

Quarterly Issues/Programs List for Stations

WBPW-FM, WOZI-FM and WQHR-FM

October 1 – December 31, 2023

Section I. Issues

The stations have identified the following issues as significant issues facing our community in this quarter:

- A. **Addiction:** The introduction of State sanctioned online gambling in Maine has raised questions about the potential for a rise of gambling addiction issues among residents. A recent study shows gambling is widespread among Maine high school students, with one in three reporting gambling with money at least once.
- B. **Housing/Poverty:** A new government report shows Maine is short more than 80,000 homes needed to account for expected population growth in the next 6 years. A growing number of the state's existing homes are vacant or in disrepair.
- C. **Domestic Violence/Harassment:** October is Domestic Violence Awareness Month. Nearly 1 in 4 Maine women have experienced contact sexual violence, physical violence or stalking by an intimate partner, according to the newest studies. Coupled with reports of workplace sexual harassment, women are the victims of 82% of sexually threatening behavior.
- D. **Health/Nutrition:** With pervasive advertising on a multitude of media platforms, it presents a challenge for many people to sift through the onslaught of messages to make the best decisions concerning their own health and well-being. Mainers need good information to guide them towards better nutrition.
- E. **Senior Issues/Scams:** Maine has the oldest median age and highest percentage of senior citizens of any state in the U.S. Many Maine seniors have reported receiving phone calls from scammers, including recent incidents of those claiming to be from Medicare or from the "health office."

Section II. Responsive Programs

WBPW-FM, WOZI-FM and WQHR-FM in Presque Isle, Maine provided responsive programming this quarter as detailed below.

InfoTrak airs on WBPW-FM every Saturday at 6:00 am, on WOZI-FM every Sunday at 6:00 am, and WQHR-FM every Sunday at 6:30 am.

WBPW-FM, WOZI-FM & WQHR-FM

QUARTERLY ISSUES REPORT OCTOBER - DECEMBER 2023



Show # 2023-40

Date aired: Oct. 7 Time Aired: 6:00 a.m.

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

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

Issues covered:

Length: 9:54

Gambling Addiction

Government

Parenting

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

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

Issues covered:

Length: 7:22

Longevity

Personal Health

Employment

Show # 2023-41

Date aired: Oct. 14 Time Aired: 6:00 a.m.

Matt Levendusky, PhD, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

Issues covered:

Length: 9:06

Constitutional Rights

Citizenship

Education

Marlene Schwartz, PhD, Director of the University of Connecticut's Rudd Center for Food Policy and Health

Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

Issues covered:

Length: 8:11

Consumer Matters

Personal Health/Nutrition

Show # 2023-42

Date aired: Oct. 21 Time Aired: 6:00 a.m.

Devin Mann, MD, Professor in the Departments of Medicine and Population Health at NYU Grossman

School of Medicine

Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

Issues covered:

Length: 9:02

Artificial Intelligence

Personal Health

Gary Painter, PhD, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe longterm consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

Issues covered:

Length: 8:18

Housing

Poverty

Economy

Show # 2023-43

Date aired: Oct. 28 Time Aired: 6:00 a.m.

Adia Harvey Wingfield, PhD, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and

Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of *“Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It”*

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls “gray areas:” the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

Issues covered:

Length: 8:33

Racism

Workplace Matters

Lisa Damour, PhD, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve

University, author of *“The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents,”* co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers’ intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

Issues covered:

Length: 8:45

Adolescent Mental Health

Parenting

Show # 2023-44

Date aired: Nov. 4 Time Aired: 6:00 a.m.

Ivan Misner PhD, founder of BNI, the world's largest business networking organization, author of "*The 3rd Paradigm: A Radical Shift to Greater Success*"

Mr. Misner discussed effective ways to complain at work. He explained the importance for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace, and lead to innovation and new ideas.

Issues covered:

Length: 8:33

Workplace Matters

Business

Nathalie Huguet, PhD, Associate Professor of Family Medicine, at the Oregon Health & Science University School of Medicine

Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a quarter of low-income patients receiving care at community health centers remain uninsured when they turn 65. The main reason is that they are not eligible for Medicare because they never paid into the Social Security system, in many cases because they are not legal US citizens. She said 20% of the uninsured patients had five or more health conditions, such as diabetes or high blood pressure, that need frequent treatment and management.

