

# FOREVER MEDIA QUARTERLY ISSUES/ PROGRAMS LIST

Below is a list of some of the significant issues responded to by Station [WOGG], [Oliver], [PA], along with the most significant programming treatment of the issues for the period [1-1-23] to [3-31-23]. 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
<b>It's About the Warrior Foundati on</b>	WOGG	1/9/23	3pm	3:00	<b>Talk to Steve Monteleone from IATW about their events to benefit local veterans.</b>
View Points	WOGG	1/1/23	6am	24:22	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
Calcutta VFD	WOGG	2/6/23	4:10 pm	3:00	<b>Talked with Randy Schneider from the Calcutta Volunteer Fire Department about how they have been helping the East Palestine area after the train derailment.</b>
Viewpoints	WOGG	1/8/23	6am	23:55	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

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Viewpoints	WOGG	1/15/23	6am	23:25	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
Viewpoints	WOGG	1/22/23	6am	21:33	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.
Viewpoints	WOGG	1/29/23	6am	24:15	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 Raphel to find out more about this beloved word game.
Viewpoints	WOGG	2/5/23	6am	20:15	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.
Viewpoints	WOGG	2/12/23	6am	24:16	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.

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					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.
Viewpoints	WOGG	2/19/23	6am	22:30	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.
Viewpoints	WOGG	2/26/23	6am	24:45	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.
Gordon Brothers Water	WOGG	2/17/23	6pm	3:00	Discussed how Gordon Brothers Water is offering to provide clean drinking water to the residents of East Palestine after the train derailment.
Viewpoints	WOGG	3/5/22	6am	22:20	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

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					advice she has for others who may be in a similar boat.
Viewpoints	WOGG	3/12/23	6am	21:35	Synopsis: Acclaimed therapist and social worker Nedra Glover Tawaab 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. Tawaab breaks down how to set these boundaries and approach difficult conversations.
It's About the Warrior Foundation	WOGG	3/15/23	4pm	3:00	Discussed with Steve Monteleone how foundation is helping local veterans.
Viewpoints	WOGG	3/19/23	6am	22:30	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.

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Viewpoints	WOGG	3/26/23	6am	22:30	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.
Calcutta VFD	WOGG	3/22/23	4pm	3:00	Discuss with the Calcutta Volunteer Fire Department how their fish fry benefits their department and the community.
Monaca VFD	WOGG	3/23/23	4pm	3:00	Discuss with the Monaca Volunteer Fire Department how their fish fry benefits their department and the community.

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