

WITHERS BROADCASTING PUBLIC FILE:

**KGMO-FM; KAPE-AM/FM; WKIB-FM; KREZ-FM; KYRX-FM; KJXX-AM/FM;
KBXB-FM; KRHW-AM/FM; KBHI-FM**

Q#3: Y:2020; SEMO WEEKEND EDITION

-Date: 7/5/20; Time: 5:00am; Length: 28:29 min

-Guests: Joe Zidlow, Brain Gero, Liz Roberson Hanes

-Description: Heather K speaks with Joe Zidlow from the American Red Cross. Matt Beik speaks with Brian Gero for the Jackson chamber update. Heather K speaks with Liz Roberson Hanes the director for old town cape

-Date: 7/12/20; Time: 5:00am; Length: 28:29 min

-Guests: Shane Anderson, Brain Gero, Jane Wernsman

-Description: Heather K speaks with Jane Wernsman director of the Cape Girardeau county public health center, then Brian Gero for the Jackson chamber update. Heather K speaks with Shane Anderson the Jackson park director.

-Date:7/19/20; Time: 5:00am; Length: 28:29 min

-Guests: Katiy Hill, Jen Birdi, Brain Gero

-Description: Heather K speaks with Katiy Hill the director of the Cape public Library. Matt Beik speaks with Jen Birdi for the Jackson chamber update. Heather K speaks with Brian Gero about how Jackson has been handling the Covid-19 pandemic

Date:7/26/19; Time: 5:00am; Length: 28:29 min

-Guests: Jessica Hill, Brian Gero, Liz Roberson Hanes

-Description: Heather K speaks with Jessica Hill the director for the safe house for woman. Beik speaks with Brian Gero for the Jackson chamber update. Heather K speaks with Liz Roberson Hanes the director for old town cape.

Date: 8/2/20; Time: 5:00am; Length: 28:29 min

-Guests: Danielle Torbet, Brian Gero, Jane Wernsman

-Description: Heather K speaks with Danielle Torbet the public information officer of saint francis health care system. Matt Beik speaks with Brian Gero for the Jackson Chamber update. Heather K speaks with Jane Wernsman director of the Cape Girardeau county public health center

Date: 8/9/20; Time: 5:00am; Length: 28:29 min

-Guests: Joe Zidlow, Jen Birdi, Amanda Taylor

-Description: Heather K speaks with Joe Zidlow from the American Red Cross. Matt Beik speaks with Jen Birdi for the Jackson chamber update. Heather K speaks with Amanda Taylor from Three Rivers Collage

Date: 8/16/20; Time: 5:00am; Length: 28:29 min

-Guests: Dr. Debbie Belosh, Brian Gero, Joe Zidlow, Katiy Hill

-Description: Heather K speaks with Dr. Debbie Belosh the Vice President of SEMO. Matt Beik speaks with Brian Gero for the Jackson Chamber update. Heather K speaks with Joe Zidlow from the American Red Cross. Heather K speaks with Katiy Hill the director of the Cape public Library

Date: 8/23/20; Time: 5:00am; Length: 28:29 min

-Guests: Shane Anderson, Brian Gero, Jane Wernsman Amanda Taylor

-Description: Heather K speaks with Jane Wernsman director of the Cape Girardeau county public health center, then Brian Gero for the Jackson chamber update. Heather K speaks with Jane Wernsman director of the Cape Girardeau

county public health center. Heather K speaks with Amanda Taylor from Three Rivers Collage

Date: 8/30/20; Time: 5:00am; Length: 28:29 min

-Guests: Joe Zidlow, Brian Gero, Danielle Torbet

-Description: Heather K speaks with Joe Zidlow from the American Red Cross. Matt Beik speaks with Brian Gero for the Jackson Chamber update. Heather K speaks with Danielle Torbet the public information officer of saint francis health care system.

