

**FOUR QUARTER 2024 (OCTOBER - NOVEMBER - DECEMBER) PUBLIC AFFAIRS & COMMUNITY PROGRAMMING FOR
KRVI-FM MOUNT VERNON, MO**

10/1/2023 - 6:00 A.M. VIEWPOINTS

SEGMENT 1:	'35 PERCENT OF ALL FOOD ENDS UP IN THE TRASH': WHY IS FOOD WASTE STILL SO HIGH?	Date	Segment 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.	10/1/2023	6:14
Host:	Gary Price		
Guests:	Sarah Soteroff, North American spokesperson, Too Good To Go		
Compliance issues covered:	Business, Environment, Food Inequity, Food Production, Food Scarcity, Food Waste, Technology		
Links for more info:	Food Waste in America Feeding America Stopping Food Waste Before It Starts Is Key to Reaching Climate Goals Civil Eats Food Waste and its Links to Greenhouse Gases and Climate Change USDA Too Good To Go (@TooGoodToGo) / X		

SEGMENT 2: '2/3 OF STUDENTS ARE TESTING BELOW PROFICIENCY IN READING': WHY ARE LITERACY RATES SO LOW? Date Segment Duration

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.	10/1/2023	10:31
Host:	Marty Peterson		
Guests:	Natalie Wexler, education expert, author, The Knowledge Gap: The Hidden Cause of America's Broken Education System - And How to Fix It		
Compliance issues covered:	Child Development, Education, Education Policy, Literacy, Parenting, Reading Comprehension		
Links for more info:	9 Things Science Tells Us About How Kids Learn to Read and Think Critically – The 74 Why Content Knowledge is Crucial to Effective Critical Thinking KQED Podcast – Knowledge Matters Campaign The Knowledge Gap: The Hidden Cause of America's Broken Education System-and How to Fix it: Wexler, Natalie Natalie Wexler (@natwexler) / X		

10/8/2023 - 6:00 A.M. VIEWPOINTS

SEGMENT 1:	A FAMILY FOREVER CHANGED: RACHEL'S STRUGGLE WITH SCHIZOPHRENIA	Date	Segment Duration
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.	10/8/2023	7:00
Host:	Gary Price		
Guests:	Deborah Kasdan, writer, author, Roll Back the World: A Sister's Memoir		
Compliance issues covered:	Arts, Communication, Government, History, Mental Health, Mental Health Treatment, Mental Illness, Nonprofit Organizations, Psychology, Public Health, Rehabilitation		

Links for more info:

- [National Alliance on Mental Illness](#)
- [FindTreatment.gov](#)
- [What is Mental Health? | SAMHSA](#)
- [Zocdoc](#)
- [Find a Therapist, Psychologist, Counselor - Psychology Today](#)
- [Roll Back the World: A Sister's Memoir by Deborah Kasdan, Paperback | Barnes & Noble®](#)
- [Deborah Kasdan \(@debkasdan\) / X](#)
- [Instagram: @debkasdan](#)
- [DeborahKasdan.com](#)

SEGMENT 2:	30 YEARS OF THE MOTOR VOTER LAW: WHY THIS ACT HAS TRAPPED COUNTLESS IMMIGRANTS	Date	Segment Duration
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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.	10/8/2023	10:49
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Host:	Marty Peterson
Guests:	Richard Hanus, immigration attorney, The Law Offices of Richard Hanus; Elizabeth Keathley, immigrant
Compliance issues covered:	Government, Immigration, Law, Legal Issues, Voter Eligibility, Voting Rights

Links for more info:

- [The Law Offices of Richard Hanus](#)
- [The National Voter Registration Act Of 1993 \(NVRA\)](#)
- [As noncitizens cast ballots, 'Motor Voter' law needs reform](#)
- [Some Noncitizens Do Wind Up Registered To Vote. But Usually Not On Purpose](#)

