

**WBOS-FM**

**QUARTERLY ISSUES AND PROGRAMS REPORT**

**STATION: WBOS-FM  
4<sup>th</sup> QUARTER, 2023  
(October, November, December)  
Due January 10, 2024**

**Prepared by: George Knight  
Host / Producer**

**WBOS-FM**  
**Description of Issues of Concern to Boston, MA**  
**Addressed in Responsive Programming in the 4<sup>th</sup> QUARTER, 2023**  
**Airing Sundays 6am to 7am**  
**InfoTrak / Beasley Boston**

1. **Mental Health / Addiction / Suicide** – Understanding how legalized sports betting has affected the issue of gambling addiction, particularly in teenagers. The need to understand the high rate of suicide among veterans. The need for strategies to help veterans with mental health issues. The need for parents to understand what can be done to keep their children from becoming addicted to gambling.
2. **Cyber Security / Fraud / Legal Issues** – The issue of scams directed at home buyers. Understanding how the human brain can be irrational, and how that can show up in business. The need to be aware when social media messages are sponsored. The need to stay up to date on what scams are being used by criminals. The need to be careful with information online. The issue of human trafficking in the U.S.
3. **Education** – Understanding the potential benefits of updating teaching methods. The importance of teachers knowing how to respond to violence at school, and how to be proactive about preventing violence. How technology has helped education. The need to understand the widespread effects of technological advances. Understanding agricultural education. Understanding bullying in schools. The importance of helping students deal with mental health issues and stress in school.
4. **Employment / Workplace Issues** – The need for those seeking employment to understand the role social media plays. The need for effective communication within a workplace. The importance of getting both positive AND negative feedback from employees. Understanding how the workplace can be made healthier for employees. The need for employers to handle sexual harassment incidents properly. Understanding race disparities within the workplace. The need to spot racism within a workplace.
5. **Environmental Issues / Ecosystems** – Understanding the effects that pesticides have on the environment. Understanding how skill sets in workers can be transferred from fossil fuels to green energy. Understanding the link between air pollution and serious health issues.
6. **Government / Citizenship** – The importance of U.S. citizens understanding rights under the constitution. The need for a better basic understanding of how the federal government functions. The need to understand the controversy over Daylight Saving Time.
7. **Family Issues / Community** – The need for girls across the city of Boston to have healthy role models and mentors. Understanding the benefits of community events for kids and adults alike.

8. **Health Care / Health Insurance Issues / Artificial Intelligence** – How A.I. can be used to speed up medical diagnoses. The need to understand how A.I. can cut down the number of medical errors and improve communication with patients.– The need for transplant organs to be available for younger patients. Understanding restrictions on transplants that are now in place. Understanding the dangers of medical misdiagnoses. The issue of burnout among doctors in training.
9. **Aging Issues** – The need for seniors to protect themselves from potential Medicare fraud. The dangers of elderly people going without health insurance. The issue of older Americans finding out they need to return money received from social security. The importance of being able to stay positive no matter what life throws you.
10. **Housing Issues / Poverty** – Understanding the tradeoffs that people facing high rent must make. The danger of Americans not being able to afford proper health care. How rising housing costs have affected those living in poverty.
11. **Mental Health / Alzheimer’s / ADHD / Attention Issues** – The need to understand how distraction can cause problems in both home and workplace settings. Understanding the correlation between ADHD and dementia.
12. **Parenting Issues / Bullying / Online Issues** – Understanding the stress that teenagers endure. The need to help teenagers regain emotional control. The need for parents to balance their lives in order to stay happy. Understanding the correlation between bullying and eating disorders. The need to understand why the opioid crisis has greatly increased the number of kids in foster care. The need for parents to make sure children know the dangers of railroad crossings.
13. **Public Health / Addiction** – The need to understand ways to help those dealing with substance abuse and addiction. The need for understanding how blood supplies have dwindled. The importance of increasing blood donation. The extreme importance of a good night’s sleep to stay healthy. Understanding the rise in sleep disorders – particularly among women. The need to understand the health effects of processed foods. Understanding the dangers of contaminated water. The issue of lower income communities not having resources to make sure water is free from contaminants.
14. **Public Safety / Crime / Domestic Violence / Extreme Weather** – The need for vigilance against so called “porch pirates”. The need for resources for women and families who are facing domestic violence. The need for community support in helping deal with domestic violence. The importance of being prepared for extreme weather events like hurricanes. Understanding the dangers of hurricanes.
15. **Technology / Transportation** – The need to understand charging standards and systems for electric vehicles. How AI can help workplace performance. The need to understand the safety of vehicles, particularly minivans.

