

WROK Community issues and responsive programming report

Fourth Quarter 2018 October 1 to December 31, 2018

In our ongoing effort to serve the interests of the public, WROK-AM with the News-Talk format offers a variety of programming Targeted to the issues of concern to the listening audience in Rockford Illinois as well as Northern and North-western Illinois. WROK airs the program Viewpoints every Saturday night from 11:00PM to 11:30PM followed immediately by the program American Radio Journal from 11:30PM to midnight.

Issues of concern

Education:

Criminal Justice: Winnebago County's Criminal Justice System: Trends & issues report - February 2018. Loyola University Chicago. Section on Changing Correctional Populations

Health: Community Health needs assessment 2016 OSF St Anthony Medical group Winnebago county – Executive summary lists 3 areas. Access to health services, Mental Health, Obesity.

Poverty / Economy : United States Census Bureau, American fact finder. Winnebago county poverty higher than national average.

Crime: www.rrstar Feb 21, 2018, Winnebago county leaders focus on deterring crime. July 31 2018, Violent crime down, property crime up.

Programs aired:

Criminal justice: 10/7/18 06:12 "When a young person is sent to adult prison."

Education: 11/18/18 06:14 "How Pre-Kindergarten can prepare our children."

12/2/18 06:02 "Learning math simpler."

Health: 11/4/18 06:12 "Body image and weight problem."

12/2/18 06:14 "Sleeping Soundly."

Poverty / Economy : 10/14/18 06:13 "Growing up poor in rural America."

Crime:



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Program Log for *Viewpoints*

2018-Q4 (October-December) Viewpoints Quarterly Report
Compliance Issues covered this quarter:

Aging	Media
America and American issues	Mental health
Animals	Music
Art	Nature
Body images	Obesity
Bullying	Parenting
Business	Personal issues
Calculus	Podcasts
Communications	Poetry
Cooking	Policy-making
Creativity	Politics
Crime	Poverty
Criminal justice	Prisons
Criticism	Public safety
Culture	Psychology
Democracy	Retirement
Domestic issues	Science
Economics	Self-help
Education	Social media
Elder issues	Social issues
Ethics	Sociology
Family issues	Speech
Film	Sports
Food	Technology
Health	Television
History	Terrorism
Holidays	Traditions
Individual issues	Travel
Literature	War
Mathematics	



Program Log for Viewpoints

Program 18-40 Producers Reed Pence, Evan Rook
Air Week 10/7 -10/13/2018 Production Director Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: The Joy of Retirement: How people can look forward to retiring and make it the best time of their lives 8:52

Synopsis: Retirement can be bittersweet. On one hand, it's something you build toward your whole life, but it can also be intimidating to lose your purpose in the workplace. We talk to Helen Wilkes about how she found a new passion in her retirement, and how she's helping others make their retirements more fulfilling.

Host: Gary Price. Guests: Helen Wilkes, author, The Aging of Aquarius: Igniting passion and purpose as an elder

Links for more info: https://www.newsociety.com/Books/A/The-Aging-of-Aquarius

Compliance Issues Covered: elder issues; retirement; aging; self-help

12:42 SEGMENT 2: When a Young Person Gets Sent to Adult Prison 10:18

Synopsis: There are millions incarcerated in American prisons, even many juveniles who were sentenced to long terms alongside adults. We talk to guests about how and why this happens, whether it should continue, and what life is like for young people behind bars.

Host: Marty Peterson. Guests: Peter K. Enns, Associate Professor, Dept. of Government at Cornell University and author, Incarceration Nation: How the United State became the most punitive democracy in the world; Jean Trounstein, Professor at Middlesex Community College and author, Boy With a Knife: A story of murder, remorse, and a prisoner's fight for justice

Links for more info: http://www.jeantrounstine.com/
http://www.peterenns.org/

Compliance Issues Covered: ethics; prisons; criminal justice; American issues; crime

24:00 Culture Crash: An Absolutely Remarkable Thing and the difficulty of classifying art 2:27

Synopsis: Sometimes, art doesn't fit neatly in one box. Such is the case with Hank Green's novel, An Absolutely Remarkable Thing. We explore its story and categorization.

Host: Evan Rook Compliance Issues Covered: art; culture; literature; criticism



Program Log for Viewpoints

Program 18-41 Producers Reed Pence, Evan Rook
Air Week 10/14 -10/20/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:57	SEGMENT 1: Stutters, Stammers, and Vocal Fillers	9:16

Synopsis: If you've had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean.

