

Issues/Programs List

Date Filed: 4/6/16
 Quarter Date: 1st Qtr. 2016
 Title of Program: SEMO Edition
 Time of Airing: See Below
 Duration Program: 20 minutes
 Stations & Airtimes: KGMO-05:20a, KREZ-05:20a, WKIB-05:20a, KYRX-05:20a,
 KJXX-05:40a, KAPE-05:30a, KBHI-05:30a, KRHW-05:30a, KBXB-05:30a

Program Information

Date	Guest/Topic	Issue
1/10	Al Stoverink Ex. Director Habitat for Humanity	Housing
1/17	Capt. Amick Salvation Army Pat McKenna Mo Dot Director	Flood Victims Roads
1/24	Kyle Schott Catholic Charities Kathy Swan State Representative	Disaster Relief Education
1/31	Garth McDonald Small Business Admin. Deanna Frazier FEMA	Disaster loans Fraud
2/7	Vanessa Lander Public Health Center Jamie Burger Commissioner	Zika Virus & Health Flood Recovery
2/14	Kurt Pickering FEMA Kristy Unger CCTC	Flood Relief Education
2/21	Scott Meyer City Manger Cape Deanna Frazier FEMA	Taxes Flood Recovery
2/28	Kathy Swan State Representative Marla Mills Old Town Cape	Political Food
3/6	Trae Bertrand Lions Club Kim Voelken Cape Chamber	Sight Women Concerns
3/13	Ryan Hobert Department of Health Pat Hill Jackson Ministerial	Political Food
3/20	David Hitt VFW Ben Stratton Mo. Dept. of Cons.	Military Hunting
3/27	Elizabeth Shelton United Way Pat Watson City Parks	Women Concerns CPR Training

Filed by: 

Date: 4/6/16

PUBLIC FILE: Issues/Programs

Q#1: Y:2016; WEEKEND EDITION

-Date: 01/10/16; Time: 5:00am; Length: 8:23 min

-Description: We spoke with Al Stoverink, Executive Director of Habitat for Humanity in the Southeast MO region. We also discussed the "Re-Store", a non-profit store which helps fund Habitat Humanity builds and other Habitat For Humanity programs.

-Date: 01/17/16; Time: 5:00am; Length: 17:06 min

-Description: Part-1: We spoke with Capt. Amick with the Salvation Army in Cape about the recent MARC (Multi-Agency Resource Center) which was set up on the previous Friday for flood victims, we also talked about the continued support that the Salvation Army offers for flood victims.

Part-2: We spoke with MoDOT Director, Patrick McKenna. We discussed the continuing budget shortfalls and challenges of maintaining a massive, aging infrastructure, as well as recruiting to fill positions within an aging workforce. We also talked about the impact of the recent historic floods on Missouri's roadways and needed repairs and the recent testimony before the Senate Transportation Infrastructure and Public Safety Committee at the state Capitol.

Date: 01/24/16; Time: 5:00am; Length: 19:31 min

-Description: Part#1: We spoke with Kyle Schott, the Regional Director of Catholic Charities of Southern Missouri and also Coordinator of C.O.A.D. (Community Organizations Active in Disaster) about the assistance available to those affected by flooding in the Bollinger, Cape, Perry and Scott Counties.

Part#2: We spoke with Rep. Kathryn Swan (R-147) about various new legislation in the 2016 session; including the ESSA (Every Student Succeeds Act), HB1608 ("Pill Mill") regulation bill, and HB2055 (the Child Custody Bill). We also talked about the NEW open office hours in Cape Girardeau for Rep. Swan and Dist. 147 constituents.

Date: 01/31/16; Time: 5:00am; Length: 20:35 min

-Description: Part 1: We spoke with Garth MacDonald, the Public Information Officer for the Small Business Administration. We discussed Federal Disaster Loans for Businesses, including eligibility, types of loans, interest rates and the application process. We also discussed disaster relief loans for homeowners and renters and what the loans cover.