Date: 9/6/20; Time: 5:00am; Length: 28:29 min

-Guests: Liz Roberson Hanes, Jen Birdi, Jane Wernsman

-Description: Heather K speaks with Liz Roberson Hanes the director for old town cape. Matt Beik speaks with Jen Birdi for the Jackson chamber update. Heather K speaks with Jane Wernsman director of the Cape Girardeau county public health center

Date:9/13/20; Time: 5:00am; Length: 28:29 min

-Guests: Sara Kellogg, Brian Gero, Joe Zidlow

-Description: Heather K speaks with Sarah Kellogg about the walk to end Alzheimer's. Matt Beik speaks with Brian Gero for the Jackson Chamber update. Heather K speaks with Joe Zidlow from the American Red Cross.

Date: 9/20/20; Time: 5:00am; Length: 28:29 min

-Guests: Sara Kellogg, John McGowan, Brain Gero

-Description: Heather K speaks with Sarah Kellogg about the walk to end Alzheimer's. Heather K speaks with John McGowan about Cape West Rotary duck race. Matt Beik speaks with Brian Gero for the Jackson Chamber update.

Date: 9/27/20; Time: 5:00am; Length: 28:29 min

-Guests: John McGowan, Liz Roberson Hanes, Brian Gero, Joe Zidlow

-Description: Heather K speaks with John McGowan about Cape West Rotary duck race. Heather K speaks with Liz Roberson Hanes the director for old town cape. Matt Beik speaks with Brian Gero for the Jackson Chamber update. Heather K speaks with Joe Zidlow from the American Red Cross.



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Weekly Public Affairs Program

Time Aired: Sundays at 5:30 am

QUARTERLY ISSUES REPORT, JULY-SEPTEMBER, 2020

Show # 2020-27

Date aired: Sunday, July 5, 2020

Robert Cialdini, PhD, social psychologist, Regents' Professor Emeritus of Psychology and Marketing at Arizona State University, former visiting Professor of Marketing, Business and Psychology at Stanford University and the University of California at Santa Cruz, author of "*Pre-Suasion: A Revolutionary Way to Influence and Persuade*"

Dr. Cialdini talked about the science behind persuasion. He said it's not so much about the message, but what happens in the moment before the message is delivered. He explained how consumers can recognize when they are the target of this sales technique. He also discussed how it can be used in job interviews and other common daily activities.

Issues covered:
Consumer Matters
Career

Length: 9:54

Ateev Mehrotra, MD, Senior Investigator and Associate Professor of Health Care Policy at Harvard Medical School

Increasingly powerful computers are playing a greater role in our lives every year. Could a computer match, or even outperform, human physicians in diagnosing illnesses? Dr. Mehrotra led a study that found that humans still have the upper hand--for now. He outlined several possible ways that computers may play a greater role in future healthcare scenarios.

Issues covered:
Personal Health
Technology

Length: 7:11

Show # 2020-28

Date aired: Sunday, July 12, 2020

Sean O'Leary, MD, Associate Professor, Pediatrics-Infectious Diseases at the University of Colorado School of Medicine, Director of the Colorado Pediatric Practice-Based Research Network, member of the American Academy of Pediatrics Committee on Infectious Diseases

As the school season approaches and the pandemic continues, administrators are struggling with plans to educate the nation's children. Dr. O'Leary was an author of new guidelines from the American Academy of Pediatrics that encourages having students physically present in school. He explained why remote learning has largely failed, and emphasized that there are major health, social and educational risks to keeping children at home.

Issues covered:
Education
Coronavirus

Length: 9:06

Morgan Seybert, Managing Director of US analytics at Nielsen

In the aftermath of consumer panic connected to COVID-19, Americans are now finding fewer choices on store shelves. Mr. Seybert said some companies plan to stick with fewer choices when the pandemic fades. He noted that baby care products, tobacco and frozen goods have seen the biggest reductions in varieties offered. He said restaurants are also thinning menus as the virus changes how they can seat and serve customers.