**WBOS-FM**  
**Programs That Address Community Issues**  
**(Regularly Scheduled Public Affairs Programs)**  
**Airing Sundays 6am to 7am**  
**InfoTrak / Beasley Boston**

**Fourth Quarter Report 2023**

**Issue: Family Issues / Community** – The need for girls across the city of Boston to have healthy role models and mentors.

**Aired:** October 1, 2023

**Time:** 6am to 7am

**Length of Segment:** 18 minutes of 1 hour

**Show Description:** It's important to understand the power of a young girl having positive role models to help them develop into a productive and happy adult. We spoke with the President and CEO of Big Sister Boston, Annissa Asabi George, who is also a former Boston City Council and candidate for Mayor of Boston. She talked about what her organization does to help girls gain confidence, by having a "big sister" to act as a mentor. She talked about the different backgrounds and family situations of girls who benefit from Big Sister.

**Issue: Community / Education** – Understanding agriculture education. The importance of community events.

**Aired:** October 1, 2023

**Time:** 6am to 7am

**Length of Segment:** 11 minutes of 1 hour

**Show Description:** The Topsfield Fair is a New England tradition that started as a way to teach kids about agriculture. We spoke with General Manager Jim O'Brien about how the Topsfield Fair has changed over the years, and the role it has in educating kids and bringing the community together. He talked about how the fair has adapted to be more inclusive.

**Issue: Addiction / Gambling / Parenting Issues** – Understanding how legalized sports betting has affected the issue of gambling addiction, particularly in teenagers. The need for parents to understand what can be done to keep their children from becoming addicted to gambling.

**Aired:** October 1, 2023

**Time:** 6am to 7am

**Length of Segment:** 10 minutes of 1 hour

**Show Description:** In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email

inboxes. He offered advice for parents to prevent the start of addictive behavior in their teens.

Guest: Timothy W. Fong, MD, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program

**Issue: Public Health / Employment** – Understanding how the workplace can be made healthier for employees.

**Aired:** October 1, 2023

**Time:** 6am to 7am

**Length of Segment:** 7 minutes of 1 hour

**Show Description:** Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee’s life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

Guest: Lee Newman, MD, MA, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health’s Center for Health, Work, and Environment

**Issue: Public Health / Blood Donation** – The need for understanding how blood supplies have dwindled. The importance of increasing blood donation.

**Aired:** October 1, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.

Guest: Baia Lasky, MD, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia

**Issue: Public Safety / Domestic Violence** – The need for resources for women and families who are facing domestic violence. The need for community support in helping deal with domestic violence.

**Aired:** October 8, 2023

**Time:** 6am to 7am

**Length of Segment:** 22 minutes of 1 hour

**Show Description:** Domestic Violence is a very prevalent, and sometimes misunderstood issue. We spoke with Gina Varamo, Chief Development Officer for the Stone House, about what the issue looks like in 2023, and what resources are available.

She talked about how The Stone House helps women and families in Boston who are facing domestic Violence. She talked about the role that community plays in helping the problem get better.

**Issue: Education / Government / Citizenship** – The importance of U.S. citizens understanding rights under the constitution. The need for a better basic understanding of how the federal government functions.

**Aired:** October 8, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

Guest: Matt Levendusky, PhD, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

**Issue: Public Safety / Social Media** – The need to be aware when social media messages are sponsored.

**Aired:** October 8, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

Guest: Marlene Schwartz, PhD, Director of the University of Connecticut's Rudd Center for Food Policy and Health

**Issue: Public Safety / Transportation** – The need to understand the safety of vehicles, particularly minivans.

**Aired:** October 8, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Minivans are frequently the go-to vehicle for families, not only for passenger comfort but also their ability to hold a lot of stuff. However, the Insurance Institute for Highway Safety recently updated their methods for testing minivan safety, with disturbing results. Ms. Ciminillo outlined the new data and what consumers need to know.

Guest: Jill Ciminillo, Managing Editor for the website Pickup Truck + SUV Talk, co-host of the Consumer Guide Car Stuff podcast

**Issue: Economy / Public Safety / Cyber Security** – The need to stay up to date on what scams are being used by criminals. The need to be careful with information online.

**Aired:** October 15, 2023

**Time:** 6am to 7am

**Length of Segment:** 18 minutes of 1 hour

**Show Description:** There are new scams popping up every day, and it's really important to stay on top of how people are trying to defraud others. We spoke with Paula Fleming, Chief Marketing and Sales Officer for the Better Business Bureau serving eastern Massachusetts, Maine, Vermont, and Rhode Island. She talked about common sense ways to protect yourself from scam artists and went over what some of the current scams are.

