

**WIIL-FM
Alpha Media LLC
Union Grove, WI**

**Quarterly Issues & Programs Report
4th Quarter 2023
October - November - December**

WILLairs a weekly show on Sunday mornings from 6 to 6:30 am called “Viewpoints Radio”, which focuses on a variety of issues that are relevant to our listening audience. The logs, with segment dates, titles, topics and guests are included in the following pages.



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

Addiction	Food Inequity	Natural Disasters
African American History	Food Production	Natural Resource
Aging	Food Scarcity	News
Agriculture	Food Waste	Nonprofit Organizations
American History	Free Speech	Nutrition
American Traditions	Freedom	Paleontology
Ancient Civilizations	Global Culture	Parenting
Animal Extinction	Global Economy	Partisan Issues
Animal Science	Global Issues	Personal Finance
Animal Sciences	Global Migration	Pet Care
Annual Holidays	Government	Pet Health
Archaeology	Government Assistance	Physical Disorders
Arts	Government Policy	Political Fundraising
Astronomy	Government Regulation	Political Organizations
Astrophysics	Grief	Politics
Auto Industry	Health	Pollution
Aviation	Healthcare	Poverty
Business	Healthy Lifestyle	Presidential Election
Cancer	Higher Education	Professional Athlete
Career	History	Psychology
Child Development	Housing	PTSD
Childcare	Housing Inventory	Public Assistance
Chronic Disease	Humanity	Public Health
Climate	Immigration	Public Safety
Climate Change	Immigration Policy	Publishing
Communication	Immigration Reform	Racial Discrimination
Community	Incarceration	Reading
Conspiracy Theories	Indigenous Populations	Reading Comprehension
Consumerism	Inequality	Real Estate
Contraception	Inflation	Recreation
Copyright Infringement	Inmate Rehabilitation	Recycling Systems
Creative Arts	Innovation	Rehabilitation
Crime	International Relations	Relationships
Criminal Justice	Investing	Religion
Cryptocurrency	Journalism	Research
Culture	Labor Issues	Science
Customs	Labor Movement	Scientific Research
Democracy	Language	Self-Development
Diet	Law	Self-Fulfillment
Digital Currency	Law Enforcement	Senior Care
Disease	Legal Issues	Sleep Disorders
Diversity	Lifestyle	Social Media
Drug Abuse	Literacy	Social Media Trends
Economy	Literature	Society
Ecosystem	Local Government	Solar System
Education	Local Politics	Space
Education Policy	Loss	State Government
Elections	Manufacturing	Substance Abuse
Entertainment	Marriage	Supply Chain Management
Environment	Mass Extinction	Technology
Ethics	Mass Media	Traditions
Exercise	Materialism	Trauma
Extreme Weather	Media	TV
Family Planning	Medicine	Veterinary Health
Farming	Mental Health	Video
Film	Mental Health Treatment	Volunteerism
Finance	Mental Illness	Voter Eligibility
Food Culture	Music	Voting Rights
Food History	Music Industry	Wage Inequity

Program 23-40		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
10/1/2023			
SEGMENT 1:	'35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?	Time	Duration
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.	1:47	6:14
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Sarah Soteroff, North American spokesperson, Too Good To Go		
Issues Covered:	Business, Environment, Food Inequity, Food Production, Food Scarcity, Food Waste, Technology		
Links:	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	Duration
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.	10:03	10:31
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		
Issues Covered:	Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension		
Links:	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	Duration
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.	21:34	1:59
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Business, Climate Change, Consumerism, Environment, Food Production, Health, Materialism, Pollution, Recycling Systems		
CULTURE CRASH:	STEPPING INTO A FILM DIRECTOR'S SHOES	Time	Duration
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.	23:33	2:54
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Film		

