

WQXO AM

Issues/Programming

1st Quarter – 2022

Quarterly Issues Program List

WQXO

Compiled by: Luke Noordyk, Station Manager

The following is a listing of some of the significant issues responded to by WQXO, MUNISING, MI along with the most significant programming treatment of those issues. The listing is by no means exhaustive, and additional air time not noted was devoted to serving our community. The order in which the issues appear does not reflect any priority or significance. All times are Eastern.



Quarterly Report of Compliancy Issues & Programs List 2022-Q1 (January - March) Viewpoints Radio

- Addiction
- Aging
- Agriculture
- American History
- Ancient Civilization
- Archaeology
- Arts
- Astronomy
- Business
- Career
- Child Development
- Comedy
- Comics
- Communication
- Community
- Consumerism
- Cooking
- Criminal Justice
- Culture
- Diet
- Disease
- Diversity
- Domestic Policy
- Ecology
- Economics
- Education
- Emotional Wellness
- Employment Issues
- Entertainment
- Environment
- Exercise
- Feminism
- Film
- Financial Technology
- Fitness
- Food Production
- Food Shortages
- Global Affairs
- Government
- Health
- Health Policy
- Healthcare
- History
- Hobby
- Human Resources
- Illustration
- Industry
- Inequality
- Inflation
- Infrastructure
- Innovation
- Insurance
- Invention
- Labor
- Leadership
- Light Pollution
- Literature
- Manufacturing
- Mass Incarceration
- Media
- Medicine
- Mental Health
- Mobility
- Money Management
- Music
- Nonprofit Organizations
- Parenting
- Personal Finance
- Personal Growth & Development
- Personal Interest
- Policy
- Politics
- Pop Culture
- Poverty
- Psychiatry
- Psychology
- Public Health
- Recidivism
- Retirement
- Science
- Self-Identity
- Sleep
- Social Equity
- Space Exploration
- Sports & Sports History
- Substance Abuse
- Supply Chain
- Sustainability
- Technology
- Transportation
- TV
- Urban Design & Development
- Waste Management
- Wildlife

Program 22-01 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: **Production Manager:** Jason Dickey
1/2/22

SEGMENT 1:	FINDING EMPLOYMENT AFTER INCARCERATION	Time	Duration
Synopsis:	In the U.S., there are roughly 19 million people with felony convictions. For this population, finding stable work can be a tumultuous and draining process. Without a job, it can be all too easy to slide back into a past life and end up behind bars once again.	1:48	11:11
Host:	Gary Price		
Guests:	Beth Schwartzapfel, staff writer, <i>The Marshall Project</i> ; Jeffrey Korzenik, economic researcher, author, <i>Untapped Talent: How Second Chance Hiring Works for Your Business and the Community</i> .		
Issues Covered:	Human Resources, Mass Incarceration, Business, Criminal Justice, Inequality, Recidivism, Education, Poverty, Employment Issues		
Links:	Putting Humanity into HR Compliance: Try Second-Chance Employment US Department of Education Announces It Will Expand the Second Chance Pell Experiment for the 2022-2023 Award Year GettingTalentBackToWork.org Second Chance Employment — Dave's Killer Bread DKBF Untapped Talent: How Second Chance Hiring Works for Your Business and the Community		
SEGMENT 2:	A SEASON OF SADNESS	Time	Duration
Synopsis:	Researchers estimate that around 10 million Americans suffer from seasonal affective disorder each year. We speak with psychologist Dr. Carrie Ditzel about the prevalence of SAD and how people can combat these feelings and find additional support.	15:01	7:21
Host:	Marty Peterson		
Guests:	Dr. Carrie Ditzel, psychologist, Baker Street Behavioral Health.		
Issues Covered:	Fitness, Sleep, Psychiatry, Psychology, Mental Health, Health		
Links:	NIMH » Seasonal Affective Disorder Baker Street Behavioral Health About Find a Therapist, Psychologist, Counselor - Psychology Today SAMHSA Behavioral Health Treatment Services Locator National Suicide Prevention Lifeline		
CULTURE CRASH:	SPIDER-MAN'S BACK ONCE AGAIN	Time	Duration
Synopsis:	The new film release, "Spider-Man: No Way Home" is a massive blockbuster hit. We discuss what makes these crossover movies such a success and what's coming up next in the Marvel universe.	23:22	3:04
Host:	Evan Rook		
Issues Covered:	Film		

Program 22-02 Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook

Air Week: 1/9/22
Production Manager: Jason Dickey

SEGMENT 1: OUR RESILIENT FOOD SYSTEM & SUPPLY CHAIN **Time** **Duration**

Synopsis: 20 million people work within the food production industry in the U.S. The pandemic has altered this sector and resulted in many pressures placed on this population. This week – we highlight the people behind these various roles and the changing landscape of this 24/7 food supply chain. **1:47** **9:09**

Host: Gary Price

Guests: Dr. Robyn Metcalfe, lecturer, College of Natural Sciences at the University of Texas at Austin and author, *Humans in Our Food*.

