

WBQT-FM

QUARTERLY ISSUES AND PROGRAMS REPORT

**STATION: WBQT-FM
1st QUARTER, 2024
(January, February, March)
Due April 10, 2024**

**Prepared by: George Knight
Host / Producer**

WBQT-FM
Description of Issues of Concern to Boston, MA
Addressed in Responsive Programming in the 1st QUARTER, 2024
Airing Sundays 6am to 7am
InfoTrak / Beasley Boston

1. **Domestic Abuse / Family Safety** – Understanding the correlation between alcohol abuse and child abuse. The need for resources for women and families who are facing domestic violence. The need for community support in helping deal with domestic violence. Understanding the prevalence of domestic abuse. The need for coping mechanisms after the trauma of abuse.
2. **Aging / End of Life Issues** – The importance of being able to stay positive as you age, no matter what life throws you. The need for easy access to government health and financial programs for the elderly. The dangers of financial scams against the elderly. Understanding the appeal and use of social media across different age groups.
3. **Health Care / Cancer / Diabetes / Blood Supplies** – The importance of being honest with your healthcare professional. The need to support cancer research and care. Understanding the strength of community events. The need for better treatment of diabetes. How nutrition factors into diabetes risk. The need to get the word out about low blood supplies. Understanding why it's critical for there to be sufficient blood supplies.
4. **Public Health / Aging Issues / Hearing Loss / Cardiovascular Disease / Alcoholism** – The need to understand causes of and treatments for hearing loss. How education levels are tied in with cardiovascular disease. Understanding how life expectancy has increased over the past 20 years. The need to stay healthy when you work from home. The importance of neck and back health. The need to understand the dangers of alcohol abuse. Understanding how to change alcohol habits.
5. **Public Safety / Emergency Services / Chemicals / Transportation Issues** – The importance of effective emergency services. The need for safer glasses to reduce injuries. Understanding the dangers of chemicals found in plastics. The need to improve the safety of crosswalks. Understanding how road maintenance and repairs will be funded in the age of electric vehicles. The need for safe roads. The dangers of chemicals used in hair products.
6. **Suicide Prevention / Mental Health** – Understanding what brings someone to the point where they are considering suicide. The importance of awareness of resources available for those struggling with depression. The importance of helping students deal with mental health issues and stress in school. The need for communication about suicide. Understanding what leads to someone to think about suicide. Understanding how drug abuse can increase the risk of suicide. The need to stave off loneliness in the interest of good mental health.

7. **Sleep Issues**– Understanding the extreme importance of enough sleep to stay healthy. The importance of good sleep habits for good mental health. The need to be aware of the dangers of sleep deprivation. Understanding the effects that diet can have on proper sleep. The need to understand how sleep affects overall health. Understanding why most people don't get enough sleep. The relationship between exercise and sufficient sleep. Understanding the dangers and treatment of sleep apnea.
8. **Parenting Issues / Education** – Understanding how a child's diet affects overall health. The influence of marketing on children's eating habits. Understanding bullying in schools. The need to keep children safe from poisons. The advantages of having access to telehealth, particularly when treating mental health issues in children. Understanding the challenges faced by those who decide to homeschool their children. The need for girls across the city of Boston to have healthy role models and mentors.
9. **Housing / Taxes** – Understanding planning and regulations for urban renewal. Making sense of new regulations on buying and selling homes. How property taxes affect homeowners.
10. **Cybersecurity / Identity Theft** – Understanding the dangers of identity theft. How to protect yourself from fraud. The need to identify when online security is compromised.
11. **Dementia / Alzheimer's** – Understanding Alzheimer's disease and what it means for patients and family. The need for increased research into Alzheimer's. The need for resources for those caring for family members with dementia.
12. **Gender Issues** – Understanding gender biases within health care. The need to help women veterans find housing. The effectiveness of good parental communication in helping young girls develop.
13. **Technology / A.I.** - How A.I. is used for financial planning. How memory retention is affected by the use of technology. Understanding ways in which A.I. can be used in everyday life. The need to better understand Bitcoin and cryptocurrency.

WBQT-FM
Programs That Address Community Issues
(Regularly Scheduled Public Affairs Programs)
Airing Sundays 6am to 7am
InfoTrak / Beasley Boston

First Quarter Report 2024

Issue: Aging / End of Life Issues / Mental Health – The importance of being able to stay positive no matter what life throws you.

