



Date aired: 3-26-23 Time Aired: 5:02am

Weekly Public Affairs Program

Show # 2023-13

Total running time: 29:30 (with optional exit at 24:00)

1. **Elizabeth Wallace**, co-author of *"The Ambition Decisions: What Women Know About Work, Family, and the Path to Building a Life"*

Over the last sixty years, women's roles at home and on the job have radically changed, and the question of whether they can really "have it all" is still debated. Ms. Wallace outlined three distinct paths where a woman's life and career choices may lead. She talked about the importance of the support of husbands when ambitious women move into high-level corporate positions. She offered advice for women who are facing today's complex career choices.

Issues covered:

Length: 9:22

**Women's Concerns
Career
Marriage**

2. **Thomas Lickona, PhD**, Developmental Psychologist, Professor of Education Emeritus at the State University of New York at Cortland, author of *"How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain"*

Dr. Lickona has led the character education movement in schools for forty years. He outlined the tools that parents need to foster peace and cooperation at home. He explained how changes in our culture have made it harder than ever to raise kind kids. He offered suggestions for parents to deal with technology and the use of media by kids.

Issues covered:

Length: 7:52

**Parenting
Children's Issues**

3. **Irwin Reyes**, Researcher in the Usable Security and Privacy Group at the International Computer Science Institute, a laboratory affiliated with the University of California at Berkeley

Mr. Reyes led a study that found that more than 3300 Android apps from the Google Play Store are improperly tracking kids and are potentially violating federal law. He outlined the types of data that is being collected and what is being done with it. He believes similar results are likely with iPhones, but Apple's closed system prevents a similar study of its users. He offered advice to parents who are concerned about their children's privacy.

Issues covered:

Length: 4:56

**Privacy
Children's Issues
Parenting**

WHLC FM 104.5 HIGHLANDS, NC

QUARTERLY ISSUES & PROGRAMS REPORT

“Ask The Mayor”

“Info Trak”

2023 – First Quarter

Ask the Mayor 1-1-2023

12:05min

1. 2023 Mayor Predictions- STR Enforcement
2. State Providing funds for Mirror Lake
3. Big Bear Pen Paving
4. Tourist Development- Promote infrastructure
5. Recycling Center at Rec Center

Ask the Mayor 1-8-2023

9:32:00 min

1. Water and Sewer issues after Cold snap
2. Loss of power with Duke power station
3. Study on Sewer and Water System
4. Water quality Rated GOOD

Ask the Mayor 1-15-2023

11:40 min

1. Sidewalk Projects Underway
2. Fire Dept Driveway Prep Work
3. Town Board Jan 19th Meeting Agenda
4. Radio/Shortwave leases
5. ABC store relocation plans

Ask the Mayor 1-22-2023

11:15 min

1. Status of B of America Building
2. Questions about STR Enforcement
3. Appraised property values to increase
4. March 9th Town Retreat- Budget
5. Issues regarding Building Permits

Ask the Mayor 1-29-2023

9:30:00 min

1. Recap of Town Board Meeting
2. Sidewalks, ABC Building Plans, Tower leases
3. EV Charges, cost of Fast Chargers discussed
4. Sidewalks for Cashiers from SW Comm Commission
5. Social Media Comments on STR Procedures

Ask the Mayor 2-5-2023

10:40 min

1. 3pm Special Closed Meeting- New Lawyer
2. Scaly Mtn bridge rebuild underway
3. Gary Ammonds- Firefighter of the Year
4. Positive response Pennies for Preservation

Ask the Mayor 2-12-2023

10:05 min

1. Update- Now Dollars for land Preservation
2. Major Fire- Sagee Woods Water use 1.3 million gallons
3. Quick response- Also Jackson County responded
4. Town Board Meeting- Feb 16th Town leases

Ask the Mayor 2-19-2023

14:00 min

1. Fixed water pipe on 64/Did not affect water supply.
2. State reps to meet with Mayors and Local reps in Raleigh
3. Mayor's first vote in 8 years- For Incarnation sidewalk
4. Brian Stiehler voted Mayor Pro Tem

Ask the Mayor 2-26-2023

9:45 min

1. Sidewalks on 64 completed and Near Episcopal Church
2. State legislation to hear STR concerns, new Policy?
3. Next Budget/Retreat March 9th
4. Movies to run at the HPAC this Summer

Ask the Mayor 3-5-2023

11:10 min

1. Town Budget retreat March 9th
2. Town Manager Josh Ward presents Financial Health
3. Utility pole audit with Matt Schuler
4. HPD capital needs- Chief Holland
5. Highlands Historical Society requests funds