Issues Covered: Agriculture, Career, Food Shortages, Supply Chain, Food Production, Personal Finance

Links: [Metcalfe, Robyn - Human Ecology - CNS Directory](#)
[Humans In Our Food by Robyn Metcalfe](#)
[Food prices are reportedly expected to rise again in January](#)
[Food Supply Chain | USDA](#)
[The Great Shortage: Restaurants Struggle to Find Materials, Food, and, Most of All, Labor - Eater](#)

SEGMENT 2: STARRY NIGHT: THE EFFECTS OF LIGHT POLLUTION **Time** **Duration**

Synopsis: More than 80% of the world's population lives under light-polluted skies. Light pollution can impact sleep, health, and the environment. It also means the beautiful stars in our skies are clouded by the bright beams of lights all around us. We discuss the issue of light pollution and how stargazers can bring about change in their local communities. **12:55** **9:10**

Host: Marty Peterson

Guests: Paul Bogard, author, *To Know a Starry Night*; Bettymaya Foote, director, engagement, International Dark Sky Association.

Issues Covered: Light Pollution, Environment, Astronomy, Education, Culture, History

Links: [International Dark-Sky Association](#)
[Light pollution map](#)
[Flipping the switch on light pollution – POLITICO](#)
[To Know A Starry Night — Paul Bogard](#)

CULTURE CRASH: "SPIDER-MAN" NOSTALGIA **Time** **Duration**

Synopsis: We rewind back to 2002 to the very first "Spider-Man" movie starring a young Tobey Maguire and Kirsten Dunst. The iconic film started it all and led to decades of spin-offs. **23:05** **3:23**

Host: Evan Rook

Issues Covered: Film, Culture

Program 22-03 Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook

Air Week: **Production Manager:** Jason Dickey
1/16/22

SEGMENT 1:	GET YOUR \$\$\$ IN ORDER	Time	Duration
Synopsis:	If an unexpected \$400 charge came up, it's estimated that 40% of Americans would struggle to pay this amount, according to data published in 2019 by the Federal Reserve. Life happens. Circumstances change. And that's why it is so important to be financially secure with savings, an emergency fund, investments and more. We speak with financial expert, Emily Guy Birken this week about how to start budgeting and saving.	1:47	10:35
Host:	Gary Price		
Guests:	Emily Guy Birken, financial expert, author of <i>Stacked: Your Super Serious Guide to Money Management</i> .		
Issues Covered:	Money Management, Economics, Personal Finance, Labor, Financial Technology		
Links:	Emily Guy Birken (@EmilyGuyBirken) / Twitter emilyguybirken.com Qube Money Your Guide to How to Budget Money - NerdWallet		

SEGMENT 2:	AN ILLUSTRATOR'S ART	Time	Duration
Synopsis:	We speak with Tim O'Brien who has illustrated numerous magazine covers throughout the years. O'Brien discusses his career, the history of illustration and how the art form is used to convey a specific, singular moment or feeling that other mediums may not be able to capture.	14:24	7:40
Host:	Marty Peterson		
Guests:	Tim O'Brien, illustrator.		
Issues Covered:	Culture, Media, Career, Illustration, Arts, History, Comedy, Politics, Government		
Links:	Catalog of Portraits and Illustrations by Tim O'Brien for various magazines and publications "The Story Behind TIME's Trump Chaos Cover" - TIME Magazine @obrienillustration on Instagram		

CULTURE CRASH:	THE VIEWING EXPERIENCE	Time	Duration
Synopsis:	We binge and review some of the new movies we've missed in recent months, including a critique of "The Novice" and "Mass".	23:04	3:23
Host:	Evan Rook		
Issues Covered:	Culture, Film		

Program 22-04 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: **Production Manager:** Jason Dickey
1/23/22

SEGMENT 1:	ADVANCEMENTS IN ANTI-AGING	Time	Duration
Synopsis:	By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field.	1:48	10:24
Host:	Gary Price		
Guests:	Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute.		
Issues Covered:	Technology, Health, Retirement, Aging, Medicine, Disease, Science		
Links:	Potocsnak Longevity Institute: Feinberg School of Medicine Douglas E Vaughan : Faculty Profile Frank J Palella: Faculty Profile Resources Near You HHS.gov Why these Amish live longer and healthier: an internal 'fountain of youth' - Northwestern Now Metformin: A Potential Candidate for Targeting Aging Mechanisms		
SEGMENT 2:	A NEW PERSPECTIVE ON COOKING AT HOME	Time	Duration
Synopsis:	Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations.	14:14	8:24
Host:	Marty Peterson		
Guests:	Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen</i> .		
Issues Covered:	Mental Health, Health, Organization, Cooking, Diet, Literature		
Links:	Good Enough: A Cookbook: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen Budget Bytes Good and Cheap (PDF)		
CULTURE CRASH:	BINGING THE ROM-COM SERIES "LOVE LIFE"	Time	Duration
Synopsis:	The series, "Love Life" is a whimsical ride through the ups and downs of modern dating, relationships and finding love. Seasons 1 and 2 are now out on HBO Max.	23:38	2:48
Host:	Evan Rook		
Issues Covered:	Culture, TV		

