Issue or Guest	Title of show or service	Narrative	Len	Dates/Times/Station
Events and news from Northeast Mississippi Community College	Tiger Talk	Every week Northeast MS Community College President, Ricky Ford gives an update on things happening at Mississippi's premiere community college.	10:00	Each Thursday at 11 am on WSKK. Ending on 12/292023.
Events and news for Blue Mountain College	Topper Time	Each Friday Blue Mountain College Co-Ed's Presley and Jonah keep us up to date on events happening at BMC!	10:00	Each Sunday at 2pm on WSKK during school months. September - May
Sportsman interests	Southern Legend Outdoors	Each Friday a local outdoorsman Kevin Barefield of Blue Mountain College talks everything hunting, fishing or any outdoorsman like sport.	10:00	Each Friday at 11 am on WSKK. Ending on 12/30/2023.
Work opportunities and educational programs available to the public	Kick Start your Career with Joyce Graddy	Each Saturday morning at 11:00 am Joyce Graddy talks to someone in the Workforce Field whether it's about education opportunities or job fairs Joyce lets people know what's available to either start a new career or enhance the one they might have.	10:00	Each Saturday at 11 am on WSKK. Ending on 4/14/2023.
Sports in the Tippah County area. History and interesting facts	Field and Floor	Michael Harrison, the voice of the Ripley Tigers talks to various coaches or area celebrities about all thing's sports. There's a different guest and a different	10:00	Each Wednesday at 11 am on WSKK. Ending 12/31/2023.

		topic each week. It's all for the local sports enthusiast.		
Election Results	Coverage	Election results from the Primary on August 8, 2023, were announced from the time of the closing of the polls until a reasonable determination could be made as to who the winners would be or who might be in a runoff election, not including absentee ballots.	Approxi mately 3 hours	WSKK-FM from 7 pm to about 10 pm on 8/8/2023, and again on 8/29/2023 for the runoff election.

### Heard it on the Shark Program Schedule:

Guest	Dates Scheduled	Length	Played as Scheduled	Notes
Mike Fronabarger	7/4/2023	11:20	SH157	Mike Fronabarg the American Legion State Commander talks to Melinda about what the American Legion is doing to help others across the state and country.
Red Cross Volunteers	7/11/2023	12:50	SH158	Melinda talks with two of the representatives of the State Red Cross organization about volunteering to work with the Red Cross. What positions they might have open and what the best thing is about volunteering with the Red Cross.
Garry Burnside	7/11/2023	9:52	SH159	Local singer-songwriter Garry Burnside talks to Melinda about his music style and the fact that he has a new venue opening very soon.
Coach Rolley Tipler	7/25/2023	11:22	SH160	Melinda talks about Coach Rolley Tipler's success not only in being the coach at Pontotoc school but has a clothing line out now for fishermen.
Robbie Parman	8/1/2023	11:11	SH161	Melinda talks to Robbie Parman with the Regional Rehabilitation Center in Tupelo about their organization and how they help kids and adults with therapy of several types.  Melinda talks to Randle Hall who is the Chairman of the Tippah County Election
	8/2/2023 &		SH162	Commission about the special write in portion of the ballot on the upcoming Primary Election on August 8, 2023. How to mark the ballot and how it will be
Randle Hall  Jarret Thompson	8/8/2023 8/15/2023	9:52 7:54	SH163	handled in the voting process.  Jarrett Thompson with the Benton County Fair talks about the upcoming fair and what it has to offer everyone in the north Mississippi area.
Brittany and Olivia - Abundant Life	8/22/2023	11:01	SH164	Melinda talks to Brittany and Olivia about their recently opened project called Abundant Life in Amory, Mississippi, and how it is helping women of all ages connect and refresh.
Carla Poole at the Wellness Center	8/29/2023	11:20	SH165	Carla Poole joins Melinda to talk about all the classes and programs that are offered at the Wellness Center in Tippah County.
Alsheimer Walk- Asia Guiterz	9/5/2023	9:39	SH166	Melinda talks to Asia Giterez who is with the Walk to end Alzheimer's Disease about the upcoming even in Tupelo in September.
Corinth Literacy	9/12/2023	10:43	SH167	Lenell Crumb the Coordinator of the Corinth-Alcorn Literacy Council talks to Melinda about their organization, what they do and what they have coming up.
Sharing Hearts	9/19/2023	12:37	SH168	In this episode, Show Host Melinda talks with Becky Hershey, the President of the Board for Sharing Hearts, Inc. Started in 2007, Sharing Hearts is a dementia care

