

WOWY-FM/WHUN/WQWK Quarterly Report January 1, 2023 to March 31, 2023

1/1/23 - 3/31/23	WOWY	Viewpoints Program	See following list	30 Mins	NO
Sundays 6:30am-7am Variety					
01/13/23-01/31/23	YMCA of Centre County	Canary Food Drive	1:00		
1/8/23 @ 8:30am	George Leshar	Penn State THON	THON Matching Day	3:00	YES
1/22/23 @ 8:30am	Melissa Flanerty	The Rivet	The Rivet Winter Market	3:00	NO
2/4/23 @ 8am	Christine Bishop	Youth Service Bureau	Big Brothers Big Sisters of Centi	3:00	NO
2/9/23 @ 9:00 am	Morning Show	Centre County PAWS	PAWS Pet of Week	3:00	NO
2/14/23@ 8:20am	Amy Schirf	Centre County Recycling and Refuse Authority	Recycling at your tailgate	3:00	NO
2/27/23 @ 8:20am	Jeffry Wert and Amy Wil	Mid-State Literacy Counsil	Barnes and Noble Book Fair	3:00	NO
3/6/23@ 8:20am	Kari Williamson	Sock & Buskin	Sinergy Murder Mystery	3:00	NO
3/6/23 @ 8:20am	Miera Minard & Monica I	Centre Volunteers in Med	Nittany Valley Half Marathon	3:00	NO
3/7/23@ 8:20am	Kurt Knouse	Interfaith Human Services	Wishing Well Campaign	3:00	NO
3/22/23 @ 8am	Christine Bishop	Youth Service Bureau	Big Brothers Big Sisters and Bur	3:00	NO
3/25/23 @ 8:20am	Amy Smith	Centre Hall Community C	Centre Hall Community Christm	3:00	NO
3/31/23 @ 8:20am	Amy Schirf	Centre County Recycling and Refuse Authority	Recycling	3:00	NO

WOWY airs Viewpoints every Sunday from 6am-6:30am. Program listing follows.



Quarterly Report of Compliance Issues & Programs List 2023-Q1 (January - March) Viewpoints Radio



- Accounting
- Aging
- American Diet
- American Expansion
- American History
- Animal Welfare
- Archaeology
- Artificial Intelligence
- Arts
- Biology
- Business
- Career
- Child Development
- Climate
- Climate Change
- Communication
- Companionship
- Conscious Gifting
- Consumer Protection
- Cooking Science
- Corruption
- Creative Arts
- Creativity
- Criminal Justice
- Cultural Trends
- Culture
- Customs
- Death
- Debt
- Democracy
- Diet
- Disease
- Disease Prevention
- Domestic Terrorism
- Drug Policy
- Economy
- Education
- Electricity
- Emotional Development
- Emotional Well-being
- End-of-life Planning
- Engineering
- Entertainment Regulation
- Entrepreneurship
- Environment
- Film
- Film Industry
- Food History
- Food Policy
- Food Systems
- Forensic Science
- Free Expression
- Gambling Addiction
- Gender Equality
- Gendered Norms
- Global Culture
- Global News
- Global Train
- Government
- Government Regulation
- Health
- Healthcare Policy
- Higher Education
- History
- Hobby
- Homelessness
- Incarceration
- Industry Regulation
- Inequality
- Information Technology
- Infrastructure
- Innovation
- Invention
- Labor Rights
- Language
- Law
- Law Enforcement
- Lifestyle
- Literature
- Living Costs
- Local Business
- Medicine
- Mental Health
- Music
- National Security
- Natural Disaster
- Natural Resources
- Nutrition
- Parenthood
- Personal Development
- Personal Finance
- Personal Wealth
- Pet Adoption
- Pet Ownership
- Police Reform
- Politics
- Poverty
- Power Generation
- Private Security
- Psychology
- Public Health
- Public Housing
- Public Policy
- Public Resources
- Public Safety
- Relationships
- Research
- Retirement
- Science
- Self-care
- Sexism
- Small Business
- Social Media
- Society
- Software Engineering
- Space Travel
- Sports
- Sports Culture
- Stress Management
- Supply Chain Management
- Technology
- Timekeeping
- Traditions
- Travel
- TV
- U.S. Economy
- Utilities
- Veterinary Care
- Wage Inequity
- War
- Women's Rights
- Women's History
- Women's Issues
- Workers' Rights
- Writing
- Youth Development

