

WQLB FM 103.3
QUARTERLY REPORT
OF PROGRAMMING ON ISSUES OF
COMMUNITY IMPORTANCE

(WQLB is simulcast with WKJZ 100%)

FOR THE PERIOD
APRIL 1st THROUGH JUNE 30th, 2019

Below is a list of significant problems and needs of the WQLB FM service area and programming information includes:

The Economy and Job Opportunities: The state and local economy continues to hold steady, while business development is slow and unemployment is in check. Tourist related businesses dominate the market. We focus in on new and established businesses in to the area and what job opportunities might be available. Plus, career training facilities that might be available

Education: Northeast Michigan monitors assessments of education funding and effectiveness, test scores for students and employment placement for graduates. Continued debate over the state's primary, secondary and high school education system prompts examination of issues related to education.

Environment: As awareness of the environment increases nationwide, Northeast Michigan is confronted with an increasing number of environmental issues. More than protection and preservation of the environment, the state, and its residents must concern themselves with issues such as: hazardous waste, chemical manufacturing sites, contamination of streams and rivers by the former Wurtsmith Air Force Base in Oscoda, industrial pollutants, and the effects of these on the area's abundant wildlife.

Government: This section focuses on decisions made by national, state, and local officials, which affect Northeast Michigan. These include increased concerns regarding the various law enforcement agencies, environment, roads, and local communities.

Health Care: Among the concerns expressed for the elderly is medical issues regarding area nursing homes, hospitals, therapy centers, Iosco County medical care facilities plus, cost of housing. Also the continuous escalation of insurance costs.

Tourism and Recreation: Northeast Michigan continues to be one of the top vacation spots in the Midwest. This section of the report focuses on hunting, the Great Lakes, parks, and events that bring tourist dollars essential to our economy.

Description of WQLB FM Programs Providing the Most Significant Treatment of
Community Issues

<u>Program</u>	<u>Day</u>	<u>Time</u>
6:30 a.m. News	Monday through Friday	6:30 – 6:35 a.m.
7:30 a.m. News	Monday Through Friday	7:30 – 7:35 a.m
8:30 a.m. News	Monday Through Friday	8:30 – 8:35 a.m

All of the above programs are locally produced news programs. They include local News, Local Weather, Local sports and local obituary notifications. This is particularly important to mention because we have no daily local newspaper, only a weekly. We do include issue responsive segments as well.

InfoTrack	Sunday	5:15 – 5:45am
Sunrise Side Today	Monday through Friday	5:30 – 5:40 a.m.
Morning Interviews	Monday through Friday	8:15 a.m. – Varies (See times below)

**Public Service
“Live Read”**

Announcements Monday through Friday 6:00 – 7:00 p.m.

**Public Service “live Read” cards are :10, :15, :20, :30 and :60 seconds in length
And pertain to issues of community interest.
They are read twice per hour, Monday thru Friday**

**Public Service
“Recorded”**

Announcements Monday through Friday 6:00 – 7:00 p.m.

**Public Service scheduled messages are:30 and :60 seconds in length
And pertain to community issues.
See below for times and subject matter**

4/03/2019 through 4/24/2019

Campaign	Message	Length	Times Run
Foster Care	Give the Chance	:30	06
Handwashing	Like Your Job	:30	04
I Vaccinate	Get the Facts	:30	06
Gambling	Counseling	:30	08
OK2Say	Student Safety	:60	13
Guard	We Stand Guard	:60	08
Autism Alliance	After the Label	:60	15

5/01/2019 through 5/31/2019

Campaign	Message	Length	Times Run
I Vaccinate	Get the Facts	:30	06
Foster Care	Give the Chance	:30	06
Cancer	Stickies	:30	12
OHSP	All Walks of Life	:30	07
ATX	Connecting People-Needs	:30	06
AAOM	After the Label	:60	08

HEP C	Get Tested	:30	05
Guard	We Stand Guard	:60	20

6/04/2019 through 7/01/2019

Campaign	Message	Length	Times Run
Foster Care	Give the Chance	:30	12
Handwashing	Like Your Job	:30	12
Cancer	Stickies	:30	06
OHSP	All Walks of Life	:30	05
DNR	Unleashed	:30	10
Guard	We Stand Guard	:60	20

QUARTERLY ISSUES REPORT, APRIL THRU JUNE, 2019

Michigan Sunrise Side Today

2nd Quarter-April 2019

12:30pm Monday-Friday WKJC 104.7FM

5:30am Monday-Friday WQLB 103.3FM & WKJZ 94.9FM

6:20am Monday-Friday WTZM 106.1FM

3:30pm Monday-Friday WIOS Am 1480 & 106.9FM

5 Minutes Per Show

Monday, April 1st- **June Hudgins** of the Tawas Bay Players in East Tawas with information on their upcoming production of the female version of "The Odd Couple"

