

FOREVER MEDIA QUARTERLY ISSUES/ PROGRAMS LIST

Below is a list of some of the significant issues responded to by Station WINX-FM (WCEI-FM HD2), Mid-Shore of Maryland, along with the most significant programming treatment of the issues for the period July 1, 2023 to September 30, 2023. This listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Agriculture, Leisure	Morning Show Feature (Gardening Tips)	Tuesdays & Thursdays (Weekly)	7:20a	5 min	Ken Morgan with Robin's Nest Floral & Garden Center shares information about successful garden, lawncare, flowers & plants, etc.
Finances, Identity Theft	Morning Show Interview	Mondays 2x month (every other Monday)	8:10a	3 min	Employees with Queenstown Bank share information about healthy finances including avoiding scams, identity theft, available loan programs, interest rates, etc.
Public Safety, Health Care	Morning Show Interview	Tues. July 18	8:25a	10 min	Wayne Dyott (Pres.), Rachael Cox (Talbot DES), and Darrell Knight (Team Trace) spoke about the changeover from public SAVE stations to Talbot CARES. Instead of just defibs they will have additional supplies like bandages, NARCAN, etc. Darrell talked about Team Trace - organization raises money and gets grants for funding for beginning of life care & support (for kids that have congenital heart defects, etc. at birth).
Automotive, Car Care, Finances	Morning Show Interview	Thurs. July 27	8:10a	5 min	Choisser Automotive Services owner Rob Choisser talked about their new Easton location and the ways that car owners can get the most value out of their vehicles by having them serviced regularly.
Public Safety, Local Events	Morning Show Interview	Tues. Aug 1	8:05a	5 min	1st Sgt Tracy from the Easton Police Department talked about the annual National Night Out event in Easton and the importance.
Recreation, Arts/Entertainment, Local Events	Morning Show Interview	Mon. Aug 14	8:05a	6 min	Don Mulrine with Caroline Summerfest talked about the annual free Arts & Entertainment Festival, hosted by the Caroline County Department of Recreation & Parks.

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Drug Prevention & Awareness (Opioids), Local Events	Morning Show Interview	Fri. Aug 25	7:20a	6 min.	Talbot County Sheriff Joe Gamble spoke about this year's Talbot Goes Purple Initiative (occurs in the month of September again for the 7 th year), and the efforts locally to curtail substance abuse, especially opioids.
Local Music, Arts/Entertainment, Local Events	Morning Show Interview	Fri. Aug 25	8:10a	10 min	The High and Wides music band appeared in studio to talk about their music and upcoming appearance at the Avalon Theatre. The Avalon Foundation is a non-profit community arts & entertainment venue.
Smoking, Smoking Cessation, Health, Public Safety	Morning Show Interview	Thurs. Aug 31	8:50a	5 min	Marylou Butler with the Talbot County Health Department talked about Smoking Cessation programs available.
Drug Prevention & Awareness, Local Events	Morning Show Interview	Wed. Sept. 6	8:20a	5 min	Drug-Free Caroline representatives Angel Perez & Ann Simpers talked about the 5K Color Run and other Caroline Goes Purple events.
Aquaculture, Female Interest, Local Events	Morning Show Interview	Mon. Sept 11	8:05a	5 min	Author Kristen Rutkowski spoke about her book and exhibit "Her Helm" which features women ship captains on the Chesapeake Bay. The exhibit will be on display at the Chesapeake Bay Maritime Museum in St. Michaels.
Automotive, Car Care, Finances, Local Events	Morning Show Interview	Mon. Sept 25	8:05a	8 min	Rob Choisser, owner of Choisser Automotive Services, talked about the importance of routine vehicle maintenance, and the upcoming Grand Opening/Ribbon Cutting of the new Easton location.
Prerecorded seasonal PSAs	Recorded PSAs	Daily	Various	:30, :60	Prerecorded 30 and 60 second Public Service announcements logged each hour on a variety of topics: Youth Fentanyl Awareness, Substance abuse & mental health, bicycle helmets, behavior at athletic events, heatstroke, child safety around water, keeping pets safe in warm weather, keeping kids active, gun safety, high blood pressure, & Talbot Goes Purple.
Marine Science, Environment	Sea Talk	Daily	Varies, runs in PSA rotation	1 min	Delaware Sea Grant's monthly series produced by U. of Delaware on marine science research & related outreach, covering subjects from sharks to sand dunes. Topics this quarter: Clearnose

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					Skates (July), Comb Jellies (Aug.), Weakfish (Sept.).
*other issues see below for "Viewpoints" program topics	Viewpoints	Sundays	6:00a	30 min.	Feature segments covering a wide variety of issues. See below for topics covered.



