

ISSUES PROGRAM LIST

Quarterly Issues Program List for Station –KJMH

April 1st- June 30th, 2019

Section I. Issues

The station has identified the following issues as significant issues facing our community in this quarter

- A. Career:** Van C. Tran, PHD, Associate Professor Of Sociology At Columbia University. Prof. Tran spoke with Info trak about Asian Americans Graduating from Universities, but still not being any closer to holding professional or managerial jobs. While this has not been a direct affect that we are aware of. There are general statistics within Lake Charles that has many college educated individuals who are not able to get employment due to their stature or race and many who have more experience than those they are working under and are regularly passed over for promotions.
- B. At Risk Youth:** Nancy Rhodes, PHD. Associate Professor in the Department of Advertising and Public Relationships at Michigan State University. Professor Rhodes talked to Info Trak about Underage and Binge drinking that was found at colleges and peer pressure being one of the most common reasons. In the Lake Charles and Southwest Louisiana area, underage drinking unfortunately is not something new. There are many outlets where college aged kids and even high school aged kids are able to get alcohol from unknown adults who frequent some of the same events or functions.
- C. Personal Protection:** Robert Sholly, domestic counterterrorism, Mr. Sholly talked about safety in public places. He also gave knowledge on some of the most dangerous places and steps that we can take as civilians to protect ourselves. Crime has been on an upward spiral here in Lake Charles with over 60 shootings since January and over twenty gun related deaths ranging from 15 year olds to 60.
- D. Crime:** Shaka Senghor, author of “Writing My Wrongs: Life, Death, and Redemption in an American Prison. Shaka talks with Info Trak about his responsibilities with his lectures for the youth. Also what led to him being incarcerated at the age of 19 and how he turned his life around. With the rise of crime and violence in the city. There have been curfews placed on the teens who tend to not have much to keep them positively occupied.
- E. Mental Health:** Deanna Barch, PHD, Professor of Psychology; Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis. Professor Barch talked with Info Trak about Childhood Depression and Mental Health within the youth. In the past few months in Southwest Louisiana there has been a string of suicides due to mental health and depression. This segment resonated with young adults and millennials who deal with depression and mental health in our area.
- F. Finances:** Arielle O'Shea, investing and retirement specialist, Nerdwallet.com. Arielle talked with Info Trak about the importance of maintaining proper finances. This segment of the show helped

to answer questions by those in search of ways to maintain their finances. There has been a rise of high priced apartments and homes that have been built over the past few years. These are overpriced establishments that are there to be rented but unable to be afforded.

- G. Racism:** Jennifer L. Eberhardt, PHD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur "genius" grant, author of "Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do". Dr. Eberhardt talked with Info Trak about how subconsciously we may all have bias within us and not realize it regardless of how hard we try not to be. She offered advice on how to recognize our own biases. Locally there have been businesses who have profiled potential customers in the African American Community due to their race. There are also local pages of people who post messages that seem to disparage doing businesses with certain clients that are believed to be due to the owners race. This segment gave insight on how to deal with racism and how to catch ourselves if we are caught in this position.
- H. Health:** Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center. Dr. Fanaroff, M.D. talked with Info Trak about the study he conducted on treatment recommendations used by doctors to care for heart patients. There have been many in the Lake Charles area who have taken the proactive step to work out and get themselves healthy for the longevity of their lives. There was a recent event for men and women in the African American Community to get their health checked and promoted health eating as well.
- I. Parenting:** Megan Maas, PHD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator. Dr. Maas talks to Info Trak about the amount of time that the teens spend on the internet connected to devices and how with no supervisions this could lead to sexual experiences that they are not ready for. The rise of sexual predators in Southwest Louisiana has risen from Teacher- Children relationships to male predators who are prostituting teenage girls. The crackdown on this in the city has been at an all time high.
- J. Hurricane Preparedness:** Kevin Esteka, author of "101 Skills You Need to Survive in the Woods". Mr. Estela talked with Info Trak about essential skills and tools that could be used to help during emergency situations including Hurricanes. We are currently in Hurricane Season and we have our Emergency Preparedness plan for the future to make sure we are able to not only alert our listeners, but our staff and family to potential disturbances within our area.

Section II. Responsive Programs

The Station has broadcast programming dealing with each of the above-referenced issues. Programming dealing with each issue is set out below.

A. Career:

Broadcast on April 7th, 2019, 6am; duration 9:04. A Segment of Info Trak that featured Van C. Tran, Phd. Dr. Tran led a study that found that although Asian Americans graduate from Universities at far higher rate than white Americans. They still are no more likely to hold professional or managerial jobs. There have been a rise of corporations who are trying to make this issues go away. There has been a rise of job fairs in the area going after those who are truly qualified for specific jobs in our area.