Ask the Mayor 3-12-2023

11:55 min

1. Budget need for Water Clarifier
2. Electrical Grid improvements with utility pole upgrades
3. Police- Need of Hybrid vehicles
4. Mirror Lake dredging update from Pat Gleeson
5. Signage for greenway approved
6. Funds available for hiring 6 FT employees

Ask the Mayor 3-19-2023

13:30 min

1. 30th Anniversary HC Hospital
2. Fridays Community Coffee with Gary Shields
3. ABC Building Plans approved
4. Budget Amendments- Hiring New Linemen

Ask the Mayor 3-26-2023

12:00 min

1. March 29th- End of Vietnam War Celebration of 50 Anniversary
2. Electrical Power Outage feedback on AskMayorPat.com
3. 3 River's Trout fishing event and Golf Tournament at Sky Valley Golf Course to fund School Scholarships
4. April 15th- Plateau Pickup

WHLC FM 104.5 HIGHLANDS, NC

QUARTERLY ISSUES & PROGRAMS REPORT

“Info Trak”

2023 – First Quarter

ISSUES

- # 1 Domestic Violence- Women’s Concerns**
- # 2 Education- Career-Govt Spending**
- # 3 Constitutional Rights- Privacy**
- # 4 Transportation- Supply Chains**
- # 5 Homelessness- Substance Abuse**
- # 6 Literacy- Parenting**
- # 7 Law Enforcement- Community Rehabilitation**
- # 8 Youth Sports- Career- Mental Health**
- # 9 Payday Loans- Poverty**
- # 10 Economics- Personal Health**
- # 11 Minority Concerns- Parenting**
- # 12 Employment- Entrepreneurism**
- # 13 Gambling Addiction- Government Policies**
- # 14 Electric Vehicles- Environment**
- # 15 Stress- Nutrition- Hunger**
- # 16 Personal Productivity- Women’s Issues**
- # 17 Veterans Concerns- Suicide- Mental Health**
- # 18 Sickle Cell Disease- Diversity- Blood Donations**
- # 19 Mass Shootings- Govt Policies**
- # 20 Bullying- Youth at Risk**
- # 21 Alzheimer’s Disease- Aging- Nutrition**
- # 22 Workplace Matters- Youth Suicide**
- # 23 Marriage- Childrens Issues- Parenting**



Weekly Public Affairs Program

Date aired: 1-1-2023 Time Aired: 5:02am

Disc # 2023-01

Total running time: 29:30 (with optional exit at 24:00)

1. **Jacquelyn C. Campbell, PHD, RN, FAAN**, expert on domestic violence, violence against women and intimate partner violence, Professor and the Anna D. Wolf Chair at the Johns Hopkins School of Nursing, National Program Director for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program

Dr. Campbell developed the Danger Assessment, a groundbreaking questionnaire designed to assess a woman's risk of being killed by an abusive partner. She talked about recent updates to the tool that address concerns for immigrant women and same-sex partners. She said it's helpful for an abused woman to document for herself how often abuse is happening, levels of abuse and other patterns.

Issues covered:

**Domestic Violence
Women's Concerns**

Length: 9:21

2. **Bryan Caplan, PhD**, Professor of Economics at George Mason University, blogger for EconLog, author of "*The Case against Education: Why the Education System Is a Waste of Time and Money*"

Although it is immensely popular--and immensely lucrative--Dr. Caplan believes that higher education is grossly overrated. He said that decades of growing access to education have not resulted in better jobs for the average worker, but instead in runaway credential inflation. He is in favor of serious cuts in government education funding to curb this wasteful rat race, along with a renewed emphasis on vocational education.

Issues covered:

**Education
Career
Government Spending**

Length: 8:01

3. **Cyrus Farivar**, Senior Business Editor at Ars Technica, author of "*Habeas Data: Privacy vs. the Rise of Surveillance Tech*"

Mr. Farivar discussed how judges and activists have thought about privacy and surveillance in America in recent decades. He believes that laws need to be updated to address advances in surveillance technology, such as the mass use of license plate readers and facial recognition software.

Issues covered:

**Constitutional Rights
Privacy**

Length: 5:04



Weekly Public Affairs Program

Date aired: 1-8-2023 Time Aired: 5:02am

Show # 2023-02

Total running time: 29:30 (with optional exit at 24:00)

1. **Todd Spencer**, President of the Owner-Operator Independent Drivers Association

Trucking is critical to virtually every aspect of the US economy. Mr. Spencer talked about the biggest challenges faced by truck drivers. He said drivers often spend 30% of their work week being detained by inefficiencies in the supply chain, waiting for shippers and receivers. He discussed the lack of adequate training of new truckers. He also talked about road congestion and needed improvements in the nation's highway system to better accommodate trucks.