ministry serving the Corinth community as a daycare program for adults who have Alzheimer's disease or dementia. The hope of the ministry is to love and care for those special adults while giving them the opportunity for socialization and to also provide a "break" for their long-term caregivers while giving the caregivers a built-in support group.

Ed Holiday talks to Melinda about his new book which has just come out and about the book signing program coming up in November.

Ed Holiday 9/26/2023 11:57 SH169

### Talk Travel with Heather Tate Program Schedule:

Talk Travel with Heather Tate	Dates Scheduled	Length	Played as Scheduled	Notes
Last Minute Summer Trips	7/3/2023	10:30	HT48	Heather talks about her favorite last minute summer trips and which ones to avoid.
Bucket List	7/10/2023	11:13	HT49	Heather lays out her top 40 places to go and see in her Bucket list of 50.
Tree House	7/17/2023	11:00	HT50	Ever wanted to live in a treehouse? Well, Hather Tate talks all about tree houses in this episode, so get ready.
Christmas in July	7/24/2023	9:59	HT51	Get ready for those Christmas trips now with tips and ideas from Heather Tate in Talk Travel Christmas in July.
Talk Travel with the Tates	7/31/2023	10:23	HT52	Heather and her husband talk about their travels and give tips and helpful hints about traveling.
Travel Safety Tips	8/7/2023	11:13	HT53	Heather and her husband talk about important safety tips to keep in mind when you are traveling no matter where you go.
Time Share Vacations	8/14/2023	10:05	HT54	Heather and Logan her husband talk about the Time Share the have and what they like about it and what you should expect when you go to purchase one for yourself.
Travel Prep	8/21/2023	9:16	HT55	Don't know where to begin when getting ready for a trip. Heather and Logan talk about travel prep in this episode.
Labor Day Weekend	8/28/2023	10:05	HT56	Heather talks about trips for the Labor Day Weekend, whether planned for the week or for just a long weekend.
Grenada Trip	9/4/2023	10:03	HT57	The trip to the island of Grenada is Heathers topic for this week's program.

Travel Protection	9/11/2023	10:51	HT58	Tips from Heather about getting and using travel protection. Here four rules of when to get travel protection could help you on your next trip.
Weddings & Sandals	9/18/2023	11:15	HT59	Planning a destination wedding, well you won't want to miss the tips that Heather has for you in today's episode.
Fall Trips	9/25/2023	10:48	НТ60	Heather tells us about several different day trips you might plan for the fall weather we will be experiencing soon.

Date aired: 07/08/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-28 Total running time: 29:30 (with optional exit at 24:00)

• Paul R. Lawrence, former Under Secretary of Benefits at the U.S. Department of Veterans Affairs, author of "Veterans Benefits for You: Get What You Deserve."

Mr. Lawrence offered tips for veterans to successfully apply for benefits they have earned from their service. He explained several ways that a veteran can document a service-related injury, and how they can request their medical records with help from the National Archives and Veterans Administration. He also talked about the value of benefits not just to a veteran, but to his or her family, as well.