Aired: January 7, 2024

Time: 6am to 7am

Length of Segment: 21 minutes of 1 hour

Show Description: We spoke with Rob Schwartz, whose father Morrie Schwartz was the subject of the bestselling book “Tuesdays with Morrie”. He talked about the lessons he learned from his father about interacting with others and keeping a positive attitude. He discussed how his father remained optimistic even after getting a diagnosis of a fatal illness.

Issue: Technology / Environment / Electric Vehicles – The need to understand reliability of electric vehicles.

Aired: January 7, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Mr. Elek shared the 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. Guest: Steve Elek, Senior Automotive Data Analyst at Consumer Reports

Issue: Health Care / Mental Health / Parenting Issues Technology – The advantages of having access to telehealth, particularly when treating mental health issues.

Aired: January 7, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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 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.

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

Issue: Technology / Social Media / Aging – Understanding the appeal and use of social media across different age groups.

Aired: January 7, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Mental Health / Public Safety – Understanding the extreme importance of enough sleep to stay healthy. The importance of good sleep habits for good mental health. The need to be aware of the dangers of sleep deprivation.

Aired: January 14, 2024

Time: 6am to 7am

Length of Segment: 18 minutes of 1 hour

Show Description: It’s critical to understand the relationship between getting enough good sleep and maintaining a health mental state. We spoke with Dr. Marc Milstein, who is a researcher and expert on sleep, about what a person needs to do to ensure they are getting the proper amount and type of sleep. He gave some very worthwhile tips on improving sleep habits and went over some of the dangers of NOT getting enough sleep.

Issue: Public Health / Addiction / Alcoholism – The need to understand dangers of alcohol abuse. Understanding how to change alcohol habits.

Aired: January 14, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Environment / Chemicals – The dangers of chemicals used in hair products.

Aired: January 14, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: The need to get the word out about low blood supplies. Understanding why it's critical for there to be sufficient blood supplies.

Aired: January 14, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Public Safety / Mental Health / Suicide – Understanding what brings someone to the point where they are considering suicide. The importance of awareness of resources available for those struggling with depression.

Aired: January 21, 2024

Time: 6am to 7am

Length of Segment: 15 minutes of 1 hour

Show Description: Suicide is not an easy subject to talk about, but the more we can get a dialog going, the more that can be done to prevent it. We spoke with Nancy Ferrell from the American Foundation for Suicide Prevention, about why it's so important that people know there are others who will listen to them when they are struggling. She went over what resources are available for those who are in danger of suicide.

Issue: Economy / Housing / Taxes – How property taxes affect homeowners.

Aired: January 21, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

Guest: Jared Walczak, Vice President of State Projects, Tax Foundation

Issue: Public Health / Nutrition / Sleep Issues– Understanding the effects that diet can have on proper sleep.

Aired: January 21, 2024

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: 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.

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

Issue: Homelessness / Veterans Issues / Women's Issues – The need to help women veterans find housing.

Aired: January 21, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Dementia / Alzheimer's – Understanding Alzheimer's disease and what it means for patients and family. The need for increased research into Alzheimer's.

Aired: January 28, 2024

Time: 6am to 7am

Length of Segment: 12 minutes of 1 hour

Show Description: Alzheimer's disease is not easily understood. We spoke with Nicole McGurin about risk factors and signs of the disease. She talked about what is known – and *not* known about Alzheimer's. She talked about recent developments for Alzheimer's that may make treatment of Alzheimer's more effective.

Issue: Economy / Technology / Personal Finance – The need to better understand Bitcoin.

Aired: January 28, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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 digital currency.

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

Issue: Mental Health / Suicide / Drug Abuse – Understanding how drug abuse can increase the risk of suicide.

Aired: January 28, 2024

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: 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.

Guest: 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

Issue: Public Health / Fitness – The relationship between exercise and sufficient sleep.

Aired: January 28, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Sleep Deprivation – The need to understand how sleep affects overall health. Understanding why most people don't get enough sleep.

Aired: February 4, 2024

Time: 6am to 7am

Length of Segment: 20 minutes of 1 hour

Show Description: Dr. Raj Desgupta is an accomplished physician who specializes in understanding the importance of proper sleep. We Talked with Dr. Dr. Raj about why it is that most Americans don't get enough sleep. He went over things like "social jetlag" which can get in the way of falling asleep quickly. He talked about the very real effects on health from inadequate sleep.

Issue: Economy / Manufacturing / Government – Understanding the role of U.S. manufacturing in the world economy.

Aired: February 4, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

Guest: 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)"*

Issue: Health Care / Diabetes – The need for better treatment of diabetes. How nutrition factors into diabetes risk.