**Issue: Healthcare / Artificial Intelligence** – How A.I. can be used to speed up medical diagnoses. The need to understand how A.I. can cut down the number of medical errors and improve communication with patients.

**Aired:** October 15, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the AI chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

Guest: Devin Mann, MD, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine

**Issue: Housing Issues / Poverty** – Understanding the tradeoffs that people facing high rent must make. The danger of Americans not being able to afford proper health care.

**Aired:** October 15, 2023

**Time:** 6am to 7am

**Length of Segment:** 8 minutes of 1 hour

**Show Description:** Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

Guest: Gary Painter, PhD, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

**Issue: Suicide / Military Issues** – The need to understand the high rate of suicide among veterans. The need for strategies to help veterans with mental health issues.

**Aired:** October 15, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.

Guest: Jim Lorraine, military veteran, President of America's Warrior Partnership

**Issue: Public Safety / Mental Health / Education / Parenting Issues** – Understanding bullying in schools. The importance of helping students deal with mental health issues and stress in school.

**Aired:** October 22, 2023

**Time:** 6am to 7am

**Length of Segment:** 10 minutes of 1 hour

**Show Description:** Bullying in school is an ongoing problem, and one that can get in the way of kids getting the education they deserve. We spoke with Alice Lee, Senior Vice President of K-12 Implementation, EVERFI, about ways that schools can effectively deal with the issue. She talked about the different ways that bullying can present itself, and how it affects mental health.

**Issue: Public Safety / Extreme Weather** – The importance of being prepared for extreme weather events like hurricanes. Understanding the dangers of hurricanes.

**Aired:** October 22, 2023

**Time:** 6am to 7am

**Length of Segment:** 8 minutes of 1 hour

**Show Description:** We are still in hurricane season, so we thought it would be helpful to speak with Sara Porter, Public Information Officer for the Massachusetts Emergency Management Agency (MEMA). She explained what hurricane season means and when it occurs. She went over ways to prepare for hurricanes, and things to think about once the hurricane has arrived. She went over the importance of communication and staying informed when there is a risk of an extreme weather event,

**Issue: Race Issues / Discrimination** – Understanding race disparities within the workplace. The need to spot racism within a workplace.

**Aired:** October 22, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls “gray areas:” the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

Guest: Adia Harvey Wingfield, PhD, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of *“Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It”*

**Issue: Mental Health / Parenting Issues** – Understanding the stress that teenagers endure. The need to help teenagers regain emotional control.

**Aired:** October 22, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Dr. Damour offered advice for parents to understand their teenagers’ intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

Guest: Lisa Damour, PhD, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of *“The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents,”* co-host of the Ask Lisa podcast

**Issue: Public Health / Sleep Issues / Gender Issues** – The extreme importance of a good night’s sleep to stay healthy. Understanding the rise in sleep disorders – particularly among women.

**Aired:** October 22, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Getting enough sleep has never been more difficult. Professor Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it’s likely the findings apply to men, as well.

Guest: Shahab Haghayegh, PhD, Research Fellow at the Brigham and Harvard Medical School

**Issue: Public Health / Addiction** – The need to understand ways to help those dealing with substance abuse and addiction.

**Aired:** October 29, 2023

**Time:** 6am to 7am

**Length of Segment:** 20 minutes of 1 hour

**Show Description:** Addiction and substance abuse are problems that a huge percentage of the population faces, and they are issues that get more severe as the holidays approach. We spoke with Laura Perry, Director of Wellness at AWARE Recovery Care, about ways to recognize that there is an issue, and ways to treat the problem. She talked about the burden that addiction can put on the whole family. She went over how COVID has complicated the issue.

**Issue: Employment / Workplace Issues** – The need for effective communication within a workplace. The importance of getting both positive AND negative feedback from employees.

**Aired:** October 29, 2023

**Time:** 6am to 7am

**Length of Segment:** 8 minutes of 1 hour

**Show Description:** Mr. Misner discussed right and wrong ways to complain at work. He explained why it is important for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

Guest: Ivan Misner PhD, founder of BNI, the world's largest business networking organization, author of *"The 3rd Paradigm: A Radical Shift to Greater Success"*

**Issue: Health Care / Health Insurance Issues / Aging Issues / Medicare** – The dangers of elderly people going without health insurance.

**Aired:** October 29, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a quarter of low-income patients receiving care at community health centers remain uninsured when they turn 65. The main reason is that they are not eligible for Medicare because they never paid into the Social Security system, in many cases because they are not legal US citizens. She said 20% of the uninsured patients had five or more health conditions, such as diabetes or high blood pressure, that need frequent treatment and management.