<u>Issues covered:</u> Veterans' Benefits Military Service Length: 8:14

David Maimon, PhD, Professor of Criminal Justice and Criminology, Georgia State University

Prof. Maimon explained how criminals are increasingly targeting US Postal Service blue collection boxes and residential mailboxes to steal filled-out checks. He said the thieves sell the stolen checks via social media platforms, then buyers alter the payee and amount on the checks to rob victims' bank accounts of thousands of dollars. He recommends that consumers only hand mail directly to a clerk at a US Post Office or use other methods to send payments.

Issues covered:

Length: 9:09

Crime Identity Theft Government

• Lori R. Sackler, Senior VP and family wealth advisor at Morgan Stanley, author of "The M Word: The Money Talk Every Family Needs to Have about Wealth and Their Financial Future."

Conversations about money remain taboo for most U.S. households. Ms. Sackler said a staggering 70 percent of families lose their money, assets, and family harmony in the aftermath of estate transfers. She explained how to successfully talk about money matters. She said many people make the same money mistakes that their parents made.

<u>Issues covered:</u> Retirement Planning Aging

Date aired: 07/15/2023 Time Aired: 4:00 AM

Weekly Public Affairs Program

Show # 2023-29

Total running time: 29:30 (with optional exit at 24:00)

 Pam Baker, freelance journalist who focuses on emerging tech topics like artificial intelligence, data analytics, and edge computing, author of "ChatGPT For Dummies."

Length: 9:05

ChatGPT has garnered an amazing amount of attention in just a few months. Ms. Baker explained how the rise of artificial intelligence has already begun affecting our daily lives. She talked about the importance of learning to use AI in the workplace, and why learning how to prompt AI is both the easy part and the most difficult part of using it.

Issues covered:

Artificial Intelligence Education Career

• Ruchi S. Gupta, MD, MPH, board-certified pediatrician and health researcher, Professor of Pediatrics and Medicine at Northwestern University Feinberg School of Medicine, Clinical Attending at Ann & Robert H. Lurie Children's Hospital of Chicago, founding director of the Center for Food Allergy & Asthma Research

Dr. Gupta led a groundbreaking study of allergies in adults and found the prevalence of food allergy is highest among black, Hispanic and Asian individuals across all ages. She also found that food allergy is lowest among households earning more than \$150,000 a year. She talked about potential reasons for these findings and the importance of getting a proper diagnosis.

Issues covered:

Food Allergies
Minority Concerns

• Greg Keoleian, Director of the Center for Sustainable Systems at the University of Michigan School for Environment and Sustainability

Length: 5:03

Length: 8:23

Environmentally conscious consumers have probably heard that today's highly efficient dishwashers use less energy and water than traditional hand-washing techniques. However, Prof. Keoleian led a study that found that one manual washing technique--the two-basin method, in which dishes are soaked and scrubbed in hot water and then rinsed in cold water--that is associated with fewer greenhouse gas emissions than machine dishwashing. He offered numerous energy-saving tips related to the task of washing dishes.

Issues covered:

Environment Energy Consumer Matters

Date aired: 7/22/2023 Time Aired: 4:00 AM

Weekly Public Affairs Program

Show # 2023-30 Total running time: 29:30 (with optional exit at 24:00)

 Haywood Talcove, CEO of LexisNexis Risk Solutions' Government Group, a multinational information and analytics company based in Atlanta.

Mr. Talcove outlined a frightening new wave of scams: next-gen thieves are utilizing sophisticated new artificial intelligence tools to steal millions of dollars from consumers. He discussed the use of AI-generated voices--that criminals can now clone from social media profiles-to easily con parents or grandparents out of significant sums of money. He said the schemes are almost impossible to detect, but he suggested three steps every family should take to defend themselves.

Issues covered:

Length: 8:49

Crime Identity Theft Technology

• **F. Perry Wilson, MD, MSCE,** Associate Professor of Medicine, Director, Clinical and Translational Research Accelerator at the Yale University School of Medicine, author of "How Medicine Works and When It Doesn't."

Dr. Wilson explained how and why the doctor-patient relationship has eroded in recent years. He believes that profit-driven companies—from big pharma to healthcare corporations—have corrupted what should have been medicine's golden age. He offered several potential solutions to restore trust between patients and doctors.