B. At Risk Youth:

Broadcast on April 7th, 2019, 6 am; duration 8:09. A segment of Info Trak that featured Dr. Nancy Rhodes examined underage and binge drinking at colleges and found that peer approval is the primary reason that students do it. There has been a rather high rise of underage drinking in the area. This problem is being countered with establishments losing their alcohol license and some patrons being sentenced to prison due to this problem. It's been a slow process, but there is a change being seen.

C. Personal Protection:

Broadcast on April 14th, 2019, 6 am; duration 9:07. A segment of Info Trak that featured Robert Sholly, Mr. Sholly is a retired army colonel with experience in counter terrorism and performing international security assessments. Lake Charles has seen its share of crimes that potentially could've been prevented. There have been church shootings and within a 60 mile radius shootings in movie theaters. There are various businesses here who offer self defense classes for male and females and also classes on the proper way to carry a conceal weapon.

D. Crime:

Broadcast on April 14th, 2019, 6 am; duration 7:59. A segment of Info Trak that featured Shaka Senghor, author of "Writing My Wrongs: Life, Death, and Redemption in an American Prison. Shaka talks with Info Trak about his responsibilities with his lectures for the youth. Also what led to him being incarcerated at the age of 19 and how he turned his life around. Locally there has been a rise in teen crimes in the city. With this happening there has been a mandatory curfew that has been assigned to Lake Charles for the week day and weekend hours. Failure to comply could lead to detention or arrest of the teenager and possibly the parents.

E. Mental Health:

Broadcast on April 21st, 2019, 6 am; duration 7:29. A segment of Info Trak that featured Deanna Barch, PHD, Professor of Psychology; Professor of Radiology, chair of the Department of Psychological & Brain Sciences in Arts & Sciences and the Gregory B. Couch Professor of Psychiatry at Washington University School of Medicine in St. Louis. Professor Barch talked with Info Trak about Childhood Depression and Mental Health within the youth. In the past few months in Southwest Louisiana there has been a string of suicides due to mental health and depression. There have been a rise of commercial ads on radio, television and billboards in the city with support numbers for those in need.

F. Finances:

Broadcast on April 21st, 2019, 6 am; duration 5:04. A segment of Info Trak that featured Arielle O'Shea, investing and retirement specialist, Nerdwallet.com. Arielle talked with Info Trak about the importance of maintaining proper finances. This segment of the show helped to answer questions by those in search of ways to maintain their finances. There are many financial institutions who have been advertising classes for those in need of help with financial questions. These have proven to help with first time home or car buyers who are looking to invest for the future.

G. Racism:

Broadcast on April 28th, 2019, 6 am; duration 7:57. A Segment of Info Trak featured Jennifer L. Eberhardt, PHD, Professor of Psychology at Stanford, recipient of a 2014 MacArthur

"genius" grant, author of "Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do". Dr. Eberhardt talked with Info Trak about how subconsciously we may all have bias within us and not realize it regardless of how hard we try not to be. She offered advice on how to recognize our own biases. There has been a recent display on race relations within the work place here in Lake Charles and also within the local police force who are offering opportunities for the community to come out and ask questions with local police officials on race relations in the African American Communities.

H. Health:

Broadcast on April 28th, 2019, 6am; duration 4:58. A Segment of Info Trak featured Alexander Fanaroff, M.D., Fellow, Cardiovascular Medicine, Duke University Medical Center. Dr. Fanaroff, M.D. talked with Info Trak about the study he conducted on treatment recommendations used by doctors to care for heart patients. There have been many in the Lake Charles area who have taken the proactive step to work out and get themselves healthy for the longevity of their lives. There was a recent event for men and women in the African American Community to get their health checked and promoted health eating as well. There are some community based facilities who offer great care for those without insurance or low income households. We also feature local trainers periodically who offer weight loss assistance for our listeners.

I. Parenting:

Broadcast on May 12th, 2019, 6 am; duration 8:12. A segment of Info Trak featured Megan Maas, PHD, Assistant Professor of Human Development and Family Studies at Michigan State University, certified sexuality educator. Dr. Maas talks to Info Trak about the amount of time that the teens spend on the internet connected to devices and how with no parental supervision this could lead to sexual experiences that they are not ready for. The rise of sexual predators in Southwest Louisiana has risen from Teacher- Children relationships to male predators who are prostituting teenage girls. The crackdown on this in the city has been at an all time high. There are no second chances for those who are caught in violations. There have been very stiff penalties given to those accused and convicted as being sexual predators and committing these acts.

J. Hurricane Preparedness:

Broadcast on June 2nd, 2019, 6 am; duration 5:00 A segment of Info Trak featured Kevin Esteka, author of "101 Skills You Need to Survive in the Woods". Mr. Estela talked with Info Trak about essential skills and tools that could be used to help during emergency situations including Hurricanes. We are currently in Hurricane Season. We have always been that station who has worked to keep our listeners informed on precautions to take, roads that can be traveled and assistance that is offered to the listeners during Hurricane Season. We strive to keep our Emergency Preparedness plan for the future to make sure we are able to not only alert Our listeners, but our staff and family to potential disturbances within our area.