Program 22-05		Writers & Producers: Amirah Zaveri, Polly Hansen & Evan Rook	
Air Week:	Production Manager: Jason Dickey		
1/30/22			
SEGMENT 1:	LIVING LIFE IN A 24/7 SOCIETY	Time	Duration
Synopsis:	We play many roles in life: coworker, manager, partner, parent, caregiver. The list is seemingly endless. It can be all too easy to get wrapped in these many roles and forget altogether about spending time on yourself as an individual. We speak with acclaimed writer and author, Eve Rodsky about the mental toll of our daily lives and how to get back to finding a balance.	1:48	9:08
Host:	Gary Price		
Guests:	Eve Rodsky, writer, author of <i>Find Your Unicorn Space: Reclaim Your Creative Life in a Too Busy World</i> .		
Issues Covered:	Mental Health, Self-Identity, Literature, Psychology, Parenting, Education		
Links:	Eve Rodsky (@eve_rodsky) / Twitter Amazon.com: Find Your Unicorn Space: Reclaim Your Creative Life in a Too-Busy World: 9780593328019: Rodsky, Eve: Books Work and Well-being 2021 Survey report		
SEGMENT 2:	A COMPREHENSIVE GUIDE TO FANDOM	Time	Duration
Synopsis:	What was your favorite comic book series, video game or card game growing up? Depending on your age, it could have been Magic: The Gathering, Batman or Minecraft. In fact, you still could be a fan of these no matter what your age is. This week – we discuss the vast world of fandom and just what it means to be a part of this community.	12:58	9:27
Host:	Marty Peterson		
Guests:	Amy Ratcliffe, managing editor, Nerdist, author of <i>A Kids Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting and More in the Geek World!</i> ; Liana, high school senior, Chicago.		
Issues Covered:	Community, Parenting, Personal Interest, Technology, Hobby, Arts, Entertainment, Comics		
Links:	Amy Ratcliffe (@amy_geek) / Twitter A Kid's Guide to Fandom: Exploring Fan-Fic, Cosplay, Gaming, Podcasting, and More in the Geek World! Fandom		
CULTURE CRASH:	THE DEBUT OF "SHIVA BABY"	Time	Duration
Synopsis:	New writer & director Emma Seligman is generating a lot of buzz across Hollywood. This week, we discuss her debut film, “Shiva Baby” that’s now streaming on HBO Max.	23:35	3:05
Host:	Evan Rook		
Issues Covered:	Culture, TV		

Program 22-06 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 2/6/22
Production Manager: Jason Dickey

SEGMENT 1: SPIN, SWEAT, REPEAT: THE EVER-EVOLVING FITNESS INDUSTRY **Time** **Duration**

Synopsis: It feels like the fitness market has more options than ever before. Between the rise of at-home fitness, traditional gyms and focused classes, consumers can pick and choose to workout whichever way they like. This week – we speak with two fitness experts about evolving trends in exercise and what’s next. **1:47** **9:39**

Host: Gary Price

Guests: Dr. David J. Miller, faculty member, School of Business, George Mason University; Dr. Glenn Gaesser, professor, exercise physiology, School of Health Solutions, Arizona State University.

Issues Covered: Business, Technology, Health, Fitness, Industry, Exercise, Community

Links: [At-Home Fitness Poised to Grow Despite Peloton Slide, Analysts Say - Article published in Business Insider](#)
[Sweating Together Hardcover – May 24, 2022 | Amazon.com Books](#)
[Miller, David J. - GMU School of Business](#)
[Glenn Gaesser - ASU College of Health Solutions](#)

SEGMENT 2: THE HISTORY OF TIMEKEEPING **Time** **Duration**

Synopsis: From sundials to mechanical clocks to atomic clocks, humans – throughout the centuries – have kept track of time using many different methods. Physics and astronomy professor Chad Orzel joins us this week to highlight just how much we rely on accurate clocks and how timekeeping technology has evolved across human history. **13:28** **9:59**

Host: Marty Peterson

Guests: Chad Orzel, associate professor, physics and astronomy, Union College, author of *A Brief History of Timekeeping: The Science of Marking Time, From Stonehenge to Atomic Clocks*.

Issues Covered: Archaeology, Innovation, Culture, History, Ancient Civilization, Invention

Links: [A Brief History of Timekeeping - BenBella Books](#)
[No. 120: Su-Sung's Clock](#)
[Chad Orzel \(@orzelt\) / Twitter](#)
[Chad Orzel | Physics and Astronomy | Union College](#)

CULTURE CRASH: A NEW TAKE ON A POPULAR SERIES **Time** **Duration**

Synopsis: The hit sitcom, “How I Met Your Mother” ran for nine seasons between 2005 and 2014. Now, producers are creating a new take on the original show with the launch of the series, “How I Met Your Father”. We discuss if the new release is worth the hype. **24:27** **1:59**

Host: Evan Rook

Issues Covered: Culture, TV

Program 22-07 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: **Production Manager:** Jason Dickey
2/13/22

SEGMENT 1: THE JOURNEY OF ADDICTION **Time** **Duration**

Synopsis: Substance abuse, or addiction, is a national crisis that's only continuing to worsen as new drugs enter the market and treatment has been disrupted due to the pandemic. Recovering addict Dr. Carl Erik Fisher joins us to share his own story with addiction and what can be done to improve treatment. **1:47** **9:36**

Host: Gary Price

Guests: Dr. Carl Erik Fisher, psychiatrist, assistant professor, Columbia University, author, *The Urge: Our History of Addiction*.