Quarterly Report of Compliancy Issues & Programs List

2023-Q3 (July – September) Viewpoints Radio

- Accessibility
- Adolescent Development
- Adolescent Health
- Aging
- Agriculture
- Artificial Intelligence
- Arts
- Astronomy
- Astrophysics
- Automation
- Banking
- Body Inclusion
- Business
- Cannabis Legalization
- Career
- Chronic Stress
- Climate Change
- Comedy
- Composition
- Conflict
- Consumerism
- Cooking
- Copyright Infringement
- Correctional System
- Creative Arts
- Creativity
- Crime
- Cuisine
- Culture
- Diversity in Science
- Drug Policy
- Drug Trafficking
- Economy
- Education
- Education Access
- Emergency Response
- Entertainment
- Entertainment Business
- Environment
- Equal Pay
- Ethics
- Exercise
- Exploration
- Film
- Film Production
- Fine Dining
- Food Industry
- Food Science
- Food Trends
- Global Economy
- Global Trade
- Government
- Government Funding
- Government Regulation
- Habits
- Health
- Higher Education
- History
- Incarceration
- Inequality
- Inflation
- Infrastructure
- Innovation
- International Issues
- International Policy
- International Relations
- Invention
- Job Security Real Estate
- Journalism
- Labor
- Labor Issues
- Labor Rights
- Labor Trends
- Law
- Law Enforcement
- Life Skills
- Local Business
- Local Government
- Marketing
- Media
- Media Business
- Medical Research
- Medicine
- Mental Health
- Music
- Music Streaming
- National Debt
- Nationalism
- Natural Disaster
- Natural Disasters
- News
- Nonprofits
- Parenting
- Pay Equity
- Personal Finance
- Physics
- Politics
- Population Trends
- Poverty
- Presidential Election
- Productivity
- Psychology
- Public Health
- Public Safety
- Race
- Relationships
- Renewable Energy
- Retail Trends
- Retirement
- Science
- Self Help
- Self-Confidence
- Self-Development
- Self-Growth
- Social Media
- Software
- Solar System
- Space Exploration
- Sports
- Sports Culture
- STEM
- Sustainability
- Technology
- Time Management
- Tourism
- Tourism Regulations
- Transportation
- Trauma
- Travel
- TV
- User Experience
- Volunteerism
- War
- War on Drugs
- Waste Management
- Wealth
- Youth Sports

Program 23-27**Air Week:** 7/2/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: "95 PERCENT LEFT TO DISCOVER": THE PEOPLE TASKED WITH UNCOVERING THE MANY MYSTERIES OF OUR UNIVERSE****Time:** 1:47**Duration:** 7:53

Synopsis: We speak with Egyptian-American astrophysicist Sarafina El-Badry Nance about her experience earning a PhD in astrophysics. Before specializing in this field, she had to gain a good understanding of math, physics, and astronomy. She openly shares that these subjects never came naturally to her and it took a lot of hard work to get where she is today. Now, she's speaking out about the barrier to entry in these fields and the importance of greater inclusion and opportunities for those who've been historically excluded.

Host: Gary Price**Producer:** Amirah Zaveri

Guests: Sarafina El-Badry Nance, astrophysicist, PhD Candidate, University of California-Berkeley, author, *Starstruck: A Memoir of Astrophysics and Finding Light in the Dark*

Compliance issues: Astronomy, Astrophysics, Career, Diversity in Science, STEM, Science, Space Exploration

Links for more info:

Sarafina El-Badry Nance (@starstrickensf) • Instagram photos and videos

Sarafina El-Badry Nance (@starstrickenSF) / Twitter

Starstruck: A Memoir of Astrophysics and Finding Light in the Dark a book by Sarafina El-Badry Nance**SEGMENT 2: "YOU NEED TO LOSE WEIGHT OR YOU'RE GOING TO DIE": WHAT ONE MAN DID NEXT****Time:** 11:42**Duration:** 9:36

Synopsis: When you imagine who's a runner – who do you picture? Most Americans would describe a person who's lean, muscled, and fits into a certain body type category. Martinus Evans, runner, author & founder of the Slow A-F Run Club, is hoping to break this way of thinking. He argues that anyone – at any body size – can be a consistent runner. Evans shares his story of how he got into running and embodies his own mantra as a 300-pound-man who's run eight marathons.

Host: Marty Peterson**Producer:** Amirah Zaveri

Guests: Martinus Evans, runner, founder, Slow A-F Run Club, author, *Slow A-F Run Club: The Ultimate Guide for Anyone Who Wants to Run*

Compliance issues: Body Inclusion, Career, Exercise, Health, Mental Health, Self-Confidence, Sports

Links for more info:

Martinus Evans (@300poundsandrinning) • Instagram photos and videos

Martinus Evans (@300lbsandrinning) / Twitter

Beginning Runner's Guide - 30/30 Plan | Hal Higdon*Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run*: Evans, Martinus: Amazon.com**VIEWPOINTS EXPLAINED: WHAT DOES THE OCEANGATE DISASTER SIGNAL ABOUT EXTREME TOURISM?****Time:** 22:18**Duration:** 1:59

Synopsis: A couple weeks ago, millions across the world were stuck to news reports focused on the search of the missing submersible vessel, *Titan*, which had fallen off the radar during its descent down to see the *Titanic* wreckage. Today, we know that the five passengers onboard the sub died due to a 'catastrophic implosion' onboard. We discuss the lack of regulations in this growing, private industry of extreme tourism.