Part 2: We spoke with Deanna Frazier, from FEMA, about resources available to applicants, the deadline to apply, locations for application, who can apply, and disaster assistance fraud prevention measures.

Part 3: We talked with Jason Lipe, from the Jackson Parks and Recreation Department about the newly dedicated Jackson Civic Center: layout and features, what events to expect at the Civic Center, and contact information on services available for the surrounding community.

Date: 02/07/16; Time: 5:00am; Length: 27:52 min

-Description: Part-1: We spoke with Vanessa Landers, the Public Health Nurse and Communicable Disease Coordinator with the Cape Girardeau Co. Public Health Center about the Zika Virus. We discussed the cause of the virus, public health concerns and precautions and discussed misinformation about the virus. Contact information on diagnosis and general questions was also given.

Part-2: We spoke with Scott County Presiding Commissioner, Jamie Burger, about the ongoing Dec. 2015 Flood recovery efforts and the estimated cost of recovery. We also talked about various cleanup concerns involving the Commerce levee and massive debris that was left behind after the flood, as well as the ongoing discovery of county highways that were damaged due to massive rains, and wash-outs. Contact information was also provided for residents who need assistance with recovery efforts.

Part-3: We talked with Pete Rhodes, the manager at the VFW Post 3838, about the Benefit "Valentine's Dinner and Show--One More Round Band--A Tribute to Johnny and June Carter Cash". We also discussed the various programs that the benefit will fund.

Part-4: We spoke with Rich McCall, the Cape Girardeau Police Dept. Public Information Officer, about a new online portal/program, "NextDoor". Some of the features of the

site/app were discussed as well as the benefits of this program--which opens a dialogue between the police department and neighborhoods in the city.

Part-5: We talked with Pam Boyd, a representative for the Cape Girardeau Eagles upcoming Charity Valentines Dinner and Dance, about "Make-A-Wish" Missouri and granting a wish for a local child, Lorelai.

Date: 02/14/16; Time: 5:00am; Length: 28:21 min

-Description: Part-1: We spoke with Kurt Pickering, Media Relations Manager with FEMA, about the local Disaster Recovery Centers and the services offered. We also discussed the deadlines for the disaster assistance application, the importance of applying for assistance during a flood, and the local partnership with United Way.

Part-2: We interviewed Kristy Unger, with the Cape Career and Technology Center about the recent passage of the "Every Student Succeeds" Act and how it will affect students now and in the future, and what it means for workforce and skilled job training.

Part-3: We spoke with Virg Michael Labrier about the upcoming H.O.G. (Harley Owners Group) "Leather and Lace" benefit for the "Wounded Warrior Project" and "Toys for Tots" at the Cape Elks Club, Feb. 20th. We also talked about those programs and how the "Wounded Warrior Project" helps soldiers and their families.

Part-4: We talked with Michelle Scherer, Executive Dir. of Options for Women, a charitable organization that helps women with crisis pregnancies and offers "hope, and compassionate help, enabling positive and life affirming choices in the Cape Girardeau and surrounding area". We spoke about the upcoming fundraising event: "25 for Life" Quarter Auction, which gives donors a chance to buy gift baskets to benefit "Options for Women". The event is Feb. 27th.

Date: 02/21/16; Time: 5:00am; Length: 28:01 min

-Description: Part-1: We spoke with Scott Meyer, the City Manager of Cape Girardeau, about the upcoming April ballot issue concerning a use tax on out of state vehicles. We also discussed what purchases would be subject to the tax and what the funds from the tax would support. State tax law changes were also discussed as well as the affect they have had on the local economy.

Part-2: We followed up with Deanna Frazier, Media Relations Specialist with FEMA, about the progress of storm and flood recovery in Cape County. We also discussed the

importance of applying for assistance before the deadline, and safeguarding against fraud and scammers posing as FEMA agents or representatives.

Part-3: We spoke with Lori Enyart, the Public Relations and Digital Media Manager of the Girl Scouts of the Heartland about the upcoming Girl Scout Cookie Weekend, Feb. 26th-29th. We also discussed how the proceeds are used to benefit the girls and their activities, as well as the importance of teaching leadership and entrepreneurship skills to women.