Program 23-01
Air Week: 1/1/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: THE FALLOUT FROM INDUSTRY MONOPOLIES
Time: 1:47
Synopsis: This past November, thousands of Taylor Swift fans were left frustrated and disappointed after Ticketmaster's platform failed to deliver on general sale tickets for her upcoming tour. We discuss how this recent failure has stirred a larger conversation about the consequences & long-term effects of monopolies.
Host: Gary Price
Producer: Amirah Zaveri
Guests: Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project.
Compliance Issues: Government Regulation, Economy, Small Business, Politics, Consumer Protection
Links for more info:
Taylor Swift Fans Are Suing Ticketmaster Again Over Eras Tour Controversy | HuffPost Entertainment
Contacting U.S. Senators
Find Your Representative | house.gov

SEGMENT 2: WHO IS GEN-Z?
Time: 14:16
Duration: 7:56
Synopsis: There are more than 68 million young people in the U.S. who make up Generation Z – that is anyone born between 1997 and 2012. Research shows that this cohort is the most racially and ethnically diverse than any other previous generation and are progressive in their mindsets. On top of this, they're extremely tech-savvy and believe that mental health is equally as important as physical health. Culture expert John Schlimm helps us understand who Gen Z is and what impact they'll have on the future world.
Host: Marty Peterson
Producer: Amirah Zaveri, Grace Galante
Guests: John Schlimm, researcher, professor, author, What Would Gen-Z Do? Everything You Don't Know About Gen-Z But Should.
Compliance Issues: Social Media, Psychology, Technology, Culture, Mental Health, Cultural Trends
Links for more info:
Where Millennials end and Generation Z begins | Pew Research Center
What Would Gen-Z Do?: Everything You Don't Know About Gen-Z but Should by John Schlimm, Hardcover | Barnes & Noble®
How Gen Z Could Transform American Politics | FiveThirtyEight

VIEWPOINTS EXPLAINED: NYE TRADITIONS AROUND THE WORLD

Time: 21:12
Duration: 1:10
Synopsis: We explore how different cultures and countries ring in the New Year.
Host: Ebony McMorris
Producer: Amirah Zaveri
Compliance Issues: Global Culture, Traditions, Customs, Diet

CULTURE CRASH: 2023 FILM RELEASES

Time: 24:22
Duration: 2:05
Synopsis: We highlight some of the movies we're looking forward to in 2023.
Host & Producer: Evan Rook
Compliance Issues: Film, Culture

Program 23-02

Air Week: 1/8/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: FALLING ASLEEP IN SPACE

Time: 1:47
Duration: 8:47
Synopsis: Do you have trouble falling or staying asleep? If so, you'll know that not getting good rest can take a big toll on how you feel both physically and mentally. This is amplified in space for astronauts who sleep in a zero-gravity environment that relies on an artificial day/night cycle. This week, we explore the fascinating science and study of how humans sleep in space and its effects on the body.
Host: Gary Price
Producer: Amirah Zaveri
Guests: Dr. Fred Turek, professor, biology, Northwestern University, director, Center for Sleep and Circadian Biology, Northwestern University; Dr. Emmanuel Urquieta, chief medical officer, Translational Research Institute for Space Health, assistant professor, Center for Space Medicine, Baylor College of Medicine.
Compliance issues: Health, Medicine, Disease, Biology, Science, Innovation, Space Travel, Technology
Links for more info:
Center for Circadian & Sleep Medicine
NASA: Sleeping In Space

SEGMENT 2: A PATHWAY TO EXONERATION

Time: 12:36
Duration: 8:37
Synopsis: Experts estimate that between 4-6 percent of prisoners behind bars are innocent. We explore what factors feed into these wrongful convictions and how advocates in the arena are fighting for justice.
Host: Marty Peterson
Producer: Amirah Zaveri | Polly Hansen
Guests: Isaac Wright Jr., practicing attorney, author, Marked for Life: One Man's Fight for Justice From the Inside; Samuel Gross, Thomas and Mabel Long Professor Emeritus of Law at the University of Michigan – Ann Arbor, founder, senior editor, The National Registry of Exonerations.
Compliance issues: Law, Law Enforcement, Forensic Science, Criminal Justice
Links for more info:
The National Registry of Exonerations
Amazon: Marked for Life: One Man's Fight for Justice from the Inside

VIEWPOINTS EXPLAINED: AN INADEQUATE DIET

Time: 22:13
Duration: 1:42
Synopsis: We discuss the sad state of prison meals in the U.S. All too often, these dishes are spoiled, full of preservatives and don't have enough calories. If the end goal of incarceration is rehabilitation, shouldn't these meals adequately feed and nourish prisoners?
Host: Ebony McMorris
Producer: Amirah Zaveri
Compliance issues: Diet, Nutrition, Incarceration

