

Issues/Public Affairs
1st Quarter 2022
WVNN-AM Athens, AL

In our ongoing effort to serve the public interest, WVNN broadcasts programming responsive to issues of concern to the entire Huntsville/Decatur Metropolitan area. Our programming also discusses issues important to the entire state of Alabama and the nation. The following contains summaries of public affairs broadcasts that aired.

Program: Info Trak
Date: Sun Jan 2 6:00am
Length: 8:46

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:
Youth at Risk
Juvenile Crime

Program: Info Trak
Date: Sun Jan 16 6:10am
Length: 8:26

Carol Matthews, PhD, Professor of Psychiatry, University of Florida

Symptoms of depression, anxiety, and obsessive-compulsive disorders have emerged or worsened for many during the pandemic. Dr. Mathews discussed what effect the lockdowns and subsequent supply chain disruptions have had on another common but often misunderstood problem—hoarding. She explained how to distinguish between hoarding, stockpiling and panic buying, and what constitutes normal behavior in an abnormal time.

Issues covered:
Mental Health
Supply Chain Concerns
Consumer Matters

Program: Info Trak

Date: Sun Jan 30 6:15am

Length: 9:00

Lisa Hinkelman, PhD, counselor, founder and CEO of Ruling Our eXperiences, Inc., author of "*Girls Without Limits: Helping Girls Succeed in Relationships, Academics, Careers and Life*"

Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

Issues covered:

Girls Issues

Parenting

Program: Info Trak

Date: Sun Feb 13 6:00am

Length: 8:17

Dakota Witzel, doctoral candidate in Oregon State University's College of Public Health and Human Sciences

Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person's physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

Issues covered:

Aging

Personal Health

Program: Info Trak

Date: Sun Feb 20 6:10am

Length: 8:17

Sarah Y. Tse, author of "*7 Years on the Front Line: True Stories and Tough Lessons about a Small Business that You Won't Learn in a Classroom*"

Ms. Tse offered advice to anyone who dreams of starting a small business. She explained how she learned to maintain a work/life balance when faced with the stresses of owning a business. She also talked about the importance of education in being prepared for entrepreneurship, and how she deals with racism in business, as an immigrant and Asian-American.

Issues covered:

Career

Racism

Entrepreneurship

Program: Info Trak

Date: Sun Feb 27 6:00am

Length: 9:24

Clint Emerson, retired Navy Seal, author of "*100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster*"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:

Crime Prevention

Terrorism

Program: Info Trak

Date: Sun Mar 6 6:15am

Length: 8:23

Annabel Streets, author of "*52 Ways To Walk: The Surprising Science of Walking for Wellness and Joy*"

Everyone knows that walking is a very healthy activity. Ms. Streets shared cutting-edge research and advice on how to maximize the physical and psychological benefits of walking, whether it's in an urban area or through the woods. She explained why walking within an hour of waking increases the metabolic benefits, why humming as you walk boosts natural immunity and how owning a dog can make walking far less of a chore.

Issues covered:

Exercise

Personal Health

Program: Info Trak
Date: Sun Mar 13 6:00am
Length: 8:59

Lila Rabinovich, qualitative social science analyst, Director of Policy and Development at Center for Economic and Social Research at the University of Southern California

Fewer than 1 in 5 Americans have created an online “my SocialSecurity” account to get a personalized estimate of their future retirement benefits. Ms. Rabinovich said most of the Social Security Administration’s website users are older. She explained why it is important for younger workers get a good understanding now of their future retirement benefits. She said one of the primary reasons that workers haven’t looked up their personal accounts is a lack of awareness the feature exists.

Issues covered:
Social Security
Retirement Planning

Program: Info Trak
Date: Sun Mar 20 6:10am
Length: 9:38

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of “*Thriving in the Gig Economy*”

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:
Career
Economy

Program: Info Trak
Date: Sun Mar 27 6:20am
Length: 8:09

Mark Harmon, PhD, Professor Emeritus in the Oregon State University College of Forestry

Prof. Harmon recently led a study that showed the vast majority of carbon stored in trees before large wildfires was still there after the fires. He said the findings are an important step toward understanding the connection between wildfires and climate-change-inducing carbon emissions, and making wiser decisions about the carbon storage and emissions implications of forest management.

Issues covered:

Climate Change

Wildfires

Forest Management

Program: Info Trak

Date: Sun Mar 27 6:10am

Length: 8:55

Anna Lembke, MD, psychiatrist, Medical Director of Stanford University Addiction Medicine, Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic, author of *"Dopamine Nation: Finding Balance in The Age of Indulgence"*

Americans are living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, gambling, shopping, gaming, tweeting and more. Dr. Lembke outlined new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain, and what to do about it.

Issues covered:

Addiction

Mental Health