Program 23-41		Executive Producer:	Amirah Zaveri
Air Week: 10/8/2023		Production Manager:	Jason Dickey
SEGMENT 1: A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA		Time	Duration
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.	1:47	7:00
Host:	Gary Price		
Guests:	Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir		
Producer:	Amirah Zaveri		
Issues Covered:	Arts, Communication, Government, History, Mental Health, Mental Health Treatment, Mental Illness, Nonprofit Organizations, Psychology, Public Health, Rehabilitation		
Links:	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	Duration
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.	10:49	10:08
Host:	Marty Peterson		
Producer:	Amirah Zaveri		
Guests:	Richard Hanus, immigration attorney, The Law Offices of Richard Hanus; Elizabeth Keathley, immigrant		
Issues Covered:	Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights		
Links:	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	Duration
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.	21:57	2:02
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Consumerism, Global Economy, Inflation, Personal Finance, Supply Chain Management		
CULTURE CRASH: WHY WE ALWAYS GO BACK TO WHAT WE LOVED IN HIGH SCHOOL		Time	Duration
Synopsis:	We rewind back in time and talk about the power of nostalgia when it comes to the music, movies and shows we prefer.	23:59	2:28
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Film, History, TV		

Program 23-42		Executive Producer:	Amlrah Zaveri
Air Week: 10/15/2023		Production Manager:	Jason Dickey
SEGMENT 1: BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS		Time	Duration
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.	1:47	8:33
Host:	Gary Price		
Producer:	Amlrah Zaveri		
Guests:	Nancy Troyano, entomologist, director of technical education & training, Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist, author of the book, <i>The Secret Lives of Bats: My Adventure with the World's Most Misunderstood Mammals</i>		
Issues Covered:	Animal Science, Disease, Education, Environment, History, Psychology, Science		
Links:	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	Duration
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.	12:22	8:48
Host:	Marty Peterson		
Producer:	Amlrah Zaveri, Grace Galante		
Guests:	Nico Perrino, executive vice president, FIRE; Steve Macek, professor, communication & media studies, North Central College		
Issues Covered:	Finance, Free Speech, Freedom, Government, Higher Education, History, Nonprofit Organizations, Partisan Issues, Political Fundraising, Political Organizations, Politics, Presidential Election		
Links:	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	Duration
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.	22:10	1:45
Host:	Ebony McMorris		
Producer:	Amlrah Zaveri		
Issues Covered:	Crime, Global Issues, Government, Immigration Policy, Immigration Reform, Politics, Poverty		
CULTURE CRASH: WHAT'S GOING ON WITH REALITY TV?		Time	Duration
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.	23:55	2:32
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Film, History, TV		

Program 23-43		Executive Producer: Amlrah Zaveri
Air Week: 10/22/2023		Production Manager: Jason Dickey
SEGMENT 1: A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE?		Time Duration
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.	1:47 9:12
Host:	Gary Price	
Producer:	Amlrah Zaveri	
Guests:	Seth D. Kaplan, lecturer, Johns Hopkins University, senior advisor, Institute for Integrated Transitions, author, <i>Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time</i>	
Issues Covered:	Communication, Health, Local Government, Mental Health, Public Health, Senior Care, Technology, Volunteerism, Wellbeing	
Links:	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 Duration
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 time.	13:01 8:13
Host:	Marty Peterson	
Producer:	Amirah Zaveri, Grace Galante	
Guests:	Megan Devine, psychotherapist; Michael Korda, former editor-in-chief, Simon & Schuster, author, <i>Passing: A Memoir of Love and Death</i>	
Issues Covered:	Communication, Grief, Marriage, Mental Health, Psychology, Relationships, Society	
Links:	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 Duration
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.	22:14 2:12
Host:	Ebony McMorris	
Producer:	Amlrah Zaveri	
Issues Covered:	Child Development, Diet, Exercise, Healthcare, Healthy Lifestyle, Parenting, Public Health	
CULTURE CRASH: BOO! OUR TOP HORROR FILM RECOMMENDATIONS NOW AVAILABLE TO STREAM		Time Duration
Synopsis:	We cover some of our favorite scary movies from big blockbusters to lesser-known indie films.	24:26 2:00
Host & Producer:	Evan Rook	
Issues Covered:	Culture, Film	