Tuesday, April 2nd- **Landon Beach**, Michigan Author, with part one of the interview on his past works and current book "The Sail" and upcoming book "The Cabin"

Wednesday, April 3rd- **Landon Beach**, Michigan Author with part two of the interview covering his past works including "The Wreck", his current book "The Sail and future work "The Cabin"

Thursday, April 4th- **Justin Griffith**, of the AuSable River Canoe Marathon Committee, with information on the upcoming Klondike Canoe and Running Challenges

Friday, April 5th- **Tim Saint Aubin**, Principal at Holy Family School in East Tawas with information on their upcoming Pre-K and Kindergarten Roundups

Monday, April 8th- **Carol Bohmeir**, President of the Tawas Bay Garden Club, with information on their upcoming membership meetings and call for volunteers

Tuesday, April 9th- **Sandy Whirley** and Bonnie Hartley of Tawas Village in East Tawas, with information on registration for their upcoming Annual Art Prize Competition

Wednesday, April 10th- **Sue Miller**, of the Shoreline Players of Oscoda, with information on their upcoming Murder Mystery Dinner Theater "Diners, Drive-Ins and Die"

Thursday, April 11th- **Laura Loeffler**, of Quota International Of Iosco County, with information on their upcoming Breakfast with the Easter Bunny

Friday, April 12th- **Phil Show**, local Bigfoot Hunter and Expert, with information on the upcoming Bigfoot Discovery Days Presentation and Town Hall in West Branch

Monday, April 15th- **Pat Berlinski** of Sunrise Side Lifelong Learning, with information on their upcoming presentation on "Sinkholes In Michigan" and kickoff dinner

Tuesday, April 16th- **Sue Leiter** and Randy Leiter, of the Michigan Country Music Hall of Fame, with information on their upcoming Spring Into Country" concert

Wednesday, April 17th- **Rose Fulton**, Director of the Oscoda AuSable Chamber of Commerce, with information on the Fifth Annual Community Volunteers Celebration

Thursday, April 18th- **Phyllis Rhoads**, of the Iosco County Child Protection Council, with information on the upcoming Iosco County Baby Gala for new and soon to be parents

Friday, April 19th- **Melissa Harvick**, Marketing director of Soaring Eagle Casino and Resort in Mt. Pleasant, with information on their upcoming Outdoor Concert Job Fair

Monday, April 22nd- **Tim Saint Aubin**, Principal at Holy Family School in East Tawas, with information on the upcoming PTO Fundraising Concert with Sneaky Peat

Tuesday, April 23rd- **Rebecca Schirrick**, President of the Human Trafficking Organization of Northeast Michigan, with information on the upcoming presentation of the film "Break the Chain"

Wednesday, April 24th- **Sandy Wirley** and Bonnie Hartley, of Tawas Village in East Tawas, with information on their upcoming Annual Art Prize Competition

Thursday, April 25th- **Lynn Pillsbury**, of the American Legion Post in East Tawas, with information on their upcoming Gun and Knife Show Fundraiser for area veterans

Friday, April 26th- **Arleen Wood** of the Iosco Arenac District Library and Andy Lappan of the Lappan Agency, with information on the upcoming presentation "Marijuana: Dehazing the Workplace"

Monday, April 29th- **Sheila Malewska**, of Quota International of Iosco County, with information on the upcoming "Gourmet Delights" Fundraiser May 5th

Tuesday, April 30th- **Dave Slaggert** and Linda Slaggert, of the Oscoda Community Center, with information on their upcoming Annual Spring Fling Concert

Michigan Sunrise Side Today

2nd Quarter-May 2019

Monday-Friday

12:30pm WKJC 104.7FM

3:30pm WIOS Am1480

5:30am WQLB 103.3FM & WKJZ 94.9FM

6:20am WTZM 106.1FM

-Wednesday, May 1st- **Sneaky Peat**, Michigan Musician, who will be performing for Holy Family School's PTO Fundraiser in East Tawas with information on his music

-Thursday, May 2nd- **Bill Schiewe**, of St. Paul's Lutheran Church on M-65 in Hale, with information on their upcoming Girl's Day Out Bazaar and Luncheon

-Friday, May 3rd- **Pat Berlinski**, of Sunrise Side Lifelong Learning, with information on their upcoming Spring and Summer Session Classes and Tours