CULTURE CRASH: THE CAREER OF AARON SORKIN**Time:** 23:55**Duration:** 2:32**Synopsis:** Aaron Sorkin's screenplays have been praised for their pace and structure. We look into why the Oscar winner's writing style is so effective in film and on TV.**Host & Producer:** Evan Rook**Compliance issues:** Writing, Film, Culture**Program 23-03****Air Week:** 1/15/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: HOW TO BETTER DEAL WITH STRESS THIS YEAR****Time:** 1:47**Duration:** 8:47**Synopsis:** We speak with University of California – San Francisco professor and health psychologist Dr. Elissa Epel about how listeners can better manage their stress this year by employing certain lifestyle habits.**Host:** Gary Price**Producer:** Amirah Zaveri**Guests:** Dr. Elissa Epel, health psychologist, professor, vice chair, Department of Psychiatry and Behavioral Sciences, University of California – San Francisco, author, *The Stress Prescription: Seven Days to More Joy and Ease*.**Compliance issues:** Lifestyle, Stress Management, Literature, Psychology, Mental Health, Health**Links for more info:**

Dr. Elissa Epel

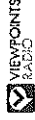
UCSF Profiles: Dr. Elissa Epel

Amazon: *The Stress Prescription: Seven Days to More Joy and Ease* (The Seven Days Series)**SEGMENT 2: A KEY VULNERABILITY: U.S. POWER GRIDS****Time:** 12:36**Duration:** 8:37**Synopsis:** In recent years, power attacks on electric power stations in the U.S. have become more common. We discuss what's driving this uptick, how power companies and government organizations are responding and what you should know as a consumer.**Host:** Marty Peterson**Producer:** Grace Galante**Guests:** Adrienne Lotto, senior vice president, Grid Security, Technical, and Operations at the American Public Power Association.**Compliance issues:** Infrastructure, Domestic Terrorism, Public Health, Private Security, Utilities, Power Generation, Electricity**Links for more info:**

American Public Power Association

Ready.gov

VIEWPOINTS EXPLAINED: WINTER IN UKRAINE**Time:** 23:09**Duration:** 1:15**Synopsis:** As winter takes hold on Europe, Ukrainian soldiers defending their country face subzero temperatures, power outages and increasing challenges.**Host:** Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** War, Climate, Health, Global News



CULTURE CRASH: A REVIEW OF "GLASS ONION"

Time: 23:55
Duration: 2:32

Synopsis: We discuss the new film, "Glass Onion: A Knives Out Mystery" now streaming on Netflix.
Host & Producer: Evan Rook
Compliance issues: Film, Culture

Program 23-04

Air Week: 1/22/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: THE DAMAGING WORLD OF WOMEN'S ELITE RUNNING

Time: 1:48
Duration: 8:37
Synopsis: Long-distance runner Lauren Fleshman won five NCAA championships and two U.S. national championships in women's track and field. Early on in her career, she was a prized hopeful for bringing home the Olympic gold, but this dream came crashing down after a series of injuries and setbacks. Fleshman joins us this week to talk about the toxic culture present in many elite running organizations and what needs to change to better support these young, vulnerable athletes.
Host: Gary Price
Producer: Amirah Zaveri
Guests: Lauren Fleshman, former elite long-distance runner, author, Good for a Girl: A Woman Running in a Man's World.
Compliance issues: Health, Women's Issues, Sports Culture, Youth Development, Parenting, Mental Health
Links for more info:
Instagram @fleshmanflyer
Laura@fleshman.com
Twitter @laurenfleshman

SEGMENT 2: HOW DID PAST CIVILIZATIONS KEEP TIME?

Time: 12:27
Duration: 9:16
Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history.
Host: Marty Peterson
Producer: Grace Galante
Guests: Chad Orzel, associate professor, physics, astronomy, Union College.
Compliance issues: Innovation, Timekeeping, Culture, History, Engineering, Invention, Archaeology
Links for more info:
Union College: Chad Orzel
Twitter @ornzelc

VIEWPOINTS EXPLAINED: ALCOHOL'S CONNECTION TO CANCER

Time: 22:43
Duration: 1:42
Synopsis: The World Health Organization recently reported that no amount of alcohol is healthy to consume. In fact, the agency says even light or moderate alcohol intake has been linked to cause seven different types of cancer.
Host: Ebony McMorris
Producer: Amirah Zaveri
Compliance issues: Health, Disease Prevention, Research, Science

CULTURE CRASH: A TOUGH MONTH FOR THE NFL AHEAD OF THE SUPER BOWL

Time: 24:25

Duration: 2:02

Synopsis: Ahead of the year's biggest game, we discuss the state of the NFL following the serious injury suffered by Bills player Damar Hamlin.

