



**BEASLEY MEDIA GROUP, LLC**  
**ISSUES AND PROGRAMS REPORT**

**FOR**  
**KOAS-FM**

**1<sup>st</sup> Quarter**  
**(JANUARY 1 – MARCH 31)**

Prepared by:

Slone Terranella & Cat Thomas

**ISSUES OF CONCERN TO STATION KOAS-FM  
ADDRESSED IN RESPONSIVE PROGRAMMING IN THE  
1<sup>ST</sup> QUARTER 2024  
(JAN 1 – MARCH 31)**

**GENERAL PUBLIC ISSUES**

- Discussed common home improvement scams and resources available through the Nevada State Contractors Board
- Talked with the Assistance League of Las Vegas about their work to help Las Vegas' youth through backpack fundraisers, school supply drives, thrift stores, and other resources available to the wellbeing of teenage/youth
- Talked about ways to prevent identity theft and increase cyber security
- Discussed the United Farm Workers of America and the resources available to farm workers throughout Nevada
- Discussed segments about women empowerment and highlighted local leaders who are women
- Discussed online training for foster parents available through the Nevada Division of Family Services
- Discussed free meal resources that non-profit "Serving Our Kids" offer to Children in the Clark County School District

**MENTAL HEALTH/MEDICAL ISSUES**

- Discussed the "Scale the Strat" event, a fundraiser/race dedicated to raising money for lung disease research through the American Lung Association
- Talked about H.R. 2880, Protecting Patients Against PBM Abuses Act. The bill "de-links" PBM compensation from the price of a drug and makes compensation a flat fee
- Discussed the importance and research methods for the "While You Wait" campaign, which is a survey dedicated to learning more about families and individuals with rare diseases

- Discussed the importance of going for check-ups and having a primary care doctor
- Discussed non-profit hospice group, Nathan Adelson Hospice, and the financial resources they offer for those looking for hospice and palliative care

### **DOMESTIC/SEXUAL/DRUG ABUSE**

- Had a conversation with Latoya Rogers Vice President of Marketing & Development of SafeNest, an organization dedicated to empowering women who experienced domestic abuse
- Explored the Second Chance 5K, a race committed to fostering connections among individuals impacted by addiction—whether they're in recovery, currently struggling, or have lost someone dear to substance abuse

### **RETIREMENT & SENIOR RESOURCES**

- Discussed resources that are available through the National Council of Aging for those under certain age-requirement programs like Medicare, Social Security, etc.

### **EDUCATION**

- Discussed how Junior Achievement of Southern Nevada implement financial education from K-12 through the Clark County School District

## **KOAS-FM QUARTERLY ISSUES/PROGRAMS REPORT**

**FIRST QUARTER 2024**

**(Jan. 1 – March 31)**

**Date: 1/7/24**

**Issues covered:** Consumer warning against common contractor solar scams

This program aimed to share information about common scams when it comes to contracting work and solar panels. We also discussed the consumer benefits and resources available through the Nevada State Contractors Board that can help transparency and licensing questions. The program highlights “warning signs” when it comes to contractor malpractice and potential financial solar scams. We also discussed in depth how to advocate for yourself and choose accredited contractors that’ve gone through the board’s licensing process. We also talked about SB 293 which takes effect in January of 2024. The bill was supported by the Nevada Attorney’s General Office to crack down on solar companies and many of their manipulative business practices.

**Representative:** Terry Wike, Investigations Supervisor of the Nevada State Contractors Board

**Length:** 30:00

**Date: 1/14/24**

**Issues covered:** New Marketing Director for SafeNest and Second Chance 5K

This program aimed to highlight LaToya Rogers, the new vice president of marketing and development for SafeNest. We discussed Rogers’ initiatives as the new VP and her current hopes for expansion when it comes to the coffee program, which is a program that helps women who were victims of domestic abuse. SafeNest is a shelter and non-profit that aims to uplift women who experienced domestic abuse. We also had a discussion with Holly Weaver, who is the founder of Second Chance 5K. Second Chance’s mission is to connect and support those who currently or have dealt with drug addiction. It’s also used as a place for families to come together to honor and mourn those who died due to drug addiction. At the 5K, recovery and other mental health resources will be available for the community.