Host: Gary Price. Guests: Michael Erard, author of *Um: Slips, Stumbles and Verbal Blunders and What They Mean*

Links for more information: https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: education; history; science; public issues; speech

13:15	SEGMENT 2: Growing Up Poor in Rural America	10:00
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Synopsis: Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America's wage gap.

Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, *Heartland: A memoir of working hard and being broke in the richest country on earth*

Links for more info: <https://www.sarahsmarsh.com/>
<http://www.simonandschuster.com/books/Heartland/Sarah-Smarsh/9781501133091>

Compliance Issues Covered: poverty; America; domestic issues; family; history; policy-making

24:15	Culture Crash: <i>Better Call Saul</i> 's unique pacing and why it works so well	2:09
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Synopsis: Television shows often rely on a fast pace to keep audiences engaged. AMC's *Better Call Saul* takes the opposite approach to rousing success.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism



Program Log for Viewpoints

Program 18-42 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 10/21 -10/27/2018 Production Director Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: The Art of Video Games 8:44
Synopsis: Video games are often considered child's play, or at least something below "real" art. Author Andrew Ervin argues that's not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness.

Host: Gary Price. Guests: Andrew Ervin, author, *Bit by Bit: How video games transformed our world*

Links for more information: <http://andrewervin.com/>
<http://hcsoftware.sourceforge.net/passage/>

Compliance Issues Covered: business; culture; technology; media; art

12:33 SEGMENT 2: What We Can Learn from Lists 10:03
Synopsis: Lists are a part of our everyday. Often, they are a forgotten part of our everyday. But Shaun Usher read through countless lists to compile a stunning collection of lists throughout time that shed light on the times, our collective history, and the list makers themselves.

Host: Marty Peterson. Guests: Shaun Usher, author of *Lists of Note: An eclectic collection deserving of a wider audience*

Links for more info: <http://www.shaunusher.com/>
<http://www.listsofnote.com/>

Compliance Issues Covered: sociology; history; communications

23:36 Culture Crash: *The Old Man & The Gun* Allows Robert Redford to Age Gracefully 2:50
Synopsis: *The Old Man & The Gun* is a movie about bank robberies, so it may come as a surprise that it's a touching drama and may be the perfect way for Robert Redford to bid farewell to film fans.

Host: Evan Rook

Compliance Issues Covered: media; culture; film; criticism



Program Log for Viewpoints

Program 18-43 Producers Reed Pence, Evan Rook
Air Week 10/28 -11/3/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Spiders & Bats: The truth behind the Halloween icons of fear	10:05

Synopsis: Spiders and bats are two of the most indelible symbols of Halloween fear across the country. We talk to experts to get the truth behind these traditionally scary creatures, and hear why neither of them are nearly as scary as we've been made to believe.

Host: Gary Price. Guests: Nancy Troyano, entomologist and director of technical education and training for Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist and author of the book, *The Secret Lives of Bats: My adventures with the world's most misunderstood mammals*

Links for more information: <http://www.rentokil.com/>
<http://www.merlintuttle.com/>

Compliance Issues Covered: history; science; holiday; animals; nature

13:54	SEGMENT 2: Halloween Frights & Traditions	9:49
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Synopsis: It's the time of year when we dress up in costumes, head to haunted houses, and shell out candy to trick-or-treaters. But why do we do those things? We take a look at the traditions of Halloween and what makes being scared so fun.

Host: Marty Peterson. Guests: Ben Armstrong, co-owner of Netherworld Haunted House and president of America Haunts; Dr. Janina Scarlet, clinical psychologist and author

Links for more info: <http://www.superhero-therapy.com/>
<http://www.americahaunts.com/ah/>
<http://www.hauntworld.com/>

Compliance Issues Covered: psychology; traditions; holidays; history

24:43	Culture Crash: Netflix's Bing-worthy Horror Drama, <i>The Haunting of Hill House</i>	1:42
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Synopsis: With Halloween this week, many of us are looking for something spooky to watch. Well look no further than Netflix's *The Haunting of Hill House*, a show that's like *This Is Us* meets *The Shining*.

Host: Evan Rook Compliance Issues Covered: media; culture; television; criticism



Program Log for Viewpoints

Program 18-44 Producers Reed Pence, Evan Rook
Air Week 11/4 – 11/10/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Looking Into Our Minds: How our brains perceive the world	8:44

Synopsis: There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online.

Host: Gary Price. Guests: Bob Duke, professor at the University of Texas-Austin, expert on music and human learning, co-host, "Two Guys on Your Head," co-author, *Brain Briefs: Answers to the most (and least) pressing questions about your mind*

Links for more information: <http://twoguysonyourhead.org/>
<http://www.kut.org/>

Compliance Issues Covered: science; psychology, health

12:40	SEGMENT 2: Body Image and Weight Problem	10:03
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Synopsis: Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel *Good Luck With That*. She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult, issues.