Guest: Nathalie Huguet, PhD, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine

**Issue: Economy / Personal Finance** – The need to understand personal finances. The importance of having emergency money available.

**Aired:** October 29, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** 40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.

Guest: Rachel Cruze, personal finance expert, author of *"Know Yourself, Know Your Money: Discover WHY You Handle Money the Way You Do, and WHAT to Do About It!"*

**Issue: Economy / Public Safety / Cyber Security** – The need to stay up to date on what scams are being used by criminals. The need to be careful with information online.

**Aired:** November 5, 2023

**Time:** 6am to 7am

**Length of Segment:** 18 minutes of 1 hour

**Show Description:** There are new scams popping up every day, and it's really important to stay on top of how people are trying to defraud others. We spoke with Paula Fleming, Chief Marketing and Sales Officer for the Better Business Bureau serving eastern Massachusetts, Maine, Vermont, and Rhode Island. She talked about common sense ways to protect yourself from scam artists and went over what some of the current scams are.

**Issue: Government / Public Health** – The need to understand the controversy over Daylight Saving Time.

**Aired:** November 5, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Mr. Prerau discussed the history of Daylight-Saving time. He dispelled the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and outlined the possible options that Congress would choose from.

Guest: David S. Prerau, PhD, author of *“Seize the Daylight: The Curious and Contentious Story of Daylight-Saving Time”*

**Issue: Health Care / Public Safety / Fraud / Senior Issues** – The need for seniors to protect themselves from potential Medicare fraud.

**Aired:** November 5, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Vague and misleading advertisements for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She also shared examples of complaints from seniors who had their plans changed without their consent or knowledge, and how the scams work. She warned that some TV ads and phone calls may give the impression that they are affiliated with the federal Medicare system, when they are not. She advised seniors to be careful and seek help from legitimate sources.

Guest: Martha Khlopin, Medicare expert, nationally syndicated radio host, founder of [Get2insurance.com](http://Get2insurance.com)

**Issue: Mental Health / Alzheimer's / ADHD** – Understanding the correlation between ADHD and dementia.

**Aired:** November 5, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Prof. Beerli shared results of her study that found that people who were diagnosed with attention deficit hyperactivity disorder at midlife had a threefold increased risk of developing dementia later in life, compared to those without ADHD. She also discussed possible explanations for the link between ADHD and dementia, and what role ADHD medications may play.

Guest: Michal Schnaider Beeri, PhD, Professor of Psychiatry, Director of the Herbert and Jacqueline Krieger Klein Alzheimer's Research Center at Rutgers Brain Health Institute

**Issue: Public Safety / Domestic Violence** – The need for resources for women and families who are facing domestic violence. The need for community support in helping deal with domestic violence.

**Aired:** November 12, 2023

**Time:** 6am to 7am

**Length of Segment:** 19 minutes of 1 hour

**Show Description:** Domestic Violence is a very prevalent, and sometimes misunderstood issue. We spoke with Gina Varamo, Chief Development Officer for the Stone House, about what the issue looks like in 2023, and what resources are available. She talked about how The Stone House helps women and families in Boston who are facing domestic Violence. She talked about the role that community plays in helping the problem get better.

**Issue: Health Care / Public Safety** – Understanding the dangers of medical misdiagnoses.

**Aired:** November 12, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Dr. Newman-Toker led what is believed to be the first rigorous national estimate of permanent disability and death from diagnostic error. He estimates that 795,000 Americans die or are permanently disabled by diagnostic error each year. He said vascular events, infections and cancers cause 75% of the serious harms, and that stroke is the top cause of serious harm from misdiagnosis. He believes that a serious campaign to target diseases with high error and harm rates may reduce diagnostic errors and improve patient outcomes.

Guest: David Newman-Toker, M.D., PhD, Lead Investigator and Director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence

**Issue: Public Safety / Poverty / Government** – Understanding the dangers of contaminated water. The issue of lower income communities not having resources to make sure water is free from contaminants.

**Aired:** November 12, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Prof. Lewis' research found that water from many wells and community water systems across the US contains unsafe levels of toxic contaminants. She discussed the health effects of seven contaminants, which include cancer, developmental delays, and preterm birth, and how they affect vulnerable populations and communities with lower income levels. She also talked about the challenges of removing these contaminants from water supply systems, and how larger systems tend to have more resources and monitoring than smaller systems.

Guest: Johnnye Lewis, PhD, Professor Emerita in the Department of Pharmaceutical Sciences at University of New Mexico Health Sciences, Co-Director of Community Environmental Health Program, Director of the UNM METALS Superfund Research Program

**Issue: Transportation / Electric Vehicles / Technology** – The need to understand charging standards and systems for electric vehicles.