Host & Producer: Evan Rook

Compliance issues: Sports, Culture

Program 23-05

Air Week: 1/29/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FOR THE LOVE OF CROSSWORDS

Time: 1:47

Duration: 7:34

Synopsis: The first crossword was published in 1913 by journalist Arthur Wynne. Since then, the timeless puzzle has stayed in style and graces newspapers from the New York Times to USA Today. Self-acclaimed lovers of crosswords are known as 'cruciverbalists' and compete online as well as create these puzzles for publishing. We speak with crossword expert Adrienne Raphael to find out more about this beloved word game.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Adrienne Raphael, author, Thinking Inside the Box.

Compliance issues: History, Hobby, Language, Literature, Education

Links for more info:

Crossword Puzzles Online -- Play Daily for Free | Arkadium
USA Today: Crossword Puzzles

The New York Times Crossword

SEGMENT 2: BANNED BOOKS: TWO SIDES TO THE STORY

Time: 11:23

Duration: 11:37

Synopsis: Books have been taken off shelves since the colonial period, but, in recent years, more books than ever have been deemed unsuitable for young readers. We discuss the controversy by highlighting two differing perspectives on the debate.

Host: Mary Peterson

Producer: Grace Galante

Guests: Jonathon Friedman, director, free expression & education programs, Pen America; Tia Bess, volunteer, Moms for Liberty

Compliance issues: Education, Free Expression, Public Policy, Literature, Government

Links for more info:

ALA.org: Banned & Challenged Books

CBS News: The 50 most banned books in America

twitter @joinfreedom

Moms For Liberty

CULTURE CRASH: HOW CHATGPT IS CHANGING THE ARTS SCENE

Time: 24:00

Duration: 2:27

Synopsis: We discuss how new AI technology platforms like DALL-E and ChatGPT are making waves in the creative landscape.

Host & Producer: Evan Rook

Compliance issues: Culture, Arts

Program 23-06**Air Week:** 2/5/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE MANY CAUSES OF SUPPLY CHAIN & INFLATION WOES****Time:** 1:50**Duration:** 7:22

Synopsis: Economic uncertainty is on the minds of millions of Americans. Part of this uncertainty stems from continuing inflation and instability plaguing global markets. We speak with longtime economist and banker, James Rickards about the factors feeding into these rising costs and supply chain woes.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** James Rickards, economist, former Wall Street banker, author, *Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy***Compliance issues:** Inflation, Personal Finance, Supply Chain Management, Global Train, U.S. Economy**Links for more info:**

Amazon: *Sold Out: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy*
Twitter: @JamesGRickards

SEGMENT 2: A CHANGING PALATE ACROSS PERIODS OF ECONOMIC UNCERTAINTY**Time:** 11:14**Duration:** 10:37

Synopsis: Higher prices at the grocery store – from eggs to meat to specialty items – dictate what many Americans buy and cook throughout the week. While it can be difficult to pull back on the items we like, this shift in diet is nothing new. Across history – war, famine, and economic instability has affected what Americans choose to spend their money on. Even today, the current economic uncertainty has shifted recipes and food trends. This week, we rewind back to the Great Depression, which forced millions of Americans to find new recipes and get creative with the limited number of ingredients they could afford.

Host: Mary Peterson**Producer:** Amirah Zaveri**Guests:** Jane Ziegelman, food historian, author, *A Square Meal: A Culinary History of the Great Depression*.**Compliance issues:** American History, Nutrition, Poverty, Food History, Culture, American Diet, Economy**Links for more info:**

Amazon: *97 Orchard: An Edible History of Five Immigrant Families in One New York Tenement*
Culinary Historians: "A Square Meal: A Culinary History of the Great Depression"

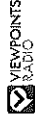
VIEWPOINTS EXPLAINED: STRIVING FOR A POLICE FORCE THAT BETTER REPRESENTS SOCIETY**Time:** 22:51**Duration:** 1:37

Synopsis: Just 12 percent of police officers are women and only 3 percent are in leadership positions. We cover one initiative that's dead set on getting more women into this sector."