Host: Ebony McMorris

Program 23-28**Air Week:** 7/9/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: NO TRAVEL PLANS THIS SUMMER? HOW TO MAKE THE MOST OUT OF WHERE YOU ARE ALREADY****Time:** 1:47**Duration:** 9:35

Synopsis: High demand for travel this summer is leading to exorbitantly high prices for flights, hotels and rental cars. If traveling out of state this summer is out of the question (or you just want to spend more time at home), we offer up some ways to rediscover your own town, city, or region and gain a new perspective.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Jessica Mlinaric, Chicago resident, writer, author, Secret Chicago: A Guide to the Weird, Wonderful, and Obscure**Compliance issues:** Arts, Cuisine, Culture, Exploration, History, Music, Personal Finance, Tourism, Travel**Links for more info:**

Jessica Mlinaric (@urbnexplorer) • Instagram photos and videos

urban explorer (@urbnexplorer) / Twitter

How Will We Eat in 2023? Here Are 10 Predictions

SEGMENT 2: WOULD YOU EVER SPEND \$63,000 ON A POUND OF RARE MUSHROOMS? SOME CHEFS SAY YES**Time:** 13:24**Duration:** 7:36

Synopsis: Purveying for the top chefs across America is an ever-changing series of requests dependent on food trends and tastes. While some chefs are seeking out rare microgreens, others are looking for the finest cuts of beef. And these small quantities of in-demand ingredients come at a hefty price. We highlight the many niche aspects of fine dining and how we can all take away some learning points to infuse into our own cooking at home.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Carrie Nahabedian, co-owner, executive chef, Brindille, Kostali by Naha; Susan Spungen, food stylist, cookbook author, Open Kitchen: Inspired Food for Casual Gatherings**Compliance issues:** Agriculture, Cooking, Cuisine, Culture, Fine Dining, Food Trends, Global Trade, Innovation, Tourism**Links for more info:**

@susanspungen • Instagram photos and videos

Susan Spungen

Carrie Nahabedian (@carrieraha) • Instagram photos and videos

Carrie Nahabedian (@cnaha) / Twitter

Carrie Nahabedian | James Beard Foundation

VIEWPOINTS EXPLAINED: THE 36-HOUR REBELLION WITHIN RUSSIA**Time:** 22:00**Duration:** 2:01

Synopsis: Who is Yevgeny Prigozhin? The elusive leader of the mercenary force, The Wagner Group, is now globally known for the recent rebellion he launched against the Russian regime. We discuss the short-lived coup that's now known as the biggest uprising in Vladimir Putin's 23-year-reign.

Host: Ebony McMorris**Producer:** Amirah Zaveri

Program 23-29**Air Week:** 7/16/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: AVOIDING CONVERSATIONS AROUND MONEY? HERE'S HOW TO GET STARTED****Time:** 1:47**Duration:** 9:23**Synopsis:** Only 1 in 4 Americans feels financially secure, according to a recent survey by consumer financial services firm, Bankrate. We speak with two financial experts about how more Americans can have productive conversations about their spending and come up with a plan to save and invest more for the future.**Host:** Gary Price**Producer:** Amirah Zaveri, Grace Galante**Guests:** Lori Sackler, certified financial planner, financial wealth advisor, author, *The M Word: The Money Talk Every Family Needs to Have About Wealth and Their Financial Future*; Emily Guy Birken, financial expert, financial writer, author, *Stacked: Your Super Serious Guide to Modern Money Management***Compliance issues:** Aging, Consumerism, Economy, Parenting, Personal Finance, Relationships, Retirement, Wealth**Links for more info:**About the Author - *The M Word*

Evergreen Lane Wealth Management Group | Paramus, NJ | New York, NY

Emily Guy Birken (@EmilyGuyBirken) / Twitter

Emily Guy Birken – Forbes Advisor

SEGMENT 2: HAS ARTIFICIAL INTELLIGENCE FOREVER CHANGED THE MUSIC INDUSTRY?**Time:** 12:42**Duration:** 8:42**Synopsis:** Yes, ChatGPT isn't dominating media headlines anymore, but the technology is still leading to massive changes across America. One area where it's making waves is the music production industry. We speak with two experts within the field about how artificial intelligence is forcing them to rethink the future of music artistry and production.**Host:** Marty Peterson**Producer:** Amirah Zaveri**Guests:** Tina Tallon, assistant professor, artificial intelligence, music composition and the arts, University of Florida; Robert Laidlow, classical music composer, fellow, University of Oxford**Compliance issues:** Arts, Career, Composition, Copyright Infringement, Entertainment Business, Music, Music Streaming, Social Media, Technology**Links for more info:**

Robert Laidlow

Robert Laidlow (@Robert_Laidlow) / Twitter

Tina Tallon

Tina Tallon, Ph.D. (@ttallon) / Twitter

Tina Tallon | Boston Conservatory at Berklee

VIEWPOINTS EXPLAINED: PEDESTRIAN DEATHS HIT A 40-YEAR HIGH**Time:** 22:24**Duration:** 2:01**Synopsis:** What's fueling the staggering increase in pedestrian deaths in recent years? We discuss this alarming upward trend.**Host:** Ebony McMorris**Producer:** Amirah Zaveri

Program 23-30**Air Week:** 7/23/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: MARY LASKER: A PUBLIC HEALTH PIONEER****Time:** 1:47**Duration:** 7:36

