

WMVA - Quarterly Issues Report, 1st Quarter 2021, January-March

Station: WMVA License: Martinsville, VA

Keeping you informed

The Southern State Police Benevolent Association is composed of more than 50,000 law enforcement officers employed by federal, state and local agencies. The PBA is the voice for Law Enforcement officers in the region and Executive Director Sean McGowan discusses their work.

Kevin Davis, journalist, author of "The Brain Defense: Murder in Manhattan and the Dawn of Neuroscience in America's Courtrooms." In the past 25 years, neuroscience has become a prominent factor in many court cases. Defense attorneys are successfully arguing that a defendant may not be responsible for a crime or should receive a lesser punishment because of brain abnormalities or injuries. Mr. Davis discussed how this is changing how judges and juries define responsibility and assign punishment.

Richard Horowitz, MD, Lyme disease expert, founder of the Hudson Valley Healing Arts Center in Hyde Park, NY, author of "How Can I Get Better?: An Action Plan For Treating Resistant Lyme And Chronic Disease" Dr. Horowitz said victims of Lyme disease are often misdiagnosed with other illnesses such as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, or rheumatoid arthritis. He added that the number of Lyme cases is growing at an alarming rate each year, reaching epidemic proportions. He explained how to identify symptoms and work with a qualified specialist for the best possible treatment outcome.

Issues covered: Public Safety, Criminal Justice, Mental Health, Lyme Disease, Personal Health.

This show aired on Jan. 2, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

Preservation Virginia's mission is to make Virginia's communities and historic places of memory stronger, more vital and economically sustainable through preservation, education and advocacy. They envision a Virginia where historic preservation is an integral part of everyone's life. Program guest is Justin Sarafin, Director of Preservation Initiatives & Engagement for Preservation Virginia.

Peter Vincent Pry, PhD, Executive Director of the Task Force on National and Homeland Security, Director of the United States Nuclear Strategy Forum, both of which are Congressional Advisory Boards, former chief of staff of the Congressional EMP Commission, author of "EMP Manhattan Project: Organizing for Survival Against an Electromagnetic Pulse Catastrophe." Dr. Pry explained the serious threat posed by an electromagnetic pulse (EMP), either naturally-occurring or from a manmade source. He discussed the potential sources of an attack. He said up to 90% of the US population would be dead within a year after such an event. He also outlined the basic steps that could protect the national electrical grid and explained why the US government has failed to act.

Heather Schwartz, Director of the Pre-K to 12 Educational Systems Program at RAND, a nonprofit research organization. About two in 10 U.S. school districts have already adopted or are considering adopting virtual schools after the end of the COVID-19 pandemic, according to a new RAND Corporation study. Ms. Schwartz explained the reasons behind this, particularly as parents question the effectiveness of online learning.

Issues covered: Historic Preservation, Electromagnetic Pulse, Disaster Preparedness, Government, Education, Technology.

This show aired on Jan. 9, 2021 from 9 p.m. to 10 a.m.

Keeping you informed

Richmond based photographer John Plashal finds beauty in empty homes, hospitals, and restaurants. Structures that have been abandoned for decades. He talks about some of the places he has visited, many of which are chronicled in a coffee table book called A Beautifully Broken Virginia.

Ric Edelman, personal finance expert, Chairman/CEO of Edelman Financial Services, LLC. Mr. Edelman has devised a plan he calls “baby bonds,” targeting retirement security. The plan would act as a supplement to Social Security, but it could eventually replace it. The plan would not be at the expense of taxpayers or government borrowing. He said at birth, children would receive an account with \$7,500 via money from investors in government bonds, similar to Series EE bonds. He said an investment at birth in this type of proposal would grow to become the equivalent of an average person’s Social Security benefit.

Harrison Fell, PhD, Associate Professor of Energy Economics at North Carolina State University. Prof. Fell shared the results of his recent study that found that the environmental benefits of renewable power generation vary significantly, depending on what type of conventional power generation that the renewable energy is replacing. He explained why environmental benefits often cross regional lines. He said he hopes that his findings will help target future renewable energy investments in places where they can have the greatest impact.

Issues covered: Abandoned Structures, Personal Finance, Retirement Planning, Parenting, Renewable Energy, Environment, Government.

This show aired on Jan. 16, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

Dr. Joey Faucette is Author of two #1 Best-Sellers, *Work Positive in a Negative World* and *Faith Positive in a Negative World* and well as many other books. He has appeared on hundreds of radio and TV shows across North America and has written over 1,000 articles for publications and websites all of that with the goal of helping people Work and Live Positive in this negative world.