**Representative:** LaToya Rogers, Vice President of Marketing and Development for Safe Nest, and Holly Weaver, founder of Second Chance 5K

**Length:** 30:00

**Date: 1/21/24**

**Issues covered:** Scale the Strat Fundraiser by the American Lung Association

This program raised awareness for the American Lung Association’s annual fundraiser “Scale the Strat” event. This is an annual fundraiser organized by Clark County and the American Lung Association. It’s a stair climb event that happens at The Strat. Along with the fundraiser, we also

discussed common lung diseases and ailments that are prevalent throughout Nevada. We talked about the financial burden of treatment and the hefty cost of research. We also highlighted the Clark County's Division of Air Quality Team, and their expanding outreach programs, research funding, and their new strategies to improve air quality in Nevada.

**Representative:** Shannon Proctor, Executive Director of the American Lung Association in Nevada and Justin Jones, Clark County Commissioner

**Length:** 30:00

**Date:** 1/28/24

**Issues covered:** Assistance League of Las Vegas's Resources For Las Vegas Community

This episode highlighted the amazing work that the Assistance League of Las Vegas organizes throughout the Las Vegas valley. We discussed the core pillars of the organization and their main fundraisers. We discussed Operation School Bell, which helps buy backpacks, tablets and school supplies to Clark County students. We also talked about the Assistance League's thrift store and the programs offered through that facet of the organization. We provided contact information and other vital pieces of information for those who may need further assistance through this organization. We also had a meaningful discussion about Hall's and Angelcor's work in the non-profit sector and their own personal journeys to these leadership roles.

**Representative:** Gina Geldbach-Hall, president of Assistance League of Las Vegas and Betsy Angelcor, a member with one of the nonprofit's auxiliary groups Desert Sage

**Length:** 30:00

**Date:** 2/4/24

**Issues covered:** Identity Theft and New Ways That Scammers Target Victims in Vegas

This episode was an in-depth discussion with Miles Freemon of the Federal Trade Commission. We talked about the most common ways that scammers target victims. Along with traditional routes of identity theft, we also highlighted new ways that scammers are targeting victims through Facebook and complex "phishing" scams through text messages, social media and emails. These phishing scams are far more complex and elaborate in comparison to the phishing scams that were popular a few years ago. We also discussed why certain demographics are more "at risk" for identity theft than other demographics. We then discussed safeguards you can take to protect yourself and improve cyber security thus protecting your identity.

**Representative:** Miles Freeman of the Federal Trade Commission

**Length:** 30:00

**Date:** 2/11/24

**Issues covered:** New Push for Lower Drug Costs What Consumers Need to Know

This episode talked about the role of Pharmacy Benefit Manager in the role of drug prices. We discussed H.R. 2880, Protecting Patients Against PBM Abuses Act. The bill “de-links” PBM compensation from the price of a drug and makes compensation a flat fee. We also talked about the Patients Before Middlemen (PBM) Act. Along with legislation, we discussed the predatory actions that PBMs often take when it comes to price gouging or increasing the cost of prescription drugs in the marketplace. PBMs have landed under state and federal scrutiny for their opaque drug pricing practices that have been found to inflate the costs of medicines, reduce patient access to pharmacies and subvert broader public health goals. Along with these talking points, we did discuss how consumers can alleviate this burden through advocacy and working with insurance.

**Representative:** Antonio Ciaccia, President of 3 Axis Advisors, a leading expert on prescription drug prices

**Length:** 30:00

**Date:** 2/18/24

**Issues covered:** While You Wait Campaign

This episode talked about the “While You Wait Campaign” that is being spearheaded by the Nevada Rare Disease Advisory Council. This is a ground-breaking research effort, dedicated to collecting data about families and individuals with rare diseases. We discussed the personal journey of being a caretaker and parent to children who have rare diseases. Along with the personal experiences of parents, we also discussed the lack of data regarding rare diseases. Due to the lack of data, there are often holes in funding, other research issues, a lack of financial assistance for families and many complications with insurance as a result. This is the first survey of its kind that is specially aimed toward rare diseases. The goal of this survey is to allocate the necessary resources, treatment options and more toward families who have someone with a rare disease.