Synopsis: The National Institute of Health. National Cancer Institute. These are just some of the research foundations that are thriving today thanks to the work of health activist Mary Lasker. We speak with biographer Judith L. Pearson about the many big contributions Lasker made to cancer & heart disease research throughout the twentieth century.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Judith L. Pearson, biographer, author, Crusade to Heal America: The Remarkable Life of Mary Lasker**Compliance issues:** Government Funding, History, Medical Research, Medicine, Politics, Public Health, Science**Links for more info:**

Cancer Wars | Mary Lasker - Profiles in Science

Amazon.com: Crusade to Heal America: The Remarkable Life of Mary Lasker

Judith L. Pearson

SEGMENT 2: THE INTERESTING ORIGINS OF CANNABIS**Time:** 11:25**Duration:** 9:27

Synopsis: Did you know that cannabis use dates back tens of thousands of years? While its earliest use traces back to Asia, it eventually spread to Europe and then America and was used in a variety of capacities. We speak with highly acclaimed pharmacology expert Dr. Richard Miller about the global history of cannabis and its controversial record over the last 70 years of American history.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Dr. Richard Miller, professor, pharmacology, Northwestern University Feinberg School of Medicine**Compliance issues:** Cannabis Legalization, Culture, Drug Policy, Government, History, Public Health, War on Drugs**Links for more info:**

Richard J Miller : Faculty Profile

The War on Marijuana in Black and White | American Civil Liberties Union

VIEWPOINTS EXPLAINED: WHY IS AN END TO AFFIRMATIVE ACTION SUCH BIG NEWS?**Time:** 21:52**Duration:** 1:49

Synopsis: We break down how higher education will be affected by the Supreme Court's recent ruling ending affirmative action.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Education Access, Government, Higher Education, Inequality, Race**CULTURE CRASH: WHY WE CAN'T GET ONBOARD WITH CGI****Time:** 23:41**Duration:** 2:42

Synopsis: This week – we talk about the abundance (and overuse) of computer-generated images in recent blockbuster film releases. We also highlight a couple new summer drops that we're looking forward to.

Host & Producer: Evan Rook

Program 23-31**Air Week:** 7/30/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: LOOKING THROUGH A NEW LENS: THE LARGEST & MOST POWERFUL TELESCOPE EVER BUILT****Time:** 1:47**Duration:** 8:25

Synopsis: The James Webb telescope is the largest and most powerful space telescope ever built. A year and a half ago hundreds of thousands of people cheered after the telescope successfully launched and opened to begin capturing the universe in more detail than ever before. We speak with one astronomer about how this telescope will lead to greater discoveries – including the hunt for extraterrestrial life.

Host: Gary Price**Producer:** Amirah Zaveri, Grace Galante**Guests:** Jacob Bean, astronomer, professor, Department of Astronomy & Astrophysics, University of Chicago**Compliance issues:** Astronomy, Culture, Innovation, International Relations, Physics, Space Exploration, Technology**Links for more info:**

James Webb Space Telescope

The Department of Astronomy and Astrophysics | Jacob L. Bean

See amazing images from James Webb Space Telescope's 1st year gazing deep into the cosmos (photos)

James Webb Space Telescope (JWST) — A complete guide

SEGMENT 2: WILL SOCCER FINALLY SCORE BIG IN THE U.S.?**Time:** 12:14**Duration:** 8:37

Synopsis: Soccer has steadily gained a following in recent years in the U.S. Amongst Americans 18-29 years old, the sport is now more popular than baseball. We speak with soccer expert, G. Edward White about what's driving this shift and why it took so long for soccer to take hold in America.

Host: Marty Peterson**Producer:** Amirah Zaveri, Tabor Brewster**Guests:** G. Edward White, David and Mary Distinguished Professor, Law, University of Virginia School of Law, author, Soccer in American Culture: The Beautiful Game's Struggle for Status**Compliance issues:** Entertainment, History, Nationalism, Parenting, Sports Culture, Technology, Youth Sports**Links for more info:**

G. Edward White | University of Virginia School of Law

US Soccer

Fútbol frenzy: Messi set to play first game for Inter Miami CF

Fan Favorite: The Global Popularity of Football is Rising

Amazon.com: Soccer in American Culture: The Beautiful Game's Struggle for Status (Sports and American Culture)

VIEWPOINTS EXPLAINED: HOW MUCH ARE YOU PAYING FOR SUBSCRIPTIONS EACH MONTH?**Time:** 21:51**Duration:** 2:02

Synopsis: There seems to be a subscription for nearly every product or service these days. But how much is too much? And when you're ready to cancel, why does it always seem like it's a pain to go through the process? We uncover how some businesses use deceptive marketing tactics to keep consumers paying.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Business, Consumerism, Government, Law, Marketing, Technology

Program 23-32**Air Week:** 8/6/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: HOW ARTIFICIAL INTELLIGENCE IS FUELING THE \$1.1 TRILLION IN ONLINE RETAIL SALES****Time:** 1:47**Duration:** 6:15