10/15/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	BREAKING DOWN THE HIDDEN MISCONCEPTIONS OF TWO CLASSIC HALLOWEEN ICONS	Date	Segment Duration
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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.	10/15/2023	8:33
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Host:	Gary Price
Guests:	Nancy Troyano, entomologist, director of technical education & training, Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist, author of the book, The Secret Lives of Bats: My Adventure with the World's Most Misunderstood Mammals

Compliance issues covered: Animal Science, Disease, Education, Environment, History, Psychology, Science

Links for more info:

- [National Park Service: Bat Myths](#)
- [Merlin Tuttle's Bat Conservation](#)
- [NBC News: 5 Spooky Spider Myths Busted](#)
- [Nancy Troyano, PhD, BCE | Rentokil](#)

SEGMENT 2:	THE STORY BEHIND THE FREE SPEECH ORGANIZATION ADVERTISING EVERYWHERE	Date	Segment Duration
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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. 10/15/2023 8:48

Host: Marty Peterson

Guests: Nico Perrino, executive vice president, FIRE; Steve Macek, professor, communication & media studies, North Central College

Compliance issues covered: Finance, Free Speech, Freedom, Government, Higher Education, History, Nonprofit Organizations, Partisan Issues, Political Fundraising, Political Organizations, Politics, Presidential Election

Links for more info: [Mission | The Foundation for Individual Rights and Expression](#)
[FIRE \(@TheFIREorg\) / X](#)
[Steve Macek | North Central College](#)
[What Does Free Speech Mean? | United States Courts](#)

10/22/2023 - 6:00 A.M.	VIEWPOINTS		
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SEGMENT 1:	A MOUNTING LONELINESS EPIDEMIC: WHERE HAVE OUR COMMUNITIES GONE?	Date	Segment Duration
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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. 10/22/2023 9:12

Host: Gary Price

Guests: Seth D. Kaplan, lecturer, Johns Hopkins University, senior advisor, Institute for Integrated Transitions, author, Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time

Compliance issues covered: Communication, Health, Local Government, Mental Health, Public Health, Senior Care, Technology, Volunteerism, Wellbeing

Links for more info: [New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States | HHS.gov](#)
[Seth D Kaplan](#)
[Fragile Neighborhoods: Repairing American Society, One Zip Code at a Time: Kaplan, Seth D.](#)
[Seth Kaplan | Carnegie Council for Ethics in International Affairs](#)
[Institute for Integrated Transitions](#)
[Opinion | We Know the Cure for Loneliness. So Why Do We Suffer? - The New York Times](#)

SEGMENT 2:	HOW DO YOU DEAL WITH LOSS? SPEAKING WITH TWO PEOPLE WHO'VE LOST SPOUSES	Date	Segment Duration
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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. 10/22/2023 8:13

Host: Marty Peterson

Guests: Megan Devine, psychotherapist; Michael Korda, former editor-in-chief, Simon & Schuster, author, Passing: A Memoir of Love and Death

Compliance issues covered: Communication, Grief, Marriage, Mental Health, Psychology, Relationships, Society

Links for more info: [Grief: Coping with the loss of your loved one](#)
[Seeking Help and Support for Grief and Loss | American Cancer Society](#)
[9 Things You Should Never Say to Someone Grieving—And What to Say Instead](#)

[Refuge in Grief](#)

[Passing: A Memoir of Love and Death: Korda, Michael: Amazon.com: Books](#)

10/29/2023 - 6:00 A.M.	VIEWPOINTS		
SEGMENT 1:	\$13,000 PER TODDLER FOR ANNUAL CHILDCARE: WHY AMERICA IS FAILING ITS PARENTS	Date	Segment 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.	10/29/20213	9:24
Host:	Gary Price		
Guests:	Patricia Cole, Senior Director of Federal Policy, Zero to Three; Christina Kuhn, mother		
Compliance issues covered:	Child Development, Childcare, Government Assistance, Mental Health, Parenting, Personal Finance, Politics		
Links for more info:	Patricia A. Cole ZERO TO THREE New Childcare Data Shows Prices Are Untenable for Families U.S. Department of Labor Blog Increasing Federal Investment in Children's Early Care and Education to Raise Quality, Access, and Affordability - The Hamilton Project Patricia Cole (@PattyCole123) / X		