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Law Enforcement, Gender Equality, Police Reform**CULTURE CRASH: GETTING BACK IN THE GAME****Time:** 24:28**Duration:** 1:56

Synopsis: Some of our favorite throwback bands are back together in 2023. From Blink 182 to Fall Out Boy, big names are putting out new music after years away from the limelight.

Host & Producer: Evan Rook**Compliance issues:** Music, Culture



Program 23-07

Air Week: 2/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: FORGING OPPORTUNITY: THE EARLY WOMEN OF THE WEST

Time: 1:47

Duration: 9:07

Synopsis: The Wild, Wild West: cowboys, shootouts, open prairies & gold mines galore. While this is a common stereotype surrounding the colonial West, there's much more about this region and period than meets the eye. For thousands of women, living out West meant greater independence, and an opportunity to start anew. Historian and author Winifred Gallagher joins us to share how the women of the Old West paved the way for women across the U.S.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Winifred Gallagher, historian, author, New Women in the Old West.

Compliance issues: Society, Women's Rights, American Expansion, Politics, Gendered Norms, Culture, Gender Equality, History, Sexism

Links for more info:

Penguin Random House: New Women in the Old West

SEGMENT 2: A DISTINGUISHING FRAMEWORK

Time: 12:57

Duration: 9:11

Synopsis: Last month, the Federal Aviation Administration grounded all departing flights across the U.S., leading to thousands of delayed flights and major headaches for travelers. In short, this outage was caused by a widespread system failure of the air traffic control system. Without it, pilots are essentially flying dark with no news of ground conditions, weather updates, etc. In the days and weeks following, this incident has raised many questions about the aging software and systems that we heavily rely upon. We speak with two aviation experts about this recent fiasco and what it means for all technology-reliant industries.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Laurie Garrow, professor, co-director of the Center for Urban and Regional Air Mobility at the Georgia Institute of Technology, Michael McCormick, assistant professor, air traffic management, Embry-Riddle Aeronautical University.

Compliance issues: Software Engineering, Industry Regulation, Consumer Protection, Information Technology, Travel, Government

Links for more info:

Federal Aviation Administration: FAA NOTAM Statement

Reuters: U.S. FAA adopts new safeguards after computer outage halted flights

USA Today: Southwest Airlines executive to testify before Senate panel following flight cancellation 'meltdown'

VIEWPOINTS EXPLAINED: BRADY BOWS OUT

Time: 23:08

Duration: 1:08

Synopsis: Longtime NFL quarterback Tom Brady is leaving the game for good. We cover why this prominent athlete has decided to step back again after coming out of retirement only a year back.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Sports, Aging, Culture, Retirement, Health

CULTURE CRASH: ACADEMY AWARD NODS

Time: 24:16

Duration: 2:11

Synopsis: The Oscars are right around the corner. Here are some of our faves that've received an Oscar nod.

Host & Producer: Evan Rook

Compliance issues: Film, Culture

Program 23-08

Air Week: 2/19/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: IN AWE: A RENEWED LENS ON LIFE

Time: 1:47

Duration: 9:24

Synopsis: It can be hard to explain what it's like to feel in awe. For me, I can remember feeling this way after reaching the top of a mountain after an hours-long climb and looking onto the vast horizon, or after watching the film Inception in theaters for the first time and being blown away by the soundtrack. We speak with renowned social psychologist Dacher Keltner about awe and what experiences elicit this emotion.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Dacher Keltner, professor, psychology, University of California-Berkeley, author, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life.

Compliance issues: Science, Creativity, Psychology, Mental Health, Emotional Well-being

Links for more info:

Amazon: Awe: The New Science of Everyday Wonder and How It Can Transform Your Life Hardcover
 University of California-Berkeley Psychology: Dacher Keltner
 New York Times: An 'Awe Walk' Might Do Wonders for Your Well-Being

SEGMENT 2: THE UNSEEN FACES OF HOMELESSNESS

Time: 13:13

Duration: 9:05

Synopsis: At the beginning of 2020, there were about 580,000 Americans homeless on a given night, according to the National Alliance to End Homelessness. Fast forward almost three years and this number has stayed about the same. With basic living prices and rent still high, we share the many faces of homelessness and one inspiring story about resilience in the face of several challenges.

Host: Mary Peterson

Producer: Amirah Zaveri

Guests: Nikita Stewart, reporter, The New York Times, author, Troop 6000: The Girl Scout Troop That Began in a Shelter and Inspired the World.