Issues covered:

**Transportation
Supply Chain Issues
Employment**

Length: 9:44

2. **Natasha Slesnick, PhD**, Professor of Human Development and Family Science in the Department of Human Sciences, and EHE Associate Dean for Research and Administration at Ohio State University

Prof. Slesnick led a study that suggests that giving some homeless mothers with young children a place to live may do little to help them if it is not combined with support services. She outlined the most significant challenges faced by homeless mothers and their children, and the most effective forms of support.

Issues covered:

**Homelessness
Government Programs
Substance Abuse**

Length: 7:33

3. **Donna Thompson, PhD, MBA**, retired college educator, an advocate for children's literacy and creator of The Adventures of Carly and Charly, a book series "written" by cats for kids

Ms. Thompson discussed the importance of encouraging reading in young children, and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading, and why it is so important for parents to set a good example in reading habits.

Issues covered:

**Literacy
Parenting**

Length: 5:07



Date aired: 1-15-2023 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-03

Total running time: 29:30 (with optional exit at 24:00)

1. **Nora Volkow, MD**, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Fentanyl overdoses are the leading cause of death for Americans ages 18 to 49, more than car accidents or suicides. On average, one person dies of a fentanyl overdose in the United States every seven minutes, and the number of Americans killed by the drug has jumped 94 percent since 2019. Dr. Volkow discussed why the problem has skyrocketed and what steps the federal government is taking to address it. She said that, while the epidemic was worse in certain rural areas of the US in past years, the problem has now overwhelmed every city and state. She talked about the importance of education and treatment programs, and also explained why fentanyl is a particularly troubling issue for pregnant women.

Issues covered:

**Substance Abuse and Treatment
Government Policies**

Length: 17:52

2. **Sam Quinones**, author of *"The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth"*

The opioid crisis' damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to a congressional analysis. Mr. Quinones talked about steps that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.

Issues covered:

**Substance Abuse and Treatment
Community Rehabilitation
Law Enforcement
Homelessness**

Length: 5:08



Weekly Public Affairs Program

Date aired: 1-22-23 Time Aired: 5:02am

Disc # 2023-04

Total running time: 29:30 (with optional exit at 24:00)

1. **Lauren Fleshman**, one of the most decorated American distance runners of all time, winner of five NCAA championships at Stanford University and two national championships as a professional, author of *"Good for A Girl: A Woman Running in a Man's World"*

Girls drop out of organized sports at twice the rate of boys at age 14, and half have quit by 17. Sixty-five percent develop disordered eating habits that compromise their ease around food, sometimes irreparably. Ms. Fleshman talked about emerging research on the physiology and psychology of young athletes, and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.

Issues covered:

Length: 8:29

**Women's Concerns
Youth Sports**

2. **Chris Bailey**, productivity expert, author of *"How to Calm Your Mind: Finding Presence and Productivity in Anxious Times"*

Mr. Bailey shared the inspiration to write his book--a panic attack he had onstage in front of an audience of over 100. He outlined simple steps he took in the moment and in the long-term to conquer burnout, and explained how he gradually restored calm and tranquility to his life. He talked about sources of hidden stress buried within our days, often activities and people that we voluntarily subject ourselves to.

Issues covered:

Length: 8:53

**Mental Health
Personal Productivity
Career**

3. **Tim Lohrentz**, Program Manager of the Insight Center for Community Economic Development, a non-profit organization that focuses on policies to build economic health in lower income communities

Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.

Issues covered:

Length: 5:10

**Payday Loans
Poverty
Government Regulations**



Date aired: 1-29-2023 Time Aired: 5:02am

Weekly Public Affairs Program

Show # 2023-05

Total running time: 29:30 (with optional exit at 24:00)

1. **Alvin E. Roth, PhD**, Craig and Susan McCaw Professor of Economics at Stanford University, Gund Professor of Economics and Business Administration Emeritus at Harvard University, author of *Who Gets What — and Why: The New Economics of Matchmaking and Market Design*

Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect many less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.

Issues covered:

**Economics
Career
Education**

Length: 9:17

2. **Joel Kahn, MD**, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC, author of "The Whole Heart Solution"

According to Dr. Kahn, more than 75 percent of cases of heart attacks, strokes and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart disease and he said changes in diet and exercise can often reverse the disease.