Issues covered:

Length: 8:45

Health Insurance

Immigration

Senior Issues

Show # 2023-45

Date aired: Nov. 11 Time Aired: 6:00 a.m.

David S. Prerau, PhD, author of "*Seize the Daylight: The Curious and Contentious Story of Daylight-Saving Time*"

Mr. Prerau discussed the history of Daylight-Saving time. He dispelled the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and outlined the possible options that Congress would choose from.

Issues covered:

Length: 8:30

Government

Personal Health

Martha Khlopin, Medicare expert, nationally syndicated radio host, founder of Get2insurance.com

Vague and misleading advertisements for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She also shared examples of complaints from seniors who had their plans changed without their consent or knowledge, and how the scams work. She warned that some TV ads and phone calls may give the impression that they are affiliated with the federal Medicare system, when they are not. She advised seniors to be careful and seek help from legitimate sources.

Issues covered:

Length: 8:38

Medicare

Scams

Senior Issues

Show # 2023-46

Date aired: Nov. 18 Time Aired: 6:00 a.m.

David Newman-Toker, M.D., PhD, Lead Investigator and Director of the Johns Hopkins Armstrong Institute Center for Diagnostic Excellence

Dr. Newman-Toker led what is believed to be the first rigorous national estimate of permanent disability and death from diagnostic error. He estimates that 795,000 Americans die or are permanently disabled by diagnostic error each year. He said vascular events, infections and cancers cause 75% of the serious harms, and that stroke is the top cause of serious harm from misdiagnosis. He believes that a serious campaign to target diseases with high error and harm rates may reduce diagnostic errors and improve patient outcomes.

Issues covered:

Length: 8:30

Medical Errors & Misdiagnoses

Public Health

Johnnye Lewis, PhD, Professor Emerita in the Department of Pharmaceutical Sciences at University of New Mexico Health Sciences, Co-Director of Community Environmental Health Program, Director of the UNM METALS Superfund Research Program

Prof. Lewis' research found that water from many wells and community water systems across the US contains unsafe levels of toxic contaminants. She discussed the health effects of seven contaminants, which include cancer, developmental delays, and preterm birth, and how they affect vulnerable populations and communities with lower income levels. She also talked about the challenges of removing these contaminants from water supply systems, and how larger systems tend to have more resources and monitoring than smaller systems

Issues covered:

Length: 8:54

Drinking Water Safety

Pollution

Government

Show # 2023-47

Date aired: Nov. 25 Time Aired: 6:00 a.m.

Hilarie Gamm, tech industry expert, author of "*Billions Lost: The American Tech Crisis and The Road*

Map to Change"

Ms. Gamm explained why parents, educators, and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. She said every American needs to have a basic understanding of current technology because of the wide-ranging ramifications these changes have on legislation, regulation and privacy.

Issues covered:

Length: 8:48

Education

Career

Parenting

Kelsey Graham, PhD, pollinator conservation specialist at Michigan State University

Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North America. She outlined simple steps that people can take to increase bee populations in their communities.

Issues covered:

Length: 8:27

Agriculture

Environment

Show # 2023-48

Date aired: Dec. 2 Time Aired: 6:00 a.m.

Chris Bailey, productivity expert, author of "*Hyperfocus: How to Be More Productive in a World of Distraction*"

Mr. Bailey said that the human brain has two powerful modes that can be unlocked when we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly, and work and live more deliberately every day. He explained how to minimize distractions that can cause problems at work and in personal relationships.

Issues covered:

Length: 8:31

Workplace Matters

Career

Janet Murnaghan, journalist, author of "*Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life*"

Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Murnaghan talked about her quest to save Sarah and other kids in similar situations. After a court fight and through the use of social media, she eventually convinced the government to change organ donation rules permanently.

Issues covered:

Length: 8:44

Organ Donation

Government Regulation

Show # 2023-49

Date aired: Dec. 9 Time Aired: 6:00 a.m.

