WCLX

WCLX ISSUES AND PROGRAMS – Viewpoints Fourth Quarter Report 2023 PREPARED BY MARIA SLATTERY - STATION MANAGER ISSUES & RESPONSES:

WCLX presents long form public affairs shows to address issues that we consider to be of importance in the region we serve. The issues we tend to cover include, but are not limited to: human interest, food sources, farm conservation, transportation, architectural deterioration, health, the arts, charities, community events, finance, education, and more. We address these issues in regularly scheduled programs as well as broadcasts through the day - through recorded public interviews and in commentary by our program hosts. RADIO HEALTH JOURNAL is broadcast Sunday Mornings from 4:30am to 5:00am each week.



Quarterly Report of Compliancy Issues & Programs List 2023-Q4 (October – December) Viewpoints Radio

Parenting

Pet Care

Politics

Pollution

Poverty

Psychology PTSD

Public Safety

Publishing

Recreation

Rehabilitation

Relationships

Religion

Science

Research

Reading

Pet Health Physical Disorders

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Partisan Issues Personal Finance

Political Fundraising Political Organizations

Presidential Election

Professional Athlete

Public Assistance Public Health

Racial Discrimination

Recycling Systems

Scientific Research

Self-Development

Self-Fulfillment

Sleep Disorders

Social Media Trends

State Government

Substance Abuse

Veterinary Health

Voter Eligibility

Voting Rights

Wage Inequity

Supply Chain Management

Senior Care

Social Media

Society Solar System

Technology

Traditions

Trauma

Video Volunteerism

War Wellbeing

Writing

τv

Space

Reading Comprehension Real Estate

- 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
- Ecosystém
- Education
- Education Policy
- Elections
- Entertainment
- Environment
- Ethics
- Exercise
- Extreme Weather
- Family Planning
- Farming
- Film

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- 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

Law Enforcement

Local Government

- Investing
- Journalism
- Labor Issues
- Labor Movement

Legal Issues Lifestyle

Local Politics

Manufacturing

Mass Media

Materialism

Mental Health

Mental Illness

Music Industry

Natural Disasters

Natural Resource

Mental Health Treatment

Nonprofit Organizations

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Marriage Mass Extinction

Language

Literacy

Loss

Media

Music

News

Nutrition

Paleontology

Medicine

Literatúre

Law



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

Compliancy 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

Compliancy 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

Compliancy 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 Compliancy 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 Compliancy 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 & 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 **Compliancy 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

Compliancy 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

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 Compliancy 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

Compliancy 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

Compliancy 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

Compliancy 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 **Compliancy 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

Compliancy 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 this 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

Compliancy 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

Compliancy 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 Compliancy 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 **Compliancy 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 Hau

Guests: Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist

Compliancy 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

Compliancy 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 Compliancy 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 wideranging, 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

Compliancy 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

Compliancy 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

Compliancy 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

Compliancy 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 the precent 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

Compliancy 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

Compliancy 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 I 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

Compliancy 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 mustwatch this year. Host & Producer: Evan Rook Compliancy 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 Compliancy 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 **Compliancy 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 Compliancy 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 Compliancy 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 **Compliancy issues:** Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health **Links for more info:**

Chagrin Falls Pet Clinic

Dr Carol Osborne DVM (@carolonpets) / 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"

Compliancy 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 & 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

Compliancy 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 Compliancy issues: Culture, Film