Host: Marty Peterson. Guests: Kristan Higgins, author, *Good Luck With That*

Links for more info: <http://www.kristanhiggins.com/good-luck-with-that>

Compliance Issues Covered: body image; obesity; health; social issues

23:59	Culture Crash: <i>Serial</i> , the podcast that captivated America, returns for its most important season yet	1:41
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Synopsis: The podcast that captured the minds of countless Americans back in 2014 is back with an in-depth look at the criminal justice system in Cleveland, offering a detailed look at such a vital American system.

Host: Evan Rook

Compliance Issues Covered: media; culture; podcasts; crime; criminal justice



Program Log for Viewpoints

Program 18-45 Producers Reed Pence, Evan Rook
Air Week 11/11 – 11/17/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Terrorism in America, 1920	9:25

Synopsis: Over 95 years ago, New York City was the target of a terrorist attack that has yet to be solved. No suspects have ever been named in the attack that killed or injured over 400 Wall Street bystanders. In contrast to the attacks of September 11th, which occurred just around the corner from the 1920 bombing, this deadly event has been all but erased from the collective American consciousness.

Host: Gary Price. Guests: Jed Rubenfeld, author, *The Death Instinct*

Links for more information: https://www.amazon.com/dp/B003YL4A0O/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1
<http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago>

Compliance Issues Covered: terrorism; history; public safety

13:14	SEGMENT 2: One Woman's Life in Beatlemania, From Youthful Innocence to Personal Tragedy and Beyond	9:59
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Synopsis: Ann Hood was a Beatles fan all her life. Then, tragedy struck and she found herself unable to listen to the band at all. She tells the true story of how she re-gained her love for the iconic group, and how she channeled her story into a work of fiction pleasing multiple generations of readers.

Host: Marty Peterson. Guests: Ann Hood, author, *She Loves You (Yeah, Yeah, Yeah)*

Links for more info: <https://www.annhood.us/home>
<https://www.annhood.us/copy-of-morningstar>

Compliance Issues Covered: culture; history; music; family issues; parenting

24:13	Culture Crash: Dave Eggers and his boundary-pushing writing	2:13
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Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir took readers on a wild ride. Now, almost two decades later, he's still finding new ways to tell his stories.

Host: Evan Rook

Compliance Issues Covered: media; culture; literature



Program Log for Viewpoints

Program 18-46 Producers Reed Pence, Evan
Air Week 11/18 – 11/24/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: How Craft Beer Became King	10:40

Synopsis: For decades, choosing what beer to drink was really just a decision between a few big players. Now, there are thousands of breweries across the country. We talk to two experts about how and why craft beer came to the forefront and how they recommend novices jump into the world of beer.

Host: Gary Price. Guests: Josh Noel, beer writer for the Chicago Tribune and author, *Barrel-Aged Stout and Selling Out: Goose Island, Anheuser-Busch, and How Craft Beer Became Big Business*; Fal Allen, brewmaster for Anderson Valley Brewing Company and author, *Gose: Brewing a classic German beer for the modern era*

Links for more information: <https://www.chicagotribune.com/lifestyles/chinews-josh-noel-20130507-staff.html> <https://twitter.com/hopnotes>
<https://www.joshnoel.net/barrel-aged-stout-and-selling-out/> <https://avbc.com/about-us/our-brewing-team/fal-allen/>
<https://www.brewerspublications.com/products/gose-brewing-a-classic-german-beer-for-the-modern-era>

Compliance Issues Covered: history; culture; business

14:29	SEGMENT 2: How Pre-Kindergarten Can Prepare Our Children	8:45
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Synopsis: From the moment a child is born, parents are working to get them off on the best possible foot in everything from sports to academics. We look into how families can best evaluate good pre-kindergarten programs for children, and how those programs can set kids up for success.

Host: Marty Peterson. Guests: Dr. Suzanne Bouffard, author of *The Most Important Year: Pre-Kindergarten and the Future of Our Children*

Links for more info: https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?_encoding=UTF8&btcr=1

Compliance Issues Covered: education; parenting; family issues

24:14	Culture Crash: Filling the Thanksgiving movie void with <i>Stuck in Love</i>	2:13
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Synopsis: Halloween and Christmas both have a plethora of holiday classics to create a mood, but Thanksgiving doesn't have those. We offer a modest proposal to give *Stuck In Love* a try.