Compliance issues: Public Resources, Homelessness, Wage Inequity, Child Development, Poverty, Public Housing

Links for more info:

National Alliance To End Homelessness: State of Homelessness: 2022 Edition
 U.S. Department of Housing and Urban Development: Rental Assistance

VIEWPOINTS EXPLAINED: TIME FOR TAXES

Time: 23:18

Duration: 1:12

Synopsis: The most dreaded time of year is soon upon us: tax season. We talk about tax help resources and what to expect once you file.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Accounting, Government

CULTURE CRASH: A NEW MURDER MYSTERY

Time: 24:30

Duration: 1:57

Synopsis: We talk about the new murder mystery TV show, "Poker Face" that's now streaming on Peacock.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Program 23-09

Air Week: 2/26/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: LOOKING UP: THE PATH TO FINANCIAL WEALTH

Time: 1:47

Duration: 8:12

Synopsis: For Scarlett Cochran, money management wasn't a topic of conversation growing up. Her parents never went to college and money was always a touchy subject for her family. It wasn't until she was in her early twenties and struggling with money that she realized the importance of budgeting and accruing savings. We sit down and speak with Cochran to learn about her inspiring journey and path to financial wealth.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Scarlett Cochran, attorney, financial expert, author, it's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve.

Compliance issues: Personal Finance, Poverty, Personal Wealth, Personal Development, Parenthood

Links for more info:

Penguin Random House: It's Not About the Money: A Proven Path to Building Wealth and Living the Rich Life You Deserve.

Instagram: @onebighappylife

SEGMENT 2: GREEN BURIALS

Time: 12:01

Duration: 9:10

Synopsis: Have you thought about end-of-life planning? Would you like to be buried or cremated – or possibly have a green burial? While death may be a topic that's shied away from, it's something that each one of us eventually confronts head on. This week – We talk about the importance of being involved in the death process of loved ones and learning about what burial options are available when that time comes.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Hayley Campbell, journalist, author, All the Living and the Dead; Cassie Barrett, Director, Cemetery Operations, Carolina Memorial Sanctuary.

Compliance issues: Environment, Climate Change, Health, Culture, End-of-life Planning, Death

Links for more info:

All the Living and the Dead

CarolinaMemorialSanctuary.org

VIEWPOINTS EXPLAINED: A FAULTY DESIGN

Time: 22:11

Duration: 2:05

Synopsis: The massive earthquake earlier this month in the Middle East is nearing 50,000 lives lost. It's been discovered that more than 75,000 buildings within the earthquake zone in Turkey were improperly constructed and did not meet earthquake resistant regulations.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Natural Disaster, Public Safety, Government, Corruption

CULTURE CRASH: A RETURN TO PARAMORE

Time: 24:16

Duration: 2:11

Synopsis: We discuss Paramore's latest album release after a long hiatus.

Host & Producer: Evan Rook

Compliance issues: Culture, Music



Program 23-10

Air Week: 3/5/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: A NEW VIEWPOINT: SPEAKING WITH ACCLAIMED PASTRY CHEF JOANNE CHANG

Time: 1:47

Duration: 8:32

Synopsis: A young Joanne Chang envisioned a prominent career in business. She graduated from Harvard University with a degree in applied mathematics and economics and went into consulting in her twenties. Despite career success, she decided to switch gears and become a chef. We sit down with Chang to hear about her culinary career journey and the advice she has for others who may be in a similar boat.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Joanne Chang, pastry chef, owner, Flour Bakery, Myers + Chang.

Compliance issues: Entrepreneurship, Business, Cooking Science, Career, Creative Arts, Personal Development, Relationships

Links for more info:

BostonChefs.com: Joanne Chang

Instagram – @joannebchang

Twitter – @jochang

SEGMENT 2: ONLINE SPORTS BETTING: A LUCRATIVE NEW INDUSTRY OR A GATEWAY TO GAMBLING ADDICTION?

Time: 12:19

Duration: 9:11

Synopsis: Online sports betting is a multi-billion-dollar industry and is only increasing in size year over year. We cover this burgeoning sector, the lack of overhead regulation in the U.S. and the risks this pervasive form of gambling has on a younger population.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Dr. Lia Nower, professor, School of Social Work, Rutgers University, director, Center for Gambling Studies, Rutgers University; Dr. Timothy Fong, clinical professor, psychiatry, University of California-Los Angeles, co-director, UCLA Gambling Studies Program.