Part-4: We spoke with Captain Ronnie Amick with the Salvation Army about their new Thrift Store in Sikeston, MO. We also discussed how the new Thrift Store will help fund the Salvation Army and how the Salvation Army serves the Sikeston and surrounding region.

Date: 02/28/16; Time: 5:00am; Length: 28:29 min

-Description: Part-1: We spoke with MO State Rep. Kathy Swan about the recent passage of the "Missouri Civics Education Initiative", which includes three bills that were passed to make up the initiative. We also discussed what this new legislation would mean for curriculum in the classroom and its future implications. The nationwide Civics Education Initiative proposes that all high school students, as a condition for graduation, take and pass a test on one-hundred basic facts of U.S. history and civics. Missouri has now become the 11th state to pass the legislation.

Part-2: We followed up with Deanna Frazier, Media Relations Specialist with FEMA about the status of those helped in Scott County, by FEMA Disaster recovery funds, as well as the availability of a FEMA Mitigation Specialist in the area to answer questions and concerns.

Part-3: We talked with Marla Mills from "Old Town Cape" about the upcoming meeting for the "Cape Riverfront Market" on March 1st. We also spoke about the eligibility of vendors, how to register as a vendor, the focus of the Riverfront Market and what will be featured this year at the Cape Riverfront Market.

Part-4: We spoke with Cape Girardeau Chief of Police, Wes Blair about the recent development of the Community Improvement District and the partnership with the Cape Police department. We also discussed how officers will further serve the public in the downtown area and make it safer, especially during the weekends. Blair also talked about the potential challenges of various patrol methods.

Part-5: We spoke with Gabrielle Penca, the Institute for Regional Innovation and Entrepreneurship training program coordinator and representative with the Missouri Innovation Corporation. We talked about new Entrepreneurship Training Program, "Launch U" and the material contained in the curriculum/training. We also spoke about the opportunities that will be brought to the area, enrollment, the program cost and availability of scholarships.

Date: 03/06/16; Time: 5:00am; Length: 28:26 min

-Description: Part-1: We spoke with the Cape Girardeau Lions Club about their upcoming 78th Annual Pancake Day, and the various Civic Organizations which the event helps fund, as well as the various programs which the Lions Club helps organize.

Part-2: We spoke with Kim Voelker, with the Cape Area Chamber of Commerce, about the development of a Women's Business Network in the region.

Part-3: We spoke with Brian Gereau, with the Jackson Area Chamber of Commerce, about their upcoming community events, as well as their "Leadership Jackson" program.

Part-4: We talked with the local chapter of Habitat for Humanity and the need for volunteers for upcoming Spring home builds in the Cape Girardeau area.

Part-5: We also spoke with Micheal Mason, with a Christian outdoors weekend event, "Sportsmen Under the Influence", in Scott City. We discussed the various events that take place during the weekend, including a free wild-game community dinner, hunting safety, and a concluding community service.

Date: 03/13/16; Time: 5:00am; Length: 28:30 min

-Description: Part-1: We spoke with Ryan Hobart with the Department of Health and Senior Services about the recent developments with the Zika virus and how it is spread.

Part-2: We talked with Pat Hill, about the Jackson Ministerial Alliance's "Stuff-A-Truck" food donation event that benefits the local food pantry and helps local families in need.

Part-3: We spoke with David Hitt, with the Cape Girardeau VFW Post 3838, about the upcoming Vietnam War Commemoration Welcome Home Meal and Dance, and the ways in which they will honor the veterans and families of the Vietnam War.

Part-4: We spoke with Brian Gereau, with the Jackson Area Chamber of Commerce about the "Leadership Jackson Program", and how it fosters growth among young professionals.

Part-5: We talked with Kim Voelker, with the Cape Girardeau Area Chamber of Commerce about their Annual Membership drive and ways to become more involved with the community.