SEGMENT 2:	HALLOWEEN 2023: WHY DO WE LOVE TO BE SCARED?	Date	Segment Duration
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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.	10/29/20213	7:31
Host:	Marty Peterson		
Guests:	Ben Armstrong, co-owner, Netherworld Haunted House, president, America Haunts; Dr. Janina Scarlet, clinical psychologist		
Compliance issues covered:	American Traditions, Annual Holidays, Consumerism, Culture, Entertainment, Psychology, Society		
Links for more info:	HauntWorld Psychological Services – Superhero Therapy Why We Love to Scare Ourselves on Halloween (and the Rest of the Year, Too) Friday the 13th: Why horror movies scare you or not		

11/5/2023 - 6:00 A.M.	VIEWPOINTS	
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SEGMENT 1:	TOSSING & TURNING EACH NIGHT? HOW YOU MAY BE SABOTAGING YOUR SLEEP	Date	Segment Duration
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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. Host: Gary Price	11/5/2023	7:16
Host:	Gary Price		
Guests:	Dr. Aric Prather, psychologist, director, Behavioral Sleep Medicine Research Program, University of California, San Francisco		
Compliance issues covered:	Health, Medicine, Mental Health, Physical Disorders, Psychology, Science, Scientific Research		

Links for more info: [Insomnia treatment: Cognitive behavioral therapy instead of sleeping pills - Mayo Clinic](#)
[What Happens When You Don't Get Enough Sleep? – Cleveland Clinic](#)
[How seasonal affective disorder disrupts sleep](#)

SEGMENT 2:	ARE WE ALONE IN THE UNIVERSE? U-F-O'S, U-A-P'S, AND ALIENS EXPLAINED	Date	Segment 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.	11/5/2023	10:31
Host:	Marty Peterson		
Guests:	Paula Bontempi, dean, Graduate School, Oceanography, University of Rhode Island; Nathalie Cabrol, chief scientist, Carl Sagan Center for Research at the SETI Institute		
Compliance issues covered:	Astronomy, Astrophysics, Communication, Conspiracy Theories, Government, Scientific Research, Solar System, Space		
Links for more info:	Carl Sagan Center for Research Paula S. Bontempi - Graduate School of Oceanography Nathalie Cabrol UFOs and UAPs National Archives WATCH: NASA report says more science and less stigma are needed to understand UFO sightings PBS NewsHour		

11/12/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	THE GROWING RISK OF WILDFIRES FROM COAST TO COAST: ARE YOU PREPARED?	Date	Segment Duration
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.	11/12/2023	8:42
Host:	Gary Price		
Guests:	Lane Windham, labor historian, Georgetown University; Kate Bronfenbrenner, senior lecturer, director, Labor Education Research, Cornell University		
Compliance issues covered:	Auto Industry, Labor Issues, Labor Movement, Manufacturing, Technology, Wage Inequity		
Links for more info:	The UAW strike might be over, but will consumers feel it later? Fox Business Toyota raises factory worker wages after UAW strike settlements Lane Windham Gender Justice Initiative Lane Windham (@LaneWindham) / X Kate Bronfenbrenner (@KBronfenbrenner) / X Kate Bronfenbrenner The ILR School Cornell University		

SEGMENT 2:	DO YOU FEEL SAD? US TOO	Date	Segment Duration
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.	11/12/2023	8:34
Host:	Marty Peterson		
Guests:	Carrie Ditzel, clinical psychologist, Baker Street Behavioral Health		

