

**Quarterly Issues/Programs List
for Stations
WBPW-FM, WOZI-FM and WQHR-FM
January 1 - March 31, 2020**

Section I. Issues

The station has identified the following issues as significant issues facing our community in this quarter:

Mental Health: Winter months can be a time where individuals, especially in northern climates may increasingly struggle with depression. To top it all off, the quarter ended with the beginning of the COVID-19 pandemic, forcing individuals to stay isolated at home and leaving those without family or roommates feeling the most vulnerable.

Employment: The unemployment rate in Presque Isle has risen since the fourth quarter of 2019 and is expected to rise further due to COVID-19. A recent study shows that 70% of employers reported looking at social media sites to help them evaluate potential employees.

Education: Public schools in our area have been forced to close and transition to at-home learning with the outbreak of COVID-19.

Senior Population: It is estimated that 45 million Americans are currently providing unpaid care for a loved one. Maine is home to the oldest population in the nation with a growing need for caregivers and additional services that meet their needs, especially as people begin to self-isolate due to current health concerns.

Teen Suicide: According to the Maine CDCP, suicide is the second leading cause of death among Maine youth ages 10 to 24 and the fourth leading cause of death among youth ages 10 to 14.

Section II. Responsive Programs

WBPW-FM, WOZI-FM and WQHR-FM in Presque Isle, Maine provided responsive programming this quarter as detailed below:

Issue Discussed	Program	Date	Time	Duration	Description of program
Cancer Care	Community Spotlight	Feb. 28	9:30 a.m.	5 minutes	Interview with Maine native Austin Theriault, a NASCAR driver about the Relay for Life fundraising event in Presque Isle. Money raised from this all-day sledding event supports the American Cancer Society
Social Services	Community Spotlight	March 18	9:30 a.m.	3 minutes	Live interview with Sherry Locke, Director of the Aroostook County Action Program. In light of the COVID-19 outbreak in Maine, ACAP realigned its programs at its 9 offices to serve community members remotely via phone and online.
Local Economy	On air updates	March	daytime	varied	Kept listeners informed as local businesses were shut down with the arrival of COVID-19 in the region. Provided information about new protocols and safety measures as they were put in place.
Education/ community	On air updates	March	daytime	varied	Provided comprehensive updates concerning the closing of area schools during COVID-19, including information students and parents needed as they transitioned to distance learning.



WBPW-FM, WOZI-FM & WQHR-FM

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2020

Show # 2020-01

Date aired: Jan. 4 Time Aired: 6:00 a.m.

Michelle Mazurek, PhD, Assistant Professor, Computer Science, University of Maryland College Park

Nearly everyone today struggles with a myriad of passwords for their online activities. Professor Mazurek was involved in research at Carnegie Mellon University that found that long passphrases are more effective and easier to remember than an incomprehensible string of letters, numbers and special characters.

Issues covered:

Online Security

Crime

Consumer Matters

Length: 8:52

Chris Voss, former FBI's lead international kidnapping negotiator, founder and principal of The Black Swan Group, author of *"Never Split the Difference: Negotiating As If Your Life Depended On It"*

Mr. Voss discussed the skills that helped him and his colleagues succeed where it mattered most: saving lives. He explained how of those same negotiating tactics and principles are critical in everyday life, in areas such as buying a car, negotiating a salary, buying a home, or parenting.

Issues covered:

Career

Parenting

Length: 8:25

Show # 2020-02

Date aired: Jan. 11 Time Aired: 6:00 a.m.

Jordan W. Smoller, PhD, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41

Mental Health
Physical Fitness

Wendy Wood, PhD, Provost Professor of Psychology and Business at the University of Southern California, author of "*Good Habits, Bad Habits: The Science of Making Positive Changes That Stick*"

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:
Personal Growth
Addictions

Length: 8:35

Show # 2020-03

Date aired: Jan. 18 Time Aired: 6:00 a.m.

Erica Reischer, PhD, psychologist, parent educator, author of "*What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive*"

Children don't come with an owner's manual, but many parents wish they did. Dr. Reischer offered simple, action-oriented steps anyone can take to improve their parenting skills. She discussed the importance of empathy, how to distinguish between goals and methods, and why it's helpful for parents to view their kids as little explorers and scientists.

Issues covered:
Parenting

Length: 7:51

Andrew Scott, Professor of Economics at the London Business School, Fellow at All Souls College, Oxford University and the Centre for Economic Policy Research, co-author of "*The 100-Year Life: Living and Working in an Age of Longevity*"

Many Americans have been raised on the traditional notion of a three-stage approach to life: education, followed by work and then retirement. However, Prof. Scott said this well-established pathway is already beginning to collapse: life expectancy is rising, pensions are vanishing, and increasing numbers of people are juggling multiple careers. He offered suggestions for how to better plan for a productive, longer life and retirement in today's rapidly-evolving economy.

Issues covered:
Retirement Planning
Senior Citizens

Length: 9:23

Show # 2020-04

Date aired: Jan. 25 Time Aired: 6:00 a.m.