-Tuesday, May 7th- **Kelly Alexander** and Alyssa Wesley, of Alpena Alcona Area Credit Unions in Oscoda and Tawas City with information on their respective 1st Quarter fundraisers

-Wednesday, May 8th- **Donna Thompson**, of the Clare County Fair Board in Harrison, with information on the upcoming LanCo and Oak Ridge Boys Concerts

-Thursday, May 9th- **Larry Lane**, coordinator of the Mark Jackson Memorial Golf Outing Fundraiser, with information on this year's event at Eagle Ridge in Glennie

-Friday, May 10th- **Diane Morley**, of the Arenac County Fund, with information on their upcoming Golf Outing Fundraiser at Knollview Golf Course in Au Gres

-Monday, May 13th- **Mary Morse**, of the Harbor Lights Pregnancy Information Center, with information on their upcoming Walk-A-Thon Fundraiser

-Tuesday, May 14th- **Sue Duncan**, of the AuSable Valley Audubon Society, with information on their upcoming Tawas Point Birding Festival in East Tawas

-Wednesday, May 15th- **TJ Schaeffer** and Janet Coyle, with information on the upcoming Benefit Dinner, Auction and Raffle fundraiser for Madilyn Schaefer

-Thursday, May 16th- Dave and **Linda Slaggert** of the Oscoda Community Center, with information on their upcoming Spring Fling Concert Fundraiser for the Center

-Friday, May 17th- **Sue Miller**, of the Shoreline Players of Oscoda, with information on their upcoming auditions for "Broadway Part 2" and upcoming Vendor Marketplace

-Monday, May 20th- **Kelly Remer** of the Great Lakes Division of the American Red Cross, with information on the upcoming Tawas Community Blood Drive

-Tuesday, May 21st- **Ted Harpham** of Darton Archery of Hale and Eddie Beckley of M-65 Bait Shop in Whittemore with information on their upcoming Open House

-Wednesday, May 22nd- **Ida Chester**, of the Iosco County Veterans Administration, with information on the upcoming Veteran's Dinner in Tawas City

-Thursday, May 23rd- **Pauline Ferns**, with information on the upcoming Junior High School and High School State Finals Rodeo Competition coming to Whittemore

-Friday, May 24th- **Donna Thompson**, of the Clare County fair Board in Harrison, with information on the upcoming concerts and week of activities at the fair

-Monday, May 27th- **Rose Anne Kreitner**, of the Sand Lake Heights Men's Association Auxiliary, with information on their upcoming Poster Contest for the Festival

-Tuesday, May 28th- **Paul Heaton**, Pastor of the Bible Baptist Church of Lupton, with information on their upcoming Gospel Hootenanny Concerts and music lesson classes

-Wednesday, May 29th- **Paul Grabstanowicz**, of the Hale Area Association, with information on the upcoming Hale Wellness Fair and Color Run Fundraiser for the library

-Thursday, May 30th- **Karen Perry**, Marketing Director for Saganing Eagles Landing Casino, with information on their upcoming Job Fair in Standish for their recent expansion

-Friday, May 31st- **Donna Thompson**, of the Clare County Fair Board in Harrison, with an update on the Oak Ridge Boys and LanCo Concert and activities coming to the Fair

Michigan Sunrise Side Today

2nd Quarter-June 2019

Monday-Friday 5:30am WQLB 103.3FM & WKJZ 94.9FM

Monday-Friday 6:20am WTZM 106.1FM

Monday-Friday 12:30pm WKJC 104.7FM

Monday-Friday 3:20pm WIOS 1480AM

5 Minutes Per Show

-Monday, June 3rd-**Lynn Pillsbury**, of the Audie Johnson American Legion Post in East Tawas, with information on their upcoming BBQ Rib Dinner fundraiser for area veterans

-Tuesday, June 4th- **Kate Kelsey**, of the Tawas Bay Artists Guild, with information on their upcoming Spring In To Art Open House at the Tawas Bay Art Gallery

-Wednesday, June 5th- **Rick Brenner**, President of the Michigan International Speedway in Brooklyn, Michigan, with information on activities during the week leading up to the race

-Thursday, June 6th- **Adam Cordes**, President of the Mio Irisarians Club, with information on their upcoming 75th Annual Mio Irisarians Iris Show in Mio

-Friday, June 7th- **Pat Berlinski**, of Sunrise Side Lifelong Learning, with information on upcoming trips, registration dates and membership fees and deadlines

-Monday, June 10th- **Jolene Grusecki**, coordinator of the Annual Sunrise Solstice Art and Music Festival with information on events taking place throughout the county