**Aired:** November 12, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** 7.9% of cars sold in the US in the third quarter of 2023 were electric vehicles. Mr. Appel outlined what consumers need to know about the three levels of EV charging currently available, and the pluses and minuses of each.

Guest: Tom Appel, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast.

**Issue: Public Health / Addiction** – The need to understand ways to help those dealing with substance abuse and addiction.

**Aired:** November 19, 2023

**Time:** 6am to 7am

**Length of Segment:** 20 minutes of 1 hour

**Show Description:** Addiction and substance abuse are problems that a huge percentage of the population faces, and they are issues that get more severe as the holidays approach. We spoke with Laura Perry, Director of Wellness at AWARE Recovery Care, about ways to recognize that there is an issue, and ways to treat the problem. She talked about the burden that addiction can put on the whole family. She went over how COVID has complicated the issue.

**Issue: Parenting Issues / Technology** – How technology has helped education. The need to understand the widespread effects of technological advances.

**Aired:** November 19, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide-ranging ramifications these changes have on legislation, regulation, and privacy.

Guest: Hilarie Gamm, tech industry expert, author of "*Billions Lost: The American Tech Crisis and The Road Map to Change*"

**Issue: Environmental Issues / Ecosystems** – Understanding the effects that pesticides have on the environment.

**Aired:** November 19, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

Guest: Kelsey Graham, PhD, pollinator conservation specialist at Michigan State University

**Issue: Public Safety / Parenting Issues** – The need for parents to make sure children know the dangers of railroad crossings.

**Aired:** November 19, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** About every five days, a child in the U.S. dies from a train collision. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.

Guest: Kristin Rosenthal, pedestrian, and bike safety expert from Safe Kids Worldwide

**Issue: Public Safety / Mental Health / Education / Parenting Issues** – Understanding bullying in schools. The importance of helping students deal with mental health issues and stress in school.

**Aired:** November 26, 2023

**Time:** 6am to 7am

**Length of Segment:** 10 minutes of 1 hour

**Show Description:** Bullying in school is an ongoing problem, and one that can get in the way of kids getting the education they deserve. We spoke with Alice Lee, Senior Vice President of K-12 Implementation, EVERFI, about ways that schools can effectively deal with the issue. She talked about the different ways that bullying can present itself, and how it affects mental health.

**Issue: Public Safety / Extreme Weather** – The importance of being prepared for extreme weather events like hurricanes. Understanding the dangers of hurricanes.

**Aired:** November 26, 2023

**Time:** 6am to 7am

**Length of Segment:** 8 minutes of 1 hour

**Show Description:** We are still in hurricane season, so we thought it would be helpful to speak with Sara Porter, Public Information Officer for the Massachusetts Emergency Management Agency (MEMA). She explained what hurricane season means and when it occurs. She went over ways to prepare for hurricanes, and things to think about once the hurricane has arrived. She went over the importance of communication and staying informed when there is a risk of an extreme weather event,

**Issue: Mental Health / Attention Issues** – The need to understand how distraction can cause problems in both home and workplace settings.

**Aired:** November 26, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

Guest: Chris Bailey, productivity expert, author of *“Hyperfocus: How to Be More Productive in a World of Distraction”*

**Issue: Health Care / Legal Issues / Government** – The need for transplant organs to be available for younger patients. Understanding restrictions on transplants that are now in place.

**Aired:** November 26, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Ms. Murnaghan’s young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

Guest: Janet Murnaghan, journalist, author of *“Saving Sarah: One Mother’s Battle Against the Health Care System to Save Her Daughter’s Life”*

**Issue: Parenting Issues** – The need for parents to balance their lives in order to stay happy.

**Aired:** November 26, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Ms. Dell’Antonia said that in her research and writing about family life over the years, one topic keeps coming up again and again: parents crave a greater sense of happiness in their daily lives. She discussed the most common problem areas that cause parents the most grief, and suggested steps parents can take to make them better.

Guest: KJ Dell’Antonia, editor of the Motherlode blog in the New York Times from 2011 until 2016, author of *“How to be a Happier Parent: Raising a Family, Having a Life, and Loving (Almost) Every Minute”*

**Issue: Aging / End of Life Issues / Mental Health** – The importance of being able to stay positive no matter what life throws you.

**Aired:** December 3, 2023

**Time:** 6am to 7am

**Length of Segment:** 21 minutes of 1 hour

**Show Description:** We spoke with Rob Schwartz, whose father Morrie Schwartz was the subject of the bestselling book “Tuesdays with Morrie”. He talked about the lessons he learned from his father about interacting with others and keeping a positive attitude. He discussed how his father remained optimistic even after getting a diagnosis of a fatal illness.