Synopsis: Online retail sales are set to surpass \$1.6 trillion by 2027. With so much growth in the market, retailers are investing big in artificial intelligence software that improves customer interaction, usability, supply chain and more. We speak with the Chief Technology Officer of Zenni Optical about how retailers are setting up for this new era of digital dominance.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** David Ting, chief technology officer, Zenni Optical<**Compliance issues:** Business, Consumerism, Economy, Habits, Retail Trends, Technology, User Experience**Links for more info:**

With Zenni's AI-powered search, it's easier than ever to find a great pair of glasses | TechCrunch

Zenni Optical

AI in retail: Smarter stores, smarter product design | VentureBeat

NRF | How artificial intelligence will change retail

SEGMENT 2: WHAT'S HAPPENING IN HOLLYWOOD? THE STRIKE, EXPLAINED**Time:** 10:04**Duration:** 10:13

Synopsis: The screenwriters strike in Hollywood is now in its third month. Last month, the Screen Actors Guild joined forces with the Writers Guild of America and called a strike. We speak with two active voices in the industry about what's driving this strike and why these asks are so important to current and future professionals in this landscape.

Host: Marty Peterson**Producer:** Amirah Zaveri, Tabor Brewster**Guests:** Sofya Levitsky-Weitz, playwright, screenwriter, "The Bear"; Irving Belateche, screenwriting professor, School of Cinematic Arts, University of Southern California**Compliance issues:** Artificial Intelligence, Career, Creative Arts, Economy, Entertainment, Inflation, Labor Issues, Labor Rights, Pay Equity, Personal Finance, Technology**Links for more info:**

Sofya Levitsky-Weitz (@sofyalilyana) • Instagram photos and videos

Writers Strike: WGA Exec Says Studios Are Locked In "Mutual Suicide Pact" – Deadline

Sofya Levitsky-Weitz

Irving Belateche

Writers Guild of America West (@WGAWest) / Twitter

VIEWPOINTS EXPLAINED: CAN CHATGPT PERFECTLY MIMIC HUMANS?**Time:** 21:17**Duration:** 2:34

Synopsis: ChatGPT, the generative artificial intelligence platform, has been dominating media headlines since its release late last year. We discuss what sets humans apart from this network created by OpenAI.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Artificial Intelligence, Automation, Innovation, Labor, Software, Technology**CULTURE CRASH: THE POWER OF "BARBENHEIMER"**

Program 23-33**Air Week:** 8/13/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE GROWING RISK OF WILDFIRES FROM COAST TO COAST: ARE YOU PREPARED?****Time:** 1:47**Duration:** 8:55

Synopsis: It's been the deadliest year on record for wildfires in Canada. While California is typically the focus point for these events, the new reality of human-caused climate change is that wildfires are becoming a greater threat in areas never seen before. We speak with Dr. Adrienne Edwards, a botanist and wildfire expert, about how Americans can best prepare for wildfire season and help stop the spread.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Adrienne Edwards, botanist, author, Firescaping Your Home: A Manual for Readiness in Wildfire Country**Compliance issues:** Climate Change, Emergency Response, Environment, Government, Natural Disaster, Public Health**Links for more info:**

Firescaping Your Home: A Manual for Readiness in Wildfire Country

We Made Wildfire an Enemy for 110 Years. It Could Have Been an Ally

Firescaping The WUI (@firescaping_the_wui) • Instagram photos and videos

Firescaping Your Home

SEGMENT 2: FEELING DISTRACTED & DISCONNECTED? HERE'S HOW TO SLOW DOWN**Time:** 12:44**Duration:** 8:29

Synopsis: In 2012, researchers at the University of California-Irvine estimated that the average human's attention span was around seventy-five seconds. In recent years, this number has dropped to forty-seven seconds. What's leading to this continuing decline in our attention spans? We speak with one mindfulness expert to get some tips on how people can slow down, increase their focus, and feel less chronically stressed.

Host: Marty Peterson**Producer:** Amirah Zaveri, Tabor Brewster**Guests:** Christian Madsbjerg, professor, applied humanities, New School, author, Look: How to Pay Attention in a Distracted World**Compliance issues:** Career, Chronic Stress, Health, Mental Health, Psychology, Self-Development, Social Media, Technology**Links for more info:**

Look: How to Pay Attention in a Distracted World: Madsbjerg, Christian: Amazon.com

5 Reasons You Should Unplug From Social Media - CNET

6 Skills to Help You Be Mindful | Psychology Today

14 Strategies for Leaders to Adopt or Practice Mindfulness

VIEWPOINTS EXPLAINED: AN END TO FINDING NEWS CONTENT ON SOCIAL MEDIA IN CANADA**Time:** 22:13**Duration:** 1:41

Synopsis: Meta – the parent company of Facebook and Instagram – has decided to ban all news content on these platforms in Canada. We talk about what's driving this big move and how it's going to impact both Canadians and media outlets.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Government Regulation, Journalism, News, Politics, Social Media, Technology

Program 23-34**Air Week:** 8/20/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: FROM COW'S MILK TO SALTWATER OYSTERS: THE FIRST PEOPLE TO DIVE INTO THE UNKNOWN****Time:** 1:47**Duration:** 6:45

Synopsis: Whoever thought, "This white, liquid substance from this animal looks like it is safe enough that I'm going to drink it." Out of the many items we have today (whether it's food, drink, or something else) there was a person who first took the risk in trying it themselves. We explore the many firsts throughout history and how key archeological evidence plays a role in accurately telling these narratives.