Issues Covered: Addiction, History, Mental Health, Substance Abuse, Medicine, Healthcare

Links: [The Urge: Our History of Addiction Hardcover – January 25, 2022](#)
[Carl Erik Fisher, MD \(@DrCarlErik\) / Twitter](#)
[Carl E. Fisher, MD | Columbia University Department of Psychiatry](#)
[FindTreatment.gov](#)
[SAMHSA's National Helpline](#)

SEGMENT 2: THE MANY MODES OF TRANSPORTATION **Time** **Duration**

Synopsis: Dr. Susan Shaheen, a professor of civil and environmental engineering at the University of California-Berkeley, joins us this week to highlight the country's current infrastructure and what more needs to be done to promote greater citizen mobility with bikes, scooters and other non-motor modes of transportation. **13:25** **9:59**

Host: Marty Peterson

Guests: Dr. Susan Shaheen, professor, civil and environmental engineering at the University of California-Berkeley and co-director of Transportation Sustainability Research Center at the University of California-Berkeley.

Issues Covered: Infrastructure, Urban Design, Aging, Sustainability, Mobility, Environment, Transportation

Links: [Susan Shaheen | Civil and Environmental Engineering](#)
[The Best Cities for Cyclists - The New York Times](#)
[Susan Shaheen \(@SusanShaheen1\) / Twitter](#)

CULTURE CRASH: A FRESH TAKE ON "NIGHTMARE ALLEY" **Time** **Duration**

Synopsis: We discuss the new film, "Nightmare Alley" which is a remake of the 1947 film of the same title. It's filled with a star-studded cast and does not disappoint. Hear why this movie makes our 'Best of 2021 Films' list. **23:55** **2:31**

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-08 Writers & Producers: Amirah Zaveri & Evan Rook			
Air Week: 2/20/22 Production Manager: Jason Dickey			
SEGMENT 1:	FOSTERING CURIOSITY AND A GREATER PASSION FOR LEARNING EARLY ON	Time	Duration
Synopsis:	To fully understand many topics, experiences and encounters help to fully engrain what's being taught. We speak with an education expert and clinical psychologist this week about how to bring more curiosity, creativity and critical thinking to learning.	1:47	9:23
Host:	Gary Price		
Guests:	Dr. Joe Galasso, clinical psychologist, Baker Street Behavioral Health; Julie Bogart, home educator, mother, author, <i>Raising Critical Thinkers: A Parent's Guide to Growing Wise Kids in the Digital Age</i> .		
Issues Covered:	Parenting, Communication, Education, Technology, Child Development, Mental Health, Psychology		
Links:	Julie Bogart Author (@juliebravewriter) • Instagram photos and videos Julie Bogart (@BraveWriter) / Twitter Raising Critical Thinkers Baker Street Behavioral Health About		
SEGMENT 2:	THE INTERESTING LEGACIES OF PAST U.S. PRESIDENTS	Time	Duration
Synopsis:	Ahead of Presidents Day on Monday, February 21, we highlight some of our past presidents and their accomplishments and failures. Ronald Gruner joins us this week to answer these questions and more.	13:12	10:17
Host:	Marty Peterson		
Guests:	Ronald Gruner, author, <i>We the Presidents: How American Presidents Shaped the Last Century</i> .		
Issues Covered:	American History, Literature, Politics, Government, Leadership, Culture, Domestic Policy		
Links:	We The Presidents Amazon.com: We the Presidents: How American Presidents Shaped the Last Century Presidents' Day 2022 - History, Date & Holiday		
CULTURE CRASH:	THIS YEAR'S BEST PICTURE NOMINEES	Time	Duration
Synopsis:	From Belfast to King Richard, we break down this year's highly anticipated list of Academy Award 'Best Picture' nominees. The Oscars will be held on March 27, 2022.	24:29	1:57
Host:	Evan Rook		
Issues Covered:	Culture, Film		

Program 22-09 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 2/27/22
Production Manager: Jason Dickey

SEGMENT 1: THE COACHES THAT CHANGED THE GAME **Time** **Duration**

Synopsis: Bowman was Phelps' longtime swimming coach who mentored Phelps since he was 11 years old. He was there every step of the way in Phelps' athletic career, crafting him into the Olympic swimming superstar he is today. It makes you wonder – where would many of the top athletes be today without the coaches who guided, motivated and supported them? **1:47** **10:15**

Host: Gary Price

Guests: Justin Spizman, sportswriter, author of *Coach: The Greatest Teachers in Sports and Their Lessons for Us All*.

Issues Covered: Leadership, Sports, Culture, Career, Global Affairs, Sports History

Links: [Coach by Justin Spizman | Abbeville Press](#)
[4 Quotes From Olympic Coaches That Can Make You a Better Leader | Inc.com](#)
[Vince Lombardi](#)

SEGMENT 2: THE LARGER APPEAL OF "HARRY POTTER" **Time** **Duration**

Synopsis: The Harry Potter series is one of the most beloved stories of all time, unlocking a world of wizarding magic, adventure and intrigue to millions of young readers. We discuss how its unconventional storyline and character development can shift thinking and teach real life lessons to young and old readers alike. **14:04** **9:22**

Host: Marty Peterson

Guests: Amy Hogan, media manager, MuggleNet.com; Mimi Gladstein, English & Literature professor at University of Texas at El Paso, and author of the essay, *Feminism and Equal Opportunity: Hermione and the Women of Hogwarts*.