**Issue: Artificial Intelligence / Workplace Issues / Employment** – How A.I. can help workplace performance.

**Aired:** December 3, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Prof. McFowland co-authored a recent study that found that the use of artificial intelligence tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. Across a set of 18 tasks designed to test a range of business skills - from analysis to idea generation to persuasion - consultants who had previously tested in the lower half of the group increased the quality of their outputs by 43% with A.I. help while the top half only gained 17%. He discussed likely limitations in what A.I. can do well in modern professional work. He believes that A.I. will not be able to replace most human creativity and problem-solving.

Guest: Edward McFowland III, PhD, Assistant Professor in the Technology and Operations Management Unit at Harvard Business School

**Issue: Employment / Environment / Energy** – Understanding how skill sets in workers can be transferred from fossil fuels to green energy.

**Aired:** December 3, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors, but they are not well aligned with the current locations of fossil fuel workers.

Guest: Morgan Frank, PhD, Assistant Professor in the University of Pittsburgh’s School of Computing and Information

**Issue: Public Safety / Sexual Harassment / Workplace Issues / Gender Issues** – The need for employers to handle sexual harassment incidents properly.

**Aired:** December 3, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Ms. Lawrence explained how most companies mishandle sexual harassment cases and why. She also discussed the mental health consequences faced by those who report sexual harassment and how to deal with it. She talked about the impact of the MeToo# movement and what she sees as the future of dealing with sexual harassment as a society.

Guest: Adrienne Lawrence, former ESPN anchor and legal analyst, author of “*Staying in the Game: The Playbook for Beating Workplace Sexual Harassment*”

**Issue: Public Safety / Crime** – The need for vigilance against so called “porch pirates”.

**Aired:** December 10, 2023

**Time:** 6am to 7am

**Length of Segment:** 17 minutes of 1 hour

**Show Description:** With holiday shopping season in full swing, the issue of “porch pirates” - people who steal packages that don’t belong to them – becomes much more prevalent. We spoke to Paula Fleming of the Better Business Bureau about ways to - protect yourself from package theft.

**Issue: Healthcare / Education** – The issue of burnout among doctors in training.

**Aired:** December 10, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including videoconferencing coaching calls, she found that the group aspect was especially important in its effectiveness. She discussed the potential hurdles in expanding the training to hospitals and medical schools nationwide. Guest: Tyra Fainstad, MD, Associate Professor at the University of Colorado School of Medicine

**Issue: Parenting Issues / Bullying / Online Issues** – Understanding the correlation between bullying and eating disorders

**Aired:** December 10, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Dr. Nagata’s study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight, and binge eating. He believes it is important that teachers and parents are aware that these experiences are relatively common among teens, and that they encourage kids to report online harassment if it occurs.

Guest: Jason M. Nagata MD, Associate Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco

**Issue: Education** – Understanding the potential benefits of updating teaching methods.

**Aired:** December 10, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Ms. Fabrega explained traditional approaches to education, contrasting them with the ways kids really learn. She believes current methods of

teaching children are outdated. She explained how her experience as a child who attended ten schools in seven different countries gave her an unconventional perspective. She suggested allowing children to learn through projects rather than strict curriculum, and explained why teaching kids of differing ages as a group, rather than segregating them in conventional grades and ages, can have major benefits.

Guest: Ana Lorena Fábrega, Chief Evangelist at Synthesis and author of *"The Learning Game: Teaching Kids to Think for Themselves, Embrace Challenge, and Love Learning"*

**Issue: Family Issues / Community** – The need for girls across the city of Boston to have healthy role models and mentors.

**Aired:** December 17, 2023

**Time:** 6am to 7am

**Length of Segment:** 18 minutes of 1 hour

**Show Description:** It's important to understand the power of a young girl having positive role models to help them develop into a productive and happy adult. We spoke with the President and CEO of Big Sister Boston, Annissa Asabi George, who is also a former Boston City Council and candidate for Mayor of Boston. She talked about what her organization does to help girls gain confidence, by having a "big sister" to act as a mentor. She talked about the different backgrounds and family situations of girls who benefit from Big Sister.

**Issue: Government / Social Security / Elderly Issues** – The issue of older Americans finding out they need to return money received from social security.

**Aired:** December 17, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.

Guest: Laurence J. Kotlikoff, PhD, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, co-author of *"Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks"*

**Issue: Education / Parenting Issues / Public Safety**– The importance of teachers knowing how to respond to violence at school, and how to be proactive about preventing violence.