Edward McFowland III, PhD, Assistant Professor in the Technology and Operations Management Unit at Harvard Business School

Prof. McFowland co-authored a recent study that found that the use of artificial intelligence tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. Across a set of 18 tasks designed to test a range of business skills - from analysis to idea generation to persuasion - consultants who had previously tested in the lower half of the group increased the quality of their outputs by 43% with AI help, while the top half only gained 17%. He discussed likely limitations in what AI can do well in modern professional work. He believes that AI will not be able to replace most human creativity and problem-solving.

Issues covered:

Length: 8:51

Artificial Intelligence

Employment

Morgan Frank, PhD, Assistant Professor in the University of Pittsburgh's School of Computing and Information

Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors, but they are not well aligned with the current locations of fossil fuel workers.

Issues covered:

Length: 8:32

Energy

Employment

Environment

Show # 2023-50

Date aired: Dec. 16 Time Aired: 6:00 a.m.

Tyra Fainstad, MD, Associate Professor at the University of Colorado School of Medicine

Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including videoconferencing coaching calls, she found that the group aspect was especially important in its effectiveness. She discussed the potential hurdles in expanding the training to hospitals and medical schools nationwide.

Issues covered:

Length: 8:37

Public Health

Mental Health

Jason M. Nagata MD, Associate Professor of Pediatrics in the Division of Adolescent and Young Adult Medicine at the University of California San Francisco

Dr. Nagata's study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight, and binge eating. He believes it is important that teachers and parents are aware that these experiences are relatively common among teens, and encourage kids to report online harassment if it occurs.

Issues covered:

Length: 8:44

Cyberbullying

Eating Disorders

Discrimination

Show # 2023-51

Date aired: Dec. 23 Time Aired: 6:00 a.m.

Laurence J. Kotlikoff, PhD, Professor of Economics and William Warren Fairfield Professor at Boston University, former Senior Economist on the President's Council of Economic Advisers, coauthor of "*Social Security Horror Stories: Protect Yourself From the System & Avoid Clawbacks*"

Prof. Kotlikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Administration, demanding repayment of thousands of dollars of overpaid benefits, due to SSA mistakes that occurred sometimes decades earlier. He shared examples of elderly people who suffered from clawbacks, and proposed reforms to stop them.

Issues covered:

Length: 8:44

Social Security

Government

Consumer Matters

Andrew Perry, postdoctoral scholar in the Department of Educational Studies at Ohio State University

Mr. Perry was the lead author of a study that examined how teachers rate different approaches to student violence. He said teachers believe that removing or expelling students from school after a violent incident is the least effective response, because it may increase the risk of violence against teachers, as the student may come back bitter or angry. He said most teachers prefer proactive strategies, which aim to create a positive learning environment and a sense of community through socioemotional learning and school counseling.

Issues covered:

Length: 8:41

School Violence

Show # 2023-52

Date aired: Dec. 30 Time Aired: 6:00 a.m.

Ryan Kalember, Senior Vice President of Cybersecurity Strategy for online security company Proofpoint

Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hacked their real estate agent's or title company's email account. He explained how consumers can protect themselves.

Issues covered:

Length: 7:43

Crime

Online Security

Personal Finance

Diane Redleaf, family defense attorney, author of *"They Took the Kids Last Night: How the Child Protection System Puts Families at Risk"*

The number of children in the U.S. foster care system is at record levels, thanks in part to the opioid crisis. With nearly 450,000 children in the system, Ms. Redleaf discussed what happens when caseworkers make mistakes, taking children from parents who are neither abusive nor neglectful. She noted that minority families are disproportionately affected by this trend. She also said that once children are taken, parents and their attorneys sometimes can't learn where the children are being housed.

Issues covered:

Length: 9:24

Foster Care

Minority Concerns Parenting

****Additional Programming: WBPW-FM, WOZI-FM and WQHR-FM broadcast live Nov.16-18 from 9 to 5 p.m. each day raising funds for the United Way's efforts to provide assistance for local families during the holiday season.**