Host: Gary Price**Producer:** Amirah Zaveri, Tabor Brewster**Guests:** Cody Cassidy, writer, author, *Who Ate The First Oyster? The Extraordinary People Behind the Greatest Firsts in History***Compliance issues:** Archaeology, Culture, Food Industry, Food Science, History, Innovation, Invention, Medicine, Technology**Links for more info:***Who Ate the First Oyster?* by Cody Cassidy | PenguinRandomHouse.com: Books*Who Invented Beer?* | HISTORY*Who Ate the First Oyster? Cave May Hold an Answer* : NPR**SEGMENT 2: SEPARATING FACT FROM FICTION: ARE YOU A VICTIM OF MISINFORMATION?****Time:** 10:34**Duration:** 9:58

Synopsis: Conspiracy theories have been around for hundreds of years. From secret projects to secret government societies, these theories are prevalent across society. We speak with two conspiracy experts about how these stories arise, why they're so pervasive online and why artificial intelligence may make these narratives more difficult to detect.

Host: Marty Peterson**Producer:** Amirah Zaveri, Aunna Beranek**Guests:** Colin Dickey, writer, author, *Under the Eye of Power: How Fear of Secret Societies Shapes American Democracy*; Dr. Erik Nisbet, Owen L. Coon Professor of Policy Analysis & Communication, Northwestern University**Compliance issues:** Artificial Intelligence, Culture, History, Journalism, Media, News, Politics, Presidential Election, Social Media, Technology**Links for more info:**

Erik C. Nisbet

Fake News, Big Lies: How Did We Get Here and Where Are We Going?

Colin Dickey (@colindickey) / X

Under the Eye of Power by Colin Dickey | PenguinRandomHouse.com: Books*Disinformation Researchers Raise Alarms About A.I. Chatbots* - The New York Times**VIEWPOINTS EXPLAINED: THE SECRETS OF VENUS****Time:** 21:32**Duration:** 2:21

Synopsis: We highlight the deeper intricacies and theories behind Venus' unusual surface.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Astronomy, Physics, Science, Solar System, Space Exploration

Program 23-35**Air Week:** 8/27/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: 'NEVER GOOD ENOUGH': A RISE IN MENTAL HEALTH ISSUES AMONG ADOLESCENTS****Time:** 1:47**Duration:** 7:31

Synopsis: With summer break over and millions of students back in school, it's a good time to talk about the importance of mental health. After all, adolescents today face an excessive number of demands both in and outside of the classroom. This week on Viewpoints - We speak with author Jennifer Breheny Wallace about the importance of sharing how a person's value should never be linked to their performance.

Host: Gary Price**Producer:** Amirah Zaveri, Grace Galante**Guests:** Jennifer Breheny Wallace, journalist, writer, author, *Never Enough: When Achievement Culture Becomes Toxic – And What We Can Do About It***Compliance issues:** Adolescent Development, Education, Mental Health, Parenting, Psychology, Self-Growth**Links for more info:**

Authentic Connections

Never Enough: When Achievement Culture Becomes Toxic-and What We Can Do About It: Breheny Wallace,

Jennifer: Amazon.com: Books

Join the program - Challenge Success

Mental Health and Academic Achievement

We're Missing a Key Driver of Teen Anxiety - The Atlantic

SEGMENT 2: WHEN GREEN ENERGY TURNS TOXIC: RE-TOOLING SOLAR PANELS**Time:** 11:20**Duration:** 8:50

Synopsis: Solar energy is big business in the U.S. and is only set to expand in the coming years, with an annual growth rate of 21%. But after these solar panels die, where do they go? How 'green' is this technology if we're dumping thousands of used, toxic panels into landfills? We speak with two experts in the solar panel recycling space about how innovation is driving this shift and what more needs to be done to make this energy source truly sustainable.

Host: Marty Peterson**Producer:** Amirah Zaveri, Polly Hansen**Guests:** Adam Saghei, Chief Executive Officer, We Recycle Solar; Jesse Simons, co-founder, Chief Commercial Officer, SolarCycle**Compliance issues:** Environment, Local Government, Politics, Renewable Energy, Sustainability, Technology, Waste Management**Links for more info:**

We Recycle Solar

Solarcycle

Solar Panel Recycling | US EPA

As Millions of Solar Panels Age Out, Recyclers Hope to Cash In - Yale E360

Long-Lived? Highly Recyclable? Priorities for Solar Panels in a Circular Economy | News | NREL

VIEWPOINTS EXPLAINED: AN UNCERTAIN FUTURE FOR COMMUTER RAILS**Time:** 21:10**Duration:** 1:38

Synopsis: Covid-19 shook up norms for many public transit agencies including commuter rail companies that pre-pandemic largely catered to commuting office employees. We highlight how several businesses are re-framing their