**Representative:** Annette Logan-Parker, board chair of the Nevada Rare Disease Advisory Council, and Tiffany Ruben, mother of five children, four of whom are affected by a condition called Niemann-Pick disease

**Length:** 30:00

**Date:** 2/25/24

**Issues covered:** National Farmworker Jobs Program

This episode discussed the resources available for farmers through the National Farmworker Jobs Program. This historical organization serves Arizona and Nevada primarily, but also have

branches and partners throughout the United States. We discussed the supplementary training and education stipends that are offered through the program. This program aims to diversify the skills and education of farm workers. They also provide housing grants to help improve living conditions for farm workers. The organization aims to improve the lives and working conditions for farmers throughout the high desert region.

**Representative:** James Ortiz, a representative of the National Farmworker Jobs Program

**Length:** 30:00

**Date:** 3/3/24

**Issues covered:** The Importance of a Primary Care Doctor and Getting Physicals + Women Empowerment Segment

This episode discussed the importance of seeing a primary care doctor. We discussed how regular checkups lead to an overall healthier lifestyle. Primary care doctors are often on the front lines for spotting ailments or conditions early on. We discussed the importance of vaccines and how vaccines can further prevent severe illness. We also discussed how a visit with your physician can help to suggest screenings for tests based on your medical history that can detect possible problems before you even notice them, such as a mammogram for breast cancer. After this segment, we talked with Taya Williams. We talked about her radio and career journey while also giving advice to young women who aspire to be in the media field. This segment was part of “Talking Solution’s” women empowerment segment that would kickstart the start of Women’s History Month.

**Representative:** Dr. Neil Gokal, president of the Nevada Physician Wellness Coalition and physician specializing in family medicine and Taya Williams, on-air personality for Jammin’ 105.7 and director of marketing and promotions for Beasley Media Group

**Length:** 30:00

**Date:** 3/10/24

**Issues covered:** Division of Child and Family Services + Women Empowerment Segment

This episode highlighted the Division of Child and Family Services virtual foster parent training sessions. We talked with Shelby Riley from the Division of Child and Family Services about the agency’s push for more foster parents. There is currently a need for foster parents in Nevada, and the agency needs more foster parents especially for teenagers, LGBTQ+ youth and siblings. We talked about how these trainings work, the steps to become a foster parent and the resources available. We also had a women empowerment segment during the show. We talked with Jai Shanae, the CEO of “Bougie with a Brush.” We talked about her company, which offers painting lessons across the Las Vegas valley. We talked about her experience as a woman who owns a

business in Las Vegas and her journey to entrepreneurship. She gave advice on how to start a business and gave words of encouragement to women who were listening to the show.

**Representative:** Shelby Riley, Nevada's Rural Foster Care Recruiter, LSW and Jai Shanae, owner of LLC "Bougie with a Brush"

**Length:** 30:00

**Date:** 3/17/24

**Issues covered:** Nathan Adelson Hospice

This episode focused on Nathan Adelson Hospice, one of the only non-profit hospice groups in the country. This episode talked about the not-for-profit care that Nathan Adelson Hospice conducts. We talked about their philosophy and quality of care when it comes to patients in hospice or palliative care. Along with discussing the history of the group and their work in Nevada, we also talked about ways to advocate for family members or yourself when it comes to hospice care. The representatives gave advice on how to research and choose the right hospice provider for your family's needs. They also talked about how to inquire about financial assistance or use insurance to pay for hospice care.

**Representative:** Matt Cox, Director of Referral Relations and Stephanie Forbes, Philanthropy Officer of Nathan Adelson Hospice

**Length:** 30:00

**Date:** 3/24/24

**Issues covered:** Serving Our Kids Foundation

This episode focused on the work that Serving Our Kids Foundation conducts in Las Vegas. This non-profit is aimed to helping alleviate food insecurity for children throughout Las Vegas. We talked about the group's weekly meal program, which focuses on weekend meals for children. The group will pack bagged lunches for children throughout the weekend, ensuring that children in Las Vegas have a nutritious meal throughout the weekend. CEO Laurie Tanakaya talked about the group's history and logistics for ensuring that children within Clark County's School District are nutritiously fed. We also discussed the need for more volunteers and ways to donate toward the organization's efforts.