Issues Covered: Pop Culture, Literature, Child Development, Education, Feminism

Links: [MuggleNet](#)
[1 Wizarding World Resource Since 1999 \(@MuggleNet\) / Twitter](#)
[Mimi Gladstein - UTEP Faculty Profile](#)
[How Harry Potter changed the world - Vox](#)
[What we can learn from Hermione Granger, the smartest witch of her age](#)

CULTURE CRASH: NOSTALGIA OF MUSIC IN SUPER BOWL HALFTIME SHOW **Time** **Duration**

Synopsis: This year's Super Bowl halftime show featuring Eminem, Dr. Dre, Snoop Dogg and Mary J. Blige was an instant hit. It was a blast to the past and reinvigorated that the nostalgic music of our younger years will always hold a special place in our hearts. **24:26** **2:00**

Host: Evan Rook

Issues Covered: Culture, Music, Sports

Program 22-10 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: **Production Manager:** Jason Dickey
3/6/22

SEGMENT 1: URBAN WILDLIFE: AN INFLUX OF NEW NEIGHBORS **Time** **Duration**

Synopsis: Countless different species of wildlife were driven out of cities centuries ago, but in recent decades have begun returning in greater numbers and adapting to the human-centric infrastructure. Two wildlife experts join us this week to highlight how we can both coexist in these settings. **1:47** **10:49**

Host: Gary Price

Guests: Dr. Peter Alagona, associate professor, environmental studies, University of California – Santa Barbara, author of *The Accidental Ecosystem: People and Wildlife in American Cities*; Dr. Stanley Gehrt, professor, wildlife ecology, The Ohio State University.

Issues Covered: Environment, Urban Development, Wildlife, Ecology, American History

Links: [The Accidental Ecosystem by Peter S. Alagona - Hardcover - University of California Press](#)

[DNA Shows At Least Three Large Black Bears Are Breaking Into Tahoe Homes, Not Just 'Hank the Tank' | Smart News | Smithsonian Magazine](#)

[Peter Alagona | Environmental Studies Program](#)

[Stanley D. Gehrt | SENR](#)

[Urban Coyote Research Project](#)

SEGMENT 2: THE PANG OF REGRET **Time** **Duration**

Synopsis: Regret is an all-too-common feeling that's simply part of life, but it's what we learn from our mistakes that matters. Writer Daniel Pink joins us this week to break down the intricacies of this emotion and share how people can avoid self-pity and constructively move forward. **14:36** **8:41**

Host: Marty Peterson

Guests: Daniel Pink, writer, author, *The Power of Regret: How Looking Backward Moves Us Forward*.

Issues Covered: Career, Mental Health, Emotional Wellness, Personal Growth and Development, Psychology, Communication

Links: [Regret | Psychology Today](#)

[The Power of Regret: How Looking Backward Moves Us Forward: Pink, Daniel H.: 9780735210653: Amazon.com: Books](#)

[Daniel Pink: Great Leaders Share Their Failures With Their Teams](#)

CULTURE CRASH: NEVER GETTING TIRED OF THE FILM, "THE PRESTIGE" **Time** **Duration**

Synopsis: The Prestige was released in 2006 and features some of Hollywood's biggest names, including Christian Bale, Hugh Jackman and Michael Caine. We discuss why it's a remarkable movie that never gets old watch after watch. **24:17** **2:09**

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-11 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 3/13/22
Production Manager: Jason Dickey

SEGMENT 1: A MORE SUPPORTIVE MENTAL HEALTH SYSTEM **Time** **Duration**

Synopsis: The isolation of the pandemic has taken a big toll on young people as rates of depression, anxiety and other mental disorders have sharply risen in children and adolescents. What are the key areas that need to be fixed? Why is mental health just as important as physical health? We answer these questions and more this week on Viewpoints. **1:47** **9:34**

Host: Gary Price

Guests: Dr. Thomas Insel, psychiatrist, neuroscientist, former head, National Institute of Mental Health (NIMH), author of *Healing: Our Path From Mental Illness to Mental Health*; Dr. Vaile Wright, psychologist, senior director, Health Care Innovation, American Psychological Association.

Issues Covered: Psychology, Innovation, Health Policy, Technology, Public Health, Mental Health, Insurance, Policy, Science

Links: [Learn more about mental health | NAMI: National Alliance on Mental Illness](#)
[SAMHSA's National Helpline](#)
[BetterHelp](#)
[What American Mental Health Care Is Missing - The Atlantic](#)
[Healing: Our Path from Mental Illness to Mental Health Hardcover](#)

SEGMENT 2: THE ECONOMIC SQUEEZE OF INFLATION **Time** **Duration**

Synopsis: Between January 2021 and January 2022, prices across the board went up by 7.5%. What's next? Economics professor Dr. Christian Vom Lehn joins us to break down what's fueling these continued price hikes and how the invasion of Ukraine by Russia may make certain goods and services pricier. **13:22** **9:56**

Host: Marty Peterson

Guests: Dr. Christian Vom Lehn, assistant professor, economics, Brigham Young University; Carrie Leonard, suburban Chicago resident.