CULTURE CRASH: IS COMEDY DEAD OR DOES IT JUST LOOK A LITTLE DIFFERENT?**Time:** 22:48**Duration:** 3:39**Synopsis:** Some people argue that the comedy genre is on its way out. But this week, we discuss how comedy isn't going anywhere— it's just adapting to the changing times.**Host:** Tabor Brewster**Producer:** Amirah Zaveri, Tabor Brewster**Compliance issues:** Comedy, Culture, Social Media

Program 23-36**Air Week:** 9/3/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: DROWNING IN DEBT? YOU'RE NOT ALONE: A NEW WAVE OF CREDIT CARD DEBT IN AMERICA****Time:** 1:47**Duration:** 7:32

Synopsis: Credit card debt in the U.S. just surpassed one trillion dollars and payment delinquency rates are also on the rise. One factor that's feeding into these increases are a growing amount of credit card accounts. The Federal Reserve Bank of New York reports that there are 70 million new accounts since 2019. This week – we discuss the effects of escalating debt and how listeners can start taking back control.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Chloe Elise, certified financial coach, author, Deeper Than Money**Compliance issues:** Banking, Consumerism, Economy, National Debt, Personal Finance, Psychology, Self-Development**Links for more info:**

Credit-card debt hits \$1 trillion --- that milestone comes at a very tricky time - MarketWatch

Amazon.com: Deeper Than Money: Ditch Money Shame, Build Wealth, and Feel Confident AF eBook : Elise, Chloe: Kindle Store

Here's how much of your monthly income should go toward debt repayment

What do I need to know about consolidating my credit card debt? | Consumer Financial Protection Bureau

SEGMENT 2: ACTORS & WRITERS ARE ON STRIKE, BUT WHY AREN'T MUSICIANS PICKETING AS WELL?**Time:** 11:21**Duration:** 9:56

Synopsis: Screenwriters and writers aren't the only ones feeling the pinch in this new media landscape dominated by streaming. Hundreds of thousands of musicians are struggling to make a living from the substandard pay they receive from platforms like Spotify and Apple Music. We cover just how the music sector has changed and why these artists don't have the same protections as other creatives.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** David Lowery, senior lecturer, Music Business Certificate Program, University of Georgia; Rene Kladzyk, volunteer, Union of Musicians and Allied Workers**Compliance issues:** Creative Arts, Entertainment Business, Equal Pay, Labor Rights, Personal Finance, Technology**Links for more info:**

Bandcamp

Union of Musicians and Allied Workers

Music Workers Alliance

David C Lowery (@davidclowery) / X

René Kladzyk (@ziembavision) • Instagram photos and videos

VIEWPOINTS EXPLAINED: THE ESCALATING LEVELS OF CAFFEINE IN ENERGY DRINKS**Time:** 22:17**Duration:** 2:07

Synopsis: Over the past two decades, caffeine levels have continued to creep higher and higher. We cover how much caffeine is packed inside many of these newer energy drinks and the consequences of consuming higher-than-needed amounts.

Host: Ebony McMorris

Program 23-37**Air Week:** 9/10/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: WHY DOES EVERYONE, INCLUDING PARENTS, WANT TO BE INFLUENCERS?****Time:** 1:47**Duration:** 7:16

Synopsis: Two out of three people on Earth are on social media. With so many eyeballs online, it's big business to have a large social media following and work as an influencer. We highlight this ever-evolving lucrative industry and how new laws are better protecting those who've been previously taken advantage of.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Stephanie McNeal, senior editor, Glamour, author, Swipe Up for More: Inside the Unfiltered Lives of Influencers**Compliance issues:** Career, Ethics, Law, Mental Health, Parenting, Politics, Psychology, Social Media, Technology, Wealth**Links for more info:**

Stephanie McNeal (@stephemcneal) • Instagram photos and videos

Stephanie McNeal (@stephemcneal) / X

Swipe Up for More!: Inside the Unfiltered Lives of Influencers: McNeal, Stephanie: Books

SEGMENT 2: FROM DRUG TRAFFICKER TO INFORMANT: HOW EX-CRIMINALS ARE AIDING INVESTIGATORS**Time:** 11:05**Duration:** 9:59

Synopsis: We speak with ex drug trafficker, Margarito Flores Jr. about his entry into the illicit drug trade at an early age and when he decided to get out of the business and start working for the other side. We also speak with Sgt. Ryan Wasson about the critical role informants play in aiding law enforcement, but why it's important to avoid glorifying the work of people like Flores.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Margarito Flores Jr., federal drug informant; Sergeant Ryan Wasson, detective, Kane County Sheriff, officer, Homeland Security Investigations Task Force**Compliance issues:** Crime, Drug Trafficking, Health, International Issues, Law Enforcement, Parenting, Technology**Links for more info:**

SAMHSA

Sheriff's deputies assigned to drug task force get federal credentials – Shaw Local

Margarito Flores, Chicago cocaine kingpin who helped bring down El Chapo, will teach cops how to catch drug traffickers

VIEWPOINTS EXPLAINED: AMERICA'S STRUGGLING CITIES**Time:** 22:04**Duration:** 1:50

Synopsis: We highlight recent population trends across America in a post-pandemic world. Several once prominent cities have struggled to bounce back after a mass exodus of urban residents.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Climate Change, Culture, Local Business, Population Trends, Poverty

Program 23-38**Air Week:** 9/17/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: X (AKA TWITTER) VS. THREADS: THE STORY BEHIND META'S NEW SOCIAL PLATFORM****Time:** 1:47**Duration:** 8:00

Synopsis: Do you remember the hype when Threads, Meta's new version of X, debuted earlier this summer? Everyone seemed to jump on the new platform at a moment's notice. But what happened to all the buzz? We speak with two social media experts about Meta's big investment in Threads and what needs to change in the coming months to avoid its quick demise.