Host: Evan Rook

Compliance Issues Covered: media; culture; film; holiday



Program Log for Viewpoints

Program 18-47 Producers Reed Pence, Evan Rook
Air Week 11/25 – 12/1/2018 Production Director Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Shame and Bullying	9:53

Synopsis: Bullying is nothing new, but that doesn't make it any easier to deal with. Plus, in the social media era, the techniques are getting more public and crueler. We look at bullying, the shame it can cause, and how it can stick with us for life.

Host: Gary Price. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University; Liz Pryor, author, *Look at You Now: My journey from shame to strength*

Links for more information: <https://education.temple.edu/about/faculty-staff/frank-h-farley-ffarley>
<https://www.penguinrandomhouse.com/books/248842/look-at-you-now-by-liz-pryor/9780812987546/>

Compliance Issues Covered: family issues; school issues; bullying; individual issues; social media

13:41	SEGMENT 2: Intrinsic Hope	9:09
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Synopsis: It can be easy to get the blues, especially with all of the division and turmoil in the world. But author Kate Davies has a different way of looking at the world: one that can make us more hopeful, positive, and willing to pitch in and help. She calls it intrinsic hope, and it may be just what we all need this holiday season.

Host: Marty Peterson. Guests: Kate Davies, author, *Intrinsic Hope: Living courageously in troubled times*

Links for more info: <http://www.katedavies.org/>
<https://www.newsociety.com/Books/1/Intrinsic-Hope>

Compliance Issues Covered: world issues; self-help; philosophy

23:58	Culture Crash: Amazon Prime's <i>Homecoming</i>	3:01
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Synopsis: Director Sam Esmail has taken Gimlet's hit podcast *Homecoming* and infused it with a whole lot of cinematic flair in his new Amazon Prime series that serves as a throwback to classic thrillers and a trailblazer for the brave new world of 30 minute dramas.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; podcasts



Program Log for Viewpoints

Program 18-48 Producers Reed Pence, Evan Rook
Air Week 12/2 – 12/8/2018 Production Director Sean Waldron, Jason Dickey

Time **Segment** **Dur.**
1:48 SEGMENT 1: Learning Math Simpler 9:34
Synopsis: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics.

Host: Gary Price. Guests: Bob Sun, inventor of *The 24 Game* and *First in Math*; Jason Wilkes, author, *Burn Math Class: and reinvent mathematics for yourself*

Links for more information: <http://www.24game.com/>
<http://www.firstinmath.com/>
<http://www.basicbooks.com/>

Compliancy Issues Covered: education; mathematics; calculus

13:17 SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance your health 9:08
Synopsis: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term.

Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, *Why We Sleep: Unlocking the power of sleep and dreams*

Links for more info: https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap_bc?ie=UTF8

Compliancy Issues Covered: sleep; mental health; health; science

23:25 Culture Crash: Watching Sports with a Second Screen 3:01
Synopsis: It used to be that you'd watch sports with whoever was in the room. Now, our phones and tablets allow us to watch sports with the entire internet, and look up statistics and names in an instant.

Host: Evan Rook

Compliancy Issues Covered: culture; sports; technology



Program Log for Viewpoints

Program 18-49 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 12/9 – 12/15/2018 Production Director Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: The Need for Investigative Journalism 8:44
Synopsis: Investigative journalism is a necessity in a democracy. Independent journalists putting in long hours to serve as watch-dogs for our government can have long-lasting ramifications, just look at the impact Woodward and Bernstein made with their Watergate investigations. We talk to one expert about the current state of investigative journalism in America and what can be done to ensure the watchdogs stay in business.

Host: Gary Price. Guests: James Hamilton, Hearst professor of communications at Stanford University and author, *Democracy's Detectives: The economics of investigative journalism*

Links for more information: <https://profiles.stanford.edu/james-hamilton>
<http://www.hup.harvard.edu/catalog.php?isbn=9780674545502>

Compliance Issues Covered: history; journalism; democracy; government; business; economics

12:33 SEGMENT 2: Winter Reads for 2018 9:54
Synopsis: It's getting cold outside, which means it's time to cuddle up with some good books to pass the time. Or maybe you're just on the prowl for some holiday gifts for the reader in your life. Either way, we have some options for what to read this winter.

Host: Marty Peterson. Guests: Ellen Keith, author, *The Dutch Wife*; Andrew Shaffer, author, *Hope Never Dies: An Obama/Biden Mystery*

Links for more info: <https://www.ellenkeith.ca/about-3/>
<http://www.andrewshaffer.com/hope-never-dies-a-mystery>

Compliance Issues Covered: literature; history; gift ideas

23:20 Culture Crash: The disappointing *Fantastic Beasts: The Crimes of Grindelwald* 3:03
Synopsis: *Fantastic Beasts: The Crimes of Grindelwald* has been mystifying and disappointing fans around the globe. We take a look at why the movie simply does not work.