Date: 03/20/16; Time: 5:00am; Length: 28:41 min

-Description: Part-1: We spoke with Ben Stratton, with the Missouri Department of Conservation about Turkey Season which begins soon and also talk about some of the other outdoor activities available in the region.

Part-2: We talked with Tessa Bollinger, speaking about the various activities available through the Cape Parks and Recreation Department.

Part-3: We spoke with Brian Gereau, with the Jackson Area Chamber of Commerce about the Business Breakfast and "Brown Bag" seminar luncheons with Chamber members, which discuss issues facing the business community.

Part-4: We spoke with Kim Voelker, with the Cape Girardeau Area Chamber of Commerce about the various activities happening with the Chamber of Commerce and how to become a new member and some of the benefits as a member.

Part-5: We spoke with David Hitt with the area VFW about one World War Veteran who will finally receive his well-deserved medals nearly 70 years after his service to our Country. We also talked about the story of his service during the war.

Date: 03/27/16; Time: 5:00am; Length: 28:32 min

-Description: Part-1: We spoke with Elizabeth Shelton, from the United Way and Women's Leadership Council in Cape about their upcoming event and women's concerns in the community.

Part-2: We talked with Jay Lancaster from Sikeston Public Works about the city's annual Spring Clean-up event.

Part-3: We spoke with and Patrick Watson, the Aquatic Supervisor, with the City of Cape Girardeau Parks and Recreation about upcoming lifeguard training programs and the importance of CPR training, as well as job opportunities.

Date: 04/03/16; Time: 5:00am; Length: 28:33 min

-Description: Part-1: We spoke with Nicollette Brannen with the City of Cape Girardeau about issues and officials on the ballot for April 5th Civic Election.

Part-2: We talked with Ryan Hobart from the Missouri Department of Health and Human Services about the 2nd confirmed case of the Zika virus and precautions for travelers and those returning from Zika-affected countries.

Part-3: We spoke with Brian Gereau with the Jackson Chamber of Commerce about the exposure given to businesses through their ribbon cutting events, as well as the start of a region-wide not-for profit committee and honoring the service they provide for the community.

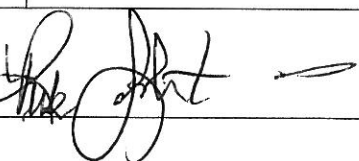
Part-4: We talked with Molly Wilhelm, with the Safe House for Women, and we discussed their 6th Annual Trivia Night Benefit and the services offered through the organization.

Issues/Programs List

Date Filed: 4/6/16
 Quarter Date: 1st Qtr 2016
 Title of Program: Info Track
 Time of Airing: See Below
 Duration Program: 25 minutes
 Stations & Airtime: KGMO – 5:00a; KREZ – 5:00a; WKIB – 5:00a; KYRX – 5:20a; KJXX – 5:00a;
 KRHW – 5:30A; KBXB – 5:30a; KBHI – 5:30a

Program Information

Date	Guest/Topic	Issue
1/3	John Eterno Kristen Copeland Phil Reed	Crime , Parenting, Consumer Matters
1/10	Jane Quinn Kate Carr Roger Beckett	Retirement, Parenting Education
1/17	Stephen Kohn Mary Norris Kevin Fiscella	Crime, Career, Minority Concerns
1/24	Maria Konnikova Elizabeth Paluck Alex Hutchinson	Crime, Bullying, Science
1/31	Susan Roberts Marc Goodman Sissy Lappin	Nutrition, Online Security, Personal Finance
2/7	Brandi Britton Jennifer Bailey Richard Thaler	Career, Poverty, Economics
2/14	Jamie Cooper R. Douglas Fields Thomas Nassif	Obesity, Domestic Violence, Military Affairs
2/21	Rashmi Shetgiri Harold Pollack Maria Corkern	Youth Violence, Personal Finance, Education
2/28	Katy Harriger Matt Schulz Phil Reed	Voting, Consumer Matters, Environment
3/6	Patt Tublin Henry Gornbein Jerry Brewer	Women's Issues, Marriage, Cancer
3/13	Brian Fleming Bradley Bale Alfie Kohn	Government Policies, Personal Health, Education
3/20	Richard Retting Brandon Alderman Paul Redman	Traffic Security, Mental Health, Career
3/27	Michael Blaha Janette Sadik-Kahn Jason Wiles	Senior Citizen, Urban Planning, Minority Concerns