Issues Covered: Inflation, Economics, Consumerism, Personal Finance, Labor, Manufacturing

Links: [Christian vom Lehn](#)
[Consumer prices up 7.5 percent over year ended January 2022](#)
[Federal Reserve Chair Pledges to Bring Inflation Under Control - The New York Times](#)

CULTURE CRASH: GETTING BACK TO THE 90S **Time** **Duration**

Synopsis: We travel back in time to the 1990's as author Chuck Klosterman joins Culture Crash to highlight the iconic culture, media and politics of this infamous decade. **24:18** **2:10**

Host: Evan Rook

Issues Covered: Culture, History

Program 22-12 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 3/20/22
Production Manager: Jason Dickey

SEGMENT 1: THE EXPANDING LANDFILL IN SPACE **Time** **Duration**

Synopsis: From weather forecasting to cellular coverage to global imaging, we heavily rely on space satellites in our day to day lives. We discuss the serious issue of human-created space debris and what's being done to curb this problem before it reaches catastrophic levels. **1:47** **8:43**

Host: Gary Price

Guests: Dr. Jonathon McDowell, astronomer, astrophysicist, Center for Astrophysics at Harvard and the Smithsonian; Dr. Moriba Jah, associate professor, aerospace engineering, engineering mechanics, University of Texas – Austin, co-founder, chief scientist, Privateer Space.

Issues Covered: Environment, Waste Management, Space Exploration, Science, Technology

Links: [Center for Astrophysics \(Harvard & Smithsonian\) - Jonathan McDowell](#)

[Jonathan McDowell \(@planet4589\) / Twitter](#)

[Moriba K. Jah](#)

[mission.privateer.com](#)

[ClearSpace](#)

SEGMENT 2: PAVING A NEW FUTURE FOR CLASSICAL MUSIC **Time** **Duration**

Synopsis: Less than 2% of all classical musicians are African American. Two classical music experts join us this week to help us understand the barriers for entry into classical music and how those in the field are helping younger populations gain exposure and greater access to the genre. **12:33** **10:57**

Host: Marty Peterson

Guests: Brendan Slocumb, professional violinist, music educator, author of *The Violin Conspiracy*; Afa S. Dworkin, president, artistic director, Sphinx.

Issues Covered: Education, Career, Arts, Diversity, Music, Social Equity, Nonprofit, Literature

Links: [Sphinx Organization](#)

[About Me — Brendan Slocumb](#)

[Classical Music Had A Race Problem 20 Years Ago. It Still Does | Cognoscenti](#)

CULTURE CRASH: THE DARKER "BATMAN" **Time** **Duration**

Synopsis: "The Batman" starring Robert Pattinson has dominated box office charts the last couple of weeks. We discuss if the new take on the classic franchise is worth the hype. **24:30** **1:57**

Host: Evan Rook

Issues Covered: Culture, Film

Program 22-13 Writers & Producers: Amirah Zaveri & Evan Rook

Air Week: 3/27/22
Production Manager: Jason Dickey

SEGMENT 1: CARING FOR AN AGING POPULATION **Time** **Duration**

Synopsis: More than 54 million Americans ages 65 or older are living in the U.S. today. This accounts for almost 17 percent of the total population. This number is only set to rise over the next two decades as millions more baby boomers transition into this next phase of life. As this population further ages, many will require care. So often we talk about the healthcare system and the patients themselves, but what about the caregivers who provide these services? In many cases, this role falls on family members' shoulders, and for this group, it can be all too easy to quickly lose sight of personal health, wellness and relationships. We discuss the ups and downs of caregiving in a world that can feel isolating and hard to navigate.

1:47 9:33

Host: Gary Price

Guests: Dr. Santo D. Marabella, author, *Lessons of Caring: Inspiration and Support for Caregivers*; Erik Stoll, co-director, *America* (film).

Issues Covered: Senior Care, Aging, Healthcare, Relationships, Health

Links: [Family Caregiver Alliance](#)
[América – Documentary Film](#)
[AARP Resources for Caregivers and their Families](#)
[Caregiver Support | USAGov](#)
[Family Caregiver Alliance](#)

SEGMENT 2: WHEN THE GUILTY ARE MARKED AS INNOCENT **Time** **Duration**

Synopsis: Why do we believe one person but believe another is lying? This week, author Sarah Weinman joins us as we discuss the story of one American man in the 1950's who was able to dupe millions and get released from prison.

13:22 9:58

Host: Marty Peterson

Guests: Sarah Weinman, writer, author, *Scoundrel: How a Convicted Murderer Persuaded the Women Who Loved Him, the Conservative Establishment, and the Courts to Set Him Free*.