Host: Evan Rook Compliance Issues Covered: media; culture; literature; criticism



Program Log for Viewpoints

Program 18-50 Producers Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week 12/16 – 12/22/2018 Production Director Jason Dickey

Time Segment Dur.

1:47 SEGMENT 1: The Many Planets Outside Our Galaxy and the Search for Extraterrestrial Life 8:44

Synopsis: We know about the planets within the Milky way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about “exoplanets” and where science stands on the issue of life thriving somewhere else in the universe.

Host: Gary Price. Guests: Dr. Donald Goldsmith, author of *Exoplanets: Hidden worlds and the quest for extraterrestrial life*

Links for more information: <http://www.hup.harvard.edu/catalog.php?isbn=9780674976900>

Compliance Issues Covered: science; technology; space exploration; education

14:29 SEGMENT 2: Tips and Tricks for Holiday Cooking Success 9:54

Synopsis: Cooking for holiday parties can be a major source of stress. We have big groups at our house for hours at a time, and you want to impress them with your culinary skills. But some of us don't really have many culinary skills. We talk to Julia Turshen for some insight into how to impress with our holiday cooking this season.

Host: Marty Peterson. Guests: Julia Turshen, author of *Small Victories: Recipes, advice + hundreds of ideas for home cooking triumphs*

Links for more info: <http://www.juliaturshen.com/>
<http://www.juliaturshen.com/smallvictories>

Compliance Issues Covered: holidays; cooking; food

23:31 Culture Crash: A look ahead at the movies set to dominate awards season 2:55

Synopsis: The Golden Globe nominations are already out, and the next few months will be chalk full of top 10 lists and award nominees. We look at what movies you should keep an eye out for.

Host: Evan Rook

Compliance Issues Covered: media; culture; film



Program Log for Viewpoints

Program 18-51 Producers Reed Pence, Evan Rook
Air Week 12/23 – 12/29/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Letters to Max: Two friends confront their mortality through letters	11:51

Synopsis: Sarah Ruhl is a MacArthur Fellowship recipient and a famed playwright. As a professor, she met Max Ritvo, who went on to become a published poet. She recounts the story of their friendship and how they used letters to make a connection and comfort one another while Ritvo faced the end of his life.

Host: Gary Price. Guests: Sarah Ruhl, co-author, *Letters to Max: A book of friendship*

Links for more information: <http://www.sarahruhlplaywright.com/>
<http://maxritvo.com/>
<https://milkweed.org/book/letters-from-max>

Compliance Issues Covered: friendship; mortality; illness; literature; academics

15:40	SEGMENT 2: The Pearl Harbor Christmas	7:21
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Synopsis: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season.

Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of *Pearl Harbor Christmas: A World at War, December 1941*

Links for more info: https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btcr=1

Compliance Issues Covered: war; history; America; holiday

24:01	Culture Crash: <i>Roma</i>	2:24
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Synopsis: You may have noticed a new movie on your Netflix homepage called *Roma*. It's Oscar-winning director Alfonso Cuarón's most personal film yet and an absolute masterpiece.

Host: Evan Rook

Compliance Issues Covered: media; culture; film



Program Log for Viewpoints

Program 18-52 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 12/30 – 1/5/2019 Production Director Jason Dickey

Time Segment Dur.
1:47 SEGMENT 1: Unlocking Creativity: Tips for sticking to your artistic New Year's resolutions in 2019 11:32
Synopsis: We're about to enter the season of New Year's resolutions. Maybe you want to write a book, make a short film, or paint your masterpiece. We talk to two published authors about silencing your inner critic, breaking through any artistic funks, and finally putting pen to paper in 2019.

Host: Gary Price. Guests: Krysa, author, *Your Inner Critic is a Big Jerk: and other truths about being creative*; David W. Berner, professor and author

Links for more information: <https://www.chroniclebooks.com/titles/your-inner-critic-is-a-big-jerk.html> <http://www.krysa.com/danielle/>
<https://www.davidwberner.com/>

Compliancy Issues Covered: resolutions; self-help; creativity; art; literature

15:21 SEGMENT 2: Celebrating New Year's as a Night In 6:30
Synopsis: New Year's Eve is a huge night for bars, but what if you'd rather not brave the elements and pay big cover charges? We discuss ways to ring in the new year on your couch with festive drinks, snacks, and maybe a movie.