-Tuesday, June 11th- **Tim Dixon**, Director of the Standish Car Club, with information on the upcoming "Pops In The Past" Vintage Car Show at the Arenac County Fairgrounds

-Wednesday, June 12th- **Tara Western**, of the Tawas Library Friends, with information on their upcoming Book Sale at the Tawas City Farmers Market at Gateway Park

-Thursday, June 13th- **Kate Kelsey**, of the Tawas Bay Artists Association, with information on the upcoming East Tawas Art Stroll and Sunrise Solstice Art & Music Festival

-Friday, June 14th- **Craig Brant**, Head Cheese, with information on the upcoming Annual Pinconning Cheesetown Festival and Races Weekend in Pinconning

-Monday, June 17th- **Lynn Bigelow**, of the Iosco Arenac District Library, with information on the upcoming Summer Reading Programs at each of the library branches

-Tuesday, June 18th- **Ali Chapleski**, Marketing Director with Dean Arbour Ford in Tawas City, with information on the upcoming Drive For Your Community for the American Legion Post

-Wednesday, June 19th- **Sue Miller**, of the Shoreline Players in Oscoda, with information on their upcoming concert featuring local singer and musician Greg Gjerde

-Thursday, June 20th- **Jerome Orefice**, owner of Eagle Ridge Golf Course of Glennie, with information on their upcoming Rally For The Cure Golf Outing for Breast Cancer

-Friday, June 21st- **Kristen Cherwinski**, with information on the Annual "Ride For Rugrats" tour fundraiser for the Tawas Area Band Boosters for Summer Camp

-Monday, June 24th- **Allen Miller**, of the Tawas Area Sports Boosters, with information on their upcoming Ace Of Hearts Fundraiser Drawing at Barnacle Bills

-Tuesday, June 25th- **Dennis Clair**, coordinator of the "Man Cave Rummage Sale", with information on the fundraising event for Holy Family School in East Tawas

-Wednesday, June 26th- **Diana Rickerd**, of Ogemaw County Habitat for Humanity, with information on their mission to build homes and the opening of their Restore location

-Thursday, June 27th- **Ryan Ladley**, Chairperson of Tawas Uncorked and Untapped, with information on the fundraiser for the Friends of the East Tawas Library

-Friday, June 28th- **Jimmy Duncan**, coordinator of the "Sunday in the Country" with information on the upcoming concert fundraiser for Disabled Veterans and ALS of Michigan

Call Letters: WKJZ/WQLB
Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2019

Show # 2019-14

Date aired: 4/7/19 Time Aired: 5:30am

Van C. Tran, PhD, Associate Professor of Sociology at Columbia University

Prof. Tran was the co-author of a study that found that although Asian Americans graduate from universities at far higher rates than white Americans, they still are no more likely to hold professional or managerial jobs. He discussed the additional barriers and discrimination that Asian Americans face when trying to climb the career ladder, a phenomenon known as the “bamboo ceiling.”

Issues covered:

**Discrimination
Minority Concerns
Career**

Length: 9:04

Nancy Rhodes, PhD, Associate Professor in the Department of Advertising and Public Relations at Michigan State University

Dr. Rhoades examined underage and binge drinking at colleges and found that peer approval is the primary reason that students do it. She said students don’t want to admit they’re influenced by friends, but the reality is they are seeking social acceptance. She offered advice to concerned parents.

Issues covered:

**Underage Drinking
Youth at Risk**

Length: 8:09

Marina Vance, PhD, Assistant Professor of Mechanical Engineering at the University of Colorado Boulder

Cooking, cleaning and other routine household activities generate significant levels of volatile and particulate chemicals inside the average home, leading to indoor air quality levels on par with a polluted major city, according to Dr. Vance’s research. She said that most homes are not properly ventilated and that gas stoves cause more indoor air pollution than electric ones.

Issues covered:

**Pollution
Consumer Matters
Housing**

Length: 5:07

Show # 2019-15

Date aired: 4/14/19 Time Aired: 5:30am

Robert Sholly, domestic counterterrorism expert, retired army colonel with experience in counter-terrorism and performing international security assessments, a member of the United Nations international peace keeping forces that won the Nobel Peace Prize in 1988

Col. Sholly said while we cannot live in fear, it is wise to live with caution and prudence. He discussed which public places are the most dangerous. He explained why it is important to have a security plan before entering a mall, what to do if shots are fired in a crowded movie theater and the physical signs to watch for that could identify a potential shooter or bomber.