Program 23-44		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
10/29/2023			
SEGMENT 1:	\$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS	Time	Duration
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.	1:47	9:24
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Patricia Cole, Senior Director of Federal Policy, Zero to Three; Christina Kuhn, mother		
Issues Covered:	Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics		
Links:	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	Duration
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.	13:13	7:31
Host:	Marty Peterson		
Producer:	Amirah Zaveri		
Guests:	Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist		
Issues Covered:	American Traditions, Annual Holidays, Consumerism, Culture, Entertainment, Psychology, Society		
Links:	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	Duration
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.	0:44	1:59
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	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	Duration
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.	23:43	2:44
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Film		

Program 23-45		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
11/5/2023			
SEGMENT 1: TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP		Time	Duration
Synopsis:	The Cleveland Clinic estimates that about 1 in 3 Americans struggle with sleep. The problems are wide-ranging, 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.	1:47	7:16
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Dr. Aric Prather, psychologist, director, Behavioral Sleep Medicine Research Program, University of California, San Francisco		
Issues Covered:	Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research		
Links:	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	Duration
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.	11:06	10:30
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		
Issues Covered:	Astronomy, Astrophysics, Communication, Conspiracy Theories, Government, Scientific Research, Solar System, Space		
Links:	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	Duration
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.	22:36	2:07
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Cryptocurrency, Finance, Government Regulation, Investing, Personal Finance, Public Safety, Social Media		
CULTURE CRASH: WHY DO WE LOVE VINYL RECORDS SO MUCH?		Time	Duration
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.	24:43	1:44
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Music, Music Industry		

Program 23-46		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
11/12/2023			
SEGMENT 1: CEO PAY IN THE AUTO INDUSTRY ROSE 40% OVER THE LAST DECADE: HOW FED-UP AUTO WORKERS ARE FIGHTING BACK		Time	Duration
<p>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 this recent walk-off is a sign of an ever-growing labor activism movement in the U.S.</p> <p>Host: Gary Price</p> <p>Producer: Grace Galante, Amirah Zaveri</p> <p>Guests: Lane Windham, labor historian, Georgetown University; Kate Bronfenbrenner, senior lecturer, director, Labor Education Research, Cornell University</p> <p>Issues Covered: Auto Industry, Labor Issues, Labor Movement, Manufacturing, Technology, Wage Inequity</p> <p>Links: 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</p>		1:47	8:42
SEGMENT 2: DO YOU FEEL SAD? US TOO		Time	Duration
<p>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.</p> <p>Host: Marty Peterson</p> <p>Producer: Amirah Zaveri</p> <p>Guests: Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health</p> <p>Issues Covered: Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology</p> <p>Links: Seasonal Depression (Seasonal Affective Disorder) Seasonal affective disorder treatment: Choosing a light box - Mayo Clinic 9 Self-Care Tips for Seasonal Affective Disorder Psych Central The Role of Diet, Eating Behavior, and Nutrition Intervention in Seasonal Affective Disorder: A Systematic Review - PMC</p>		12:31	8:34
VIEWPOINTS EXPLAINED: TENSIONS RISING IN THE MIGRANT CRISIS & WHY ONE CITY MAY SHUT ITS DOORS		Time	Duration
<p>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.</p> <p>Host: Ebony McMorris</p> <p>Producer: Amirah Zaveri</p> <p>Issues Covered: Global Migration, Government, Immigration Policy, Local Politics, Poverty, Public Assistance, War</p>		22:05	1:59
CULTURE CRASH: REVIEWING MARTIN SCORSESE'S NEW BLOCKBUSTER		Time	Duration
<p>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 must-watch this year.</p> <p>Host & Producer: Evan Rook</p> <p>Issues Covered: Culture, Film</p>		24:04	2:22