Donna Thomson, author of "*The Unexpected Journey of Caring: The Transformation from Loved One to Caregiver*"

It's estimated that 45 million Americans are currently providing unpaid care for a loved one. Ms. Thomson shared her own story as a longtime caregiver, and talked about the unexpected rewards and challenges that caregivers often find. She also explained why being part of a community of caregivers is vital to navigate the unpredictable terrain of care.

Issues covered:

Length: 9:20

**Caregiving
Mental Health**

Molly Carmel, licensed clinical social worker with a background in addiction and nutrition, Founder of The Beacon Program in New York City, co-author of *“Breaking Up with Sugar.”*

Most health experts agree that sugar is bad for you. Ms. Carmel discussed the mental and physical dangers that come from an unhealthy relationship with sugar and flour, and why we can easily get hooked on them. She explained how processed food manufacturers design foods to be addictive.

Issues covered:

**Nutrition
Addiction
Consumer Matters**

Length: 7:48

Show # 2020-05

Date aired: Feb. 1 Time Aired: 6:00 a.m.

Rachel Alinsky, MD., MPH, Pediatrician and Adolescent Medicine Fellow at the Johns Hopkins Children's Center

Dr. Alinsky led a recent study that found that less than a third of adolescents and young adults who experienced a nonfatal opioid overdose received appropriate follow-up addiction treatment to reduce the risk of a second overdose. She said youth are at a very high risk of another overdose in the first few months after the first one.

Issues covered:

**Drug Addiction
Public Health**

Length: 9:20

Monique Morrissey, Economist, Economic Policy Institute

Ms. Morrissey's organization is highly critical of the nation's policies for funding retirement. She led a study that found that only about 54% of Americans are saving for retirement. She explained why she believes that the shift from traditional pensions to 401(k)s has increased retirement inequality for U.S. families, based on their income, race, ethnicity, education, and marital status.

Issues covered:

**Retirement Planning
Minority Concerns
Government Policies**

Length: 7:48

Show # 2020-06

Date aired: Feb. 8 Time Aired: 6:00 a.m.

Anthony ONeal, author of *“Debt-Free Degree: The Step-by-Step Guide to Getting Your Kid Through College Without Student Loans”*

Mr. ONeal discussed the huge negative impact that student debt has on today's college graduates. He outlined three main ways to graduate debt free: saving money, finding money via grants and scholarships, and working for money. He recommended that students apply for lesser-known small-dollar scholarships, before going after the large ones.

Issues covered:

**Education
Personal Finance**

Length: 9:02

Ada Calhoun, author of "*Why We Can't Sleep: Women's New Midlife Crisis*"

Ms. Calhoun talked about the new midlife crisis facing Gen X women, and how they arrived there. She said most women in their 40s and early 50s are exhausted, terrified about money, under-employed, and overwhelmed. She believes that instead of being heard, they have been told to lean in, take "me-time," or make a chore chart to get their lives and homes in order. She talked about some of the possible societal changes that may address the problem.

Issues covered:
Women's Issues
Mental Health
Gen X Concerns

Length: 8:03

Show # 2020-07

Date aired: Feb. 15 Time Aired: 6:00 a.m.

Anna S. Mueller, PhD, Sociologist and Assistant Professor in Comparative Human Development, Research Associate at the Population Research Center at the University of Chicago

Teen suicide clusters are a recent discovery, and little is understood about their causes and how to prevent them. Prof. Mueller studied the phenomenon in a small town. She found that intense pressure to succeed academically and athletically, plus the ease with which private information became public, due to social connectedness, left teens and their parents unwilling to seek help for mental health problems. She said suicide prevention strategies need to be tailored to fit the unique dynamics of individual communities.

Issues covered:
Teen Suicide
Mental Health
Parenting

Length: 7:57

Shola Richards, author of "*Making Work Work: The Positivity Solution for Any Work Environment*"

A surprising number of Americans have experienced bullying on the job. Mr. Richards discussed the reasons that some people become bullies, and offered suggestions for how to deal with bullying in an effective and positive way. He said documenting dates, times and details of incivility are crucial, and that approaching the HR department with an issue is the best place to start.

Issues covered:
Bullying
Workplace Matters

Length: 9:21

Show # 2020-08

Date aired: Feb. 22 Time Aired: 6:00 a.m.

Jillian Peterson, PhD, Assistant Professor of Criminology and Criminal Justice at Hamline University, Director of the Hamline Center for Justice and Law, co-founder of the Violence Project, a nonpartisan think tank dedicated to reducing violence in society

Prof. Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the "how" and why" of mass shootings using data-driven research. She discussed the four

most common characteristics of mass shooters. She also outlined the steps that she believes would be most effective to prevent mass shootings.

Issues covered:
Mass Shootings
Criminal Justice
Mental Health

Length: 9:02

Peter H. Diamandis, founder of more than 20 high-tech companies, Founder and Executive Chairman of the XPRIZE and Executive Founder of Singularity University, Co-Founder of Human Longevity, Inc, co-author of "*The Future Is Faster Than You Think: How Converging Technologies Are Transforming Business, Industries, and Our Lives*"

Technology is accelerating far more quickly than anyone could have imagined. Mr. Diamandis believes that over the next decade, the world will experience more upheaval and create more wealth than in the past hundred years. He cited examples of converging technologies which he expects to transform entertainment, education, healthcare, longevity, business and food.