Jason Nagata, MD, MSc, Assistant Professor of Pediatrics at the University of California, San Francisco. Dr. Nagata led a recent study that found a 25% increase in food insufficiency during the COVID-19 lockdowns. Food insufficiency, the most extreme form of food insecurity, occurs when families do not have enough food to eat. He found that black and Latino Americans had over twice the risk of food insufficiency compared to whites. He said hunger, exhaustion, and worrying about not getting enough food to eat may worsen depression and anxiety symptoms, but that free groceries from food banks and similar sources alleviated the mental health burden of food insufficiency.

Justin Ezekowitz, MBBCh, MSc, Co-Director, Canadian VIGOUR Centre, Director of Cardiovascular Research and Professor in the Division of Cardiology at the University of Alberta. Prof. Ezekowitz led a study that found that women face a 20% higher risk than men of death or heart failure during the five years following a heart attack. He outlined the potential reasons for this trend and how it may be addressed. He said the increasing availability of new procedures to diagnose and treat heart attacks at smaller hospitals has improved survival rates for all patients.

Issues covered: Mental Health, Food Insufficiency, Minority Concerns, Charitable Contributions, Heart Disease, Women’s Concerns.

This show aired on Jan. 23, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

Award-winning country artist Stokes Nielson, who grew up in Dougherty County, is leading a nationwide effort of recovered COVID-19 survivors who are donating their life-saving plasma to COVID-19 patients in critical care. Stokes discusses his +2 Project which works with community blood banks like Georgia's Blood Assurance and Atlanta Blood Services, to ensure COVID-19 survivors can safely and efficiently be empowered to donate their antibodies.

Henry A. Spiller, MS, D.ABAT., Director of the Central Ohio Poison Center at Nationwide Children's Hospital in Columbus, OH. Each day In the United States, Poison Control Centers receive an average of 32 calls about children exposed to prescription opioids. Dr. Spiller explained what child is most at risk, how adults can prevent children and adolescents from gaining access to these drugs, and how to properly dispose of unused prescriptions.

Mark K. Claypool, founder and Chief Executive Officer of ChanceLight Behavioral Health, Therapy and Education, a provider of therapy and special education programs, author of "How Autism is Reshaping Special Education: The Unbundling of IDEA." Autism diagnoses have skyrocketed in recent years. Mr. Claypool discussed some of the underlying reasons for the increase. He also explained why it is important for children with autism to receive special intervention at an early age. He said support systems for parents have improved dramatically in recent years.

Issues covered: COVID-19, Poisoning Prevention, Drug Abuse, Autism, Government Policies, Education.

This show aired on Jan. 30, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

OneVirginia2021 Foundation was founded in 2014 and promotes nonpartisan redistricting reform in the Commonwealth of Virginia through research, analysis, and education, the results of which they make available to the public for educational purposes. Senior Director Brian Cannon provides the latest update.

Michelle Macy, MD, Pediatric Emergency Care Specialist at Lurie Children's Hospital of Chicago, Associate Professor of Pediatrics at Northwestern University Feinberg School of Medicine. Dr. Macy surveyed parents in Chicago during the early months of the pandemic and found that 23 percent of families were hesitant to seek emergency care for their child. She said the greatest reluctance was found in families of color. She offered examples of the most common ER visits that were left untreated and why this is such a great concern. She said that even nine months into the pandemic, ERs are still seeing far fewer patients than normal.

Carsten Prasse, PhD, Professor of Environmental Health and Engineering at Johns Hopkins University. Most consumers are aware that chemicals are used in the process of water treatment to ensure that it is safe to drink. But they might not know that the use of some of these chemicals, such as chlorine, can also lead to the formation of hundreds of unregulated toxic byproducts. Prof. Prasse developed a method to find toxic chemicals in drinking water that could result in cleaner, safer taps.

Issues covered: Redistricting, Children's Health, Parenting, Minority Concerns, COVID-19, Water Quality, Environment, Personal Health.

This show aired on Feb. 6, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

The Department of Wildlife Resources is responsible for the management of inland fisheries, wildlife, and recreational boating for the Commonwealth of Virginia. They are leading wildlife conservation and inspiring people to value the outdoors and their role in nature. Sgt. Michael Hill discusses their work and the need for more Conservation Police Officers.

Ted Rossman, Industry Analyst at CreditCards.com. 51% of U.S. adults with credit card debt, or about 51 million people, added to their credit card debt since March 2020. Mr. Rossman outlined that and other findings from his organization's survey of the economic effects of the pandemic lockdowns. He said millennial credit card debtors (ages 24-39) continue to be hit the hardest.