Issues covered:

Length: 8:15

**Personal Health** 

Morag MacKay, Director of Research, Safe Kids Worldwide

Ms. MacKay said that an American child is killed every five days in a train collision, a preventable tragedy that most parents overlook. She outlined the most common scenarios for these incidents and explained how parents can teach their children to avoid dangerous situations with trains.

Issues covered:
Railroad Safety
Child Safety
Parenting

Date aired: 7/29/2023 Time Aired: 4:00 AM

Weekly Public Affairs Program

Show # 2023-31 Total running time: 29:30 (with optional exit at 24:00)

• **Kate W. Bauer, PhD MS,** Associate Professor of Nutritional Sciences, University of Michigan School of Public Health Prof. Bauer recently led a study that compared beverage consumption in low-income households that utilize taxpayer-funded food assistance programs. She found that families that used just one of the programs were in the normal range, but those that participated in both the Supplementation Nutrition Program for Women, Infants, and Children (WIC), and the Supplemental Nutrition Assistance Program (SNAP), consumed high amounts of sugar-sweetened beverages. She explained why this is a concern.

<u>Issues covered:</u> <u>Length:</u> 8:00

**Government Food Assistance** 

Poverty Nutrition

Patrick Olsen, Editor-in-Chief, CarFax

More than 2.5 million vehicles that have been issued a "Do Not Drive" or "Park Outside" safety recall remain unrepaired, Carfax data shows. Mr. Olsen talked about the most common reasons behind these serious recalls, and why consumers fail to take their cars to dealers to get the issue taken care of. He also explained how someone can check to see if their car is on a recall list.

<u>Issues covered:</u> <u>Length:</u> 9:22

Auto Recalls
Consumer Matters
Transportation

 Rachel Neale, PhD, Professor, Group Leader, Deputy Coordinator of the Population Health Department at QIMR Berghofer Medical Research Institute in Brisbane, Australia

Dr. Neale led a study that examined whether monthly vitamin D supplementation for older adults can prevent major cardiovascular events. She found that vitamin D did result in a small reduction for patients who were already at risk of a heart attack, and she believes further research is needed to better understand the link.

<u>Issues covered:</u> <u>Length:</u> 4:58

Personal Health

Nutrition

Date aired: 8/5/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-32 Total running time: 29:30 (with optional exit at 24:00)

Bacall Hincks, Family Advocate and Program Coordinator at Children's Service Society of Utah

More than one million American children now live with grandparents, primarily because of their parent's addiction to opioids and other drugs. Ms. Hincks said this growing trend is causing grandparents to put off retirement and plow through savings to rescue their grandchildren from dangerous situations. She discussed how these difficult experiences can negatively affect children's mental and physical health.

Issues covered:

<u>Length:</u> 9:17

Parenting
Substance Abuse
Foster Care
Retirement

• **Maryanne Wolf, PhD,** Professor of Child Development and Director of the Center for Reading and Language Research at Tufts University, author of "Reader, Come Home: The Reading Brain in a Digital World."

Prof. Wolf discussed the latest research into the human brain as we become increasingly dependent on digital technologies, rather than the printed word. She expressed concerns for both children's and adults' ability to "deep read," as the brain is literally rewired by huge amounts of short bursts of information. She offered suggestions for how the nation's education system needs to adapt.

Issues covered:

Length: 8:04

Literacy Education Technology

• David Michael Slater, teacher, author of "We're Doing It Wrong: 25 Ideas in Education That Just Don't Work—And How to Fix Them."

Mr. Slater explained why he believes that many current approaches in education simply aren't working—for students, for teachers, and for society at-large. He explained how teacher evaluations could be improved and why anti-bullying programs in schools don't work.