Filed by: 

Date: 4/6/16



Weekly Public Affairs Program

Call Letters: _____

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2016

Show # 2016-01

Date aired: _____ **Time Aired:** _____

John A. Eterno, Ph.D., Professor, Associate Dean and Director of Graduate Studies in Criminal Justice at Molloy College, former Captain with the New York City Police Department, co-author of *"The Crime Numbers Game: Management by Manipulation"*

Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

Issues covered:

Length: 8:47

**Crime
Government Policies**

Kristen Copeland, MD, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in daycare get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

Issues covered:

Length: 8:24

**Children's Health
Parenting
Education**

Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered:

Length: 4:52

**Environment
Consumer Matters**

Show # 2016-02

Date aired: _____ Time Aired: _____

Jane Bryant Quinn, personal finance journalist, syndicated columnist, author of "*How To Make Your Money Last: The Indispensable Retirement Guide*"

Even with her decades of experience in the field, Ms. Quinn found planning her own retirement overwhelming, so she set out to find answers. She explained how to determine how much money may be needed for retirement, how to greatly simplify investment decisions, and why communication between a husband and wife is so important in retirement planning.

Issues covered:
Retirement Planning
Personal Finance

Length: 9:06

Kate Carr, President and CEO of Safe Kids Worldwide, a nonprofit organization working to prevent childhood injury

Last year, more than six million car seats were recalled for a safety defect, yet fewer than half of them were fixed. Ms. Carr outlined her organization's concerns and explained why so many recalled car seats were not repaired. She noted that 80 percent of parents believe car seat registration cards are important, but only 42 percent return the card.

Issues covered:
Children's Health
Parenting

Length: 8:14

Roger Beckett, Executive Director of the Ashbrook Center at Ashland University, Ashland, Ohio

For years, the teaching of history and civics has taken a back seat to STEM (science, technology, engineering, math) education. Testing has found that only 18 percent of 8th graders are deemed "proficient" or better in history; only 23 percent in civics or government. Mr. Beckett explained why he believes the founding documents of our country should be essential reading for every American, especially students.

Issues covered:
Education
Government Policies

Length: 5:04

Show # 2016-03

Date aired: _____ Time Aired: _____

Stephen Kohn, attorney, Executive Director of the National Whistleblower Center, author of "*The Whistleblower's Handbook: A Step-By-Step Guide To Doing What's Right And Protecting Yourself*"

Every year, criminals and fraudsters rip off the federal government by committing tax fraud—stealing billions of taxpayer dollars in the process. However, it's becoming much more difficult to do so, thanks to a massive increase in whistleblower disclosures. Mr. Kohn discussed recent changes in laws that have made it much easier to report wrongdoing. He also explained what steps to take to weigh the plusses and minuses of blowing the whistle.

Issues covered:
Whistleblowing
Crime
Government Regulations

Length: 8:53

Mary Norris, longtime copy editor at "The New Yorker," author of "*Between You & Me: Confessions of a Comma Queen*"

Ms. Norris discussed the most common mistakes in spelling, punctuation and word usage, and why it is so important. She explained how new technologies and changes in our nation's education system have made proper grammar less "cool."

Issues covered:

Length: 8:21

Education

Career

Kevin Fiscella, MD, MPH, Associate Professor of Family Medicine and Community & Preventive Medicine at the University of Rochester School of Medicine & Dentistry

Dr. Fiscella discussed his groundbreaking research that found that the lives of nearly 8,000 black Americans could be saved each year if doctors could figure out a way to bring their average blood pressure down to the average level of whites. He talked about the reasons behind the gap between the races in controlling blood pressure, and the possible ways to reduce that gap.