Issues covered:
Consumer Matters
Economy
Coronavirus

Length: 8:08

Show # 2020-29

Date aired: Sunday, July 19, 2020

Adam Levin, founder of security management and resolution company IDT911, author of "*Swiped: How to Protect Yourself in a World Full of Scammers, Phishers, and Identity Thieves*"

With online breaches of massive databases becoming increasingly common, identity theft is a fact of life. Mr. Levin explained the most common schemes used by scammers, to steal consumers' private information. He said beyond simple identity theft, other forms such as medical-related, tax fraud-related and child identity theft are all increasing rapidly. He offered suggestions for consumers on how to avoid becoming a victim.

Issues covered:
Identity Theft
Consumer Matters

Length: 9:29

Deborah Carr, PhD, Professor of Sociology, Interim Director of the Institute for Health, Health Care Policy and Aging Research at Rutgers University

A recent federal report noted that, no matter how advanced their age, older men are far more likely to be married than older women. Dr. Carr said life expectancy explains only part of this gray gender gap. She discussed the economic, social and health effects of this issue. She also explained why many older women are content to be single anyway.

Issues covered:
Women's Issues
Senior Citizens
Retirement

Length: 7:40

Show # 2020-30

Date aired: Sunday, July 26, 2020

Federico E. Vaca, PhD, Professor of Emergency Medicine and Director of the Yale Developmental Neurocognitive Driving Simulation Research Center (DrivSim Lab)

Teens are getting drivers licenses later than previous generations and missing critical safety training as a result, according to Dr. Vaca's research. He discussed the importance of Graduated Driver Licensing requirements, which are typically not required after a person turns 18. He outlined potential policy changes that could expand and improve driver safety training, regardless of age.

Issues covered:
Traffic Safety
Teen Concerns

Length: 8:26

John-Tyler Binfet, PhD, Psychologist, Associate Professor of Education at the University of British Columbia Okanagan

Dr. Binfet discussed his research into kids and kindness, which challenges media stereotypes that teens are common perpetrators of bullying, cyber harassment and schoolyard fights. He said most parents would be surprised at how kind their children are to others outside of the home. He also suggested ways for parents to encourage their kids to be kind.

Issues covered:
Children's Issues
Parenting
Mental Health

Length: 8:48

Show # 2020-31

Date aired: Sunday, August 2, 2020

Jonathon Wai, PhD, Psychologist, Research Scientist at the Duke University Talent Identification Program

Dr. Wai is one of the researchers involved in a 45-year study of intellectually gifted children. He noted that kids who test in the top 1% tend to become the nation's eminent scientists and academics, Fortune 500 CEOs and federal judges, senators and billionaires. He said, because of the focus on lower performing students, youngsters who show an early aptitude for subjects like science and math tend not to receive the help they need. He offered several simple steps schools can take to help gifted students reach their full potential.

Issues covered:
Education
Parenting

Length: 9:00

Joann S. Lublin, Management News Editor for the Wall Street Journal, author of "*Earning It: Hard-Won Lessons from Trailblazing Women at the Top of the Business World*"

Ms. Lublin said that, although career prospects have improved, progress is still frustratingly slow for women hoping to break the glass ceiling in large companies. She explained what it takes for women to climb to corporate heights in America, such as finding a career mentor.

Issues covered:
Women's Issues
Workplace Matters

Length: 8:13

Show # 2020-32

Date aired: Sunday, August 9, 2020

Sofia Cienfuegos, Dietitian, Intermittent Fasting Researcher, Human Nutrition PhD Candidate at the University of Illinois at Chicago

Ms. Cienfuegos led a study that examined the effectiveness of intermittent fasting for weight loss. She found that obese adults lost an average of 3% of their body weight in two months without counting calories, simply by confining their eating to a 6-hour window each day. She said the weight loss led to other significant health improvements, as well.