Issues covered:
Consumer Matters
Technology

Length: 8:03

Show # 2020-09

Date aired: Feb. 29

Time Aired: 6:00 a.m.

Sameer Hinduja, Ph.D., Professor in the School of Criminology and Criminal Justice within Florida Atlantic University's College for Design and Social Inquiry, Co-Director of the Cyberbullying Research Center

Teenagers in dating relationships today are constantly in touch via texting, social media and video chat. Prof. Hinduja led a study that examined "digital dating abuse," in which technology is used to repetitively harass, control or threaten a romantic partner. He found that more than 28% of teens who had been in a romantic relationship at some point in the previous year said they had been the victim of at least one form of digital dating abuse, and surprisingly, boys were more likely to experience it than girls.

Issues covered:
Dating Violence and Abuse
Teenager Concerns
Technology

Length: 8:37

Michael J. Tewes, PhD, Associate Professor of Hospitality Management at Penn State University

Prof. Tewes led a study that analyzed how a job candidate's social media posts affect decisions made by hiring managers. He said that 70% of employers reported looking at social media sites to help them evaluate potential employees, and 60% eliminated candidates on the basis of negative content. He found that posts that indicated self-absorption were the most damaging to a job hunter's prospects.

Issues covered:
Employment
Career

Length: 8:40

Show # 2020-10

Date aired: March 7 Time Aired: 6:00 a.m.

Kelly McGonigal, PhD, health psychologist, lecturer at Stanford University, author of *"The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, And Courage"*

People who are regularly active have a stronger sense of purpose, and they experience more gratitude, love, and hope. Dr. McGonigal shared stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more. She said a gym workout or other intense exercise isn't necessary—it's just important to find an activity that is enjoyable.

Issues covered:

Length: 7:54

**Mental Health
Physical Fitness
Aging**

Mark McConville, PhD, family clinical psychologist in private practice in Cleveland, author of *"Failure to Launch: Why Your Twentysomething Hasn't Grown Up...and What to Do About It"*

A recent study shows that a third of today's 25 to 29 year-olds live with their parents—three times as many as in 1970. Dr. McConville said that many are struggling with three critical skills that are necessary to make the transition from childhood to adulthood: finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. He explained why things have changed for this generation, and how parents can help.

Issues covered:

Length: 9:22

Parenting

Show # 2020-11

Date aired: March 14 Time Aired: 6:00 a.m.

Dan Heath, Senior Fellow at the Center for the Advancement of Social Entrepreneurship at Duke University, author of *"Upstream: The Quest to Solve Problems Before They Happen"*

Mr. Heath said far too many people stay "downstream," handling one problem after another, but they never make their way "upstream" to fix the systems that caused the problems. He cited several examples to illustrate why he believes that many crimes, chronic illnesses and customer complaints are often preventable.

Issues covered:

Length: 9:35

**Workplace Matters
Education
Government**

Hessam Sadatsafavi, PhD, Data Action Team Leader in the Department of Emergency Medicine at the University of Virginia Health System

Dr. Sadatsafavi led a recent study that found that properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence. He discussed the possible reasons that a community garden or small community park may keep people safe, decrease crime and promote better quality of life. He said the green space improvements are fairly inexpensive, particularly when done in the large scale of a major city.

Issues covered:

Length: 7:39

Crime
City Planning
Environment

Show # 2020-12

Date aired: March 21 Time Aired: 6:00 a.m.

Susan Tillery, CPA/PFS, Chair of the American Institute of CPA's Personal Financial Planning Executive Committee

A recent survey from the American Institute of CPAs found that, for older Americans, falling victim to fraud is more devastating emotionally than financially. Ms. Tillery discussed the most common forms of fraud targeting the elderly, and how friends and family members can help to protect them.

Issues covered:

Length: 9:27

Crime
Elder Abuse
Retirement Planning
Aging

Kasey Wallis, personal coach, co-author of "*Who You Are Being*"

A recent poll found that 22 percent of Americans feel angry a lot, up from 17 percent the previous year. Ms. Wallis talked about the reasons behind this trend, and why different people react differently to anger. She outlined several ways to diffuse the problem, including focused breathing. She also discussed ways that parents can teach their children how to deal with anger in a healthy way.

Issues covered:

Length: 7:48

Mental Health
Media
Parenting

Show # 2020-13

Date aired: March 28

Time Aired: 6:00 a.m.

Dani Babb, PhD, MBA, online education expert, founder and CEO of the Babb Group, which specializes in curriculum development and faculty training and services

Ms. Babb discussed what is working well for schools, what is not working, and how education delivery will be forever changed by Covid-19. She talked about the specific technical issues and other unexpected changes facing many schools that have scrambled to move classes online. She said the graduating class of 2020 will likely end up having "virtual" graduation ceremonies.

Issues covered:

Length: 9:18

Education

Coronavirus

Technology

Gail Heyman, PhD, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

Issues covered:

Length: 7:48

Racial Bias

Diversity

Parenting