Issues covered:

Length: 9:07

**Terrorism
Personal Protection
Emergency Preparedness**

Shaka Senghor, author of "*Writing My Wrongs: Life, Death, and Redemption in an American Prison*"

In 1991, Shaka Senghor was sent to prison for second-degree murder. Today, he lectures at many universities and is a leading voice on criminal justice reform. He shared his inspirational story: growing up with an abusive parent, which started a downward spiral that saw him run away from home, turn to drug dealing to survive, and end up in prison for murder at the age of 19, fuming with anger and despair. He explained what caused him to turn his life around, now mentoring youth at risk.

Issues covered:

Length: 7:59

**Youth at Risk
Crime
Prison Reforms
Minority Concerns**

Monica Deza, PhD, Assistant Professor of Economics in the School of Economic, Political and Policy Science at the University of Texas, Dallas

Dr. Deza led a study that found that teen driving curfews might do more than reduce car accidents. They also may prevent teens from committing crimes or becoming pregnant. She talked about the most common crimes committed by teens and why driving restrictions may make a difference.

Issues covered:

Length: 5:07

**Youth at Risk
Crime**

Show # 2019-16

Date aired: 4/21/19 Time Aired: 5:30am

Kate O'Neill, PhD, Associate Professor in the Department of Environmental Science, Policy and Management at University of California Berkeley

For nearly three decades, recyclable materials from the US were shipped cheaply to China for processing. However, in the past year, China has stopped accepting virtually all of it. Dr. O'Neill said as a result, local governments and the recycling industry are now facing an unprecedented recycling crisis, especially in plastics. She estimated that, at least for now, nearly 100% of recyclable materials are going into landfills. She discussed the steps that the waste industry is taking to try to fix the problem.

Issues covered:

Length: 9:37

**Recycling
Environment
Consumer Matters**

Deanna Barch, PhD, Professor of Psychology; Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis

Dr. Barch was the senior author of a study that linked participation in team sports to larger hippocampal volumes in children and less depression in boys ages 9 to 11. The hippocampus is a brain region that plays an important role in memory and how we respond to stress. She said the evidence was particularly strong for children participating in sports that involved structure, such as a school team, a non-school league or regular lessons, as compared to more informal engagement in sports.

Issues covered:

Length: 7:29

**Childhood Depression
Mental Health
Youth Sports**

Arielle O'Shea, investing and retirement specialist, Nerdwallet.com

Banks are paying customers to open savings and checking accounts. Ms. O'Shea said bank account sign-up bonuses may not be as widespread as credit card perks, but they can be lucrative. She outlined some of the fine print consumers need to be aware of before accepting a bonus offer.

Issues covered:

Length: 5:04

**Personal Finance
Consumer Matters**

Show # 2019-17

Date aired: 4/28/19 Time Aired: 5:30AM

Kartik Hosanagar, PhD, John C. Hower Professor of Technology and Digital Business and a Professor of Marketing at the Wharton School of the University of Pennsylvania, author of

"A Human's Guide to Machine Intelligence: How Algorithms Are Shaping Our Lives and How We Can Stay in Control"

Computer algorithms and the artificial intelligence that underlies them make a staggering number of everyday decisions for nearly every American, from what products we buy, to how we consume our news or entertainment, to whom we date, and how we find a job. Dr. Hosanagar discussed the potentially dangerous biases algorithms can give rise to as they increasingly run our lives, and offered suggestions for consumers to regain control.

Issues covered:

Length: 9:16

Consumer Matters

Technology

Government Regulation

Jennifer L. Eberhardt, PhD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur "genius" grant, author of *"Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do"*

Dr. Eberhardt talked about the numerous forms of bias hardwired into every human being. She said unconscious bias can be at work without our realizing it, even when we genuinely wish to treat all people equally. She explained how bias and racial inequality seeps into classrooms, police departments and businesses. She offered advice on how to recognize our own biases.

Issues covered:

Length: 7:57

Racism and Racial Bias

Law Enforcement

Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center

Dr. Fanaroff led a study that found that less than 10 percent of the treatment recommendations used by doctors to care for heart patients are based on evidence gained from multiple large, randomized clinical trials. He explained how the other 90 percent of treatments have come to be generally accepted by doctors. He hopes to see greater research to provide scientifically-supported treatment guidelines.

Issues covered:

Length: 4:58

Public Health Policy

Heart Disease

Show # 2019-18

Date aired: 5/5/19 Time Aired: 5:30AM

Michael Mina, PhD, MD, Resident Physician in Clinical Pathology, Brigham and Women's Hospital, Harvard Medical School

Measles outbreaks are spiking worldwide. Dr. Mina discussed the reasons behind the soaring rate of infections. He noted that for even those who survive an outbreak, measles can compromise a person's immune system for up to two years afterwards. He said the MMR vaccinations are proven to be very safe and parents should not hesitate to have their children vaccinated.