Issues covered:

Length: 4:50

Education

Date aired: 8/12/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-33 Total running time: 29:30 (with optional exit at 24:00)

Paul Pilibosian, a Houston attorney specializing in real estate law

It is a pattern being played out in many cities in the United States: squatters move into a home, refuse to leave, and homeowners have few options to evict them. Mr. Pilibosian explained why this trend is on the rise and what homeowners should do to try to discourage squatters from moving into a house in the first place.

<u>Issues covered:</u>

Length: 8:50

Crime

Home Ownership Legal Issues

Anupam Bapu Jena, MD, PhD, Joseph P. Newhouse Professor at Harvard Medical School, physician at Massachusetts General
Hospital, co-author of "Random Acts of Medicine: The Hidden Forces That Sway Doctors, Impact Patients, and Shape Our Health."

Dr. Jena explained how unexpected—but often predictable—events can profoundly affect our health. He offered several examples of how randomness affects medical decisions and treatment options. He said a healthy diet and exercise are the wisest choices to lead a healthy life.

Issues covered:

Length: 8:16

**Personal Health** 

Sophie Kjærvik, doctoral candidate in communication at Ohio State University

Firearms contribute to the deaths of more children ages 1-17 years in the U.S. than any other type of injury or illness. While much of that total is gang-related teen shootings, sometimes younger deaths are tragic accidents after a child finds an unsecured gun. Ms. Kjærvik was the co-author of a recent study that found that a simple 60 second video on gun safety made a significant difference in whether kids ages 8 to 12 played with a found gun.

**Issues covered:** 

Length: 5:04

Gun Safety

Parenting

Date aired: 8/19/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-34 Total running time: 29:30 (with optional exit at 24:00)

Karl Brauer, Executive Analyst at ISeeCars.com

The pain of inflation has hit every consumer's pocketbook in the past couple of years, but perhaps the impact has been greatest in the car buying market. Mr. Brauer shared research that found that while the value of used electric vehicles has been plummeting in 2023 (and the trend is accelerating), the price of used cars in general has jumped 47% since 2019. He added that more than half of today's used cars also have 20% or more miles than they did three years ago.

Issues covered:
Consumer Matters
Transportation

• **LeRoy Hood, MD, PhD,** biologist who has served on the faculties at the California Institute of Technology and the University of Washington, developed ground-breaking scientific instruments which made possible major advances in the biological and medical sciences, author of "The Age of Scientific Wellness."

Length: 9:01

Dr. Hood discussed the reasons that medicine is undergoing a major transformation from a reactive, hit-or-miss approach to a personalized, predictive, data-rich, and preventive one. He calls this new form of care "scientific wellness", which uses information from our blood and genes, as well as AI, to optimize our health and extend our "healthspan." He believes this new technology can eventually conquer heart disease, Alzheimer's disease, and many other illnesses, with noticeable progress within five years.

<u>Issues covered:</u> <u>Length:</u> 8:15 Personal Health

**Technology** 

• Tobias Rose-Stockwell, author of "Outrage Machine: How Tech Amplifies Discontent, Disrupts Democracy—And What We Can Do About It"

The original internet was not designed to make us upset, distracted, confused, and outraged. But Mr. Tobias explained why something unexpected happened at the turn of the last decade, when a handful of small features were quietly launched at social media companies with little fanfare. Together, they triggered a cascading set of dramatic changes to how media, politics, and society itself operate. He explained what needs to happen to find a promising pathway back to a healthier online environment.

<u>Issues covered:</u> <u>Length:</u> 5:14

Social Media Mental Health

Date aired: 8/26/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-35

Total running time: 29:30 (with optional exit at 24:00)

• Anna Mills, textbook author, English instructor at the College of Marin, member of a joint Artificial Intelligence task force with the Modern Language Association and College Conference on Composition and Communication

Al chatbots have triggered a panic among educators, who are flooding listservs, webinars and professional conferences to figure out how to deal with the technology in this new academic year. Ms. Mills explained why many professors are expecting chaos. She said few universities are offering clear guidelines for teachers or students. She also talked about the difficulty of detecting Al-generated cheating.