Compliance issues covered: Climate, Health, Lifestyle, Mental Health, Psychology, Sleep Disorders, Technology
Links for more info: [Seasonal Depression \(Seasonal Affective Disorder\)](#)
[Seasonal affective disorder treatment: Choosing a light box - Mayo Clinic](#)
[9 Self-Care Tips for Seasonal Affective Disorder | Psych Central](#)
[The Role of Diet, Eating Behavior, and Nutrition Intervention in Seasonal Affective Disorder: A Systematic Review - PMC](#)

11/19/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	STRUGGLING TO GET INTO RUNNING? WHY THIS CHANGE COULD MAKE ALL THE DIFFERENCE	Date	Segment 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.	11/19/2023	8:26
Host:	Gary Price		
Guests:	Beth McHugh, runner, member, 261 New England Run Club; Billy Heatherly, runner, member, Fleet Feet Club, Asheville, North Carolina		
Compliance issues covered:	Community, Entertainment, Exercise, Health, Mental Health, Public Safety, Recreation, Relationships		
Links for more info:	Saturday Morning Run! - Fleet Feet Asheville Running club in New England, USA: 261 Fearless Clubs and running meetings for women.: 261 Fearless Road Runners Club of America		

SEGMENT 2:	THE ROSETTA STONE: WHY WE CARE SO MUCH ABOUT A 2,000-YEAR-OLD SLAB OF ROCK	Date	Segment Duration
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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.	11/19/2023	8:55
Host:	Marty Peterson		
Guests:	Edward Dolnick, writer, author, The Writing of the Gods: The Race to Decode the Rosetta Stone		
Compliance issues covered:	Ancient Civilizations, Archaeology, Communication, Culture, History, Language, Religion		
Links for more info:	The Writing of the Gods: The Race to Decode the Rosetta Stone: Dolnick, Edward: Books Two Hundred Years Ago, the Rosetta Stone Unlocked the Secrets of Ancient Egypt		

11/26/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	IS YOUR PET THE HEALTHIEST THEY CAN BE?	Date	Segment Duration
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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.	11/26/2023	7:31
Host:	Gary Price		
Guests:	Dr. Carol Osborne, integrative veterinarian, owner, Chagrin Falls Veterinary Center & Pet Clinic		
Compliance issues covered:	Communication, Parenting, Pet Care, Pet Health, Relationships, Veterinary Health		
Links for more info:	Chagrin Falls Pet Clinic		

[Dr Carol Osborne DVM \(@carolonpets\) / X](#)
[Carol Osborne DVM \(@drcaroldvm\) • Instagram photos and videos](#)
[Holiday pet-health hazards and how to avoid them](#)
[Holiday Safety Tips | ASPCA](#)
[PAWS](#)

SEGMENT 2:	REVISITING LOST FLAVORS: A RETURN TO THE ROOTS OF AMERICAN CUISINE	Date	Segment 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.	11/26/2023	9:25
Host:	Marty Peterson		
Guests:	David Shields, food historian, professor, English Language and Literature, University of South Carolina; Adrian Miller, food writer, "Soul Food Scholar"		
Compliance issues covered:	Agriculture, American History, Diet, Farming, Food Culture, Food History, Food Production, History		
Links for more info:	soulfoodscholar - Adrian Miller David S. Shields - Department of English Language and Literature University of South Carolina 'Taste the State' reconnects South Carolinians with ancestors' ingredients, recipes - USC News & Events		

12/3/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	LOVE BOOKS? WE DO TOO: WHY THE PUBLISHING INDUSTRY IS AT A CROSSROADS	Date	Segment 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.	12/3/2023	7:41
Host:	Gary Price		
Guests:	Dan Sinykin, assistant professor, English, Emory University, author, Big Fiction: How Conglomeration Changed the Publishing Industry and American Literature		
Compliance issues covered:	Career, Creative Arts, Diversity, Literature, Publishing, Reading, Technology, Writing		
Links for more info:	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?	Date	Segment 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.	12/3/2023	11:29