Issues covered:

Length: 8:00

**Personal Health
Obesity
Nutrition**

Simone Bruce, Psy.D., visiting therapist at the Behavioral Wellness Clinic in Connecticut, expert in mental health issues related to racism and discrimination

Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black people has been ignored far too long. She said that mental health professionals' lack of education in this area often results in misdiagnosis and mistreatment. She explained how the death of George Floyd sparked a serious increase in stress, anxiety and fear in the black community.

Issues covered:

Length: 9:23

**Racism
Mental Health**

Show # 2020-33

Date aired: Sunday, August 16, 2020

Sophie Egan, former Director of Health and Sustainability Leadership for the Strategic Initiatives Group at The Culinary Institute of America, author of *"How to Be A Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet"*

Ms. Egan offered easy-to-remember suggestions for making practical decisions about food. She explained why the organic label is important for certain specific foods. She outlined the concerns relating to some canned foods, particularly for children and pregnant women. She also explained how to choose foods that have the least impact on the environment.

Issues covered:

Length: 8:55

**Nutrition
Food Safety
Environment
Consumer Matters**

Bindu Kalesan, PhD, MPH, Assistant Professor of Medicine, Assistant Professor of Community Health Services at the Boston University School of Public Health

Dr. Kalesan led a study that examined gun suicides in rural America. She said that rather than firearm confiscation, efforts to reduce these suicides should be focused on addressing other diseases of despair which are connected to suicide, such as heart and liver diseases, diabetes and accidental opioid overdose. She said it is critical that those at risk of suicide and opioid addiction are treated by mental health professionals, rather than just untrained support from families or friends.

Issues covered:

Length: 8:29

Suicide
Mental Health
Gun Control
Drug Abuse

Show # 2020-34

Date aired: Sunday, August 23, 2020

Melanie Cullen, management and technology consultant, author of *“Get It Together: Organize Your Records So Your Family Won’t Have To”*

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

Issues covered:

Length: 8:36

Senior Citizens
Retirement Planning

Peter Mazareas, PhD, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of *“Plan and Finance Your Family’s College Dreams: A Parent’s Step-By-Step Guide from Pre-K to Senior Year”*

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

Issues covered:

Length: 8:38

Education
Consumer Matters
Parenting

Show # 2020-35

Date aired: Sunday, August 30, 2020

Laura Makaroff, DO, Senior Vice President of Prevention and Early Detection at the American Cancer Society

The American Cancer Society has updated its guidelines for diet and physical activity for cancer prevention. Dr. Makaroff said the new recommendations increase the suggested levels of physical activity and place an increased emphasis on reducing the consumption of processed and red meat, sugar-sweetened beverages, processed foods, and alcohol.

Issues covered:
Cancer Prevention
Personal Health
Physical Fitness

Length: 8:05

Christine Carter, PhD, sociologist, Senior Fellow at the Greater Good Science Center at the University of California Berkeley, author of "*The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction*"

Prof. Carter discussed recent parenting research, along with her own real-world experiences as the mother of four teenagers. She also said that teens are struggling more than ever with suicidal thoughts, depression and anxiety, and that many of the challenges facing today's teens didn't exist when their parents were young. She outlined what she believes are the three most critical skills that parents need to teach their kids.

Issues covered:
Parenting
Teenage Concerns
Mental Health

Length: 9:12

Show # 2020-36

Date aired: Sunday, September 6, 2020

Stephanie Ruest, MD, FAAP, Pediatric Emergency Medicine Fellow at Rhode Island Hospital, fellow of the American Academy of Pediatrics

Dr. Ruest's research on behalf of the American Academy of Pediatrics found that the more time children spend using digital devices, the less likely they are to finish their homework. Children who spent two to four hours a day using computers, videogames, tablets and smartphones had 23 percent lower odds of always or usually finishing their homework, compared to children who spent less than two hours. Dr. Ruest offered advice to parents on how to monitor and control digital usage.