Length: 7:50

Issues covered:

Higher Education Artificial Intelligence

• **J. Scott Roberts, PhD,** Professor in Health Behavior and Health Education at the University of Michigan, Associate Director of a poll from the University of Michigan Institute for Healthcare Policy and Innovation

Prof. Roberts led a poll of people aged 65 to 80 and found that while 80% adults see the benefit of tests that can give an early warning of memory and thinking decline, 80% of older adults said they haven't had a cognitive test in the past year to look for early signs of dementia, and 59% reported never having had such a screening. He said the poll also found very low awareness of blood tests that can help detect Alzheimer's disease.

Issues covered:

Personal Health Technology

Peter Clark, Applied Forest Ecologist at the Rubenstein School of Environment and Natural Resources at the University of Vermont

Length: 5:13

Length: 9:17

The US Forest Service has been given taxpayer funding to plant more than a billion trees across the country in the next nine years. Prof. Clark's research found a troubling bottleneck that could threaten these efforts: U.S. tree nurseries don't grow nearly enough trees—nor have the species diversity needed—to meet the unprecedented plans. He talked about the reasons behind the problem and what can be done to remedy it.

Issues covered:

Environment Government

#### 3rd Quarter WSKK-FM Issues and Programs List

Date aired: 9/2/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-36 Total running time: 29:30 (with optional exit at 24:00)

• **ChatGPT**, an artificial-intelligence (AI) chatbot

ChatGPT was launched as an artificial intelligence prototype on November 30, 2022, quickly gaining much attention for its detailed responses and articulate answers across many topics. It explained how was it trained and learns, and what its biggest weakness are. It acknowledged that the concerns about potential biases in its answers are legitimate. It also outlined the top 5 human endeavors in which it anticipates making the biggest impact.

Issues covered:
Artificial Intelligence
Technology
Employment

**Length:** 9:29

Andrew Houtenville, PhD, Professor of Economics at the University of Hampshire, Research Director of the UNH Institute on Disability

Prof. Houtenville discussed recent findings from the National Trends in Disability Employment report, issued semi-monthly by Kessler Foundation and the University of New Hampshire. He explained what is driving historic highs in employment of people with disabilities, and why disabled employment has outstripped the non-disabled since the start of pandemic lockdowns.

<u>lssues covered:</u>

Length: 7:59

Disabilities Employment

• Erin Dooley, PhD, Assistant Professor of Epidemiology at the University of Alabama at Birmingham School of Public Health

Prof. Dooley was the lead researcher of a study that measured the number of daily steps that may make a difference in the risk of heart problems in senior citizens. Her study of people ages 70 and older found walking an additional 500 steps per day, or an additional quarter mile of walking, was associated with a 14% lower risk of heart disease, stroke or heart failure.

Issues covered:
Personal Health
Senior Citizens

#### 3rd Quarter WSKK-FM Issues and Programs List

Date aired: 9/9/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-37 Total running time: 29:30 (with optional exit at 24:00)

Erica Eversman, President of the Automotive Education and Policy Institute in Akron, OH

Drivers are looking for ways to save money on auto insurance as premiums rise rapidly. Ms. Eversman explained a new offering from some insurance companies: usage-based car insurance programs, where the insured agrees to share detailed data about their driving habits with their insurer via a phone app or an in-vehicle device. She said the data does permit insurance companies to evaluate risk better and better match the price of the insurance for the risk, but at a steep cost to consumers' privacy and legal rights.

Issues covered:
Consumer Matters
Auto Insurance
Legal Matters

<u>Length:</u> 8:55

Caroline Leaf, PhD, clinical and cognitive neuroscientist, author of "How to Help Your Child Clean Up Their Mental Mess"

Increasingly, children ages 3-10 are struggling with anxiety, depression, and mental health challenges. Dr. Leaf discussed the factors behind this trend and warning signs that parents should watch for. She said if left unaddressed, childhood mental health problems often follow kids into their teens and adulthood.