Issues covered:

Length: 4:54

Personal Health

Minority Concerns

Show # 2016-04

Date aired: _____ **Time Aired:** _____

Maria Konnikova, journalist, psychologist, author of "*The Confidence Game: Why We Fall for It . . . Every Time*"

Ms. Konnikova explained how the world's most talented con men can so easily use persuasion and exploit trust to swindle even the most cautious consumers. She said human beings are hardwired to believe, no matter how educated they are about scams and ripoffs. She talked about the most common methods used by crooks to lure their victims in.

Issues covered:

Length: 9:04

Crime

Consumer Matters

Elizabeth Levy Paluck, PhD, Associate Professor of Psychology and Public Affairs at the Woodrow Wilson School of Public and International Affairs at Princeton University

Curbing bullying has long been a focal point for parents and schools, but Dr. Levy Paluck found that the answer may not lie within rules set by adults. Her team of researchers from Princeton, Rutgers and Yale found that students themselves, particularly those most connected to their peers, were able to reduce and resolve conflicts 30% more effectively than traditional methods used by adults.

Issues covered:

Length: 7:51

Bullying

Youth at Risk

Alex Hutchinson, PhD, contributing editor at Popular Mechanics magazine, author of "*Big Ideas: 100 Modern Inventions That Transformed Our World*"

Mr. Hutchinson consulted 25 experts at 17 museums and universities to determine the 100 greatest inventions of the modern era. He talked about the long-term trends of scientific research and government's role in it.

Issues covered:

Science
Government Spending

Length: 5:02

Show # 2016-05

Date aired: _____ **Time Aired:** _____

Susan B. Roberts, Ph.D., Director of the Energy Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston

Most people think of fast food when they imagine the unhealthy effects of eating out. Dr. Roberts led a study that found that 92 percent of meals from both large-chain and non-chain local restaurants exceeded recommended calorie requirements for a single meal. She explained how to keep tabs on restaurant portion sizes and calorie information. She proposed local legislation to require restaurants to offer partial portions at partial prices.

Issues covered:

Nutrition
Personal Health
Consumer Matters
Government Regulations

Length: 8:31

Marc Goodman, law enforcement and counterterrorism expert, author of "*Future Crimes: Inside the Digital Underground and the Battle for Our Connected World*"

Technology has improved our lives immeasurably, but Mr. Goodman said that a new tidal wave of tech advancements—from implantable medical devices to drones to WiFi thermostats—are all susceptible to hacking, with disastrous consequences. He explained some of the greatest concerns for the average consumer and how to attempt to keep devices secure.

Issues covered:

Crime
Online Security

Length: 8:45

Sissy Lappin, veteran real estate agent, author of "*Simple and Sold: Sell Your House Fast and Keep the Commission*"

Selling a house can be expensive. Ms. Lappin said that sales commissions typically devour 40-60% of a home seller's equity. However, she believes that the Internet has made it far easier for a property owner to take control of their own home-selling process and save money. She outlined the basic steps and common pitfalls.

Issues covered:

Consumer Matters
Personal Finance

Length: 4:57

Show # 2016-06

Date aired: _____ Time Aired: _____

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

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.

Issues covered:

Length: 7:28

**Employment
Career
Social Media**

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

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.

Issues covered:

Length: 9:43

**Human Trafficking
Child Abuse
Poverty**

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

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.

Issues covered:

Length: 4:49

**Economics
Consumer Matters
Mental Health**

Show # 2016-07

Date aired: _____ Time Aired: _____

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

Prof. Cooper led a study that found that vacations often lead to small amounts of long-term gradual weight gain and contribute to 'creeping obesity'. She talked about the primary causes of weight gain during vacations and explained why it's important to lose the added weight as soon as possible upon returning from a trip.