Program 23-47		Executive Producer: Amirah Zaveri	
Air Week: 11/19/2023		Production Manager: Jason Dickey	
SEGMENT 1:	STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE	Time	Duration
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.	1:46	8:26
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		
Issues Covered:	Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships		
Links:	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	Duration
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.	12:15	8:55
Host:	Marty Peterson		
Producer:	Polly Hansen		
Guests:	Edward Dolnick, writer, author, The Writing of the Gods: The Race to Decode the Rosetta Stone		
Issues Covered:	Ancient Civilizations, Archaeology, Communication, Culture, History, Language, Religion		
Links:	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	Duration
Synopsis:	We cover the recent conviction of FTX founder & former CEO, Sam Bankman-Fried. Will people build up trust in cryptocurrency again?	22:09	1:30
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Criminal Justice, Digital Currency, Government, Investing, Personal Finance		
CULTURE CRASH:	FILMMAKER DAVID FINCHER'S LATEST RELEASE	Time	Duration
Synopsis:	We cover the successful career of filmmaker, David Fincher and his newest movie, "The Killer".	23:39	2:46
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Film		

Program 23-48		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
11/26/2023			
SEGMENT 1: IS YOUR PET THE HEALTHIEST THEY CAN BE?		Time	Duration
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.	1:47	7:31
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic		
Issues Covered:	Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health		
Links:	Chagrin Falls Pet Clinic Dr Carol Osborne DVM (@carolpets) / X Carol Osborne DVM (@dr.caroldvm) • 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	Duration
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.	11:20	9:25
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"		
Issues Covered:	Agriculture, American History, Diet, Farming, Food Culture, Food History, Food Production, History		
Links:	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	Duration
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.	22:09	1:47
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Career, Copyright Infringement, Government, Law, Publishing, Reading, Technology, Writing		
CULTURE CRASH: THE OSCAR CAMPAIGNING HAS BEGUN		Time	Duration
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.	23:56	2:29
Host & Producer:	Evan Rook		
Issues Covered:	Culture, Film		

Program 23-49		Executive Producer:	Amirah Zaveri
Air Week: 12/3/2023		Production Manager:	Jason Dickey
SEGMENT 1:	LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS	Time	Duration
Synopsis:	Last year, revenue in publishing exceeded 28 billion dollars. But - the reality is that just a handful of giant publishers hold much of the power in this sector. We cover how publishing has changed over the last 50 years and how this affects what books you see and read.	1:47	7:41
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Dan Sinykin, assistant professor, English, Emory University, author, <i>Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature</i>		
Issues Covered:	Career, Creative Arts, Diversity, Literature, Publishing, Reading, Technology, Writing		
Links:	DEEP VELLUM Milkweed Editions Coffee House Press Publishing Hub City Press Graywolf Press Simon & Schuster purchased by private equity firm KKR for \$1.62 billion AP News Dan Sinykin Dan Sinykin (@dan_sinykin) / X Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature (Literature Now) mitpressbookstore		
SEGMENT 2:	COULD IUD'S & OTHER CONTRACEPTIVES INCREASE YOUR RISK OF DEVELOPING AN AUTOIMMUNE DISEASE?	Time	Duration
Synopsis:	Of the 24 million Americans with autoimmune diseases, about 80 percent are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90 percent of women ages use contraception – which may worsen a preexisting disease. Our experts breakdown this research and why more research is needed in this case.	11:29	10:00
Host:	Marty Peterson		
Producer:	Amirah Zaveri		
Guests:	Dr. Lisa Sammaritano, Professor of Clinical Medicine, Weill Cornell Medical College; Dr. Kristen Demoruelle, Rheumatologist, Associate Professor of Medicine, University of Colorado School of Medicine; Kristy Griffin, patient		
Issues Covered:	Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science		
Links:	M. Kristen Demoruelle, MD, PhD Kristen Demoruelle LinkedIn Lisa Rose Sammaritano Professor of Clinical Medicine		
VIEWPOINTS EXPLAINED:	WHAT'S THE FASTEST GROWING PLATFORM IN NEWS?	Time	Duration
Synopsis:	We cover how this app is quickly becoming a dominant platform for news sharing amidst an evolving media landscape.	22:29	1:32
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Communication, Journalism, Mass Media, Media, News, Politics, Social Media, Technology		
CULTURE CRASH:	THE BEATLES SONG THAT'S FINALLY SEEING THE LIGHT OF DAY	Time	Duration
Synopsis:	We discuss the latest drop from "The Beatles" that was finally produced and released thanks to new technology powered by artificial intelligence.	24:01	2:27
Host & Producer:	Tabor Brewster		
Issues Covered:	Culture, Film, Technology		