Aired: February 4, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Technology / A.I. / Personal Finance – How A.I. is used for financial planning.

Aired: February 4, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: Mr. Royal explained why ChatGPT, 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 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.

Guest: James Royal, analyst at Bankrate.com

Issue: Public Safety / Mental Health / Education / Parenting Issues – Understanding bullying in schools. The importance of helping students deal with mental health issues and stress in school.

Aired: February 11, 2024

Time: 6am to 7am

Length of Segment: 10 minutes of 1 hour

Show Description: Bullying in school is an ongoing problem, and one that can get in the way of kids getting the education they deserve. We spoke with Alice Lee, Senior Vice President of K-12 Implementation, EVERFI, about ways that schools can

effectively deal with the issue. She talked about the different ways that bullying can present itself, and how it affects mental health.

Issue: Family Issues / Community – The need for girls across the city of Boston to have healthy role models and mentors.

Aired: February 11, 2024

Time: 6am to 7am

Length of Segment: 18 minutes of 1 hour

Show Description: It's important to understand the power of a young girl having positive role models to help them develop into a productive and happy adult. We spoke with the President and CEO of Big Sister Boston, Annissa Asabi George, who is also a former Boston City Council and candidate for Mayor of Boston. She talked about what her organization does to help girls gain confidence, by having a "big sister" to act as a mentor. She talked about the different backgrounds and family situations of girls who benefit from Big Sister.

Issue: Mental Health / Domestic Abuse – The need for ways to deal with the trauma of abuse early in life.

Aired: February 11, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Life Expectancy – Understanding how life expectancy has increased over the past 20 years.

Aired: February 11, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Public Safety / Transportation / Government / Taxes – Understanding how road maintenance and repairs will be funded in the age of electric vehicles. The need for safe roads.

Aired: February 11, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

Guest: Andreas Groehn, Director of the Berkeley Research Group

Issue: Public Safety / Cybersecurity / Identity Theft – Understanding the dangers of identity theft. How to protect yourself from fraud.

Aired: February 18, 2024

Time: 6am to 7am

Length of Segment: 20 minutes of 1 hour

Show Description: Paula Fleming from the Better Business Bureau came on to talk about recent scams involving online identity. She talked about ways to protect your personal information and gave a heads up about the various ways criminals try and get your information.

Issue: Public Safety / Domestic Abuse / Alcoholism – Understanding the correlation between alcohol abuse and child abuse.

Aired: February 18, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Aging Issues / Government / Social Security – The need for easy access to government health and financial programs

Aired: February 18, 2024

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Cardiovascular Disease – How education levels are tied in with cardiovascular disease.

Aired: February 18, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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 the results of his study and the potential reasons behind them.

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

Issue: Public Safety / Domestic Violence – The need for resources for women and families who are facing domestic violence. The need for community support in helping deal with domestic violence.

Aired: February 25, 2024

Time: 6am to 7am

Length of Segment: 19 minutes of 1 hour

Show Description: Domestic Violence is a very prevalent, and sometimes misunderstood issue. We spoke with Gina Varamo, Chief Development Officer for Stone House, about what the issue looks like in the present day, and what resources are available. She talked about how The Stone House helps women and families in Boston who are facing domestic Violence. She talked about the role that community plays in helping the problem get better.

Issue: Mental Health – The need to stave off loneliness in the interest of good mental health.

Aired: February 25, 2024

Time: 6am to 7am

Length of Segment: 10 minutes of 1 hour

Show Description: 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.

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

Issue: Health Care / Gender Issues / Domestic Abuse – Understanding gender biases within health care.

Aired: February 25, 2024

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: 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.

Guest: 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"*

Issue: Public Safety / Government – The need for safer glass to reduce injuries.

Aired: February 25, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Health Care / Cancer / Community – The need to support cancer research and care. Understanding the strength of community events.

Aired: March 3, 2024

Time: 6am to 7am

Length of Segment: 20 minutes of 1 hour

Show Description: Greg Chastain is founder of Voices of Hope, an organization he founded after losing his mother to cancer. He talked about how his organization uses entertainment to raise money for cancer research care, and he discussed the importance of a community of people helping each other, especially when members of the community are dealing with cancer.

Issue: Public Health / Chemicals – Understanding the dangers of chemicals found in plastics.

Aired: March 3, 2024

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: 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.

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

Issue: Public Safety / Transportation – The need to improve the safety of crosswalks.