Weekly Public Affairs Program

Call Letters: KSMH

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2019

Show # 2019-14, 4/7/19
Date aired: 4/7/19 Time Aired: 6AN

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

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

Issues covered:
Discrimination
Minority Concerns
Career

Length: 9:04

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

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

Issues covered:
Underage Drinking
Youth at Risk

Length: 8:09

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

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

Issues covered:
Pollution
Consumer Matters
Housing

Length: 5:07

Show # 2019-15

Date aired: 4/14/19 Time Aired: 6AM

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

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

Issues covered:

Length: 9:07

**Terrorism
Personal Protection
Emergency Preparedness**

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

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

Issues covered:

Length: 7:59

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

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

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

Issues covered:

Length: 5:07

**Youth at Risk
Crime**

Show # 2019-16

Date aired: 4/21/19 Time Aired: 6AM

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

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

Issues covered:

Length: 9:37

**Recycling
Environment
Consumer Matters**

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

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

Issues covered:

Length: 7:29

**Childhood Depression
Mental Health
Youth Sports**

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

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

Issues covered:

Length: 5:04

**Personal Finance
Consumer Matters**

Show # 2019-17
Date aired: 4/23/19 Time Aired: 6AM

Kartik Hosanagar, PhD, John C. Hower Professor of Technology and Digital Business and a Professor of Marketing at the Wharton School of the University of Pennsylvania, author of "*A Human's Guide to Machine Intelligence: How Algorithms Are Shaping Our Lives and How We Can Stay in Control*"

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

Issues covered: **Length: 9:16**
Consumer Matters
Technology
Government Regulation

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

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

Issues covered: **Length: 7:57**
Racism and Racial Bias
Law Enforcement

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

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

Issues covered: **Length: 4:58**
Public Health Policy
Heart Disease

Show # 2019-18
Date aired: 5/5/19 Time Aired: 6AM

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

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

Issues covered:
Measles Outbreaks
Vaccinations
Public Health

Length: 9:14

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

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

Issues covered:
Personal Injury Prevention
Child Safety

Length: 8:09

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

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

Issues covered:
Early Childhood Learning
Literacy
Parenting

Length: 4:54

Show # 2019-19
Date aired: 5/12/19 Time Aired: 6AM

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

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

Issues covered:
Government
Retirement Planning
Public Health

Length: 9:03

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

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

Issues covered:

**Sexual Assault
Youth at Risk
Parenting**

Length: 8:12

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

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

Issues covered:

**Veterans Issues
Mental Health**

Length: 4:59

Show # 2019-20 5/19/19
Date aired: 5/19/19 **Time Aired:** 6AM

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

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

Issues covered:

**Education
Career**

Length: 8:37

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

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

Issues covered:

**Food Poisoning
Government Regulations**

Length: 8:32

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

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

Issues covered:
Children's Health

Length: 4:59

Show # 2019-21
Date aired: 5/20/19 **Time Aired:** 6AM

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

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

Issues covered:
Education
Consumer Matters
Parenting

Length: 8:38

Laura Adams, Senior Insurance Analyst at insuranceQuotes.com

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

Issues covered:
Traffic Safety
Consumer Matters

Length: 8:35

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

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

Issues covered:
Senior Citizens
Retirement Planning

Length: 4:57

Show # 2019-22
Date aired: 6/2/19 **Time Aired:** 6AM

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

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

Issues covered:

**Rural Concerns
Employment
Economy**

Length: 9:01

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

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

Issues covered:

**Sexual Harassment
Workplace Matters
Women's Concerns**

Length: 8:16

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

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

Issues covered:

**Emergency Preparedness
First Aid**

Length: 5:00

Show # 2019-23

Date aired: 6/9/19 **Time Aired:** 6AM

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

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

Issues covered:

**Personal Health
Healthcare Spending
Physical Fitness**

Length: 8:27

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

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

Issues covered:

Length: 8:54

**Recycling
Consumer Matters**

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

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

Issues covered:

Length: 4:57

**Mental Health
Workplace Matters**

Show # 2019-24

Date aired: 1/16/19 **Time Aired:** 6 AM

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

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

Issues covered:

Length: 8:36

**Retirement Planning
Personal Finance**

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

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

Issues covered:

Length: 8:48

**Food Safety
Environment
Government Regulation**

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

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

Issues covered:
Child Safety
Parenting

Length: 4:54

Show # 2019-25,

Date aired: 6/23/19 **Time Aired:** 6AM

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

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

Issues covered:
Personal Health
Obesity

Length: 9:31

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

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

Issues covered:
PTSD
Mental Health

Length: 8:48

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

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

Issues covered:
Privacy
Government Policies
Consumer Matters

Length: 5:02

Show # 2019-26

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

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

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

Issues covered:

Tornado Preparedness

Length: 9:49

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

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

Issues covered:

Environment

Water Conservation

Government Policies

Length: 7:28

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

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

Issues covered:

Personal Health

Environment

Disabilities

Length: 5:14