**Representative:** Laurie Tanakaya, CEO of Sersing Our Kids Foundation  
**Length:** 30:00

**Date:** 3/31/24

**Issues covered:** Junior Achievement of Southern Nevada

This episode focused on the Junior Achievement of Southern Nevada. This is a local nonprofit organization dedicated to providing financial education to K-12 students and young adults, ages 18-25. Staff and volunteers work with schools to provide financial literacy, workforce development and entrepreneurship lessons that schools don't have the resources to provide, and many kids do not learn at home. We talked about the organization's curriculum and ways that they incorporate financial education throughout Clark County School Districts. We discussed the organization's "most fun" programs and lessons. We also discussed the long-term benefits that this organization provides.

**Representative:** Wendy Kent-Hodges, director of development for Junior Achievement of Southern Nevada  
**Length:** 30:00



#### **STATION KOAS-FM PROGRAMS THAT ADDRESS COMMUNITY ISSUES**

***PUBLIC SERVICE PROGRAMMING:***

- *INFOTRAK IS A NATIONALLY PRODUCED SHOW FOCUSING ON COMMUNITY ISSUES OF SIGNIFICANCE TO THE LOCAL AND NATIONAL COMMUNITY. IT AIRS EVERY SUNDAY FROM 11:30 TO 12:00AM.*
- *TALKING SOLUTIONS IS A LOCALLY PRODUCED SHOW FOCUSING ON NON-PROFIT ORGANIZATIONS AND THEIR EVENTS RELEVANT TO SOUTHERN NEVADA HOSTED BY SLONE TERRANELLA. IT AIRS EVERY SUNDAY FROM 11:00 TO 11:30PM.*

**Participation in the Southern Nevada Emergency Alert System**

***At various times, the system has been activated to broadcast pressing weather alerts as well as Amber Alerts with timely information about missing children in Southern Nevada/Clark County and Mohave County, Arizona areas. We also send and receive weekly tests of the system to insure readiness at all times.***

Weekly Public Affairs Program

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2024

**Show # 2024-01**

**Date aired: 1/7/24**

**Steve Elek, Senior Automotive Data Analyst at Consumer Reports**

Mr. Elek shared results of Consumer Reports' newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend.

**Issues covered: Length: 8:44**

**Electric Vehicles**

**Consumer Matters**

**Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization**

Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth services plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients but added that it may not be appropriate in some cases.

**Issues covered: Length: 8:41**

**Mental Health Telehealth Youth Issues**

**Annie Korzen, social media personality, humorist, actor, author of "The Book of Annie: Humor, Heart, and Chutzpah from an Accidental Influencer"**

Ms. Korzen explained how she accidentally became a viral star on Tik Tok in her 80s, why she enjoys interacting with younger people, and how she uses humor to cope with aging. She explained why she thinks younger people are starting to look to older women for wisdom and life instructions.

**Issues covered: Length: 5:08**

**Aging**

**Social Media**

**Show # 2024-02**

**Date aired: 1/14/24**

**Annie Grace, recovering alcoholic, author of “This Naked Mind,” founder of the This Naked Mind community**

Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach.

**Issues covered: Length: 8:48**

**Alcoholism**

**Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University**

Prof. Jung led a study of Americans’ typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products, and using the products less frequently.

**Issues covered: Length: 8:39**

**Personal Health Environment**

**Consumer Matters**

**Eric Gehrie, MD, Executive Medical Director of the American Red Cross**

The Red Cross announced this week that they are experiencing an emergency blood shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.

**Issues covered: Length: 5:03**

**Blood Donations Public Health**

**Show # 2024-03**

**Date aired: 1/21/24**

**Jared Walczak, Vice President of State Projects, Tax Foundation**

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

**Issues covered: Length: 8:54**

**Property Taxes**

**Inflation**

**Home Ownership**

**Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies**

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

**Issues covered: Length: 8:29**

**Personal Health Nutrition**

**Jas Booth, veteran, Founder of Final Salute, Inc, a non-profit organization that assists female veterans and their children who are struggling with homelessness**

Ms. Booth shared her personal story of struggling with homelessness after her military career ended. She said her experience caused her to start Final Salute to help other women vets,

especially those with children. She said her organization has helped more than 5,000 women veterans who are homeless or in domestic violence situations.

**Issues covered: Length: 4:43**

**Homelessness Veterans' Concerns Domestic Violence**

**Show # 2024-04**

**Date aired: 1/28/24**

**Vijay Boyapati, Bitcoin expert, author of "The Bullish Case for Bitcoin"**

Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency.

**Issues covered: Length: 8:58**

**Digital Currencies Personal Finance**

**Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana**

Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not.