<u>Issues covered:</u>
Child Mental Health
Parenting

Length: 8:15

Edgar Dworsky, Founder & Editor of ConsumerWorld.com

Grocery costs for Americans have skyrocketed in the past two years. Mr. Dworsky discussed the subtle trend of "shrinkflation," in which many manufacturers shrink their packaging, rather than raising prices. He explained what products most commonly are affected, and ways that consumers can protect themselves against the tricky practice.

<u>Issues covered:</u> Consumer Matters

#### 3rd Quarter WSKK-FM Issues and Programs List

Date aired: 9/16/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-38 Total running time: 29:30 (with optional exit at 24:00)

Ryan P. Burge, PhD, sociologist, Assistant Professor of Political Science at Eastern Illinois University, co-author of "The Great Dechurching: Who's Leaving, Why Are They Going, and What Will It Take to Bring Them Back?"

The largest and fastest religious shift in US history is in progress. Prof. Burge co-authored a comprehensive study to learn who is leaving organized religion and why. He said the most common reason people stopped attending church was because they moved, and that lowerincome people with a high school education or less are the most likely to leave. He also talked about societal effects when faith-based community services such as food banks, after-school programs and prison ministries disappear.

Issues covered:

Length: 9:22

Religion

Chris Carosa, MBA, Certified Trust & Financial Advisor, Senior Contributor to Forbes.com, author of "Hey! What's My Number: How to Improve the Odds You Will Retire in Comfort"

A recent New York Life survey found that Americans believe they need \$4.3 million stashed away to retire comfortably. Unfortunately, the average person has around \$135,000 saved. Mr. Carosa explained how to determine how much money will really be needed for a comfortable retirement, along with simple steps to get there.

Issues covered:

Length: 8:03

Retirement Planning **Personal Finance** 

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 it.

Issues covered:

Length: 4:50

Personal Health

**Minority Concerns** 

Date aired: 9/23/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-40 Total running time: 29:30 (with optional exit at 24:00)

Diane Mullins, founder of Deborah's Voice, a national non-profit women's advocacy organization

Pastor Mullins said that child trafficking has become the 2nd largest criminal activity in the world behind illegal drug sales. She said most Americans are unaware of the existence of human trafficking and forced prostitution in their own towns, but it is surprisingly prevalent – not just on dimly lit street corners, but at music concerts, VIP dinners, and sporting events. She talked about techniques used by human traffickers to select their victims.

<u>Issues covered:</u> <u>Length:</u> 7:26

Human Trafficking Women's Issues Crime

• **Dawn Graham, PhD,** psychologist, employment and career expert, Director of Career Management for the Executive MBA Program at The Wharton School, author of "Switchers: How Smart Professionals Change Careers -- and Seize Success."

Dr. Graham offered job search advice, particularly for those in middle age who are considering career changes. She said a job search in a new field or occupation requires much more work than a typical job search. She offered suggestions on how to tailor a resume to sidestep age biases and other potential hurdles.

Issues covered: Length: 9:45

Career Aging

• Susie Vanderlip, teen counselor, author of "52 Ways to Protect Your Teen"

Ms. Vanderlip has conducted school assemblies for more than 1 million teens and adults, aimed at helping youth make wise choices and seek help. She talked about the motivations of today's teenagers and why parents may be fearful of their kids. She offered tips to improve communication in a parent/teen relationship.

Length: 4:54

Issues covered:
Youth at Risk
Parenting Issues
Drug Abuse

Date aired: 9/30/2023 Time Aired: 4:00 am

Weekly Public Affairs Program

Show # 2023-40 Total running time: 29:30 (with optional exit at 24:00)

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

In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teens.

<u>Issues covered:</u>
Gambling Addiction
Parenting

Length: 9:54

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

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

Length: 7:22

Issues covered:
Longevity
Personal Health
Employment