



CHICAGO'S CLASSIC ROCK

QUARTERLY LISTING OF COMMUNITY ISSUES AND PROGRAMS

WDRV-WWDV

WWDV is a simulcast of WDRV

WDRV is licensed to Chicago, IL

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Elizabeth A. Luptak

Public Affairs Manager

Section I. Issues

WDRV-WWDV have identified these significant issues facing our community in this quarter.

- A. Mental Health:** Experts discuss stress, PTSD and anxiety
- B. Non-Profits:** Organizations that support children in their time of need
- C. Economy:** Everything from monopolies, to inflation woes, to a path to financial wealth
- D. Psychology:** The psychology of dreams, emotions, and self-care
- E. Genetics:** Experts discuss genetic genealogy, cloning DNA, and gene editing
- F. Homelessness:** Organizations that help find housing, provide food, clothes & healthcare and shed light on this issue

Section II. Responsive Programs

WDRV-WWDV has broadcast programming dealing with each of the above referenced issues. Details about said programming is set out below.

A. Mental Health

1. **“Viewpoints”: How to Better Deal with Stress this Year**

01/15/23; 5:32 AM CT; 11:12 Minutes

A new year bring new stressors. 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. Guest: 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*.

2. **“Radio Health Journal”: Saving Our Heroes: Helping First Responders Heal Their PTSD**

01/22/23; 6:14 AM CT; 07:57 Minutes

PTSD wasn't an official diagnosis until 1980. Before then, Dr. Marilyn Wooley was told some people were simply a lost cause. Now, she helps first responders work through their trauma – proving that a PTSD diagnosis is not the end of their careers. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Marilyn Wooley, Police and Public Safety Psychologist, Author

3. **“Radio Health Journal”: How You Can Make Anxiety Your Best Friend**

01/29/23; 6:14 AM CT; 08:20 Minutes

Natalie Kohlhaas says anxiety has been getting a bad rap. As an anxiety expert, she says we need to recognize how feeling anxious is a good thing, and that fear is the emotion that's been holding us back. Kohlhaas explains the biological function of anxiety and how we can learn to love the feeling. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Natalie Kohlhaas, Licensed Professional Counselor, Author, Anxiety Specialist

B. Non-Profits

1. “Hubbard Helps”: Cardz for Kidz

01/29/23; 6:30 AM CT; 12:30 Minutes

Cardz for Kidz has been lifting spirits across the globe by delivering inspiring handmade cards. They provide support, smiles, and encouragement to children, families, seniors, and veterans in hospitals, schools, senior living, and rehabilitation centers. With us this morning to talk more about Cardz for Kidz is Ike Nwankwo, the organization’s President and Founder. Interviewee: Ike Nwankwo. Contact: Ike Nwankwo inwankwo@cardzforkidz.org

2. “Hubbard Helps”: Cradles to Crayons

03/12/23; 6:30 AM CT; 10:13 Minutes

1 in 3 children in Chicagoland are experiencing poverty, whether they are homeless or living in low-income households. Cradles to Crayons’ mission is to make every child in need feel special and equal while providing them with the tools they need to succeed at home and at school. Interviewee: Shoshana Buchholz Miller. Contact: Stephanie Held sheld@cradlestocrayons.org

3. “Hubbard Helps”: Children’s Advocacy Center

03/19/23; 6:30 AM CT; 10:21 Minutes

Children’s Advocacy Center of North and Northwest Cook County serves more than 1,000 children and their families each year with the caring support they need to move forward with their lives and heal from abuse. Child Abuse Prevention Month is in April, but CAC provides free, healing services to children who have experienced abuse, allowing them to process trauma and reclaim their childhoods all year-round. With us this morning to talk more about Children’s Advocacy Center of North and Northwest Cook County is Melanie Pignatti, the CEO, and Kasia Cawley, the Chief of Police for the Hoffman Estates Police Department. Interviewee: Melanie Pignotti and Kasia Cawley. Contact: Oliver Czuma oczuma@cachelps.org. Contact: Megan Younker myounker@cachelps.org

C. Economy

1. “Viewpoints”: The Fallout from Industry Monopolies

01/01/23; 5:32 AM CT; 10:27 Minutes

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. Guests: Diana Moss, president, American Antitrust Institute; Krista Brown, senior policy analyst, American Economic Liberty Project.

2. “Viewpoints”: The Many Causes of Supply Chain & Inflation Woes

02/05/23; 5:32 AM CT; 07:22 Minutes

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. Guest: James Rickards, economist, former Wall Street banker, author, *Sold Out*.