Host: Marty Peterson. Guests: Tim Federle, author, *Gone with the Gin: Cocktails with a Hollywood Twist*; Christian DeBenedetti, co-author, *Beer Bites: Tasty recipes and perfect pairings for brew lovers*

Links for more info: <https://www.runningpress.com/titles/tim-federle/gone-with-the-gin/9780762458646/>
<https://www.chroniclebooks.com/titles/beer-bites.html>

Compliancy Issues Covered: holiday; cooking; drinks

22:51 Culture Crash: Anthony Bourdain 3:33
Synopsis: This year saw the passing of Anthony Bourdain, a chef, writer, and travel documentarian. We take a look at the impact and legacy of this cultural giant.

Host: Evan Rook

Compliancy Issues Covered: media; culture; travel; food

Program Archives

(reverse chronological order)

Click on a Streaming Download link to play that program.

You may need to right-click on the Download link and SaveAs to download the mp3 file without playing it (be patient with IE as it takes a while to download the ~28Mb file).

Air Date: December 24, 2018

(December 29, 2018 - January 4, 2019) This week on *American Radio Journal*: Lowman Henry talks with Peter Wallison of the American Enterprise Institute about rolling back "deep state" over-regulation; Andy Roth of the Club for Growth has the *Real Story* on the drop in the equity markets and tariffs; Eric Boehm of *Reason* magazine looks at the exploding federal deficit; And, Colin Hanna of Let Freedom Ring, USA has an *American Radio Journal* commentary on criminal justice reform.

[\[Streaming Download\]](#) | [\[Download\]](#)

Air Date: December 20, 2018

(December 22, 2018 - December 28, 2018) This week on *American Radio Journal*: Lowman Henry talks with Jordan Richardson from the Charles Koch Institute about criminal justice reform; Andy Roth of the Club for Growth has the *Real Story* on congress punting on passing a federal budget; Eric Boehm of *Reason* magazine looks at a lawsuit challenging President Trump's power to enact steel tariffs; And, Col. Frank Ryan (USMC) Ret. has an *American Radio Journal* commentary on over-deployment of our military.

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Air Date: December 13, 2018

(December 15, 2018 - December 21, 2018) This week on *American Radio Journal*: Lowman Henry talks with Dan Griswold from the Mercatus Center at George Mason University about Brexit; Andy Roth of the Club for Growth has the *Real Story* on the budget-busting Farm bill; Eric Boehm from *Reason* magazine talks with Devin Watkins of the Competitive Enterprise Institute about the status of the U.S. Commission on Civil Rights; And, Dr. Paul Kengor from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on George H.W. Bush and the end of the Cold War.

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Air Date: December 06, 2018

(December 8, 2018 - December 14, 2018) This week on *American Radio Journal*: Lowman Henry talks with John Gizzi of *Newsmax* about the presidency of George H. W. Bush; Andy Roth of the Club for Growth has the *Real Story* on House Democrats' legislative agenda; Eric Boehm from *Reason* magazine discusses antiquated state liquor laws with Jarrett Dieterle of the R Street Institute; And, Colin Hanna of Let Freedom Ring, USA has an *American Radio Journal* commentary on the legacy of George H. W. Bush.

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Air Date: November 29, 2018

(December 1, 2018 - December 7, 2018) This week on *American Radio Journal*: Lowman Henry talks with Phil Kerpen of American Commitment about Republican failure to deal effectively with the health care issue; Andy Roth from the Club for Growth has the *Real Story* on the Mississippi U.S. Senate election; Eric Boehm of *Reason* magazine talks with Sam Gedge from the Institute for Justice about an asset forfeiture case now before the U.S. Supreme Court; And, Col. Frank Ryan, USMC (Ret.) has an *American Radio Journal* commentary on government greed.

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Air Date: November 21, 2018

(November 24, 2018 - November 30, 2018) This week on *American Radio Journal*: Lowman Henry talks with Greg Wrightstone author of *Inconvenient Facts* about how government policies contributed to the California wild fire devastation; Andy Roth from the Club for Growth has the *Real Story* on the "lame duck" congressional session; Eric Boehm of *Reason* magazine looks at the goodies cities offered Amazon to attract HQ2; And, Dr. Paul Kengor from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on the sex scandal in

the Catholic Church.

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Air Date: November 14, 2018

(November 17, 2018 - November 23, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Jimmy Kemp** of the Jack Kemp Foundation about Enterprise Zones; **Andy Roth** of the Club for Growth has the *Real Story* on Nancy Pelosi's chances of becoming House Speaker; **Eric Boehm** of *Reason* magazine gets details of the Amazon HQ2 decision from **Michael Farren** of the Mercatus Center; And, **Colin Hanna** from Let Freedom Ring, USA has an *American Radio Journal* commentary on uniting a divided nation.