Issues Covered: Crime, History, Criminal Justice, Law, Psychology, Media

Links: [Edgar Smith, Killer Who Duped William F. Buckley, Dies at 83 - The New York Times](#)
[Scoundrel – HarperCollins](#)
[Crime - The New York Times](#)

CULTURE CRASH: "HEAT WAVES": A SONG THAT SEEMS TO NEVER GO OUT OF STYLE **Time** **Duration**

Synopsis: The song, "Heat Waves" by the British indie pop rock band, Glass Animals continues to be a hit track almost two years after its release. We discuss its continued popularity and what else is worth a listen from Glass Animals.

24:20 2:07

Host: Evan Rook

Issues Covered: Culture, Music

WQXO for First Quarter of 2022

Issue aired at: 7:30 PM on 01/05/22 and was discussed for 2 hrs

The Munising Mustangs traveled to Rapid River Wednesday night to take on the Rockets. Munising had 4 player reach double figures and cruised to a 77-43 win. Hayden Rockhill led the way for Munising with 27 points.

WQXO for First Quarter of 2022

Issue aired at: 7:30 PM on 01/07/22 and was discussed for 2 hrs

The Rapid River Rockets traveled to Superior Central to take on the Cougars Friday night. Superior Central used a big 3rd qrt going on a 20-2 run to put this game away. Superior Central defeats Rapid River 63-18.

WQXO for First Quarter of 2022

Issue aired at: 7:30 PM on 1/12/22 and was discussed for 2 hrs

The Munising Mustangs traveled to Manistique on Wednesday night (in a make-up game from Monday) to take on the Emeralds and the Mustangs stood tall in one of their tougher contests of the season. Hayden Rockhill led Munising in scoring with 20.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 1/13/22 and was discussed for 1 hour and 30mins

The Munising Mustangs hosted the Trojans from Crystal Falls Forest Park defeating them 54-27. Hayden Rockhill led the way for Munising with 19 points. Munising will now be off until Monday when they host Carney Nadeau.

WQXO for First Quarter of 2022

Issue aired at: 7:30 PM on 1/17/22 and was discussed for 1 hr and 30mins

The Munising Mustangs hosted the Carney Nadeau Wolves Monday night, defeating them 72-41. Alex Vanzandt led the scoring for the Mustangs with 15points. Munising will now get a day off and host Stephenson on Wednesday evening.

WQXO for First Quarter of 2022

Issue aired at: 7:30 PM on 1/19/22 and was discussed for 2 hours

The Stephenson Eagles traveled to Munising to take on the Mustangs Wednesday night, which proved to be Munising's toughest test of the season. Munising came away victorious 43-35 as Trevor Nolan led Munising with 16points.

WQXO for First Quarter of 2022

Issue aired at: 8 PM on 1/21/22 and was discussed for 1 hr 45 mins

The Munising Mustangs Girls Basketball team traveled to Rapid River to take on the Rockets. This was Munising's first game in two weeks due to Covid issues. The Mustangs won 51-17 led by Jenna Matson's 20 points.

WQXO for First Quarter of 2022

Issue aired at: 7:30 PM on 1/22/22 and was discussed for 1 hr 30mins

The Munising Mustangs took their undefeated record into Rudyard late Saturday afternoon to take on the Bulldogs. Rudyard came away victorious 57-34. Munising will now play Engadine at home Monday January 24th.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 2/22/22 and was discussed for 1 hr 30 mins

The Manistique Emeralds traveled to Munising (0-2) to take on the Mustangs. Manistique came away victorious with a 44-21 win. Jenna Matson led the way for Munising with 7 points

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 01/24/22 and was discussed for 1 hour and 30mins

The Engadine Eagles traveled to Munising to take on the Mustangs. Munising got back to their winning ways with a 67-38 victory. Jesse Duran led the way for the Mustangs with 16 points, Trevor Nolan had 15 points, and Drake Morrison had 13 points in the win.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 01/25/22 and was discussed for 2 hours.

The Engadine Eagles traveled to Munising to take on the Mustangs in girls basketball tuesday night. The Munising girls came away victorious 61-54. Munising had three players in double figures with Bailey Corcoran and Emerson Crip each scoring 18points, Jenna Matson had 13points.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 01/26/22 and was discussed for 2 hours

The Munising Boys Basketball team hit the road Wednesday night to take on the Newberry Indians. The Mustangs held a 41-18 halftime lead and went on to defeat Newberry 62-36. Leading the way for the Mustangs was Drake Morrison with 13 points, Hayden Rockhill had 11, and Trevor Nolan finished with 10.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 01/28/22 and was discussed for 1hr 30mins

The Munising Mustangs had a big test on Friday night traveling to Bark River-Harris. The Mustangs put four players in double figures but fall by a score of 53-48. Jenna Matson finished with 14 points, Bailey Corcoran had 11points, Emerson Crisp with 10points, and Julia Prunick finished with 10points. Munising will next play Brimley Tuesday night in a rematch from earlier this year.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 2/01/22 and was discussed for 1hr 40mins

The Munising Mustangs welcomed in The Bark River-Harris Broncos Tuesday Night. The Mustangs won 59-53 as Jesse Duran poured in 20 points. Hayden Rockhill scored 17points for Munising and Trevor Nolan finished with 12points. Munising will now play in Pickford Thursday night.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 2/02/22 and was discussed for 1hr 30 mins