Compliance issues: Public Health, Youth Development, Social Media, Psychology, Entertainment

Regulation, Parenting, Gambling Addiction, Technology, Mental Health

Links for more info:

Mayo Clinic: Compulsive Gambling

GamTalk.org

National Problem Gambling

National Problem Gambling Helpline: 1-800-522-4700

VIEWPOINTS EXPLAINED: A BETTER-BALANCED MEAL

Time: 22:30

Duration: 1:43

Synopsis: We cover the ongoing push to improve inmates' meals in prison systems across the country.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Incarceration, Criminal Justice, Diet, Nutrition

CULTURE CRASH: HOW WE FEEL ABOUT "YOU" SEASON 3

Time: 24:12

Duration: 2:15

Synopsis: "You" is so good at providing the audience with the unexpected, and it does it largely by completely changing the characters' setting and circumstances every season.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Program 23-11

Air Week: 3/12/2023

Executive Producer: Amirah Zaveri

Production Manager: Jason Dickey

SEGMENT 1: REAL SELF-CARE IS SETTING BOUNDARIES

Time: 1:47

Duration: 7:37

Synopsis: Acclaimed therapist and social worker Nedra Glover Tawwab joins us this week to talk about boundaries. We often don't think about our own boundaries and the boundaries we need in our relationships – whether it be with friends, colleagues, family, or romantic relationships. Tawwab breaks down how to set these boundaries and approach difficult conversations.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Nedra Glover Tawwab, licensed therapist, social worker, relationship expert, author, Drama Free: A Guide to Managing Unhealthy Family Relationships.

Compliance issues: Psychology, Communication, Mental Health, Self-care, Emotional Development, Relationships

Links for more info:

Amazon: Drama Free: A Guide to Managing Unhealthy Family Relationships

Instagram: @nedratawwab

Psychology Today

Positive Psychology: How to Set Healthy Boundaries & Build Positive Relationships

SEGMENT 2: ANIMAL CONTROL AND RESCUE

Time: 11:26

Duration: 9:31

Synopsis: More than six million companion animals enter U.S. shelters each year, and a little over four million are adopted. Sadly, shelters still rely on euthanizing when facilities are overcrowded, and an animal has been there for a while. Author Laurie Zaleski has made it her life's work to rescue hundreds of these unwanted pets and care for them on her farm. We speak with Zaleski as well Dr. Joshua Fisher, an animal expert, about the importance of caring for these animals and heading to shelters to adopt instead of a pet store or breeder.

Host: Marty Peterson

Producer: Amirah Zaveri

Guests: Laurie Zaleski, author, Funny Farm: My Unexpected Life with 600 Rescue Animals; Dr. Joshua Fisher, Director of Animal Services, Charlotte, Mecklenburg County, North Carolina.

Compliance issues: Pet Ownership, Pet Adoption, Animal Welfare, Conscious Gifting, Veterinary Care, Companionship

Links for more info:

Funny Farm Rescue

ASPCA: How to Avoid Cruelty

Amazon: Funny Farm: My Unexpected Life with 600 Rescue Animals

VIEWPOINTS EXPLAINED: THE STATE OF STUDENT LOAN CANCELLATIONS

Duration: 2:11

Synopsis: We discuss the future of the student loan cancellation program that was heavily touted by the Biden administration last year.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Debt, Politics, Government, Higher Education

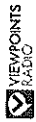
CULTURE CRASH: THE RELEASE OF CREED III

Time: 24:08

Duration: 2:20
Synopsis: That's right – Creed III is the newest installment in the boxing drama. We cover whether this early 2023 blockbuster is worth the watch.

Host & Producer: Evan Rook

Compliance issues: Culture, History, Film



Program 23-12

Air Week: 3/19/2023
Executive Producer: Amirah Zaveri
Production Manager: Jason Dickey

SEGMENT 1: FOOD'S CONNECTION TO OUR MENTAL HEALTH

Time: 1:47

Duration: 10:47

Synopsis: You're probably familiar with the saying: 'You are what you eat.' It's no secret that the foods we consume directly correlate to how we feel, look and more. But there's more to food than just providing us with energy and nourishment. A lack of certain nutrients can exacerbate depression, anxiety, and other mental health disorders. We speak with food expert and author, Mary Beth Albright about food's intimate connection to how we feel.

Host: Gary Price

Producer: Amirah Zaveri

Guests: Mary Beth Albright, food systems & policy expert, food correspondent, The Washington Post, author, Eat & Flourish: How Food Supports Emotional Well-Being.