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Air Date: November 08, 2018

(November 10, 2018 - November 16, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Dan Griswold** from the Mercatus Center at George Mason University about a possible U.S./United Kingdom free trade agreement; **Andy Roth** from the Club for Growth has the *Real Story* on the outcome of the mid-term elections; **Eric Boehm** of *Reason* magazine explores why the GOP is now Donald Trump's party; And, **Col. Frank Ryan**, USMC (Ret.) has an *American Radio Journal* commentary on America's clash of ideologies.

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Air Date: November 01, 2018

(November 3, 2018 - November 9, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Kevin Portteus** of Hillsdale College about why congress is dysfunctional; **Andy Roth** from the Club for Growth has the *Real Story* on election trends; **Eric Boehm** and **Stephanie Slade** from *Reason* magazine discuss the impact of the rising number of independent voters; And, **Dr. Paul Kengor** from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on his family's experience with the attack at the Tree of Life Synagogue in Pittsburgh.

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Air Date: October 25, 2018

(October 27, 2018 - November 2, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Ken Cuccinelli** of Freedom Works about the cost savings to business from regulatory relief; **Andy Roth** from the Club for Growth has the *Real Story* on the upcoming General Election; **Eric Boehm** of *Reason* magazine looks at two upcoming Supreme Court cases involving individual rights; And, **Colin Hanna** from Let Freedom Ring, USA has an *American Radio Journal* commentary on the Sprint/T-Mobile merger.

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Air Date: October 18, 2018

(October 20, 2018 - October 26, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Mark Meckler** about calling a Convention of States; **Andy Roth** from the Club for Growth has the *Real Story* on a likely narrow congressional majority; **Eric Boehm** of *Reason* magazine talks with **Brian Riedl** of the Manhattan Institute about the ballooning federal debt; And, **Dr. Paul Kengor** from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on Democrats and the 2018 elections.

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Air Date: October 11, 2018

(October 13, 2018 - October 19, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **John Tamny** of FreedomWorks about the surging U.S. economy; **Andy Roth** from the Club for Growth has the *Real Story* on how the Kavanaugh confirmation process has energized Republicans; **Eric Boehm** and **Ron Bailey** of *Reason* magazine discuss the latest U.N. report on climate change; And, **Col. Frank Ryan**, USMC (Ret.) has an *American Radio Journal* commentary on civility.

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Air Date: October 04, 2018

(October 6, 2018 - October 12, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Veronique DeRugy** from the Mercatus Center at George Mason University about the new North American Free Trade Agreement; **Andy Roth** of the Club for Growth has the *Real Story* on key congressional races one month before the election; **Eric Boehm** from *Reason* magazine examines term limits for U.S. Supreme Court justices; And, **Colin Hanna** of Let Freedom Ring, USA has an *American Radio Journal* commentary on the need for civility in the Supreme Court confirmation process.

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Air Date: September 27, 2018

(September 29, 2018 - October 5, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Adam Michel** of the Heritage Foundation about Tax Cuts 2.0; **Andy Roth** from the Club for Growth has the *Real Story* on the federal budget; **Eric Boehm** of *Reason* magazine talks with

Steve Forbes about trade policy; And, Col. Frank Ryan, USMC (Ret.) has an *American Radio Journal* commentary on saving the Social Security system.

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Air Date: September 20, 2018

(September 22, 2018 - September 28, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Mark Janus** lead plaintiff in the landmark *Janus v AFSCME* Supreme Court decision; **Andy Roth** of the Club for Growth has the *Real Story* on the impact of the Kavanaugh controversy on the mid-term elections; **Eric Boehm** of *Reason* magazine talks with **Chris Edwards** of the CATO Institute about state competitiveness; And, **Dr. Paul Kengor** from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on the post 9-11 generation.

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Air Date: September 13, 2018

(September 15, 2018 - September 21, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Brett Schaefer** of the Heritage Foundation about the International Criminal Court; **Andy Roth** of the Club for Growth has the *Real Story* on the political impact of the Brett Kavanaugh confirmation vote; **Eric Boehm** of *Reason* magazine looks at how labor unions are refusing to comply with the Janus decision; And, **Colin Hanna** from Let Freedom Ring, USA has an *American Radio Journal* commentary on why Americans need to lighten up.