Issues covered:
Personal Health
Obesity

Length: 9:31

R. Douglas Fields, PhD, Chief of the Section on Nervous System Development and Plasticity at the National Institute of Child Health and Human Development, a part of the National Institutes of Health, Adjunct Professor in the Neuroscience and Cognitive Science Program at the University of Maryland, College Park, author of *“Why We Snap: Understanding the Rage Circuit in Your Brain”*

Today’s headlines are filled with examples of otherwise rational people with no history of violence or mental illness who suddenly snap in a domestic dispute, an altercation with police, or road rage attack. Dr. Fields explained the reasons behind these seemingly random episodes. He said every human has been hardwired with the potential to snap. He also said the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing.

Issues covered:
Mental Health
Domestic Violence

Length: 7:46

Thomas Nassif, Ph.D., Professorial Lecturer in American University's Department of Health Studies, researcher at the D.C. Veterans Affairs Medical Center

U.S. veterans often return home with multiple types of trauma, and suffer from one of the highest rates of chronic pain of any population in the U.S. Dr. Nassif led a study that found that veterans who practiced meditation reported a 20 percent reduction in pain intensity, and in how pain interferes with everyday aspects of life, such as sleep, mood, and activity level.

Issues covered:
Military Affairs
Mental Health
Personal Health

Length: 4:46

Show # 2016-08

Date aired: _____ **Time Aired:** _____

Rashmi Shetgiri, MD, Assistant Professor of Pediatrics, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Dr. Shetgiri led a study of what factors influence teens to get involved with weapons. She said emotional distress and substance abuse both increase the odds for white, black and Hispanic youth to carry or use a gun or knife. She also discussed the importance of parents and positive role models in the prevention of youth violence.

Issues covered:
Youth Violence
Youth at Risk
Minority Concerns

Length: 7:47

Harold Pollack, PhD, Helen Ross Professor of Social Service Administration at the University of Chicago, where he researches health and urban policy concerns, nonresident fellow at the Century Foundation, co-author of *“The Index Card: Why Personal Finance Doesn’t Have to Be Complicated”*

Dr. Pollack believes that everything Americans need to know about managing their money could fit on a single index card. He explained why his nine simple rules outperform more complicated financial strategies. He also discussed the most responsible way to select a financial advisor and why he felt one of his most important rules should be to support the nation's social safety net.

Issues covered:

Length: 9:33

**Personal Finance
Charitable Contributions**

Maria Corkern, reading specialist, teacher, author of "*Doris Thesaurus*"

Recent studies have found that since 1950, the average teenager's vocabulary has dropped from 25,000 words to only 10,000. Ms. Corkern said that a limited vocabulary translates into a reduced ability to think critically and communicate effectively, which results poor educational performance. She offered suggestions for parents on how to help a child improve his vocabulary.

Issues covered:

Length: 5:02

**Education
Teen Concerns
Youth at Risk**

Show # 2016-09

Date aired: _____ **Time Aired:** _____

Katy J. Harriger, PhD, Chair and Professor, Department of Politics and International Affairs at Wake Forest University

Our nation's political climate is more polarized than ever, and voter turnout among young people is abysmal. But Dr. Harringer led a study that found that learning to talk about controversial issues while in college can inspire young adults to be more engaged citizens even ten years later. She explained what the students were taught and how it could be applied to voters of any age.

Issues covered:

Length: 8:34

**Civic Participation
Voting
Youth Concerns**

Matt Schulz, Senior Industry Analyst at CreditCards.com

25 million credit cardholders haven't changed their go-to credit card in at least ten years. Mr. Schultz said that people are missing many rewards because card issuers are hotly competing for new customers and giving big sign-up bonuses. He outlined some of the methods savvy consumers use to get the most out of their credit cards. He also explained why many consumers are reluctant to switch cards.

Issues covered:

Length: 8:27

**Personal Finance
Consumer Matters**

Phil Reed, Senior Consumer Advice Editor at Edmunds.com

Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

Issues covered:

**Environment
Consumer Matters**

Length: 4:52

Show # 2016-10

Date aired: _____ **Time Aired:** _____

Patty Ann Tublin, PhD, author of "*Money Can Buy You Happiness: Secrets Women Need to Know To Get Paid What They Are Worth!*"

Dr. Tublin outlined ways women can close the gender wage gap and negotiate their true worth at work. She explained why women have a harder time accepting the emotional and financial value of money, and how to change that attitude. She also offered suggestions for women who would like to determine what the appropriate pay range is for a particular job.