Issues covered:

Personal Health

Length: 8:01

3. **Paul Tough**, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap

Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives—their schools, neighborhoods, parenting practices—all must be changed at once.

Issues covered:

**Poverty
Education
Minority Concerns
Parenting**

Length: 5:00



Date aired: 2-5-2023 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-06

Total running time: 29:30 (with optional exit at 24:00)

1. **Ismail Karabas, PhD**, Marketing Professor at Murray State University

Tipping for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food, and receive minimal-to-no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.

Issues covered:

**Consumer Matters
Employment
Economy**

Length: 8:58

2. **Dan Martell**, entrepreneur, productivity expert, author of "*Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire*"

Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.

Issues covered:

**Entrepreneurism
Personal Productivity
Career**

Length: 8:18

3. **Les Bernal**, Executive Director of Stop Predatory Gambling, a national grassroots citizen's movement

Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility and promotes state-sponsored wagering.

Issues covered:

**Gambling Addiction
Government Policies**

Length: 5:07



Date aired: 2/12/23 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-07

Total running time: 29:30 (with optional exit at 24:00)

1. **Andrew Smith, PhD**, cognitive psychologist and Assistant Professor at Iowa State University

Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.

Issues covered:

**Consumer Matters
Employment
Economy**

Length: 9:12

2. **Andrew McDiarmid**, Senior Fellow at the Discovery Institute, a non-profit, non-partisan organization focused on research, education, action, and cultural renewal

A recent study reported in the Journal of Experimental Psychology suggests that the act of "just thinking" can be more rewarding than we might realize. Mr. McDiarmid outlined the study's findings and explained why Americans should resist the urge to pull out their phones so frequently and spent some time just thinking instead.

Issues covered:

**Mental Health
Personal Productivity**

Length: 8:10

3. **Tom Appel**, Publisher of Consumer Guide Automotive

Mr. Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.

Issues covered:

**Electric Vehicles
Consumer Matters
Environment**

Length: 4:53



Date aired: 2-19-2023 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-08

Total running time: 29:30 (with optional exit at 24:00)

1. **Shevaun Neupert, PhD**, Professor of Psychology at North Carolina State University

Prof. Neupert wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques, and where young adults should be taught how to deal with stress.

Issues covered:

**Mental Health
Stress**

Length: 7:57

2. **Angie Morgan Witkowski**, leadership and career coach, author of "*Bet on You: How to Win with Risk*"

Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.

Issues covered:

**Career
Personal Productivity
Mental Health**

Length: 9:16

3. **Lindsey Parnarouskis, MS**, doctoral candidate, Department of Psychology, University of Michigan

Ms. Parnarouskis was the first author of a study that examined the connection between food insecurity and the overconsumption of processed foods. She found that that women experiencing food insecurity more frequently report symptoms of food addiction, such as compulsive eating of certain types of food, unsuccessful attempts to cut down and withdrawal symptoms.

Issues covered:

**Nutrition
Hunger
Women's Issues**

Length: 5:06



Date aired: 2-26-2023 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-09

Total running time: 29:30 (with optional exit at 24:00)

1. **Laurn Williams**, Certified Financial Planner, founder of Worth Winning, a company that helps young professionals organize their finances

A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to 'normal.' Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty. She has found that many Gen Zers are choosing to invest in themselves and their professional growth, such as starting their own businesses or furthering their education. She explained why it is critical to start early to build retirement savings.

Issues covered:

Length: 8:10

**Consumer Matters
Economy
Employment**

2. **Elisa Villanueva Beard**, CEO of Teach For America, a nonprofit organization dedicated to improving educational outcomes for low-income students

Ms. Villanueva Beard outlined the mission of her organization, and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply to be a part of Teach For America.

Issues covered:

Length: 9:12

**Education
Poverty**

3. **Matthew A. Miller, PhD, MPH**, Executive Director for VA Suicide Prevention for the U.S. Department of Veterans Affairs

Dr. Miller shared VA's latest data showing meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He also outlined the potential warning signs and what family members or friends can do to help.

Issues covered:

Length: 5:09

**Veterans' Concerns
Suicide
Mental Health**



Date aired: 3-5-23 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-10

Total running time: 29:30 (with optional exit at 24:00)

1. **Yvette M. Miller, MD**, Executive Medical Officer for the American Red Cross Donor and Client Support Center, helping to lead the Red Cross' national Sickle Cell Initiative

Sickle cell disease is the most common genetic blood disorder in the US, and regular blood transfusions are critical to manage extreme pain and life-threatening complications. Dr. Miller discussed Red Cross efforts to promote diversity in the blood supply, increase donor recruitment and retention in the black community to support the transfusion needs of patients with sickle cell disease.