**Issues covered: Length: 8:15**

**Substance Abuse**

**Parenting**

**Penelope Larsen, researcher and PhD candidate in the School of Exercise Science, Sport & Health at Charles Sturt University, Bathurst, New South Wales, Australia**

Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and

may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day, which could also debunk the belief that working out first thing in the morning is the optimal time.

**Issues covered: Length: 5:01**

**Personal Health**

**Show # 2024-05**

**Date aired: 2/4/24**

**Rachel Slade, author of “Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)”**

The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country’s independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers.

**Issues covered: Length: 8:43**

**Manufacturing Economy Government**

**Gary Taubes, journalist, author of “Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments”**

Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote.

**Issues covered: Length: 8:37**

**Personal Health Science**

**James Royal, analyst at Bankrate.com**

Mr. Royal explained why Chat GPT and other artificial intelligences are very useful tools for financial planning and management. He outlined benefits and drawbacks of using AI for various tasks, like paying down debt, saving money, building a budget, and investing in the stock market.

He noted that the key to using AI effectively is to ask the right questions and to understand how the AI's recommendations fit one's own financial goals and circumstances.

**Issues covered: Length: 5:04**

**Personal Finance Artificial Intelligence**

**Show # 2024-06**

**Date aired: 2/11/24**

**Mariel Buqué, PhD, psychologist, author of “Break the Cycle: A Guide to Healing Intergenerational Trauma”**

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices that can pass down strength instead of pain, thereby breaking the cycle.

**Issues covered: Length: 8:41**

**Mental Health Child Abuse**

**Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of “GAIN Without Pain”**

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

**Issues covered: Length: 8:35**

**Personal Health Longevity**

**Andreas Groehn, Director of the Berkeley Research Group**

America's roads are in bad shape and getting more wear than ever. Mr. Groehn discussed ways that road repairs and improvements may be paid for in the future, as a growing number of electric vehicle owners sidestep the gasoline taxes that currently finance road maintenance.

**Issues covered: Length: 5:00**

**Taxes**

**Transportation Infrastructure**

**Show # 2024-07**

**Date aired: 2/18/24**

**Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University**

Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere.

**Issues covered: Length: 9:27**

**Child Abuse & Neglect**

**Alcohol Abuse Foster Care**

**Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire**

Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social

Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem.

**Issues covered: Length: 7:46**

**Government Assistance Disabilities**

**Rural Concerns Aging**

**Jared W. Magnani, MD, cardiologist at the University of Pittsburgh Medical Center, Associate Professor of Medicine at the University of Pittsburgh**

Formal education typically occurs in early life, and yet it appears to influence cardiovascular health for decades, according to a study led by Dr. Magnani. He found that that on average,



cardiovascular disease strikes later in life for individuals with progressively higher education levels. He discussed results of his study and the potential reasons behind them.

**Issues covered: Length: 5:10**

**Personal Health**

**Education**

**Show # 2024-08**

**Date aired: 2/25/24**

**Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of “Project UnLonely: Healing Our Crisis of Disconnection”**

Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it.

**Issues covered: Length: 9:33**

**Mental Health Personal Health**

**Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of “All in Her Head: The Truth and Lies Early Medicine Taught Us About Women's Bodies and Why It Matters Today”**

Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but it is now often termed anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves.

**Issues covered: Length: 7:47**

**Women's Health**

**Domestic Abuse Mental Health**

**Stephanie L. Bonne, MD, Assistant Professor of Surgery, Director of the Hospital Violence Intervention Program at Rutgers New Jersey Medical School**

Dr. Bonne led a study of injuries caused by glass-topped tables. She said the furniture causes thousands of injuries each year, many requiring significant surgeries and long hospital stays. She said the U.S. Consumer Product Safety Commission requires tempered glass for products like doors and car windshields but it is voluntary for horizontal surfaces.

**Issues covered: Length: 5:01**

**Home Safety Government Regulation**

**Consumer Matters**

**Show # 2024-09**

**Date aired: 3/3/24**

**James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports**

Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports' recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure.

**Issues covered: Length: 8:14**

**Food Safety Personal Health Consumer Matters**

**Harvey Miller, PhD, Professor of Geography at Ohio State University**

Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis pedestrian safety.