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Air Date: September 06, 2018

(September 8, 2018 - September 14, 2018) This week on *American Radio Journal*: **Lowman Henry** gets details on the new U.S.-Mexico trade agreement from **Dan Griswold** of the Mercatus Center at George Mason University; **Andy Roth** of the Club for Growth has the *Real Story* on tax cuts 2.0; **Eric Boehm** and **Zuri Davis** from *Reason* magazine report on a new plan by **Bernie Sanders** to tax major employers; And, **Col. Frank Ryan**, USMC (Ret.) has an *American Radio Journal* commentary a spending spree by the states.

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Air Date: August 30, 2018

(September 1, 2018 - September 7, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Fred Lucas** of the *Daily Signal* about the importance of the Immigration and Customs Enforcement (ICE) agency; **Andy Roth** of the Club for Growth has the *Real Story* on primary election results in Florida and Arizona; **Eric Boehm** of *Reason* magazine discusses the impact of a congressional redistricting court decision in North Carolina; And, **Dr. Paul Kengor** from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on the inconsistency of the Left.

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Air Date: August 23, 2018

(August 25, 2018 - August 31, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Phil Kerpen** of American Commitment about congressional Republicans who try to appease the Left; **Andy Roth** of the Club for Growth has the *Real Story* on how legal problems for former Trump associates will impact the mid-term elections; **Eric Boehm** of *Reason* magazine talks with **Trey Kovacs** of the Competitive Enterprise Institute about the possible re-appointment of an Obama member of the National Labor Relations Board; And, **Colin Hanna** of Let Freedom Ring, USA has an *American Radio Journal* commentary on former intelligence officers and security clearances.

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Air Date: August 16, 2018

(August 18, 2018 - August 24, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Salena Zito** and **Brad Todd** about their new book *The Great Revolt*; **Keith Naughton** columnist for the *Daily Caller* handicaps U.S. Senate races; **Eric Boehm** of *Reason* magazine discusses the moral case for free trade with **Iain Murry** of the Competitive Enterprise Institute; And, **Col. Frank Ryan**, USMC (Ret.) has an *American Radio Journal* commentary on property taxes.

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Air Date: August 09, 2018

(August 11, 2018 - August 17, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Robert Graboyes** from the Mercatus Center at George Mason University about the cost of the Medicare for All plan; **Matt Mackowiak** of the Potomac Strategy Group looks at results of a special congressional election in Ohio; **Eric Boehm** from *Reason* magazine examines a California law preventing ex-inmates from becoming firefighters; And, **Dr. Paul Kengor** from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on the Left's love affair with Russia.

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Air Date: August 02, 2018

(August 4, 2018 - August 10, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Greg Wrightstone** author of *Inconvenient Facts* about a proposed carbon tax; **Andy Roth** of the Club for Growth has the *Real Story* on tax cuts 2.0; **Eric Boehm** and **Christian Britschgi** of *Reason* magazine have details on a proposal to have federal taxpayers subsidize high end housing costs; And, **Colin Hanna** from Let Freedom Ring, USA has an *American Radio Journal* commentary on intolerance in academia.
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Air Date: July 26, 2018

(July 28, 2018 - August 3, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **Adam Michel** of the Heritage Foundation about their interactive tax cut map; **Andy Roth** from the Club for Growth has the *Real Story* on opposition to the proposed \$12 billion farm subsidy; **Eric Boehm** of *Reason* magazine talks with **Andrew Moylan** of the National Taxpayers Union about the Supreme Court ruling on state sales taxes; And, **Col. Frank Ryan** has an *American Radio Journal* commentary on the impact of President Trump's tariff policies.
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Air Date: July 19, 2018

(July 21, 2018 - July 27, 2018) This week on *American Radio Journal*: **Lowman Henry** talks truth, justice and the American Way with **Travis Smith** author of *Superhero Ethics*; **Andy Roth** from the Club for Growth has the *Real Story* on Democrats out fundraising congressional Republicans; **Eric Boehm** and **Jacob Sullum** of *Reason* magazine look at Judge Brett Kavanaugh's record on second and fourth amendment rights; And, **Dr. Paul Kengor** from the Center for Vision & Values at Grove City College has an *American Radio Journal* commentary on U.S. Presidents and their Russian counterparts.
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Air Date: July 12, 2018

(July 14, 2018 - July 20, 2018) This week on *American Radio Journal*: **Lowman Henry** talks with **John Tamny** of FreedomWorks about the real impact of the Federal Reserve; **Andy Roth** from the Club for Growth has the *Real Story* on the confirmation process for Brett Kavanaugh; **Eric Boehm** of *Reason* magazine talks with **Jarrett Skorup** of the Mackinac Center about the scope of asset forfeiture in Michigan; And, **Colin Hanna** from Let Freedom Ring, USA has an *American Radio Journal* commentary on the appointment of Brett Kavanaugh to the U.S. Supreme Court.
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