Casey B. Mulligan, PhD, Professor of Economics at the University of Chicago. Prof. Mulligan discussed the rising number of what he calls "deaths of despair," lives lost to suicides, alcohol-related deaths and especially drug overdoses. He explained how the deaths of elderly people diagnosed with COVID-19 differs from the loss of younger Americans to "deaths of despair" in 2020, particularly males between the ages of 15 and 55. He said it will take about a year to get additional data that will better explain possible causes.

Issues covered: Wildlife, Personal Finance, Economy, Government Policies, Drug Abuse, Suicides, COVID-19.

This show aired on Feb. 13, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

The Department of Wildlife Resources is responsible for the management of inland fisheries, wildlife, and recreational boating for the Commonwealth of Virginia. They are leading wildlife conservation and inspiring people to value the outdoors and their role in nature. Sgt. Michael Hill discusses their work and the need for more Conservation Police Officers.

Jeff Arnold, consumer advocate, President of Rightsure Insurance Group, author of "How to Beat Your Insurance Company." Mr. Arnold offered advice on how to negotiate the best deal possible on insurance, without sacrificing coverage. He explained that many insurance companies are now offering discounts, as drivers rack up fewer miles on the road. He also outlined the factors that consumers should consider when deciding whether they need life insurance or when to buy it.

Tova Sherman, CEO, TED Speaker, with more than 25 years of experience in diversity and inclusion, author of "Win, Win, Win!: The 18 Inclusion-isms You Need to Become a Disability Confident Employer." Ms. Sherman discussed the biggest mistakes made by managers in leading teams of employees with disabilities. She said while most employers are comfortable with employees who have physical disabilities, there are numerous other forms of disabilities that deserve support and accommodation. She said the software that employers use to screen resumes often utilizes traditional keywords that result in less diversity in the workplace.

Issues covered: Wildlife, Consumer Matters, Insurance, Disabilities, Employment, Diversity.

This show aired on Feb. 20, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

February is American Heart Month. Enduring Hearts is the only nonprofit solely dedicated to research that helps kids with heart transplants live longer, healthier lives by funding research that increases the longevity of pediatric heart transplants, improves the quality of life for children living with a new heart and eliminates pediatric heart diseases that may lead to a transplant. Carolyn Salvador, Executive Director, discusses their work.

Gregory Koufacos, Licensed Clinical Alcohol and Drug Counselor who specializes in working with young men, Nationally Certified Recovery Coach, Founder & CEO of Velocity Mentoring, author of "The Primal Method: A Book for Emerging Men." Social isolation related to the pandemic lockdowns has had a severe impact on teens and young adults, as research has detected more stress, anxiety and depression than other groups. Mr. Koufacos talked about the critical importance of providing support for young people. He also discussed the problems caused by limited schooling, and the surprising value of video gaming, outdoor activities and jobs for young men who are struggling.

Akito Y. Kawahara, PhD, Associate Professor at the University of Florida, Curator of the Florida Museum of Natural History's McGuire Center for Lepidoptera and Biodiversity, research associate at the Smithsonian Institution, National Museum of Natural History. Prof. Kawahara shared a straightforward message: We can't live without insects. They're in trouble. And there's something all of us can do to help. He explained why everyone should be concerned by studies that sound the alarm about plummeting insect numbers and diversity. He offered simple steps that anyone can take to contribute to insect conservation.

Heart Disease, Youth at Risk, Mental Health, Education, Substance Abuse, Suicide, Environment, Climate Change.

This show aired on Feb. 27, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

The Northern Virginia Transportation Alliance advances regional transportation solutions with a transportation network in Northern Virginia. Renée Hamilton, Chief Executive Officer of the Dulles Greenway and a member of the Northern Virginia Transportation Alliance Board of Directors, transportation solutions. Dr. Renee Dua talks about the importance of having physicals even if they're done virtually.

Jeremy Bailenson, PhD, founding director of Stanford University's Virtual Human Interaction Lab, Thomas More Storke Professor in the Department of Communication. The use of virtual meetings has skyrocketed in the past year, with hundreds of millions of Zoom calls occurring daily. Prof. Bailenson discussed the feeling commonly known as "Zoom fatigue." He explained why current implementations of videoconferencing technologies are exhausting, and he explained how employees and companies can optimize their settings in videoconferences to decrease fatigue.

Laura Argys, PhD, Professor of Economics, University of Colorado, Denver. Prof. Argys led a study that found that light pollution can increase the likelihood of a preterm birth by almost 13%. She explained why skyglow, the brightness of the night sky caused by light from sources like street lamps, outdoor advertising, and buildings, can result in a higher chance of delivering a baby with a reduced birth weight, a shortened gestational length, and an increase in preterm births.