**Aired:** December 17, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** Mr. Perry was the lead author of a study that examined how teachers rate different approaches to student violence. He said teachers believe that

removing or expelling students from school after a violent incident is the least effective response, because it may increase the risk of violence against teachers, as the student may come back bitter or angry. He said most teachers prefer proactive strategies, which aim to create a positive learning environment and a sense of community through socioemotional learning and school counseling.

Guest: Andrew Perry, postdoctoral scholar in the Department of Educational Studies at Ohio State University

**Issue: Public Safety / Public Health / Environment** – Understanding the link between air pollution and serious health issues.

**Aired:** December 17, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Dr. Kaufman led a recent study that found a link between highway air pollution and higher blood pressure. He said the impact is significant enough to be comparable to other blood pressure factors such as sodium intake and medication. He also suggested some ways to reduce the exposure to traffic pollution both for motorists, and those who live near highways.

Guest: Joel Kaufman, PhD, physician, Professor of Environmental and Occupational Health Sciences at the University of Washington

**Issue: Public Safety / Crime** – The need for vigilance against so called “porch pirates”.

**Aired:** December 24, 2023

**Time:** 6am to 7am

**Length of Segment:** 17 minutes of 1 hour

**Show Description:** With holiday shopping season in full swing, the issue of “porch pirates” - people who steal packages that don’t belong to them – becomes much more prevalent. We spoke to Paula Fleming of the Better Business Bureau, about ways to - protect yourself from package theft.

**Issue: Cyber Security / Fraud / Legal Issues** – The issue of scams directed at home buyers

**Aired:** December 24, 2023

**Time:** 6am to 7am

**Length of Segment:** 8 minutes of 1 hour

**Show Description:** Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent’s or title company’s email account. He explained how consumers can protect themselves.

Guest: Ryan Kalember, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

**Issue: Parenting Issues / Foster Care** – The need to understand why the opioid crisis has greatly increased the number of kids in foster care.

**Aired:** December 24, 2023

**Time:** 6am to 7am

**Length of Segment:** 9 minutes of 1 hour

**Show Description:** The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed. Guest: Diane Redleaf, family defense attorney, author of *"They Took the Kids Last Night: How the Child Protection System Puts Families at Risk"*

**Issue: Public Safety / Public Health / Nutrition** – The need to understand the health effects of processed foods.

**Aired:** December 24, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said the simplest solution is to eat fruits and vegetables naturally rich in soluble fiber, rather than processed foods.

Guest: Andrew Gewirtz, PhD, Professor in the Institute for Biomedical Sciences at Georgia State University

**Issue: Public Health / Addiction** – The need to understand ways to help those dealing with substance abuse and addiction.

**Aired:** December 31, 2023

**Time:** 6am to 7am

**Length of Segment:** 20 minutes of 1 hour

**Show Description:** Addiction and substance abuse are problems that a huge percentage of the population faces, and they are issues that get more severe as the holidays approach. We spoke with Laura Perry, Director of Wellness at AWARE Recovery Care, about ways to recognize that there is an issue, and ways to treat the problem. She talked about the burden that addiction can put on the whole family. She went over how COVID has complicated the issue.

**Issue: Employment / Social Media** – The need for those seeking employment to understand the role social media plays.

**Aired:** December 31, 2023

**Time:** 6am to 7am

**Length of Segment:** 7 minutes of 1 hour

**Show Description:** Ms. Britton discussed the most common social media mistakes that take job seekers out of the running for a position. She noted that negative or inappropriate comments and questionable photos are the most common social media issues. She said a job hunter should always assume that a company has combed through their social media profile before even scheduling an interview.

Guest: Brandi Britton, District President of Office Team, a staffing service providing temporary administrative and office support staff

**Issue: Crime / Poverty / Human Trafficking / Foster Care** – The issue of human trafficking in the U.S.

**Aired:** December 31, 2023

**Time:** 6am to 7am

**Length of Segment:** 10 minutes of 1 hour

**Show Description:** Ms. Bradley discussed the issue of human trafficking in the U.S. She said five main factors contribute to the problem, including poverty, abuse, and isolation. She explained the shocking role that the foster child system plays in the issue, and she offered suggestions for individuals to make a difference in preventing and stopping human trafficking.

Guest: Jennifer Bradley, co-author of “Make it Zero: The Movement to Safeguard Every Child”

**Issue: Economy / Mental Health** – Understanding how the human brain can be irrational, and how that can show up in business.

**Aired:** December 31, 2023

**Time:** 6am to 7am

**Length of Segment:** 5 minutes of 1 hour

**Show Description:** Prof. Thaler discussed what happens when economics meets psychology and how irrational human beings greatly influence the US and world economies. He explained how research is in progress to understand human miscalculations, with the goal of developing better decision-making in business, government, and life in general.