Aired: March 3, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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 on pedestrian safety.

Guest: Harvey Miller, PhD, Professor of Geography at Ohio State University

Issue: Economy / Personal Finance / Scams / Aging Issues – The dangers of financial scams against the elderly.

Aired: March 3, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Public Safety / Cybersecurity / Identity Theft – Understanding the dangers of identity theft. How to protect yourself from fraud.

Aired: March 10, 2024

Time: 6am to 7am

Length of Segment: 20 minutes of 1 hour

Show Description: Paula Fleming from the Better Business Bureau came on to talk about recent scams involving online identity. She talked about ways to protect your personal information and gave a heads up about the various ways criminals try and get your information.

Issue: Health Care – The importance of being honest with your healthcare professional.

Aired: March 10, 2024

Time: 6am to 7am

Length of Segment: 7 minutes of 1 hour

Show Description: 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.

Guest: 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

Issue: Public Safety / Sexual Abuse / Parenting Issues – Understanding the prevalence of sexual abuse. The need for coping mechanisms after the trauma of sexual abuse.

Aired: March 10, 2024

Time: 6am to 7am

Length of Segment: 10 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Obesity / Nutrition / Parenting Issues – Understanding how a child’s diet affects overall health. The influence of marketing on children’s eating habits.

Aired: March 10, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

Guest: 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

Issue: Public Health / Work from Home Injuries – The need to stay healthy when you work from home. The importance of neck and back health.

Aired: March 17, 2024

Time: 6am to 7am

Length of Segment: 21 minutes of 1 hour

Show Description: Dr. Jeff Fisher is a chiropractor who specializes in injuries sustained while working at home. He talked about the dangers of staying in a chair for hours on end. He talked about the so called “tech neck” and went over ways to alleviate issues with the neck and back. He talked about how the role that posture and head position plays in avoiding neck and back injuries.

Issue: Public Health / Aging Issues / Hearing Loss – The need to understand causes of and treatments for hearing loss.

Aired: March 17, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: Dr. Rein led a recent study of hearing loss rates and found that where a person lives, and what their occupation is, have a surprising impact. He found that 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.

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

Issue: Education / Parenting Issues / Homeschooling – Understanding the challenges faced by those who decide to homeschool their children.

Aired: March 17, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Public Safety / Parenting Issues – The need to keep children safe from poisons.

Aired: March 17, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

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

Issue: Public Health / Sleep Deprivation – The need to understand how sleep affects overall health. Understanding why most people don't get enough sleep.

Aired: March 24, 2024

Time: 6am to 7am

Length of Segment: 20 minutes of 1 hour

Show Description: Dr. Raj Desgupta is an accomplished physician who specializes in understanding the importance of proper sleep. We Talked with Dr. Dr. Raj about why it is that most Americans don't get enough sleep. He went over things like "social jetlag" which can get in the way of falling asleep quickly. He talked about the very real effects on health from inadequate sleep.

Issue: Public Safety / Emergency Services – The importance of effective emergency services.

Aired: March 24, 2024

Time: 6am to 7am

Length of Segment: 8 minutes of 1 hour

Show Description: 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 9-1-1. 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.

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

Issue: Mental Health / Gender Issues / Parenting – The effectiveness of good parental communication in helping young girls develop.

Aired: March 24, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Housing / Legal Matters / Government – Making sense of new regulations on buying and selling homes.

Aired: March 24, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

Guest: Jeff Ostrowski, Analyst at Bankrate.com

Issue: Mental Health / Suicide – The need for communication about suicide.

Understanding what leads to someone to think about suicide.

Aired: March 31, 2024

Time: 6am to 7am

Length of Segment: 13 minutes of 1 hour

Show Description: We spoke with Erin Kenny from the American Foundation for Suicide Prevention. She talked about how the AFSP distributes information about suicide in hopes of addressing the problem. She went over factors that can lead to suicide and went over resources available for those in crisis.

Issue: Housing / Government – Understanding planning and regulations for urban renewal.

Aired: March 31, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Health Care / Sleep Apnea – Understanding the dangers and treatment of sleep apnea.

Aired: March 31, 2024

Time: 6am to 7am

Length of Segment: 9 minutes of 1 hour

Show Description: 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.

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

Issue: Technology / Education – How memory retention is affected by use of technology.

Aired: March 31, 2024

Time: 6am to 7am

Length of Segment: 5 minutes of 1 hour

Show Description: 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.