Issues covered: Transportation, Workplace Matters, Technology, Mental Health, Personal Health, Women's Issues.

This show aired on March 6, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

Jerry Smith and Dennis Dorman, have biked thousands of miles together all over the world. For over a decade their travels have been to help charities fight hunger. In April they will begin a cycling trip up the Atlantic coast to raise funds for Mary's Meals, an organizations that provides one hot meal a day to almost 2 million children worldwide.

Sheryl Ryan, M.D., FAAP, Professor of Pediatrics at the Yale University School of Medicine, Chair of the American Academy of Pediatrics' National Committee on Substance Abuse. 33 states and Washington, D.C. now allow the use of marijuana for medical purposes, recreational use or both. Dr. Ryan was one of the authors of a report titled "Counseling Parents and Teens About Marijuana Use in the Era of Legalization of Marijuana," which outlines why a relaxed attitude about the drug is dangerous and how parents should address the topic. She said marijuana is an addictive drug that can cause abnormal changes as teens' brains develop.

James Noble, MD, MS, Assistant Professor of Neurology at Columbia University Medical Center in New York City. Dr. Noble was the co-author of a recent study that found that female athletes appear to be significantly more likely than men to suffer concussions. He noted that once concussions occur, men and women experience them in very similar ways. He also discussed why most media attention on concussions seems to focus on men, despite the greater risk to women.

Issues covered: Food Insecurity, Drug Abuse, Parenting, Government Policies, Concussions, Personal Health, Women.

This show aired on March 13, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

Pandemic stress isn't just impacting frontline workers; it hurts all of us. Diana Hendel, PharmD, and Mark Goulston, MD, share advice for recognizing and alleviating COVID-related stress whenever it takes hold in their new book *Why Cope When You Can Heal?: How Healthcare Heroes of COVID-19 Can Recover from PTSD*. Dr. Goulston shares interesting insights on dealing with stress.

Bonnie Marcus, Forbes Women, Global Gurus-honored executive, author of "Not Done Yet! How Women Over 50 Regain Their Confidence and Claim Workplace Power." Ms. Marcus believes that age discrimination causes many professional women to pull back from performing any activities in the workplace that may draw attention to them. She said many older women believe that if they remain off the radar, they'll save themselves from hurtful and demeaning remarks about their age, along with scrutiny from colleagues and managers questioning if perhaps they've lost their relevance. She outlined ways that women can identify how they are holding themselves back.

Kui Xie, Professor of Educational Studies at Ohio State University. Parents often fear that if their high school student isn't motivated to do well in classes, there's nothing that will change that. Prof. Xie led a study that found that students' academic motivation often does change - and usually for the better. He said that increasing students' sense of "belongingness" in school was one key way of increasing academic motivation.

Issues covered: COVID-19, Age Discrimination, Women's Issues, Career, Education, Parenting.

This show aired on March 20, 2021 from 9 a.m. to 10 a.m.

Keeping you informed

ABLEnow is a national ABLE program offered by the Commonwealth of Virginia that helps individuals with disabilities save money to pay for qualified expenses, without being taxed on the earnings – and in most cases, without losing eligibility for certain means-tested benefit programs. Mary Morris, the CEO of Virginia529, the state agency which administers ABLEnow, discusses their programs.

Ed Slott, nationally recognized IRA and retirement planning expert, founder of IRAHelp.com, author of "The New Retirement Savings Time Bomb: How to Take Financial Control, Avoid Unnecessary Taxes, and Combat the Latest Threats to Your Retirement Savings." Mr. Slott said that the typical retirement saver should mentally reduce their retirement savings by half, because taxes will take such a large bite from

conventional IRAs and 401ks. He recommended utilizing Roth IRAs and 401ks whenever possible. He outlined the most common mistakes made when saving for retirement, and why he recommends having a life insurance policy as part of retirement planning strategies.

Achea Redd, author of “Authentic You: A Girl's Guide to Growing Up Fearless and True.” Rates of suicide, bullying, eating disorders and other mental health challenges are rising dramatically among teenagers. Ms. Redd outlined the character traits that are critical to thrive as an adolescent, and what parents can do to help. She shared her personal story of how her physical health impacted her mental health, and how she is taking proactive steps to prevent her own daughter from developing eating disorders.

Issues covered: Disability Issues, Retirement Planning, Taxes, Youth Mental Health, Bullying, Eating Disorders, Parenting.

This show aired on March 27, 2021 from 9 a.m. to 10 a.m.