Guest: Richard Thaler, PhD, Professor of Behavioral Science and Economics at the University of Chicago Booth School of Business, President of the American Economic Association

**WBOS-FM**  
**Public Service Announcements**  
**Fourth Quarter 2023**

Throughout the quarter the station aired PSAs during Public Affairs Programming.  
The information below reflects community activities and issues.

- :40 seconds – A Bed for Every Child
- :30 seconds – Adopt from Foster Care
- :30 seconds – AHA Hands on CPR
- :25 seconds – AHA Stroke FAST
- :60 seconds – Al Anon Families
- :30 seconds – ALA Pertussis Vax 2023
- :30 seconds – ALA Pneumonia
- :30 seconds – APAF Seasonal Depression
- :60 seconds – Arthritis Rock the Walk
- :60 seconds – Bright Focus Vision Loss
- :60 seconds – Buzzed Driving Prevention Ad Council
- :60 seconds – CDC Quit Smoking
- :30 seconds – Civic Participation
- :60 seconds – Colon Screening
- :30 seconds – Dementia Society of America
- :30 seconds – Disaster Prep Family
- :30 seconds – Easter Seals
- :65 seconds – Employers Against Domestic Violence
- :30 seconds – Empowering Girls in STEM Ad Council
- :30 seconds – End Family Fire Ad Council
- :60 seconds – Fatherhood Involvement Ad Council
- :30 seconds – FDA Drug Facts Label
- :30 seconds – Federal Lung Cancer Screening
- :30 seconds – Gun Safety
- :30 seconds – Health Care Workers Thanks
- :30 seconds – Helmets Save Heads

:30 seconds – High School Equivalency Ad Council  
:30 seconds – Infant Safe Sleep  
:30 seconds – Insure Kids Now  
:60 seconds – Komen Breast Cancer Needs  
:60 seconds – LBGT Ad Council  
:30 seconds – Lung Cancer Screening  
:30 seconds – Lupus Foundation  
:30 seconds – Make a Wish Lasso  
:60 seconds – Make Me a Firefighter  
:30 seconds – Medicaid for Children  
:60 seconds – Medication Disposal  
:60 seconds – Mentally Healthy Nation  
:30 seconds – Military Appreciation  
:30 seconds – Narconon Alcohol  
:60 seconds – National Moments Ad Council  
:60 seconds – National Crime Prevention Fakes  
:30 seconds – National Hemophilia Chapters  
:30 seconds – NCCS Childhood Cancers  
:30 seconds – NCOA Supermarket  
:30 seconds – NICB Auto Theft 2023  
:60 seconds – NICB Flood Fraud 2023  
:30 seconds – NICB Hurricane Fraud 2023  
:30 seconds – No Stomach for Cancer  
:60 seconds – Obesity  
:60 seconds – Obesity City Never Sleeps  
:60 seconds – Opioid Disposal  
:60 seconds – Opioid Painkiller Abuse  
:60 seconds – Opioids Remove the Risk  
:30 seconds – Opioids What it Spells  
:30 seconds – Oxfam America Equality  
:30 seconds – Poison Control Make the Call

:30 seconds – Preparedness Hero Ad Council  
:30 seconds – RAINN Sexual Assault  
:30 seconds – Resources for the Blind  
:30 seconds – Road Safety Ambulance  
:30 seconds – Safe Excavator  
:60 seconds – SAMHSA Underage Drinking Listen  
:30 seconds – Saving for Retirement Ad Council  
:30 seconds – Sleep Apnea  
:60 seconds – St. Jude Finding Cures Evergreen  
:60 seconds – St. Jude Lunas Dad  
:30 seconds – Stop HIV Evergreen  
:30 seconds – Stop Weight Bias  
:60 seconds – Substance Abuse  
:60 seconds – Supportive Services for Veterans  
:60 seconds – Texting and Driving Prevention Ad Council  
:60 seconds – Understanding ADHD  
:30 seconds – UNICEF Major Challenges  
:60 seconds – US Deputy Sheriff's Assoc  
:30 seconds – Vaccinate Your Family  
:15 seconds – Vaccine Dot Gov  
:15 seconds – Veterans Affairs Careers  
:60 seconds – Wildfire Prevention Ad Council  
:30 seconds – Wounded Warrior 20 Years  
:30 seconds – Wounded Warrior Project  
:60 seconds – WWF Ocean Protect  
:60 seconds – YMCA Better Us  
:30 seconds – Your Mental Health Matters