Compliance issues: Diet, Education, Culture, Food Policy, Mental Health, Food Systems, Health, Nutrition

Links for more info:

The Washington Post – Mary Beth Albright
twitter @MaryBeth
Eat & Flourish: How Food Supports Emotional Well-Being

SEGMENT 2: WHAT LED TO THE LARGEST HIGHER EDUCATION STRIKE IN U.S. HISTORY?

Time: 14:37

Duration: 7:21

Synopsis: Late last year, more than 48,000 graduate students, researchers and teaching assistants unionized and went on strike against the University of California system, encompassing nine college campuses. Across the state, schools like Berkeley, UCLA and University of California-San Diego to name a few came to a standstill as thousands demanded higher pay, better healthcare and other improved benefits. We speak with master's student, Kelsey Wardlaw (who went on strike) about her experience and why unionizing felt like the right path forward.

Host: Mary Peterson

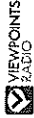
Producer: Amirah Zaveri

Guests: Kelsey Wardlaw, masters candidate, Latin American Studies, University of California-San Diego.

Compliance issues: Inflation, Higher Education, Labor Rights, Inequality, Workers' Rights, Poverty, Living

Costs

Links for more info:
Cal Matters: Six takeaways for Californians after the UC graduate student worker strike
Office of Labor-Management Standards: Union Resources



VIEWPOINTS EXPLAINED: ELI LILLY'S COMMITMENT ON INSULIN

Time: 22:58

Duration: 1:24

Synopsis: Pharmaceutical giant, Eli Lilly, has decided to cap their monthly insulin costs at \$35/month. For millions who rely on insulin to treat Type 1 Diabetes, this high price tag was something they've long been fighting to change.

Host: Ebony McMorris

Producer: Amirah Zaveri

Compliance issues: Personal Finance, Drug Policy, Healthcare Policy, Public Health

CULTURE CRASH: THE POPULARITY OF THE NETFLIX SERIES, "WEDNESDAY"

Time: 24:22

Duration: 2:05

Synopsis: We discuss why "The Addams Family" spinoff, "Wednesday" is faring so well with younger audiences.

Host & Producer: Evan Rook

Compliance issues: TV, Culture

Program 23-13**Air Week:** 3/26/2023**Executive Producer:** Amirah Zaveri**Production Manager:** Jason Dickey**SEGMENT 1: THE UNTOLD STORY OF EDITH WILSON****Time:** 1:47**Duration:** 10:18

Synopsis: Women's History Month is a time to look back and honor the women of the past who've made a difference. One of these stories is that of Edith Wilson. On paper, she's known as Woodrow Wilson's second wife and first lady, but her story is much more fascinating than what meets the eye. Author Rebecca Roberts joins us to share the story of this fierce and independent woman.

Host: Gary Price**Producer:** Amirah Zaveri**Guests:** Rebecca Roberts, author, *Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson*.**Compliance issues:** Women's History, Entrepreneurship, Women's Rights, American History, Politics**Links for more info:**

Untold Power: The Fascinating Rise and Complex Legacy of First Lady Edith Wilson

Edith Bolling Galt Wilson | The White House

Biography of first lady Edith Wilson examines the complexities of women and power

SEGMENT 2: A WITHHOLDING OF PUBLIC INFORMATION**Time:** 14:07**Duration:** 7:02

Synopsis: Did you know that our federal government classifies more than 50 million pieces of documents each year? Why are so many documents marked as classified? And why is there such a long lag time for them to be unsealed? We uncover this outdated process and focus on one new method that's aiming to make this process more efficient and speedier.

Host: Mary Peterson**Producer:** Amirah Zaveri**Guests:** Matthew Connelly, professor, International and Global History, Columbia University, principal investigator, History Lab, author, *The Declassification Engine: What History Reveals About America's Top Secrets*.**Links for more info:**

Columbia University: Matthew Connelly

Twitter: @mattpast

Amazon: The Declassification Engine: What History Reveals About America's Top Secrets

VIEWPOINTS EXPLAINED: A NEW CLEAN WATER INITIATIVE**Time:** 22:10**Duration:** 2:00

Synopsis: The Environmental Protection Agency recently announced a new initiative aimed at removing some of the most toxic forever chemicals from Americans' water supply

Host: Ebony McMorris**Producer:** Amirah Zaveri**Compliance issues:** Public Health, Government, Natural Resources**CULTURE CRASH: BACK TO THE THEATRE****Time:** 24:10**Duration:** 2:14

Synopsis: The box office is on a hot streak. We highlight some of our favorites so far this year.
Host & Producer: Evan Rook

Compliance issues: Film Industry, Local Business, Culture