**Issues covered: Length: 8:54**

**Traffic Fatalities Government**

**Marilyn Horta, PhD, Research Scientist in the Social-Cognitive and Affective Development Lab in the Department of Psychology at the University of Florida**

Each year, older adults lose more than \$28 billion to financial scams targeting the elderly. Nearly three-quarters of that money is stolen by people the elderly adult knows – people they trust. Prof. Horta shared results of her study that found that older adults have a harder time overcoming their first impressions of people’s trustworthiness when that trust is violated, potentially leaving them more open to deception and scams. She offered suggestions for seniors to recognize changes in behavior in relatives or friends who may not have their best interests at heart.

**Issues covered: Length: 5:03**

**Scams/Crime Senior Citizens**

**Show # 2024-10**

**Date aired: 3/10/24**

**Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation**

Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice.

**Issues covered: Length: 7:29**

**Personal Health**

**Teresa Gil, PhD, psychotherapist, author of “Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation”**

Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping.

**Issues covered: Length: 9:40**

**Sexual Abuse**

**Parenting**

## **Mental Health**

**Jennifer Emond, PhD, member of the Cancer Control Research Program at Dartmouth College's Norris Cotton Cancer Center, Assistant Professor in the Department of Biomedical Data Science, Geisel School of Medicine**

Advertising works, and Dr. Emond's study found that kids who were exposed to TV ads for high-sugar cereals were more likely to subsequently eat the cereals they had seen advertised. She talked about the effect this may have on diet quality and childhood obesity, and offered suggestions to parents on how to maintain control of TV watching, particularly for small children.

**Issues covered: Length: 4:51**

## **Parenting Obesity**

## **Consumer Matters**

**Show # 2024-11**

**Date aired: 3/17/24**

**David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago**

Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprising impact. He found that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study's findings, along with the societal stigma of wearing hearing aids.

**Issues covered: Length: 8:50**

## **Personal Health Aging**

**Christy Faith, author of "Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System"**

Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled.

**Issues covered: Length: 8:31**

**Education**

**Parenting**

**Marceé White, MD, Board-Certified Pediatrician, Medical Advisor for Safe Kids Worldwide, Medical Director of the Children's National Mobile Health Program**

Accidental medicine poisoning sends a child under 6 to the emergency room every nine minutes, and every 12 days, a child dies. Dr. White outlined most common poisoning scenarios and the steps that parents of small children must take to avoid a tragedy.

**Issues covered: Length: 5:04**

**Child Safety, Parenting**

**Show # 2024-12**

**Date aired: 3/24/24**

**Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai**

Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice.

**Issues covered: Length: 8:12**

**Emergency Services Public Health**

**Chelsey Goodan, academic tutor and mentor, author of “Underestimated: The Wisdom and Power of Teenage Girls”**

Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices and power.

**Issues covered: Length: 9:12**

## **Teenager Concerns**

### **Parenting**

### **Mental Health**

#### **Jeff Ostrowski, Analyst at Bankrate.com**

A recent legal settlement may change how Americans buy and sell homes. Mr. Ostrowski explained how the changes may affect commission expenses and home prices. He said the changes will take effect in July 2024, and while there may be a learning curve for consumers, the end result will be greater transparency, and the ability to negotiate with real estate agents to reduce commission costs.

**Issues covered: Length: 4:58**

### **Home Ownership**

### **Consumer Matters**

### **Legal Issues**

**Show # 2024-13**

**Date aired: 3/31/24**

#### **Charles L. Marohn Jr, land-use planner, municipal engineer, author of “Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis”**

Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal, and that approaches should be changed to allow neighborhoods to undergo incremental change over time.

**Issues covered: Length: 8:53**

### **Housing**

### **Community Development**

### **Government**

**Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons**

Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient's risk of heart disease, which is about two to three times higher than average. She said obesity is by far the biggest risk factor for sleep apnea. She noted that a recent study said the worldwide estimate of those with sleep apnea totals roughly 1 billion, compared to 1.2 billion with high blood pressure.

**Issues covered: Length: 8:30**

**Personal Health**

**Pam Mueller, graduate student, Department of Psychology, Princeton University**

Laptops, tablets and other electronic devices are commonplace in today's classrooms. But Ms. Mueller co-authored a study that found that taking notes by typing, rather than writing, interferes with students' ability to process and remember information. Her research indicated that students who take notes with pen and paper recall more material and perform significantly better in class.

**Issues covered: Length: 4:51**