Guest: Pam Mueller, graduate student, Department of Psychology, Princeton University

WBQT-FM
Public Service Announcements
First Quarter 2024

Throughout the quarter the station aired PSAs during Public Affairs Programming.
The information below reflects community activities and issues.

- :40 Seconds - A Bed for Every Child
- :30 Seconds – Adopt from Foster Care
- :30 Seconds - AHA Hands On CPR
- :30 Seconds - AHA Stroke FAST
- :60 Seconds - Al Anon Families
- :20 Seconds - ALA Pertussis Vax
- :30 Seconds - ALA Pneumonia
- :30 Seconds - APAF Seasonal Depression
- :60 Seconds - Arthritis Rock the Walk
- :60 Seconds - Bright Focus Vision Loss
- :60 Seconds - Buzzed Driving Prevention - Ad Council
- :60 Seconds - CDC Quit Smoking
- :30 Seconds - Civic Participation
- :60 Seconds - Colon Screening
- :30 Seconds - Crohn's and Colitis
- :30 Seconds - Dementia Society of America
- :30 Seconds – Disaster Prep Family
- :30 Seconds - Easter Seals
- :60 Seconds - Employers Against Domestic Violence
- :30 Seconds - Empowering Girls in STEM - Ad Council
- :30 Seconds - End Family Fire AC
- :60 Seconds - Fatherhood Involvement - Ad Council
- :30 Seconds - FDA Drug Facts Label
- :30 Seconds - Federal Lung Cancer Screening
- :60 Seconds - GO2 for Lung Cancer
- :30 Seconds - Gun Safety

:30 Seconds - Health Care Workers Thanks
:30 Seconds - Helmets Save Heads
:30 Seconds - HS Equivalency - Ad Council
:30 Seconds - Infant Safe Sleep
:30 Seconds - Insure Kids Now
:30 Seconds - Kennel to Couch
:60 Seconds - Komen Breast Cancer Needs
:60 Seconds - LBGT Discrimination - Ad Council
:30 Seconds - Lung Cancer Screening
:30 Seconds - Lupus Foundation
:30 Seconds - Make A Wish Lasso
:60 Seconds - Make Me A Firefighter
:30 Seconds - Medicaid for Children
:60 Seconds - Medication Disposal
:60 Seconds - Mentally Healthy Nation
:30 Seconds - Military Appreciation
:30 Seconds - Narconon Alcohol
:60 Seconds - National Crime Prev Fakes
:30 Seconds - National Hemophilia Chapters
:60 Seconds - National Moments - Ad Council
:30 Seconds - NCCS Childhood Cancers
:30 Seconds - NCOA Supermarket
:30 Seconds - NICB Auto Theft
:60 Seconds - NICB Flood Fraud
:30 Seconds - NICB Hurricane Fraud
:30 Seconds - No Stomach for Cancer
:60 Seconds - Obesity
:60 Seconds - Obesity City Never Sleeps
:60 Seconds - Opioid Disposal
:60 Seconds - Opioid Pain Killer Abuse
:60 Seconds - Opioids Remove the Risk

:30 Seconds - Opioids What it Spells
:30 Seconds - Oxfam America Equality
:30 Seconds - Poison Control Make the Call
:30 Seconds - Preparedness Hero - Ad Council
:30 Seconds - RAINN Sexual Assault
:30 Seconds - Resources for the Blind
:30 Seconds - Road Safety Ambulance
:30 Seconds - Safe Excavator
:60 Seconds - SAMHSA Underage Drinking Listen
:30 Seconds - Saving for Retirement - Ad Council
:30 Seconds - Sleep Apnea
:60 Seconds – St. Jude Luna’s Dad
:60 Seconds – St. Jude Finding Cures
:30 Seconds - Stop HIV
:60 Seconds - Stop Weight Bias
:60 Seconds - Substance Abuse
:60 Seconds - Supportive Services for Veterans
:60 Seconds - Texting and Driving Prevention - Ad Council
:60 Seconds - Understanding ADHD
:30 Seconds - UNICEF Major Challenges
:60 Seconds - US Deputy Sheriff’s Association
:30 Seconds - Vaccinate Your Family
:15 Seconds - Vaccine Dot Gov
:15 Seconds - Veterans Affairs Careers
:60 Seconds - Wildfire Prevention - Ad Council
:30 Seconds - World Unity Inc.
:30 Seconds - World Unity Landmark - Song
:30 Seconds - Wounded Warrior 20 Years
:60 Seconds - WWF Ocean Protect
:60 Seconds - YMCA Better Us