3. “Viewpoints”: The Path to Financial Wealth

02/26/23; 5:32 AM CT; 08:12 Minutes

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. Guest: 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*.

D. Psychology

1. “Radio Health Journal”: Ways You Can Increase Productivity Using Your Dreams

02/12/23; 6:14 AM CT; 08:47 Minutes

Whether it's a quick nap or a full eight hours, sleep is something none of us can escape. But can it be more than just a pause on life? Dr. Deirdre Barrett, a psychologist, explains how you can increase your productivity as you slumber. Host: Nancy Benson. Producer: Kristen Farrah. Guests: Dr. Deirdre Barrett, Lecturer on Psychology, Harvard University, Author, *The Committee of Sleep*

2. “Viewpoints”: In Awe: A Renewed Lens on Life

02/19/23; 6:30 AM CT; 09:24 Minutes

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 theatres 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. Guest: Dacher Keltner, professor, psychology, University of California-Berkeley

3. “Viewpoints”: Real Self-Care is Setting Boundaries

03/12/23; 5:44 AM CT; 07:37 Minutes

Acclaimed therapist & 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. Host: Gary Price. Guest: Nedra Glover Tawaab, licensed therapist, social worker, relationship expert, author, *Drama Free: A Guide to Managing Unhealthy Family Relationships*.

E. Genetics

1. “Radio Health Journal”: Genetic Genealogy: Identifying Both the Guilty and Innocent

02/05/23; 6:02AM CT; 12:18 Minutes

Move over, fingerprints, there’s a new crime-fighting technology in town. Genetic Genealogy only needs to match with one percent of DNA to find a distant relative of an unknown suspect. Experts explain how this technology is helping police track down the guilty – and why your genetic privacy is still safe. Host: Reed Pence. Producer: Kristen Farrah. Guests: Edward Humes, Author, Journalist; CeCe Moore, Chief Genetic Genealogist, Parabon NanoLabs,

2. “Radio Health Journal”: How Scientists are Speeding Up Evolution Using Genome Editing

02/19/23; 6:02 AM CT; 11:06 Minutes

The field of genome editing goes all the way back to the 1970s when researchers discovered how to clone DNA. Now, scientists can genetically modify DNA to eliminate genetic diseases and even create entirely new species of organisms. Experts discuss how gene editing technology can fit millions of years of evolution into mere months. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center, Founding Father of Genomics

3. “Radio Health Journal”: Genomics Pt. 2: Designer Babies, Illegal Experiments, and Moral Issues

02/26/23; 6:02 AM CT; 12:25 Minutes

Last week we discussed the history of gene editing and the opportunities this technology offers. In this second edition, our experts explain the ethical debate surrounding gene editing in humans. Where do we draw the moral line and have we already crossed it? Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Raj Awatramani, Professor of Neurology and Scientific Director of the Transgenic and Targeted Mutagenesis Laboratory, Northwestern University; Dr. George Church, Professor of Genetics, Harvard Medical School, Director, US Department of Energy Technology Center; Dr. Elizabeth McNally, Director, Center for Genetic Medicine, Professor of Medicine and Biochemistry and Molecular Genetics, Northwestern University

F. Homelessness

1. “Hubbard Helps”: Sarah’s Circle

02/05/23; 6:30 AM; 10:46 Minutes

With the continued loss of affordable housing in our communities, over 2,000 women in Chicago will be homeless tonight. Sarah’s Circle helps all women by providing a multitude of services, including housing, life necessities, and supportive services, to help them

permanently end women's homelessness. With us this morning to talk more about Sarah's Circle and the work they are doing for women experiencing homelessness is Jojo Palmer, the Development Associate for Individual Donor Relations. Interviewee: Jojo Palmer jpalmer@sarahs-circle.org. Contact: Mimi Alschuler malschuler@sarahs-circle.org

2. "Hubbard Helps": Caring for Friends

02/12/23; 6:30 AM; 14:09 Minutes

Over 65,000 Chicagoans have no place to call home each night – including 16,000 CPS Students, many of whom couch surf with friends and family, never having a room of their own to wake up in. Care For Friends is creating lasting change in the lives of those experiencing homelessness by providing food, clothes and healthcare programs. With us this morning to talk more about Care for Friends and the work they are doing for people experiencing homelessness is Hope Pavich, the Executive Director of the organization. Interviewee: Hope Pavich. Contact: Hope Pavich hope@careforfriends.org

3. "Viewpoints": The Unseen Faces of Homelessness

02/19/23; 5:43 AM; 09:05 Minutes

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