Host: Gary Price**Producer:** Amirah Zaveri, Grace Galante**Guests:** Carolyn Garavente, associate director, paid social, Brain Labs Media; Danielle Carter, account director, paid social, Croud Digital**Compliance issues:** Adolescent Development, Creativity, Education, Life Skills, Mental Health, Parenting, Self Help**Links for more info:**

Threads will now let you search for posts - The Verge

How brands are still finding their feet with Threads one month since launch

According to Elon Musk's own math, the company formerly known as Twitter has lost 90% of its value and could be worth just \$4 billion

SEGMENT 2: SCHOOL, SPORTS, STANDARDIZED TESTS: WHEN IS THERE TIME TO BUILD LIFE SKILLS?**Time:** 11:50**Duration:** 9:20

Synopsis: As an academic advisor, Ana Homayoun has had thousands of conversations with students, parents, and administrators. Many of these talks typically center around grades, college admissions, career paths and other key academic to-dos. Yet, what's not as commonly talked about is the importance of life skills. This means cultivating independence, setting good habits and more. We speak with Homayoun about why so many teens seem to struggle post-high school and how adults can better prepare their kids in the long-term rather than focusing solely on short-term academic markers.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Ana Homayoun, academic advisor, early career development expert, author, Erasing the Finish Line: The New Blueprint for Success**Compliance issues:** Adolescent Development, Creativity, Education, Life Skills, Mental Health, Parenting, Self Help**Links for more info:**

Mental Health | DASH | CDC

Erasing the Finish Line: The New Blueprint for Success Beyond Grades and College Admission

Opinion: We're thinking about teens and social media all wrong

VIEWPOINTS EXPLAINED: CHINA'S DEEPENING ECONOMIC WOES: WHAT'S FUELING THIS DECLINE?**Time:** 22:10**Duration:** 1:45

Synopsis: Less jobs. Lower property values. Tightened consumer spending. These are just some of the challenges China's been facing over the past several months. Will this global superpower be able to avoid a full-fledged recession? We talk about why Americans should care about this developing international economic news.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Global Economy, International Policy, Job Security Real Estate

Program 23-39**Air Week:** 9/24/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: ARE YOU MAKING THE MOST OUT OF CHAT GPT?****Time:** 1:47**Duration:** 8:05

Synopsis: There's been a lot of hype around Chat GPT and generative AI this year, but is the average person actually using the new tech? We highlight how leaders in education policy are integrating AI into certain processes to create positive for teachers, administrators, and students in classrooms nationwide. From there, we breakdown what are some of the biggest ways AI helps with tasks and how you can go about interacting with these chatbots to get the answer you're looking for.

Host: Gary Price**Producer:** Amirah Zaveri, Grace Galante**Guests:** Perpetual Baffour, Research Director, Learning Agency Lab**Compliance issues:** Career, Education, Innovation, Productivity, Technology, Time Management**Links for more info:**

ChatGPT

Overview - The Learning Agency Lab

GPT-4: how to use the AI chatbot that puts ChatGPT to shame | Digital Trends

ChatGPT beginners guide - Geeky Gadgets

SEGMENT 2: ONE AFTER ANOTHER: HELPING PEOPLE RECOVER IN A WORLD WHERE NATURAL DISASTERS ARE ALL TOO COMMON**Time:** 11:54**Duration:** 8:50

Synopsis: The reality: Human-induced climate change is leading to more frequent and powerful extreme weather events. In the U.S. and around the world, millions struggle to get back on their feet following the damage and destruction these disasters bring. As bystanders, how can we pitch in and help? We cover the physical and mental toll these hardships cause and why it's important to step up and give back in any way you can.

Host: Marty Peterson**Producer:** Amirah Zaveri**Guests:** Vickie Mays, clinical psychologist, distinguished professor, psychology, health policy & management, University of California-Los Angeles**Compliance issues:** Climate Change, Emergency Response, Mental Health, Natural Disasters, Nonprofits, Psychology, Public Health, Trauma, Volunteerism**Links for more info:**

Vickie M. Mays | UCLA

Build A Kit | Ready.gov

Survival Kit Supplies - Redcross.org

How does climate change affect mental health? | APA.org

VIEWPOINTS EXPLAINED: WHY ARE PRISON BREAKS BECOMING MORE COMMON?**Time:** 21:44**Duration:** 2:15

Synopsis: Aging infrastructure, fewer correctional officers, and a large inmate population. These are just some of the factors feeding into why prison breaks, and then large-scale manhunts, seem to be popping up more these days.

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Correctional System, Government, Incarceration, Public Safety