Issues covered:

Length: 9:14

**Measles Outbreaks
Vaccinations
Public Health**

Deborah Schwengel, MD, Assistant Professor of Anesthesiology and Critical Care Medicine at the Johns Hopkins University School of Medicine and Johns Hopkins Children's Center

Dr. Schwengel, led a comprehensive nationwide study that found that the rate of lawnmower injuries remains at a consistently high level, with most of them requiring surgery and hospitalization. She explained how the most common incidents occur and how adults can take steps to protect children from injury.

Issues covered:

Length: 8:09

**Personal Injury Prevention
Child Safety**

Tiffany Munzer, MD, Pediatric Developmental Behavioral Fellow at the University of Michigan

Dr. Munzer led a study that examined parents reading to their children in different book formats: enhanced electronic (with sound effects and/or animation), electronic, and print. The study found that traditional books provide the greatest opportunities for discussion, conversation and parent/child bonding. She said the flashing lights and loud sounds in most e-readers detract from the potential benefits of a shared reading experience.

Issues covered:

Length: 4:54

**Early Childhood Learning
Literacy
Parenting**

Show # 2019-19

Date aired: 5/12/19 Time Aired: 5:30AM

William G. Gale, PhD, Arjay and Frances Miller Chair in Federal Economic Policy, Senior Fellow in the Economic Studies Program at the Brookings Institution

Most Americans are aware that the Social Security program will soon run short of money. Dr. Gale discussed the even shakier financial situations of Medicare and Medicaid. He said the Medicare trust fund will run out of money in 2026. He stressed the importance for Congress to either reduce costs, raise taxes or make other major policy changes soon.

Issues covered:

Length: 9:03

**Government
Retirement Planning
Public Health**

Megan Maas, PhD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator

Teens spend hours every day on internet-connected devices, often with little or no supervision. Dr. Mass led a study that found that online sexual experiences can predict a teen's likelihood of becoming a victim of sexual assault one year later. She outlined the specific patterns of behaviors that can put teenagers at risk. She said she believes teens need to receive much better education to learn how online activities can affect their real life.

Issues covered:
Sexual Assault
Youth at Risk
Parenting

Length: 8:12

Christopher Loftis, PhD, National Director for the U.S. Department of Veterans Affairs/U.S. Department of Defense Mental Health Collaboration

Veterans face a wide array of mental health and stress-related challenges when they return to civilian life. Dr. Loftis discussed the various forms of help available at Veterans Administration facilities and via community-based mental health resources where veterans live. He offered ideas to help family members and friends start the conversation about mental health.

Issues covered:
Veterans Issues
Mental Health

Length: 4:59

Show # 2019-20

Date aired: 5/19/19 Time Aired: 5:30AM

Tina Seelig, PhD, Professor of the Practice in the Dept of Management Science and Engineering at Stanford School of Engineering, faculty director of the Stanford Technology Ventures, author of *What I Wish I Knew When I Was 20 - 10th Anniversary Edition: A Crash Course on Making Your Place in the World*

Many young people struggle as they make the transition from the academic environment to the professional world. Dr. Seelig discussed skills and thought processes that can lead to success and resilience in their adult lives. She also talked about the effectiveness of our nation's higher education system in preparing students for life.

Issues covered:
Education
Career

Length: 8:37

Tony Corbo, Senior Lobbyist for the Food Campaign at Food & Water Watch, an advocacy group that supports stricter food safety regulations

The Centers for Disease Control and Prevention has reported that the frequency of several types of food poisoning infections climbed last year, but that the increases could be the result of new diagnostic tools that help identify more cases. Mr. Corbo explained the complex system that tracks illnesses such as salmonella and campylobacter. He said illnesses connected to produce are on the rise, while meat and poultry cases are unchanged.

Issues covered:

Length: 8:32

**Food Poisoning
Government Regulations**

Robert M. Siegel, MD, Medical Director of the Center for Better Health and Nutrition of the Heart Institute at Cincinnati Children's Hospital Medical Center, Professor of Clinical Pediatrics at the University of Cincinnati

Dr. Siegel led a small study of middle school students, examining their cardiovascular risk factors. He found that a third of the children had abnormal levels of cholesterol or blood sugar, and several were found to have undiagnosed diabetes. He said every child should be routinely tested for cardiovascular risks, but only 25-30% are.