Program 23-50	Executive Producer: Amrah Zaveri
Air Week:	Production Manager: Jason Dickey
12/10/2023	

SEGMENT 1: FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS	Time	Duration
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Synopsis: Most Americans are well acquainted with the story of Amelia Earhart, but few have heard the story of Bessie Coleman - a courageous African American female pilot - who received her pilot's license two years before Earhart took to the skies. This week - we cover the story of Coleman and the many barriers she faced as an African American woman in the early 1900's determined to make a name for herself as a pioneer in performance stunt flying.

Host: Gary Price

Producer: Amrah Zaveri

Guests: Tanya Hart, Flying Free Films, host & producer, Hollywood Live with Tanya Hart

Issues Covered: African American History, American History, Aviation, Career, Innovation, Racial Discrimination

Links: [INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP on Apple Podcasts](#)
[Spotify: INVISIBLE EAGLES: BESSIE COLEMAN Presented By AARP](#)
[Bessie Coleman | National Air and Space Museum](#)
[Bessie Coleman | National Women's History Museum](#)

SEGMENT 2: WHY WE FAIL AGAIN AND AGAIN AT NEW YEAR'S RESOLUTIONS	Time	Duration
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Synopsis: People will soon be celebrating the start of 2024, and many will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” Maybe you’ve set a resolution to think more positively next year or gain a greater balance between work and life. We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.

Host: Marty Peterson

Producer: Pat Reuter

Guests: M.J. Ryan, expert, change & human fulfillment, author, Habit Changers: 81 Game Changing Mantras to Mindfully Realize Your Goals

Issues Covered: Communication, Mental Health, Psychology, Relationships, Self-Development, Self-Fulfillment

Links: [How Not to Fail at Keeping Your New Year's Resolutions | Time](#)
[Habit Changers: 81 Game-Changing Mantras to Mindfully Realize Your Goals by M.J. Ryan, Hardcover | Barnes & Noble®](#)
[The Top 3 Reasons New Year's Resolutions Fail And How Yours Can Succeed](#)

VIEWPOINTS EXPLAINED: WHY WE'RE FAILING OUR INMATES	Time	Duration
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Synopsis: So much focus has been placed recently on the importance of rehabilitation while incarcerated. Yet, the meals served to inmates are often rotten, lacking in nutrients and not enough to sustain them throughout the day. Why aren't U.S. prison systems - which receive billions of dollars in public funding each year - doing better?

Host: Ebony McMorris

Producer: Amrah Zaveri

Issues Covered: Diet, Government, Health, Incarceration, Inequality, Inmate Rehabilitation, Nutrition

CULTURE CRASH: CAN YOU GUESS WHO'S THE BIGGEST STREAMING PLATFORM IN THE GAME?	Time	Duration
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Synopsis: We cover how this force in streaming maintains its dominance and what's in the store for the future.