The Manistique Emeralds traveled to Munising to take on the Mustangs in girls basketball Wednesday Night. Munising came away victorious with a 45-39 win, as Jenna Matson had a game high 23points. Munising will travel to Eben Friday Night to take on the Superior Central Cougars.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 2/04/22 and was discussed for 1 hr 30 mins

The Munising Mustangs traveled to Eben to take on their crosstown rivals the Superior Central Cougars Friday night in girls basketball. Munising came up short 39-36 as Emma Rutter scored 13points in the win for Superior Central. Munising was led by Bailey Corcoran who had a game high 16 points. This was Munising's third loss of the year.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 2/10/22 and was discussed for 1hr 45mins

North Dickinson came to Munising to take on the Mustangs in High School Girls Basketball Thursday Night. North Dickinson came away victorious by a 42-33 score. In the loss Emerson Crisp lead the Mustangs with 12 points, while Jenna Matson chipped in with 9points.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 2/14/22 and was discussed for 1hr 45mins

The Rudyard Bulldogs came into Munising for a Valentines day matchup Monday night. It was Munising who came away with a 49-28 victory. Julia Prunick led the way for the Mustangs with 13 points. Bailey Corcoran had 12 points for Munising.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 02/15/22 and was discussed for 1 hour and 30 mins

The Munising Mustangs hosted the Rapid River Rockets Tuesday night. Munising received balanced scoring and defeated the Rockets 54-27. Jesse Duran led the way for Munising with 18 points. Munising is now off for a week when they go on the road to take on North Central.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 02/23/22 and was discussed for 2hours

The Munising Mustangs traveled to North Central to take on the Jets. According to UP Basketball Polls Munising was ranked #3 and North Central was #2 heading into the game. North Central came away with a 59-48 victory. Munising was led by Jesse Duran who had 9points.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 02/24/22 and was discussed for 1hr and 30mins

It was Senior Night for the Munising Mustangs as Rapid River came to town. This one was over early as Munising outscored the Rockets 15-4 in the first quarter on their way to a 56-19 victory. Jenna Matson led the way with 19 points, Mackenzie Richardson scored 12 points in the win. Munising finished the regular season 15-5 and will now play post-season basketball Wednesday.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 02/25/22 and was discussed for 1hr and 30mins

The Munising Mustangs hosted the Manistique Emeralds on Homecoming Friday night. Munising saw the return of Kane Nebel (who is coming off a football injury) score 17points in his season debut. Munising went on to win 60-40 in this contest.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 03/01/22 and was discussed for 2hours

The Norway Knights traveled to Munising to take on the Mustangs. According the the UP Basketball Poll, Norway was 5th and Munising was 3rd heading into the game. Munising cruises to a 63-49 win. Cully Trzeciak scored 17 points, Jesse Duran had 14points and Kane Nebel finished with 11 points in the win for Munising.

WQXO for First Quarter of 2022

Issue aired at: 5:30 PM on 03/02/22 and was discussed for 2hours

The Munising Mustangs traveled to Eben for the district semi-finals game against the Mid-Peninsula Wolverines. The Mustangs used a 13-2 first qrt run to put this game away early. Emerson Crisp led the way for Munising with 12 points, Jenna Mattson had 11 points in the win for Munising. Munising will now play either Big Bay de Noc or Superior Central Friday Night for the District Final in Eben.

WQXO for First Quarter of 2022

Issue aired at: 7:45 PM on 03/03/22 and was discussed for 2hours

The North Central Jets traveled to Munising Thursday night to take on the Mustangs. According to the UP Basketball Poll its was #2 vs #3 in the little 5. Munising cruised to a 22 point win 65-43. Jesse Duran had 17 points, Kane Nebel had 15 points in the Mustang victory.

WQXO for First Quarter of 2022

Issue aired at: 7:00 PM on 03/04/22 and was discussed for 2hours

The Superior Central Cougars and Munising Mustangs met for a third time this season with Superior Central hosting the District finals on their home floor. Superior Central ends Munisings Season 55-47 and will Advance to the Regional Semi-Final in Kingsford next week.

WQXO for First Quarter of 2022

Issue aired at: 7:00 PM on 03/09/22 and was discussed for 2hours

The Munising Mustangs used a 16-0 1st qrt run to defeat the Superior Central Cougars in the District Semi-Final matchup 49-29. Kane Nebel led all scorers with 12 points. Munising goes on to play Rapid River in the District Final for the 3rd time in 4 years. (2020 Munising was Class C and was set to play Negaunee in the District Final) Game time will be 6pm Friday Night in Munising.

WQXO for First Quarter of 2022

Issue aired at: 6:00 PM on 03/11/22 and was discussed for 2hours

Your Munising Mustangs are District 100 Champs as they Defeated Rapid River 60-25. Munising will next play on Monday Night at 7pm in Negaunee for the Regional Semi-Final.

WQXO for First Quarter of 2022

Issue aired at: 7:00 PM on 03/14/22 and was discussed for 1 hour and 45mins

Unfortunately the Munising Mustang Boys Basketball Season comes to an end tonight at the Regional Semi-Final in Negaunee as North Central defeats Munising 49-33. North Central moves on to play the Ewen Trout Creek Panthers Wednesday Night in the Regional Final.