Issues covered:

Length: 4:59

Children's Health

Show # 2019-21

Date aired: 5/26/19 Time Aired: 5:30AM

Steven Roberts, college-funding expert, author of "*Winning the Money Game in College: Any Major and Any GPA Can Finish College Debt-Free or Better*"

Families at every income level struggle with the question of how to pay for a college education. Mr. Roberts explained how students can save on application fees and locate lesser-known resources to pay for college. He also suggested where to find scholarship money and why a student's GPA isn't everything. He also discussed the less obvious reasons why it is useful for students to earn money while in school.

Issues covered:

Length: 8:38

**Education
Consumer Matters
Parenting**

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

A traffic ticket can cause a driver's auto insurance rates to skyrocket. Ms. Adams outlined a report from insuranceQuotes.com that found motorists who are slapped with a serious moving violation can see their auto insurance premiums jump by an average of 94 percent. She discussed 17 different moving violations, how each causes car insurance rates to spike, and why rate increases can vary drastically from state to state.

Issues covered:

Length: 8:35

**Traffic Safety
Consumer Matters**

Julia Cameron, author of *"It's Never Too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond"*

When someone retires, the newfound freedom can be quite exciting, but also daunting. Ms. Cameron explained how cultivating their creative selves can help seniors navigate this new terrain. She said that retirement can be the most rich, fulfilling and creative time of life.

She outlined several tools to get there.

Issues covered:
Senior Citizens
Retirement Planning

Length: 4:57

Show # 2019-22

Date aired: 6/2/19 Time Aired: 5:30AM

David Swenson, PhD, Associate scientist in the Department of Economics, Iowa State University

While a number of metropolitan regions across the US are struggling, many more midsize and rural counties are wrestling with long-term decline. Dr. Swenson explained why most of the country's smaller urban and rural counties are not growing in terms of population and jobs, and will not grow in the future. He said government policies need to address the issue and assure access to necessary public services and modern technologies, to ensure that rural residents are connected to society.

Issues covered:
Rural Concerns
Employment
Economy

Length: 9:01

Lauren Stiller Rikleen, President of the Rikleen Institute for Strategic Leadership, author of *"The Shield of Silence: How Power Perpetuates a Culture of Harassment and Bullying in the Workplace"*

Ms. Rikleen discussed workplace misconduct, sexual harassment and other negative behaviors on the job. She believes the best way to address these problems is to eliminate the fear of retribution against those who report the misconduct. She said that change is also needed in the court system because judges and juries often discount the credibility of victims and are reluctant to hold employers accountable.

Issues covered:
Sexual Harassment
Workplace Matters
Women's Concerns

Length: 8:16

Kevin Estela, author of *"101 Skills You Need to Survive in the Woods"*

Mr. Estela outlined essential skills and tools that can be helpful to anyone in an emergency situation, particularly on camping trips and other outdoor activities. He also discussed the importance of being mentally prepared to act in the event of a life-threatening emergency.

Issues covered:
Emergency Preparedness
First Aid

Length: 5:00

Show # 2019-23

Date aired: 6/9/19 Time Aired: 5:30AM

Stefanos N. Kales, MD, MPH, Professor of Medicine at Harvard Medical School, Professor and Director of the Occupational and Environmental Medicine Residency at the Harvard T.H. Chan School of Public Health

Dr. Kales co-authored a recent study that suggested that the number of push-ups a middle-aged man can perform might be a strong indication of his overall heart health. He found that men who can do more than 40 pushups in one minute have a 96 percent reduced risk of heart attack, stroke and heart disease compared with men who could muster fewer than 10. He also noted that push-up capacity appears to be a better and obviously less costly measurement of heart health than the standard treadmill test routinely used by cardiologists.

Issues covered:
Personal Health
Healthcare Spending
Physical Fitness

Length: 8:27

Karen Page Winterich, PhD, Associate Professor of Marketing, Frank and Mary Smeal Research Fellow, Penn State University

Dr. Winterich's research team conducted six studies that found that when consumers are aware that recyclables are transformed into new items, they recycle more. She believes that improving consumer education should be a priority for any organization seeking to increase recycling.

Issues covered:

Length: 8:54

Recycling

Consumer Matters

Patricia Thompson, Ph.D., corporate psychologist and management consultant, author of "*The Consummate Leader: A Holistic Guide to Inspiring Growth in Others...and in Yourself*"

Dr. Thompson talked about the value of a mental health break from work, which can mean heading out early for the rest of the day or stepping away from the pressures of work for 15 minutes. She explained how employees can successfully request a mental health break, and what to do during one to mentally recharge.