Issues covered:

**Women's Issues
Career**

Length: 7:08

Henry S. Gornbein, attorney, author of "*Divorce Demystified: Everything You Need to Know Before You File for Divorce*"

Mr. Gornbein said next to the death of a loved one, divorce is one of the most traumatic of life's experiences. He discussed the sometimes complicated steps to take when deciding whether to proceed with a divorce. He talked about the significant ways divorce has changed in recent years, including the surprising influence of social media and changes in child custody arrangements.

Issues covered:

**Legal Matters
Marriage
Parenting**

Length: 9:57

Jerry Brewer, MD, dermatologist and researcher at the Mayo Clinic

Dr. Brewer led a study that found that the risk of developing the most dangerous type of skin cancer is now more than six times higher among young adults than it was 40 years ago. He talked about the likely reasons behind this trend and why women under age 40 may be especially vulnerable.

Issues covered:

**Cancer
Personal Health**

Length: 4:51

Issues covered:
Traffic Safety
Government

Length: 7:09

Brandon L. Alderman, PhD, Assistant Professor of Exercise Science and Sport Studies, Director of the Exercise Psychophysiology Lab at Rutgers University

Dr. Alderman led a study that examined whether a combination of activities can effectively treat depression. Participants who were asked to meditate for 30 minutes before exercising for 30 minutes twice a week had 40 percent less depressive symptoms than they did before the study began. He explained the likely reasons behind these results. He said that even study participants who were not depressed received noticeable benefits.

Issues covered:
Mental Health
Personal Health

Length: 10:08

Paul Redman, Executive Director of Longwood Gardens near Philadelphia, one of the leading public gardens in the country, co-chair of the Seed Your Future initiative, which promotes horticulture as a career path for young people

Mr. Redman is concerned about the increasing shortage of professional horticulturalists and horticulture programs at universities. He noted that enrollment in horticulture programs has declined dramatically at a time when the need for graduates of these programs is more important than ever. He outlined the wide variety of good jobs available and discussed possible reasons that horticulture is not considered by young adults preparing to enter college or the job market.

Issues covered:
Horticulture
Education
Career

Length: 5:03

Show # 2016-13

Date aired: _____ **Time Aired:** _____

Michael J. Blaha, MD, MPH, Preventive Cardiologist, Director of Clinical Research at the Ciccarone Center for the Prevention of Heart Disease at Johns Hopkins Hospital

Dr. Blaha recently led a study that suggests that people who exercise habitually are more likely to survive their first heart attack. He discussed the wide-ranging benefits of exercise and how much is enough. He said even older people can get in shape and get the heart-protective benefits of physical activity. He also offered ideas for how to get started.

Issues covered:
Personal Health
Senior Citizens

Length: 9:03

Janette Sadik-Khan, transportation and urban transformation expert, former transportation commissioner of New York City, author of "Streetfight: Handbook for an Urban Revolution"

Ms. Sadik-Khan discussed the importance of incorporating innovative transportation plans into modern urban environments. She explained how cities can add protected bike paths, improve crosswalk space, and provide visual cues to reduce speeding. She said redesigning streets can reduce congestion and increase foot traffic, which often improves the bottom line of local businesses.

Issues covered:
Urban Planning
Public Transportation

Length: 8:16

Jason R. Wiles, PhD, Associate Professor, Biology, Syracuse University

Dr. Wiles led a study that found that minority college students learn many science, technology, engineering, and mathematics lessons more effectively when they are taught by a recent minority student, rather than a traditional classroom instructor. He explained why STEM subjects are so important for today's students, and the possible reasons why this alternative method of teaching works so well.

Issues covered:
Education
Minority Concerns

Length: 5:05

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