Host & Producer: Evan Rook

Issues Covered: Film, Social Media Trends, Technology, Video

Program 23-51		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
12/17/2023			
SEGMENT 1:	~40 PERCENT OF PEOPLE WILL GET CANCER IN THEIR LIFETIME: A FORMER OLYMPIAN'S STORY	Time	Duration
Synopsis:	Shannon Miller holds many titles. Former Olympic gymnast. Seven-time Olympic medalist. Mother. Wife. But she also has another, unexpected title: ovarian cancer survivor. Miller joins Viewpoints this week to share her experience and perspective after she was diagnosed with cancer at just 33 years old. She hopes her story - and the challenges she went through - will help raise awareness around the importance of keeping up to date on medical checkups and screenings as you age.	1:45	7:51
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Shannon Miller, former American gymnast, seven-time Olympic medalist, cancer advocate & ovarian cancer survivor		
Issues Covered:	Aging, Cancer, Career, Disease, Mental Health, Professional Athlete, Public Health, Research, Science		
Links:	Shannon Miller OLY (@shannonmiller96) • Instagram photos and videos Shannon Miller (@shannonmiller96) / X Shannon Miller Ovarian Cancer: 5 Years Cancer-Free Shannon MILLER Common Cancer Types - NCI Find Cancer Early American Cancer Society Signs and Symptoms of Cancer Do I Have Cancer?		
SEGMENT 2:	SHOULD CONGRESS ENACT TERM LIMITS?	Time	Duration
Synopsis:	With the 2024 presidential election right around the corner, it's a good time to discuss a growing and debated trend in America: increasingly older politicians. Two former opponents - President Joe Biden, age 81, and Former President Trump, age 77 - are again throwing their hat into the 2024 race, but many Americans have concerns about the competency of these older candidates and other members of the Senate and Congress. We speak with two experts about both sides of the argument and how the political landscape would change if stricter term limits were put in place.	11:38	9:58
Host:	Marty Peterson		
Producer:	Grace Galante		
Guests:	Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University		
Issues Covered:	Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics		
Links:	Term limits in the United States - Ballotpedia U.S. Term Limits Casey Burgat (@CaseyBurgat) / X Burgat, Casey Graduate School of Political Management College of Professional Studies The George Washington University Nicolas Tomboulides		
VIEWPOINTS EXPLAINED:	WHY ARE LESS PEOPLE BUYING HOMES?	Time	Duration
Synopsis:	We cover what's driving the U.S. housing market to experience a dip and why some markets are faring worse than others.	22:34	1:43
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Economy, Government, Housing, Housing Inventory, Inflation, Personal Finance, Real Estate		
CULTURE CRASH:	WHY "MAY DECEMBER" SHOULD BE YOUR NEXT WATCH	Time	Duration
Synopsis:	We cover why scandalous stories historically draw in large audiences, and why the Netflix film, "May December" is a prime example of why this type of drama sucks us in so fast.	24:17	2:09
Host & Producer:	Evan Rook		
Issues Covered:	Culture, TV		

Program 23-52		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
12/24/2023			
SEGMENT 1:	FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS	Time	Duration
Synopsis:	More than 28 million people, ages 18 and older, reported an alcohol use disorder in 2022, according to the National Survey on Drug Use and Health – a large-scale report overseen by the National Institutes of Health. This equates to about 11 percent of the overall American population who have an impaired ability to stop or control their drinking despite its negative effects. Alcohol use disorder can range from a mild dependence to a severe addiction. For author Annie Grace, it took decades to find a way forward without drinking daily. This week - She opens about her past alcoholism and what finally helped her break the cycle.	1:48	9:33
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Annie Grace, author, <i>This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life</i>		
Issues Covered:	Addiction, Career, Drug Abuse, Health, Mental Health, Psychology, Relationships, Substance Abuse		
Links:	Alcohol SAMHSA No level of alcohol consumption is safe for our health Annie Grace & This Naked Mind (@thisnakedmind) • Instagram photos and videos This Naked Mind This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life Alcoholics Anonymous SAMHSA's National Helpline		
SEGMENT 2:	THE CAPITOL POLICE OFFICERS WHO HELD THE LINE, NO MATTER THE COST	Time	Duration
Synopsis:	It's been nearly three years since the attack on the U.S. Capitol. The January 6 insurrection marks the biggest assault on American democracy and the peaceful transfer of power since the Civil War. We speak with former Capitol Hill police sergeant Aquilino Gonell about the violence he witnessed that day and how this traumatic experience has shaped his life and perspective.	13:21	8:04
Host:	Marty Peterson		
Producer:	Polly Hansen		
Guests:	Aquilino Gonell, former police sergeant, Capitol Hill Police, former U.S. Army sergeant, author, <i>American Shield: The Immigrant Sergeant Who Defended Democracy</i>		
Issues Covered:	American History, Government, History, Law Enforcement, PTSD, Politics, Trauma		
Links:	American Shield: The Immigrant Sergeant Who Defended Democracy: Gonell, Aquilino, Shapiro, Susan, Raskin, Jamie: Amazon.com: Books The Legacy of January 6 FSI U.S. Capitol riot January 6, 2021 HISTORY Justices to Decide Scope of Obstruction Charge Central to Trump's Jan. 6 Case - The New York Times		
VIEWPOINTS EXPLAINED:	ALABAMA WILL SOON BE THE FIRST TO USE THIS NEW EXECUTION METHOD	Time	Duration
Synopsis:	Last year, Alabama prison officials failed to execute Kenneth Eugene Smith via lethal injection. After more than four hours of prodding and poking him, they gave up on finding a viable vein. Smith has been on death row since 1990 and his next scheduled execution is late next month. But now, he's opting for a new method that's never been tested before in this setting.	22:25	2:00
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Criminal Justice, Ethics, Health, Humanity, Incarceration, Medicine, Science, State Government		
CULTURE CRASH:	A TERRIFYING PORTRAYAL IN THE NEW FILM, "GODZILLA MINUS ONE"	Time	Duration
Synopsis:	We review the new monster flick, "Godzilla Minus One" by Japanese writer & director Takashi Yamazaki now playing in theaters.	24:25	2:04
Host & Producer:	Evan Rook		
Issues Covered:	Culture, TV		