Issues covered:

**Sickle Cell Disease
Blood Donations
Diversity**

Length: 8:32

2. **Candy Valentino**, finance and wealth advisor, author of "*Wealth Habits: Six Ordinary Steps to Achieve Extraordinary Financial Freedom*"

Ms. Valentino believes that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. She conducted a study that found 75% of wealthy people had one thing in common: either they or their family owned a business.

Issues covered:

**Personal Finance
Entrepreneurism**

Length: 8:51

3. **Samuel West, PhD**, Assistant Professor of Psychology at Virginia State University

Dr. West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He believes that social isolation as an ideal target for intervention because it can be addressed both at the individual level and the societal level.

Issues covered:

**Mass Shootings
Mental Health**

Length: 5:07



Date aired: 3-12-2023 Time Aired: 5:02am

Weekly Public Affairs Program

Disc # 2023-11

Total running time: 29:30 (with optional exit at 24:00)

1. **Pamela Gockley**, Certified Bullying Prevention Specialist, Founder and Executive Director of The Camel Project, a non-profit organization focused on deconstructing the culture of bullying in America

1 in 5 students report being bullied at school. However, Ms. Gockley said the CDC believes 50 to 75% of bullying incidents are never reported. She discussed the culture of bullying in America, how to parents can protect their children from it, and how parents of bullies can recognize the behavior in their own child and address it.

Issues covered:

**Bullying
Parenting
Youth at Risk**

Length: 8:44

2. **Brock L. Eide M.D., M.A.**, learning disabilities expert, co-author of "*The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain*"

Dyslexia has traditionally been defined as a reading and spelling disorder. But Dr. Eide said recent research has proven that these challenges are not dyslexia's main features. He explained how these characteristics are actually trade-offs resulting from an entirely different pattern of brain organization and information processing and that it has powerful advantages.

Issues covered:

Learning Disabilities

Length: 8:41

3. **Samuel Zahinoor Ismail, MD FRCPC**, Professor of Psychiatry, Neurology, Epidemiology, and Pathology at the Hotchkiss Brain Institute and O'Brien Institute for Public Health at the University of Calgary

Dr. Ismail was the lead author of a large 10-year study that found 40 per cent fewer dementia diagnoses in people who took vitamin D supplements. The study also found that those who take vitamin D are more likely to have more years of dementia-free life. In addition, he found that vitamin D had a significantly greater effect on women, than men.

Issues covered:

**Alzheimer's disease
Nutrition
Aging**

Length: 5:05



Weekly Public Affairs Program

Date aired: 3-19-23 Time Aired: 5:02am

Disc # 2023-12

Total running time: 29:30 (with optional exit at 24:00)

1. **Juliet B. Schor, PhD**, Professor of Sociology, Boston College

The four-day week is becoming more of a reality in the contemporary workplace, and Prof. Schor co-authored a landmark international study of the trend. She said the vast majority of companies that tried the shorter workweek for the study stuck with it afterwards. She talked about the benefits that result from a 32-hour workweek, both for employees and companies.

Issues covered:
Workplace Matters
Mental Health
Productivity

Length: 8:40

2. **Deepa L. Sekhar, MD**, Associate Professor of Pediatrics at the Penn State College of Medicine, Executive Director of Penn State PRO Wellness

Suicide death rates have increased significantly among adolescents in the U.S. in recent years. Dr. Sekhar said while children are typically screened for health, vision and hearing problems in school, mental health screening has not been standardized in school settings. She led a study that evaluated the effectiveness of a school-based, adolescent suicide risk screening and found that it successfully identified at-risk adolescents and increased initiation of mental health services. She explained how the screening works and the reasons some schools or parents may be reluctant to give it a chance.

Issues covered:
Youth Suicide
Mental Health Services
Parenting

Length: 8:43

3. **John P. Thyfault, PhD**, Professor of Nutrition and Exercise Physiology, Director of the Health Activity Center at the University of Missouri

Statins, the most widely prescribed type of cholesterol-lowering drugs, have prevented millions of heart attacks and saved countless lives. But Dr. Thyfault conducted a study that found that statins may also counteract the benefits of exercise, the other tried-and-true way to boost cardiac health. He explained why doctors usually prescribe drugs, rather than recommending exercise or dietary change. He also talked about how much exercise can be effective for people dealing with high cholesterol.

Issues covered:
Personal Health

Length: 5:09