Issues covered:

Length: 4:57

Mental Health

Workplace Matters

Show # 2019-24

Date aired: 6/16/19 Time Aired: 5:30AM

Joshua Gotbaum, Guest Scholar in the Economic Studies Program at The Brookings Institution, Chair of the Maryland Small Business Retirement Security Board

Mr. Gotbaum said the retirement industry has spent decades largely sidestepping perhaps the biggest question most Americans have about retirement planning: how much of their earnings should they be saving? He cited research from the Employee Benefits Research Institute that recommends saving at least 10% of each paycheck. He stressed that Millennials should begin saving in earnest as soon as they enter the workforce.

Issues covered:

Length: 8:36

Retirement Planning

Personal Finance

David Andrews, Ph.D., Senior Scientist, Environmental Working Group

A recent investigation by the Food and Drug Administration found toxic per- and poly-fluoroalkyl substances, or PFAS, in a wide variety of produce, meats and processed foods. Dr. Andrews outlined the health dangers. He said food packaging is a major source of the chemicals, along with contaminated water and soil used to grow the food. He would like to see greatly increased government regulation and monitoring of the chemicals.

Issues covered:

Length: 8:48

Food Safety

**Environment
Government Regulation**

Rachel Moon, MD, Pediatrician and Researcher at the University of Virginia Children's Hospital

Dr. Moon was the lead author of a study that found that babies are dying in car seats when the child is out of the car and sleeping. When looking at infant deaths in sitting devices, like car seats and strollers, her team found that more than two-thirds occurred while in car seats. In those cases, parents were using the car seats as directed less than 10% of the time. She stressed the importance of educating parents to use a crib or bassinet when they are at home.

Issues covered:
Child Safety
Parenting

Length: 4:54

Show # 2019-25

Date aired: 6/23/19 Time Aired: 5:30AM

Jamie Cooper, PhD, Associate Professor in the Department of Foods and Nutrition at the University of Georgia

Prof. Cooper led a study that found that stepping on the bathroom scale once per day may help to avoid weight gain. She said the average adult gains 1-2 lbs. over each vacation or holiday period, and normally doesn't lose it afterwards. She said although people may walk more and get other forms of physical activity during vacations, they tend to eat more.

Issues covered:
Personal Health
Obesity

Length: 9:31

Laurie Nadel, PhD, psychotherapist who specializes in treating acute stress, anxiety and PTSD, author of "*The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes*"

An American Psychiatric Association report found that Americans have experienced a 51% increase in anxiety levels in the past two years. Dr. Nadel said the report illustrates an epidemic of anxiety issues, including PTSD. She said it can be triggered just by watching disturbing images on electronic devices, causing what she terms "vicarious traumatization." She outlined five techniques that may help those suffering from mental trauma.

Issues covered:
PTSD
Mental Health

Length: 8:48

Julie Angwin, Pulitzer Prize-winning investigative journalist, author of "*Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance*"

Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint.

Issues covered:

Privacy

Government Policies

Consumer Matters

Length: 5:02

Show # 2019-26

Date aired: 6/30/19 Time Aired: 5:30AM

Rick Smith, Warning Coordination Meteorologist at the National Weather Service in Norman, OK

Over the past two decades, there have been major changes in tornado forecasting technology and how Americans receive alerts. Mr. Smith discussed the latest developments and what everyone needs to know to stay safe. He said the number or intensity of tornadoes hasn't changed, but media attention has increased, partly because nearly every tornado is now captured on a smartphone camera.

Issues covered:

Length: 9:49

Tornado Preparedness

Laura Condon, PhD, Assistant Professor of Hydrology and Atmospheric Sciences, University of Arizona

Dr. Condon led a study that found that groundwater pumping in the last century, for drinking water and agricultural use, has contributed as much as 50 percent to stream flow declines in some US rivers. She explained why this is such a serious concern and what can be done by communities and individuals to conserve water resources.

Issues covered:

Length: 7:28

Environment

Water Conservation

Government Policies

Mathew White, PhD, Environmental Psychologist and Senior Lecturer from the University of Exeter Medical School in Devon, England

It's common knowledge that being outdoors and around nature is a healthy thing. Dr. White led a study that measured exactly how much outdoor time is necessary for improved health. He found that two to four hours per week is the sweet spot, and it can be done in bits and pieces over the course of a week. He added that the benefits were especially helpful for those with longstanding illness or disabilities.

Issues covered:

Length: 5:14

Personal Health

Environment

Disabilities