Program 23-53		Executive Producer:	Amirah Zaveri
Air Week:		Production Manager:	Jason Dickey
12/31/2023			
SEGMENT 1: AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS		Time	Duration
Synopsis:	There's something special about dinosaurs. These majestic creatures walked the Earth for more than 165 million years. Compare this to the span of humans who've only been around for five to seven million years so far. There's no doubt that dinosaurs left their mark. Some scientists even wonder – would they still be around today if the asteroid never collided with Earth? We answer this question and more this week on Viewpoints.	1:47	8:15
Host:	Gary Price		
Producer:	Amirah Zaveri		
Guests:	Michael Benton, professor, vertebrate paleontology, University of Bristol – England		
Issues Covered:	Climate Change, History, Paleontology, Research, Science, Animal Sciences, Mass Extinction		
Links:	Dinosaurs: New Visions of a Lost World: Benton, Michael J., Nicholls, Bob: Amazon.com: Books Professor Mike Benton - Our People Dinosaurs Were Already Dying Off Due to Climate Change Even Before Asteroid Hit Nature World News University of Bristol (@BristolUni) / X		
SEGMENT 2: IS THERE A RIGHT WAY TO GRIEVE? PARENTING & PICKING UP THE PIECES AFTER LOSS		Time	Duration
Synopsis:	One in twelve children will lose a parent or sibling by the time they reach age 18. Experiencing grief of this kind is unbearable at any age, but in children it can present differently and may require more of a tailored approach. We speak with child therapist Natasha Daniels to get a better understanding of this emotion and how there can be different variations of grief depending on the severity of the life event.	12:04	9:04
Host:	Marty Peterson		
Producer:	Amirah Zaveri		
Guests:	Natasha Daniels, child therapist, author, The Grief Rock: A Book to Understand Grief and Love		
Issues Covered:	Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships		
Links:	The Grief Rock: A Book to Understand Grief and Love Natasha Daniels (@atparentingsurvival) • Instagram photos and videos About – Hill Child Counseling National Alliance for Grieving Children Childhood Bereavement Estimation Model - Judi's House Where To Find Help For Your Child Helping Children Deal With Grief Child Mind Institute		
VIEWPOINTS EXPLAINED: BREAKING PLATES? EATING 12 GRAPES IN 12 SECONDS? HOW OTHER CULTURES RING IN THE NEW YEAR		Time	Duration
Synopsis:	How do people across the world celebrate New Year's Eve and New Year's Day? We cover some interesting customs and traditions in other countries.	22:08	1:48
Host:	Ebony McMorris		
Producer:	Amirah Zaveri		
Issues Covered:	Global Culture, Customs, Traditions, History, Religion, Psychology, Entertainment		
CULTURE CRASH: WHY WE LOVE THE 180 THAT IS ANDRE 3000'S NEWEST ALBUM		Time	Duration
Synopsis:	We dive into Andre 3000's latest album release titled, "New Blue Sun".	23:56	2:33
Host & Producer:	Evan Rook		
Issues Covered:	Music, Culture		