Director of the Endicott Performing Arts Center  | Ben Cabot        |  |  |  |  |
| 9/28/2023 23:27: | 9/28/2023 | My Father's Advice                        | 6:00:00 PM | 30 minutes | Phillip Ginter | None | Phillip is the Executive Director of the Ross Zoo  | Ben Cabot        |  |  |  |  |

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| 9/29/2023 14:06: | 9/22/2023 | Keeping it Real | 4:00:00 PM | 30 minutes | None        | None | School life at the start of the fall semester, cinema program at Binghamton, adjusting to Binghamton coming from long island | Andrew Frangella |  |  |  |  |
| 9/29/2023 16:30: | 9/29/2023 | Keeping It Real | 4:00:00 PM | 30 minutes | None        | None | Thrift stores, destressing, campus activities, holidays  | Tim Martinson    |  |  |  |  |
| 9/30/2023 14:08: | 9/29/2023 | La Voz          | 4:30:00 PM | 30 minutes | Donna Villa | None | Mexico's latest news on abortion decriminalization and its impact on the Latinx community across the continent.              | Jiene Feng       |  |  |  |  |