Issues covered:
Education
Parenting

Length: 7:39

Laura Adams, Senior Insurance Analyst for insuranceQuotes.com

Ms. Adams outlined a new study by insuranceQuotes that found that 86% of Americans are unaware that insurers use the claims history of previous homeowners to set premiums for new policies. She explained why consumers are unaware of this database, what it contains, and how they can obtain a free report for their property.

Issues covered:
Consumer Matters
Home Ownership

Length: 9:26

Show # 2020-37

Date aired: Sunday, September 13, 2020

Sam Emaminejad, PhD, Assistant Professor of Electrical and Computer Engineering at the UCLA Samueli School of Engineering

Prof. Emaminejad has developed an add-on for existing smartwatches that allows the device to monitor drug levels inside a person's body in real time. He said the wearable technology could be incorporated into a more personalized approach to medicine -- where an ideal drug and dosages can be tailored to an individual. He believes the cost will be low and it could be available to consumers within two or three years.

Issues covered:
Personal Health
Technology

Length: 8:52

Lisa Boucher, RN, author of "*Raising the Bottom: Making Mindful Choices in a Drinking Culture*"

Ms. Boucher said many Americans quarantined are feeling more and more disconnected, which can easily lead to substance abuse. She added that people who may already have drinking problems are drinking more because they are alone, and alcohol can be easily ordered online and delivered to their homes. She outlined warning signs and what help is available for those struggling with alcohol abuse.

Issues covered:
Substance Abuse
Coronavirus

Length: 8:18

Show # 2020-38

Date aired: Sunday, September 20, 2020

Danielle Holly, CEO of Common Impact, a nonprofit organization headquartered in Boston, which encourages skills-based volunteerism

Ms. Holly's organization recently issued a report that examined the impact of the COVID-19 pandemic on nonprofit organizations. She said the effect has been staggering, and the skills and expertise of corporate employees are a critical part of restoring and sustaining non-profit organizations. She outlined the core challenges different non-profit groups are facing, and ways that Americans can help, through philanthropic and skilled volunteer support.

Issues covered:
Volunteerism
Charitable Contributions
Coronavirus

Length: 8:44

Ray Dorsey, MD, David M. Levy Professor of Neurology and Director of the Center for Health + Technology at the University of Rochester Medical Center, co-author of *“Ending Parkinson’s Disease: A Prescription for Action”*

Dr. Dorsey said brain diseases are now the world's leading cause of disability. The fastest growing of these is Parkinson's: the number of impacted patients has doubled to more than six million over the last twenty-five years and is projected to double again by 2040. He believes more resources must be placed into research, because while cases are on the rise, the most effective treatment is now a half century old.

Issues covered:
Parkinson's Disease
Personal Health

Length: 8:34

Show # 2020-39

Date aired: Sunday, September 27, 2020

Karen L. Margolis, MD, MPH, Executive Director of Research at HealthPartners Institute in Minneapolis

Dr. Margolis led a study that found that people enrolled in a pharmacist-led telemonitoring program to control high blood pressure were about half as likely to have a heart attack or stroke compared to those who received routine primary care. She explained how the approach differs from typical treatment programs. She also found that, with fewer medical complications, telemonitoring and phone visits translated into a \$1,900 savings on average, per patient.

Issues covered:
High Blood Pressure
Personal Health

Length: 9:59

Honora Englander, MD, Associate Professor of Medicine in the Oregon Health & Science University School of Medicine

Opioid abuse and overdoses are rising rapidly, in the wake of COVID-19 lockdowns. Dr. Englander studied 486 patients who entered an in-hospital addiction medicine intervention at OHSU, and found that three-quarters came into the hospital using more than one substance. She said medical personnel must be ready to offer additional support to patients using multiple drugs. She said participants in general abused fewer substances in the months after working with the hospital-based addictions team than before.

Issues covered:
Drug Addiction

Length: 7:12