Host: Marty Peterson
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
Compliance issues covered: Chronic Disease, Contraception, Family Planning, Health, Medicine, Research, Science
Links for more info: [M. Kristen Demoruelle, MD, PhD](#)
[Kristen Demoruelle | LinkedIn](#)
[Lisa Rose Sammaritano Professor of Clinical Medicine](#)

12/10/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	FORGET AMELIA EARHART: THE STORY OF THE FIRST AFRICAN AMERICAN FEMALE PILOT WHO SUCCEEDED AGAINST ALL ODDS	Date	Segment Duration
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.	12/10/2023	8:22
Host:	Gary Price		
Guests:	Tanya Hart, Flying Free Films, host & producer, Hollywood Live with Tanya Hart		
Compliance issues covered:	African American History, American History, Aviation, Career, Innovation, Racial Discrimination		
Links for more info:	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	Date	Segment Duration
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.	12/10/2023	8:55
Host:	Marty Peterson		
Guests:	M.J. Ryan, expert, change & human fulfillment, author, Habit Changers: 81 Game Changing Mantras to Mindfully Realize Your Goals		
Compliance issues covered:	Communication, Mental Health, Psychology, Relationships, Self-Development, Self-Fulfillment		
Links for more info:	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		

12/17/2023 - 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	40 PERCENT OF PEOPLE WILL GET CANCER IN THEIR LIFETIME: A FORMER OLYMPIAN'S STORY	Date	Segment 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.	12/17/2023	7:51

Host: Gary Price
Guests: Shannon Miller, former American gymnast, seven-time Olympic medalist, cancer advocate & ovarian cancer survivor
Compliance issues covered: Aging, Cancer, Career, Disease, Mental Health, Professional Athlete, Public Health, Research, Science
Links for more info: [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?	Date	Segment Duration
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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.	12/17/2023	9:58
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Host: Marty Peterson
Guests: Nick Tomboulides, executive director, nonprofit, U.S. Term Limits; Casey Burgat, Legislative Affairs Program Director, George Washington University
Compliance issues covered: Aging, Democracy, Elections, Government, Government Policy, Health, International Relations, Politics
Links for more info: [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](#)

12/24/2023- 6:03 A.M.	VIEWPOINTS		
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SEGMENT 1:	FED UP WITH THE CYCLE OF DRINKING? HOW TO BUILD HEALTHIER HABITS	Date	Segment Duration
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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.	12/24/2023	9:33
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Host: Gary Price
Guests: Annie Grace, author, This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life
Compliance issues covered: Addiction, Career, Drug Abuse, Health, Mental Health, Psychology, Relationships, Substance Abuse
Links for more info: [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	Date	Segment 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 Aquillino Gonell about the violence he witnessed that day and how this traumatic experience has shaped his life and perspective.	12/24/2023	8:04
Host:	Marty Peterson		
Guests:	Aquillino Gonell, former police sergeant, Capitol Hill Police, former U.S. Army sergeant, author, American Shield: The Immigrant Sergeant Who Defended Democracy		
Compliance issues covered:	American History, Government, History, Law Enforcement, PTSD, Politics, Trauma		
Links for more info:	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		

12/31/2023- 6:00 A.M.	VIEWPOINTS
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SEGMENT 1:	AN END TO THE 165 MILLION YEAR REIGN OF DINOSAURS	Date	Segment 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 this segment of Viewpoints.	12/31/2023	8:15
Host:	Gary Price		
Guests:	Michael Benton, professor, vertebrate paleontology, University of Bristol – England		
Compliance issues covered:	Climate Change, History, Paleontology, Research, Science, Animal Sciences, Mass Extinction		
Links for more info:	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	Date	Segment 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.	12/31/2023	9:04
Host:	Marty Peterson		
Guests:	Natasha Daniels, child therapist, author, The Grief Rock: A Book to Understand Grief and Love		
Compliance issues covered:	Child Development, Grief, Literature, Loss, Mental Health, Parenting, Psychology, Relationships		

Links for more info:

[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](#)

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